

National Health Federation BULLETIN

MARCH 1980 • 50¢

URANIUM MINERS' LUNG CANCER RATE 5 TIMES HIGHER THAN NATIONAL AVERAGE

WHAT OUR READERS SAY:

*Silkwood Reporting 'Lopsided,'
Pronuke Writer Jack Challem Says*

... Bottom Line: Not Lives, But Money'

Beckmann Approach 'Seems Intelligent' to Her

NO TIME FOR NORMAN COUSINS, 'RADICAL'

*NUCLEAR POWER 'ECONOMIC EXTRAVAGANZA,'
SAYS MINNESOTA POLLUTION AGENCY MEMBER*

*CALIFORNIA CHIROPRACTOR THINKS DR. 'Y'
IN ERROR ON NUCLEAR/FLUORIDE PROMOTION*

IACVF Chapter Voices Opposition

'Incurable Leukemia' Triggers Reader Responses
**COULD CHAD HAVE LIVED IF HE'D
HAVE BEEN PUT ON CARROT JUICE?**

HE SAYS STARE STATEMENT IS 'HOGWASH'

B² for Cataract *She Can't Understand Why 'Health
Advocates' Take Pronuke Position*

*ISABEL JANSEN WRITES 'THE
TRUE ANTIGO, WIS., STORY'*

CANDY VANDAL STORY RESENTED

A Libertarian on Health Insurance

*THE 'RIGHT TO DEATH' SHOULD
NOT BE DOCTOR'S DECISION*

On the Annapolis 'Fluoride Tragedy'

He Prefers Midwives to Doctors

Cataract Treatment Intrigues Dallas M.D.

*AFTER MONTHS OF CHEMOTHERAPY, DOCTORS
FINALLY TOLD HIM HE COULD NOT SURVIVE*

- California Antiquack Law Debated
- Minnesota IACVFs Down Nuke Cycle
- Chiropractor Named to Board by Brown
- McNott Made NHF Executive Officer

Dedicated to the Protection of Health Freedoms

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XXVI — Number 3

March 1980

CONTENTS

McNott Appointed NHF Executive Officer	1
California Panel Hearing on Health Freedom Issue	2
Chiropractor Named by Governor Brown to Medical Board	5
Jack Challem Raises Question About Silkwood Death	6
Money, Not Lives, 'Bottom Line' in Nuke Debate	6
Tennessee Reader Agrees With Beckmann Approach	7
Minnesota Pollution Control Board Member Sharply Disagrees With Challem on Nuclear Issue	8
Twin Cities IACVF Chapter Says 'No' to Nuke Fuel Cycle	9
Fluoride/Nuclear Promotion Similarity Disputed	11
Can't Reconcile 'Health Advocacy' with Pronuclear	13
'Up to the People' to Stop Fluoridation	14
'The True Antigo Story' by Miss Jansen Now in Print	15
Ohio Member Wants No Part of Nara's Fluoride Rinse	15
Would Carrot Juice Have Saved Chad Green?	16
Stare-Whelan 'Nutrition' Claims Raise Hackles	18
Didn't Appreciate Junk Food Junkie Story	19
'The Right to Die' Shouldn't Be Doctor's Decision	20
Doctors Kept Telling Cancer Victim He Was Doing Fine	22
Readers Tell About Cataract Experiences	24
He'd Like Study of Cigarette-Paper, Addiction	25
They Went to Tropics and Love It!	26
A Libertarian Looks at Health Insurance	27
Stephanie Shane's Memorial Library Notes	28
Glen Peterson on Lung Cancer in Uranium Country	29

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

Permission to reprint articles, with credit, is granted.

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

Marshall McNott Named NHF Executive Officer

Marshall McNott, 44, has been named executive officer of the National Health



Federation by the NHF Executive Committee, President Charles I. Crecelius announced in December.

"Initially retained as a consultant to produce the Federation's

Silver Anniversary Reference Book — a task accomplished expeditiously and with demonstrable expertise — Mr. McNott quickly impressed us as a person of many talents and outstanding leadership abilities," said Mr. Crecelius. "He brings with him a natural interest in the NHF cause, and will add strength to the Federation program. His new assignment will include responsibility for personnel, work-flow, fund-raising, finance, and office procedure."

Assignment of these responsibilities to Mr. McNott will permit Executive Director Clinton R. Miller to concentrate on NHF projects, it was pointed out.

A graduate of Emporia (Kan.) State University, Mr. McNott enjoyed a successful career as a professional musician, appearing on TV, radio, records, touring the United States and overseas with the bands of Jimmy Dorsey, Les Elgart, Perez Prado, and Henry Busse. After a few years, he entered the business world for a career in administration.

For eight years, he was with General Motors Acceptance Corporation, responsible for approving wholesale auto dealers' credit lines and flooring, and retail auto-finance contracts.

From 1968 to October 1977 he was president and chief executive officer of Asher Student Foundation, a tax-exempt organization now headquartered in Denver. He instituted a program resulting in a 200% increase in member-

ship and a 1,000% growth of new chapter locations.

Familiar with modern accounting practices, he installed the organization's first standardized computerization of accounting functions, supervising the system, training bookkeepers, and working closely with certified public accountants and auditors.

He also installed a computerized mailing list system, with sophisticated donor classification and selection programs, and supervised the maintenance, updating, and control of the mailing and donor list operations. Under his guidance, the mailing list was increased 400% to more than 28,000 names.

He initiated church services in two prisons, as part-time chaplain.

After becoming a consultant, he accepted an assignment with the Robert Schuller Ministries, and as Dr. Schuller's personal assistant was responsible for developing "VIP" contacts and major donors, organizing public-relations dinners, meetings, and writing in behalf of Dr. Schuller.

Mr. McNott and his wife, Sharon, live in Claremont, Calif., with their two children, Tamara, 17, and David, 15.

"I am looking forward to this new opportunity," Mr. McNott told *The Bulletin*. "It will provide me with great personal fulfillment. More important, it will enable me to grow with an organization which has only tapped its full potential."

SMOKE DAMAGES

Because she proved to the satisfaction of Worker's Compensation Judge Carl Ringhoff that she had suffered 20% disability from cigarette smoke in a Warner Bros. Studios office in 1974, Jacqueline Scheck, Sherman Oaks, Calif., was awarded \$6,500 in damages.

Freedom Issue Examined by California Panel

When the Health Committee of the California Assembly in 1979 killed the bill to legalize Laetrile, it also approved the motion to refer the measure to an interim committee for study. That study, at least in part, was conducted December 13 in the form of a "Hearing on Alternative Cancer Therapies" held in Huntington Beach Civic Center.

The official agenda listed these questions to be examined:

- "Does an individual have a right to determine his or her own health care?"
- "Does the individual have the right to a treatment which has not been proven to society?"
- "To what extent is 'informed consent' required for an individual to be able to exercise freedom of choice?"
- "In a situation in which there are conflicting opinions on the effectiveness of a treatment and scientifically unverified results, what would constitute 'informed consent' for treatment?"
- "In the case of medical treatment, can the individual's rights be subordinate to a compelling State interest? (This issue was addressed by Supreme Court Justice Rose Bird who wrote a strong dissenting opinion in the Privitera case involving the use of Laetrile)."
- "To what extent does the State have the responsibility to protect the sick, or even terminally-ill individual from unproven treatments?"
- "The U.S. Supreme Court (U.S. v. Rutherford...) has stated: 'Whether, as a policy matter, an exemption from the safety and effectiveness of standards for drugs. . . should be created with respect to drugs for terminally-ill patients is a question for legislative judgment, not judicial inference.' What are the implications of this in terms of legislative responsibility?"

• "At the Assembly Health Committee's legislative hearing in 1977 on S.B. 245 (Campbell), relating to Laetrile, the Committee was urged by federal . . . representatives to postpone legislative action on Laetrile until pending clinical trials were conducted by the National Cancer Institute or Sloan-Kettering. What is the status of these clinical trials? . . . Should California conduct its own clinical trials? How quickly could that be done?"

Under a section titled "Alternative Therapies," were such questions as these:

- "What, to date, are the 5-year results obtained by orthodox treatment of cancer as relating to remission, mortality, and recurrence rates?"
- "In addition to orthodox medical treatments of cancer — primarily surgery, radiation, and chemotherapy — are there other approaches successfully being used as adjuncts to these treatments? If so, what are they and what have been the results?"
- "Are there approaches other than the above currently under study and showing promise in the treatment of cancer? If so, please describe them."
- "What is understood about the role of emotional and psychological therapy in the treatment of cancer?"
- "Are proponents of Laetrile proposing its use alone as a treatment or that it should be one part of a course of treatment? If the latter, what are the other components?"
- "What, to date, are the 5-year results obtained by 'alternative' treatment of cancer — as used alone and as used in conjunction with an orthodox course of treatments?"

VISITED TIJUANA CLINICS

The Health committee is chaired by Assemblyman Art Torres, but the man selected to be in charge of the hearing was Assemblyman Dennis Mangers of Huntington Beach, who acknowledged that his view toward cancer treatment had been altered as a result of a trip last year to several clinics in Tijuana sponsored by Marilyn Berkowitz of the International Association of Cancer Victims and Friends. Ms. Berkowitz insisted that instead of riding in his private car, the assemblyman ride in the bus with a group which included NHF Executive Director Clinton R. Miller. He thus had the opportunity to absorb information from various sources as to the efficacy of nontoxic therapies.

During the hearing, Mr. Mangers asked some penetrating questions of witnesses opposing unorthodox treatments. One such witness so queried was Dr. William Jarvis of Loma Linda Medical School, a loquacious critic of such therapies as Laetrile, and founder/chairman of a group known as California Council Against Health Fraud. (Dr. Jarvis has tangled with Mark Lockman, editor of *Public Scrutiny* (Nov. 1979 *Bulletin*), and that running word-battle was continued after the hearing in a heated exchange in which Dr. Jarvis accused the editor of "making blood money off people who die.")

After Dr. Jarvis had presented his statement opposing any change in the California law barring Laetrile in cancer treatment, Chairman Mangers asked the Loma Linda professor if his "quackery"-fighting organization had done any research in the field of cancer therapy. The witness acknowledged it had not, but that it relied on the research of conventional medicine for its information.

'CHANGE THE LAW'

Among those who testified for a revision of the law to permit Californians to legally use nontoxic therapies if they wish were NHF President Charles I. Crecelius who described the efficacy of

the Hoxsey cancer treatment; NHF General Counsel Kirkpatrick W. Dilling; Mr. Miller; Bruce Halstead, M.D.; Ernesto Contreras, M.D., of the Centro Medico Del Mar Clinic in Tijuana; Charlotte Gerson Straus; Bernard Towers, M.D., codirector of the Institute for Medicine, Law, and Human Values; Robert Bradford of the Committee for Freedom of Choice in Cancer Therapy; and Edward Griffin, president of Victory Over Cancer Action League (VOCAL).

THEY SAY NO

Lined up against a change in the law were Laurens P. White, M.D., president of the San Francisco Medical Society; Charles Haskell, M.D., professor of medical oncology, University of California, Los Angeles; and Dr. Jarvis.

Dr. Jarvis recommended a change in the law which would prevent newspapers and magazines from "promoting (alternative therapies)." This of course would constitute infringement of the First Amendment. He charged that quackery is being promoted by publications in which advertising is disguised by describing products or services in the news columns.

Noted Editor Mark Lockman in his report on the hearing (*Public Scrutiny* Feb. 1980): "Dr. Jarvis' hope to repeal the First Amendment, would however apply only to publications espousing 'unproven' therapies. This . . . would have no effect on the *American Medical Association News* which advertises FDA-approved drugs from large drug companies."

DILLING'S TESTIMONY

In his biting testimony (which Chairman Mangers observed demonstrated that Mr. Dilling "will never be accused of mincing words"), the NHF attorney charged that the battle against cancer is not being won, proving that "orthodox treatments simply are not working. We are spinning our wheels with worthless remedies that are tested, then abandoned."

