

National Health Federation

BULLETIN

GOW'S MILK IS FOR CALVES, NOT PEOPLE, SAYS NUTRITION DOCTOR



DR. ELLIS

THE IDAHO NATUROPATH PURGE!

Three Arrested in As Many Months; Dr. Slawson, Whose Work Is Praised by Many, Picked Up, With Family, on Variety of Charges



DR. SLAWSON

IOWA DAIRY FARMER JAILED BECAUSE HE WOULDN'T OBEY COURT ORDER TO STOP SELLING RAW MILK



RAY BANOWETZ



DR. PRIVITERA

Governor Brown Will Reconsider Privitera Pardon If Legislature Legalizes Laetrile



GOV. BROWN

MARK LOCKMAN PHOTO

- *Another Bid for Fluoridation Dollars!*
- *NHF Annual Reports to Members*

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XXVI — Number 4

April 1980

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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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National Health Federation Bulletin, published monthly January through December, except July-August which are combined, at 212 West Foothill Boulevard, Monrovia, California 91016, by National Health Federation, a nonprofit corporation. Don C. Matchan, Editor. \$7.50 of the \$10.00 annual membership is paid as a yearly subscription to the National Health Federation Bulletin. Single copies, 50 cents. Second-class postage paid at Monrovia, California 91016.

Irons Starts It, Will You Help Too?

NHF To Again Maintain Lobbyist
to Watch Legislation in Capital

For reasons of economics, the National Health Federation three years ago closed its Washington office, and lobbying activities were carried on from the Monrovia, Calif., office by Executive Director Clinton R. Miller, who was stationed in the capital 14 years, throughout the vitamin/mineral battle with the Food and Drug Administration.

That was the "bad" news. Now hear the "good" news:

The Federation again has representation in Washington — a legislative advocate in the person of Gertrude "Trudy" Engel, who will be watching the bills in which NHF members are interested — such bills as the measure to delete the efficacy clause from FDA authority in releasing drugs for general use; the bill to legalize Laetrile — and who has been specifically commissioned to monitor any appropriations bills proposed by the Health and Welfare agency designed to promote fluoridation. One example was the \$6.2 million appropriation to promote fluoridation, which was slipped through Congress in 1979.

NHF President Charles I. Crecelius notes that "Our own legislative advocate in Washington will help prevent any such repeat occurrence.

"One of our Board members — the venerated V. Earl Irons — has pledged \$1,000 a month, earmarked for the support of an NHF legislative advocate in Washington. He expects NHF to secure matching funds of an equal or greater amount, so there never will be another disappointment such as we experienced last year.

"The Federation is launching upon a new era of growth and service. We have engaged the services of Marshall McNott, highly qualified in administration and related areas, and we look forward to expanded service to health-conscious, freedom-loving Americans.

"We trust that the call for matching gifts and pledges to match Mr. Irons' generous contribution will be met as enthusiastically as it was by him. He gets the credit for initiating this momentous move for preserving on-the-spot representation in Washington. You can share in this credit — by sending us your check today. You can help NHF get your voice 'where the action is.' "

NUTRITION GETS CHAPTER IN SURGEON GENERAL'S REPORT

In contrast to 1978 when the subject was not even mentioned, the annual Surgeon General's Report — *Health United States 1979* — contained an entire chapter on diet, focusing on the Senate Nutrition Committee's Dietary Goals.

Notes *CNI Weekly Report*: "... the diet chapter represents further evidence of HEW's commitment to the role of nutrition in disease prevention, shown

earlier in the Surgeon General's report, "Health People," and in the forthcoming HEW-USDA dietary guidelines."

The 1979 Surgeon General's Report reveals an 18% drop in heart disease deaths between 1950 and 1970, and a continuing downward trend of 2.6% annually since then. Life span increased 2.7 years in the 70s, reaching 73.2 years by 1977.

Governor Brown Rejects Immediate Relief, But

HEAT'S ON FOR PARDON OF DOCTOR PRIVITERA

Even though Governor Jerry Brown has indicated an immediate pardon or commutation of the six-month sentence of Dr. James R. Privitera will not be forthcoming, the National Health Federation will continue its intensive campaign to persuade the governor that in the interests of fair play, such action can and should be taken.

After being sentenced January 16 by Superior Court Judge David Gill to the San Diego County jail on a felony charge dating back to 1974, of conspiracy to import Laetrile, the 38-year-old Covina, Calif., M.D. reported January 23 to the sheriff for incarceration.

That event was charged with drama, but unknown to the demonstrators, the judge had signed an order that he be admitted through another receiving area, and the approximately 50 placard-carrying protesters were denied the emotional experience of watching him disappear behind bars. (The press was there, however, and the sidewalk demonstration was televised and reported in the Long Beach newspaper.)

Among those present at the demonstration were NHF President Charles I. Crecelius and his wife Jeanette, Executive Director Clinton R. Miller, Board Member Dr. Raymond Houser, *Public Scrutiny* Editor Mark Lockman, and *Bulletin* Editor Don Matchan.

When it became known that Dr. Privitera already had entered the jail, Mr. Crecelius asked a deputy sheriff "how does one get a picture of Dr. Privitera?" He was told the doctor was "being finger-printed and photographed in there, and you cannot go in."

BROWN AT AIRPORT

The following evening, thanks to a tip received by Mr. Miller from a friendly reporter that Governor Brown would be returning to Los Angeles on a flight

January 24, a delegation from the National Health Federation was on hand, with others from the area, to meet the state's chief executive as he entered the terminal.

That meeting was "a success," it was agreed, since the lively messages on the picket signs urging a pardon by the governor were much in evidence throughout the time he talked with Privitera supporters.

To President Crecelius' question as he entered the terminal, "Governor, will you pardon Doctor Privitera?", Governor Brown replied, "First I must read the material."

At the close of the question period as he was leaving, the governor told Mr. Miller that the following morning he would get into the matter with his aides.

NO IMMEDIATE RELIEF

There was hope among some that Mr. Brown might depart from his policy of no pardon until the person had demonstrated good behavior for at least 10 years following release from prison. But that hope dimmed when on January 27 Chief Administrative Officer Gray Davis told the press the governor would not grant clemency "until every other legal avenue has been exhausted." Significantly, however, Mr. Davis also said Governor Brown is giving "serious attention" to the law which sent Dr. Privitera to jail. The inference was that he may seek to wipe that law from the books.

From the governor's press secretary came this memo January 28: "It would be extraordinary action for the governor to intervene in a criminal matter while the judge has jurisdiction, and while there are still judicial remedies available.

"While we have never done this, we are not ruling out the possibility. It

should be noted, however, that the judge, attorney general, and probation people have all recommended a jail term. The judge has recommended a work furlough during the day, and Dr. Privitera seems to be eligible for that." (Mrs. Privitera was furious with the statement, said it contained inaccuracies and falsehoods, and that Attorney Kane so advised the governor's office. Ed.)

On January 31 the governor's press secretary, Barbara "Bobbie" Metzger announced that the governor "will recommend to Sheriff Duffy that Dr. Privitera be placed on work furlough." Judge Gill already had made this recommendation. This would mean the doctor could be in his office daytimes, returning to the jail nights.

Another even more significant development for Dr. Privitera was the announcement that Governor Brown will recommend to the California Board of Medical Quality Assurance that the doctor's license not be revoked.

And the third positive aspect of the consequences of Dr. Privitera's jailing is the statement by Chief-of-Staff Grey Davis that the governor will support legislation to legalize the use of Laetrile "and other unauthorized substances" in the treatment of cancer.

"It is not the policy of this office to grant pardons to people simply because we disagree with the law," Mr. Davis told the *Los Angeles Times* in explaining why a pardon had not been granted. (This does not mean that at some future date, a pardon may not be given. Ed.)

Mr. Davis said the governor supports the right of patients terminally ill with cancer to make decisions as to treatments they use. In 1979, as a matter of fact, the governor's position on that issue was made clear when he decided not to oppose the Campbell bill to legalize Laetrile.

NHF ROLE IN DRIVE

The Privitera case climaxed the day before the annual meeting of the National Health Federation's Board of

Governors, and when at that meeting Mr. Miller recommended NHF call upon Governor Brown to extend executive clemency to the doctor, the board granted instant unanimous approval, instructing the executive director to "spend all your time on this matter until it is resolved."

While hundreds of doctors around the country are prescribing amygdalin (Laetrile), as a result of the Bohanon Decision, Dr. Privitera was caught in the web of California politics before that decision was handed down. Others in the case were placed on probation, but Judge Gill ordered Dr. Privitera sent to jail.

Among those committed to seeking a pardon for Dr. Privitera is G. Edward Griffin, head of Californians for Medical Freedom, the group spearheading an initiative drive to eliminate the law under which Dr. Privitera was convicted and jailed. The Federation is providing support in that effort, requesting members to obtain petitions for circulation. There is an April 11 deadline for signatures, Mr. Griffin told the board. Petitions may be obtained from NHF, Monrovia, Calif., or from Californians for Medical Freedom, 790 Hampshire Rd., Suite H, Westlake, Calif. 91361.

'OUTRAGEOUS,' SAYS CAMPBELL

In Sacramento, State Senator William Campbell has gone all-out to persuade Governor Brown to pardon or commute the sentence of the Covina physician. Long an advocate of legalizing Laetrile, Senator Campbell told the *Los Angeles Times* that what has happened to Dr. Privitera is "so outrageous I can't believe it happened in America."

He said his concern was not the efficacy of the substance, but "freedom of choice. In a free society you've got to be able to make certain choices, and one is in the kind of health care you want. To be denied a type you believe might save your life, violates every concept of a free society. It's a wild, unbelievable situation. The law is bad and ought to be taken off the books."

LOOKING AT LAW

And Senator Campbell just may have convinced Governor Brown on this point, because Mr. Davis, when announcing that a pardon or commutation of sentence would have to await exhaustion of all other legal avenues, said Governor Brown was giving "serious attention" to Section 1701.4 of the California Business and Professions Code — the law used to send Dr. Privitera to jail. So even if Dr. Privitera must be imprisoned, his case may be the catalyst for revocation of the law, cooked up by the California Medical Association in the 1950s to prevent Harry M. Hoxsey from establishing a clinic in California, and strengthened in 1963 to become a "model" anticancer quack statute for other states. For this reason, the CMA and the FDA are determined to prevent the law from being rescinded.

FLASH!

Governor Brown will "reconsider" the issue of a pardon for Dr. Privitera if Laetrile is legalized by the legislature, his chief of staff, Gray Davis, told the *Los Angeles Times* on Valentine's Day. (The statement is interpreted as a strong hint that "reconsideration" could mean "pardon" if Laetrile becomes legal in California. Ed.)

That day also saw introduction by Senator William Campbell of S.B. 1480, a measure to legalize Laetrile. A similar bill was killed in the Senate Health Committee last year. Its chances for passage are deemed greatly improved this year because of the announced support of Governor Brown and of Assemblyman Art Torres, chairman of the Assembly Health Committee.

A strategy meeting between key legislators and freedom-of-choice proponents was held in Sacramento February 15. NHF Executive Director Clinton R. Miller was scheduled to attend, but was unable to reach the Los Angeles airport because of mudslides resulting from a heavy downpour.

Before this latest development, Mr. Miller prepared a "Thank-U-Gram" addressed to Governor Brown, expressing appreciation for his support of the Campbell bill, for his recommendation to the California Board of Medical Quality Assurance that Dr. Privitera's license not be revoked, and for his recommendation to the San Diego County sheriff that the doctor be given a work furlough, "so he can support his family and practice nontoxic nutritional metabolic medicine in the daytime while he completes his six-month jail term."

