

National Health Federation

BULLETIN

JANUARY 1980 • 50¢

HIS PANCREAS CANCER YIELDED TO



DR. KOHLER

MACROBIOTIC 'WAY OF LIFE'



DR. MYERS

WHAT CONSTITUTES A FOOD? WHEN, IF AT ALL, DOES IT BECOME A DRUG? ISSUE EXAMINED BY VETERAN METABOLIC PHYSICIAN WHO SUCCESSFULLY CHALLENGED FDA IN '49

Oregon's Fuller Royal Has Used Chelation, Metabolics for Years; Now They're After His Scalp, But He's Not About to Cave In!



DR. ROYAL

CONSPIRACY TO 'GET' HOFBAUER DOCTORS?

RADIOACTIVE WATER – CHAD'S LEUKEMIA

OUR 25TH EXTRAVAGANZA!



DR. ALPAN

FOCUS ON HEALTH/ENERGY AT NHF'S GALA SILVER ANNIVERSARY EVENT IN SPACIOUS CONVENTION CENTER IN LONG BEACH; STAR-STUDED SPEAKER ROSTER, EXCITING ARRAY EXHIBITS



DR. KHOE

Dedicated to the Protection of Health Freedoms

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms

Published Monthly

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CONTENTS

The New Year Speaks to Us	1
See You at NHF's Silver Anniversary Fete	2
How the National Health Federation Came Into Being	3
There Seems to Be a Pattern in Hofbauer Witness Harassment	5
In Oregon, Doctor-Monopoly, State, Target Fuller Royal ..	6
Fed Up With FDA Vengeance, Dr. Evers Goes to Bahamas	8
Respect Bohanon Decision on Laetrile Or Face Suit, Dr. Halstead Tells California Health Officials	9
Police Grilling Terrifies Joey Hofbauer	10
New FDA Chief Outlines His Philosophy	11
On the Fluoridation Front:	12-13
A Chilling Discovery: Chad's Leukemia/Radiated Water ...	14
Dr. Kohler Says Macrobiotics Saved His Life	17
Flash! Fred Stare No Longer Opposes Macrobiotic Diet .	19
Pancreas Cancer Disappears, But Doctors Indifferent	20
Dr. Myers Looks at Issue, When Is Food a Drug?	23
FDA, USDA Considering Delaney Clause Revision	29
The Year in Review: Librarian Stephanie Shane	30
Waxman Vows Fight to Preserve Delaney Clause	31
Trudy Engel Meets Pope John Paul II	32
Secret Aerial Spraying in Bay Area Brings Suit Against Army	32

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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'I AM THE NEW YEAR' . . .

I am the new year. I am an unspoiled page in your book of time. I am your next chance at the art of living. I am your opportunity to practice what you have learned about life during the past 12 months.

All that you sought and didn't find is hidden in me, waiting for you to search it out with more determination. All the good that you tried for and didn't achieve is mine to grant when you have fewer conflicting desires.

All that you dreamed but didn't dare to do, all that you hoped but did not will, all the faith that you claimed but did not have — these slumber lightly, waiting to be awakened by the touch of a strong purpose.

I am your opportunity to renew your allegiance to Him who said, "Behold, I make all things new."

I am the new year.

— *The Tidings*
St. Thomas Episcopal Church

VOTERS SAY 'NO' TO POISON SPRAYING

Although there will be no immediate impact on state and federal regulations, Mendocino County Agricultural Commissioner Ted Ericksen said he would "obey the will of the voters" who approved an initiative to ban aerial spraying of phenoxy herbicides and matter containing dioxin.

It was the only way desperate residents of the lumbering community could make a dent on officialdom, so they went the ballot route, with 63% of

them affirming the ban on toxic sprays. Initiative sponsors fear cancer and birth deformities from the chemicals. It is the first time in this country, according to Associated Press, for such action to be taken by citizens.

Such poisons as 2,4,5-T and 2,4-D are applied by the Forest Service to kill vegetation and retard the growth of oak and madrone, while encouraging growth of redwoods and Douglas fir.

HOMEOPATHIC PHARMACY WINS IN MARYLAND

In what was noted by the National Center for Homoeopathy as "a landmark decision," the Maryland State Board of Pharmacy announced it will draft legislation designed to license and regulate homeopathic pharmacies.

The board earlier had threatened Edward B. Furr, president of the Washington Homeopathic Pharmacy in Bethesda, with cancellation of his pharmacy license unless he stocked allopathic drugs along with homeopathic medications. Following

extended consultation between his attorneys and the Board of Pharmacy, the board reversed its position, satisfied that to enforce it would be a violation of Mr. Furr's constitutional rights, since pharmacies dealing in allopathic drugs are not required to stock homeopathic medications.

CONVENIENCE FOODS are for the convenience of those serving them.

— CHARLES KURALT
Dateline America

Join Us in the Federation's 'Biggest, Best, Yet'

IT'S ALMOST HERE — NHF'S SILVER ANNIVERSARY EVENT

The normal excitement of an annual convention of the National Health Federation this year is heightened by the fact the Federation is celebrating its Silver Anniversary — 25 years of service to a public demanding freedom of choice in health care.

"As we put this program together," said Convention Manager Hal Card, "we were mindful of the special significance of the 1980 convention — again scheduled in the spacious, convenient, ultra-modern facilities of the Long Beach Convention Center — January 18, 19, 20.

"Our speakers' roster offers 'something for everyone,' with the multi-speakers' program again being implemented.

"Also available at a modest price will be a beautifully-written-and-designed Silver Anniversary Reference Book prepared by Consultant Marshall McNott, a specialist in the field, who has packed into the book historical information about the Federation, special features relating to its ongoing program, and a comprehensive summary of its achievements over the years, along with pictorial treatment of elected officials and staff. Truly, it's a volume NHFers will treasure for years to come!"

Also on sale will be a Silver Anniversary NHF Calendar, a striking piece, produced with cooperation of NHF Executive Director Clinton R. Miller, by another specialist — Irene Carlson, head of Communicative Art Forms, Covina, Calif. There will be photos of the following individuals prominent in the health-freedom movement, with quotes from each: NHF President Charles I. Crecelius; General Counsel Kirkpatrick W. Dilling; Board Chairman Kurt W. Donsbach; Executive Vice-President Dorothy B. Hart; Board Mem-

ber and Consumer Activist Ida Honorof; Board Members Victor Earl Irons, Bernard Jensen, D.C., Andrew R.L. McNaughton, Robert S. Mendelsohn, M.D., and Betty Lee Morales; Science Director John A. Yiamouyiannis, Ph. D.; and Nutritionist Professor/Author Dr. Roger J. Williams, University of Texas, Department of Biochemistry.

A wide-ranging area of topics related to the holistic field of health care will be covered by experts. Exercise and its role in total health will be stressed by professional teams.

Another stimulating and informative feature of the convention is the huge exhibit layout — where manufacturers, distributors, dealers, as well as those in the services, offer the public the latest in their respective fields.

"We are proud of that part of our convention," said Mr. Card, "and we have been careful in planning the program to give attenders plenty of time to visit the exhibits. Exhibits are an important part of the learning process, with people having opportunity to meet face-to-face and talk with those knowledgeable in their product line or service."

Among the speakers scheduled for the 25th Annual are Bruce Halstead, M.D., widely-quoted practitioner and specialist in biochemistry; Royden Brown of Scottsdale, Ariz., who will reveal therapeutic secrets of honeybee pollen; Alan Nittler, M.D., longtime nutrition-oriented physician, now on the staff of Donsbach University, Huntington Beach, Calif.; Peter Burwash, former Canadian Davis Cupper, head of Peter Burwash International Ltd., tennis specialists, Honolulu.

Body Builders Bernie and Jeanne Ernst will demonstrate their exercise techniques. Others scheduled to lecture

HOW AND WHY A HANDFUL OF INDIVIDUALISTS ORGANIZED THE NATIONAL HEALTH FEDERATION

If Founder Fred J. Hart were here physically today, and if he was wont to use vernacular (which he wasn't!), he could say with affection and pride about his beloved National Health Federation — "You've come a long way, Baby."

When in 1955, with discernible frus-

tration, he posed to V. Earl Irons the idea of an organization which could achieve needed reforms through political action, he received an immediate and positive response from the person who had gone to prison because of his convictions. (Mr. Irons could have "saved his skin" by recanting, agreeing

are Durk Pearson, science speaker; Richard Kaplan, Hayward, Calif., holistic health care; Arnold Pike, TV personality and public relations consultant to the National Nutritional Foods Association; Bargyla Rateaver, organic gardening specialist and author of monthly features in *Let's Live Magazine*; Dr. Jack Alpan, Los Angeles, preventive dentistry advocate whose theme is to "balance body chemistry"; Mo Siegel, Boulder, Colo., head of Celestial Seasonings; Frank Columbu, Los Angeles, "Mr. Muscles," who will give physical fitness demonstrations.

Betty Kamen, Cold Spring Harbor, N.Y., producer of nutrition education filmstrips and of a daily show on a major New York radio station will be a convention speaker, as will Janet Goodrich; Willem Khoe, M.D., Sunland, Calif., practitioner using holistic approaches to health care, including acupuncture and homeopathic medicines; Gypsy Boots; Dr. John R. Christopher; Charlotte Gerson Strauss; Bates teacher Diana Deimel; Stan Malmstrom; Fred Bell; Dave Ajay, president of National Nutritional Foods Association and member of the NHF Board of Governors; and Nutritionist Rheo Blair.

Broda Barnes, M.D., author, lecturer, and authority on thyroid therapy will speak, as will Dr. Harold Harper of Los Angeles; Barry Konicov; Dr. Pat Flanagan of Tucson, Ariz.; Bruce Pacetti, Page Clinic, St. Petersburg, Fla.; Dr. Ray Evers, chelation specialist who recently

moved his clinic from Montgomery, Ala., to Eleuthera, Bahamas; William A. Ellis, D.O., NHF board member, lecturer, and consultant; Susan Smith Jones, nutrition specialist and UCLA health instructor.

Among NHF officials and staffers scheduled to make appearances are Board Chairman Dr. Kurt W. Donsbach; Mark Lockman, *Public Scrutiny* editor; Betty Lee Morales; V. Earl Irons; Kirkpatrick W. Dilling; Executive Director Clinton R. Miller; Science Director John A. Yiamouyiannis who will show the new film strip, *The Fluoridation Syndrome*; and President Charles I. Crecelius, who will open the convention January 18 with a welcome to guests and exhibitors.

Dr. Harold W. Manner, Loyola University biology professor and Laetrile researcher, will present up-to-date findings and report on a new project funded by the NHF Memorial Library. Also slated to be featured will be Robert Mendelsohn, M.D., syndicated writer, NHF board member, and director of American Hospital in Mount Zion, Ill.

"This is not a complete list of speakers, by any means," Mr. Card said. "But it gives an idea of the scope of the interest-areas to be covered. We know you'll profit richly from the convention, and we look forward to seeing you at our 'biggest and best' — helping us commemorate 25 years of service to the American public."

to follow the party-line on traditional nutritional concepts. But instead, he fought the government to the bitter end, and for his trouble languished in a federal prison for five months. Mr. Irons preached the gospel of healthy soil, healthy bodies).

In agreement with that principle — and involved in significant research proving its validity — were Dr. William Albrecht of the University of Missouri Agriculture department, and Henrik Pfeiffer, owner of a 700-acre organic farm in Spring Valley, N.Y. Also in agreement that degenerative disease is traceable to mineral-depleted soil was Dr. Royal Lee who founded Standard Process Laboratories, Inc., in Wisconsin.