The lawyer who had much to do with

winning the Joey Hofbauer case and who now has entered the Rutherford case before the Supreme Court on behalf of the National Health Federation, ticked off the names of 11 commonly-used chemotherapy substances — “approved by the FDA as ‘safe and effective,’ but which can kill you, cause cancer, and a myriad of horrible, ghastly bodily damage and side effects. I wouldn’t give my dog the average cancer drug approved by the FDA.”

MILLER: ‘AN INSULT’

In response to testimony by Dr. Towers that Laetrile’s efficacy may lie in its “placebo effect,” Mr. Miller, as reported by Editor Lockman, characterized this description of Laetrile as “an insult. You know and I know that people are being cured down there (in Mexico), and these are not little old ladies in tennis shoes who have conned themselves into believing. There’s effectiveness and safety in these therapies, and the American Medical Association, the American Cancer Society, and Sloan-Kettering have joined in a conspiracy to suppress this information. The responsibility is on the shoulders of this committee to quickly — and I mean quickly — pass legislation that would allow people freedom of choice in health-care, where the exercise of that freedom does not endanger the health and safety of others.”

Stanford Sponsoring Behavior Symposium

The Institute for the Advancement of Human Behavior, Box 2288, Stanford, Calif. 94305, will sponsor a professional symposium with workshops in the Plaza Airport Inn, San Francisco, the weekend of April 19 and 20, according to coordinator W. Stewart Agras, M.D.

Designed for physicians, psychologists, nurses, other licensed health-care professionals, residents, interns, clinical staff, and advanced students, the course will explore techniques in

‘CRIMINAL, IMMORAL’

Toxicologist-Physician Bruce Halstead said California’s antiquackery law is “criminal, immoral, and without scientific justification.” He called orthodox therapies “totally devastating,” and said “if Laetrile was so totally devastating as some people would like you to think, we ought to be having deaths right and left.”

Charlotte Gerson Straus, director of La Clinica Gloria (Box 430, Bonita, Calif.), told of the work being done in her establishment and presented five patients who testified they had been cured through nutritional therapy. (Hers was one of the treatment centers Mr. Mangers visited during the tour last year).

In his testimony, Mr. Griffin noted that one of the goals of his organization is “to get the State out of the business of determining what is, and what isn’t effective (in cancer treatment). We believe that a science that must use the State’s police power to prohibit alternative theories or practices is a science too weak to stand on its own feet.”

He challenged the validity of National Cancer Institute statistics, and quoted data compiled by the late Dr. Hardin B. Jones showing that the “cure-rate” through orthodox methods is exaggerated by manipulation of statistical data.

dealing with hypertension, pain, obesity, alcoholism.

The faculty of eight includes four M.D.s (Stanford University, McMaster University and Southwestern Medical School), and four Ph.D.s (Stanford, University of Montreal, University of Waterloo, and Rutgers University). Enrollment fee is \$105, \$65 for fulltime students. More information may be obtained by writing the Stanford address, or calling 415-851-8411.

Brown Names Chiropractor to Medical Quality Assurance Board

Chiropractic doctors in California are jubilant over the appointment by Governor Jerry Brown of Robert Ponce, D.C., to the State Board of Medical Quality Assurance.

It is the first time a doctor of chiropractic has been named to such a post, and according to Dr. James A. Gentry, president of the California Chiropractic Association (CCA), “represents a great step forward for our profession. CCA members can take a great deal of pride in this appointment.” . . .

Dr. Ponce, who will represent the Los Angeles County area, is a 1958 graduate of Hollywood Chiropractic College. In 1967 he completed graduate study at Los Angeles College of Chiropractic as a chiropractic orthopedist. He is chairman of CCA’s Ways and Means Committee, and a member of ACA’s Council on Roentgenology.

Under the Brown administration, and

following enactment of the law establishing the Board of Medical Quality Assurance, there has been a more “open” atmosphere in recognition of health professionals other than allopathic doctors. Brown appointees on the Medical Quality Assurance Board were responsible for the ruling permitting the practice of chelation therapy by qualified physicians. Establishment of 14 committees throughout the state, members appointed by the governor, has been another factor in insuring more “responsive and responsible decision-making.”

The Board of Medical Quality Assurance — formerly the Board of Medical Examiners — is responsible for licensing and regulating the professional activities of physicians, surgeons, and allied health personnel. It is divided into three divisions: Medical Quality, Licensing, and Allied Health Professions.

SECOND THOUGHTS ON SEABROOK INVESTMENT

Plans to buy a 1% share in the \$2.6-billion Seabrook, N.H., nuclear power plant were abandoned by Green Mountain Power Corp., Vermont’s second-largest utility company. Central Vermont Public Service Corp. also backed out of purchasing a similar share of the

Seabrook plant — yet to be built. Both utilities said they were withholding investment because of a “significant chance that regulatory problems or public opposition” could scuttle the project.

Symposium on Disaster Planning

Disaster planning focusing on preparedness in event of nuclear power plant or earthquake emergencies will be examined by nine specialists during a symposium April 12-13 in San Francisco.

Among topics to be covered will be disaster planning at federal, state, regional and city/county levels, hospital disaster planning, nuclear power plant emergencies, implications of Three-

Mile Island and Rancho Seco for disaster planning, role of the Red Cross, and recommendations for hospital disaster planning.

Registration information may be obtained from Continuing Education Health Sciences, University of California, 1308 Third Avenue, San Francisco. General Admission price is \$100, fulltime students will be admitted for \$50.

Silkwood Reporting 'Lopsided,' Pronuke Writer Jack Challem Says

Editor:

Thanks for the space in the October issue. I appreciate your effort.

I don't want to inundate you with a million more "nuclear facts" just now, but I would like to point out one additional area where reporting overall in the newspapers has been a little lopsided. It comes to mind with Glen Peterson's reference to the Karen Silkwood incident as an "apparent murder."

I think Silkwood's death is far from resolved. In a *Business Week* article by Samuel McCracken, "The Harrisburg Syndrome," other key items are noted: "This view of her death (the only view reported by the media) omits several key facts: the dents on the back of her car — allegedly from a second car that forced her off the road — were not noticed until some days following the accident, after the car had been pulled out of the ditch from the rear. Her blood was found to contain the widely-abused

drug methaqualone, in a concentration just between therapeutic and lethal levels. Two weeks before the fatal accident she had dozed off at the wheel and run her car into a ditch on the highway. And finally, her associates testified to the Oklahoma state police that she left on the final drive exhausted, and in their opinion, in no condition to drive."

My intent is not to defend Kerr-McGee Corporation, but rather to convey that there is a good deal of evidence to be considered.

I have one other favor to ask: If there is any mail responding to my published letter, and if you feel the volume or content (questions raised), justify my reply, I would very much like to write one other short piece for you as a clarification.

Thank you for your interest.

JACK JOSEPH CHALLEM
825 Calle Mejia - No. 1226
Santa Fe, N.M. 87501

'... Bottom Line: Not Lives, But Money'

Editor:

The following letter is a copy sent as a rebuttal to Mr. Challem's letter (Oct. 1979 *Bulletin*). Please feel free to publish it if you wish . . . (Excerpts follow. Ed.):

PATRICK STEWART
12237 Pearl Road
Chardon, Ohio 44024

Dear Mr. Challem:

I read your open letter in the October *NHF Bulletin*, and hope you'll allow me a few minutes to share some of my reactions and thoughts . . .

By no means believe that I am opposed to nuclear power because I think it is the "hip" thing to do, or because I am antitechnology-minded. My con-

cern is entirely for the health of Earth and its people.

I concur with you on several points: Fossil-fired plants *are* dirty and dangerous. There is no doubt of the carcinogenic capabilities of these plants. But no way does this give the green light to atomic power. Both in their own respective manners are damaging greatly life on this planet.

Technology has brought more wonders in the 20th century than in probably the last 20 combined. All too often, in the rush ahead, the concern with our environment and resources has suffered. Every time I drive my car or burn lights through the house at night, I think about where the energy is

coming from, or about how all-too-often, it's wasted. I burn a lot of wood to try to save energy, but at the same time, the fires pollute to a minute degree. So somewhere you have to draw the line in your conscience. . . .

My eyes were first opened to the nuclear issue when plans were announced for a new atomic plant to be constructed nearby. That plant is only 8 miles away, and at 40% completion and going full-tilt with building. It seems you feel I should be enthused about it, and even welcome the opening. Believe me, I dread that day — if it ever comes.

You would not want to be near a detonating bomb which is for destructive purposes, but the fact is, the typical operating atom plant has the destructive effects of dozens of atomic bombs — in terms of radioactive damage. . . .

As for Three Mile Island, certainly no company would act to ruin an investment, but accidents do happen. "What ifs" do appear remote at times, but the fact is, at Three Mile Island the plant was out of control for some time, much to the perplexity of people in charge. Damage did occur, and radiation was released. No deaths or injuries? Not immediate, but time may spell a difference. Granted, there was hysteria and ample confusion in reports, there still was a grave danger involved.

Actual amounts of radiation released continue to be debatable. You state levels for the area were normal. Normal compared with what, and whose standards? A *little* iodine was released? Tell it to a thyroid cell where a little will do a lot of damage. What about thousands of

gallons of radioactive material accidentally released into the river? No problem there either? I wouldn't care to be downriver where they depend on that water — would you? . . .

Let us not forget the waste produced. Astronomical numbers account for tons and gallons and yards of waste accumulated. No end in sight to the amounts, and no way of disposal. Real nice! Radioactive wastes can be contained? They haven't even come close to being effective yet. These wastes which are "securely encapsulated" have eroded containers and leached into water tables almost continually, and quite often, undetected. Transporting wastes has proven a tedious and often accident-prone task. . . .

One of the keys to our energy problems is the desperate need for "conservation." Right away, people think things are to be taken away from their precious high standard of living. That doesn't necessarily always have to be true. Fact is — we've been spoiled, but now it's time to wise up.

And there's no need for the lights to dim. There are energy-production methods that *are* safe! We must not depend so heavily on the centralized energy policies. Localized wind and solar can be not only clean and safe, but feasible. This is especially true in construction, using solar-design and passive solar systems.

The government and utilities sure didn't have any trouble developing nuclear power — so why the reluctance to develop the necessary alternatives? . . . I'm afraid it all comes down to the bottom line — not lives, but money. . . .

Beckmann Approach 'Seems Intelligent' to Her

Editor:

Like Jack Challem whose good letter appeared in the October *Bulletin*, I'm disturbed at the flood of antinuclear propaganda in recent *Bulletins*. But unlike Mr. Challem, I don't have all those fine facts in my head — so instead I'm sending with this letter a copy of Dr. Petr Beckmann's book, *The Health*

Hazards of Not Going Nuclear.

I'm a long-time supporter of NHF because of its stand for the intelligent approach. Dr. Beckmann's approach to the nuclear question seems intelligent to me.

MRS. ALLAN R. SPREEN
206 Masters Road East
Hixson, Tenn. 37343

NUCLEAR POWER 'ECONOMIC EXTRAVAGANZA,' SAYS MINNESOTA POLLUTION AGENCY MEMBER

Editor:

As a longtime member of NHF, let me commend you for your excellent and informative articles on the nuclear fuel cycle — articles that inform the reader of the dangers to humanity, and to our world. Unquestionably, *The Bulletin* is doing NHF members and the public-at-large a great service in publicizing the dangers inherent in the generation of electric power with nuclear reactors.

Radioactivity is discharged into the environment from all phases: the mining of uranium, the milling and processing of the "yellow cake" in the manufacture of radioactive fuel, the operation of nuclear reactors, the spent-fuel storage, in radiation emanating from the tailings piles, and in sequestering the ever-increasing amounts of radioactive wastes — a problem for which the scientists, engineers, and technologists have no solution.

