

National Health Federation BULLETIN

REAGAN SUPPORTS LAETRILE LEGALIZATION

Bohanon Reaffirms Laetrile Ruling on 'Privacy' Issue

In His 'Zapping of America,' Noted Medical Science Journalist Zeroes in on the 'Conspiracy of Silence' on Hazards of Pervasive Microwave Bombardment



PAUL BRODEUR

EUROPEAN, SOVIET SAFETY STANDARDS FAR TOUGHER THAN THOSE IN U.S.



DR. WILSON

Pennsylvania M.D. Was Well on His Way Toward Proving Cataract Responds to Low-Frequency Energy When — POW! — FDA Said No Dice!

Alert: Safe-Water Act Under Fire! A Fascinating New Learning Method

THE
NATIONAL HEALTH FEDERATION
BULLETIN

Protection of Health Freedoms

Published Monthly

Volume XXVI — Number 9

October 1980

CONTENTS

| | |
|---|----|
| Pleurisy, Not Cancer, Brings Death to Joey Hofbauer | 1 |
| Judge Gets 97-Page Brief in Alton, Ill., Flu Case | 2 |
| Gramm Bill Would Decimate Safe Drinking-Water Act | 4 |
| 5,500 Sites Contain Possible Water Contamination | 6 |
| Microwave Oven Safety: 'No One Really Knows' | 8 |
| But FDA Has Approved Them, Nevertheless | 9 |
| GAO Says FDA 'Lax' in Monitoring Microwave Standards | 11 |
| Citizens Alarmed, New York Bureaucracy Starts Looking at Potential Harm from Microwave Radiation | 12 |
| Cataract, One Effect of Microwave Exposure | 15 |
| Paul Brodeur Documents the Microwave Hazards Coverup | 16 |
| Industry Study Probes Possible High-Voltage Damage | 18 |
| Another Winner from Linda Clark: <i>The New Way to Eat</i> | 19 |
| Judge Bohanon Won't Take Laetrile from Cancer Patients | 20 |
| I.A.P.M.'s Tenth Anniversary Convention This Month | 21 |
| Dr. Harold Wilson Can Help Cataract, But FDA Says No | 22 |
| Two-Hemisphere Brain Use Holds 'Great Potential' | 26 |
| Capt. Hagmann's System Works — But They Haven't Listened .. | 27 |
| A New Technique in Learning Covers Basic Subjects | 28 |
| Vegetarian Mother Loses Custody of Children | 29 |
| Stephanie Shane Reports New Acquisitions to Memorial Library | 30 |
| Minnesota Chiropractor Gets His Master's Degree — at 84! | 31 |

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 (ISSN 0027-9420), 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 \$12.00 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.

PLEURISY, NOT CANCER, CAUSE OF JOEY HOFBAUER'S DEMISE

After a nearly-three-year struggle with Hodgkins Disease, Joey Hofbauer, son of Mr. and Mrs. John Hofbauer, Box 366, Caldwell, N.J. 07006, succumbed July 10 to pleurisy — a condition not at first diagnosed, but which became progressively worse the last two months.

Joey became internationally famous following the court battles which ended after the National Health Federation commissioned Attorney Kirkpatrick W. Dilling to enter the case to prevent New York state from demanding only conventional therapy. Judge Loren Brown ruled that Joey was not a "neglected child" as charged, and that his parents were instead, "loving," and "have devoted more time and energy, and given more thought and concern to the care of their child than would be expected of the ordinary parent."

Joey was diagnosed in October 1977 as having Hodgkins Disease. His parents preferred nontoxic treatment, and it was that issue that resulted in the court action which finally freed the Hofbauers to take the child to Dr. Lawrence Burton's Immunology Researching Center, Freeport, Grand Bahamas Island. Joey spent 14 months

there, and was improving daily until hit by a bout of flu which developed into pleurisy.

According to Mrs. Hofbauer, the autopsy showed he was free of cancer. She said he was doing so well they were preparing to return to the United States with him, when the flu struck.

Mrs. Hofbauer and the family are buoyed, in the loss of the child, by the fact his death was "beautiful. It was at home, all of us were there. He went peacefully."

She said the family is trying to get things "back together." They were forced to sell their home. Mr. Hofbauer lost his job with a fraternal insurance company because he insisted on nontoxic therapy for his son. He then went into business.

Mrs. Hofbauer spoke highly of the Burton treatment, said the visible tumors in Joey's neck had disappeared. She said an ideal situation would be "Dr. Burton back in the states with qualified oncologists working with him."

Joey is survived by his parents; one sister, Theresa, 18; and three brothers, Michael, 17, John, 15, and Paul, 5. Joey was 10½ years old.

BROWN SIGNS TOXIC-WASTE CONTROL BILLS

Two bills to control toxic waste — including one to prevent development of a "Love Canal" in California — have been signed into law by Governor Jerry Brown.

One measure, authored by Senator Robert B. Presley, would prohibit construction on any site contaminated by chemical waste. At Love Canal in New York, homes and a school were built on a chemical dump.

The other bill, authored by Senator John Garamendi, increases from \$1,000 to \$10,000 the amount the state Water

Resources Control Board may charge to investigate a request for a permit to discharge waste into the ground where it might pollute groundwater supplies.

Both measures were among 14 bills proposed by the governor in his state-of-the-state message this year to strengthen laws regulating hazardous materials.

THE NO. 1 SIN of mankind: "I do not want to get involved." . . .

— FR. PAUL KABAT
U.S. Farm News

The Suit Has Been Dragging for 14 Years

ALTON, ILL., FLUORIDATION CASE NOW IN JUDGE'S HANDS

After nearly 14 years of delay — virtually all of it requested by counsel for the defendants — the antifuoridation suit brought by the Illinois Pure Water Committee, Ruby Hale, and others, against the Illinois Director of Public Health and the Alton Ill., Water Company finally was brought before Judge Ronald Niemann.

During the 10 weeks between April 14 and June 20, 40 separate hearings were held in Alton, East Alton, and Wood River, Ill., in a case which started in 1954 after Chicago became a fluoridated city by municipal ordinance. Hearings were held from 1958 through 1960 before a master in chancery who upheld the constitutionality of the ordinance.

Following that decision, suit was filed by Alice Schuringa against the City of Chicago, and according to the 97-page brief filed with Judge Niemann in mid-July, "on the basis of evidence of record in the case heard some 20 years ago, together with then-prevailing notions of substantive due process and police power, the Illinois Supreme Court in 1964 sustained the constitutionality of the ordinance, holding that — in light of the evidence of safety and effectiveness then of record — the ordinance was reasonably related to the public health and welfare, and that despite existence of debatable questions concerning the wisdom of the measure, the legislative judgment of the municipal council prevailed in law."

The brief was prepared by Attorney John Remington Graham, with Dr. John A. Yiamouyiannis contributing the scientific portion.

A few years after the Chicago decision was finalized, the Illinois Legislature passed a law mandating fluoridation throughout the state. The State Director of Public Health assumed

authority to enforce it, and the Alton Water Company started treating Alton water with fluoride.

In 1968, suit was brought by the Illinois Pure Water Committee, Mrs. Hale suing as a private individual, and George Hiscott IV, suing as a private citizen and a Christian Scientist.

A motion by the state and the water company to dismiss the case for "failure to state causes of action" was granted by Judge I. H. Streeper, whereupon the case was appealed to the Illinois Appellate Court. The circuit court judgment was reversed, and an amended complaint reinstated.

In the opinion, Presiding Justice George H. Moran, Jr., wrote in part: "... the plaintiff did state a cause of action, and it was an error to dismiss the complaint." The case was remanded in 1972, and has been pending until forced to trial by the Safe Water Foundation in April this year. Hearings joined by a 7th amended complaint got underway April 14.

Principal witnesses for the plaintiffs were Dr. Dean Burk, Dr. Yiamouyiannis, Dr. Aly Mohamed, and Dr. George Waldbott. Testifying for the defense were Dr. Marylin Lantz, Dr. Charles Bennett, and Dr. William Sly. The plaintiffs presented 62 exhibits as evidence, the defendants submitted 90.

The basic point made by the plaintiffs in the "critical allegations of fact," is that "fluoridation causes various types of cancer as well as chromosomal or genetic damage in humans, in addition to allergic, intolerant, and toxic reactions in many sensitive individuals."

A motion for dismissal was denied by Judge Niemann, who agreed that the issues to be decided were:

1. Does fluoridation cause or contribute to cancer in humans?

2. Does fluoridation contribute to chromosomal or genetic damage?

3. Does fluoridation cause or contribute to allergic, intolerant, and/or toxic reactions in many sensitive persons?

The plaintiffs request that, if the court finds these issues have been proved in the affirmative, "a declaratory judgment be issued against the Director of Public Health and the Director of Environmental Protection for the State of Illinois, declaring Sections 121a-121n of the Illinois Revised Statutes unconstitutional; that a permanent injunction enjoining further enforcement of the statute be issued; and that an injunction be issued against the Alton Water Company" to discontinue fluoridation.

CONSTITUTIONAL ISSUE

In support of their contention the Illinois mandatory fluoridation law is unconstitutional, attorneys for the plaintiffs said in part:

"Under its police power, a state legislature may adopt measures which are reasonably related to the public health, safety, and welfare. Even though state legislation may properly be characterized as an exercise of that state's police power, the Due Process Clause still blocks such legislation when it invades certain basic rights.

"A multitude of cases have been reported over the past 15 years which clearly demonstrate that simplistic police arguments cannot prevail against the assertion of fundamental rights, privileges and immunities, particularly those of a personal nature, even if constitutionally protected only by implicit guarantee . . .

"We here assert the right to uninterrupted enjoyment of life and health, long recognized as among those inherent and inalienable rights mentioned in Article I, Sections 1 and 24 of the Illinois Constitution of 1970, as well as the right to a healthy environment expressly guaranteed by Article XI of the Illinois Constitution of 1970. These rights are as personal as can be imagined, and of

obvious first-rank importance. It is not enough to assert, or to demonstrate defensively that there exists an earnest controversy between the proponents and opponents of water fluoridation. That alone cannot save the statute . . .

"Even if we grant *arguendo* that fluoridation is safe, the statute here challenged cannot pass constitutional muster. In light of the evidence, the statute is arbitrary and capricious, is unrelated to the public health, safety, and welfare, has no evident purpose, violates notions of substantive due process, is an unauthorized exercise of police power, and is null and void . . .

"This court is not expected to find facts with finality. If a child reasonably appears to be in danger, his mother need not define, quantify and prove the facts with rigorous exactitude before taking steps to remove the threat of possible harm. So too, if a fair preponderance of the evidence adduced at trial shows a reasonable possibility of public danger from fluoridation, the statute is not saved from constitutional condemnation by ethereal objections from the ivory tower.