All were attending a convention of Natural Food Associates, in Chicago, and it was they, in company with Dr. E. Hugh Tuckey of San Francisco, who agreed to put words to action. Mr. Irons and Dr. Lee agreed to put up finances when needed, and Mr. Hart gave not only of his organizing talent and extraordinary intelligence and energy, but also helped sustain it with cash when needed during the early years.

Mr. Irons recalls that when the office needed a typewriter, a desk, a mimeograph machine — he provided them — (and he has been a generous donor throughout succeeding years). Dr. Lee's presses turned out printed materials. Dr. Tuckey gave his time as secretary for many years, and also treated Mr. Hart professionally, a "contribution to the cause."

THE FIRST BOARD

The first meeting of record of the Board of Governors was held September 1, 1955, in the organization's first office at 2452 Van Ness Ave., San Francisco.

Fifteen persons had agreed to serve on the Board which would be expanded to 27 eventually. They were Mr. Hart, Dr. Lee, Dr. Tuckey, Willard Gleeson,

radio/television station owner in Riverside, Calif., who for a time served as NHF's first Washington representative; W. Franklin Morris, D.C., Oakland, Calif.; William Liddon, Nashville, Tenn., automobile dealer; Ernest F. Shearer, D.C., Columbus, Ohio; John R. Gozzi, D.C., San Diego; Harold Edwards, Better Health Bureau, Cleveland, who served as the second legislative advocate in Washington; John Minder, D.D., Christian Medical Research League, Detroit; Irving A. Dundas, D.C., San Francisco; Robert J. Moran, Ph.D., California Psychologists' Association, Los Angeles; Stanley Phillips, executive director of the National Dietary Foods Association, Cincinnati, Ohio; and Dr. Raymond H. Houser, D.C., Ocean-side, Calif. Two more were added at the first annual meeting Jan. 14, 1956: Otto Mao, Washington, D.C., and Miles H. Robinson, M.D., then of Baltimore. Esther S. Bennett was secretary the first year.

As reported in the November *Bulletin*, 51 persons cast ballots for Board of Governor nominees at that meeting in San Francisco.

ESTABLISHMENT VICTIMS

Several of the founders of the National Health Federation had been subjected to legal persecution by medical traditionalists who possessed the political muscle to manipulate public agencies such as the Food and Drug Administration.

V. Earl Irons spent five months in prison, a victim of pressures from the medical establishment and its political cohorts; Fred Hart had felt the heavy hand of the law during his years as head of the Electronic Medical Foundation — an organization founded by Albert Abrams, M.D., a pioneer in the concept of using certain forms of energy in diagnosis and healing; Dr. Lee had been subjected to harassment by the FDA for alleged mislabeling of products; John Minder knew what oppressive government can do to such inno-

Miller, Dilling Point to Harassment of Four M.D.s

A Conspiracy to 'Get' Doctors Who Testified in Hofbauer Case?

Stunned and angered by the U.S. Appeals Court in New York decision upholding the right of the John Hofbauers to choose the type of therapy they wish for son Joey — including Laetrile/vitamin/enzymes — organized medicine and the federal government are out to intimidate, silence, or destroy doctors who testified on behalf of metabolic treatment for the 10-year-old child.

This is the conclusion reached by NHF Executive Director Clinton R. Miller and NHF General Counsel Kirkpatrick W. Dilling.

In support of that thesis they point to the harassment of four M.D.s, whose cases the National Health Federation is involved in supporting legally, to greater or lesser degree.

Mr. Miller has dubbed them the "Hofbauer Four." They are:

- Thomas J. Roberts, M.D., of Leesburg, Va.

vative minds as that of Dr. William Koch, driven to Brazil because of his development of an anticancer agent known as glyoxilide.

ORIGINAL GOALS

The laypersons on the Board of Governors were in sympathy with the idea that when originality is stifled, progress suffers. Thus, they approved heartily the first "planks in the platform" of the National Health Federation, adopted by the Board, which included these objectives:

- That the National Health Federation "work for legislation that will be productive for better health welfare for the American people, without abridgement of their constitutional rights." . . .
- That the Federation "support legis-

- Harold W. Manner, Ph.D., Loyola University, Chicago.

- Michael Schacter, M.D., Nyack, N.Y.

- Donald Cole, M.D., Floral Park, N.Y.

In discussing the matter, Mr. Dilling told *The Bulletin*:

"The cancer establishment was rocked from top to bottom by the Hofbauer decision. To preclude a repetition of a similar case, the establishment is going after the expert witnesses in the Hofbauer case."

The Chicago lawyer represents the National Health Federation as cocounsel with Attorney William B. Hanes of Leesburg in defending Dr. Roberts from an attack by the Loudon County Hospital whose medical board revoked his hospital privileges without filing charges. In addition, the Virginia Medical Board has asked him to submit to questioning as to "the quality of his medical

lation which will provide that when federal money is involved in the training of individuals, or aiding institutions for the education of individuals in the art of healing, there shall be no discrimination as between the different schools of healing, regardless of whether allopathic or nonallopathic."

- That the . . . Federation "work for legislation in keeping with the Hoover Commission recommendation No. 47: 'Agency publicity, found by a reviewing court to have damaged or discredited any person under investigation, or a party to an agency proceeding, may be considered by the court as a prejudicial prejudging of the issue, and the court may set aside any agency action against such person or party, or enter other appropriate order.'"

State Board After License Of Eugene's Fuller Royal

Caught in the web of an Oregon law which never has been challenged — a law permitting the medical establishment to revoke licenses on the basis of an oral examination — F. Fuller Royal, M.D., veteran practitioner of metabolic therapy and longtime opponent of

practice" — a procedure Mr. Dilling believes is preliminary to revocation of license.

Formerly medical officer with the U.S. State Department, Dr. Thomas has treated many patients with metabolic therapy. He is loved and respected by patients who turned out en masse (Mr. Dilling estimated 500) for a hearing before the hospital medical board.

The fact his hospital privileges were terminated without the filing of charges or opportunity to face the complainants, if any, led Mr. Dilling to assert Dr. Thomas was "denied due process." On the basis of the arguments of Attorneys Hanes and Dilling, the hospital agreed to a full hearing later before the hospital trustees.

Dr. Cole, who practices in New Jersey, faces revocation of his license, and was hit by the doubling of his malpractice insurance rate.

Dr. Schachter was subpoenaed to give a deposition in a suit involving the Food and Drug Administration and the company distributing Wobe Mugas proteolytic enzymes (a German-made product) in this country. Beyond that, up to this point, he has not been otherwise harassed.

Mr. Dilling becomes indignant in his condemnation of both the FDA and the Wobe Mugas representatives for the way Dr. Manner has been treated.

The Loyola professor was asked to

ecological pollution including fluoridation, is engaged in a fight-to-the-finish to retain his license to practice in Eugene, Ore.

The National Health Federation has joined the case with legal assistance, according to NHF Executive Director

give a deposition in the Wobe Mugas case (FDA says the product is mislabeled and a new-drug application must be approved for its sale in this country), and Mr. Dilling said "they grilled him mercilessly for two full days, and say they will question him still further on an issue that should have taken not more than an hour."

Dr. Manner used Wobe Mugas products in his Laetrile research, funded by NHF and others, and the Food and Drug Administration says his comments in his book, *The Death of Cancer*, constitute "labeling." Mr. Dilling said the Wobe Mugas attorney is "cooperating" with FDA, and its American official, Alan Blair, makes no secret of his antagonism toward Dr. Manner.

The case was initiated after FDA seized a shipment of Wobe Mugas proteolytic enzymes in 1978. The agency maintains it is a "new drug" which may not be transported across state lines without FDA approval.

Depositions have been taken across the country from physicians using metabolic therapy. Mr. Dilling believes it is a way of intimidating doctors, and contends it is a form of reprisal as well as a maneuver to "get" those who testified in the Hofbauer case. One individual, he said, was told by an FDA person that this indeed, was the agency's intent.

Clinton R. Miller, and welcomes contributions to fund the defense. Another organization — Citizens for Pure Water, Box 02333, Portland, also is raising funds for defense of the beleaguered physician.

The Oregon Board of Medical Examiners demands an "oral competency" examination — a device Mr. Miller describes as "a club to bring doctors into line or force them to leave the state. The doctor, in effect, is forced to practice every day so he won't have to face the oral exam, which no one could pass if those conducting it were determined to so evaluate the results."

Mr. Miller says three such examinations have resulted in "getting rid of the doctors by forcing them to leave Oregon."

But Dr. Royal is a fighter, and not about to be bullied into a corner if he can help it. He intends to force a court action, test the constitutionality of the law which Mr. Miller believes is "patently unconstitutional."

It provides that the Oregon Board of Medical Examiners may require the oral examination after receiving a complaint from an accuser whose identity is not revealed, nor are the charges against the doctor.

"In this case," said Mr. Miller, "the Board says it has received several complaints, but has refused to show Dr. Royal the nature of the complaints, or reveal the identity of the accusers.

"One by one the establishment is picking off the leaders of metabolic medicine. Dr. Royal has a host of loyal patients, 60 of whom picketed in front of the building where the Board was meeting.

"Dr. Royal was preparing to leave in the not-distant future to practice in a holistic center in Las Vegas. He told the Board this, but they did not hear him. He has four affidavits from persons affirming that a member or members of the Board have asserted 'we're going to get his license.'"

MORE FRIENDS

In an appeal for funds to its members, the Executive Board of Citizens for Pure Water, Portland, said Dr. Royal "has successfully diagnosed and treated environmental diseases caused by the irresponsible industrial and governmental dumping of mercury, cadmium, lead, arsenic, herbicides, fluorides, nuclear wastes, and other toxic chemicals into the environment.

"He fought to end water fluoridation in Eugene when he discovered an alarming rate of hydrofluorosis (water fluoride poisoning) among patients. Because of his political intervention into the mandatory water fluoridation dispute and other environmental health issues, Dr. Royal has stepped on the toes of some powerful political interests. Professional jealousies of so-called "health-care professionals" have been aroused to the point Dr. Royal is in imminent danger of losing his license to practice medicine in Oregon.

"Certain spiteful medical professionals sitting on the Oregon State Medical Board have elected to misuse their power under ORS Chapter 677. Instead of protecting sick and injured Oregonians from incompetent physicians, the Board has seen fit to use its powers to embarrass, harass, and destroy physicians like Dr. Royal without just cause and due process of law. No physician should be denied the right to practice his art on the basis of his political views. This was not the intent of the legislature when Chapter 677 became law."

The appeal called upon Oregonians to "stop this travesty of justice. Call and write your state senator and representative. Let them know the law must be amended. Demand an immediate and thorough investigation of the Oregon State Medical Board and its unsavory practices. While you are at it, call Governor Atiyeh (toll-free, 503-229-5700). Do it today. Your right to high-quality, up-to-date medical care is in jeopardy."

TIRED OF HARASSMENT IN U.S., EVERS MOVES CLINIC TO BAHAMAS

Because of what he says is continuing FDA harassment, H. Ray Evers, M.D., a pioneer in chelation treatment, has moved his clinic from Montgomery, Ala., to Whale Point Retreat, Eleuthera, Bahamas, 50 miles east of Nassau.

The aerial transfer of 48 patients to the 80-bed clinic in the Bahamas took place October 31.

Dr. Evers says the plan is to "make it the most outstanding holistic health center." On the staff with him will be Richard Brennan, M.D., founder and first president of the International Academy of Preventive Medicine, Houston, Texas. Two chiropractors — Dr. Jack Wilson who has been with him in Montgomery the past two years, and Dr. Ted Allen, a native of the Bahamas — also are on the staff. When at capacity, he said the clinic will employ approximately 90 persons. Dr. Evers said there are plans to enlarge it.