Steve Gadler, a retired colonel in the U.S. Air Force, an engineering graduate of the University of Minnesota, and a registered Professional Engineer in that state, has been a member of the Minnesota Pollution Control Agency Board for 12 years. Active in environmental concerns, he is coeditor of nine books on the environment, author of a book on solar energy, and has another book coming out titled This Engineer's Victory Over Cancer. A small booklet, it describes the story of his five-year battle with cancer, and the nutritional system he followed to win the battle "without using the orthodox systemic killing methods." He says he has "fought nuclear ever since it came into being," because he believes "if we allow it to continue, we will contaminate the earth with radiation, and the earth as we know it, will cease to exist."

Always there has been hope that humanity would come to the full realization that nuclear power is an economic extravaganza, a political liability, a serious threat to the health and safety—and the eventual radiobiological contamination—of the earth.

Sometimes that hope is dashed by people like Mr. Challem, who in his letter to the *NHF Bulletin* (October 1979) puts forth the nuclear establishment's oft-repeated hysterical, self-serving half-truths and inaccuracies.

In my opinion, he is unfair in his accusations against the news media, that according to him sent out "hysterical news reports" from Three Mile Island (TMI), when in fact the media was actually hampered in its news-gathering activities by the deviousness of the plant operator/owner and the federal government. In my opinion, the media played down the seriousness of the situation to prevent panic among the endangered citizens, and in the banking community. You see, the bankers had been betting large sums on the horse called Nuclear Reactor.

A great surprise to me in his letter concerns his accusation that *The Bulletin* places itself in the same league with *The Progressive*. Is this a fantasy of imagination? All *The Bulletin* did was to quote its sources — something lacking in Mr. Challem's letter.

He states that nuclear power is safer. Let us look at the record: There have been serious nuclear accidents in every continent of the world, and in nearly every nation "playing with the nuclear." As an example — Windscale in England in October 1958: millions of gallons of milk were destroyed because the milk was radioactive. Radioactivity from Windscale fell over a 250-mile radius, including Belgium, Germany, France, Denmark, and even in Sweden.

IACVF Chapter Voices Opposition

A recovered cancer patient, Steve Gadler is a vice-president of the International Association of Cancer Victims and Friends, and a member of the national board.

He reports that late last November, the Twin Cities Chapter of IACVF passed "a strong resolution against the nuclear fuel cycle.

"We took that action," he told *The Bulletin*, "because we believe firmly in prevention, and that through prevention much of the cancer could be eliminated. As an example, approximately 150,000 persons will die of lung cancer this year in the United States, and most could have been saved if they had not smoked. It is the same way with nuclear reactors and the rest of the nuclear fuel cycle: If it were not utilized, it would not produce cancer. So our organization did pass a very strong resolution.

"There is another reason also why we passed the unanimous resolution against the nuclear fuel cycle: the ethics and morality involved. Perhaps the ethics of the federal government is based on the Nuclear Regulatory Commission's 'acceptable risk clause.'

It appears to be the policy of the government — particularly the NRC and the late unlauded Atomic Energy Commission — to balance the cost and loss of health among the public, and the safety of the genetic pool, against the dollar-value of electricity generated. Thus, NRC licenses the nuclear fuel cycle at a cost in human lives that eventually may be in thousands or millions. Can society agree to this enormous risk of life and safety, and can society agree to damage future generations because the federal government approves such a policy?

"The routine and nonroutine releases of radiation from each nuclear fuel cycle facility — all licensed by the federal government — is done to boil water to make electricity. At no time has NRC, the Environmental Protection Agency, or any other federal agency, or the scientific community, revealed to the public the total amount of radioactive materials discharged into the environment from these facilities. Nor has any provision been made to eliminate the permanent radiological health impact, or to protect the public, nor to provide compensation for victims of the routine and nonroutine releases approved by federal authorities.

"Congress never did give the Nuclear Regulatory Commission or the now-deceased AEC or any other federal agency the right to determine that a given number of people in our nation are to die of cancer in order to boil water with the nuclear fuel cycle. And further, Congress *cannot* give such authorization to utilize atomic energy to provide electricity for some, at the expense of the safety and lives of other members of the public, and future generations . . .

"A little over five years ago, I was given six months to live, because of cancer. However, I proceeded to go the nontoxic route, went to Mexico, and today have no vestige of the disease. I feel like a million, and carry on a full range of activities — even a heavier load than before. My doctor can't believe it. He calls it a miracle. But I believe it is due to four factors: One, determination; two, nutritional diet, about which I have written a book; three, family backing — a Wunderbar Wife; and four, of course — Laetrile and vitamin, mineral, and enzyme supplements."

Then there was the accident to the Gunrimingen reactor in Germany Nov. 19, 1975, in which two persons were killed because a pipe in the radioactive primary system burst.

The serious accident in Chalk River, Canada, in 1957, and again in 1958; the

Soviet Breeder accident as reported by *Nature Magazine* March 8, 1974 (Vol. 248); the serious Fermi accident in which Detroit was almost lost; the SL-1 accident in the United States in which 3 lives were lost; the accident at St. Laurent, France; the accident in Swit-

zerland; the accident in Vinca, Yugoslavia, at the Atomic Energy Center of the Boris Kadrie Institute about which *Nuclear Engineering International* (Jan. 21, 1968) states that "many were contaminated with radioactivity."

The Class 9 accident at TMI (see Dr. Richard E. Webb's authoritative forthcoming book on TMI) in which more than 300,000 persons evacuated their homes, according to a Nuclear Regulatory Commission estimate. All these accidents spilled large amounts of radioactivity into the environment, the consequences of which are being written into the rapidly-increasing cancer rates.

I have reports of other accidents, including the one in Russia when radioactive discharges covered 1,000 square kilometers, resulting in the deaths of hundreds.

Apparently it is true that no lives were lost on the day of the accident at TMI. However, the deaths as a result of that accident will be temporarily deferred until the radioactivity does its job of producing the cancers, birth defects, and genetic damage.

According to the nuclear experts on radiation damage — Dr. John Gofman and Dr. Ernest Sternglass — cancers will show up in the radiated population at TMI in the next 10 to 30 years — death by deferral. Incidentally, the radioactive gases so glibly passed off by Mr. Challem are highly radioactive, and damaging to the human being. Dr. Edward Pryzina, a radiobiologist with the State of Minnesota, says, "iodine 131 is damaging to bodily organs, including the gonads, the pituitary glands, and the thyroid. The damage will show up as cancer in future years."

In all of the nuclear accidents that have taken place around the world — and all the operations concerned with the nuclear fuel cycle — radioactivity is released into the environment. Certain types of radioactivity enter plant, animal, fish, and human life. Radioactivity,

like everything else, must go somewhere and be someplace.

According to Dr. Charles W. Hoover, University of Minnesota professor and an authority on radiation biology, there is biological magnification of radiation in plant and animals. This magnified accumulation of radioactive material is passed up the food chain, and finally into the human being — to show up as cancers, birth, and genetic defects.

Richard Foster of the Hanford Laboratories in Washington supplied data that algae in the Columbia River concentrate cesium by a factor of 1,000 to 5,000 over that of water; and that fish concentrate by 5,000 to 10,000. His report finally shows that algae can concentrate the element, radioactive potassium, as much as a million times that of the regular water. Regardless of the route of the radioactive garbage, it will find its way to humans — who produced it in the first place. It will of course have an effect on the genetic material of the future.

Mr. Challem further states that nuclear power is cheaper. Claims are made for many things, but the proof lies in actual facts, not in claims. In the economics of nuclear power, all costs attendant with the nuclear fuel cycle must be added to the cost of the power. That includes cost of generation; transmission; operation of the nuclear reactor plus cost of the fuel; cost of the temporary spent-fuel storage of the radioactive waste produced; cost of stabilizing uranium tailings piles; cost of decommissioning; cost of removal of the radioactive nuclear power plants and other facilities; the cost involved in security to prevent losses of fissionable material; the cost involved in preventing radioactivity from entering the biosphere forever; and finally the medical cost because of cancers generated from the discharge of radioactivity when the nuclear fuel cycle is operational.

— STEVE J. GADLER
2120 Carter Avenue
St. Paul, Minn. 55108

CALIFORNIA CHIROPRACTOR THINKS DR. 'Y' IN ERROR ON NUCLEAR/FLUORIDE PROMOTION

Editor:

In response to your invitation, I am writing to express my reaction to Dr. Yiamouyiannis' views on nuclear power, as published in the November (1979) *Bulletin*.

I am highly impressed with Dr. Yiamouyiannis' accomplishments, and I do appreciate his scientific contributions in behalf of the National Health Federation, but I fail to correlate his superior intelligence and benevolence with his published stand on this matter.

I am concerned with the possibility of devastating effects to the Federation, if the members should be misled in such controversial political matters that should not be controversial to us who are seeking to protect health freedom. We must not allow fear to take precedence over intelligence.

Dr. Yiamouyiannis speaks of the "establishment-dominated media" but fails to define the term, to identify which news media fall within his definition, and to inform us as to what these media are saying that incriminates them.

I really can't blame him, though. Whoever would even try to define "Establishment," which the very antiestablishmentarians will never clarify for you? But you can, after awhile, discover that those who are against the establishment are generally those who are against the *established Constitution of the United States* and the *republican form of government* set up by our forefathers. If that is what they are against, then why don't they admit it?

What Dr. Yiamouyiannis refers to as the "establishment-dominated media" is a mythological nonentity. The anti-establishment motivators have monopoly of practically all the communications media in this country and elsewhere in the world, to facilitate the *establishment of one-world govern-*

ment under one dictatorial head.

Now, you can see that there are two establishments: One is past, in some people's minds, and yet is; and the other is, in some people's minds, and is not yet, probably never. The antiestablishmentarians subscribe to the latter but won't admit of either because the former spells, *freedom*, and the latter spells *slavery*. So they create a mythological establishment to fight against in order to destroy the former and establish the latter.

There is a control of the major communications media of this country, as Dr. Yiamouyiannis implies. Ask Reed Irvine, of Accuracy in Media, 777 14 St. N.W., Washington, D.C., 20005, (202-783-4407), and he will tell you about *New York Times*, *Chicago Tribune*, *Daily Worker*, *Washington Post*, C.B.S., N.B.C., Rockefeller's *Time*, A.P., U.P.I., and a host of other subversive sources of information. During the recent fear campaign over the Three Mile Atomic generator "accident," all those media and their numerous subsidiaries, branches and connections were on the bandwagon, promoting fear and distrust in the minds of the people concerning atomic power, right along with the stooge Jane Fonda, and her stooges. I'm reminded of the story of The Ogre Who Played Jack Straws.

Dr. Y's reference to the "segments of the press," however, which look upon the antinuke kooks as "left wing radicals bent on slowing down the U.S. economy and making this country a 'second-rate' power," are not of the above group. That "segment of the press" is hitting the nail on the head. Those who look upon the subversive element as subversive are generally independent thinkers that are very much resisted by the controlled media and made to look ridiculous in the eyes of the people, even intel-

ligent and benevolent people, such as Dr. Yiamouyiannis. The Bible warns us that even the very elect can be deceived.

The idea that the Right and the Left — the Birchers and the Communists — have united to form a "coalition" to fight for a common cause, is likewise mythological. It is no secret that the John Birch Society is in favor of the increase of electrical and other power, even with the aid of modern technology. Where do you hear that the "Communists" are in favor of such "luxuries" for the "common" people, and for the growth and continued existence of autonomous nations?

Now, for an answer to your request on the relationship between media promotion of fluoridation and nuclear power, that is another myth. These same controlled communications media which have been promoting the use of fluorides have been tactfully frightening the people into giving up the hope of increased availability of electricity from atomic-powered generators.

Incidentally, it is reported through reliable sources, like *American Opinion*,

NO TIME FOR NORMAN COUSINS, 'RADICAL'

Editor:

You have an article by Norman Cousins in the October issue of *National Health Federation Bulletin*. I am a graduate chemical engineer and resent such a man with less than one year's training at Columbia University giving advice on nuclear energy.

Not only that, but he is a man with a lot of radical associations such as:

1. United World Federalists.
2. World Association of World Federalists.
3. Council on Foreign Relations.

He Thinks 'Radical Activists' Hurt NHF Image

Editor:

I do believe the credibility of the National Health Federation will be damaged if you continue to have radical

Review of the News, and *Accuracy In Media*, that radiation emissions from the Three-Mile generator plant "accident," which were dishonestly dramatized in the fear-campaign across the nation, were no more dangerous to residents right around the plant than a standard chest x-ray for diagnostic purposes.