NHF members and friends are encouraged to obtain copies of the Thank-U-Gram (\$1.50 for 50, \$3 for 100) from NHF, Monrovia, for mailing to the governor.

ARTICULATE WIFE

If Dr. Privitera has staunch allies in political circles, he has perhaps the most devoted — and skillful crusader for his freedom — in his wife, Roseanne. She has appeared on television, at press conferences, and has put steady pressure on the legislature, with an assist from the National Health Federation.

It was she who sent telegrams to 11 senators and 16 assemblypersons, stating: "I was in your office with my daughter Debbie, 9, and my son, Mark, 8. We left information in your office at that time. My children and I are asking for your support for a pardon for my husband, Dr. James Privitera. My husband went to the San Diego County jail January 23 at 2 p.m. He is the first physician to be jailed in connection with Laetrile charges. Laetrile is on the GRAS list — this means the 'generally recognized as safe' list. It was formulated by the Food and Drug Administration. Table salt is also on this list.

"His being jailed is outrageous. My children and I need your help now. The governor's office is waiting to hear from you now."

Mrs. Privitera followed that initial telegram with a daily wire to the same legislators, repeating the plea for help

HAWAII PILOT PROJECT UTILIZES 'SEA POWER'

Terming it an "historic breakthrough, a workable renewable, essentially inexhaustible energy resource which can be on-line soon," Governor George Ariyoshi has called on President Carter to consider the use of sun-heated ocean water as another alternative energy source.

The governor is proud of the \$3-million research project which in early August culminated in the lighting of nine 500-watt floodlights and a television set powered solely from electricity generated from ocean water.

Stage 2 envisions production of 40,000 watts to power the machinery,

in persuading Governor Brown to extend clemency to Dr. Privitera.

Mrs. Privitera and Debbie and Mark delivered to Sacramento some 3,800 letters signed by persons who attended the National Health Federation's Silver Anniversary convention in Long Beach. In the days immediately following the sentencing and incarceration of the doctor, hundreds — perhaps thousands — of telegrams poured into the governor's office, which also received many telephone calls asking that Dr. Privitera be released from jail through a pardon or commutation of sentence.

THE NHF LETTER

The form letter, written by NHF Executive Director Miller, headed in large black type, "Please Pardon Dr. Privitera," states:

"Dear Governor Brown,

"I respectfully urge you to pardon James R. Privitera, M.D.

"Superior Court Judge David Gill has just sentenced Dr. Privitera to six months in the San Diego County jail starting at 2 p.m. Wednesday, January 23, 1980.

"Dr. Privitera's 'crime' was that he refused to cut, burn, or poison his cancer patients in lock step conformity with orthodox medical procedures mandated by the State of California.

leaving 10,000 watts for actual use.

Explained Governor Ariyoshi: "The electricity comes from a generator turned by a turbine powered by expansion of heated ammonia. The ammonia expansion and pressurization are caused directly by the 'fuel' — our sun-heated tropical ocean water."

The project was funded jointly by the County of Hawaii, Lockheed Missiles & Space Co., the Dillingham Corp. of Hawaii, Alfa-Laval Thermal, Inc., and other industrial firms. Developers hope for Department of Energy funds to help finance the next stage.

"Instead, Dr. Privitera used Vitamin B-17 (amygdalin/Laetrile), together with enzymes and other safer, less expensive nutritional therapies preferred by his patients.

"For this, the Superior Court in San Diego found him 'guilty' of a felony. The California Appellate Court reversed the decision (2-1), but the California Supreme Court reversed the Appellate Court 5-2. The U.S. Supreme Court refused to hear the case.

"California's Chief Justice Rose Elizabeth Bird, in a minority decision, found that 'a compelling state interest was not served by imposing criminal sanction of the doctor for prescribing amygdalin as a cancer treatment for an informed, consenting cancer victim, without first seeking governmental approval of its safety and effectiveness.'

"I support Senator William Campbell in his recently-filed plea for executive clemency (a pardon) for Dr. Jim Privitera. "Please pardon Dr. Privitera."

The letters "went like hotcakes" at the convention, and as it developed that the public was overwhelmingly in favor of an official pardon — available only from Governor Brown since the case was brought in a state court — Mr. Miller increased the initial pressrun from 10,000 copies to 30,000.

AFTER DELAYS OF 12 YEARS, ALTON, ILL., FLUORIDATION LAWSUIT GOES TO TRIAL

After 12 years of delays precipitated in all except one instance by the defendants, the "Alton, Ill., fluoridation case" went to trial in Illinois circuit court, with John Remington Graham acting as attorney for the plaintiffs.

Pressing for removal of fluoride from the Alton water system are Ruby Hale, the Illinois Pure Water Committee, and George Hiscott, Chicago, a member of the First Church of Christ Scientist.

Mr. Graham, who entered the case more than a year ago, said that on the basis of a 1972 opinion by the Illinois Court of Appeals, he will endeavor to prove that (1) fluoridation is a public health hazard, and (2) that its use as a medication violates Mr. Hiscott's right to practice his religion without state interference.

"The Appeals Court opinion says that if it can be proved fluoridation is causing a public health hazard, the law requiring or permitting its use is unconstitutional," Attorney Graham told *The Bulletin*.

"This we intend to do, as we did in Pittsburgh. The brunt of our presentation will be pure science, with testimony to be presented by NHF Science Director John Yiamouyiannis, Ph.D., Dean Burk, Ph.D., Aly Mohamed, Ph.D., and George Waldbott, M.D., and perhaps one or two other specialists.

"We believe we have a stronger case now, with new evidence from Quebec where a study found that fluoride causes cancer. And we know what the other side will present. Following Pittsburgh, they know they can't come into court and use the title-flashing, name-dropping technique or we'll tear them to pieces. We now *know* their case, and that is a distinct advantage. Pittsburgh was a pioneering effort for us. If we can recapitulate Pittsburgh once or twice, we'll have fluoridation on the run!"

Defendants are the Illinois State De-

partment of Public Health and the Illinois Environmental Protection Agency. When the case first was filed in 1968, the health department resisted trial, and its motions for continuance were routinely granted.

In order to get the case to trial, Mr. Graham petitioned the Illinois Administrator of Courts, pointing out that failure to bring the matter to trial had become "an embarrassment" to the judicial system. Delays were a result of the defendants' unwillingness to face trial in all instances except one. Last year Mr. Graham asked a continuance because Judge Thomas Gibbons was about to retire before the proceedings could be completed, and that would mean unnecessary expense and further delay.

When the Court of Appeals returned the case to the trial court, besides pointing out that if fluoridation is a health hazard it is unconstitutional, the court also said that if it is a medication, it violates the religious-freedom article of the constitution. Thus there are two issues upon which the Alton case rests.

Elsewhere on the fluoridation front is a pending matter in Minnesota involving an allegation that the Minnesota Dental Association exerted pressure on the Health Department to draft and write a derogatory report on the Quebec fluoride-cancer link findings.

A lawsuit is to be started against East Bay Municipal Utilities District in Oakland, Calif., to remove fluoride from that water system. The district board placed the issue on the June ballot after learning of the impending court action.

Lawsuits also are to be started, according to Mr. Graham, in Birmingham, Ala., and Charleston, S.C., for removal of fluoride from those water systems. The New York case is on appeal following a ruling that the issue of a cancer/fluoridation link is not an appropriate one for judicial determination.

ALERT!

Last year the Carter Administration pushed through the Congress an appropriation of \$6.2 million to promote fluoridation, and the Administration is at it again — now asking that \$9.5 million be included in the 1981 budget to put fluoridated water into more communities.

This word was relayed to NHF President Charles I. Crecelius by Legislative Advocate Trudy Engle who attended a session of the Senate Subcommittee on Health February 4. During the meeting Dr. William H. Foege, director of the Center for Disease Control, told the committee "no opposition" was registered against the 1980 appropriation of \$6.2 million.

Ms. Engel said Dr. Foege "told the senators fluoridation is being freely accepted throughout the country, and that the National Cancer Institute possesses no evidence to support the 'theory' that the addition of sodium fluoride to the nation's drinking water could be the cause of the cancer epidemic in the country."

The budget request was considered by the House Committee on Health late in February.

This "alert" is the basis of a call by President Crecelius for bombardment of Congresspersons — House and Senate — to "oppose that funding, first in Committee, and on the floor later if it comes to that."

Opposition to the budget request for fluoridation promotion may be directed to: Senator Warren G. Magnuson, chairman of the Senate Appropriations Committee; Rep. Jamie L. Whitten, chairman of the House Appropriations Committee; Senator Harrison A. Williams, chairman of the full Committee on Health; Senator Edward M. Kennedy, chairman of the Subcommittee on Health, and to members of that subcommittee: Senator Williams; Gaylord Nelson, Wisconsin; Claiborne Pell, Rhode Island; Alan Cranston, California; Howard M. Metzenbaum, Ohio; Richard S. Schweiker, Pennsylvania; Jacob K. Javits, New York; Orrin G. Hatch, Utah; and Gordon J. Humphrey, New Hampshire.

Members of the House Subcommittee on Appropriations are William H. Natcher of Kentucky, chairman; and Representatives Daniel J. Flood, Pennsylvania; Neal Smith, Iowa; Edward J. Patten, New Jersey; David R. Obey, Wisconsin; Edward R. Roybal, California; Lewis Stokes, Ohio; Joseph D. Early, Massachusetts; Robert H. Michel, Illinois; Silvio O. Conte, Massachusetts; George M. O'Brien, Illinois, and Carl D. Pursell, Michigan.

Harley Staggers is chairman of the House Committee on Health. Chairman of the House Subcommittee on Health is California Representative Henry A. Waxman. Members of that committee are David E. Satterfield, Virginia; Richardson Preyer, North Carolina; Andrew Maguire, New Jersey; Thomas A. Luken, Ohio; Doug Walgren, Pennsylvania; Barbara A. Mikulski, Maryland; Phil Gramm, Texas; Mickey Leland, Texas; Richard C. Shelby, Alabama; John M. Murphy, New York; Edward R. Madigan, Illinois; Tim Lee Carter, Kentucky; David A. Stockman, Michigan; William E. Dannemeyer, California, and Gary A. Lee, New York.

If the appeal is granted by the Appellate Division of the New York Supreme Court, the case will be tried in a lower court.

The Pittsburgh case is before the Pennsylvania Supreme Court where the

matter of jurisdiction was challenged by defendants who allege Judge John P. Flaherty, Jr., lacked jurisdiction to issue a restraining order for removal of fluoride from the Pittsburgh suburban water supply.

Three Natural Healers Arrested in 3 Months

Will Naturopathy Be Stamped Out in Idaho?

A naturopathic physician in Idaho whose practice includes patients in 10 states has fallen victim to a reported decision by Idaho Attorney General David H. Leroy to wipe out naturopathy in that northwestern state.

69-year-old Kenneth Slawson, N.D., is the third naturopath to face charges brought by the attorney general in as many months.

Dr. Slawson, who has practiced the past six years in Homedale, Idaho, was arrested at 7:30 a.m. Monday, January 7, and with his wife, a daughter, and a nephew spent two nights in county jail before being released on cash bail provided by a patient in another state who learned of the doctor's plight through the media.

He was taken by sheriff's deputies without a warrant from his home to his clinic, Riverview Retreat, where in the parking lot the officers frisked him, confiscated his penknife, handcuffed him, and drove him to the jail.