For several years Dr. Evers has been involved in law suits because of his chelation practice. During one court session before Federal Judge Hebe, 5th Circuit Court of Appeals, New Orleans, his attorney asked FDA counsel why Dr. Evers was the target of the government-instituted suit. The reply: "Dr. Evers has been selected for prosecution and destruction."

He was being tried for using EDTA in chelation therapy, which the FDA charged was a "mis-labeled" product. He was cleared of the charge in 1978 after Attorney Kirkpatrick W. Dilling entered the case.

Another reason Dr. Evers left the United States is that four suits, each seeking damages of \$1 million, have been filed against him by relatives of two patients who died. He has been unable to obtain insurance as a result

of the combination of court actions and the lawsuits.

"If a terminal patient dies after treatment in my hospital," he told *The Bulletin*, "I am condemned and sued. But patients die every day of iatrogenic (physician-induced) ailments and not a word is said."

One of the first physicians to introduce chelation therapy to his practice, Dr. Evers has administered chemoendartectomy treatment to more than 15,000 patients since 1964. He has published a case history account of 100 cardiovascular patients treated in his hospitals, and has written articles for the American Academy of Medical Preventives, International Association of Metabology, and the International Association of Applied Nutrition.

He has prepared a brochure detailing information about his practice, and the new location in the Bahamas, which states that he "hopes to witness a radical shift from conventional medical treatment to 'wholistic' methodology."

Weekly rates at his facility in Whale Point Retreat range from \$2,750 to \$2,250 for cancer patients, and \$2,250 to \$1,750 for noncancer patients.

3-4 WEEKS LAGTIME FOR NHF ORDERS

A waiting period of "three to four weeks" may be involved in the processing of National Health Federation memberships, and delivery of reprints and books, said NHF Executive Vice-President Dorothy B. Hart.

"We do our best to process orders as they come in," she said, "but with the time required for processing, and mail transit, it still takes from three to four weeks for delivery. Thank you for your patience!"

Redlands Doctor Says State in Contempt of Court

HALSTEAD TELLS CALIFORNIA AGENCY TO HONOR LAETRILE AFFIDAVIT SYSTEM, OR HE'LL SUE

Charging that the State of California is "in contempt of the federal court" for maintaining that Laetrile may not be administered legally, even with a doctor's affidavit as to need, Bruce W. Halstead, M.D., of the Halstead Preventive Medical Clinic, 511 Brookside Ave., Redlands, Calif., says he intends to file a class-action suit unless the state changes its position.

In a letter to Chambers Bryson, chief of the Food and Drug Section, California Department of Health, Dr. Halstead noted: "... I have been actively involved in numerous court procedures throughout the United States relative to the Laetrile controversy. For some unknown reason, I cannot seem to get any of the California state agencies to render a clear-cut legal statement as to whether or not a physician may legally prescribe Laetrile in California under the Bohanon decision.

"I was an expert witness in court when Judge (Luther) Bohanon made it quite clear that any terminal cancer patient could go to any physician in the United States and have Laetrile legally administered to them within the context of the affidavit system.

"According to a telephone conversation of this date between my business manager, Mrs. Helen Farnam, and your office, she informs me that your agency is quite emphatic that a California physician *cannot* legally administer Laetrile. If we understand your position correctly, you are in direct conflict with the Federal affidavit system, which applies to California as much as to any other state in the Union.

"If your legal staff will read the Bohanon affidavit, you will note that a physician must have conducted a thorough examination of the cancer victim, and that the injectable Laetrile must be ad-

ministered under supervision of a physician. There was no intent on the part of the federal court to have these patients import Laetrile under a program of self-administration.

"The State of California therefore is in contempt of the federal court, and in essence is denying every patient in California the opportunity of receiving Laetrile if they should decide they want this treatment. Your legal position, if my understanding is correct, is also in contempt of the United States Supreme Court decision, which has remanded this matter back to the lower federal courts.

"Furthermore, the history of Laetrile and the California legislature came out of a conspiracy, portions of which have been clearly documented by the Federal Trade Commission in their indictment of the American Medical Association and allied organizations in their violations of federal antitrust laws. Additional documentation of this conspiracy is available elsewhere.

"In essence, the California Department of Health, the Board of Medical Quality Assurance, and the Attorney General's office are aiding and abetting this conspiracy, and are in violation of the federal antitrust laws.

"I refer you to Judge Barnes' decision, which you can obtain through the Federal Trade Commission (Docket No. 9064, Nov. 13, 1978). This will give you a pertinent, 312-page summary of the indictment against the American Medical Association and allied organizations. There is additional legal evidence to support the Laetrile conspiracy involving the California Medical Association, the AMA, and California state agencies.

"We intend to pursue this matter further in the federal courts. However, preparatory to pursuing it in the courts,

JOEY HOFBAUER SUFFERS SETBACK AFTER VISITATION BY 3 OFFICERS

Do the Bahamas have a goon squad — or perhaps an extension of the long arm of U.S. foes of nontoxic cancer therapies?

Joey Hofbauer, who was 10 last November 24, was "doing very well," from May through August under the care of Lawrence Burton, Ph.D., at the Immunology Researching Center, Freeport, Grand Bahamas Island, according to his father, John Hofbauer.

Then one day in late August three men who identified themselves as plainclothesmen from the Freeport police department went to the hotel where Joey and his mother lived near the clinic, and insisted on questioning the child about a window pane they alleged he had broken.

While Mrs. Hofbauer went to bring her two other children to the house, at the officers' request, Joey was given what amounted to a brutal third-degree. He was threatened and frightened, his father said, with the police telling him he would go to jail, and also to hell.

Joey nearly collapsed with terror, said Mr. Hofbauer. "This happened the end of August, and from that time we noticed a difference in his appearance.

we would like a clear-cut statement from your agency as to precisely your legal position on the Laetrile matter as it pertains to physicians administering this substance in California. I will be expecting your reply in the near future."

Copies of the letter to Mr. Bryson were mailed to Judge Bohanon; Robert Bradford, Freedom of Choice Committee; Attorney Kenneth R. Coe; Clinton R. Miller, National Health Federation; Attorney Kirkpatrick W. Dilling; Attorney Charlotte R. Sternlieb; Senator William Campbell; FTC Judge Ernest G. Barnes; and the U.S. Food and Drug Administration.

The hemoglobin started throbbing, and we are still trying to get him stabilized. It was almost as if someone had turned off all the switches in his immune system."

The police department denied any record of such a visitation, said Mr. Hofbauer, who added that three plainclothesmen confronted another patient living in the hotel, allegedly in search of narcotics.

Dr. Burton has isolated four factors in the blood of normal persons which he says is lacking in cancer patients. He makes a serum of a patient's blood, adding or deleting these factors for twice-daily injections designed to stimulate the body's immune system. About 85 patients were at the center as of late October, according to Mr. Hofbauer.

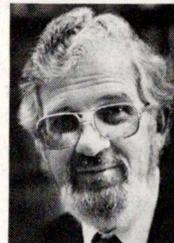
Joey has outlived the prognosis of conventional practitioners by 18 months, his father says. Those doctors, with the help of the state, did everything in their power to prevent the child from being treated with metabolic therapy. Judge Loren Brown ruled the child's parents were not abusing him, and had every right to place the child under the care of Dr. Michael Schachter, a metabolic physician. That decision was upheld in mid-1979 by a New York Court of Appeals.

Mrs. Hofbauer, Joey, and a 4-year-old and 17-year-old daughter are in the Bahamas, and Mr. Hofbauer is headquartered in New Jersey, making frequent trips to the islands. After he was eased out of his insurance business by Knights of Columbus because of his insistence on metabolic therapy instead of chemotherapy in 1977, he joined a firm selling legal systems.

Mr. Hofbauer has instituted a \$1.1-million suit against Aetna Insurance for its refusal to pay medical bills incurred during his son's illness with Hodgkins disease. He carried \$250,000 in insur-

UCSF PHARMACY DEAN TAKES OVER AS FDA COMMISSIONER

Succeeding Dr. Donald Kennedy, Dr. Jere Goyan, 49, longtime dean of the School of Pharmacy at University of California Medical School San Francisco, in mid-October became Commissioner of the U.S. Food and Drug Administration following his appointment by HEW



Secretary Patricia Harris.

Known in the pharmacy community as a "liberal," Dr. Goyan told the *San Francisco Examiner* the key to his philosophy is: "The less drugs people take, the better off they are. Basically, I am what would be called a therapeutic nihilist. I mean, people should take drugs if they have to, but the idea that there's a pill for every disease — that just isn't true . . . I am very strongly in favor of the patient taking care of himself."

An opponent of the use of Laetrile, he told *The Examiner*: "I won't take any stance on that or any other specific issue at this time. I need to do a lot more study."

The Examiner said he "has had differ-

ences with the conservative California Medical Association, second-largest state society of physicians." The CMA said there would be no statement "at this time."

Dr. Goyan, a full professor of pharmacy and pharmaceutical chemistry, has been dean of UCSF's pharmacy school since 1967. Born in Eureka, Calif., he received his bachelor's and doctoral degrees from UCSF, and from 1956 to 1963 was a researcher at University of Michigan, studying the ways chemical agents are dissolved, absorbed, and excreted.

In 1963 he became an associate professor, later chairman and associate dean, before being appointed dean of the School of Pharmacy at UCSF.

He is a member of the Institute of Medicine, National Academy of Sciences; chairman of the Biomedical Research Support Subcommittee of the division of research resources, National Institutes of Health; and immediate past-president of the American Association of Colleges of Pharmacy.

In his \$47,500-a-year post — the salary a "slight cut in pay" — Dr. Goyan heads an agency with 8,000 employees and an annual budget of \$302 million.

NITROGENOUS FERTILIZERS AND NATURAL GAS

Six individuals, including the president of Food & Earth Services, took out a half-page ad in the *Washington Post* to state: "U.S. farmers can release over 200 billion cubic feet of natural gas per year — enough to heat 4 million homes" — by stopping the use of nitrogenous fertilizers made with natural gas. "Alter-

ance and the company has refused to pay for anything except "approved" tests. The case was due to be heard in December in a New York Superior Court.

nate energy-saving technologies and products are available to produce full yields of farm crops at lesser costs."

The city of Davis, Calif., has cut its use of electricity and gas 15% in three years by an energy-conservation building code, and extensive tree planting. By sophisticated urban planning, mass transport, and tough building codes, Sweden consumes just 60% as much energy as the U.S.

— WASHINGTON SPECTATOR

Jersey City, New Bedford Say 'No' to Fluoridation

Two victories were chalked up during the November 6 elections when Jersey City residents voted support of their council's action a year ago in defluoridating the water, and when New Bedford, Mass., residents voted 20,000 to 9,000 to take fluoride out of the water. In Jersey City, 12,700 votes were cast against fluoridation, 11,200 in favor of restoring it.

According to NHF Science Director John A. Yiamouyiannis, Ph.D., the campaign in each city featured a letter sent by Judge John P. Flaherty — the jurist who ruled against fluoridation in 16 suburban Pittsburgh communities — to Auckland, New Zealand Mayor Sir Dove-Myer Robinson.

In it, Judge Flaherty — who subsequently has become a Justice of the Pennsylvania Supreme Court — said that after "meticulously considering the objective evidence," he was convinced that "addition of sodium fluoride to the public water supply at one part per million is extremely deleterious to the human body, and a review of the evidence will disclose that there was no convincing evidence to the contrary." . . .