Anyone who is to condemn atomic power on the basis of the actual facts of that incident must, in consistency, condemn all dental, medical and commercial diagnostic x-ray, and especially all "therapeutic" radiation, which exposes patients to thousands of times that amount of radioactivity. And while they are at it, they might as well condemn TV and microwave ovens, for lack of electricity.

WILFORD M. JONES, D.C.
Hesperia House of Health
16177 Main St.
Hesperia, Ca. 92345

cc: *Accuracy in Media*
John Birch Society
John Yiamouyiannis, Ph.D.
Enc: *J.B.S. Bulletin* (Nov. 1979)

4. American Civil Liberties Union, who are always defending crime, subversion, etc.

He is for a strengthened United Nations whose charter was compounded by 16 well-known Communists and which 96 senators voted for without even reading it. Two who did, voted against it. It is a charter for a police state.

PHILIP H. FAUCETT
Box 467
Eureka Springs, Ark.

P.S. We are life members of NHF.

activists involved, such as Dick Gregory and Professor Sternglass of Pittsburgh. Infiltration of your good work should be stopped. Please see the August 4,

She Can't Understand Why 'Health Advocates' Take Pronuke Position

Editor:

As a long-time NHF member and ardent antinuclear activist, I am delighted to find consistency in your promotion of natural lifestyles via your antinuclear stance.

I am always surprised when so-called 'health advocates' embrace nuclear power in spite of the obvious threats to our health and lives associated with this technological nightmare.

If we consider that nuclear power provides only 3% of our net energy package if all 72 plants are operating (which they never are), and that we obtain roughly the same amount from wood-burning, we are not as heavily involved and dependent on nukes as the utilities would have us believe. Studies have shown that we waste 45% to 50% of our energy compared with Sweden and West Germany who enjoy an equal standard of living but use only half the energy per capita.

Nuclear power is neither economical — as our utility bills clearly prove — nor safe. Every facet of the fuel cycle exposes the public to grave dangers. From the mining of uranium, to the milling and enrichment process, to the operation of plants, to the transportation of radioactive materials through highways and airways, to the nonexistent safe, permanent disposal sites, we are exposed to the kind of severe dangers we cannot afford to accept.

We must exercise our constitutional rights to stop this madness. As Dr. Ro-

1979, Los Angeles *Herald Examiner* article, "Exploding the Myths of Nuclear Power," by Dr. Franklin Ruehl, Jr., who holds a Ph.D. in theoretical nuclear physics. We cannot be misled by those with a cause!

ALLAN McCABE
Pittsburgh, Pa.

bert Jungk points out in his book *The New Tyranny: How Nuclear Power Enslaves Us* (Grosset & Dunlap, N.Y. N.Y.), we are making ourselves vulnerable to ever-increasing governmental controls and loss of personal freedoms by focusing on a plutonium economy.

At a time when it is clear that safe, renewable, clean energy sources are available — and affordable through decentralization of energy monopolies — it makes no sense at all to opt for a highly-centralized, expensive source which endangers millions of persons, and future generations.

The utilities have been successful in taking the public out of the decision-making process. We get to pay the bill and take the health risks (they even refuse to provide adequate insurance coverage and we the people are underwriting this venture via the Price-Anderson Act), but we have no input into operation of the plants, or whether we want to go this technological doomsday route in the first place.

It is time we take an interest in our destiny and collect our own facts instead of listening to the vested interests who bring us one chemical fiasco after another — Three Mile Island disasters, DC 10s dropping out of the sky, etc.

There are dedicated antinuclear groups working in every area, who much like the health-freedom groups, are fighting for a healthy, sane world. Please contact them and find out the facts.

IRENE BROWN
Community Outreach Committee
Safe Energy Coalition
Box 42
Farmington, Mich. 48024

If 50 MILLION people say a foolish thing, it is still a foolish thing.

— Quoted in *Grit*

On the Annapolis 'Fluoride Tragedy'

Editor:

Enclosed is my letter to the editor of the Annapolis (Md.) *Evening Capital*. It is the first time I've gotten my letter published. Tried earlier this year several times with the *Washington Post* and the *Washington Star*, but they refused to publish it . . .

MERLE L. NELSON

(U.S. Department of Commerce
National Oceanic and Atmospheric
Administration)
Dun Loring, Va.

Sir:

I hope the fluoride incident moves the people in and around Annapolis into asking themselves some basic questions about fluoride. If this highly-toxic poison can do this kind of damage to sickly persons, what about the effects on health groups due to artificial fluoridation?

Two eminent scientists visited Annapolis to investigate this fluoride tragedy. Dr. Waldbott and Dr. Yiamouyianis have proven in scientific circles and in court to be experts on fluoridation. The people of Annapolis should consult

these scientists on the true effects of fluoride in drinking water—effects you will not hear from the federal and state medical officials who are responsible for poisoning our drinking water.

Statistical studies have shown for some time that fluoridation of water at the rate of one part per million causes cancer. Not only statistically, but several scientific studies show that genetic (chromosomal) damage occurs with fluoride ingested at this level. In the medical field, it is an accepted fact that a substance that causes genetic damage is probably a carcinogenic element.

The validity of these studies was argued in a court of law for five months near Pittsburgh, and the experts representing the Bureau of Dental Health, NCI, and even Great Britain, were unable to refute their studies.

Fluoridation is being stopped in this country by the people. From 1966 to 1970, fluoridation was rejected in 250 U.S. communities, mostly through referendums. The federal and state governments will never say no to fluoridation—it is up to the people.

'Fluoride Kills Enzymes Needed By Cells'

Editor:

The *Times-News* recently carried a series of articles pro and con on fluoridation. Body cells can use only pure food, pure water, pure air, and moderate sunshine. All else is toxic, including sodium fluoride, which destroys enzymes—catalysts which change food so it can be absorbed by the body's cells.

I paid for an advertisement which was carried in the newspaper pointing out that sodium fluoride has been bought and used to kill roaches. Research financed by the National Health Federation proved that fluoridated water caused cancer. When a municipality fluoridates, emphasis is made on proper diet, and this does help reduce cavities.

Then fluoridated water is given the credit.

Twice I viewed the film, *The Fluoride Syndrome*, showing death of cells in fluoridated water. That film can be shown. Before body cells can use earth's chemicals, they must go through the plant kingdom. Sodium fluoride does not meet this requirement, therefore it is unscientific. Many municipalities stopped fluoridating after it was causing cancer and heart trouble. The only beneficiaries are the manufacturers and sellers.

E. E. BRANSCOME, D.C.
210 N.W. 50th St.
Pompano Beach, Fla.

ISABEL JANSEN WRITES 'THE TRUE ANTIGO, WIS., STORY'

Isabel Jansen, R.N., has compiled the data surrounding introduction of fluoride into the water of Antigo, Wis., its subsequent withdrawal, and its reinstatement after a state-sponsored study riddled with errors.

It is that study which Miss Jansen analyzes in the booklet, *Fluoridation — The True Antigo, Wisconsin, Story*. Central to the issue is the fact, as she points out, that fluoridation was instituted in 1949 by city officials even though "there was no prefluoridation survey, there were no hearings, no referendum, no evidence of the necessity for this program, and the public was not notified until several weeks later."

When state health officials learned of an upcoming referendum on fluoridation in 1960, a check was made on the amount of dental decay in the city, "for the first time." But as Miss Jansen says, "since there had been no basis established in 1949 to show the amount of tooth decay, there was nothing on which to make a comparison in 1960. Thus, the survey was worthless."

Fluoridation was discontinued by a majority vote in the 1960 referendum. Four years later the state again exam-

ined children's teeth and alleged an increase in decay of from 41% to 183%. She reports that "one decayed tooth in 1960 and two in 1964 was reported as a 100% increase." That study was used to persuade the city to resume fluoridation.

The 24-page booklet is a thorough analysis of the state-sponsored studies, pinpointing the inaccuracies and flaws which render them "worthless," as she charges. There are 33 references. *Fluoridation — the True Antigo Story* may be ordered from her for \$1. Her address: 608 Gowan Rd., Antigo, Wis. 54409.

Isabel Jansen spent 24 years as surgical assistant to the Professor of Oral and Maxillofacial Surgery at Marquette University Medical and Dental Schools. She is the inventor of the Hansen Ray Pen, an x-ray-marking device. She is listed in the 1979 edition of *World Who's Who of Women*; the *Book of Honor*; the *Dictionary of International Biography and Community Leaders and Noteworthy Americans*, and is president of the Citizens' Action Program for Save Wisconsin Water, Inc., and chairwoman of the Antigo Freedom from Fluoridation Committee.

'Upset' By Nara's Use of Fluoride

Editor:

Being a natural-foods enthusiast for 18 years, I feel compelled to write you about Dr. Nara's *Oramedics*, publicized in your July-August 1978 edition.

I subscribed to his advice by mail and was more than a little upset to learn that he uses fluoride mouth rinses with some of his patients. After having paid for the package, I submitted the saliva specimen which proved to be negative. However, if it had shown strep mutans or lactobacillus, I believe he would have prescribed the fluoride rinse. If he had recommended that for me, I most cer-

tainly would have not used it.

The fluoride must be potent, because according to him the rinse can be obtained only by prescription. In his book he states that brown spots on the teeth are where the tooth has been restructured (I can't recall the term he used—a friend has my book.) I don't doubt it was mottling due to the use of fluoride.

I note also in his brochure on infant oral care, he recommends the use of fluoride tablets if the water is not fluoridated.

I thought if you knew about his use of fluoride, you certainly would not want to

'Incurable Leukemia' Triggers Reader Response

COULD CHAD HAVE LIVED IF HE'D HAVE BEEN PUT ON CARROT JUICE?

Editor:

I read your insert regarding Chad Green's death in the November *Bulletin*, and particularly noted two statements — one from *Taber's Medical Dictionary*, and one from yourself:

"Acute leukemia is inevitably fatal."

"He was saddled with an ailment, a medical cure for which at this point still does not exist."

My mind instantly went to a book in my library, written by H. E. Kirschner, M.D. I thought you would enjoy reading about the little boy born with leukemia, so I had it photocopied, and am sending it herewith.

I think the doctor is no longer living. He was 80 when the book was first published 15 years ago. But it would be very interesting, informative, and enlightening to all your readership if the boy could be located and his present condition noted.

It seems to me this would solve the problem or question of leukemia's curability!

To me, it is "tragic" that human beings (especially children) should die needlessly. But medical monopoly does a good job of "silencing" every voice of hope that arises from any quarter that poses a threat to the lucrative business of trafficking in the bodies and souls of men. Man's inhumanity to his fellow-man is his greatest sin! . . .

WILBUR M. HARGREAVES
9790 Macedonia Road
Hopewell, Ohio 43746

promote his program. Of course, the rank-and-file of dentists would have no objection to the fluoride.

ANNA BELL BENNER
259 So. Monroe St.
Tiffin, Ohio 44883

THE DOCTOR REPORTS

Passages from Chapter 1 of Dr. Kirschner's *Live Food Juices*, follow: (Ed.)

"The story I am about to relate is one of the most remarkable that has been brought to my attention during more than 50 years of medical practice. It involves the 'case histories' of three children — all from one family — one of whom developed leukemia soon after birth; the second child, born with leukemia; and the third, given carrot juice immediately after birth, and has remained in perfect health.

"The first child, a baby girl, was born in 1951. At the time of birth, the doctor referred to her as his 'prize baby.' Apparently she was perfectly normal at that time. This beautiful little girl was dark-complexioned like her father, but her color soon began to fade, and after two months she was so pale the parents became alarmed and consulted their physician. The doctor ordered an immediate blood count, which revealed the sad fact that this baby girl was suffering from leukemia. She was taken to the hospital, and there within the space of 5½ days was given 25 blood transfusions. But all these . . . efforts to save the child were fruitless, and she died at the age of three months.