Other officers (there were "several" carloads) then entered the clinic, held attendants and patients as hostages while searching the place, seizing records, refusing to permit people to make phone calls, and placing under arrest Dr. Slawson's wife, Mary, 69; daughters Mrs. Cecelia Riebow, 30, of Wilder, Idaho, and Mrs. Naecarma Pate, 49, also of Wilder; and nephew Richard Metzker, 49, of Caldwell. Mrs. Pate had worked in the clinic with her father for two years. Mrs. Riebow had been with him since May 1979, and Mr. Metzker had worked for him since June last year.

When asked by deputies if he would answer questions, Dr. Slawson replied, "No, I don't have to." He was not permitted to call his lawyer. His wife and Naecarma Pate were told they could call an attorney but did not, assuming Dr.

Slawson had made contact. It was not until 4:20 p.m. that Mrs. Riebow, upon learning no call had been made, contacted Attorney Stanley Crow in Boise, who in 1976 instituted cases in many states to license naturopaths. (Rep. Rusty Barlow has introduced a bill to accomplish that in Idaho.)

Dr. Slawson's daughter, Mrs. Riebow, was released on her own recognizance because she is nursing a baby, but the four others were held until bail was provided by a sympathetic patient from a neighboring state.

Mrs. Riebow said the jail was so cold the women did not remove their clothes even to sleep, but that otherwise they were treated courteously.

After their arraignment January 9 in district court, Caldwell, they were ordered to appear January 15 for preliminary hearing before Judge Marvin Cherin.

Dr. Slawson is faced with charges of "involuntary manslaughter, fraud, practicing medicine without a license, dispensing drugs without a license, and sale of a prescription."

He has practiced naturopathy for 20 years, the last six in Homedale, also practicing there some years earlier, as well as in Phoenix, Ariz., Dalton, Ga., and Glendale, Calif. His practice now includes patients from Louisiana, New Mexico, Arizona, Oregon, Washington, Canada, Alaska, California, Utah, and Idaho.

He has had many offers from patients to testify as to the value of the therapy, among them being the family of the late Hazel Goertzen, 54, Oliver, British Columbia, who died after 15 days under Dr. Slawson's care. A longtime diabetic, she told him she had been many places seeking relief, that family and friends had recommended Dr. Slawson, and she wanted to try his treatment even

though he was not optimistic about the outcome.

Mrs. Goertzen's death occurred a month after authorities had started their investigation of Dr. Slawson's practice, culminating after a "plant" in the person of Agent Judy Burton.

According to Mrs. Pate, much of Dr. Slawson's practice consists of a cleansing program and subsequent diet. She described the 10-day program thus: Between 6 a.m. and 7 a.m., two glasses of distilled water; 8 a.m., 10 a.m., 12 noon, 2 p.m., 4 p.m., 6 p.m., and 8 p.m., 1 glass of distilled water with the juice of half a lemon, sweetened with 1 to 2 teaspoons of honey; at 9 a.m. and 11 a.m., and at 1 p.m., 3 p.m., 5 p.m., 7 p.m., and 9 p.m., 8 ounces of distilled water.

In addition are a daily colonic, steam bath, salt glow, shower, and massage. Walking at least a mile a day is encouraged, and patients are treated with low-pulse energy via an electronic device. After returning to their homes they are placed on a "modified diet," and continue taking electronic treatment with a rented instrument. Asked by a law enforcement official if she thinks "electricity is natural," she said she replied she believes it is, since "it is in the air and in every living organism."

Arrested in November 1979 on charges similar to those faced by Dr. Slawson was Dr. Cyrus Maxfield, 1106 No. Cole Rd., Boise.

The third naturopath to be taken into custody in what NHF Executive Director Clinton R. Miller described as "a pattern of harassment designed to intimidate the profession and to eradicate naturopathy from Idaho," was Dr. K.E. Schulz, 1082 No. Cole Rd., Boise, whose practice includes orthomolecular therapy and acupuncture.

The National Health Federation learned about the Homedale arrests through an indignant Mrs. Glen Hawks, Route 2, Paul, Idaho. She was able to watch the early-morning arrests because she did not reveal to officers that she was about to become a patient. Her camper was on the property and she was permitted free access to the clinic waiting room.

"This is a terrible thing," she told *The Bulletin*. "I have vowed to do all I can to help Dr. Slawson. I have inspired many telephone calls to Rusty Barlow and my own local Representative, and I'll continue to try to build public opinion in favor of giving naturopaths licensed status in Idaho. It is legal to practice naturopathy here, but the Barlow law would license it among the branches of the healing art. We hope people will contact state legislators, the governor, and the naturopaths' legislative advocate in Boise, Nancy Carlisle (208-376-7348)."

Governor John Evans reportedly has indicated that if passed, he will sign it.

Kids of Alcoholics Among Those Penalized

Children of alcoholic parents may develop long-lasting emotional and behavioral problems, even becoming drinkers themselves.

A study of 115 children from alcoholic families showed all to be traumatically affected to some extent by their home life. Nearly 10% had physical problems, including ulcers, obesity, and chronic stomachache.

School and community health nurses must turn their attention to

these children, say two Iowa nursing educators, noting that each of the 9 million alcoholics in the United States directly affects the lives of from four to six persons, many of them children.

Organizations like Alateen, Big Brothers, and Big Sisters, are helpful, according to June Triplett, University of Iowa College of Nursing, Iowa City, Iowa, and Sara Arneson.

—Brain/Mind Bulletin

Iowa 'Raw Milk Martyr' Jailed for Thirty Days

Three years and nine months after he was ordered by District Court Judge L. A. Carstensen to stop selling raw milk, Iowa Dairyman Delbert Banowetz, father of eight, reported to the Jackson County Detention Center to serve a 30-day sentence for contempt of court.

The contempt charge resulted from his adamant refusal to abide by the court ruling that his milk must be pasteurized, that not a drop could be made available to people who preferred it right from the cow.

And when he entered the jail facility, Delbert Banowetz became a "martyr," to NHF Executive Director Clinton R. Miller and many others resentful that the dairy industry in most states has been able to prevent the sale of raw milk, even when produced, as in the Banowetz' case, under highly-sanitary conditions.

Mr. Miller visited the Banowetz farm in 1976 when the heat was on to force the young farmer to pasteurize his entire daily production from a herd of 100 cattle.

When he started making raw milk available to customers who bought it on the premises, no one paid much attention. But when sales steadily rose until he was peddling 200 gallons a week to 75 customers from hometown Maquoketa, nearby Preston, and Clinton, the long arm of the law — perhaps encouraged by jealous pasteurizing competitors — corralled him, and overnight the Banowetz case became a local cause celebre.

The press was sympathetic. After all, no one had become ill, no one had died as a result of drinking the raw milk. So why *shouldn't* Iowans drink it if they preferred it to the cooked variety?

As Mr. Miller learned during his visit, the newspaper and radio/tv people

could see the measures taken by the Banowetz' to keep the milk free of foreign substances. Their cows are blood-tested monthly for brucellosis and other diseases, even though brucellosis ordinarily is detected in routine milk sample tests. And Delbert and Mary Banowetz have been examined to insure they are not disease carriers.

No one may enter the cattle yard without washing boots with a cleansing agent. And only employees are permitted in the milking parlor. (There are no exceptions — not even Mr. Miller could get into that area, he could only peer through a window at the milking operation).

The ultra-sanitary rules pay off: The bacteria count consistently remains at 3,000 (or less) per milliliter, while Grade A producers are permitted a bacteria level of more than 100,000 for two out of five consecutive months. Pasteurized milk sold in stores may reach a level of 58,000, and certified raw milk, 10,000.

This attention to sanitation doesn't phase the mindset of Iowa Agriculture and Health Department officials, however. When the controversy broke out four years ago, Richard Dennler, supervisor of the Agriculture Department's dairy products control division, said if people "feel strongly enough about drinking raw milk, they should get a goat or a cow and produce their own."

And the bureaucrats in Agriculture and Health have been able to convince a majority of legislators to leave the restrictive law intact. And until the law is changed, there won't be any legal raw milk sold in Iowa.

Four years ago, the National Health Federation was involved in an advisory capacity with the legal aspects of the Banowetz case (May 1977 *Bulletin*). The

Readers Write

WANTS 'CANCER RIDDEN' FRIENDS TO READ ABOUT MACROBIOTICS

Editor:

Please rush me a copy of Jean Kohler's book, *Healing Miracles from Macrobiotics*. I have two cancer-ridden friends I am anxious to give the opportunity to read this book. I'm not confident they will disregard their doctor's advice — but what if they should!?

In addition, I'm intrigued by the macrobiotic diet for myself. I read the book clear through at my father's home in Boise last week, and would have tried to talk him out of it if I had realized I could not get it in the bookstores in this area, or even at the Burlingame East West Center. Am very anxious to get hold of the book again!

Incidentally, you mention that it's

Federation supported a bill in the legislature which would have decriminalized raw milk produced under strict sanitary conditions. But lacking public support — or perhaps a persistent protagonist — the law was not changed, and finally Delbert Banowetz went to jail.

Representative Andy McKean of Morley has introduced a bill to legalize certified raw milk in Iowa. How much chance the measure has of becoming law, no one would predict.

After spending about a week in confinement, Mr. Banowetz was granted a 26-hour work furlough February 3-4 to assist with the monthly testing of the herd by the Dairy Herd Improvement Association.

Mrs. Banowetz told *The Bulletin* the family — ranging in age from five months to 14 years — is "getting along pretty well," although the boy in charge of feeding the calves came down with a severe case of flu and she had to take over those duties. Neighbors are help-

available in West Nyack for \$10.95. My father's book was plainly marked \$9.95. Was that a pre-publication special, do you suppose? Or why the discrepancy? At any rate, please rush it to me at whatever cost! Enclosed is my check for \$11.70.

CLAIR GILCHRIST
Box 7116
Menlo Park, Calif. 94025

P.S. What do you . . . think about the macrobiotic way of life? I hope you'll do an article on it soon. So many of the foods they emphasize and/or ban are so at variance with what I've picked up from you and *Prevention*. (No potatoes, mushrooms, or fruit, for instance).

(The publisher increased the price \$1 late in 1979. Ed.)

ful, she said, two of them coming in to "do the noon chores," and 4 o'clock chores are performed by a high school boy. Mrs. Banowetz and the oldest daughter, Angela, milk twice a day — at 5 a.m. (which means getting up at 4), and 6 p.m. They were milking 40 cows in the herd of 100.

And all the milk was going to the dairy for pasteurization, she said. When her husband became a prisoner, raw milk sales stopped.

Mr. and Mrs. Banowetz visited in southern California last fall, and were guests of Mr. and Mrs. Miller in Monrovia. While here they also were given an inspection tour of Altadena Dairy, City of Industry, by co-owner Harold Steuve. The Iowa couple was impressed with what they saw in the famous dairy — largest producer of certified raw milk in the country — and said they hope that one day they too will be able to process their milk that way.

25TH ANNUAL MARKS MILESTONE IN NHF HEALTH-FREEDOM FIGHT

As anticipated, the Silver Anniversary convention of the National Health Federation in January drew thousands of persons to the lectures, workshops, and the huge exhibit area in the Long Beach Convention Center.

Observed Convention Manager Hal Card: "It was a milestone, and a fitting climax to 25 years of service to Americans committed to health freedom."

Logistically, things went smoothly. Five stations were manned by NHF staff to register attenders and remind them of the Silver Anniversary Reference Book — a beautiful publication. Compiled by NHF Executive Officer Marshall McNott, it contains NHF history and a review of the organization's victories and objectives. The book is available for \$1, and members are encouraged to order it for home libraries as well as for gifts. A 1980 Silver Anniversary calendar also is available for \$1.50.