"The Circuit Court of Illinois, sitting in equity to protect public safety, is charged with the duty of practical assessment, not the refinements of abstract exercise. And the General Assembly of Illinois has no constitutional power — out of benevolent motives or otherwise — to impose on the people of this state an environmental condition which the Circuit Court finds to be more likely dangerous than not, particularly where the major part of the evidence did not exist at the time of legislative deliberation." . . .

'MORE DECISIVE DEFEAT . . .'

The National Antifuoridation Congress *Newsletter* (June 1980) said: ". . . Drs. Burk, Yiamouyiannis, Waldbott, and Mohamed provided testimony for the plaintiffs that was impenetrable. Witnesses for the defendants provided testimony that in many cases indicated incompetence or was spurious or irrele-

FIRST DEFINITIVE REPORT OF DRINKING WATER CONTAMINATION

BY ELLEN HUME

Liquid waste from chemical factories, slaughterhouses, and other industries is threatening drinking water at more than 3,600 locations in the country, a two-year, \$57-million study reveals.

to act before the law is effectively repealed.

WHAT TO DO:

Write your representative and urge him or her to oppose the Gramm bill. If your representative is a member of the House Commerce Committee or its Subcommittee on Health and Environment, your lobbying efforts will be particularly important.

HOUSE COMMERCE COMMITTEE

| | |
|--------------------------|--------------------------|
| H. Staggers (D-W. Va.) | B. Mikulski (D.Md.) |
| J. Dingell (D-Mich.) | R. Mottl (D-Ohio) |
| L. Van Deerin (D-Calif.) | P. Gramm (D-Texas) |
| J. Murphy (D-N.Y.) | A. Swift (D-Wash.) |
| D. Satterfield (D-Va.) | M. Leland (D-Texas) |
| R. Eckhardt (D-Texas) | R. Shelby (D-Ala.) |
| R. Preyer (D-N.C.) | S. Devine (R-Ohio) |
| J. Scheuer (D-N.Y.) | J. Broyhill (R-N.C.) |
| R. Ottinger (D-N.Y.) | T. Carter (R-Ky.) |
| H. Waxman (D-Calif.) | C. Brown (R-Ohio) |
| T. Wirth (D-Colo.) | J. Collins (R-Texas) |
| P. Sharp (D-Ind.) | N. Lent (R-N.Y.) |
| J. Florio (D-N.J.) | E. Madigan (R-Calif.) |
| A. Moffett (D-Conn.) | C. Moorehead (R-Calif.) |
| J. Santini (D-Nev.) | M. Rinaldo (R-N.J.) |
| A. Maguire (D-N.J.) | D. Stockman (R-Mich.) |
| M. Russo (D-Ill.) | M. Marks (R-Penn.) |
| E. Markey (D-Mass.) | T. Corcoran (R-Ill.) |
| T. Luken (D-Ohio) | G. Lee (R-N.Y.) |
| D. Walgren (D-Penn.) | T. Loeffler (R-Texas) |
| A. Gore (D-Tenn.) | W. Dannemeyer (R-Calif.) |

Cosponsors of the Gramm bill appear in italic.

HOUSE SUBCOMMITTEE ON HEALTH AND THE ENVIRONMENT

| | |
|--------------------------|--------------------------|
| H. Waxman (D-Calif.) | R. Shelby (D-Ala.) |
| D. Satterfield (D-W.Va.) | J. Murphy (D-N.Y.) |
| R. Preyer (D-N.C.) | H. Staggers (D-W.Va.) |
| A. Maguire (D-N.J.) | T. Carter (R-Ky.) |
| T. Luken (D-Ohio) | S. Devine (R-Ohio) |
| D. Walgren (D-Penn.) | D. Stockman (R-Mich.) |
| B. Mikulski (D-Md.) | W. Dannemeyer (R-Calif.) |
| P. Gramm (D-Texas) | G. Lee (R-N.Y.) |
| M. Leland (D-Texas) | J. Broyhill (R-N.C.) |

The preliminary survey, conducted by all 50 states under direction of the Environmental Protection Agency, lists for the first time the specific addresses and owners of unlined pits, pools, and ponds of liquid waste adjacent to drinking-water wells and water aquifers.

"The study may help us identify what may be the next set of Love Canals unless we take action soon," said Representative Toby Moffett of Connecticut, chairman of the House Government Operations Subcommittee on the Environment which opened hearings on the problem in late July.

A final survey, expected in the fall, will not provide conclusive data about which water supplies have been contaminated. But preliminary studies of 11,000 industrial sites show that about half contain "potential hazardous waste," and a third are located above aquifers (layers of water-bearing rock), or near drinking-water wells.

Even those wells that do not contain toxic chemicals "still may contain contaminants which, while not endangering health, may cause degradation of the groundwater quality, forcing use of that resource to be discontinued," EPA scientists Lyle R. Silka and Françoise M. Brasier concluded in a summary of the report.

"Because of their proximity to population centers, both industrial and municipal waste impoundments may have the potential to directly affect human health," the two said. "Very few (sites) are reported to have a liner (fewer than 30%), and virtually no monitoring of groundwater quality is conducted to detect contamination beneath the sites."

Congressman Moffett's subcommittee released computer lists showing locations of 8,163 surveyed industrial

Brown Insistent on Antinuke Funding

Governor Jerry Brown, who has been thwarted by the Legislature in his efforts to transfer \$135,000 from the state Office of Emergency Services for his battle against licensing the Diablo Canyon nuclear power plant, has decided to use funds from his own office.

Gray Davis, the governor's chief of staff, said in Sacramento that the money "will come directly" from the governor's office if the Legislature thwarts his attempts to get the funds from the OES.

sites containing 25,749 pits, ponds, or lagoons of liquid waste.

In California alone, 92 sites lie above aquifers or near drinking-water wells, the EPA study shows. Most of these unlined pools threatening water supplies are in rural communities such as Dos Palos, Indio, Kingsburg, Mendota, Modesto, Oxnard, Sanger, and Ukiah.

Across the country, the pits are owned by a broad spectrum of industries, from poultry processors to auto dealers, and smelting companies to winemakers. The current study does not include 19,102 municipal sites, 14,373 agricultural sites, 7,000 mining sites, and 24,527 oil and gas brine pits to be surveyed in the complete report.

"The potential for groundwater pollution in these areas is high. Somebody ought to get out there fast and find out if the water is being poisoned," said Rep. Moffett, who planned to send a questionnaire to the industrial owners.

"They are not necessarily breaking the law. In fact, most of them probably are not. And that's part of the problem," the congressman said. His subcommittee staff concluded in a report that the federal regulatory response to groundwater contamination has been "feeble."

Groundwater contamination is important because — according to a 1978

Ellen Hume is a Washington-based staff writer for the Los Angeles Times, where this story first appeared.

J. Anthony Kline, Mr. Brown's legal affairs secretary, said the governor has entered into a contract of up to \$75,000 with Hill, Christopher and Phillips of Washington D.C. for the law firm to oppose licensing Pacific Gas & Electric Company's 2,200-megawatt power plant in San Luis Obispo. The \$1.7-billion facility is virtually complete, but has not been licensed by the federal Nuclear Regulatory Commission.

— LOS ANGELES TIMES

EPA study — nearly half the nation's population depends entirely upon groundwater. In California, 40% of the population depends on groundwater, in Connecticut 37%, Indiana 58%, Massachusetts 51%, Minnesota 67%, New Jersey 53%, Oklahoma 40%, and Pennsylvania 30%.

In the last 10 years, the number of contaminated wells has increased dramatically, according to studies by the Congressional Research Service and the U.S. Geological Survey. The CRS found that more than 128 contamination incidents had forced the closing of 1,363 wells.

In Action, Mass., 40% of the municipal water was cut off to residents when two wells had to be closed in 1978. The wells contained a variety of toxic chemicals, believed to be from a nearby chemical plant. Residents had complained of chemical odors for years, the subcommittee staff reported.

Connecticut also has had serious groundwater contamination, including a reduction of water quality because of leaching from 25 to 185 active landfills, the staff found.

EPA's computer list of liquid waste pits is more extensive in some states, such as Florida, than in others, such as New Jersey. This is because of the relative diligence of the two states, and the availability of information, rather than to the magnitude of problems, the staff said.

Microwave Ovens: How Safe? 'No One Really Knows'

Microwave ovens, being used increasingly in the food-service industry, do their work by heating up the molecules inside food. Unfortunately, they also may be heating up the molecules inside the people who work with them, and if so, it's not doing them any good at all. In fact, persons who work constantly with microwave ovens may slowly be simmering their eyes, internal organs, and skin.

But surely someone has checked microwave ovens for potential hazards in the home and in the food-service industry, haven't they?

The answer is yes — and no. The truth is, no one knows exactly what the limits should be on exposure to microwave radiation, and members of the Hotel and Restaurant Employees and Bartenders International Union (H&RE&BIU) should be aware that all these devices should be used with care.

Some facts are known, and tentative "standards" have been set, but no one really knows at this point just how much microwave radiation we can really stand, and what it does to us in very small doses over long periods of time.

For this reason, unions representing employees in the food-services and allied industries are concerned. Through the Food and Beverage Trades Department (FBTD) of the AFL-CIO, and through individual action, they are demanding better information about the hazards to workers.

This excerpted article, titled "Are You Cooking Your Own Goose?", sent us by NHF Life Member Edna A. Dickerson of Los Angeles, was published in the May 1980 issue of Catering Industry Employee, official publication of the Hotel and Restaurant Employees and Bartenders International Union, Cincinnati, Ohio.

For anyone who has walked through a commercial kitchen recently — whether in a restaurant, hospital, institutional food-service establishment, or an airplane food-service shop — the impact of the microwave oven on food preparation is obvious.

Since the early 1970s, close to 12 million microwave ovens have been sold for home and commercial use. The number of persons exposed to operating ovens is obviously many times the number of ovens in existence, so there is a major potential national health problem in their use.

It's also obvious that exposure to the commercial kitchen worker is many times that of the home cook, and deserves special attention.

WHAT ARE MICROWAVES?

The energy for heating food in microwave ovens comes from electromagnetic radiation — not unlike that which brings the picture and sound to your television set, or that paints aircraft as blips on air-traffic controllers' radar scopes.

Inside each microwave oven is a device called a magnetron that generates fairly high-frequency "radio" or "radar" waves. They are invisible, of course, and can't be heard without an appropriate radio receiver, but they can penetrate through such materials as glass, paper, wood, and plastic.