He said that before hearing the case, he had "given the matter of fluoridation little, if any, thought, but I received quite an education, and noted that proponents of fluoridation do nothing more than try to impugn the objectivity of those who oppose fluoridation. I seriously believe that few responsible people have objectively reviewed the evidence. If you are interested, I suggest you review the 2,800 pages of testimony, and all of the exhibits presented in this case."

FLUORIDE VOTES IN 2 UTAH CITIES THWARTED

Residents of two cities in Utah will be spared the effects of fluoridated water, thanks to the work of dedicated citizens, the counsel of NHF Science Director John A. Yiamouyiannis, Ph.D., and groundwork laid in 1976 when state-wide fluoridation was blocked by an incredible petition campaign in which NHF Executive Director Clinton R. Miller was involved.

The recent victories: Tooele and North Logan. Profluoridationists in Tooele obtained signatures for petitions to place the issue on the ballot, and when NHFers requested the city attorney to advise the council to refuse to put the issue to a vote because the procedure did not conform to the law, he at first refused.

Dr. Yiamouyiannis urged them to renew their request, advising him also that if he did not comply, legal steps would be taken. The following day he told them he was indeed making that recommendation, and the council ac-

cepted his advice that the issue not be placed on the ballot.

Irregularities also were found in procedures used in North Logan, and that council rejected the profluoridationists' request for a ballot spot.

To date, only two Utah communities are fluoridated, according to Mr. Miller.

FLUORIDATION ON KANSAS CITY BALLOT

The decision of the Kansas City, Mo., city council to fluoridate the city will be challenged in an initiative election set for March. According to Al McCone, a leader in the antifluoridation drive, 14,982 signatures were obtained to put the issue on the ballot. A total of 12,628 valid signatures are required to place the issue before voters.

Martha Johnson's At It Again!

LANSING WILL VOTE ON CHARTER AMENDMENT TO STOP FLUORIDATION NEXT AUGUST

Martha Johnson, the tireless anti-fluoridationist in Lansing, Mich., (March 1979 *Bulletin*), has done it again!

With help from a few like-minded citizens, this resolute woman — secretary of the Michigan Pure Water Council, 424 River St., Lansing — obtained the signatures necessary to qualify an initiative for a charter amendment, which if approved, will remove sodium fluoride from the capital city's drinking water.

Titled "Safe Drinking Water Amendment," the ballot issue is presented in the form of this question: "Shall the charter of Lansing be amended to prohibit the addition or use of fluoride chemicals or fluorosilicic acid in the public water supply?"

Fluoridation was initiated in Lansing in February 1963, following a council resolution six months earlier. Mrs. Johnson chose the charter amendment route because, she says, if fluoridation were halted by ordinance it could be resumed in two years by a vote of the

council. By banning it in the charter, it could be reinstated only by another charter amendment.

When the charter was revised in 1978, she tried unsuccessfully to include a fluoridation ban, and then decided to go directly to the people. She wanted to make the November ballot this year, but lacked 783 signatures to qualify. Since six of the eight councilpersons had signed the petition to amend the charter, she asked the council to place the initiative on the November ballot, but the city dads declined. So she continued the campaign, and wound up with 4,550 signatures (3,856 required), getting more than half of them (2,480) herself.

Some of her friends didn't think it could be done, but they didn't reckon with Martha Johnson's tenacity. Using the name, "Safe Water Club," as sponsor, the drive for signatures came to a successful conclusion in mid-September.

Brainerd Council Appeals Fines Levied on Per-Diem Basis for Not Fluoridating

The long battle of Brainerd, Minn., citizens to keep sodium fluoride out of the water has entered a new phase — one which may or may not signal an end to the up-to-now successful effort to prevent fluoridation despite a mandatory state law decreeing it.

Individual fines of \$250 each per day were levied in late October by a district judge until such time as the council voted to order fluoridation. It had been expected the fine would be a one-time penalty, and a group of citizens had volunteered to pick up the tab for five councilmen. But they are not able to cover the fines when levied on a daily basis.

So the council was compelled to order fluoridation instituted — a procedure that will take about four months to obtain equipment and fluoride.

Meantime, Attorney John Remington Graham has filed an appeal, challenging the authority of the court to levy a per-diem penalty rather than a one-time fine.

Was Chad Green Victim of Irradiated Water?

BY GLEN L. PETERSON

"Who permitted them to permit?", Dr. Albert Schweitzer asked when learning of government permissible limits for radioactive contamination of food. It is a question Chad Green's mother, Diana, might well ask. She was exposed to the highest U.S. levels of beta radiation in water during her pregnancy in eastern Nebraska, according to 1975 EPA radiation data.

Leukemia is the typical disease caused by beta-emitter Strontium-90, a nuclear industry effluent which follows the calcium path in our bodies. Chad is but one of 1,300 children to die of leukemia in 1979, most of them human sacrifices to "permissible limits" set by at least 10 agencies, each with overlapping lack of responsibilities.

An embryo is 100 times more susceptible to radiation damage than an adult. Diana Green's water was monitored at 54 picocuries per liter — the most beta-active of 250 U.S. cities, and 12 times the average of 4.5 picocuries per liter. Chad was 12 times more likely to develop leukemia than the average U.S. child — who already is more likely to die of cancer or leukemia than any other disease.

The agency actually charged with seizing radioactively-contaminated milk is the Food and Drug Administration. FDA's preventive-and-emergency-action guides specify seizure at contamination levels equal to a dose of 10 to 100 chest x-rays per liter — one-half to five rems. A one-rem dose to an infant will at least double the likelihood of cancer or leukemia.

At the FDA preventive-response level — which merely doubles cancer incidence — seizure is not required if that action would "have negative eco-

nomic, social or health effects." This means we are "permitted" to consume a doubling cancer dose if the seizure would cost anyone any money, upset anyone's plans, and if no one publicly falls over dead immediately after drinking it.

WHERE IT CAME FROM

Diana Green's uniquely radioactive water was made available by the combined effluents of:

- The Colorado and Wyoming uranium mining industry.
- Rockwell International's Rocky Flats weapon plant which make Nebraska's Platte River the second most tritium polluted river in the U.S., and
- The Missouri River on Nebraska's eastern border which carries the combined effluents of Strategic Air Command Headquarters' underground reactors and Omaha Municipal Utility District's Fort Calhoun Unit 1 reactor.

Rockwell, "where science gets down to business," recently was put out of business at Hanford, Wash., when pro-nuclear Governor Dixie Lee Ray closed Rockwell's storage facility for lax practices and leaking wastes.

The next most radioactive water in the U.S. is available to servicemen at the Adak, Alaska, Naval Station where the handling of submarine fuel and nuclear weapons has contaminated the water. Full military funerals are awarded victims of the Defense Nuclear Agency which regulates weapons laboratories and military bases. The DNA — not named for the object of its principal effect — is not subject to the niceties of the Nuclear Regulatory Commission, and has carte blanche to contaminate at will, in the name of national security. It is responsible for 6 of 7 most-polluted water supplies.

LUNG CANCER

Lung cancer is up 124% since the dawn of the nuclear era. It is notable that water in Winston-Salem, N.C., measured the second highest beta radiation in the continental U.S. R.J. Reynolds' tobacco fields are downwind of Knoxville, Tennessee's uranium enrichment facilities, and Getty Oil's Erwin submarine fuel plant.

Western North Carolina is ringed by 18 nuclear industries and eight nuclear weapons bases. The fallout from these installations becomes part of the tobacco leaf, and when smoked, becomes fused to insoluble tars which zap bronchia cell structure until the well-documented cancers develop. The tobacco story is repeated at South Carolina's Carolina Power and Light Company H.B. Robinson Unit 2 on Lake Robinson in Hartsville's tobacco fields. Lake Robinson has the highest tritium level of any U.S. lake. There is more to the smoking-lung cancer link than tobacco smoke alone.

IN TEXAS

Everything in Texas is big, including the numbers on its radiation data. High readings in Texas start at the Ingleside E.I. du Pont de Nemours Company weapon plant where the EPA monitored 22 picocuries of beta radiation per liter of water. The Mason and Hanger Corporation Pantex nuclear weapon factory was next at 17 picocuries per liter, nearly 4 times the U.S. average. Farm products watered with this bomb broth include wheat, potatoes and cattle. Very high levels were monitored by the EPA diagonally across Texas, from Pantex in the panhandle to Freeport on the Gulf coast. The water does not improve as it carries the radioactive garbage of 29 nuclear industries and 8 nuclear weapons bases across the state's agricultural region.

Recent nuclear-related health effects in Texas include the beating of 20 anti-nuclear activists, the wounding of writer Dila Davis, and the shooting murder of

Michael Eakin, editor of the *Austin Sun*. 28-year-old Eakin was killed in April 1978 while investigating this contamination and the proposed twin reactors slated for Bay City. From a health standpoint, investigative journalism is not recommended for Texas residents.

The National Cancer Institute notes Texas cities to be in the highest decile of cancer incidence in the following categories: All sites — stomach, intestine, liver, pancreas, lung, kidney, brain, breast, uterus and prostate.

Chicago suburbs, monitored at 20 picocuries per liter of water, are the only example of commercial nuclear reactors causing enough nuclear pollution to rival DNA-regulated weapons, or enrichment plant contamination of water supplies. Commonwealth Edison Company has achieved this level, with the highest concentration of nuclear reactors anywhere in the U.S.

The health cost of Com Edison's nuclear policy is best illustrated in the NCI *Cancer Atlas of the U.S.* Chicago experienced cancer incidence in the highest decile in these areas: All sites — stomach, intestine, rectum, lung, bladder, breast, mouth, esophagus, larynx, lymph, and of course leukemia. The cancer path unerringly follows the food track. This health disaster was engineered by Com Edison and financed by the ratepayers, one in four of whom can tack a \$25,000 cancer death to their last utility bill.

LABELING A MUST

If the radioactive content of our milk and food products was clearly labeled on the container, pregnant women and mothers of infants would make better-informed choices and save a lot of lives. Chad Green was just as surely killed by contaminated food and water as he was by the 10 U.S. agencies responsible for radiation protection. The overlapping and underlapping fog of irresponsibility of the FDA, HEW, NRC, EPA, DOE, DOD, DNA, and state and municipal agencies, provides protection only to

the individuals who are responsible for the contamination and the deaths of thousands each year.

The touching of another with harm is criminal battery. Today we have the evidence to prove that U.S. agencies have allowed Rockwell, Exxon, Arco, du Pont, Standard Oil, Kerr-McGee, Getty Oil, Royal Shell, and the utilities to commit mass battery on U.S. citizens. We have the right and the obligation to demand labeling laws, sue the contaminants, expose monitoring obfuscation, and lock up those responsible. The answer to Dr. Schweitzer's "who permitted them to permit?" should read like a prison roll call instead of *Fortune's* 500, and it is possible to lock them up after they pay damages.

The 4,775 nuclear arrests of 1979 were instead arrests of antinuclear activists who tried, in frustration, to call attention to the problem by sacrificing their free-

dom in planned civil disobedience actions.

Tests in the 1960s showed that U.S. citizens averaged 2.5 picocuries of Strontium-90 per gram of calcium in bone. This alone would give a lifetime dose of 1,500 millirems, or 1.5 rems. More current data on 90Sr uptake are not available from EPA who quit testing in 1975, and at this point still refuses to release data, even under the Freedom of Information Act. What are they hiding?

90Sr is first krypton gas, routinely released from reactor flues. As a gas, it widely dissipates before decaying into 90Sr, lands on cattle forage, then concentrates again in milk. This is Nature's answer to our attempts to disperse poisons. The nuclear industry is required to keep emissions within 5% of background, a background that is constantly enlarging from nuclear emissions.