The convention was opened with a welcoming address by President Charles I. Crecelius who in January started his sixteenth year as executive head of the 40,000-member health-rights organization. He took the occasion to thank members for their dedicated support of the Federation, and to pledge continued concentration in the struggle to win for Americans the right to unfettered choices in health-care.

Mr. Card expressed the convention department's thanks "to everyone who helped make the Silver Anniversary the event it was. We are grateful to our speakers, the emcees, the more-than-300 exhibitors, the staff, and volunteers.

"We are delighted with the attendance on each of the three days. The 12 morning workshops provided opportunity for programs covering a variety of interests in the health field. And we were pleased, too, with the response to the invitations to nonmembers to join the National Health Federation, become a

part of the growing number of citizens who have decided to 'do something' about the erosion of rights in this important area of daily living."

One feature of the observance of NHF's 25th birthday was presentation by President Crecelius of the "Octogenarian Award" to three old-timers: Board Members V. Earl Irons, Bob Hofman, and Dr. Emory Thurston. The latter was unable to be present, but has since received it.

Lorraine Rosenthal, secretary of the Cancer Control Society and a member of the NHF Board of Governors, received the Federation's Humanitarian Award for her longtime, faithful commitment to the cause of nontoxic treatment of cancer for those desiring it. A complete surprise to *Bulletin* Editor Don Matchan was the President's Award presented him by Mr. Crecelius.

The convention wound up Sunday evening with an auction of merchandise donated by exhibitors. Serving for the second year in the role of auctioneer was Max Huberman, a member of the Board of Governors, and former president of the National Nutritional Foods Association. The net yield from the auction was \$2,400 for NHF coffers.

Mr. Huberman, an articulate individual whose column appears monthly in *Health Foods Retailing*, wrote President Crecelius after the convention, summing up his impression of the affair in these words:

"... For all of us, the Silver Anniversary from start to finish was most fulfilling, and genuinely productive. . . My own satisfaction is based on much more than the net gain of \$2,400 I was able to raise for the NHF treasury.

"From the viewpoint of attending NHF members and new prospects who went to the lectures, workshops, booths, and auction, this Silver Anniversary event was surely a rewarding, educational,

He Interviewed Persons, Didn't 'Examine Patients'

Editor:

In your excellent lead article about events in Annapolis there is an unfortunate choice of words to describe Dr. Waldbott's activities there. He *interviewed persons* but did *not examine patients*, since he is not licensed to practice medicine in the State of Maryland, so far as I am aware.

I realize this is really a trivial bit of hair-splitting, but I suspect the State authorities may try to use it as a smoke-screen to cover up their own horrible

negligence about allowing fluoridated water to be used in hemodialysis centers, and for not recognizing how serious the aftereffects of elevated fluoride concentration can be.

For Dr. Waldbott's sake I suggest you make an appropriate correction of this wording matter in the earliest next available issue of the *Bulletin*.

ALBERT W. BURGSTAHLER, PH.D.
University of Kansas
Department of Chemistry
Lawrence, Kansas

RADIATION WARNING ALERT SOUGHT

On a 27-9 vote, the California Senate approved a bill requiring that nuclear power plants post monitoring devices to detect radiation outside plants.

Supported by the Brown Administration, the bill by Senator John Garamendi would require utilities to install alarm systems warning the state Office of Emergency Services that core cooling systems had been activated, or that

radioactive emissions exceeded standards.

Presently there is no way of knowing how much radiation is being released at a nuclear plant during an emergency, since monitors record radiation levels only over a three-month period. The bill would apply to installations at Humboldt Bay, Rancho Seco, and San Onofre.

exciting and memorable occasion.

"In the course of my activities, I was gratified to note the satisfied comments from busy exhibitors, happily committed to be at future NHF shows. There was little or no complaint. There was a great deal of praise.

"Most important — the comments from attenders everywhere indicated overall satisfaction with the variety of speakers and diversity of subjects, opening new doors to knowledge about all phases of nutrition, physical fitness, health freedom, and quality of life. Isn't that what NHF is all about?

"The overall success of the event was a proving ground for a very able new director. He did fine." . . .

For those able to attend a regional convention during the coming months, here is the schedule as released by Mr. Card:

Grand Canyon Regional, April 19-20, Phoenix Civic Center, Phoenix, Ariz.; **Rocky Mountain Regional**, May 10-11, Salt Palace, Salt Lake City; **Great Lakes Regional**, May 31-June 1, Hilton Inn, Columbus, Ohio; **Southern California Regional**, June 7-8, San Diego Convention Center, San Diego; **Northwest Regional**, July 12-13, Portland Hilton, Portland, Ore.; **Midwest Regional**, July 26-27, Holiday Inn O'Hare Kennedy, Rosemont, Ill.

Northern California Regional, August 16-17, Jack Tar Hotel, San Francisco; **Southwest Regional**, October 18-19, Dallas Dunfey, Dallas, Texas; **New England Regional**, November 1-2, Hartford Civic Center, Hartford, Conn. The 26th annual convention is set for January 16-18, 1981, in the Long Beach Convention Center.

NHF Business Occupies Board Till 2 a.m. at Annual Meet

Installation of the nine members of the NHF Board of Governors, elected last December by the membership, was an early order of business at the annual meeting of the board in the Ascot Room of the Queen Mary, Long Beach, last January 17.

Officially welcomed by Chairman Kurt W. Donsbach, they will serve through 1982: Charles I. Crecelius, Monrovia, Calif.; H. Ray Evers, M.D., Harbor Island, Eleuthera, Bahamas; Bruce N. Halstead, M.D., Colton, Calif.; Bob Hoffman, York, Penn.; Victor Earl Irons, Cottonwood, Calif.; Bernard Jensen, D.C., Escondido, Calif.; Terry Lemerond, Green Bay, Wis.; James R. Privitera, M.D., Covina, Calif.; and Emory W. Thurston, Ph.D., San Diego.

The board is comprised of 27 members, elected for three-year terms.

At the close of the meeting, which lasted until nearly 2 a.m., the 19 members present reelected these officers to serve on the Executive Committee during 1980: Dr. Donsbach, board chairman; Mr. Irons, vice-chairman; Mr. Crecelius, president; Dorothy B. Hart, vice-president; Betty Lee Morales, secretary; and Paul J. Virgin, treasurer.

Other nominees, and the votes received included: for board chairman, Dr. Robert Mendelsohn, 8 of 19 votes; for vice-president, Dr. Bruce Halstead, 9 votes; for secretary, Ida Honorof, 6 votes.

The executive committee serves without pay or travel expenses. Its work last year was summarized in his annual report by Dr. Donsbach, as follows:

THE CHAIRMAN'S REPORT

"1979 marks a year of great achievement for the National Health Federation, as I am sure you will read in the departmental reports. We were involved in a great many diversified projects, and were eminently successful in most of them. This diversification is perfectly in line with the concepts of freedom of choice in all matters of health as espoused by our Federation.

"The talent that we make use of, and the many friends that we have, make these accomplishments possible. Although we often feel overshadowed by the opposition as much as David was overshadowed by Goliath, it seems as if the outcome of our battles is much the same as that Biblical story.

"I would like to especially commend and thank personally the members of the Executive Committee who have contributed so much to the victories of this past year. Although there has often been disagreement on issues brought before the Committee, it has never polarized us nor has it led us astray from our common goal.

"The Committee is faced with history-making decisions at every meeting, and it is certainly impossible to please everyone or to be right 100% of the time. Although great corporate executives are happy with being right 51% of the time, I feel that because of the diverse thinking of the Committee — allowing full examination of the facts — we certainly have a much higher ratio of correct decisions than that.

"Our membership has doubled in this past year. All incumbent members of the Board of Governors were re-



elected, and this is a strong indication to me that the membership feels the Federation is doing the job it set out to do.

"You are all to be congratulated on your labor and devotion to this cause for health freedom. Although new problems seem to appear every year, we can see ourselves closer to our goal each year. Your continued assistance will help make all of this a reality.

"I appreciate your confidence in the past, and I will certainly endeavor to do my best for the Federation in the future."

22 ATTEND

Twenty-two of the 27 members of the board were on hand when the roll was called: Mr. Ajay, Citrus Heights, Calif.; Mr. Crecelius, Monrovia, Calif.; Kirkpatrick W. Dilling, Chicago; Dr. Donsbach, Huntington Beach, Calif.; William A. Ellis, D.O., Arlington, Texas; John Remington Graham, Minneapolis; G. Edward Griffin, Westlake, Calif.; Dr. Halstead, Colton, Calif.; Mrs. Hart, Palm Springs, Calif.; G. E. "Gus" Heidemann, Addison, Ill.; Bruce Helvie, Cincinnati, Ohio; Bob Hoffman, York, Pa.; Mrs. Honorof, Lynwood, Calif.; Dr. Raymond H. Houser, San Diego; Max Huberman, Youngstown, Ohio; Mr. Irons, Cottonwood, Calif.; Mr. Lemerond, Green Bay, Wis.; Mary Lou Martin, Bronx, N.Y.; Andrew R. L. McNaughton, San Ysidro, Calif.; Robert S. Mendelsohn, Evanston, Ill.; Betty Lee Morales, Topanga, Calif.; and Mr. Virgin, City of Industry, Calif.

Staff reports were given, there was considerable discussion on a proposed change in the by-laws, and a resolution of problem areas which had brought about the resignation of Dr. John A. Yiamouyiannis — a resignation rejected by the board and withdrawn by the science director after discussions with Chairman Donsbach and other board members.

The board voted to accept the recommendation of the Executive Committee "to immediately sever the relationship

with the Viguerie Company (membership promotion specialists), subject to advice of legal counsel."

In a motion offered by Mr. Ajay, with a second from Attorney Graham, the Executive Committee was asked to "explore the reopening of the Washington Office," declared by Science Director Yiamouyiannis to be of "greatest urgency."

BY-LAWS CHANGE

During the 1979 annual meeting, the matter of communication between the Executive Committee and the other board members was a topic of discussion, and David T. Ajay was appointed by Chairman Donsbach to suggest by-laws changes toward that end.

Mr. Ajay offered a motion at the meeting this year which included the following provision: "Motions by mail, ballots by mail, and votes by mail may be implemented for action by the Board of Governors at the request of any three members of the board at any time other than an official meeting." This motion was passed. Another motion to abolish the offices of board chairman and vice-chairman was tabled, with the proviso it be submitted to the entire membership for approval or rejection.

Speaking in favor of these changes were Mr. Ajay, Max Huberman, Attorney John Remington Graham, Ida Honorof, Dr. William A. Ellis, G. E. Heidemann, and Terry Lemerond.

HEARTY ENDORSEMENT

The board gave hearty endorsement and unanimous consent to a motion to support the Sarah Sloan Project of the National Nutritional Foods Association — an ambitious program involving the teaching of nutrition in schools, and promotion of more nutritious school lunches. According to NNFA President Ajay, the program is geared for children "from first grade and up. Kids learn how to bake, and the value and tastiness of nutritious food," he said. NNFA has developed an informative, lively film for showing to doctors, PTA groups,

President Crecelius Reports to Board and Members

NHF Gets More Done With Fewer Resources Than Other Crusaders

BY CHARLES I. CRECELIUS

Since associating with NHF 24 years ago as a volunteer worker, it has been



my strong belief that NHF has accomplished far more with its human and financial resources than any other crusading organization. Don Matchan in the *NHF Bulletin*, Mark Lockman in *Public Scrutiny*,

Charles Crecelius has served 15 years as president of the National Health Federation. Each year he reports to the membership and Board of Governors on the past year's major activities. This is the report presented during the 25th annual meeting in Long Beach January 17.

boards of education, and for use by health-food stores.