They are reflected by metal (such as the inside shell of the oven), and they partly penetrate food — and human bodies — if permitted. The depth of penetration depends on strength of the radiation, distance of the object from the source, and to some extent, the frequency. If, however, microwaves went completely through food and bodies, they wouldn't be of much help in heating meals — and probably would not be hazardous.

FDA APPROVES SAFETY OF MICROWAVE OVENS

The Bureau of Radiological Health of the Food and Drug Administration now believes, and last June approved as "safe," microwave ovens.

By law, all microwave ovens made since October 1971 are covered by FDA rules limiting the amount of radiation that can escape from an oven during its lifetime.

The rules require that ovens be equipped with devices that turn off the microwaves the moment the door latch is opened. During one period in the early '70s, thousands of ovens were recalled because of problems involving improper seals that might allow radiation to escape.

"There is little cause for concern about excess microwaves leaking from ovens unless the door hinges, latch, or seals, are damaged, or if the oven was made before 1971," the FDA says. "In FDA's experience, most ovens tested show little or no detectable microwave leakage."

Sales are booming. In 1972, 312,000 microwave ovens were sold in this country. Sales had reached 1½ million in 1975, in 1978 the figure had risen to 2½ million, and by 1980 sales are expected to be 3.1 million a year.

HOW THEY COOK

Microwave energy, after it penetrates partially into the food, "excites" the atoms of water, actually causing it to vibrate. This vibration produces heat, which cooks the food. Contrary to widespread popular belief, the microwaves do not cook completely from the inside out. The greatest heating effect occurs partially into the food, and the deep interior portions are cooked by the heat radiated from the outer part.

Inside the human body, the same process takes place. It can affect the skin, internal organs, or the eye lenses. The latter are especially subject to damage because they lack blood vessels to help carry away the heat.

Unfortunately, our bodies can't sense the heating effect internally, as they can in the skin layers, so damage may be done to body cells without any sensation.

EFFECTS

With enough microwave radiation, any part of the body can be damaged. The International Union of Food and Allied Workers says researchers in most countries agree that a microwave radiation intensity of 100 milliwatts (one-tenth of a watt) can cause lesions.

Heating within the body also may produce overall stress, leading to increased blood pressure and increased

risk of heart attack and stroke.

Even a moderate rise in temperature causes blood vessels to open to get rid of the heat. The heart then must work harder to pump blood through the body, and the rate of breathing increases to meet the increased demand for oxygen.

There is some evidence — particularly from European and Soviet research — that microwaves also have some effect on the basic biology of the body — although the effect is not completely understood. Some authorities believe microwave radiation interferes with metabolism, the process by which food is converted to energy and new body cells.

Among some of the known symptoms of overexposure to microwaves are headache, eyestrain, fatigue, dizziness, moodiness, irritability, nervous tension, a pulling sensation in scalp and brow, loss of hair, pain in muscles and the heart region, breathing difficulties, increased perspiration of arms and legs.

EXPOSURE STANDARDS

But back to the basic question — just how much microwave radiation is safe? Much more research needs to be done. Standards in the United States were set more than 20 years ago by the Food and Drug Administration's Bureau of Radiological Health. During Congressional

hearings in 1968, the author of these standards frankly conceded that they were "crudely set . . . and badly need refinement."

Another expert who drafted a more recent report by the Government Accounting Office says he believes there probably is no health hazard if microwave ovens meet current standards — but adds, "I wouldn't have an oven (in my home), just because so little is known."

He points out that some studies indicate the effects of human exposure to microwave radiation are cumulative — they build up with repeated exposure — and that no one knows if there is a safe threshold, or lower limit of radiation which can be considered safe, in repeated doses.

The GAO report notes that "as the level and duration of microwave exposure increases, the possibility of biological effects also appears to increase. Repeated exposures to microwave radiation at a given level have been reported to cause biological effects when a single exposure to the same level did not."

TWO DIFFERENT STANDARDS

There really are two different standards for microwave radiation. One relates to the amount of radiation a microwave appliance is permitted to "leak" when operating. This is called an *emission* standard. The other relates to *exposure* of the human body to microwave radiation.

Right now, the government says, a new microwave oven must leak no more than 1 milliwatt (one-thousandth of a watt) 2 inches away from the oven, and no more than 5 milliwatts when in normal use. This emission standard is supposed to take into account the fact ovens do deteriorate with use. Hinges and vital seals around the door may become worn, and the case may be damaged.

'ACCEPTABLE' LEVEL

The present standard for maximum

SAFETY CHECKS ON WHIRLPOOLS

Last year the Whirlpool Corporation conducted safety inspections on an estimated 43,000 microwave ovens as a result of a customer's report that his oven could be started with the door open.

Included in the safety checks, according to an Associated Press report from Benton Harbor, Mich., were four models of Whirlpool's 14-model microwave oven line: the REM 7200-2, RFM 7300-1, RFM 7300-2, and the RHM 2820P, manufactured between May 21, 1979, and December of that year.

A company spokesperson said this was "only the second report we have had where a microwave oven in a customer's home operates with the door open. In both cases . . . the problem was caused by crossed wires in a connector unique to these models."

exposure of humans to microwaves is 10 milliwatts per square centimeter (a square a little smaller than half an inch). And regardless of the potency of the radiation source, the farther away you are from a microwave oven, the weaker the radiation.

In one test of a microwave oven operated intentionally with the door open (all microwave devices sold in the U.S. must have mechanisms to prevent operation with the door open), the radiation at 6 inches was 100 milliwatts — an amount that can cause serious damage almost instantaneously.

There are known cases of instantaneous injury from improper operation of ovens. A food-service manager who tried to clean the interior of an operating oven (!) immediately felt a tingling sensation. In another case, a cook who tried to heat a sandwich while holding it was injured.

In the open-door test, radiation drop-

GAO SCORES FDA AS 'LAX' IN MONITORING SAFETY STANDARDS

Last December, a General Accounting Office (GAO) report said the Food and Drug Administration had been "lax" in monitoring safety standards for the 2 million microwave ovens then in use in homes, hospitals and restaurants.

The report revealed that FDA had not set emission standards for controlling medical diathermy devices that could cause excessive exposure to machine operators and to parts of the body not requiring treatment.

FDA further had failed to effectively regulate new microwave products such as burglar alarms, smoke detectors, communication relays, food warmers,

and commercial heaters, said GAO.

FDA spokesman Wayne L. Pines told the press that standards for diathermy instruments would be proposed later. He said the FDA technical staff is limited, and that reviews are done on "a priority basis," with products causing the most widespread harm the first to be investigated.

GAO recommended that FDA, the Environmental Protection Agency, and the Labor Department work together to establish mandatory standards to protect the public and workers from exposure to microwave radiation.

ped off to 50 milliwatts at 4 feet, and to 1.5 — within present "acceptable standards" — at 25 feet. However, no one should consider it safe to be anywhere near an operating microwave oven with the door open, no matter how far away.

FOREIGN STANDARDS

Another important factor related to microwave exposure — as suggested earlier — is the length of time a worker is exposed. The Russian standards — admittedly difficult to compare with U.S. standards because of a different measurement base — set time limits. Soviet workers are permitted only .01 milliwatts on each square centimeter of body surface for 2 hours of exposure a day, or 1 milliwatt for 20 minutes a day. Russian standards also require workers to be 4 feet away from an oven emitting 5 milliwatts.

The International Electronic Commission has established another standard, restricting exposure to .05 milliwatts for each square centimeter.

The International Union of Food and Allied Workers asks: "If 10 milliwatts per square centimeter is an acceptable limit for an individual who uses an oven for a maximum of half an hour a day, is

such a limit permissible for a restaurant aide in contact with an oven several hours a day?"

It seems obvious — with the relative caution these foreign standards represent when compared with U.S. "standards," and when considered in the light of tests — that the U.S. standards need revision.

In fact, the Food and Beverage Trades Department says we need a new *mandatory* standard based on "hard facts."

"Although our members in the Hotel and Restaurant Employees and Bartenders International Union, exposed to this form of radiation, are reassured that it is completely safe," FBTD notes, "these reassurances are not based on hard facts. The evidence of eye problems and reproductive disorders is particularly disturbing."

At the last FBTD convention, the Occupational Safety and Health Administration (OSHA) was urged to set a standard for microwave radiation "that will adequately protect all workers exposed to this hazard." The National Institute of Occupational Safety and Health (NIOSH), OSHA's research or-

Microwave Radiation in New York Getting Citizen, Official Look

BY JON KALISH

What do radio and TV transmitters, airport radar, telephone relays, high voltage power lines, satellites, CB radios, antitheft equipment in retail stores, and some military weapons have in common?

They all give off microwave radiation, the same kind of radiation used to cook foods quickly in microwave ovens. Microwaves are low frequency waves on the other end of the electromagnetic spectrum from nuclear radiation and x-rays. Of course, like nuclear radiation and x-rays, microwaves can either pass through or deeply penetrate human tissue. But scientists have long considered microwaves, unlike nuclear radiation, benign.

Recently though, evidence has begun to accumulate that, just as sci-

entists in the '50s denied the existence of radiation sickness, they now may be wrong about microwave radiation. Some radar technicians exposed to microwaves have developed cataracts, blood disorders, and cardiovascular problems (See *ITT*, Feb. 28). Some animal fetuses exposed to microwaves develop birth defects. Some scientists think microwaves can cause genetic defects in humans. Some think they can cause dizziness, headaches, irritability and loss of judgment. And, of course, cancer.

entists in the '50s denied the existence of radiation sickness, they now may be wrong about microwave radiation. Some radar technicians exposed to microwaves have developed cataracts, blood disorders, and cardiovascular problems (See *ITT*, Feb. 28). Some animal fetuses exposed to microwaves develop birth defects. Some scientists think microwaves can cause genetic defects in humans. Some think they can cause dizziness, headaches, irritability and loss of judgment. And, of course, cancer.

With scores of radio and TV stations, radar systems in three airports, and innumerable CB radios, antitheft equipment, power lines and telephone relays, New York might be described as a giant microwave oven, with New Yorkers comprising the meal. But now, a proposal by Dr. Leonard Solon, head of the Health Department's Bureau of Radiation Control, could make New York the first municipality in the country to regulate microwave radiation.

SUBSTANTIAL CUT

The proposed regulation is strict. Under a proposed amendment to the city health code, microwave emissions could be limited to a power density of 50 microwatts per square centimeter. That's 20 times more restrictive than the recommended workplace exposure level set by the Occupational Safety and Health Administration (OSHA). But the OSHA level — 10,000 microwatts — is just a suggested maximum, not legally binding. And it's only for work places. A radiation specialist from the Environmental Protection Agency says the OSHA level is inappropriate for the general population, but as yet the EPA hasn't come up with an appropriate level.

ganization, also was urged to develop a "strong criteria document" on microwaves and radio-frequency radiation. Drafts of a proposed NIOSH criteria document have been reviewed by FBTD and found inadequate. Robert Harbrant, the Department's president, and Janie Gordon, its OSHA coordinator, have met with NIOSH representatives to emphasize FBTD's commitment to a standard "based on the health of workers, not industry profits."