Idaho Governor Resists Nuclear Waste Dumping

Idaho Governor John Evans expressed chagrin over the announcement from Washington that his state is under consideration as a storage site for more nuclear wastes. He said he had been assured Idaho would not be considered for such a role.

He said Department of Energy

Deputy Director Wirth Bateman had apologized for the lack of warning, and told him there was "only a slight possibility" Idaho would finally be selected as the dumping site.

— LOS ANGELES TIMES

Australian Reactor Shut Down By Leakage

Australia's only nuclear reactor was shut down because of leaks of heavy water and radioactive tritium, an official of the Australian Atomic Energy Commission said. Leaks were contained inside the plant, he said, and posed "no threat" to the area surrounding the facility, 30 miles north of Sydney.

The material was found to be escaping from bellows assemblies linking pumps in the reactor, but it was trapped by safety shields.

POLIO FOLLOWS VACCINATION

A 9-month-old Amish boy who became ill three days after he was vaccinated against the disease in June was the eighth victim of polio in Pennsylvania last year, and the 14th case nationwide. Health officials were reported by Associated Press to be "checking to make sure the boy did not contract the disease from the vaccine."

'Diet, Mental Attitude, Key to Health'

MACROBIOTICS SAVED JEAN KOHLER'S LIFE

BY DON MATCHAN

To some people — in and outside of the health field — macrobiotics is a nasty word. To a tiny minority, it has meant the difference between death and life.

In this latter group is Jean Charles Kohler, a musician-teacher in Muncie, Ind. (2900 Torquay Road), who was in the terminal stage of cancer of the pancreas when he learned about the work of Michio Kushi, founder of East West Foundation, 359 Boylston St., Boston, 02116. From the initial late-night session with Mr. Kushi — and five days at Newton House to learn food preparation — came a return to total health, a cancer-free body replacing the body destined for the mortuary.

Jean Kohler's cancer was biopsied following exploratory surgery, after which doctors gave him the news he might go in a month, he might last a year. But that would be it.

Jean Kohler did not want to die. He was told that conventional medicine has no answer for pancreatic cancer. And after the first session with Michio Kushi, he knew deep down that he was not going to die of *that* disease.

Michio Kushi has become a friend. Says Jean Kohler: "This remarkable man is a philosopher and teacher rather than a physician, and thus makes no pretensions whatsoever of recommending 'cures,' or of making 'medical' judgments."

But Michio Kushi knows the human body, and he knows what the ancient brown-rice/whole-grain diet known as "macrobiotics" — along with a positive mental/emotional outlook — can do for and to the disease-wracked body.

It was September 1973 when Dr. Kohler and his wife Mary Alice sat in

Michio Kushi's office in Boston from 11 p.m. to 12:30 a.m. — perhaps the most momentous 90 minutes the Kohlers have ever spent. Because from what they learned, they reversed the road to death, to the road to health.

THE ROOTS OF ILLNESS

That conference taught the Kohlers that "almost all illness is due to the patient's being out of balance with the laws of the universe, and the way to obtain relief from illness is for the patient to get back into balance with these universal laws. This applies mainly to food, and to mental attitude. No drugs or surgery are required or desired in most cases. And generally, what works for cancer, with some modification will work also for a heart condition, for diabetes, multiple sclerosis, arthritis, allergies, cataracts, glaucoma, obesity, sickle cell anemia, and many other ailments."

'THE WILL TO LIVE'

To say that the changeover from a lifetime of eating habits to the restricted diet of macrobiotics is "easy" would not be truthful. The motivation has to be a *will to live*. Not everyone has this will, by any means, the Kohlers have learned. For example, when his healing became known, five different individuals suffering from pancreatic cancer counseled with them. Not one of those persons was willing to forego the goodies, to discipline the mind to another way of life. And none survived.

"We have seen the amazing changes macrobiotics accomplishes — changes leading us to believe that a *solution for cancer is here now, and has been all along*, in addition to a solution for most other diseases," they say.

"Macrobiotics is not, obviously, the cure-in-a-pill the public wants: there

are many, many more persons who would rather die than change their eating habits than there are persons willing to give up the foods they will have to do without."

THEIR BOOK

Having proved that the macrobiotic diet can save lives, the Kohlers wanted to share the good news with any and all willing to listen — doctors as well as cancer patients.

So they wrote a book about their experience, detailing the diet and the mental attitude essential for a healing. Published in 1979 by Parker Publishing Co., Inc., West Nyack, N.Y., \$10.95 (available from NHF for \$11.70 which includes postage and handling), it is titled *Healing Miracles from Macrobiotics: A Diet for All Diseases*.

Said Robert S. Mendelsohn, M.D., member of the NHF Board of Governors: "This book is must reading for all cancer victims . . . a powerful challenge to modern medicine . . . The Kohlers themselves, aware of the urgency of their message, open their book with the statement, 'if you or a member of your family are seriously ill, may we suggest that you begin reading this book with Chapter 11.' I would add — if you and your family are in good health, you must immediately begin reading this book with page one."

Said Alan Kenney, M.D., Moncton, New Brunswick, Canada: "Macrobiotics has become the fundamental discovery of my life, and I feel it has saved my life."

There's just no question about it, the uninitiated reader will be jolted unmercifully to learn how restrictive the macrobiotic diet is. For example: ". . . We think eggs are probably the most dangerous food most cancer patients can eat. And oranges are considered macrobiotically to be suitable only for people living in hot climates, and only in limited quantities at that. These views of course are unsupported by any scientific proof."

Dr. Kohler says he believes that in his case, the decision to cancel chemotherapy treatments was "a big factor in the success of my recovery." His friends thought he was "making a serious mistake in not taking the treatments in conjunction with the diet . . . But I chose instead to heed the macrobiotic theory that chemicals tend to counteract the beneficial effects of the food."

He goes on: ". . . we must warn that our approach, in spite of our confidence in it, is still unproven. An additional hurdle is that the macrobiotic program requires responsibility and participation on the part of the patient — a self-discipline many will not be able to maintain for a long enough time to effect recovery. This is a risk, for *halfway* macrobiotic measures have little chance of controlling cancer."

THE DIET

What is the diet? What can one eat, and what can't one eat? And what about protein?

"Almost all nutritionists stomp on the macrobiotic diet as lacking in protein — a total misconception!" says Dr. Kohler. "Of course, the diet is an altogether different world from everything they've been taught, but it has its own built-in protein, requiring only that our wayward bodies take time to adjust to utilizing it adequately. Grains, beans, and miso are especially rich in protein. Buckwheat contains more of it than eggs. Both aduki beans and soybeans contain more than beef or eggs. Moreover, it's a very high-quality protein.

"Likewise, the mb diet is rich in calcium, another worrier for nutritionists. They also stew about Vitamin C, but this is more dependably supplied by the mb diet than by the presently-acceptable 'orthodox' diets requiring addition of citrus fruits. Brown rice and other grains are the only foods in which Vitamin C is not destroyed by cooking. Our raw vegetables also have plenty of Vitamin C, as does bancha (kukicha) tea, which according to Japanese fig-

'IMAGE PROBLEM'; STARE CALLS IT 'VEGETARIAN DIET'

A *New York Times* story by Patricia Wells, titled "Macrobiotics: A Principle, Not a Diet," says that "macrobiotics has an image problem — associated with brown rice diet, hippies, dropouts, the drug culture," but that today, "some critics have become believers."

Among them is Dr. Frederick W. Stare, Harvard nutritionist, who now says: "The macrobiotic diet as we've known it for the past three or four years is a healthy diet. It is really not much more than a typical vegetarian diet."

Ms. Wells says that "At first, he, along with the general public, thought the diet meant eating nothing but brown rice. But what macrobiotics is truly all about is balance. Strictly speaking, it is not a diet at all, but a way of life that emphasizes the importance of diet, and the importance of balancing foods to achieve 'maximum health and happiness.' While hardly conventional, the diet is closer to the recently-recommended Senate dietary goals than the typical American diet high in sugar, processed foods, and animal fats."

ures contains more than 6 times as much calcium as milk, and more than 2½ times as much Vitamin C as orange juice, in addition to its digestion-easing enzymes."

As Dr. Mendelsohn commented, the person with urgency reasons to get onto the diet will find in Chapter 11 the essence of foods permitted, and foods forbidden. Hold on to your seat now — because the list can really shake one up!

"Harmful: All meat, all dairy products, all sweets (meaning honey and natural syrups, as well as sugar), all chemicalized foods, refined foods, canned foods, spices, yeast, herbs, mushrooms, nuts (temporarily, for recovery from many illnesses), all fruits (including bananas and avocados), all fruit juices and vegetable juices, soft drinks, coffee, tea, and these vegetables: potato, tomato, eggplant, asparagus, spinach, beets, and sweet potato."

"Beneficial: Grains, making up 50% of food intake (may be more than 50% but never less). The principal grain is brown rice, but also good are millet, barley, corn, wheat, buckwheat, rye, oatmeal, kasha (also called buckwheat groats), bulghur, wheat flours, and other unrefined grain flours, whole-wheat and buckwheat spaghetti or noodles. Of the grain intake, 85% should

be whole grains. Cooked vegetables — (except those listed as no-nos) — comprise about 25% of the total food intake, and unless otherwise indicated, an additional 5% to 10% may be raw vegetables.

"At the end of meals, the beverage is bancha tea, which may be taken during the day if thirsty, but in general, drink only as much as you need to satisfy thirst. Take no other beverage, and if you sip a little water, take it room temperature, *no ice*, if you respect your liver.

"The vegetables we use most frequently are winter squash (acorn, Hubbard, or butternut), pumpkin in season, carrots, parsnips, daikon, turnips, radishes, burdock, cabbage, Chinese cabbage (bok-choy), Japanese cabbage, onions, scallions, broccoli, lotus root, Brussels sprouts. Leafy vegetables for regular use are kale, parsley, watercress, dandelions, greens of root vegetables such as turnip, carrot, and daikon, Swiss chard, head lettuce or leaf lettuce. If in good health, you may occasionally use string beans, peas, celery, snow peas, and taro potato in small amounts."

There is more detail on diet — but this gives an overview of what's involved in a shift from what you've known from infancy, to the macrobiotic way of life.

For those unable to tolerate change,

People Can't Believe He Had Cancer, Doctors Not Interested, Says Kohler

If the macrobiotic diet is so effective, why don't more people get on it? Why don't more doctors tell terminal patients about it?

These questions were discussed at length by Jean Kohler when interviewed by Sherman Goldman, editor of *East West Journal*, 233 Harvard St., Brookline, Mass. The story was published in the March 1977 issue of *EWJ*, where *The Bulletin* editor first learned about the Kohler case and the role macrobiotics can play in healing. We contacted Mr. Goldman who put us in touch with Dr. Kohler, who responded in mid-1979 with a copy of the book he and Mrs. Kohler wrote about their experience.

Quite aware of the tone of the responses he would receive because of his own involvement in the "movement," Mr. Goldman pressed Dr. Kohler on

those two points. Excerpts of that interview follow:

Dr. Kohler: (JK): "... When I asked Michio Kushi how long it would take for me to get well, he said three to six months. I came home and did the diet (with the help of my wife Mary Alice who had to adjust to the cooking). My case was terminal, hopeless, but recovery has been easy. I've never had any trouble. It's fantastic. The second fantastic thing is, no doctor will pay any attention to our experience.

East West Journal (EWJ): "Do you have any theories on that?"