HALSTEAD COMMENTS

Dr. Halstead, unable to stay for the full meeting, told his colleagues that evolution of the health-freedom fight makes it imperative that analytical chemistry research be performed, and that the effort to free Dr. Privitera be intensified.

"I know we cannot fight on every front," he said. "But an enormous cover-up is underway, and if establishment medicine wins such battles as the Privitera case, they'll blot out everything else we are attempting to do in the field of nontoxic therapies.

"In the future, many battles are going to get into the field of analytical chemistry. Few physicians read the journals, but if we are to move ahead in our quest for freedom, we're going to have to do more of the type of things Dr. Yi-mouyiannis has done — research in the

and reports submitted by staff members have expertly detailed Federation projects and activities during this past year.

Important new health information has been shared with our members, as when the *Bulletin* publicized the discovery by Dr. Joel D. Wallach that a deficiency of selenium and zinc is a basic cause of cystic fibrosis.

Our victories over the years in the struggle for health freedom have laid a broad foundation which can be used as a springboard to win future victories.

When California legislation was proposed many years ago to require polio immunization of all school children, NHF lobbying resulted in the inclusion of a provision permitting parents to say "No" if they didn't believe in the vaccine approach. Since then, subsequent mandatory immunization bills have contain-

area of analytical chemistry.

"Last week I was involved in compiling evidence in Oregon suits totaling \$30 million against Monsanto Chemical Company. There is a vast coverup of government agencies at almost every level. We need to launch initiatives (as the Laetrile initiative in California), and we also need to research analytical chemistry to refute the hired prostitutes of government."

In a verbal report to the board, General Counsel Dilling pointed out that each case his firm handles for the National Health Federation, "has something in common with other cases." He said the victory in the Joey Hofbauer case — "a direct confrontation between conventional and nontoxic therapies — was a factor in the dismissal of at least one other case. "Merely sending a copy of the Hofbauer opinion caused the establishment to run for cover" in a Texas case, he said.

ed this freedom-of-choice language.

Our successful 14-year legislative battle opposing FDA attempts to place effective vitamin and mineral potencies on prescription was an educational effort of benefit then, now, and in the future. Our current efforts to obtain federal legislation to prevent an FDA-proposed regulation to classify some vitamins and minerals as over-the-counter drugs, will be made much easier because of this past effective educational effort.

Fluoridation promoters will not outlive the powerful effect of Judge John P. Flaherty, Jr.'s ruling that fluoridation is carcinogenic, or the impact of our new filmstrip/slides, *The Fluoride Syndrome*.

When reporting on their efforts to educate officials, our members often have said, "but it didn't work." This response indicates a failure to understand the nature of the educational process. *Any effort on behalf of a good cause does some good.* The greater the effort, the more people involved, the greater the impact.

THE SAME 'ENEMIES'

Our major enemies in this all-important struggle remain the same:

First, the vested interests of drugs and surgery that have infiltrated our bureaucratic government to the point they control their own destiny. As is true in other forms of dictatorship, individual rights and freedoms are destroyed. Our subservience to the domination of these special interest groups is far different from the government of and for the people envisioned by our Founding Fathers, or detailed by them in the Constitution and the Bill of Rights.

Throughout the years, the special interests have perfected the techniques which up to now have insured their control over our lives. They have taken advantage of us by exploiting the American tradition of honor and respect for government, the desire to believe that government actions and pronouncements are honest and in good faith.

Watergate is but one example of re-

velations which make our exposure process easier and more readily believed.

Secondly, using adulterous scientists, the drug establishment attempts to establish the point that pseudoscience is real science. Grants from government and industry compromise representatives from the scientific community. Those they can trust are then promoted to positions of bureaucratic control, where they maneuver science for the benefit of their keepers. Many examples could be cited.

NOW THEY SAY IT'S O.K.!

Although the health bureaucracy and medical establishment have been historically consistent in their ridicule of patient testimonials, the FDA earlier this year asked Laetrile patients to come forward so their cases might be evaluated. We rightfully advised against volunteering. In Laetrile debates, Laetrile opponents have consistently expressed their disdain for Laetrile case histories. In court, patient testimonials have been ruled out as evidence because it was not presented by an "expert witness."

Matthew 7:15 tells us: "Beware of false prophets which come to you in sheep's clothing but inwardly they are ravaging wolves."

At legislative hearings, although establishment representatives along with self-appointed "quack" fighters grudgingly agree that cancer patients should not be denied their right to choose, the thrust of the live testimony is to perpetuate laws which would make criminals of doctors offering alternative health care. That's the same as saying "you are free to choose but we want little choice to be available." 'Twas ever thus!

MORE HOKUS-POKUS

Recently I received in the mail a sample bumper sticker with the question, "Is Government Honest?"

When government at any level requests the health department to conduct a study on fluoridation, the department selects an in-house promoter

In His Annual Report

CLINTON MILLER LISTS TWENTY NHF PROJECTS

BY CLINTON R. MILLER

January 1, 1980, we completed our 18th year of service with the National Health Federation.



After 14 years (1962-1976) as legislative advocate in Washington, D.C., we were transferred to Monrovia headquarters and given the added duty of executive

director, with the understanding we would still actively lobby in Washington

or hires one from the "club" who then reports on "both sides" of the issue, summarizes, and makes recommendations. Since this is how the game has been played, it is easy to understand the ease with which dishonesty, fraud, and deceit have flourished. The FDA finally gave its approval for Laetrile tests. After loudly proclaiming that the purpose of the test is to prove the modality is worthless!

Once again, those who have publicly declared their position on this issue will evaluate the data, summarize, and recommend. Disbelieving doctors who have never used Laetrile or the supportive health-care measures required, will be in charge. Fortunately for America, NHF has the determination and experience to deal with this problem. Its very capable staff is able to penetrate issues and then spearhead constructive measures.

THE BRIGHT SIDE

On the bright side, the national climate is improving. Americans everywhere are frustrated with the inability of the drug and medical monopoly to deal with the growing disease epidemic. They are anxious to strip from government the veneer that has hidden vested interests' maneuvers.

and with the various state legislatures. This we have done for four years. We have reduced significantly NHF's relative cost of lobbying during this four-year period.

We developed and worked on more than a dozen projects during 1979, with lobbying efforts getting top priority but ultra-low budget.

1979 Projects:

1. Project H.R. 3574:

On March 16, the Food and Drug Administration published in the Federal

Doctors who believe in alternative health care are organizing, and their numbers are growing. More people every day are learning that good health requires study and effort on their part. To counter these gains, the health monopoly, allied with government, has increased its attacks on individual doctors. Medical licenses have been threatened or revoked, or criminal charges leveled. The strategy is to dry up the source and thus eliminate choice.

Health consumers have fled their state — and even their country — to avoid medieval treatments forced on family members. Actions taken against health professionals and consumers are intended as punishment for defectors, making of them an example to discourage others from dissent. Little wonder that this past year NHF spent more of its resources defending individuals! Their rights bear a direct relationship to their freedom of choice. The NHF commitment continues to be one of using our income as it is received, in the struggle for health freedom. We are not in the process of storing up treasures on earth.

With God's continued blessing we will give our best effort, fight the good fight, and finish the task set before us!

Register a 75-page proposal to regulate most vitamins and mineral food supplements as over-the-counter (OTC) drugs. This proposal, if enacted, would wipe out most of the victory won during our 14-year successful battle for the Proxmire Vitamin Bill.

Less than one month later — April 10, 1979 — we had H.R. 3574 introduced in Congress to block FDA's 75-page proposal. U.S. Representative Larry McDonald was chief sponsor.

We immediately began to gear up a massive letter-writing campaign to get additional cosponsors for the bill. At the time this report is being prepared (December 1), we have 37 cosponsors, which is nearly one per week from the date the bill was introduced

We have thus kept faith with a former chairman of the board, V. Earl Irons, who asked the executive committee to promise four years ago that if we were given the duties of executive director of the home office in Monrovia, we would keep up the terrific legislative momentum built in Washington during our 14-year stay there.

What makes the new legislative accomplishment so encouraging is that it was accomplished with only two short visits to Washington in 1979, and neither of these trips was specifically for lobbying purposes.

We are now prepared in 1980 to have a companion bill — but not identical to H.R. 3574 — introduced in the Senate. It is a blockbuster, skillfully drafted by NHF General Counsel Kirkpatrick W. Dilling. Whether or not FDA completely drops its OTC proposal, the new Senate bill should receive top priority until enacted. It will finish the job started by the Proxmire Vitamin Bill.

Clinton Miller, executive director of the National Health Federation, has been on the staff since 1962 — 14 years in the Washington office as legislative advocate.

2. Project H.R. 4045:

We are ready now to get H.R. 4045 moving through the Congress to legalize Laetrile. Our strategy has been to get half the states to legalize Laetrile, then persuade Congress to follow suit. We have far less momentum at the federal level on Laetrile than vitamin legislation. Hence, with much greater effort, to date we have only nine cosponsors on H.R. 4045.

3. Project Legalize Laetrile:

With super effort by NHF activist Alan Bain, we added four new states in 1979 to the previous — making 21 to date. They are North Dakota, South Dakota, Montana and Colorado. Five more will give us the majority (26) we need. This is our projected goal for the next 18 months.

4. Project Manner Research:

For the second year NHF has promised and fulfilled a \$15,000 research grant to Dr. Manner (total to date — \$30,030.00). Our second grant gave us, for the first time in our 25 years, a nutritional metabolic cancer research project which was acknowledged and reported by the National Cancer Institute as a bona fide study

5. Project Manner Defense:

For the third year in a row we have successfully fought off fringe attacks directed at Dr. Manner by "friends." This year it was a series of depositions by FDA attorneys aided by one of our "friends." We spent several thousand dollars with Mr. Dilling on this project in '79.

6. Project Manner P.R.:

For the third year in a row Dr. Manner has continued to get headlines in the nation's major newspapers, and T.V. and radio interviews as NHF project P.R. has skillfully presented his story in conjunction with our conventions.

7. Project NHF Conventions (12):

We have had 12 of the best-attended NHF conventions in NHF history in 1979.

8. Project 40,000 Members:

We reached our goal of 40,000

members, which we set four years ago.

9. *Project Public Scrutiny:*

Public Scrutiny with Mark Lockman and Nina Mills reached over seven full pages of advertising in 1979. It has 30,000 monthly circulation, with more than 5,000 paid subscriptions. *P.S.* survived the threat of a lawsuit from Dr. William Barrett which has not materialized because we have been issuing an ongoing Lockman-Dilling-style apology.

10. *Project Mendelsohn:*

This NHF project is to get Dr. Mendelsohn's syndicated column in an increasing number of newspapers each year. Marshall McNott, NHF's new executive officer, has played a major role in helping analyze the column's problem. Once in more than 30 papers, the column is almost down to 10. NHF was offered syndication rights by Dr. Mendelsohn in November 1979.

So far (in two months) we have *not* been successful in getting a single new paper to take the column. Goal in 1980 is to reverse the 4-year downward trend. Long-term goal is to regain and exceed the 30-paper record.

11. *Project Andy Sousa:*

What may be one of NHF's most important projects has protected thus far a boy from an unwanted cadaver kidney transplant.

Hiring Mr. Dilling and one other attorney at a cost of only \$1,000 to date, NHF helped Andy get off unwanted drugs and obtain metabolic therapy outside the court's jurisdiction. This reduced the number of dialysis treatments needed to less than one-third those mandated by a San Diego pediatric nephrologist. If Andy continues to improve, there is a possibility that some, many, or most of the 30,000 renal transplants performed to date may have been unnecessary. At \$10,000 to \$30,000 each operation, millions are at stake.