Until the combined interest of the labor movement and other consumer organizations can prevail upon the government to (1) find out what microwave hazards really are, and (2) to set tough standards for oven operation and use, members of H&RE&BIU who work with ovens are strongly advised to use them with extreme caution. There is one basic rule-of-thumb: Stay as far away as possible, as long as possible . . .

The city of New York began its examination of the microwave problem last October when the Board of Health opened a public hearing on the matter. That was during the newspaper strike, and the hearing was virtually ignored by the broadcast news media.

But the broadcast industry, one of the major opponents of the proposed regulation, was well aware of the hearing and accordingly well represented. Testifying on behalf of the TV Broadcasters All Industry Committee was Julius Cohn, a consulting engineer for radio and TV stations. Mr. Cohn said that if the proposed 50 microwatt limit were accepted, broadcasters would have to reduce their power to 10% of the present level. One and one-half million persons, especially in Suffolk and Fairfield counties, would lose all reception, he said, and everyone would suffer some loss of signal quality.

This loss of signal quality, he stated, was "not supportable by evidence of biological hazard." He urged the board to wait for the federal government to take action.

"We're tired of waiting for the feds to do something," replied one board member. But city bureaucracy isn't necessarily faster acting than federal. In December, the Board of Health decided to defer action on Dr. Solon's proposal, pending further study by the board's radiation advisory committee. But the Board of Health has set no deadline for the committee to report. In addition, one key member of the committee, Dr. Merrill Eisenbud of NYU, testified at the October hearing that it would be illogical for each municipality to develop its own microwave standard. He asked the board to wait for federal standards.

Under the title, "Cook Your Own Goose; The City As Radarange," this article by Jon Kalish appeared in the June 13-19 issue of In These Times, a weekly newspaper published at 1509 No. Milwaukee Ave., Chicago 60622.

CITIZENS UPTIGHT

While the city's bureaucracy plods onward, some residents of Staten Island have taken matters into their own hands. Staten Island has long been regarded as the city's environmental dumping ground. In the past, residents have protested the storage of liquefied natural gas on the island, and the State Power Authority's efforts to build a coal-fired power plant at Travis. Now Staten Islanders are raising barriers to two new microwave installations planned for the borough: the Coast Guard's plan to place a microwave system in Mariners Harbor, and a broadcasters' scheme to erect a microwave tower in Clove Lakes Park.

The Coast Guard facility is part of its New York harbor vessel traffic service, which will beam TV pictures of the harbor to a control center on Governor's Island. The system is already 90% completed. Its only missing element is the Staten Island component.

Initially, the Coast Guard proposed putting the microwave tower in the affluent Todt Hill section of Staten Island, but residents of that community protested. Community Board No. 2 intervened, and eventually the Coast Guard abandoned the site.

Next the Coast Guard chose the top of Arlington Terrace, a 12-story apartment building in the less affluent section of Mariners Harbor. The Starret Corporation, which owns Arlington Terrace, gave the Coast Guard the go-ahead, but residents of the building threatened to cancel their leases if the system were built. Now the Coast Guard has chosen a third site, Mariners Harbor Industrial Park. The Coast Guard has purchased 1,400 square feet of property in the park — where 800 persons work in factories and warehouses — to erect the tower.

Some Staten Island residents are still angry about the Coast Guard's decision. One is Norman Berger, district manager of Community Board No. 1, which voted against the industrial park

site. Mr. Berger believes the Coast Guard is circumventing the city's uniform land-use review procedure.

ALTERNATIVE

"The board felt there was an alternative location," says Mr. Berger, "completely away from property owners. That was Shooters Island, which is owned by the city and would not endanger anyone. The island is presently uninhabited except for some birds."

But the Coast Guard is satisfied with the present site in Mariners Harbor Industrial Park, and Commander William Leahey, senior official at the Coast Guard communication center on Governor's Island, says construction on the microwave system will begin "as soon as possible."

Although the Coast Guard thinks its system will have smooth sailing from here on out, that system still might not be built if Staten Island City Councilman Anthony Giaccobe has his way. He has asked the City Planning Commission to amend its zoning regulations so that any party planning to use a microwave system must get approval of the local community planning board. In a letter to Planning Commission chairman Robert Wagner Jr., Mr. Giaccobe offered 12 criteria to be considered in applications for microwave permits. He wants applicants to prove that no other alternate transmitting methods, such as cables, are available.

"I'm not opposed to microwave systems," says the Staten Island councilman, "nor am I opposed to the Coast Guard's interest in a vessel traffic control system. But I am opposed to putting microwave-emitting equipment in neighborhoods with high density populations, particularly when we don't know the long-term effects of microwave radiation."

HEALTH HAZARD?

Just what are the long-term effects of exposure to microwave radiation? Unfortunately, no definitive research has been done, which allows officials such

as the Coast Guard's Leahey to argue that the microwave systems are innocent until proven guilty.

But more and more people are arguing the converse. Paul Brodeur, a staff writer at the *New Yorker* and author of *The Zapping of America*, a study of the biological effects of microwaves, thinks the proposed 50-microwatt limit is in the best tradition of preventive medicine.

"You never really know how to protect the general public until you know what has happened to the workers," Mr. Brodeur points out. "This was true in the whole asbestos affair. Once we knew that the workers were dying because of their exposure to asbestos, then the city moved to protect the public from lesser amounts of the carcinogen." He argues that it's better public health practice not to wait around for 20 or 30 years to prove that people are dying from cancer or blood disease.

Mr. Brodeur's point of view is catching on. Last spring District Council 20 of the Retail Clerks Union, which represents 85,000 workers in the New York-New Jersey area, passed a resolution declaring that no worker should be forced to endure exposure to microwaves at the workplace. What microwaves might you be exposed to if you sell cosmetics at Macy's, you ask? Just about every major department store in the metropolitan area uses microwave anti-theft systems.

Last December legislation was introduced in the Suffolk County legislature that would ban these systems. If the bill passes, it would be the first such action in the country.

But so far, as in the cases of the Suffolk legislature and the New York city council, much action has been proposed but little taken. Even the chairman of the city's Board of Standards and Appeal has asked Mayor Koch to declare a moratorium on microwave installations until the Health Department and the Planning Commission

IT TOOK SIX YEARS FOR WIDOW TO WIN AWARD FOR HUSBAND'S MICROWAVE DEATH

In what has been described as a precedent-setting decision, the New York State Workers' Compensation Board has determined that the death of 62-year-old Sam Yannon, Staten Island, was caused by "an occupational microwave disease."

The widow, Nettie Yannon, says she watched for four years as her husband shrank from 185 pounds to 67 pounds — vision, hearing and balance failing — and then finally died of pneumonia.

Mr. Yannon worked 40 years for the New York Telephone Co., the last 16 on the 87th floor of the Empire State Building, adjusting microwave television signals beamed to households throughout the metropolitan area.

"He died due to exposure to microwave radiation which caused a general

debilitation, and ultimately his death," said Attorney Angelo Gucciardi. Administrative Law Judge Mary Egan noted that the microwave bombardment resulted in "brain changes, tissue destruction, and acceleration of arteriosclerosis."

Mr. Yannon died in June 1974, and Mrs. Yannon at once filed a claim for workers' compensation. Such a case had never come before a New York State agency or court, and the case finally was closed. At that point Mrs. Yannon wrote the state for help, and it was reopened. The telephone company has said it will appeal the decision which awarded Mrs. Yannon \$28,104 plus \$57 a week as long as she does not remarry. The award will not be paid until a final judicial determination is made.

Cataracts Developed from Microwaves

The microwave oven is now a fixture not only in fast-food joints, but also in the home. As a consequence, there are increased caseloads in the cataract department. So far, most concern has been focused on microwave-induced heart disease and possible death in cases where pacemakers have been implanted in human patients. As a matter of fact, many airports and restaurants around the world and the nation have signs cautioning people with pacemakers to stay away.

develop a microwave policy. Koch refused.

In the meantime, more microwave installations are on the way. The three commercial television networks, for example, are planning microwave links on Long Island to beam news reports into New York. And more and more people wonder whether New York's population isn't slowly cooking in the giant microwave oven that is New York City.

Not being pointed out is the danger of contracting cataracts in human eyes as a result of exposure to microwave. Continued heating of the eye with microwave (a consequence of direct exposure as well as leaks) causes cataracts, it has been revealed . . . Indeed, bioeffects of microwaves are rapidly gaining attention among investigators. Genetics, mutations — including fetal stunting and later impairment of defenses against thermal stress — are some of the topics under investigation.

Careless use of radar ranges and careless exposure of policemen to radar bombardment is proving to have consequences not clearly understood by the public.

— ACRES U.S.A.

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

The Book That'll Make You Angry

The Zapping of America: Microwaves, Their Deadly Risk, the Coverup

Certainly the most definitive and comprehensive expose of the "conspiracy of silence" on the hazards associated with microwave bombardment is the 343-page hardcover, *The Zapping of America*, by Paul Brodeur, a staff writer on the *The New Yorker*, who specializes in environmental and occupational medicine. (W. W. Norton & Co., 500 5th Ave., New York 10036).

The full title of Mr. Brodeur's masterpiece is *The Zapping of America — Microwaves, Their Deadly Risk, and the Coverup*.

Paul Brodeur is a pro, leaves nothing to myth or conjecture. He has dug deeply and thoroughly into the whole sticky mess of the human hazards posed by the burgeoning use of electromagnetic radiation to carry television images, transmit telephonic, radio and radar messages, orbit satellites, carry high-voltage current through power lines, power diathermy machines, burglar alarms, citizen-band radios, create military weapons and devices, and heat food.

"We are now tragically aware that high-frequency nuclear radiation and x-rays can cause radiation sickness and cancer," he writes. "At the other end of the electromagnetic spectrum, however, are waves of lower frequency, which — although they either pass through or penetrate deeply into human tissue — have long been considered benign.

"These radio waves and microwaves

Paul Brodeur is also author of three fiction books, and of two other nonfiction books: Asbestos and Enzymes, and Expendable Americans.

are beamed indiscriminately into our environment. And Nature has not prepared us for this invisible assault. Radar technicians and electronics workers exposed to microwaves are developing cataracts, blood disorders, cardiovascular problems. Animal fetuses irradiated with microwaves develop birth defects. Microwaves may cause human genetic damage. They also alter behavior, causing dizziness, headaches, irritability, loss of judgment, and other disorders of the central nervous system.