JK: Well, medicine is big business — more of a business than an art. Even if you have a cure (which doctors are skeptical of, for which I don't blame them — I would be skeptical myself), what seems strange is they don't experiment, they don't want to hear

the message will be lost. For those with a driving desire to live, it comes across loud and clear that mental/emotional stance is probably as important as diet: Bits of counsel from one who has "been there:"

ATTITUDE IS CRUCIAL

"You ... are not to feel sorry for yourself. There's no time for moping around — there's work to do. We believe ... that by mental attitudes and the food they eat, people give themselves cancer or whatever they have — and therefore they can jolly well rid themselves of it. It will take some effort, but that's all to the good ...

"One of the first things we'd do would be to make bright-colored cards saying, 'From this day on, I am no longer ill. From now on, all symptoms and sensa-

tions are manifestations of recovery. ... healing is progressing every minute of every day and every night.' ...

"You have to become a pioneer at heart, with determination, courage, confidence, and conviction. This is no time for submission or passivity." ...

The book includes two chapters of case histories — "second-hand (14), and first-hand (7)" as further convincing evidence that *macrobiotics works if given the chance*. One of these is 43-year-old Harvard-educated Sherman Goldman, editor of *East West Journal*.

In summary: If you have cancer, or have a friend or relative with it (and who doesn't, in these epidemic days?), and if there is a strong desire to whip it even if it means a drastic change in life-style, get the Kohlers' book, and start the healing process now!

from you, they don't really want to find out about things.

"I wrote my doctors after four months. I knew they would say it was too soon, but I wanted to go on record as saying that even before it happened, I wanted to prophesy it was going to happen. But nobody answered.

"Then I wrote after a year, and nobody answered. I wrote after two years, and finally the man in charge of chemotherapy asked me to come and see him. He said my being alive after one year and functioning normally was amazing, and he said two years is a miracle. He said he'd like to try some of his terminal patients on it. He sent us one man who wouldn't do it — which is typical — and that's the last we've heard from this doctor ..."

THE DOUBTERS

"People say two things about this: 'Well, did you really have cancer?', and second, 'How do you know the diet cured it?'

"Mine is a perfect case. A biopsy was done by the chairman of the surgery department, and the biopsy shows I did have cancer ... On top of that, a year ago May (1976), my alkaline phosphatase was up — I had the blood test taken to prove that I had been cured. This test relates to the liver — normal on this scale is 35 to 85, and mine was 1,460, way off the chart. So I called Michio, asked him why the alkaline phosphatase was so high. He told me spices — maybe too much salt, but spices. I cut them out completely, and in 17 days it dropped from 1,460 to nine hundred and something — still way too high, but to drop that much in 17 days! By October it was down to 205, and the other day it was down to 125. So that indicates one direct link between health and diet, because the only thing that changed was the matter of a few spices. ...

"The other thing people say is, 'Did you really have cancer?' Besides the biopsy a year ago in August when the

blood test was done, they gave me a new test — a CEA — relating to cancer cells in the bloodstream. At that time it was 15, and normal is 2.5, indicating that I still had a great many cancer cells, and proving I did have cancer. The other day it tested 2.3 — beautifully normal.

"Cancer-of-the-pancreas people are usually those who've never been ill, and they feel pretty good. They have some minor symptom — in my case it was itching, mostly at night. But I felt fine except for the itching. And for two or three months, without doing anything, you get along pretty well. Then all of a sudden the bomb hits, and you're dead within a short time.

"I've talked with five or six persons with exactly the same thing who have come to my wife and me — with the same cancer of the pancreas. None of them tried the diet, all are dead. The first man I talked to hanged himself in the hospital because he was in such pain."

WHY, OH WHY?

EWJ: "I'd like to raise a point that is really crucial: You can cite figures and tests, and somehow there's something that isn't convincing about them in the public's mind — a certain skepticism persists. Here these five persons come to you. They're dying of cancer, yet they won't try it. Also, although certainly medicine is big business today, not every doctor is in it for the money, some doctors are very ethical, compassionate. But they won't listen either. Why? You were able to save yourself, but literally millions just can't or won't."

JK: There's a mental attitude. John Steinbacher, (at that time) executive secretary of the International Association of Cancer Victims and Friends, said he used to think cancer patients had a negative mental attitude because they got cancer. He said now he thinks they get cancer because they have a negative mental attitude. That's my understanding. ...

"Basically, cancer people are unhappy, and most victims, we find, reject

the diet not so much from skepticism, but because they don't want to change their way of life. They want to live, but... on their terms. They have a problem, but if it can't be solved to their liking, they solve it by checking out.

"If you don't have the right mental attitude, you'll never try the diet seriously. This is what my wife and I find with people we try to help. We figure that is the case for probably four-fifths of those we talk to about cancer — and we try to tell everybody. People have a right to know — that's why I feel kind of a mission, because I believe I was saved for some reason. Only by the grace of God did I find out about this. I could have very easily been like the vast multitude who never have heard about the macrobiotic diet."

A FEW WANT TO LIVE

"I don't know quite why these people feel this way. I know the vast majority are not going to change, but there's that other percentage — 10%, 20%, 25%, whatever it is — of people who are willing to change. These people have a right to know. We have a right to publicize it, and it's a difficult proposition."

EWJ: "Going back to the doctors, why are there good doctors who are still not willing to listen?"

JK: "I think the more open-minded doctors, in general, just don't want to fight the system. We talked with a Chinese doctor in San Francisco who had written a book about arthritis, and he told us he didn't publish the book sooner because he just didn't want to fight the medical profession. He said, 'I was chicken in terms of trying to fight the establishment. I took the easy way out, and didn't bother to write a book for years because while I knew it would work, I didn't want to fight. It's big business.'"

EWJ: Another objection to macrobiotics I heard from a member of the medical profession is that it's irresponsible to tell people about alternative

methods of healing, particularly for cancer, because it 'raises false hopes.' Would you have anything to say to that?"

JK: "Yes. My main crusade has been (even after four months when admittedly it was too soon to tell), to get doctors to tell terminal patients that this is something they can't recommend, but it's something that apparently in some cases has worked. This way, a doctor would be under no responsibility. I've had interns tell me they couldn't do it because of malpractice suits. . . This is not true. If necessary, patients and their families can even sign a statement absolving the doctor of any blame, stating it was not his or her recommendation. There's no problem there." . . .

EWJ: "You talked about how the attitude of doctors is an economic factor in many cases. In other cases, you attribute it to a pessimistic attitude or lack of faith. Do you think there is one basic cause of the doctors' lack of interest?"

JK: "I don't know. When Michio was in Muncie — he spent four days there — I phoned many doctors and asked them to come hear him. Two doctors and a dentist showed up. They listened politely. Our plea was to have them try some patients they couldn't help. They were very polite, and nothing ever happened."

"And no one ever questions. No one has challenged me. I've been on prime TV in Indianapolis, and was seen by thousands of viewers. There was a really good mail response from the public — which was surprising — but no doctor has ever phoned and said, 'I'd like to find out more. Let me see your medical record.' Nobody's ever challenged me." . . .

... THE HUMAN MIND ... is capable of many times its present power. A science that arbitrarily rejects the "intangible" can never learn to touch the rockbottom of man's creative reality.

— SIDNEY J. HARRIS

Pioneer Metabolic Doctor Questions FDA Reasoning

When Does a Food Become a Drug?

Although his name has not been highly-publicized, John A. Myers, M.D., has earned the title of "giant" in the decades-long struggle to resist the efforts of the U.S. Food and Drug Administration to define and thus regulate food supplements as "drugs."

The work of the Baltimore researcher-practitioner was first publicly recognized in the popular press by the precocious and prolific writer Betty Franklin of Fairfax, Calif. She has done two articles on his work, the first appearing in the January 1978 issue of *Let's Live*, the other, titled "Dr. John Myers — Health Maverick," in November '78.

Dr. Myers was among the early professionals to become interested in the role of vitamins and minerals in helping patients achieve "metabolic excellence" through nutritional supplementation of diets.

And when the Food and Drug Administration declared war on the health-foods industry in 1949 by bringing two Nutrilite distributors into court, it was Dr. John Myers who submitted the evidence which at the close of the case caused the presiding judge to rule that, as Betty Franklin put it, "had such data been widely publicized earlier, there would be only one logical result: everyone would be taking supplements . . . and obviously be the healthier for doing so. The case was dismissed."

The issue — then as now: What constitutes a food, and when, if at all, does it become a drug?

Because he spoke with the authority born of knowledge and experience, Dr. Myers was a convincing witness for the defense — and in a larger sense, for all Americans who cherish the right to use preventive health measures. His razor-

After a five-year career in electrical engineering following graduation from Johns Hopkins University in 1927, John A. Myers opted for medicine, and in 1935 was awarded an M.D. degree by that institution. He became involved in nutritional medicine from the start, and still practices in Baltimore, using teeth and eyes — the most highly-differentiated structures of the body — as measuring agents to evaluate metabolic response to treatment. He is a member of the American Medical Association, American Society for Clinical Nutrition, Association of American Physicians and Surgeons, Baltimore City Medical Society, International College of Applied Nutrition, Maryland Society for Medical Research, Medical and Chirurgical Faculty of Maryland, Nutrition Today Society, Southern Medical Association, and the Johns Hopkins Medical and Surgical Association. He is a Founder, Diplomate of the I.C.A.N. and the International Board of Applied Nutrition, and a Fellow of the American Association for the Advancement of Science, Institute of Electronic & Electrical Engineers, A.M.A., I.C.A.N., and the Royal Society of Health of England. With Karl H. Schutte, Ph.D., he is coauthor of Metabolic Aspects of Health (Discovery Press, Box 608, Kentfield, Calif. 94094), described by Betty Franklin as "an extraordinary book," dealing with "the nutritional elements in health and disease, and with a physician's discovery of the power in minerals." It is dedicated to "those pioneers of the healing art who labored with herbal extracts and nature's bounty to ease their patients' struggle for health against infirmity and disease; and to the young physicians of the future who have at their command a well-tested armamentarium of nutritional elements with which to treat their patients to full health and longevity."

sharp mind, first trained in electrical engineering — grasped the importance of the interrelationship of the biochemistry of cellular function and the application of nutritional elements to improve the metabolism of body systems. He used nutrition in his practice, was able to measure its value.

And his testimony — a total shocker to the government whose attorneys had confidently anticipated an easy victory which would have affected not only Nutrilite, but the entire industry — blocked the FDA from regulating food supplements as drugs. (It did not stop the agency from continuing its crusade, however, as events of the next three decades so clearly have shown).

Two years after it had lost the case against Nutrilite in federal court in Washington, the FDA asked the Michigan attorney general to issue a ruling that Nutrilite supplements be labeled drugs, available by prescription only.

Again Dr. Myers was called upon to defend the company (and the public interest!), and this time he responded with a written statement to the attorney general — a statement which effectively stymied further action in Michigan by its top law-enforcement officer.

The statement delineates, in easy-to-understand and highly-logical form, the absurdity of the FDA position that food supplements should be classified as drugs. It is an educational piece, and for that reason, and the fact FDA again is attempting to win control over the potency of supplements the individual may take without a prescription, *The Bulletin* reproduces extensive excerpts from Dr. Myers' statement, as published in the November 1978 issue of *Let's Live*:

HIS STATEMENT

"Under the statement of Michigan law . . . which provides that a drug is 'any substance or mixture of substances, or device intended to be used for the cure, mitigation, or prevention of disease in either man or other animals,'

I do not see that one can make any distinction between a food and a drug. It seems to me that since dietary regimens are prescribed by physicians for mitigation and prevention of disease and protection of patients against disease, ergo all such foods are drugs under this Michigan statute.