12. *Project Truitt, Children:*

At a cost of less than \$1,000, with Mr. Dilling and a second attorney, NHF

went to court and regained custody for the vegetarian parents of two children taken from them because the children were considered underweight by the state and were not eating meat. The children had been seized and placed on a "proper" high meat diet by the State of Oregon.

13. *Project Fuller Royal, M.D.:*

NHF helped defend Dr. Royal's right to practice medicine in Oregon with the dermatron. His license is still threatened by jealous colleagues, and we may fight this well into 1980.

14. *Project Vaccination:*

We have helped several parents get students into school without vaccination by providing accurate information on the optional provisions in most state laws. . . .

15. *Project Hoxsey:*

We arranged to have Dr. Manner conduct the first animal tests on Hoxsey's herbs in several decades. Initial results were encouraging.

16. *Project Pardon for Privitera:*

We have worked closely with Senator William Campbell, Dr. James R. Privitera, and Governor Brown's office to prepare the way for a pardon for Dr. Privitera. Much is yet to be done in 1980.

17. *Project Initiative Referendum:*

We worked with Ed Griffin on his medical freedom-of-choice initiative (deadline April 11), and are playing a supportive role.

18. *Project Berkowitz and Mangers:*

We have also played a supportive role to Marilyn Berkowitz in her bus trips to Mexican cancer clinics with California legislators. We also supported her special California legislative hearing on alternative cancer therapies in Huntington Beach in November.

19. *Project Radiesthesia Research:*

We are warming up to do battle to defend the right of Charles F. Whitehouse, D.C., a Virginia chiropractor, to do radiesthesia and color therapy research.

20. *Project Supreme Court:*

We arranged for Mr. Dilling to work with Attorney Kenneth Coe to prepare

Dr. Yiamouyiannis Leads Busy Life!

Antifluoridation Activities Past Year Sketched for Board

BY JOHN YIAMOUIYIANNIS, PH.D.

In 1979, your science director prepared:



(1) A pamphlet titled "Lifesavers Guide to Fluoridation" (more than 50,000 sold).

(2) An audiovisual presentation titled *The Fluoride Syndrome* (about 200 sold).

(3) An extensive review titled "Fluoridation and Cancer: A Review of Human Epidemiological Studies."

(4) Extensive briefs and affidavits in connection with court cases pending against Consumers Union, Marvin Schneiderman of the National Cancer Institute, the City of New York, the West View Water Authority (Pittsburgh); suits about to be filed against the East Bay Municipal Utilities District (Oakland-Berkeley, Calif.); the Minnesota Governor's Commission Report.

In 1979, your science director has been instrumental in defeating fluoridation in:

- Tooele, Utah (on legal technicalities).
- North Logan, Utah (on legal technicalities).
- Jersey City, N.J. (by a vote of 14,000 to 13,000).
- New Bedford, Mass. (20,000 to 10,000).
- St. Albans, Vt. (by a vote of the people).
- Tallahassee, Fla. (by a 3-2 vote of city council).
- The State of Florida (by a vote of

the major brief and do the major legal research in the ongoing Judge Luther Bohanon appeal. We are now attorneys of record.

the state legislature).

- Gold Coast, Australia.
- Christchurch, New Zealand.
- And many, many others.

In 1979 your science director helped in:

(1) Framing a lawsuit to be filed to stop fluoridation in

Charleston, So. Car.
Birmingham, Ala.
State of Ohio

(2) Supporting a petition drive to stop fluoridation in Kansas City, Mo.

(3) A last-ditch lobbying effort in Washington D.C. to stop the \$6.2-million appropriation to promote fluoridation.

In 1979, your science director was consulted by:

- The British Ministry of Health.
- The Environment Ministry of Quebec, which has issued a report favorable to our position.

• The toxicologist of the Virginia Department of Health, who now supports our position 100%.

• Sir Dove-Meyer Robinson, mayor of Auckland, New Zealand.

• Australian antifluoridationists who flew me to Australia to testify.

In 1979, your science director has appeared:

(1) On literally hundreds of radio and television stations, speaking on nutrition, environment, fluoridation, general health topics, organic farming, and the National Health Federation.

(2) At numerous conventions including all the NHF conventions except Salt Lake City; NFA conven-

Dr. Yiamouyiannis joined the National Health Federation in June 1974. By January 1975, he had developed the initial crude findings of the link between fluoridation and cancer.

tions, the New England Optometry Association convention, Health Horizon Convention (Canada), Australian National Health Federation convention, National University of Australia, and others.

In 1979, your science director founded:

- The National Antifluoridation Congress, a once-a-year meeting of top antifluoridationists from around the country.

- The Safe Water Foundation Legal Defense Fund, a tax-exempt group supporting court cases to stop fluoridation.

In 1979, your science director:

- Conducted a full-scale investigation of the Annapolis, Md., fluoride-spill disaster.

- Raised about \$30,000 in antifluoridation funds through donations.

- Established a firm connection with Channel 6 TV in Columbus (Newscaster Earl Green has agreed to be emcee at this year's Ohio convention).

- Established a firm connection with the Ohio State University School of Toxicology (director of Toxicology has initiated studies on Laetrile)

(Ed.): In an oral report to the board of governors, Dr. Yiamouyiannis read from the Dec. 16, 1979, *Philadelphia Bulletin* in which government officials were quoted as telling Writer Fawn Vrazo that "they admit the foes of fluoridation 'appear to be winning.'"

Dr. Yiamouyiannis gave credit to Executive Director Clinton R. Miller for urging Dr. Dean Burk in 1975 to join in the fight against government promotion of fluoridation, and said that since publication of the Burk-Yiamouyiannis cancer-fluoridation link reports, "it appears we are now about three steps ahead of the NCI. That agency can no longer say fluoridation is safe."

He said the 21-day trial in Pittsburgh was "the most challenging, draining period of my life."

The science director expressed the conviction that "fluoridation is the heart of the health-rights struggle," and should be so considered by NHF. He said he believes the determined effort against fluoridation "is pushing the government back in its promotion of fluoridation and chlorine in drinking water, in forcing pasteurization of milk, in promoting many forms of immunization. All these efforts have shaken the public's confidence in government, more and more persons realizing that dentists and doctors have not done their research."

As a result of the efforts of Dr. Burk to acquaint authorities and the public in England with the health hazards of fluoridation, and following a report of scientists in Quebec corroborating the Burk-Yiamouyiannis findings, British Prime Minister Margaret Thatcher has asked her health minister to obtain information on the issue of fluoridation. Dr. Yiamouyiannis spent considerable time in January and February compiling data for the British government.

Dr. Yiamouyiannis was critical of what he termed less-than-enthusiastic support of the antifluoridation campaign by NHF management. He charged Mr. Miller with impeding his work. Mr. Miller denied this during a rebuttal period, said it was he who persuaded the Board to employ the biochemist initially.

GUARDS' RESPONSE

Nuclear power protestors in Governor Jerry Brown's Sacramento office were subjected to a new counterattack against passive resistance — passive smoking.

The protestors, occupying the office in a weeks-long sit-in, made a tactical error by asking a state policeman guarding them to extinguish his cigarette. He refused, then passed the word to other guards who began smoking cigars in the waiting area occupied by the protestors.

— CALIFORNIA GASP

In His First Annual Report to Board

McNott Lists Innovations, Plans for Future Administration of NHF

BY MARSHALL McNOTT

I found an ambitious challenge in the creation, writing, and publishing of the first NHF Silver Anniversary Souvenir Reference Book.



Without a precedent to follow, the book was created page by page until the final 62-page four-color publication was completed. The book contains original articles written especially for this publication, highlighting issues of NHF's involvement over the past 25 years.

An advertising program was implemented by both mail and telephone, which resulted in 80 advertisers and a substantial advertising revenue to offset much of the cost of printing this special edition. Additional revenues are expected from book sales at conventions. This should enable NHF to break even on this first specialized quality publication for an anniversary souvenir reference book. . . .

An additional benefit of the Silver Anniversary Souvenir Reference Book is original artwork creating a newly-designed logo and letterhead for NHF.

My objective, as the recently-appointed executive officer of NHF, is to implement sound business procedures and controls to enable the NHF offices to operate more efficiently, and with a much better use of employees' time. . . .

Examples of such organizational changes include the implementation of

Mr. McNott joined the National Health Federation last October 1, and in December was made executive officer in charge of administration, personnel, work-flow, and fund-raising.

a computerized accounting system, which will enable us to secure a monthly financial report with a separate accounting for departments such as conventions, *Public Scrutiny*, etc. . . .

I plan to hold regular staff meetings to permit open lines of communication and to enable employees to understand what they are accomplishing, why there is a need to accomplish it, and how it might be accomplished more efficiently. . . .

OPERATIONAL MANUAL

One of the more important aspects for improved organizational procedures which I plan to implement in 1980 will be a total operational manual of procedures for the entire NHF operation. This will be built by each department first writing its own operational manual. Such operational manuals will enable existing employees to better understand the whole potential of their department and the work required, and will also enable new employees coming into those departments to have sound, realistic educational material available to them in their indoctrination to NHF.

Also included in such plans will be followup check lists and time and workflow charts, to minimize or completely avoid the last-minute decisions, changes, etc., which disrupt other departments and are often costly to the organization. . . .

Finally, and in consideration of preparing this report with only two weeks as executive officer, there will be realistic objectives established by each department for the calendar year of 1980. I have already discussed with the NHF staff the importance of setting realistic objectives, including a timetable and meeting those other criteria associated with the setting of objectives. . . .

LOCKMAN REPORTS ON YEAR'S DEVELOPMENTS, PUBLIC SCRUTINY

BY MARK LOCKMAN

It has been a distinct pleasure working with and for the National Health Federation during the past year. I have appreciated the support and cooperation received from employees and officers. As Clinton Miller can tell you, I enjoy my work so much that I should be paying NHF for having so much fun.

It has been rewarding. I'm glad to report that *Public Scrutiny* is financially solvent, although we have a little ways to go before I will feel totally comfortable, because I want to see a healthy profit.

Some changes during 1979: We have expanded our scope of subject-matter, so we are not just a Laetrile publication. We have witnessed an overall increase in advertising, thanks to Nina Mills, our new ad manager, whose ability as a sharp saleswoman cannot be matched. We also have made an effort to inform readers about the products advertised in *PS*. This is both a service to the advertiser and the reader. This mutual back-scratching has definitely helped our financial situation.

In an effort to add variety in writing styles, Peter Barry Chowka has been added to our staff (free-lance basis) as a regular contributing editor. Mr. Chowka is an expert in writing in-depth articles about alternative cancer therapies, and writes for other publications such as *East-West* and *New Times*. I am personally impressed with his ability to professionally present an objective analysis of the Chad Green case, and his apparent dedication to our editorial policy of freedom of choice.

This year I expect to see continued

growth for *Public Scrutiny*. Presently we have approximately 5,500 paid subscribers. Hopefully, with increased advertising revenue, we will be able to purchase some new mailing lists which should increase subscriptions and revenues. During this year, I plan to write more about other natural treatments not generally available in the U.S. I'm planning a trip to the Hoxsey clinic in Tijuana where I will be interviewing the staff and patients.

Our ongoing battle with the state's Dairy Council for its use of tax money to attack Laetrile, raw milk, chelation, and other nontoxic therapies will continue to be one of my top priorities. I'm glad to report that the \$5,000 grant to Dr. William Jarvis (California Council Against Health Fraud) to promote his peculiar concepts of nutrition has been withdrawn. The Dairy Council, however, still plans to spend the money for the original purpose. The battle continues.

'TREE OF LIFE' BEING CULTIVATED IN U.S.S.R.