"The Russians, long familiar with these biological effects, have set a permissible level of microwave radiation 1,000 times less than ours in the United States. They have also irradiated the U.S. Embassy in Moscow since 1961. Our Navy, conversely, retaliates against Russian surveillance ships by 'painting' them with powerful microwave beams. And both nations are developing microwaves for antimissile, antipersonnel, and mind-control weapons."

The first two chapters provide the uninitiated reader with a brief sketch of the history of radio and radar science, and in chapter 3 the writer launches head-on into the "coverup," its reasons, and documented proof of its existence.

One of the fascinating chapters (they're all that, really), is No. 5: "The Cataract Connection." Mr. Brodeur relates in detail the cold-shoulder by the military of Dr. Milton M. Zaret, Scarsdale, N.Y., ophthalmologist, and clinical associate professor of ophthalmology at New York University-Bellevue Medical Center.

Working on a federal grant, Dr. Zaret started in 1959 a survey to determine the occurrence of lens defects and cataract formation in the eyes of radar technicians and microwave workers employed in the armed forces and the defense

Microwave Ovens Distort Radio Astronomy

Microwave ovens, presumably convenient for many housewives, have been declared a threat to man's quest for understanding of the universe.

Three British astronomers report in the journal *Nature* that microwave ovens used in British homes and restaurants all appear to leak enough radiation to pose a "serious danger" to radio astronomy. The scientists — Brian Anderson, Robert Pritchard, and Barrie Rowson — work at Jodrell Bank, one of the world's leading radio telescopes.

In a series of tests, the astronomers measured radiation leaking from three test ovens in four of the frequency bands most important for radio astronomy, within the range of 1.4 to 5 billion hertz (cycles per second).

These bands are reserved under international agreement for the exclusive use of radio astronomers, but leakage from microwave ovens threatens to distort and ruin observation of distant

industry. Between the spring of 1960 and the spring of 1963, he had examined the eyes of nearly 1,600 workers employed at 16 military and civilian installations. While results were "inconclusive," he uncovered incidents that "altered his own thinking about how microwaves could affect the eyes." After his findings on three cases of posterior capsular cataracts had been published in October 1964, the Air Force announced termination of its microwave-eye-study program, and of any followup research.

He then set up his own research foundation, and in 1964 undertook for the Army a study of military and civilian personnel who had been exposed to microwaves. Four years later, after he reported posterior capsular changes in 7 civilian employees at the Signal Corps base at Fort Monmouth, N.J., the Army terminated its research funding. The chief of Ophthalmology Service at Walter Reed General Hospital told him

galaxies and other objects, the report said.

Microwave ovens sold in Britain are supposed to conform to the same advisory standards on radiation leakage as those in United States. Critics of the unofficial standards contend they allow a rate of microwave leakage that might pose health hazards, while oven and radar manufacturers say the advisory standard is adequate.

In any case, the British radio astronomers say, the permitted level of leakage must be reduced to prevent interference with scientific observation.

— NEW YORK TIMES

MORE OR LESS SAD are finally all those who are aware of things beyond questions of daily bread; but who would wish to live without this sadness, deep and still, without which there is no true joy?

— GOTTFRIED KELLER
(*Springs of Joy*)

there was "no such thing as a microwave cataract."

The revelations continue through the book, under such chapter titles as: "The Genetic Time Bomb"; "Irretrievably Messed Up"; "An Aggressive Study"; "Well Aware of the Hazards"; "The Tip of the Iceberg"; "Some Intense Exposures"; "Some Poor TV Reception"; "The 'Golf Ball' "; "The Money Trail"; "Some Further Unraveling"; "A New Game of Gap"; "Seafarer"; "Some Loose Ends"; "The Mind-Control Connection"; "The Zapping of America," with epilogue, references, and 11 pages of index.

If you start out as a skeptic, you can't help ending up a believer that it's high time to pressure the government, the military, and industry to start obtaining valid information and releasing honest answers to the potential hazards of this latest threat to environment and the creatures within it.

— D.C.M.

HEALTH EFFECTS OF HIGH-VOLTAGE TRANSMISSION LINES STUDIED

BY JAMES FOSTER

The honeybees are gaining less weight, having smaller families, and some — it is feared — may not survive the winter.

Chicks and mice slow down their activity. The leaf-tips of corn, wheat, and alfalfa seedlings are singed. Rats seek shelter, and pigeons stay away.

These are the preliminary findings of studies of the health effects of the magnetic fields created by high-voltage power transmission lines. Conducted by the industry's Electric Power Research Institute, the studies seek to discover possible adverse effects on humans living or working close to the overhead lines, considered the most effective way to move large amounts of electricity over long distances.

EPRI researchers stress that in their tests, the levels of voltage and strength of magnetic fields are greater than under normal conditions.

But public concern about possible health hazards due to overhead power lines has been growing since 1972 when Soviet scientists reported a variety of maladies suffered by electric switchyard workers.

The subject has become a major issue in public hearings regarding siting and rights-of-way for new high-voltage lines. Urban sprawl and the price of land in this country has caused developers to push close to power line rights-of-way that previously were avoided. Farmers find themselves planting crops and raising livestock in and around the cross-country power routes.

EPRI officials reject Soviet claims that electromagnetic fields pose a "serious"

James Foster is a writer on the Washington staff of Scripps-Howard newspapers.

health risk. But beginning with their own research in 1974, EPRI officials do admit there are several fields that warrant "immediate" research.

Beginning with honeybees and mice, researchers now have graduated to tests using animals as large as miniature swine, which at 132 pounds are about half the size of conventional breeds.

Using 20 animals raised under a controlled but "normal" environment, researchers housed 40 other animals exposed to an electric field. At completion of the project, they hope to have a complete survey of the biological status of the animals originally placed in the field, plus two generations of offspring conceived, born, and raised in the exposed facility.

Research to date has suggested that if electric fields induce biological effects, the most vulnerable is the nervous system.

For basic activity patterns, however, researchers keep reverting to the honeybee because the beehive contains a highly-organized and integrated caste society in which each individual is programmed from conception to death (roughly two months) to perform specific functions.

This pattern is important, the scientists point out, because if power-line environments do produce biological alterations, such changes stand out clearly in the complex but highly-formal chain of beehive events.

Scientists have verified the slower weight gain, lower brood production, and vulnerability to cold temperatures. They've also noted that bees exposed to strong magnetic fields tend to deposit a resinous substance around the hive entrance.

Some researchers believe the bees somehow may be receiving minishocks

THE NEW WAY TO EAT, LINDA CLARK'S EIGHTEENTH BOOK!

Linda Clark fans — and there are thousands — will be tickled to learn she has turned out yet another book — her 18th! Far and away the most prolific of any of the "nutrition writers," Ms. Clark's latest creation is *The New Way to Eat* (\$5.95, Celestial Arts, Millbrae, Calif.).

An overview of what's inside the 174-page book (including index) is contained on the cover: "To Improve Your Health; To Overcome Addictions; To Benefit from the Miracle Foods; To Determine Which Diet Is Best for You."

Linda Clark is essentially a researcher/writer, thus this volume, as earlier ones, is fully-referenced, with generous mention of other authors' works for additional detail on specific topics.

As editor of two Price-Pottenger Nutrition Foundation publications, she recognizes the major contributions of pioneers Weston A. Price, D.D.S., and Francis M. Pottenger, M.D., whose discoveries in the relationship of nutrition to health set the stage for much of what has followed in the last five or six decades.

Dr. Price wrote *Nutrition and Physical Degeneration* (still available — \$22.50 plus tax for Californians — from the foundation, Box 2614, La Mesa, Calif. 92041) as a result of extensive studies of natives in both modernized and primitive areas of the world. He observed that persons eating unprocessed food raised on soil free of commercial fertilizers and pesticides, possessed physical health, and that populations exposed to white sugar and flour and other manmade changes in food, contracted disease, decayed teeth, mal-

— similar to those a human receives after walking across a carpet on a dry day and touching a doorknob — and that the bees manufacture resin to avoid the shocks.

formed arches — the whole gamut of physical malfunction attributable to "refined" diets. Dr. Pottenger is famous for his experiments with cats, revealing that those on pasteurized (cooked) milk developed disease, and sterility.

Those to whom the work of Dr. Price is unfamiliar will be treated (in *The New Way to Eat*) to reproductions of photos taken by the world-traveled dentist/researcher — pictures telling more loudly than words what happens to a body when fueled by nutrient-deficient (junk) food.

We hear much about the importance of minerals in diet. Linda Clark devotes a chapter to that, naming the "good guys," and their role in health, as well as the "baddies," and how they can cause high blood pressure, heart attacks, stroke, atherosclerosis.

In the chapter, "Choose Your Foods Carefully," the author talks about enzymes, digestion, and the "connection between cooked foods and poor health." She is not, however, totally a "raw-fooder." She believes, in fact, that "some foods are actually better absorbed when cooked." There's a short section on the value of fermented food, with a recipe for sauerkraut.

Food supplements are considered, and salt — with comment that "whole salt" has been prescribed for vascular problems. "Sugar, Honey, Fats, and Beverages" is the title of another chapter, with interesting info on honey, its use internally as well as externally.

For those making the transition from conventional to a "whole, natural diet," she has a word of advice: "Take it easy, keep it up, and sooner or later you'll be glad you did. The new and better way you feel will be more than worth any discomfort you experience at first." And she suggests, too, that "It is best not to tell your friends what you are doing.

Bohanon Refuses to Deprive Cancer Patients of Laetrile

After two days of hearings in early August, Judge Luther Bohanon said he would "hang his head in shame" if he were to enter an order — as sought by the Food and Drug Administration — which would deprive thousands of patients of Laetrile.

He noted that evidence presented by six witnesses was "overwhelming," and said cancer patients do have a "right of privacy" for access to Laetrile.

The jurist, who first made it possible for cancer patients to legally obtain Laetrile under a doctor's prescription, delegated Attorney Kirkpatrick W. Dilling, general counsel of NHF, to prepare a suggested opinion and order for submission to the court, incorporating the court's observations as to the scope of the contents.

Mr. Dilling said that in his opinion, the Oklahoma-federal court proceedings

"achieved a substantial victory for those desiring to see Laetrile made available to United States cancer patients."

The hearings were held over the "strenuous objections" of the Justice Department and FDA, according to Mr. Dilling, who with associate Dennis Gronek and Attorney Kenneth Coe represented Glen Rutherford, and the National Health Federation. FDA Assistant General Counsel L. Springer pleaded for dismissal of the action, and dissolution of the injunction permitting patients to obtain Laetrile.