"The second child, a boy, was born in 1953. An examination of the child's blood revealed the terrifying fact that this second baby was born with leukemia!

"The baby's doctor had become acquainted with the remarkable experience of Mrs. Catherine Ferraro, who had recovered from splenic leukemia by taking large quantities of fresh, raw carrot juice daily. He was determined to save this second baby, if possible, by

the same means.

"He contacted Mrs. Ferraro by telephone, and arranged for her to bring two quarts of carrot juice to the hospital each day. Although the Ferraros were not in the carrot juice business at the time, they graciously responded to this emergency, and when the baby went home, the carrot juice therapy was continued.

"It is interesting to note that during the first three months of this baby's life, *no other food* was allowed. After three months, however, other foods were added to the diet, including both fruits and vegetables.

"Did this simple raw juice therapy work? Much to the joy and satisfaction of everyone concerned, at the end of one year the blood count was normal. There was no evidence of leukemia. The carrot juice evidently had performed a miracle in restoring the child's diseased bloodstream to a normal, healthy condition.

"Today, at the age of five, with exception of some occasional bronchial

He Prefers Midwives to Doctors

Editor:

Midwives are mentioned in the Bible, Genesis 35:17 and 38:28, and Exodus 1:16, 17, 19, 20, 21. This indicates that only midwives are to officiate at childbirth.

However, the medical profession through greed and ignorance has largely taken over this work in the United States.

When my daughter was born, I was in the armed forces and was not present at the birth. The physician promised me he would not give my wife drugs, but he almost paralyzed her with ether, and she was flat on her back. He cut her up unmercifully. When I was finally able to see her, she looked half dead. Her hair had turned gray, and has never returned to the original color. She was 23 at the time.

In my son's case nine years later, it

asthma, the little fellow is apparently in perfect health. He continues to take his daily ration of carrot juice. He also drinks a lot of citrus juices, of which he is very fond. His weight is 48 pounds.

"The third child, a beautiful little girl, was born in 1954. Blood tests made at the time of birth showed no evidence of leukemia. The blood count was normal. This favorable condition was no doubt largely due to the fact the mother drank quantities of carrot juice regularly throughout her pregnancy.

"Having become enthusiastic 'converts' to the raw juice therapy, the parents weren't taking any chances, and the third child was also given nothing but carrot juice for the first three months after birth. Now, at the age of four, she still takes two glasses of carrot juice per day, and the two youngsters consume a gallon of juice a week. They are now the 'picture' of vibrant good health." . . .

(No longer "children," both of these individuals are alive, well, and married. Ed.)

was a different story. We had the daughter of a naturopathic physician present. She had assisted her mother in other cases. I placed my wife in a bathtub of warm water to relax her, and she laid down and our son was born in 15 minutes. My wife was up watching television later that day.

I have since learned that the best position for the mother is in the squatting position, like the primates, and of course this has the advantage of gravity.

DR. E. E. BRANSCOME
Route 3, Box 218
Hendersonville, N.C. 28739

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

HE SAYS STARE STATEMENT IS 'HOGWASH'

Editor:

I have sent the following letter to the editor of the Wilmington (Del.) *Sunday News Journal*, with copies to the National Health Federation, *Prevention*, *Let's Live*, and Natural Food Associates:

"Dr. Frederick Stare holds the title 'Professor of Nutrition' at the Harvard School of Human Health. This gives him the unquestionable right and privilege to not only teach but to also publish the latest information on the subject of health and nutrition. His interest and concern in the nourishment of the human body is well expressed in the opening statement of his article 'Nutrition — Fact & Fallacies' in the *Family Weekly* (Oct. 14, 1979), when he says, 'Americans seem more concerned than ever about health and nutrition.'

"I like the way he acknowledges the interest and concern of the American people about health and nutrition. But then he turns right around, puts on his other hat and says, 'But in the information explosion we've experienced in the last few years, health fallacies have frequently masqueraded as health facts. Some are new misconceptions, but most are simply reheated, modernized versions of good old-fashioned hogwash.'

"Bearing the title 'professor of nutrition' should put Dr. Stare at the top of the class, but apparently he is resting on his laurels and while he is resting, many dedicated doctors, professors and other authorities are working and testing and learning the truth about nutrition. They are finding that the tragic health prob-

lems — cancer, stroke, heart trouble, diabetes, etc.—which are experienced by millions of Americans can be caused by the food we eat—food that is refined and so heavily processed and containing so many chemical additives that may be our downfall. This honest effort and research on the part of many dedicated persons might be 'reheated, old-fashioned hogwash' to Dr. Stare, but can he honestly tell us that today's faulty nutrition plays absolutely no part in the suffering and death of so many American citizens every day?

"Dr. Stare also makes the statement, 'We are the best-nourished people in the world,' yet the November 8 *Evening Journal* carried the headline, 'Junk Food Blamed for Malnourished American Children.' And Dr. Luise Light, Assistant to the Administrator of the U.S. Agriculture Department, Human Nutrition Center, seems to confirm when she says: 'One reason children eat so poorly is the heavy influence of television advertising.'

Then adding a final touch another November 15 *Evening Journal* headline reads: 'Food for Thought — 500 Million May Be Suffering Malnutrition.' Of course all these millions do not live in the United States, but with all the highly advertised 'junk foods,' soft drinks, and sweets that we eat, can anyone question the end result? Yet Dr. Stare says, 'We are the best-nourished people in the world.' I say 'Hogwash.'"

C. HENRIE WOOLLEN
210 Washington Ave., The Cedars
Wilmington, Del. 19808

CANDY VANDAL STORY RESENTED

Editor:

... I was shocked to read the article concerning "Candy Vandal" by Steve Harvey. My friends, I want freedom, but not freedom on my terms, or your terms, or anyone else's terms — simply freedom.

The system is wrong that states that the sick shall resort to only those remedies approved by the A.M.A., etc. But the system would be equally wrong, and I hope it never comes, that says the sick must go on certain diets, use Laetrile, and eliminate no-no's and junk food.

Stare-Whelan Line 'Infuriates' Him

Editor:

Articles like the enclosed (by Drs. Fredrick J. Stare and Elizabeth Whelan of the Harvard Nutrition Department) infuriate me two ways: First, because they are written and get printed. Second, because they are never refuted.

Someone like you should write full press releases (for free perhaps) and send them out from National Health Federation (which would bring in money), or *Herald of Health* (which would bring in subscriptions). One article on each vitamin, and other topics.

When Vitamin A was discovered, I remember doctors (even allopaths) were giving it in 50,000 and 100,000 mg doses for six months to a year at a time, and the streets were not full of corpses.

DISGUSTED WITH JUNK FOOD JUNKIE STORY

Editor:

I would like to express my complete disgust with an article in the December 1979 issue of the *Bulletin*, entitled "Reformed Junk-Food Junkie Strikes Back."

I find it hard to believe that any magazine which caters to a predominantly conservative audience would stoop so low as to advocate vandalism, an obvious crime. After all the problems you people have had with the liberal estab-

The real truths can be brought home like that.

AUSTIN H. WELCH
Canaan Street
Canaan, N.H. 03741

(The syndicated Stare-Whelan article reiterated the theme of their book — that few persons need vitamin/mineral supplements, that they might be dangerous, that Vitamin C "does not cure colds," that "there is no such thing as Vitamin B-17," and that Vitamin E, while "essential to good health, is not a cure-all."... Ed.)

THOMAS A. EDISON, in a 1914 letter to Henry Ford, wrote: "I employ no person who smokes cigarettes." Both men were nonsmokers.

ishment, which attempts to play God in every aspect of our lives, I just can't understand why... such an article (was published).

If you ever again publish anything even approximating such a despicable article I shall withdraw my membership immediately. ...

J. L. WINGFIELD
Box 428
Boulder, Utah

We should each be free, regardless of the effect, to choose our own course of action. For this reason I condemn "Candy Vandal's" actions, and NHF for apparently condoning such actions. I feel that tacit approval of such actions by NHF damages our image, and we become no better than those we wage battle with.

To destroy the property of another human being is to encroach on that individual's freedom. Oh, how earnestly

we in NHF fight for freedom. I hope not only when it is freedom according to NHF.

I would hope that those in positions of authority will see fit to offer some corrective position on this matter, and restore the integrity of a worthy freedom fighter — the NHF.

KERRY K. McGUINNESS
239 Grand River St. No.
Paris, Ontario
N3L 2N6

THE 'RIGHT TO DEATH' SHOULD NOT BE DOCTOR'S DECISION

Editor:

This letter details why I think it should be made malpractice for M.D.s to interfere with the *right to death*. It tells how I was "handled with a (choke) chain" and a bludgeon, and savaged because I succeeded in allowing my 91-year-old mother's wish to die at home, in her wide bed, in her quiet, warm room, untouched by rough, hurried hands, and not stuck full of obscene tubes and clumsy needles.

In discussing this trauma with many, I have — as not before — resorted to blunt epithets (since this shorthand is understood from top to bottom of the educational ladder) to describe the perpetrators of this outrage upon the helpless by the financially-implicated and powerful medical establishment. The answer kept coming back to teach me a new expression, but in presidential language. Over and over I heard "They are covering their asses," and indeed they are at a time when it is impossible to cover one's own.

Against medical advice, I brought my mother home out of the Glynn- Brunswick Memorial Hospital October 15, 1979, to protect her from rough handling, and innocent that I was, thought that with the kind and skilled help of the ABC Home Health Services' nurses and aides, I was safely settled in to cherish my mother for the time left before a peaceful death. She did die peacefully Nov. 19, 1979, closing her eyes without pain or drugs or seizures. The blood stopping, and the breath ceasing, she appeared to sleep.

But it was not peaceful for me, and certainly unsupported by ABC Home Health Services' assistance, for by this time the 'terrible swift sword' of the medical establishment had reached into my home to smite, and I would neither have summoned nor accepted

medical "help" to console or comfort myself.

Via an ABC nurse, Dr. Carl Drury had sent a lordly "order" that I would either force my weak and pitiful mother to drink a quart-and-a-half of fluid a day or the doctor would send the nurses out to install a nasogastric tube for me to operate. (See *Nurse*, by Peggy Anderson, Berkeley Publishing, 1978, page 308, on one fatal result of NG feeding by an R.N. in a hospital).

When I told the then-supervising nurse of ABC Services, Nan Chadwick, by phone that I refused the NG tube, she answered in an attempt to be helpful: "A doctor is afraid to let a person die." She said that only if the family and doctor agree, and the family signs a release, would a doctor have the guts (my language) to let a patient die.

Had I not been in a state of shock, I would have told her explicitly that I understood ABC could operate only under doctor's orders, and what both the doctor and ABC could do with their orders and services. But I was (then, not now) in the state of shock they are accustomed to dealing with.

I truly tried to force fluids on my weak mother. When Nan Chadwick arrived that afternoon with a legal-appearing release (not however, I believe, drawn up by lawyers), I signed it. No copy was provided me, but it was the "cover-ass" document all right. On a sheet of luridly-green paper was the statement that I understood that either a quart-and-a-half of fluid a day, or the NG tube must be administered by me, or I understood I might contribute to my mother's acute dehydration or death, and I absolved the doctor and ABC Services of all responsibility.

I cannot now sleep at night for seeing that green sheet of paper before my eyes, and thinking of the operators of

Laetrile 'Relatively' Available in Australia

Editor:

I am a practitioner of family medicine in Western Australia. In the last three years I have centered my attention on preventive medicine with a nutritional bias. I am a strong advocate of vitamins and minerals (including the orotates which have been available here since March 1979).

I have been using B¹⁵ and Laetrile since early in 1979. The year before, I corresponded with Dr. Harold Manner at Loyola University in Chicago, and he finally sent me his protocol on the use of Laetrile, B¹⁵, Vitamin A, Vitamin C, and nutritional and environmental approaches in curbing cancer.