Georgian specialists in the U.S.S.R. have extracted a new curative product — a volatile oil — from aloe, which ancient oriental medicine referred to as the "tree of life."

The oil possesses high stimulative and healing properties, and pharmacutists suggest it should be used to make balsam-type ointments. Aloe, a desert plant, has adapted well to Georgia's subtropical zone. A specialized enterprise has been built to process the aloe being grown there on commerical plantations.

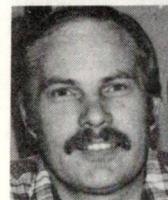
— MOSCOW NEWS
(Jan. 20-27, '80)

FORTY PERCENT OF CANCER in males is caused by smoking.

Hal Card Gives Report on NHF Convention Plans

BY HAL CARD

The purpose of this report is to provide a brief update of the convention department for 1979, and to give a brief overview of the conventions planned for 1980. . . .



Our 1979 records reflect a gross income of \$262,095, and total expenses of \$222,810. These figures are being reported prior to the accountant making final corrections and allocations.

In 1979 the Convention Department held conventions in Long Beach, Pittsburgh, Hartford, Conn., San Diego, San Francisco, Colorado Springs, New Orleans, Phoenix, Salt Lake City, Columbus, Seattle, Chicago, and Asbury Park, N.J.

In 1980 the department plans 12 conventions. . . .

Each convention will be a two-day affair, except for Annapolis, Md., a one-day mini-convention, and our annual, three full days.

The convention staff consists of myself and Carol Biasotti, whose loyalty and dedication has been a great factor in the success of these conventions. She has been a great help to me, as I only assumed this position September 24, 1979.

With the continued support of the Board of Governors, I anticipate a successful year in disseminating the message of the Federation to the people, and expanding their awareness of the public's health problems, and the infringements being made upon them.

Slicing Up the King's English in Sportsland

James B. Sullivan, sports editor of the *Minot* (N.D.) *Daily News*, had some fun in a recent column with verbal gems from the lips of some of the country's sports personalities.

Prefacing the column with the tongue-in-cheek observation, "that boxing and baseball are in a class by themselves for original English is a serious indictment of higher education," he recalled one of Babe Ruth's classics. Responding to a query about how he was treating a twisted ankle, the Great Babe said, "Oh, putting on hot and cold complications."

"Managers and trainers are priceless manglers of the mother tongue," continued Columnist Sullivan, as he quoted Al Weill, "who managed Rocky Marciano, . . . happily divulging details of a physical he had just passed.

"The doctor told me I had fallen archeries, but no ulsters or abominal trouble,' said Mr. Weill. 'He said I didn't

have no sign of kodiak trouble around the heart or no coroner's trombone disease. Everything was okay dokel with my gold bladder, too.'"

The column ended with this one from a trainer at Madison Square Garden who was complaining of a "throbbles in my side. The doctor gave me insolence for my diabetes. He says it's a chronic disease. I might even have a detached retinue."

THE THREE H'S

Richard Kunin, M.D., San Francisco psychiatrist who uses mega-vitamin therapy in his practice, sums up his "credo" in three H's: "Hope, which . . . gives us the patience to see things through; humor, which is the ability to forgive; and humility, which I don't view as a passive, meek attitude, but rather as the ability to laugh at oneself."

— Albert Morch
S. F. Examiner

Dr. Ellis Blames Milk for 'All Sorts of Health Problems'

Although he doesn't believe cow's milk is healthy for humans, William A. Ellis, D.O., Arlington, Texas, says that if you insist on drinking milk and eating milk products, raw milk is by all means preferable.

Dr. Ellis, a member of National Health Federation Board of Governors and a familiar and popular lecturer at NHF conventions, interviewed by *The Healthview Newsletter*, told Editor Sam Biser that "milk causes all sorts of health problems," and urged against its inclusion in diets.

"There is overwhelming evidence that milk and milk products are harmful to many people, both adults and infants," he said. "I like milk, ice cream, and cheese as much as any of your readers. But I don't eat them. I know better. They are simply no good for humans."

The principal protein in cow's milk is casein, and Dr. Ellis said his studies show that both infants and adults "have a great deal of difficulty digesting casein. Fifty per cent or more is not digested, at least in infants, he said. "The partially-digested proteins enter the bloodstream, irritate tissues, creating susceptibility to allergens. Eventually the liver has to remove this partially-digested cow protein, placing an unnecessary burden on the excretory

This article is excerpted from a five-page interview with Dr. Ellis by The Healthview Newsletter, published monthly by Samuel Biser, 612 Rio Road West, Box 6670, Charlottesville, Va. 22906. Subscriptions are \$18 a year, six months for \$10. A copy of the entire interview (issue No. 14) is available by sending \$3 to Healthview Newsletter at the above address.

system, and the liver in particular."

Another protein is xanthine oxidase, shown by researcher Dr. Kurt A. Oster, chief of cardiology at Park City Hospital, Bridgeport, Conn., to be a cause of heart problems. Seventy-five patients with angina pectoris and atherosclerosis were studied between 1971-1974. Milk was removed from the diet, and patients received folic acid (a B-vitamin), and ascorbic acid (Vitamin C), each of which combats the xanthine oxidase (which in homogenized milk is broken into such fine particles that it is absorbed into the bloodstream and attacks heart and artery tissues). Results of the experiment were "dramatic," reported Dr. Oster. "Chest pains decreased, symptoms lessened, and each patient is doing great today."

Milk-drinkers ingest 165 calories per quart of milk, cheese-eaters get the equivalent of five quarts of milk in a pound of cheese, and "those extra calories translate into extra weight."

Dr. Ellis said his clinical observations have shown that "adults who use milk products do not absorb nutrients as well as adults who don't." He said milk consumption can be responsible for "all sorts of problems — diarrhea, asthma, obesity, arthritis, anemia, migraine headaches, allergies, constipation, chronic fatigue, muscle cramps, as well as heart disease." Resistance against allergens is weakened by milk "because few adults can metabolize the protein in cow's milk properly," Dr. Ellis told *Healthview*.

While he suggests that people "eliminate all milk and milk products," he says that if you drink milk, you're better off with the raw product. Pasteurization, he says, cuts the B complex in milk 25%, reduces the minerals including iron,

Milk Linked to 'Hostile Behavior'

High milk consumption is associated with hostile behavior in juveniles, according to a Seattle study published in the *Journal of Orthomolecular Psychiatry*. Chronic juvenile offenders drank twice as much milk as juveniles who were not aggressive.

The offenders preferred milk to steak, their favorite solid food. Researchers Alexander Schauss and Clifford Simonson of City College, Seattle, said that the offenders "preferred milk twice as much as their second choice, the cola sodas." The control group preferred sodas to milk.

The behaviorally-disordered juveniles were selected because they closely matched the chronic juvenile offenders except for hostility. Both groups were characterized by "poor behavioral control."

Juveniles in both groups were withdrawn, hyperactive, easily distracted, or hypersensitive. The offenders, however, had been in court for at least three offenses during the previous two years — at least one offense a felony. Those in the control group had been involved in no scrapes with the law.

Juvenile-offender boys drank an average of 64 ounces of milk a day compared with the control group's 30 ounces. Females showed the same pattern, consuming 35 ounces and 17 ounces per day, respectively.

Although other food factors were considered, "high consumption of pasteurized/homogenized cow's milk most glaringly revealed itself to be a significant dietary factor among juvenile offenders."

The researchers said their report was not an indictment of milk or its benefit to children. However, it indicates "a relationship at work that does involve milk." They deemed it "crucial that a larger, controlled study of this type be conducted."

Although less significant than the high level of milk consumption, a high intake of refined sugar and processed foods was observed in the offender group.

— BRAIN/MIND BULLETIN

destroys valuable enzymes, and "worst of all, destroys antibodies in milk which protect it against bacteria."

"Freshly-drawn raw milk from a healthy cow has on the average about 250 bacteria per milliliter. By contrast, pasteurized milk may contain up to 100,000 organisms per milliliter in Grade A milk, and 200,000 in Grade B milk . . ."

Dr. Ellis said he is concerned also about the "powerful growth hormones which raise a calf from 90 pounds at birth to 1,000 pounds at physical maturity two years later." His research also indicates that the cow's pituitary hormones in the milk are not destroyed in processing. He believes these hormones contribute to "the large buttocks and thighs of many women."

While the main protein in cow's milk is casein, the principal protein in human

milk is lactalbumin, easily digestible and utilized without strain on the baby's organs. Calcium, likewise, is metabolized by the baby on mother's milk, but calcium in cow's milk "does not seem to be metabolized properly by many humans," he reported.

"Thousands and thousands of blood tests I've conducted show that people who drink 3 or 4 glasses of milk a day invariably have the lowest levels of blood calcium. And low blood calcium corresponds with irritability and headaches. It also explains why milk drinkers are prone to muscle spasms and cramps. If you're concerned about getting enough calcium, eat plenty of green vegetables, sesame butter, and sardines — all rich in calcium.

"Cow's milk contains 300% more calcium than human milk, whereas human milk is very high in phospho-

Nuclear Hazards Mandate 'People Action', Says Peterson

Inspired by Convention Spirit, He Urges 'Organize, Organize!'

BY GLEN PETERSON

"It wasn't raining when Noah built the Ark," is an unattributable observation given me recently by a neighbor. We observed that Noah hardly had more warning of impending catastrophe than the 100 million readers of today's newspapers.

Members of the National Health Federation are more powerful than many other people for the following reasons:

- Purity of purpose: A dedication to the protection of health freedoms. "Being right helps," says my lawyer.

- Knowledge of facts: NHFers use the *Bulletin*, knowing that medical cures come retail, but prevention comes wholesale.

- Organization of effort: With facts from NHF we work in concert. "United, even the weak are strong," said Johann Schiller.

- Effectiveness of action: We can measure success with our goals in fluoridation, Laetrile, pesticide and radiation pollution. "The reputation of power is power," said Thomas Hobbs. Our reputation of success is power.

Our unique dedication to health freedoms and our acceptance of re-

rous. The high calcium content of cow's milk develops the calf's bone structure to maturity in two years. Phosphorous in human milk develops the brain and nerves in 18 years. Therefore the two are not exchangeable."

Dr. Ellis told *The Bulletin* about a calf-feeding experiment by veterinarian researchers which resulted in "interesting, and significant, findings."

One group of calves was placed directly on the mother's nipple. Hand-milked milk was fed immediately to the second group. The third group was fed

sponsibility for our health has mandated our actions for this "Decade of the Environment" — the '80s. Our responsibility toward "building the ark" is to educate, agitate, organize, and finally adjudicate issues of health for all of us.

Purity, knowledge, organization, and action equal leadership. Whether you want it or not, it is a responsibility for those who have the four ingredients. With acceptance of responsibility comes *empowerment* — the mandate to act on your knowledge.

Empowerment to: Build a chapter, speak out to other groups, use the media, confront politicians, question bureaucrats, expose wrongdoers, petition officials, challenge corporations, educate others, learn from all, write, listen, work, and act, act, act. It is a physical law that action is not wasted, it produces an equal reaction undegraded by the laws of thermodynamics. You cannot create a cause without having an equal effect. Work in full confidence of success.

Working for health builds health. The invigorating effort of starting a chapter, gaining input from others, expanding your circle of friends, growing in knowledge, acting effectively, facing challenges, answering critics, overcoming

immediately with milk obtained via a milking machine. The animals in the first group, fed directly from the mothers, matured faster and were the healthiest. Under the same rating scale, the calves in the group getting hand-milked milk were second, and the group on the milking machine was last.