Testifying for the plaintiffs were Dr. Bruce Halstead, Drs. Ernesto Contreras Sr. and Jr., Dr. Harold Manner, Pharmacist Robert Henderson, and an Oklahoma patient of the Contreras' who testified as to his physical well-being some seven years after he had been diagnosed terminal cancer.

They may chide you, or try to dissuade you, as when you announce you're going on a reducing diet."

The merits of potatoes, "Don't be afraid of them," she urges, are discussed in another chapter which also lists a few recipes.

In recent years, we've heard much about the need for "fiber," and Ms. Clark deals with that in Chapter 10, noting also that a "radical increase" can be "dangerous."

Encouragement for a nutritional diet as compared with one based largely on processed foods comes in the chapter, "Some Nutritional Miracles." (She tells about how Cecilia Rosenfeld, M.D., Los Angeles, has "long used nutrition to repair marriages.") Many readers will appreciate the tips in that chapter on "How to Eat Well on Less Money." The recipe for the classic "green drink" is there too.

Chapter 12 gets into nutrition as a means of overcoming such addictions as alcohol, sugar, coffee, and tobacco. Even drug addiction can be conquered when the person starts putting nutritional food into the body, she reveals.

In a chapter titled "A Health Secret," the author lists the ABCs of a "curative diet," based essentially on the late Harvard Anthropologist Stefansson's high-fat, high-protein diet. Meal-planning tips, a chart listing suggested percentages of fruits and vegetables for such a diet, and case reports, are included.

The book ends with Chapter 15 — "How to Eat Well in a Declining World." For the person or family considering eating habits, *The New Way to Eat*, should be a useful tool, written as it was by a veteran nutritionist and a pro!

— D.C.M.

Preventive Medicine Group Meets Oct. 22-26 in Denver

The Tenth Anniversary Conference of the International Academy of Preventive Medicine is scheduled for October 22-26 in the Denver Fairmont Hotel, Denver, President-Elect Steve Cordas, D.O., announced.

The program will include panel discussions, workshops, and lectures. Featured on a nutrition panel the first evening will be Drs. Emanuel Cheraskin, Roger J. Williams, Carlton Fredericks, and Wilfrid E. Shute.

Lectures will be presented by Dr. Cheraskin, "Diet/Nutrition and Electrocardiography"; Drs. William Philpott and John Potts, "Ecologic/Orthomolecular Diagnosis and Treatment of Diabetes Mellitus"; Drs. Norman Lewark and Dee Williams, "Utilization of Nutrients, Kinesiology, and Cranial Osteopathy for Musculoskeletal Disorders."

Dr. Peter Madill, "Electroacupuncture in the Holistic Practice"; Dr. Alan Charles, "Energy and Health"; Dr. Arthur Kaslow, "Holistic Therapy for Neurosensory Deafness"; Dr. John Diamond, "Behavioral Kinesiology"; Dr. Shute, "Update on Uses of Vitamin E in

Prevention of Cardiovascular Disease"; Dr. Alan Cott, "Orthomolecular Psychiatry in the Past Decade"; Dr. Alan Pressman, "Neurochemistry — the Action/Reaction of Specific Nutrients"; Dr. Broda Barnes, "Thyroid Therapy in Preventive Medicine"; Dr. Edward Schwartz, "Endocrine and Organ Involvement in Diabetes and Hypoglycemia."

The Tom Spies Memorial Award will be presented at a luncheon meeting to IAPM founder R. O. Brennan, D.O., who will deliver a memorial lecture, "Metabolic Dysequilibrium Syndrome."

A series of workshops will also be offered.

Registration is being handled by IAPM, 10409 Town & Country Way, Suite 200, Houston, Texas 77024. A discount is offered those registering before October 1.

Cosponsoring the conference are the International Academy of Metabology, the Academy of Orthomolecular Psychiatry, and American Institute of Homeopathy.

Reduced Competition Raises Food Costs

According to *Food News for Consumers*, a U.S. Department of Agriculture publication, consumers "are paying for more than just food at the supermarket."

The article says that "Over and above the cost of nonfood items and the convenience of the parking lot closeby, one part of that bill that doesn't show up as an item on the register tape is the extra paid because competition in food manufacturing is among fewer firms, and the prices these companies charge are higher than if more were competing.

"In economists' terms, pure competition is diminishing, and oligopolies (when a few producers control the

demand from many buyers) are becoming more prevalent in food manufacturing.

"One result, says USDA economists, is that this increasing concentration costs consumers. How much? From \$10 billion a year up to \$15 billion — and probably more today, since those were 1975 figures.

"Cost of this 'monopolistic overcharge' per consumer that year was more than \$55. On a happier note, studies show no overcharging in a big food component — meat-packing — with its large number of firms, low-product differentiation, and low average profits."

Hierarchy Halts Treatment of Cataract With Low-Pulse Energy

BY DON MATCHAN

Although he had treated 87 patients with impaired vision (cataract) and was observing improvement in a high percentage of cases, the Ohio State Medical Board and the U.S. Food and Drug Administration in 1975 brought charges against a Pennsylvania M.D., preventing him from using low-frequency energy as a part of the therapy.

This is the principle which brought scorn and perhaps a premature death to Albert Abrams, M.D., San Francisco, whose position as head of the Electronic Medical Foundation later was assumed by Fred J. Hart, founder of the National Health Federation, who also was hounded by the FDA until effectively prevented from manufacturing or selling the equipment used by hundreds of doctors across the country.

The *Bulletin* learned about the work of Harold J. Wilson, M.D., 28 West Henderson Rd., Columbus, Ohio, through a member of NHF. Contact was made with the physician, and he promptly agreed to brief us on his work.

(It should be stated here that the consent decree prohibits use of electric stimulation only on the head, thus preventing treatment of the eyes for cataract, but acknowledges that the instrument in question — the Edwards Myo-Flex — is harmless and may be used on the rest of the body).

This innovative physician who last March 29 lost his mate of 50 years, has worked with nerve stimulation via the Myo-Flex, and with nutrition and endocrinology as well, for more than two decades.

CASE HISTORIES

Some 13 years ago, he told *The Bulletin*, he was visited by a 70-year-old patient who was developing "a moderate degree of opacity in both eyes."

A friend of some years, she was "fairly faithful in following my suggestions to maintain as good a health-level as possible."

She feared surgery for the cataracts, asked if some other approach might be used. So, in his words, "For some years I had been using a Myo-Flex through all parts of the body, including the head, to stimulate circulation, and as I suspect — improve ionic exchange in tissue cells. It was suggested that this modality would be safe, and might be of some help in holding her present degree of vision.

"In addition to my regular care by means of nutrition, endocrinology, and attention to digestive efficiency, 52 Myo-Flex treatments were given over a period of six months.

"The patient improved to such a degree that I did not see her for 10 years, when her vision again was becoming impaired. After 32 more treatments she again was released at 82 years of age. I believe she has since died of natural causes."

Dr. Wilson tells of another patient, a seamstress who could no longer thread a needle "due to well-developed opacity of her lenses. She was without funds, and was seeking something to improve her vision to a degree enabling her to earn a living. She readily acquiesced to Myo-Flex treatment, and after the seventh treatment was able to stand in the office waitingroom and tell when the traffic light 150 feet distant changed, and its color. At the beginning, she could not see the light. Her vision was so poor she had difficulty getting to our office on the bus."

STOPPED IN 1975

"This was the first of some 87 patients we treated before we voluntarily stopped, in order to cooperate with the State Board and the FDA. I was told I could

treat any part of the body except the head with the Myo-Flex, although its safety had been well established over a period of 20 years by myself and others. The Medical Board said safety of the Myo-Flex was not in question.

"For years I had used succus cineraria drops as a slight deterrent to cataract development, as had our family physician before me.

"At a seminar in Freeport, calcium orotate was presented as a calcium-mobilizer. I added this to our program.

"For years I had used a combination of homeopathic remedies called Afaco. After the FDA forced removal of succus cineraria, it was called Calcinar. I have continued to use this as a part of our program.

"Dr. Jonas Miller of Sarasota, Fla., had suggested to William Hanson, an enzyme manufacturer, that he make a multiple protomorphogen preparation. After a year or more of research, the company came out with a powder containing protomorphogens from 9 different nonmuscle animal tissues.

"It was reported at one of the seminars conducted by Dr. Miller that two professional men had regained their acuteness of vision through use of this product, so it was added to our program as a possible plus.

"Whenever indicated to improve metabolic balance, thyroid was given, as well as estrogen or androgen, if needed as a balancer of endocrine activity. All possible efforts to maintain a balance of nutrition were made."

CALCIUM PROBLEMS

"We had observed through the years that those suffering from calcinosis of the lenses tended to have calcium problems in joints or arteries, or both.

"Since the hydrochloric acid (HCl) in the lower third of the stomach is the first step in preparing both calcium and protein for digestion and absorption in persons of the age range who develop these problems, this critical material is often in short supply. It seemed wise to add HCl and pepsin to meals to supply

the deficiency. This simple concept frequently is overlooked by many of our younger doctors.

"In all three of these areas in which aberrant calcium often is found, it seems that the deposit of this mineral usually is preceded by degeneration and perhaps edema of the protein elements of the tissues. HCl is also the first step in helping break down the proteins into the amino acids of which they are constructed, and thus is necessary for maintaining healthy protein tissue.

"Between 4,000 and 5,000 dogs have been treated with Calcinar at the Magilton Vet Clinic in Fort Lauderdale, Fla., with satisfactory results in excess of 90%.

"My own poodle was given 9 Myo-Flex treatments, plus Calcinar, and at 18 years of age still has a very usable degree of vision.

"We had treated 87 patients, 43 of whom had been dismissed, when our work was stopped. Some have retained a fair degree of vision, others are slipping. We have turned down requests to treat many others.

"It was our purpose to collect a series of 100 cases to be reported at the annual meeting of optometrists, since we had been rebuffed by every ophthalmologist we approached. This was before I met Dr. Morgan Raiford, who came to my office and examined as many patients as we could handle between planes.

"The Myo-Flex is a transcerebral, low-frequency stimulator which I believe increases the ionic exchange in various tissues treated, encouraging removal of waste products, and improving intake of nutritional factors. It will even facilitate reabsorption of calcium spurs and nodules from osseous structures.

"It is hoped that this work — interrupted by Ohio State Medical School, the Ohio State Medical Board, and the Food and Drug Administration — may offer to a limited number of patients who fear surgery or are poor risks for that approach, a choice between surgery and blindness."

MYO-FLEX DEVELOPMENT

The Myo-Flex — developed in 1942 by 78-year-old Myrl J. Edwards to give safe shock therapy to shell-shocked veterans — is a low-voltage wave generator or physical stimulator which generates sound waves — within the audible spectrum — squared in form, in six different frequencies, all in harmony with the basic rhythms of the brain.