I am keenly interested in the trophoblast plus low pancreatic function theory in outlining the probable current basic origin(s) and existence of cancer. A friend (a life member of the National Health Federation) showed me some of your articles . . . , and I am keen to learn about your organization, how long it has existed, how large it is, and its functions. . . .

You will be interested to learn that Laetrile can be obtained relatively

readily in Australia despite the fact our Commonwealth Department of Health does not recognize it as proven anti-cancer therapy.

To get Laetrile here, the cancer patient applies to the Department of Health with a pathologist's cytology report on his/her cancer included in the application, and a declaration from a medical doctor that he will supervise oral and/or I.V. Laetrile therapy. The Department of Health then approves the application (provided the papers are in order), and issues a permit for the import of Laetrile into Western Australia from Tijuana, Mexico, via Vita Health (WA) Pty. Ltd.

The Department of Health requires periodic bloodscreening of the patient for the purpose of research (?) etc. . . .

NAME WITHHELD BY REQUEST

IN THE 1ST CENTURY A.D., with the advent of glass, the Romans used south-facing windows to trap the sun's heat to warm public baths, villas, and expensive homes.

— NEW AGE HARMONIST

the medical establishment who are terrified, as Mrs. Chadwick explained it, of legal restrictions which force a doctor to maintain breath in a body when real or meaningful life is no longer possible, and also to panic because of possible malpractice suits.

There must be a solution. Part 1, in my opinion, would be to make it malpractice to interfere with the *right to die*. Part 2: since in view of the lethargy, fear, and ignorance of the general population, and the vested interest of M.D.s, it will be a long time until the doctor-hospital-home health services' feudal overlordship can be abolished, and although I have no doubt it will happen in time, alternatives must be approved now: places of refuge (there's

one difficulty — the word "hospital" is too besmirched) where the dying could be cared for by family and staff and protected from the violation of tubes and needles and machines against the will of patient and family as aforesaid.

The preservation of privacy would be achieved for the patient, and whatever the stated intent, "covering the asses" of doctors and hospital staff to permit them to interfere with the right to die would not be permitted either in law or in humanity. Part 3: families able to care for the dying in their own homes would be provided not persecution, but support and assistance.

MARIE G. SKIPPER
1415 Magnolia Ave.
Brunswick, Ga. 31520

AFTER MONTHS OF CHEMOTHERAPY, DOCTORS FINALLY TOLD HIM HE COULD NOT SURVIVE

Editor:

Recently someone near and dear to me died, someone who can never be replaced in my mind and in my heart. What makes it tremendously hard to bear and to accept is that it was a premature death, and totally unnecessary.

This individual had cancer. Although there are safe, effective treatments for this dread disease — modalities which do not destroy the body and eventually kill one, as chemotherapy and radiation oftentimes do — this person allowed himself to be talked into chemotherapy treatments. The treatment consisted of experimental drugs, necessitating a monthly trip, at great expense, to a large clinic in another state.

The drugs' side effects were horrendous and unspeakably cruel. Yet this person persevered because he had faith and trust in the doctors, believing every word they told him. He was dying by inches right before our eyes, but he continued taking the awful treatments because he was repeatedly told by his doctor(s) that he was doing "so well."

And after all, the good doctors certainly wouldn't lie to him! Or would they? The chemotherapy took a tremendous toll on this man, and also on his loved ones. But we were powerless to stop it, although we tried our hardest to do so. What did we know? After all, we were just plain, ordinary laymen. We weren't all-knowing M.D.'s.

Repeatedly this man was told "how well" he was doing, and the truth about his true condition wasn't revealed to him until his wife accompanied him to the clinic for what was to be his last treatment, because soon he would be dead. At that point, his wife was told that the prognosis was "very grim," and he probably had less than a month to live! Up until that time, everything was "rosy," so the doctors told him.

When he realized the seriousness of his situation, then and only then would he allow us to take him elsewhere for nontoxic, humane cancer treatment. But at this point, it was too late to save his life, as his body was too horribly ravaged from the side effects of the insidious chemotherapy he had undergone for eight months. After the onset of nontoxic therapy, he was 100% more comfortable, and relatively free of pain. At least he wasn't hurt or tortured any further, and he died a peaceful death.

He died not of cancer, but of one of the most common side effects of chemotherapy — pneumonia. Chemotherapy destroys the body's immune defense system, thereby creating a fertile ground for pneumonia. And to a person whose immunity is destroyed, pneumonia can be and often is deadly. Knowing that he is with the Lord is the only thing which makes the painful memories bearable.

Had this individual been told the truth by his doctors — that the chemotherapy would never "cure" him, and in fact was spreading the cancer while making his life hell on earth, I know full well that he would have allowed us to take him elsewhere much sooner for nontoxic treatment. As it was, he clung to false hope and listened to the doctors' lies.

Why am I writing this letter? Hopefully, to make people realize that there is a better way. You do not have to submit to cutting, burning and poisoning (surgery, radiation and chemotherapy) for your cancer, although granted, surgery is sometimes necessary and life-saving. But how in the name of heaven can one be poisoned (or burned) back to health?

I vow that my dearly beloved father will not have died in vain, and as long as I have breath left in me, I will do everything I can to let people know there

UTAH MASSEUSE ON DEEP-MUSCLE THERAPY

Editor:

I was thrilled to read the article in your March 1979 *Bulletin* featuring Therese Pfrimmer and her work with deep-muscle therapy. The value of massage has been recognized for thousands of years, but this, the oldest and lowliest branch of the healing art, is too often ignored, and relief from ailments which could in many cases be cured by massage is sought from drugs and/or surgery.

I am a massage therapist, member of the American Massage and Therapy Association, Utah Chapter. I have worked with deep-muscle therapy for 25 years and can attest to its effectiveness.

I just celebrated my 70th birthday, and while I am still 'going strong' I know I cannot continue this work forever. I would like to see the methods I have worked out put to use by many others. To this end I am in the process of setting

is an alternative. Granted — most people will still take their doctor's advice and won't investigate anything else. If that is their choice, fine. I found out long ago that you cannot make other people's decisions for them or run their lives, even though you know they are making fatal choices.

I keep thinking of the Hippocratic Oath, and its first line: "First Do No Harm." And further, "I will prescribe a regimen for the good of my patients according to my ability and judgment and never do harm to anyone. To please no one will I prescribe a deadly drug, nor give advice which may cause his death."

I loved my Dad very much, and to lose him in this cruel, horrible, unnecessary manner is certainly the heartbreak of my life. I pray it doesn't happen to you.

GALE McVAY
3400 Beverly Street
Boise, Idaho 83705

up a series of seminars for the purpose of teaching this form of therapy in the hope of helping to spread its use and benefits to many more sufferers than I can personally treat.

My husband and I are members of NHF and deeply appreciate the valuable work you are doing.

ANNA W. HARSTON, Ms.T.
69 East 1st North
Logan, Utah 84321

BEQUESTS AND GIFTS

BEQUEST IN WILL: Here is a suggested statement for the convenience of those who wish to incorporate into their wills a bequest to The National Health Federation:

"I give, devise and bequeath to The National Health Federation, a nonprofit corporation, incorporated under the laws of California, with headquarters at Monrovia, California, the sum of _____
(\$ _____)

(and/or property herein described) for its discretionary use in carrying out its general aims and purposes."

INSURANCE POLICY GIFT: For those who wish to name The National Health Federation as sole beneficiary, or one of the beneficiaries, in an insurance policy, it is suggested that you obtain from your insurance agent the necessary legal form or application for your signature, before witnesses if required. The following designation is suggested:

"The National Health Federation, a nonprofit corporation, incorporated under the laws of California, with headquarters at Monrovia, California, the sum of _____
(\$ _____)

for its discretionary use in carrying out its general aims and purposes."

MEMORIAL FUND: Should the donor desire to create a Memorial Fund in a will or insurance policy, state, after the sum or property described in the beneficial gift, that the fund is to be known and designated as "... (name) ... Memorial Fund."

Cataract Treatment Intrigues Dallas M.D.

Editor:

A friend recently forwarded me the November 1979 issue of the *Bulletin*. I read with interest the article entitled "FDA Law Prevents Its Use in United States, But Harmless Medication Successfully Used in France to Treat Cataract."

You report on a topical drop and an oral medication as being used in the medical treatment of cataract. However, you never mention the generic name of these drugs in your article. I am very interested to know what they are, and the references of any articles in the

Cataract Yields to B², Sunflower Seeds, He Says

Editor:

... I can greatly improve on cataract treatment (Nov. 1979 *Bulletin*), guarantee success, save a trip to France, and also a doctor's fee, as I am giving it free.

Some years ago (guess 15), a high member of the School of Medicine at University of Alabama, Tuscaloosa, made experiments on volunteer students and proved:

(1) If opaqueness was not over 50%, 30 mg (10 each meal) of Vitamin B² (riboflavin), and a handful of raw, hulled sunflower seeds daily (chewed or ground and eaten), will positively make the cataract completely disappear. I have proved this on several friends over the years since learning of it, and

(2) If opaqueness is over 50%, the cataract will not disappear but it will not worsen. I proved this on my sister,

She's Trying Herbs for Eye Health

Editor:

On the day the November 1979 issue arrived, I was reading the enclosed issue of *Healthview Newsletter* (No. 19), regarding specific herbs for eye health ... to help (eliminate cataracts) and

French ophthalmic literature which might attest to the efficacy.

RAND SPENCER, M.D.
Diseases and Surgery of the
Retina and Vitreous
555 Wadley Tower
Baylor Medical Plaza
3600 Gaston Ave.
Dallas, Texas 75246

cc: Bill Johnson
Route 2, Box 124
Wimberley, Texas 78676

(This letter has been forwarded to Dr. Charles Girard, 17 Boulevard Fosh, 83000 Draguignan, France. Ed.)

who lived in another state, to the great surprise of her doctor.

I am sorry I do not remember the man's name, but ... you can verify it by writing the Medical School at University of Alabama. I sent the information, with references, to a Miami doctor who wrote a newspaper column, but he was not the least bit interested. ...

EDGAR PILKINTON
1902 Zephyr Ave.
Fort Pierce, Fla. 33450

(According to Dr. Jess B. Eskridge, chairman of the Department of Ophthalmology, University of Alabama at Birmingham, the original study was reported by J. T. Prchal, et al — "Association of pre-senile cataracts with heterozygosity for galactosaemic states and with riboflavin deficiency," page 12, Vol. 1 (8054), *The Lancet*, Jan. 7, 1978. Ed.)

reduce glaucoma pressure.

Perhaps we as well as France have some nonsurgical help? Have you heard of Dr. Christopher and are you familiar with his work? If so, have you found any fault with it? ...

IS CIGARETTE ADDICTION IN THE PAPER? EX-SMOKER PROPOSES INVESTIGATION

Editor:

It was very gratifying to find the article on nonsurgical treatment of cataracts in the Nov. '79 issue of the magazine. The article reflected extensive followup and provided information which I didn't have myself. I also appreciate the acknowledgement accorded me for calling attention to that therapy. (However, my middle initial is G., not J.) Now I write to you on another matter which is appropriate for the *NHF Bulletin*.

For approximately 20 years I smoked cigarettes (up to 1½ packs per day), which I inhaled. I also intermittently smoked pipe and cigars in trying to break the overpowering cigarette habit. Finally, 16 years ago — with determination, luck, and prayer — I severed that domination. Yet I believe that smoking even one cigarette would suck me back into that enslavement.

The cigarette habit is so much more difficult to control and stop than other tobacco smoking that I suspected another factor existed. While the federal government initiated investigation of nicotine and tars in the smoke, I believe it is more important to determine why cigarettes become such an obsessive habit. At best, smoking is physically harmful, and it is vital that people can at least have more choice over their indulgences where possible.

I have bought the dry herb mixture, the capsules, the eyeglass (\$1 each), and will give it a six-month try. Do you know of any reason I should not? (Am 74, one cataract, very good diet, but overweight!)

MRS. IRENE REED
6732 E. Cheney Rd.
Scottsdale, Ariz.

(We have asked Mrs. Reed for an evaluation of results. Ed.)