"The problem of fixing a precise line to determine on which side a chemical or nutritional substance shall be called a food or a drug has always been a difficult one. It is my understanding that even the federal Food and Drug Administration has consistently shied away from giving a definition of what constitutes a food, and at what stage the modification of that food will make it a drug.

"I am sure it is obvious that concentrating certain elements extracted from natural products places them in a position of questionable or sometimes obvious toxicity. Such could be said of iodine. In its natural state it exists in many foods in very low concentration, and in correct amount is indispensable to human physiology. But in its concentrated form it is one of our most potent antiseptics and dangerous poisons."

REVERSE ALSO TRUE

"It is well known that the reverse of this pattern has been proved over the past 50 years. That is — elimination from natural foods of certain materials in minute amounts made animals ill . . .

"In 1951 Dr. E. V. McCollum was acclaimed in a symposium at Johns Hopkins University for his splendid work in 1914 at the Agricultural Experiment Station in Wisconsin. He found that one of the elements required in an artificial diet was Vitamin A, and that lack of it quickly prevented cattle from carrying their young, even after three months of pregnancy. Addition of insignificant amounts of butter, liver oil, etc., protected the animals and enabled them to proceed to normal parturition. . .

"We can modify well-chosen food by cooking, preserving, or allowing it to

deteriorate by staleness. In most cases this . . . is unintentional. It may be carried out to make the food more palatable — such as by cooking and processing. Or it may be done to preserve it.

"If we know that the process of disease can be produced so simply by the natural daily habits of people, it seems sensible, natural, and simple to supply these missing or deteriorated elements in a properly-prepared food supplement, improving or changing it from time to time as knowledge and needs indicate . . ."

TO SUPPLY M.D.R.s

" . . . Nutrilite was developed as a food supplement, primarily to supply the elements lost unintentionally by the necessary processing, cooking, preserving and staleness unavoidable in our present economy. It therefore is rightly termed a food supplement, and contains only reasonable proportions of the 'Minimum Daily Requirements' as set forth by the Food and Nutrition Board of the National Research Council.

" 'Minimum Requirements' (means) the minimum amounts of the materials required to keep a normal, healthy individual in proper nutritional balance . . . It does not supply a sufficient amount to completely help anyone in a state of illness characterized by the symptoms of severe nutritional deficiency, yet it is not without significant help in some of these cases.

"You might liken the results of its use in severe cases to a man dying of thirst in a desert. Although it would require several quarts of water to bring him back to fluid balance, I daresay he would feel like a new man if you gave him only so much as a mouthful of water, or just enough to wet his lips. Minute amounts of vitamins sometimes produce amazing results. Many examples of this exist in the literature, the most notable of which was the use of rice bran extract in alleviating beriberi in Java in the early years of this century. It was because of this characteristic

that vitamins were discovered, and is the basis of further research today."

ROBBED OF NUTRIENTS

"A piece of experimental work I have recently done illustrates most strikingly how easily and unknowingly it is possible to affect food and change it to an incomplete metabolic support. I was raising a colony of guinea pigs on a commercial food recommended by Dr. McCollum's laboratory as adequate for normal development. The animals grew very well, reproduced, and seemed to live normal, happy, healthful lives to their usual stage of longevity.

"By way of a crude test, I heated this food in a drying oven to 160 degrees Centigrade for two hours. This so-called 'heated' food was fed to the animals. It looked the same, tasted the same, and was not refused by the guinea pigs. In 18 days all the animals had diarrhea and were sick, many dead. Within 25 days, all were dead. This condition of heating could easily happen accidentally if a technician stored the food in too hot a place over a furnace or sterilizer. It would not occur to anyone that food heated to this mild degree for such a short time could cause such serious consequences. This experiment has been repeated at least six times, and has never failed to produce the same results."

FDA CALLS IT A DRUG

" . . . A somewhat different point of view to the problem is brought up by fractured bones. If you want bone-building materials, the best natural place to get it is from similar material. But wouldn't a Food and Drug inspector look rather silly chewing on a bone, trying to mend a broken leg, for instance? . . . It consequently becomes imperative that some processing be done to the bone. This has been done, and the fresh bones of young animals are ground into bone powder and fed to patients where it is necessary to supply the enzymes and growth factors necessary to rebuild new bones.

"Even though nothing more is done to

this product than to make it available to a human, it is immediately controlled and labeled a drug by the Food and Drug Administration. It is impossible for me to tell when it would be a food or a drug, and I can't see how it could be used in its natural state.

"Pernicious anemia is mitigated and prevented by feeding the liver. Twenty-five years ago, patients with this disease were required to eat pounds of raw liver daily. This was so unpalatable that patients would rather suffer the disability of the disease than force down a single mouthful of the food required to relieve them.

"In the course of 25 years, liver has been dehydrated, defatted, later extracted, and finally the potent substance Vitamin B¹² recovered as the effective agent. It has even been synthesized and can be made of pure chemicals in the laboratory. Where does the transition occur which changes the raw liver which alleviates the same condition that can be cured by the extract, from a food to a drug? Was the raw liver a food or a drug to start with?"

GLAND THERAPY

"Carrying the illustration a step further: In certain types of goiter, feeding thyroid to a patient supplies iodine in organic form — very necessary in alleviating thyroid deficiency. To make the material more palatable, desiccation, defatting, and concentration offers a more esthetic product — easier for the patient to use. It is still, however, the feeding of a *natural* body organ which supplies deficient material, thereby mitigating or preventing disease or deficiency of that organ.

"Claude Bernard, the great French physiologist, found in old age that he could rehabilitate his waning strength by eating rooster testicles . . . He did not take it to improve sexual potency. Again, desiccation and concentration of the materials to make them more palatable and available does not change the fact they are still a food, and are still

potent. Despite this, however, the Food and Drug Administration declares them to be a drug, and goes a step further by saying they are 'inert.' If 'inert,' how can they be a drug?

"Here we see a new pattern in FDA thinking: This glandular material is efficacious as a food, and also in its desiccated and prepared form, but not so violently as to cause radical changes in the body measurable by crude tests or measurements. Most of the results are subjective, recognizable only by the user.

"To prevent manufacturers from packaging and selling it in esthetic form, the FDA declares it 'inert' as a drug, yet refuses to recognize its use as a food. It is typically a supplemental material, and should be used as a food — a natural support of the body's constant need.

"My first interest in endocrine therapy developed around an even more repugnant method of obtaining useful elements from the body's metabolism. We collected the urine of pregnant women and found it carried a very potent hormone which overflowed from the large supply manufactured by the placenta.

"We proved its potency by feeding it to rats. It goes without saying that this would be a most unpalatable drink for a human. We therefore dehydrated the urine and fed the residue in capsule form to patients. In this crude preparation there was sufficient potency to stimulate women in depressive psychoses in mental institutions to the point of rehabilitation. Since then, urine of pregnant animals has been used as the starting point for production of estrogenic hormones in tremendous quantities.

"It is well known that after-birth is consumed by all animals; the human is the only exception. It is also well known that few animals bleed post-partum, humans again being the exception. This fact was used as the basis for making a crude extract which we fed by mouth to

patients at the University Hospital in Baltimore while I was resident there. It was found that it had a striking coagulating effect on the blood of persons who tended to bleed, both after delivery, and in other conditions in which clotting time was prolonged.

"I think I have given you a sufficient number of examples to indicate that *almost any organ in the body carries food value for the improvement of a similar organ* in another individual. In fact, I believe that one of the bases for poor nutrition in our highly-civilized society is the great tendency to shy away from accessory and glandular products of animals used for food, and to rely almost entirely on muscle products for protein.

"Under the present interpretation of the Food and Drug law, anything useful in treatment or alleviation of a deficiency disease is designated as a drug. Carried to its ultimate conclusion, you can see there could be no such thing as a food."

PARADOX

"If then, foods are drugs by this arbitrary determination, why is it the medical schools do not teach the use of foods and food elements as part of the therapy in treatment of disease? There is hardly a medical school in the country with a good course in the use of foods in health and disease. If medical schools do not consider these things therapeutic elements, where can the Food and Drug Administration find the 'consensus of opinion' to so interpret it?

"To understand the necessity for such a food supplement as Nutrilite, one must look into the materials we place on our tables under the name of food — not as yet controlled by Michigan law or the FDA. Take for example, bread. It is made from wheat, processed to the point of removing all its vitamins, minerals, enzymes, and nucleoproteins, leaving the product sold to the public and the baker nothing but high-grade starch with a little protein.

"This starch flour has been proven so lacking in health-giving elements it is now enriched by addition of nine vitamin and mineral elements to improve its efficacy in supporting normal health and preventing deficiency diseases. The addition of these elements to improve the bread's efficacy and protective value must certainly now make it a drug under Michigan law.

"The residue of this wheat is processed into forms protected from perishing and then sold to the consumer as vitamin, mineral, and nucleoproteins as protection against deficiencies produced by eating the devitalized bread. Now we are faced with selling these by-products of milling to the farmer to fatten livestock, and he gladly buys it as the best food he knows about. I am certain he would be surprised if told it is a drug.

"It might be said that the concentration to which an element is removed from its natural state would determine its position as a drug. For instance, Vitamin B¹² exists in liver in very low concentration. In processing liver, Vitamin B¹² can be obtained in a highly-concentrated crystalline form.

"It might be said that if given in concentrations of 100 times that existing in liver, it could be truly termed a tolerance in the individual. Similarly, Vitamin B¹ has been extracted from rice polishings, many tons of rice polishings being required to get a few milligrams of the crystalline vitamin. Here again, when concentrated to certain values high above that existing in the natural state, it could be termed a drug . . ."

SUGAR

"But we have another example in what is still called food, in which the extractive is given in 100% concentration in pure crystalline form, and so far as I know, nothing is done to prevent its use as a food. In fact, it would be a great help if it were restricted. The outstanding example is sugar. It is pure sucrose, a well-known chemical substance.

"Its use in its present volume is believed by many physicians and nutritionists to be a potent reason for the development of deficiency disease throughout the world.

"Further processing leads to production of glucose, a basic organic chemical substance in pure form. Glucose is used in enormous quantities as a constituent of foods, and along with polished rice is probably the basis of beriberi in acute and subclinical forms throughout the world. It is recognized that giving it intravenously postoperatively as a source of calories may produce acute beriberi. To prevent such a condition, glucose solutions now are 'enriched,' like white bread, with B vitamins before being administered.

"Glucose truly is a drug because it will actually poison the body and produce disease. Yet it escapes control, and is even considered a food. Minute amounts of substances which protect the body against this poison are labeled drugs. Such reasoning is difficult to understand.

"To approach yet closer to a pure chemical element recognized as a food substance, is sodium chloride — used as table salt — and combined with it a small amount of potassium iodine, added with the express purpose of preventing goiter in the goiter-belt states such as Michigan and Minnesota.

"Not only is salt used to prevent disease, but it is being criticized in medical circles as the cause of edema in certain conditions of the heart and kidneys — the alleviation of which is accomplished by completely eliminating sodium chloride from the diet. Here is the pattern in which a food can be used for prevention of a disease, and in other instances its elimination is protective."

TRACE MINERALS

"We are only now becoming highly conscious of the importance of traces of mineral elements in our diet, the most important of which are iron, iodine,

magnesium, manganese, zinc, cobalt, copper, and potassium. We now are able to recognize endemic disease in certain localities of the world, due to lack of certain of these elements. Leading this pattern is iodine deficiency in the goiter belt of the northern central area of the United States.

"Chlorosis — a disease common in young women 40 years ago — has been recognized as due to iron deficiency. Degeneration of heart and skeletal muscle, as well as kidney tubules, is now recognized to be present in potassium deficiency — a picture similar to that produced by thiamin deficiency.