From a series of 35,000 electroencephalic tracings, Mr. Edwards selected six basic patterns, the lowest common-denominators of the 35,000 EEGs he amassed during the developmental stages of Myo-Flex. By squaring wave forms and lengthening them, by introducing square wave harmonics (integral multiple of the fundamental frequency), the inventor was able to stimulate alpha and beta wave rhythms of the central nervous system, stimulating the system in a manner unlike any other physical therapy instrument.

According to a fact-sheet on the instrument, "The actual mode of action induced by Myo-Flex remains a mystery of physics and physiology, understood by electrical engineers with physician's training. The action depends on the electrical conductance of energy via nervous tissue."

The instrument stimulates central nervous system, neurovascular system, neurovegetative system, and neuromuscular system. The selector switch is comprised of 6 settings, varying in frequency from 200 cycles per second (cps) to 4,000.

THE SETTINGS

Selector 1 generates the alpha-beta rhythm at 200 cps. Because it is so slow, such a current is capable of moving large muscle masses, and is the most stimulating of the settings. Selector 2 produces 400 cps, while 3 generates 750 cps.

"These settings," it is explained, "are slow enough for muscle fibers to contract and relax, and thus are stimulating in function and effect . . . Myo-Flex waves impinge on the nerve's

myelin sheath, which then is carried by the nerve to a point beyond where the current is applied.

"Selector 4 is the most normalizing setting, at 1,250 cps — a reading used to normalize the sympathetic and parasympathetic nervous systems. Selector 5 produces 2,250 cps, and No. 6 pulses at 4,000. The greater the number of cycles per second, the less chance muscle fibers have to relax before the next stimulation. Therefore these settings are of a relaxing or inhibiting nature."

'REVERSE THE CAUSE'

"All healing should be based on reversal of the cause of the disease. Disease often is caused by a decrease in the body's nutritive processes, and of the elimination of waste products. If either or both are embarrassed, there is an upset in the normal physiological patterns, and a disease process is set in motion. This is an oversimplification of disease, but true nonetheless.

"If cell nutrition is disturbed, cell function is upset. Cellular nutrition is a function of the circulatory system, as is elimination of waste products at the cellular level. It therefore stands to reason that anything which impedes circulation will impede and eventually damage or destroy cell function. When this happens, disease develops." . . .

Dr. Wilson says his experience indicates that use of Myo-Flex stimulation increases the effectiveness of chelation therapy with EDTA "by a factor of 3."

A study by Dr. Wilson and Philip Hoekstra, Ph.D., 21531 Harper Ave., St. Clair Shores, Mich., revealed the circulation changes caused by electrical stimulation.

Two frequency effects were investigated: Position 4 on the selector switch, using 1,250 cps for 20 minutes, and Position 6, using 4,000 cps.

"For these frequency applications, we found that the 1,250 Hertz (Hz) stimulation provided a faster bridging effect. The 4,000 Hz application caused a more intense effect. These effects are clearly

NUCLEAR ISSUE ON MAINE BALLOT; HELP SOUGHT

Editor:

A grassroots group of concerned citizens in Maine — with nothing more in common than fear, common sense, and a sense of stewardship for this beautiful land — have managed to put the Nuclear Power Question on the ballot for the people of Maine.

We are trying to pass the Nuclear Fission Control Act which will close Main Yankee, the state's only nuclear power plant, and prohibit generation of electricity using nuclear power in Maine. Forever.

Working against us are: The entire nuclear power complex, the commercial power generating interests, state government, most of the politicians in Maine, the federal government, *all* of big business.

We need help. We, the people, can't afford to lose this one. If the question

were voted on today, we'd stand a 50% chance at the polls. The Central Maine Power Company has not yet started their media blitz — the same type of blitz that defeated a similar referendum vote in California.

Help — any type of help. Books, films, information, ideas, money — anything. We want to show the world that we are truly "stewards of the good earth," not destroyers of vital, delicate systems.

If anyone has a comment, a piece of advice, wants to help, or just a word of encouragement, please write or call. I worked at Maine Yankee for two years as an auxiliary operator. I *know* why I'm frightened.

ALAN A. PHILBROOK
Engineer
Jewett Road
East Pittston, Me. 04345
(207-582-1200)

New Smoke/No-Smoke Initiative Qualifies

Once again California voters will have opportunity to register their approval — or disapproval — of a move to provide nonsmoking areas in publicly-used buildings, including restaurants.

An initiative (No. 10) sponsored by a coalition of environmental and health groups, including the Group Against Smoking Pollution (GASP), Sierra Club, and American Cancer Society, would require separate smoking and nonsmoking sections in enclosed public places, hospitals, educational facilities, and enclosed places of employment.

shown on slides and video tape.

"The blocked carotid arteries (one at approximately 88%, one at 50%-60%) opened and bridged to the opposite hemisphere in clearly-indicated patterns within the 20-minute stimulation period." . . .

According to Secretary of State March Fong Eu, 510,113 validated signatures were filed, with 380,731 required to win a spot on the November ballot. She termed it "an unusually high rate for petition signatures."

The proposed initiative is somewhat less restrictive than the one defeated two years ago, in that it would permit smoking as well as nonsmoking in areas not separated by barriers. Nor does it call for the arrest of violators.

In the 1978 campaign, the tobacco industry spent more than \$6 million to win a "no" vote on the initiative.

LESS WHITE BREAD

American families are eating less white bread, the Commerce Department reports. In 1972, about 38% of all bread baked was white. By 1977, it had slipped to 29%, and by 1982 consumption is projected at 23%.

Human Potential Would Blossom With Two-Hemisphere Brain Use, Say Experts

The April (1979) issue of *New Realities*, a bimonthly published at 680 Beach St., San Francisco, carried a thought-provoking article dealing with the work of British educator/author Tony Buzan who, according to Writer Kathi Martin, is "bent on making creative and intellectual geniuses of us all."

Since 1971, Mr. Buzan has headed his London-based Learning Methods Group (LMG), purpose of which is to "push for the integration of the brain's right and left hemispheres."

We humans have a potential so far in excess of what virtually any of us achieves, he says, that we are like pygmies instead of the giants we could be if we but let both sides of our brain function in integrated fashion.

His method of helping people learn to use both hemispheres has been taken to Sweden, Norway, Denmark, Germany, Scotland, France, Jamaica, Canada, and as of January 1979, the United States (Learning Methods Group of California, 850 No. Winchester Blvd., San Jose, Calif.).

A typical course runs "anywhere from three days to one week," said Ms. Martin, "and involves data on the brain, individual and group exercises in reading, memory, organization, and creativity; information on the physiology of education (how exercise and diet affect our abilities); and mind mapping" (explained in another *New Realities* story).

In Britain, inroads have been made to bring the method into schools. On six different occasions during the past four years, BBC has presented a 10-part series on the Buzan method. Oxford Open University recommends it to its 50,000 students, the University of Sussex uses it as a basic introductory study course, and Encyclopedia Britannica is

commercially developing it in England.

Mr. Buzan believes education is at a turning point. "No longer can we think of a classroom as '30 kids,' he says. From now on, each teacher should realize that within every child in every class lies an almost unlimited potential."

STULTIFYING

The British educator sees as "deadly to fruition of our full potential," the "disregard for imaginative thinking, daydreaming, humor, and the basic inquisitive questions — who, why, where, when, how, what," says Ms. Martin.

"With every curtailment on curiosity, we program ourselves to be less intelligent and less creative. The present educational system promotes our growing old with age, when in reality our capabilities will sharpen with every passing year if we continue to train and exercise the brain . . .

"A brilliant child, Mr. Buzan early on perceived the inconsistencies and injustices in the educational process — that right-hemisphere thinkers bear the brunt of today's predominantly left-hemisphere system. By the time he was well into his high school years, he had begun what would be a long-term commitment to education . . . at 37 he has presented his course to nearly every stratum of society — from 5-year-olds to 85-year-olds. One of his best students was 84, he says.

"He sees our current learning norm as a reflection of our acceptance of qualitatively lower levels of learning than we are capable of — or naturally progress to. If allowed to learn, babies have an insatiable appetite for learning, and will far exceed present standards.

"Mr. Buzan teaches *how* to learn, not *what* to learn. He teaches how recall works; how eyes move when reading;

HANDWRITING, READING, AND TELEPHONE KEEP PEOPLE FROM REALIZING POTENTIAL — HAGMANN

After reading the story about Tony Buzan's work in *New Realities*, Robert B. Hagmann, (Capt. U.S. Air Force, Ret., 600 St. Francis Boulevard, Daly City, Calif.), told *The Bulletin* that 12 years ago he warned Psychologist R.W. Sperry at Cal Tech, that "one-brained-hemisphere humans have never existed; that segregation of 'left and right hemispheres' into 'separate specialities,' — one into science, math and detail proclivities, the other into musical, artistic, and creative ones' — ignores the fact that *handwriting, reading, and the one-eared telephone* are the pro-creators of such an imbalance monstrosity."

Mr. Hagmann said he pointed out at that time (1967), that "in any person, one independent brain, hemisphere, or lobe, has the same capability potential as the other, in *any* of these attributes."

He says that in 1974, he also warned Langley Porter Clinic's (San Francisco) Dr. Robert Ornstein (psychologist-psychiatrist) of this, "since he was only tailgating Cal Tech's findings."

Since the early 1950s, Mr. Hagmann has been involved in a crusade to develop brainpower through simple exercises. He developed a system of sight restoration which wound up in court — and he became a victim of the state's eye-doctor establishment.

A genius, he loves to bait these groups. His vocabulary is expansive and he uses it profusely when describing encounters with organized optometry/ophthalmology and their political allies in Sacramento.

But despite the setbacks occasioned by a court probationary sentence meted out in the sixties, he still remains active in promoting his concept of expanded vision and brainpower.

Through Marcus Bach, Palos Verdes Peninsula, Calif., he was contacted by a business tycoon in South Africa whose political connections have led to a projected trip to that country to deliver to officials his principles for training people how to use their brains more productively.

Other contacts in South Africa include Dr. Boris R. Chaitow, director of "one of the biggest holistically-oriented health centers in South Africa."

Mr. Hagmann believes "the mighty AMA and the even-mightier AOA" can be effectively challenged if "enough lay Americans who've accomplished and seen enough improvement in their own eyes, ears, and hands, and their inescapable relationships to school-learning and highway-safety skills, have the stamina to talk about it, and grouped together, demand that all school children and senior citizens be given the benefits (of such training)."

how to organize thought, solve problems, think creatively, review successfully; how to make adequate notes in brain-pattern form — in essence, an education that promotes enthusiasm and enjoyment rather than foreboding, fear, or tedium. He says the more children know about their own excellence, the more likely they are to be motivated to

properly use their capabilities.