This brings me to the main point: the cigarette scourge may lie in the paper! Many years ago someone remarked to me that cigarette paper is cured with an opiate. Whether or not that allegation is factual, cigarette paper should be analyzed from the standpoint of addictive ingredients.

If an opiate or some such narcotic property exists, then the federal government and industry have perpetrated a flagrant victimization. It would be far-fetched to assume all associated personnel to be ignorant, and knowing the record of government and industry, I would not take for granted that the public interest is paramount to them.

Therefore, I'm suggesting that NHF investigate the nature of cigarette paper, because if suspicion is confirmed, it would be a substantial coverup for *The Bulletin* to expose. I would personally contribute up to one hundred dollars toward the chemical analysis.

CHARLES G. SANTORA
111 So. Buffalo Ave.
Ventnor, N.J. 08406

SHE'S FOR SMOKENDERS

If you really want to stop smoking, says NHF Life Member Mrs. Russell Manley, 1050 Ogden Dunes, Portage, Ind., get in touch with SmokEnders, Phillipsburg, N.J. The organization has offices in many U.S. cities. Mrs. Manley says she "looked into all of them," and settled on SmokEnders. "They said that on a given day I would quit smoking, and I did. And never wanted to again. They don't use fear tactics, they do make it possible to stop smoking, if you want to."

PEOPLE RARELY succeed at anything unless they have fun doing it.

— BITS & PIECES

THEY'RE ANXIOUS TO SHARE 'NEW FRONTIER' SOUTH OF THE BORDER

Editor:

Several years ago, I wrote you about Costa Rica and our planned retirement there (my husband is retired Navy). You asked that I write again, when settled, but I have been so busy living I haven't had the time!

However today, listening to the news — gloom, wars, energy crises, the shrinking dollar and poor Jimmy Carter — it occurred to me your readers might enjoy the second episode in the "Saga of the Birds."

We moved — bag, baggage, grandmother, teenagers and all — to Costa Rica three years ago and have been happily settled in Ranchos Maricosta. Our experiences deserve a book. They have been not only exciting, but at times hilarious. The only flaw was our inability to find easily-accessible, registered beach property. Probably a blessing in disguise. It made us look to Colombia (another democratic republic, where it turned out, it cost even less to live than Costa Rica).

There we found Palmas de Oro, a lovely, old coconut plantation on the Caribbean. And, to complete its unique setting, when we looked away from the sea, we saw, towering over everything,

From Jean Kohler, a Thank-You . . .

Editor:

Thanks very much for your fine article about our book in the January *Bulletin*. We are very pleased with it, and consider it the best review we have seen.

Many times we are disappointed with reviews, even when favorable, because of inaccuracies and omissions. You did a skilled, professional job, and covered the involved subject in an extremely comprehensive way. Reviews sometimes forget about the case histories

19,000 feet high and snow-capped, majestic Mount Columbus of the Sierra Nevadas.

It may be hard to believe . . . hundreds of green palms, blue sky and ocean, pounding surf and golden sand, snow-capped mountains . . . but it is all there in Palmas de Oro, on the Pan American Highway near Santa Marta, oldest and most fascinating city in all of the Americas.

So now we have two loves: our ranch in Costa Rica, and beach in Colombia. We feel we have discovered a new, exciting American frontier and are eager to share our find with others. (If you think you are too old for adventure, we are 59 and 63 and both of us have battled, and so far conquered, cancer!) Write us at P.O. Box 157, Liberia, Guanacaste, Costa Rica and send your letters by international air mail (25¢ per half-ounce). We promise to answer.

Now, from Latin America, we wish you salud (health), dinero (wealth), and amor (love)!

JUANITA N. BIRD
Box 157, Liberia
Guanacaste
Costa Rica

entirely, and discuss only *my* success in treating cancer — which is only a small part of what the book is about. A lot of books discuss *one* success story.

We are most indebted to you, and hope you have no unfavorable reactions from members of your organization who have very different ideas about nutrition. . .

JEAN KOHLER
2900 Torquay Rd.
Muncie, Ind. 47304

A Libertarian on Health Insurance

Editor:

In the article (referring to national health insurance) reprinted in the December *Bulletin*, Max Huberman stated, "This is not the place to debate the merits or pitfalls of various federal programs projected thus far." He just wants to be sure the National Nutritional Foods Association has a hand in writing the legislation that will, as "Social Security," milk the public and worsen the condition of those who will depend on it.

He wrote that members of the health-foods industry are "... an integral part of the health-freedom and natural organic food movement. Our emphasis is on preventing disease, not 'curing' it."

If it's true that the health foods industry is for health freedom, then I can't see how the industry can participate in any new legislation in the health field. It should, instead, lobby only to repeal laws which impact on health or sickness.

It is the law, now on the books, which prevents health freedom. That body of law buttresses the destructive aspects of the AMA and that ilk. Government-enforced licensing law empowers "licensed" quack M.D.s to declare chiropractors to be quacks. Get rid of *government* licensing so that individual practitioners and various modal schools of practice can stand or fall on their performances.

Max asks, "Can AMA be fair?" Could the NNFA be fair if it was in the driver's seat — if it had political power? Political power never enhanced anyone's sense of fairness.

The only legitimate function of government is to defend our freedom to act by its retaliation to the use of force or fraud. The FDA for instance, is not only unnecessary, it is destructive of freedom — the fountainhead of creative solutions to matters of health and nutrition.

The good old "grapevine" always has spread danger signals faster than any government bureau. The FDA prevents over-the-counter sale in drug stores of sodium fluoride rat poison, but doesn't say boo about the government's addition of the pollutant to public water supplies.

About power, one thing is certain — it will be used. The solution to most problems is to remove the cause. The cause, in my estimation, is a fatal flaw in the Constitution of the United States. This flaw, indirectly, has produced problems in the health-nutrition field . . . as well as almost every field of endeavor.

The flaw is the inclusion of the power to tax. This power is the root of all political evil. The government can do anything it wants if it has this power. And people are finally coming to this realization. Remove this power and we will then get, for the first time, government by the consent of the governed. The *proper* functions will be voluntarily supported en masse — the frivolities and the pernicious will disappear like the Ford Edsel.

I'd prefer the headline of the December *Bulletin* to have read: "If It Comes, National Health Insurance Should Be Repealed, Says Huberman."

Freedom should be the goal. If it is achieved, health and proper nutrition will come by the free market "grapevine" — and fast!

I hope somebody out there is listening to the Libertarians.

BERNARD IRVING SOMMER
612 Clearview Drive
Glenview, Ill. 60025

THE SUN is a huge, essentially-eternal nuclear reactor, assembled by the play of cosmic forces rather than by the hand of man. Every second it converts 657 million tons of hydrogen into 653 million tons of helium.

— NEW AGE HARMONIST

NHF Memorial Library News



Miss Shane Acknowledges Additions to Library

BY STEPHANIE SHANE
Librarian

After sorting through my correspondence file for the year of 1979, I came across the names of several individuals who have sent gifts to the National Health Federation Memorial Library, but have not been mentioned in previous *Bulletin* articles.

January 8 — John Ray Hinkel, a member of NHF for several years, has donated a copy of his booklet, *Abundant Health*, a welcome addition to the Memorial Library's sex collection, now that we have quite a few titles on the subject.

January 29 — Eloise Allison, N.D., B.A., Minister of Natural Law, has contributed two copies of her book, *Unveiled Mysteries of Natural Healing*, dedicated to:

"those who want to know the prevailing cause of degenerative diseases, and who have the 'intestinal fortitude' to do what it takes to remove the cause through obedience to natural law; and to those who will teach natural law.

"The only hope of better things is in education of the people in right principles."

February 22 — Herbert Coleman has contributed his pamphlets, *The Healthiest and Longest-Living Groups of People In the World: What They Eat and How They Eat*. "The information Herbert presents is certainly most interesting, and much needed by those seeking a better way."

February 24 — Rupert Beebe has sent copies of his pamphlets, *Return to Health*, which he says many publishers

and health-food stores will not distribute. But the Memorial Library is happy to accept any material that is health- or nutrition-related, and Mr. Beebe's gift has been added to the collection.

March 28 — Patti Whiting's booklet, *I've Seen a Miracle*, is an enlightening little treasure about a nonprofit religious and educational organization called Astara that moved from Los Angeles to a 10-acre campus in Upland, Calif.

May 1 — Dr. Victor H. Bagnall, formerly of the NHF board of governors, has lectured extensively on nutrition for that organization, as well as for the International Association of Cancer Victims and Friends, Shaklee groups, and Rotary clubs. He has conducted seminars for naturopathic physicians of the Pacific Northwest. Dr. Bagnall has donated a copy of his book, *Nutritional Therapy; a Clinical Presentation*.

"Here, in simplified and easy-to-follow form, is the most comprehensive outline of how to use nutrition for the treatment of disease that has been written to this date."

Thank you all very much.

"This, then is the true function of the library, to quicken the dormant book so it may speak again; and with those who treat it lovingly and compassionately, its spirit enters eagerly into communion. To these, a library becomes a laboratory for the crystallization of ideas perhaps long expressed, out of which process new ideas have birth."

— Harvey Cushing

Waste Disposal Not the Only Nuclear Problem

LUNG CANCER RATE AMONG URANIUM MINERS FIVE TIMES HIGHER THAN NATIONAL AVERAGE

BY GLEN PETERSON

"Where the uranium slug has been dumped, the children wade in the water, and then break out in sores," goes a Navajo lament. Thirty years of experience mining uranium has given Navajo miners a lung cancer rate 5 times higher than the national average, while 85% live without electricity, the supposed fruit of their labor.

Native American land accounts for 4% of U.S. land, yet according to energy industry sources, 70% of the U.S. uranium reserves are to be found on native land. This statistical improbability is repeated in Canada, Australia, and South Africa, the other uranium-exporting countries.

Why is a not-only-improbable, but impossible amount of uranium found on land belonging to aboriginal people? Not because they are exceedingly fortunate, but because their land is the cheapest to acquire, their labor the cheapest to buy, and their lives the cheapest to expend.

A total of 74.5% of these reserves is owned by oil companies: Kerr-McGee, Mobil, Gulf, Conoco, Getty, Exxon, Arco, Phillips, and Standard Oil. They have had good luck selling us smog with its ill health effects, so they don't doubt that we'll buy radiation too. 23.5% of uranium reserves which are not in the hands of the oil companies are held by United Nuclear Corporation, Phelps-Dodge, General Electric, Union Pacific, and Union Carbide.

Rich uranium ore was noted in the Sacramento Mining District 100 years ago, according to the December 1879 *Scientific American*. This was the first of many discoveries, but the price of land and environmental destruction has always caused mining interests to turn to federal or native lands.

Atrocity stories concerning red Americans are not news. But today it is no longer just the red man's burden. The 93 million gallons of highly radioactive water (over 100,000 picocuries per liter), spilled last July 16 into the Rio Puerco by United Nuclear Corporation, poisoned not only the Navajo, but ultimately the people of Los Angeles who draw water from the Colorado River.

Hardest hit were residents of Gallup, N.M., who rely on the Rio Puerco for water. New Mexico alone has 250 million tons of uranium mine tailings within its borders. The radon gas rising from tailings is a threat to more people than the New Mexico Navajo. Cities in New Mexico are found by the National Cancer Institute to be in the highest decile of cancer in these categories: stomach, liver, lung, cervix, uterus, and prostate.

White and red Americans pay dearly for cheap energy in New Mexico, and we find that the only thing "cheap" about the nuclear industry is its policy of cheap land acquisition and cheap safety measures. If the industry paid market value for the land, paid the health costs of its practices, paid for the taxpayer-supported research, and for disposing of its tailings and waste, we would find the corporations getting out of this facet of "free enterprise" in a hurry.

"Far too many Navajos have died," said Dr. Joseph Wagoner, director of epidemiological research at the National Institute of Occupational Safety and Health. He went on to say: "The deaths of these uranium miners presents medical and ethical questions about the responsibility — and the lack of that responsibility — of the federal government, which was the only purchaser (for weapons), during that period."