"Research in this field of vitamin and mineral deficiency continues at a breath-taking pace, with each new discovery uncovering another pattern of human ailments attributable to deficient and ill-balanced food.

"It seems a rather short-sighted approach to the well-being and health of our people to pass a law restricting the addition of these elements to their diet, and to keep them happy and healthy. Inasmuch as Nutrilite was designed with the express purpose of supplying the reasonable proportions of the 'Minimum Daily Requirements' of the known vitamin and mineral elements to supplement the average diet, I do not think it can be called a drug, unless as I stated in the first paragraph of this letter, all foods are drugs."

For the Record . . .

The printed message on envelopes used by the National Health Federation in a special mailing in connection with a \$6.2-million federal fluoridation appropriation, bearing the words, "Fluoridation Causes 100 Cancer Deaths Daily," is a quote from Dr. Dean Burk, former head of the Cytology Section of the National Cancer Institute.

Dr. John Yiamouyiannis, NHF science director, using a more conservative figure, estimates the annual fluoridation-caused cancer death rate at 10,000. (Ed.)

Possible Revision of Protective Delaney Clause Being Considered

Although the Administration as of November had not adopted a policy position, the Food and Drug Administration and Department of Agriculture are considering a revision of the Delaney clause prohibiting use of carcinogenic substances in food and drink.

In an address before the American Farm Bureau Federation in Chicago, Thomas Grumbly, associate administrator of USDA's Food Safety and Quality Service (FSQS), disclosed Carter Administration thinking on the matter.

He said he wanted to talk about the proposed changes "in order to obtain feedback on them."

As reported by *CNI Weekly Report*, Mr. Grumbly said the thinking is along these lines: "The (Delaney) clause should be revised to permit more scientific discretion in deciding whether a substance causes cancer. We would change the clause from an absolute prohibition, to a rebuttable presumption, against addition of carcinogenic additives to food."

Rebuttal could be achieved, he said, by showing an "acceptable risk according to uniform risk-assessment procedures, or by proving with scientific evidence that a study causing concern about a substance is insufficient.

"Acceptable risk," he said, "would be defined by Congress in numerical terms, (such as) one in a million persons over a lifetime. It is important that the specified risk be very small, and that Congress set the level. It is unlikely that many food additives will pass this test, but indirect additives in food-packaging materials might pass frequently. The acceptable-risk procedure already is under development in the form of the so-called Sensitivity Method document."

Mr. Grumbly also suggested that the law permit health benefits to be considered in the case of food additives shown to be unsafe. "If the health benefits of the substance outweigh its health risks, and there is no less-risky way to confer the same benefit, the substance would be approved," he said.

A key element of the new policy would be categorization of foods into three groups: traditional foods, food contaminants, and food additives.

Traditional foods, he said, would include basic food commodities; harmful substances that are inherent constituents of food (such as solanine in potatoes); natural spices and flavors and artificial spices and flavors that are "chemically indistinguishable from natural ones"; and essential nutrients at the level they occur in food "if this is technically possible to define."

"Food contaminants" would be defined as materials that are "not inherent constituents of traditional foods, are not deliberately added to food, and are not functional in food processing or the manufacture of food-packaging materials, but that nevertheless do get into food." Falling into this category would be such environmental contaminants as polychlorinated biphenyls (PCBs), added mercury, lead from air, pesticide residues, and aflatoxin in corn or peanuts.

In the food-additive category, the burden would be on the manufacturer to demonstrate safety, with pre-market requirements, the USDA official said. Food additives would be defined as materials "not inherent constituents of traditional foods, but functional in the food-manufacturing process or the manufacturing of food-packaging materials."

NHF Memorial Library News



Year's Events Reviewed in Annual Report

BY STEPHANIE SHANE

Librarian

The past two years I have been busy cataloging, acknowledging correspondence, filing, putting away new materials, taking care of general library business, and handling film rentals. As of now, approximately 1,847 titles have been labeled and positioned on the shelves in proper order as determined by the Dewey Decimal System. Each book is cataloged by author, title, subject, shelf-list, and with accession card, making it simple for a person to find what he or she is searching for effortlessly and quickly.

In March, 1978, the first article giving library news and information was presented to *National Health Federation Bulletin* readers. Thus, this 1980 issue is the 20th column to appear.

Three new filmstrips may be rented through the library: Betty Kamen's "*The Peanut Butter Caper*," and her *Kitchen With a Mission: Nutrition*, produced by Encore Visual Education. NHF Science Director Dr. John Yiamouyiannis has presented the library with his filmstrip and tape, *The Fluoridation Syndrome*, described by NHF Board Chairman Kurt W. Donsbach as "fabulous." Fully-documented and professionally narrated, it is also available in slide and cassette. For more information about these filmstrips, please write me at the National Health Federation Memorial Library, or call (213) 358-2312, five days a week from 8 to 5.

Special happenings in August, 1979: I

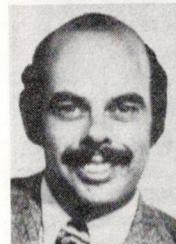
showed the library's films, *Earthbread*, *Action For Survival*, *Acupuncture Anesthesia*, *World Without Cancer*, *Green Grow the Profits*, and *School Lunches Can Be Improved*, during the San Francisco convention in the Jack Tar Hotel. *Fluoridation Syndrome* became available. Paul J. Virgin, president of NHF Memorial Library and public relations officer of Alta Dena Dairy, was among those testifying for a bill to legalize raw milk in Nevada. The July/August issue of *NHF Bulletin* carried an article revealing that Governor Robert F. "Bob" List had signed a bill permitting production of raw milk and raw milk products, and/or its importation in that state.

In this new year there will be more donations of books to catalog, ledger sheets to type, an index to complete for *NHF Bulletins* for the library, conventions to prepare for, more articles to write, acknowledgement of correspondence, and working to continually improve and grow larger, with your continued support.

The Memorial Library is serving a purpose. Whether one is interested in getting more effective alternative therapies, or preventive medicine, the material here offers a wealth of information. We have books, periodicals, literature, films, tapes. I have rarely seen a patron leave this facility without knowing a little more about himself, the food he eats, the water he drinks, the air he breathes, and the environment each of us must preserve for future generations.

WAXMAN SAYS HE'LL FIGHT TO KEEP DELANEY CLAUSE INTACT

Consumers concerned about carcinogens in their food have a friend in Washington. His name is Henry A. Waxman, congressman from Los Angeles, who holds the powerful post of chairman of the House Subcommittee on Health and Environment.



During an October conference in Los Angeles sponsored by the National Cancer Society, Mr. Waxman responded to remarks by former NCI deputy director Guy R. Newell who told the conference society cannot survive with "a philosophy of test and ban."

Dr. Newell attacked the Delaney clause requiring removal of food found to contain cancer-causing substances, observing that "We can't even eat a hamburger these days. The whole

thing is insane."

After asserting he would "fight to keep the Delaney Clause intact," Mr. Waxman maintained there are "no grounds for the hysterical notion" that unless the clause is repealed the government will be forced to ban many favorite foods.

"We are not faced with a cancer-ridden environment in which almost everything causes cancer," he said. "Only a limited number of things do, and we must control those things."

Mr. Waxman followed Paul Rogers as chairman of the Subcommittee on Health and the Environment.

Chiropractors Want Full Rights in Health Bill

A White House recommendation that chiropractic be included in a national health insurance plan "if ordered by a physician" is unacceptable to the chiropractic profession, and two chiropractors' organizations are asking members to so advise three key committee chairmen.

It is the first time a recommendation for chiropractic has been endorsed by a president, limited though the recommendation is, said Dr. James Reese Jr., president of the International Chiropractors' Association, and Dr. Herman Olsen, president of the American Chiropractors' Association.

In a letter to President Carter, the two said that under the recommendation conveyed to Congress by HEW Secretary Patricia Harris, "Americans will be denied all chiropractic health care, since medical doctors have not ethically been able to order or refer patients to a

chiropractor." Americans "have the right and freedom to choose a chiropractor without an order, in all 50 states," they asserted.

The administration's proposal will travel through committees and markups before a full Congress acts on it, said the association leaders. Chiropractors are urged to contact Rep. Charles B. Rangel, chairman of the Subcommittee on Health, House Ways and Means Committee; Rep. Henry A. Waxman, chairman of the Subcommittee on Health and Environment, House Committee on Interstate and Foreign Commerce; and Senator Herman E. Talmadge, chairman of the Subcommittee on Health, Senate Finance Committee, pointing out the restrictive provision regarding referral from medical doctors, and asking that it be revised to provide that chiropractic services become available to any desiring them.

TRUDY ENGEL'S 'SCOOP': POPE JOHN PAUL II BREAKFASTS ON SCRAMBLED EGGS, ORANGE JUICE

Trudy Engel, indefatigable lobbyist for Bob Hoffman's Save the United States movement, was among those invited to the White House during the visit of Pope John Paul II, and she says she believes the pontiff is "one of the healthiest people I've ever met."

She was near enough the center of activity to be spotted by President Carter who told her, "Oh, I'm glad you're here." At that moment, she told *The Bulletin*, "Pope John Paul touched hands with me. I could feel the vibrations. It was a marvelous feeling. He is a vibrant person, who speaks of love, and the totality of truth — necessary for real health."

Mrs. Engel said she learned from President Carter that the pope's "main meal is breakfast, including orange juice and scrambled eggs. For lunch, dinner, he likes beef, chicken, veal. Favorite vegetables are string beans, zucchini, and lots of fruit. He swims and skis. He has to be healthy to keep up the pace as he did on his visit to the United States, making 65 talks in six days."

Surreptitious Bacteriological Spraying of San Francisco Area by Army Revealed

Charging that the death of his 65-year-old grandfather was caused by bacteria released over a six-day period in September 1950, Attorney Edward Nevins III has brought suit against the U.S. Army for damages of \$11 million.

Attorney Nevins obtained from the Army declassified information revealing that technicians on a ship moored two miles offshore from San Francisco released "clouds of bacteria" through four nozzles for six successive days. As many as eight sprays were in use.

The bacteria penetrated 20 miles inland, with persons in an area covering 117 square miles receiving dosages of 1 particle minute per liter. The approximately 800,000 residents of San Francisco exposed to the cloud inhaled 500

particle minutes per liter, or a total of 5,000 or more fluorescense particles. The intended dosage was 100 particle minutes per liter.

The Army said the bacteria was a harmless agent, simulated to demonstrate what could be used in case of war. It concluded: "... a successful bacteriological warfare attack on this area can be launched from the sea. Effective dosages can be produced over relatively large areas for distances up to 20 miles inland, provided the attack is timed to coincide with suitable meteorological conditions."

Mr. Nevins is seeking to obtain records of the Army's open-air testing of biological, as well as chemical, agents.

Full-Page Ads Promote Continuing Nuke Use

As predicted, the nuclear power lobby is spending tax-deductible dollars to persuade the American public to continue accepting nuclear power as an alternative to oil for energy. Metropolitan newspapers of Aug. 5 '79, carried full-page ads over the signature of the American Nuclear Energy Council,

Washington, D.C., with a brief message reminding the public of the gasoline lines, and suggesting that nuclear is the answer to "help meet the nation's energy requirements, help end dependence on foreign oil, and to help ease our balance of payments problem."

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?

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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.

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25th Annual — Jan. 18-19-20

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

Southeast Regional — March 1-2

Sheraton Twin Hotel — Orlando, Fla.

Grand Canyon Regional — April 19-20

Civic Center — Phoenix, Ariz.

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