"The background theory is that an enzyme is secreted in the mammary gland, which aids in digesting the milk," he said. "This enzyme is destroyed by air when the milk is extracted by hand or machine."

stagefright, and achieving worthwhile ends is the very definition of life and health.

We who are committed to the protection of health freedoms now have a greater responsibility than those before us. Most of the pollutants, pesticides, chemicals and radiation the NHF is fighting have a common denominator — genetic damage — the premeditated violation of the health rights of those not yet born. This constituency totals one quadrillion lives over the next five billion years. If our actions today affect them ill, we will be cursed throughout time. Hitler will be forgotten but we will be remembered.

Radiation equals genetic damage. The nuclear industry has willed that we be the first generation to carry the following isotopes in our testes and ovaries: Iodine-131, plutonium-239, cesium-137, krypton-85, barium-140, cobalt-60, zinc-65, ruthenium-106, and potassium-42. These explosive, unbalanced atoms are constantly and randomly firing particle beam weapons into and through the DNA computers which become the rest of the human race.

We do not have the right to violate the health freedoms of all who come after us, for kilowattage or kilotonage.

The problems faced correcting the situation are great, but greater still are the problems if we wait until tomorrow. The cost of resistance inflates faster than the dollar. Do not wait until your own house is in order. Once started, you will find that blessings flow much faster than any projected cash-flow.

Each of us has gifts, talents, perspectives, goals, experiences, and abilities unique unto one-self. But like pieces in a jigsaw puzzle, we may have a greater identity when all our varying colors,

Glen Peterson, a nuclear researcher, is a regular contributor to The Bulletin. He says that in the next issue, he'll be "back to my data."

sizes and shapes are finally fit into a beautiful and peaceful landscape.

We can start to build this picture immediately by forming small decentralized chapters. Ask a few friends to ask a few friends to come to a meeting. Draw an agenda, set time for each speaker to state proposal, form task forces, sponsor events, order food cooperatively, go to city council, bake sales, parties, special speakers, picnics, films, and circulate petitions.

In looking for effective role-models for chapter structure and organization, the small chapter can be experimental. The antinuclear movement has been growingly effective. In this group, consensus decision-making is the process, rather than Robert's Rules of Order. There are no presidents, no executive officers. The chairperson is called a facilitator, and the job rotates each meeting. Committees are called task forces and cease existence when the task is accomplished. Firm time-schedules are adhered to so everyone can have a say. No proposal is passed if one member "blocks consensus." The process of resolving conflicts is a mentally-expanding experience and produces intelligent and practiced speakers. It is also difficult, and therefore interesting.

Consensus has roots in the Society of Friends and is standard operating procedure of nonviolent environmental groups from the New Hampshire Clamshell Alliance to California's Abalone Alliance. Whether one yet agrees with these groups, the fact is that they and their affiliates have hogtied an industry in which one utility — San Diego Gas and Electric — pays more money for state lobbying than the entire U.S. anti-nuclear movement did last year — \$1.9 million.

Question: What \$2.2-billion real estate investment will have a negative value in 35 years? Answer: A nuclear reactor. Industry and government investment in nuclear power exceeds \$1 trillion. There is no bigger bucks than

Marine Creatures Contain Healing Elements

Drugs obtained from marine flora and fauna hold a special place in the pharmaceutical arsenal. To date, some 150,000 species of marine organisms have come under the medical research microscope, and it has been found that sea sponges, for example, contain substances which kill off the majority of bacteria.

Among other discoveries: sub-

stances from octopuses and round-mouthed hag fishes used in treatment of cardiovascular diseases; a substance in the sea cucumber which inhibits tumor growth; a blood coagulant found in sea snakes, abundant in the tropics; and an extract of starfish which produces an ointment helpful in healing wounds.

— MOSCOW NEWS

Sue 'Em If They Don't Give You No-Smoke Seat!

Air travelers who have been denied a no-smoking seat, or have otherwise suffered a violation of CAB smoking rules, may want to consider suing the airline instead of — or in addition to — filing a complaint with the Civil Aeronautics Board.

An Iowa man won a small-claims suit against United Airlines, was awarded \$410 (the price of his round-trip ticket)

because the airline had denied him effective separation from the smoking section. In another case, a New Jersey couple won an out-of-court settlement after suing Overseas National Airlines for failure to seat them in a no-smoking section. There have been other victories as well

— ASH NEWSLETTER

this, and this cartel is being throttled by an organization of society's least-affluent elements.

NHF Chapters could learn from the environmental movement and form valuable coalitions on interests of joint concern. The important message from this movement is the acceptance of responsibility, and the consequent empowerment to take action.

The subject of organizing for health is inspired by the National Health Federation's Silver Anniversary convention in Long Beach last January. The great measure of concern for health activism shown by the thousands of visitors, exhibitors, speakers and the NHF was inspiring. During the three days of the convention I volunteered to run a booth for my regional and local chapter of the Alliance for Survival, a subgroup of the Abalone Alliance. Nearly 1,000 persons signed petitions, asked to get involved, bought literature, t-shirts and bumper stickers, took 2,000 newsletters, and offered help. My sense is that we are a

lot smarter than we think we are, and we know we have to work together for change.

The Catalina Island Alliance — my local chapter — has been organized for less than a year, and our successes are easily measured. Yesterday a bill passed the California Senate requiring monitoring equipment and alarms on nuclear reactors — a bill we supplied information about to the Senate. We let them know what's what, and they changed it. On the other end of that law is my local chapter, enjoying each other's company, improving our ideas through discussion, writing letters, circulating petitions, living like we have won already, getting healthy on better food ordered cooperatively.

The struggle to protect the health rights of those in the future is too great to try alone. The 400 signatures in favor of labeling radioactive content of food products signed at the NHF convention show that a lot of people are ready to organize.

NHF Memorial Library News



MORE GIFTS, MORE TITLES FOR MEMORIAL LIBRARY

BY STEPHANIE SHANE
Librarian

From Sophia Stanczuk, a member of the National Health Federation, the Memorial Library has received gifts of books and magazines, and here are some of the special titles:

Raw Vegetable Juices, by N. W. Walker — A fascinating book, a fairly-complete guide of the therapeutic uses of the more common, everyday vegetables when taken in the form of fresh, raw juices.

Cataract, Glaucoma, and Other Eye Disorders, by John H. Tobe — Sight is probably the most valuable of our senses. If you were born without it, you would get along, but for those of us who have had vision and then lose it, life becomes almost unbearable.

This book discusses how to prevent the loss of vision due to cataracts and glaucoma. It is written by an author well known in the field of health, and there are many helpful illustrations.

The chapters deal with every known means of treating, curing, and preventing cataracts, and in many cases there is documented proof in the form of research studies and clinical and laboratory experiments.

Face Lifting by Exercise, by Senta Marie Runge — "Lack of beauty and its aging process is mere lack of knowledge. Therefore I hope my happy message will reach everyone seeking to learn how to rejuvenate and enhance the facial contour."

Two copies of *Off The Stove!* were donated by the author, Dorothy Walker. "Off the Stove! brings you the 'new nutrition.' Reflecting the wholistic ap-

proach to health, this book emphasizes home preparation of food, shows that if 80%-90% of what you eat is served without heat or prepared at temperatures less than 120°, your digestion will improve substantially, you'll be on the way to less weight, more free time, better health!"

And Irwinn F. Krimm sent four copies of his *Sex Power and Health for the Middle-Aged and Senior*. The book is "a wealth of helpful knowledge on how to enhance, strengthen and preserve sex verility and health by special applications, exercises, special foods and vitamins."

1980 marks the start of the third year since the National Health Federation Memorial Library started becoming an educational reading, health, research and nutrition center. Many donations were received from different sources in 1978 and 1979, but the library still has just barely been able to keep up with its financial obligations. With your help, the library can continue to grow and provide resource materials in support of freedom-of-choice in health care.

HELP NHF
MEMORIAL LIBRARY
PURSUE RESEARCH
IN FIELDS OF
HEALTH VITAL
TO EVERYONE

Cranston Urges FDA Chief to Veto Vitamin-As-Drug Scheme

On the issue of opposition to a Food and Drug Administration proposal to classify a few vitamins and mineral products as drugs, U.S. Senator Alan Cranston is squarely in the corner of the National Health Federation.

Senator Cranston believes the FDA effort to classify as drugs products "represented for use in the treatment or management of specific diseases or disorders" is not "in the public interest," and he so advised the new FDA commissioner, Dr. Jere Goyan, in the following letter dated last December 19:

"Dear Jere,

"I know you're in the process of proposing final regulations governing the safety and effectiveness of vitamin and mineral products sold as over-the-counter drugs. The first step in this process — the FDA Advisory Panel's recommendation — has stimulated extensive interest among a number of my constituents. Many express what I believe is a valid concern — namely that the advisory panel advocates defining as over-the-counter drugs vitamin and mineral products sold to compensate for deficiencies in a normal daily diet.

"As you know, in the 1976 amendments to the Food, Drug and Cosmetic Act, Congress restricts the FDA's ability to classify vitamin and mineral products as drugs to cases where they are represented for use in the treatment or management of specific diseases or disorders."

"I question how, under this clause, any vitamin or mineral product sold for health maintenance can be classified as a drug. This classification would only affect a small portion of vitamin and mineral products sold in the U.S. However, it is a large step in the wrong direction if it includes preventive health care under a definition for specific diseases or disorders.

"Although treatment of a severe vitamin or mineral deficiency may require a physician's care, I don't see that it is in the public interest to recommend on vitamin and mineral product labels that an individual seek medical advice on health maintenance. Rather, a specific recommendation of physician care to pregnant and lactating women — as well as those who suspect they have a severe deficiency — would seem more appropriate.

"Thank you, Jere, for your careful consideration of my views." . . .

CIGARETTE ADVERTISING NEARS \$BILLION MARK

Advertising and promotional expenditures on cigarettes climbed to a new high of \$779 million in 1977 (the latest year for which figures are available), the Federal Trade Commission said in its annual report to Congress. The figure is an increase of \$288 million over 1975, and \$140 million over 1976.

The Commission also reported on practices and methods of cigarette advertising and promotion in three areas:

- Advertising of desirable images which may tend to negate the warning statement in cigarette advertising.
- Ads attempting to relieve anxieties about health risks associated with smoking which may contradict the warning statements.
- Free promotions which may encourage minors to start smoking, or to increase consumption by making cigarettes easier to obtain.

— EDITOR & PUBLISHER

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 drawing bills to protect the individual's health freedom.

Will you join us in this worthy effort?

NHF ELECTED OFFICERS

Unless otherwise indicated, address all officers and staff members: P.O. Box 688, Monrovia, Calif. 91016.
Phone (213) 357-2181 or 359-8334.

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

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Thank you for your cooperation!

PLACE
STAMP
HERE

Every family in America should belong to the National Health Federation to —

1. Support the principle of freedom of choice and liberty in health matters.
2. Be a part of a strong and united consumer's voice in all health matters.
3. Work for beneficial and needed health legislation and, at the same time, oppose proposals which are detrimental to the health interests of the people or which do not provide for equality of recognition of all legally established health professions.
4. Support a united effort to reduce the cost of health care.
5. 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.

PLEASE ALLOW 6 TO 8 WEEKS FOR DELIVERY OF FIRST ISSUE OF THE BULLETIN

UPCOMING NHF CONVENTIONS

Grand Canyon Regional — April 19-20
Civic Center — Phoenix, Ariz.

Rocky Mntn. Regional — May 10-11
Salt Palace — Salt Lake City

Great Lakes Regional — May 31-June 1
Hilton Inn — Columbus, Ohio

Southern California — June 7-8
Convention Center — San Diego

HELP SAVE OUR HEALTH FREEDOMS