It is well that Dr. Wagoner is looking

to the U.S. for responsibility because the nuclear industry isn't interested. Kerr-McGee representative William Phillips told a Washington reporter: "I couldn't tell you what happened at some small mines on an Indian reservation. We have uranium interests all over the world."

What's happened at these small mines is that 70 miners have developed anaplastic carcinoma, and 25 have died — again at 5 times the national rate of incidence. Former uranium miner Ray Joe said: "It's pretty hard here. It's like we have been having a war or something like that, with so many of our men dead and dying or sick. And we don't get a thing from the companies." Kerr-McGee denies responsibility, refuses to pay damages to the Navajo.

Ten million tons of uranium tailings lie on ground owned by the Navajo nation. Not warned of the danger, they built hogans and schools out of mine tailings. Once again, the problem is not limited to Indians. Residents of Grand Junction, Colo., also built homes, foundations, and schools, with mine tailings. But in this instance, government money was made available to repair the danger — unlike the policy toward the Navajo miners.

Santa Fe, N.M., was monitored by the Environmental Protection Agency as having the third-highest concentration of uranium-238 in air during 1978, even though the monitoring station was fully 100 miles from the nearest mining activity.

Among the Navajo, there had not been a word for cancer until now. The nuclear-related cataracts, stillbirths, miscarriages, and general decline of health is bad enough, but the genetic damage is the last straw. Native Americans are an endangered specie, the conditions in which they live will assure total extinction to those who do not leave the reservation. For those who leave and assimilate, their cultural extinction is a certainty. The known and admitted genetic

damage caused by uranium promises ill health and death to those who come after this generation of survivors.

These Navajo are descendants of people who have lived in North America for 30,000 years, and they left the country still virgin. We in 300 years are damaging the land rapidly, and leaving the future very much in doubt. We owe respect to these natives who have always loved Mother Earth, and respected mankind. They deserve the care and regard we have shown the peregrine falcon and the snail darter. If we allow the final demise of the red Americans, we will be guilty of the charges of genocide which foreign critics have leveled at us. To those ignorant of the facts who say "we need the energy," I say I am reminded of the Nazis who shrugged at the mass graves and said, "we need the living space."

The signal remark of the slightly-informed about nuclear energy is: "We have to solve the spent-fuel disposal problem before we can get on with nuclear power." The problem is not only the back end of the fuel cycle, but the mining front-end, the milling, the enrichment, the fabricating, the energy production, the transportation, and the waste disposal. I am willing to concede that the uranium may be safer inside the reactor than it is anywhere else along the fuel cycle. While the waste seems to be the greatest problem to us as consumers, the red Americans are fully aware of the danger at the beginning of the cycle.

In the U.S., nuclear energy — due to its diabolical destructiveness — was used exclusively as a weapons material. Only later, after billions in tax-sponsored research, did the scientists think of using the system for power production. Any or all alternative energy systems are safer and more available. Only the dual purposes of weapons and energy production allow any possible economic justification to nuclear power. Now that the reprocessing of bomb

Restaurant Chains Try No-Smoking Sections

According to *ASH Newsletter*, two major restaurant chains are experimenting with no-smoking sections in several of their California restaurants. One is Howard Johnson's where the initial response was reported "quite favorable," with no-smoking sections filling up first, and "unhappy customers when they can't be seated there."

The other chain is Bob's Big Boy, part of the Marriott Corporation which also operates the Roy Rogers chain which already provides no-smoking sections.

Those wishing to contact manage-

ment in support of no-smoking sections may address comments to: Guy McCann, director of public relations, Howard Johnson's, 222 Forbes Rd., Braintree, Maine; and Marriott Corporation, Marriott Drive, Washington, D.C.

THE NAVY'S SURGEON GENERAL, Vice-Admiral Willard Arentzen, has written to Navy doctors, dentists and nurses, telling them they are "derelict in their ethical duties" if they smoke in front of patients.

LEAKS PLAGUE NUCLEAR POWER PLANTS

Within seven days, two nuclear power plants shut down because of radioactive leakage into the atmosphere. A Virginia Electric and Power Co. plant near Richmond shut itself down when gas escaped after water leaked from a tube of the reactor's heat exchanger.

In Minnesota, radioactive gases were emitted into the air for 27 minutes after a steam tube ruptured in one of two plants operated by Northern States Power Co.

Nuke-Caused Cancer Case Resolved

Orville Kelly, founder and president of the National Association of Atomic

material from spent fuel has been discontinued, one leg has been kicked out from under nuclear energy, hence only one new reactor order since 1975.

The energy answer is hydrogen gas fuel electrolyzed by solar, wind, tidal, geothermal and ocean thermal energy. If research is behind on these, it's because they are so safe no one has yet tried to make weapons from them. Ten percent of our oceans is hydrogen. Once burned, it turns into pure water vapor, not smog or radiation. It is safe and clean, and should be supported by those interested in good health and a safe future.

in Redwing. In both cases, officials said there was "no danger to public health."

With radioactive water accumulating at the rate of 1,500 gallons a day at Three Mile Island, Nuclear Regulatory Commission officials were urged to order treatment for removal of radioactive substances from 30% of the 900,000 gallons in the plant. A preliminary NRC report to Congress indicated that the agency still doesn't know how to dispose of the contaminated water.

Veterans, won a five-year fight with the Veterans' Administration when the Board of Veterans' Appeals overturned earlier VA rulings denying Mr. Kelly's claims that his terminally-diagnosed cancer resulted from participation in more than 20 nuclear tests in the Pacific in 1957-58.

"The radiation exposure was a probable factor in development of the malignancy," the board ruled. It is the third time in two years the board has approved a disability claim "as a direct result" of a veteran's involvement in nuclear test programs. Although hundreds of veterans seek compensation on similar grounds, only 20 such claims have been recognized by VA.

AUTHOR HAPPY WITH MS BOOK'S DISTRIBUTION

Editor:

The National Health Federation *Bulletin* reviewed my book, *Multiple Sclerosis and Other Degenerative Diseases Can Be Overcome*, in the April 1977 issue, and also has the book on the reprint list. Several thousand books have gone out to five foreign countries as well as within the United States without any other advertising except for a tiny two-time ad serving the same group as NHF.

I am pleased with its popularity, and thankful it is meeting a great need. I mailed 30 some books in the past two weeks, and it is getting time for another

printing.

To help NHF continue its fine work financially, I would like to donate the rights to print and distribute my book, *Multiple Sclerosis Can Be Overcome*, with the profit going to the National Health Federation. I hope this will be helpful to you. I feel it will be, since the book seems to have become a classic, and more and more people are being diagnosed as having MS and other degenerative diseases.

JAN PORTER

117 Nut Bush Dr. W.
Greensboro, N.C.

Health-Care Film in the Making

Editor:

I read with interest the December issue, and as always, it was very informative and enlightening.

I was interested to note the letter from Mr. Rifkin who thanked you for putting him together with Mr. and Mrs. Kamen, filmmakers. I wanted to let you know that I also have an extensive background in film, video, and audio-visual production — with nine years of experience in these areas. If you have any further inquiries about producers in

these areas, I would appreciate having my name on your list of referrals as well.

I am currently working on a film dealing with nontraditional healthcare, which is in research and development stages at this time. It will be done for use on public television.

KARIL DANIELS

Point of View Productions
2477 Folsom St.
San Francisco, CA 94110

She's Looking for a Source of Raw Milk

Editor:

You have expressed interest in articles related to fluoride so I took the time to cut these out of our paper . . . I am the unfortunate victim of cancer twice (breast and lung). Sugar, meat and preservatives are no longer in my diet. Also I drink only bottled water now, and would love to find some raw milk in our area but so far, no luck. We live just outside Pittsburgh in Fox Chapel. If you know of any source in this area for raw milk, I would appreciate knowing. Thanks!

Your newspaper *Public Scrutiny*, the

National Health Federation Bulletin, and newsletter have helped me tremendously. I am starting to feel like a really healthy person for a change.

MRS. J. FOLLANSBEE

209 Hunt Road
Pittsburgh, Pa.

(Paul Virgin of Altadena Dairy suggests contacting a health-food store for a possible source from a farmer. Certified raw milk is legal in Pennsylvania, he says, although no commercial dairy produces it. Ed.)

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?

ELECTED FEDERATION OFFICERS

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

BOARD OF GOVERNORS

Charles I. Crecelius — President and Executive Head of the Federation
Dorothy B. Hart — Executive Vice-President
Betty Lee Morales — Secretary
Paul J. Virgin — Treasurer
Kurt W. Donsbach — Chairman
V. Earl Irons — Vice-Chairman

David T. Ajay	H. Ray Evers, M.D.
William A. Ellis, D.O.	G. Edward Griffin
Remington Graham	Bruce Helvie
G. E. Heidemann	Ida Honorof
Bob Hoffman, Ph.D.	Max Huberman
Dr. Raymond H. Houser	Terry Lemerond
Dr. Bernard Jensen	Mary Lou Martin
Emory Thurston, Ph.D.	R. S. Mendelsohn, M.D.
Andrew McNaughton	James R. Privitera, M.D.
Toni Mohamed	Lorraine Rosenthal

Kirkpatrick W. Dilling

STAFF AND ASSIGNMENTS

Clinton R. Miller — Executive Director and Legislative Advocate
Dr. John Yiamouyiannis — Science Director
Address: 6439 Taggart Road,
Delaware, Ohio 43015
Phone (614) 548-4067
Kirkpatrick W. Dilling — NHF General Counsel
Address: 188 W. Randolph St.
Chicago, Ill. 60601
Phone: (312) 236-8417
James S. Turner — Washington Representative
Address: 1625 I St. N.W.
Washington, D.C. 20006
Phone: (202) 872-8660
Convention Bureau
Hal Card, Manager
Chapter Department
Jane Course, Coordinator
NHF Bulletin
Don C. Matchan, Editor
NHF MEMORIAL LIBRARY
Stephanie Shane, Librarian
Telephone: (213) 358-2312

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

NATIONAL HEALTH FEDERATION

P.O. Box 688

212 West Foothill Boulevard
MONROVIA, CALIFORNIA 91016

Telephone (213) 357-2181

Entered as Second-class Matter

\$10.00 Membership (includes **Bulletin** subscription)

PRICE FOR ADDITIONAL COPIES OF THIS
ISSUE

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

(Plus Delivery Charges)

The expiration date of your membership is shown below your address. If it expires next month, please renew now, so that you will not miss a single issue of *The Bulletin*. This also saves NHF the expense of billing you. **PLEASE NOTE:** Renewing your membership under the same given and surname as the previous year, avoids duplication and error.

Thank you for your cooperation!

Second Class
Postage Paid
Monrovia, Calif.

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

1. Support the principle of freedom of choice and liberty in health matters.
2. Be a part of a strong and united consumer's voice in all health matters.
3. Work for beneficial and needed health legislation and, at the same time, oppose proposals which are detrimental to the health interests of the people or which do not provide for equality of recognition of all legally established health professions.
4. Support a united effort to reduce the cost of health care.
5. Support ecological research and practices which have beneficial effect and impact on the health of the people.
6. Support the restriction, and elimination of chemical contaminants, additives, and colorings to foods—used for extending shelf-life and extension of profits—regardless of so-called "safety factor."
7. Seek the repeal of unfair food and drug laws, labeling, and regulations, as are exemplified, approved, and implemented by FDA or the Federal Trade Commission.
8. Insist that all monies raised for health research and care be used exclusively for these purposes.
9. Compel all health fund-raising organizations to disclose in an annual report, the amount of funds collected and how the funds were expended.

THESE ARE THE THINGS THE NATIONAL HEALTH FEDERATION IS ORGANIZED TO DO—JOIN ITS RANKS AND TAKE PART IN THIS VITAL EFFORT ON BEHALF OF YOURSELF AND OF ALL AMERICA.

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

UPCOMING NHF CONVENTIONS

Southeast Regional — March 1-2
Sheraton Twin Hotel — Orlando, Fla.

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

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

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

HELP SAVE OUR HEALTH FREEDOMS