"Our educational responsibility is awesome," he emphasizes: "When faced with a being far more sensitive than a million-filamented anemone, one whom one wrong word can send into an instant and total withdrawal, our responsibilities automatically become enormous."

Bulgarian Physician/Educator's Fast-Learning Methods to Be Available Here

Georgi Lozanov, the Bulgarian physician and educator who developed the Suggestology teaching method, will spend at least six months each year in the United States for the next several years, based on a recent agreement between the Bulgarian government and a San Diego company. He will conduct seminars, and lecture around the country.

Ken Shafer, president of the Lozanov Learning Institute, said his company has acquired exclusive commercial rights in California to develop Suggestology programs for children. Programs initially will cover reading, math, and other basic subjects.

Dr. Lozanov's methods reportedly teach beginning students to read in less than two months. Music, art, and humor help create a positive environment and reinforce learning, Mr. Shafer said.

The Suggestology method — best known for its acceleration of the learning of foreign languages — combines music with verbal instruction, presumably engaging the brain's right hemis-

phere in the learning process. (The right brain responds more to tone than the left, verbal hemisphere).

Pilot programs are to begin in December, with classes starting in January 1980. The institute currently offers courses in foreign languages for adults. (Information: Lozanov Learning Institute, 325 W. Washington St., San Diego 92103. Telephone: 714-298-3790).

— *BRAIN/MIND BULLETIN*
Box 42211, Los Angeles

Bulletin Changes for November

We are pleased to announce that beginning with the November issue, **The Bulletin** will be merged with **Public Scrutiny**.

Our new publication, **The Bulletin of the Nat'l Health Federation — Public Scrutiny**, will be in a magazine format and will carry more pictures, along with advertising.

The merger was made in an effort to reduce expenses without reducing the quality of our publication, according to Mark Lockman, editor.

achievements using mainly right-hemispheric processes, appear stupid and may be labeled retarded in schools where only left-brain work is done.

"Condemned to repeated failure, eroded in self-esteem, they become victims of self-fulfilling prophecies — their own, along with those of parents, teachers, and peers.

"When these facts are known, then it is education that is stupid and retarded if right-brain dominant children are not allowed to function according to their strengths. Such children have demonstrated great improvement in verbal and other left-brain functions when their natural right-brain tendencies are allowed to flourish."...

'HALF-BRAINED EDUCATION'

Another article in the same issue of *New Realities*, titled "Half-Brained Education," by Robert Masters, Ph.D., maintains that "our almost-exclusively left-brained education has an adverse effect on *all* children," particularly those "whose strengths are mainly in the right hemisphere."

The "left brain" is used mostly for verbal, linear, and analytic functions. It is "more computer-like" than the "right brain," which uses visual, spatial, kinesthetic, and synthetic processes that computers cannot duplicate, he writes.

"Children whose strengths are mainly in the right hemisphere," continues Dr. Masters, "who may be brilliant in

Children Taken from Vegetarian Mother

The mother of five children ranging in age from 2 months to 9 years has lost custody of the children — at least temporarily — because she is a vegetarian. While desiring to remain anonymous, she has asked if the National Health Federation can help.

"... On June 8," she said, "my (five) children were taken from me by the department of Social Services (in Philadelphia), claiming to be malnourished. My children have been vegetarians all their lives, the two oldest were given medication only once or twice in their infancy.

"Because of religious, moral, and health reasons, we don't believe in deliberately taking medications or any other poison into our bodies. The authorities of this state disregard all these things. My children were and still

are given medications, forced to eat meat, and immunized.

"I need your services in any way possible to deal with this matter."

Responding to her appeal, NHF Executive Director Clinton R. Miller asked that she supply newspaper clippings, documents which may have been filed with the court, and any other information considered relevant, at which time he would give her "further instructions."

He told her of the assistance given an Oregon mother — Hope Truitt — in regaining custody of her children, taken by the state for the same reasons (vegetarianism), and noted that a compromise was suggested by a doctor under which the youngsters would receive eggs and milk.

AMA Repeals Antichiropractic Rule

It's all over now — the long feud between chiropractors and medical doctors. The American Medical Association has adopted a new code of ethics — the first in 23 years — which permits M.D.s to "work with" chiropractors.

Some physicians don't like it, but the organization is on record with a House of Delegates' resolution adopted at the Chicago convention in July stating that a doctor may work with whomever he chooses. Formerly the code provided that a physician should not associate with anyone using an "unscientific method of healing." (Chiropractic was considered in that category).

Chiropractors, the state of New York, and the Federal Trade Commission have brought suits against the AMA in Illinois, Iowa, New York, and New Jersey charging restraint of trade. Dr. Lowell H. Steen of Hammond, Ill., chairman of the AMA's Board of Trustees,

said he believes the new code "will help" in both the chiropractic and FTC suits. The combined damages, he noted, "could bankrupt" the association.

Another resolution adopted at the convention says doctors "should not be a participant" in executions of convicted prisoners by drug injection — a form of capital punishment now legal — but untried — in Oklahoma, New Mexico, Texas, and Idaho.

SEQUEL TO CONVICTION

Convicted on four counts of bribing a meat inspector, David Fenster, president of the Utica, Mich., Packing Company, was given 90 days to "give up all association with the company," and to sell his stock within a year. Failure to meet those conditions, imposed by the Food, Safety and Quality Service, U.S. Department of Agriculture, would mean withdrawal of meat inspection, which in turn would close the plant.

NHF Memorial Library News



Preventive Dentistry Books In Library Collection

BY STEPHANIE SHANE
Librarian

In treating the whole person, a conventional physician may sometimes neglect to check some of the parts. If a patient complains that his or her eyes hurt, they aren't likely to ask the doctor to examine their feet. In other words — if one is afflicted with some illness, the problem is usually associated with where the pain is. It is said the best place to check for indications of a disease is in the mouth.

The Memorial Library collection consists of titles that are health- or nutrition-related, and thanks to three health-conscious dentists, we now have an excellent section of books and pamphlets on the subject of dentistry.

Dr. Fred Miller's books are in one collection — here when the library was started. I wrote an article about Dr. Miller in the June 1979 issue of the *National Health Federation Bulletin*.

We have Dr. Bob Nara's collection of titles on a new field of dentistry he founded, known as Oramedics. You can read about Dr. Nara in the December 1979 and July/August 1978 issues of *The Bulletin*.

A man who has not been mentioned or included in any of the issues of the *Bulletin* — but who has contributed a collection of dentistry books that will provide patrons with the latest information on the subject — is Fred Gordon, D.D.S.

Dr. Gordon and June Steiner are associates and codirectors of the Monterey Institute for Stress Reduction, an organization dedicated to

promotion of "individual growth and high-level wellness."

An interview by *Prevention* magazine in May 1979, reveals that Dr. Gordon believes in the preventive approach to health. "It's probably possible to nearly eliminate dental disease — at least in terms of decay — with diet," he asserts.

Dr. Gordon goes far beyond the field of conventional dentistry in treating patients, stressing mental balance, and positive attitude:

"My own operational premise is that what we fuel our cells with is vitally important to health, and that fuel is not just what we put into our mouths, it's also every thought and word that comes out of our mouths."

These three dentists have not only provided the Memorial Library with much necessary and needed information, but, as noted in previous columns, they have given the reader new insight and knowledge about alternative therapies, preventive medicine, and total health.

"Disease is a total body response. It is not merely a stomach ulcer, a broken bone, or a troublesome mother-in-law. It is a disturbance of the structure/function of the body, and not an isolated or local insult. Slowly but surely there is a growing recognition that disease involves total man. Equally important is the recognition that disease is multicausal. The understanding that multiple causes of disease can arise from remote but interconnected parts of the body will ultimately emerge into a unifying philosophy for all medicine."

—GEORGE W. NORTHRUP

REAGAN FOR LAETRILE



GOV. RONALD REAGAN told Public Scrutiny's assistant editor, Maureen Salaman, that he favors the legalization of Laetrile and the repeal of the Kefauver-Harris Amendment to the Food Drug and Cosmetic Act. (The Amendment requires FDA pre-marketing approval for safety and effectiveness.) Reagan said the effectiveness of a drug "**should be left to the individual licensed physician working directly with the patient . . .**

The Kefauver-Harris Amendment is actually killing more people than it is saving."

RETIRED CHIROPRACTOR EARNS M.A. AT 84; HIS THESIS, RADIATION

He's been doing exciting things, meeting challenges, all his adult life. And Retired Chiropractor Frank A. Baker, 129 Shaubut St., Mankato, Minn., has done it again.

Last June 6 during graduation exercises at Mankato State University, he was handed his master's degree in continuing studies. Now there may be

nothing unusual in getting a master's — several thousand probably are earned every year. But you see, Dr. Baker is past 84 years of age.

He completed the graduate studies in 2½ years — with a 3.726 average — after retiring from a successful 50-year practice in the Southern Minnesota city upon learning he had developed ab-

dominal cancer. He maintains a superb mental/spiritual/emotional outlook, kidded with a reporter that he has "one foot in the grave and the other on a banana peel."

Interviewed by a Mankato *Free Press* reporter, the agile-minded scholar/physician noted that tolerance is an important key in balanced living. He appreciates it in others, and as Writer Jon Holten said, "it's a strength he's built up in himself."

An avid reader all his life (Nov. 1976 *Bulletin*), he believes education promotes tolerance — at least in his case. But there may be one thing he has trouble being tolerant about: nuclear power. After his son-in-law, a nuclear physicist, died of overexposure to radiation, Dr. Baker started looking into that subject. In fact, he did his thesis on nuclear energy, among his data more than 1,000 newspaper articles he had

collected.

He calls Hiroshima "pathetic." And when it comes to the Northern States Power Company's drive for nuclear energy, he says simply, "Don't quote me on them."

His research has convinced him that standards for nuclear power plants — which he dubs "popcorn poppers" — are "unsafe," and that disposal of nuclear waste is "a huge problem without a solution."

Dr. Baker isn't through with classroom work. He's back at MSU, now with the coveted Phi Beta Kappa pin, presented him early in 1980.

IF YOU MAKE a habit of sincere prayer, your life will be very noticeably and profoundly altered. Prayer is the most powerful form of energy that one can generate.

— ALEXIS CARREL, M.D.

STATEMENT OF OWNERSHIP - MANAGEMENT - CIRCULATION

- Title of publication: The National Health Federation Bulletin (ISSN 0027-9420).
- Date of filing: August 18, 1980.
- Frequency of issue: Monthly except that the July and August issues are combined.
- Location of known office of publication: 212 West Foothill Blvd., Monrovia, California 91016
- Location of headquarters or general business offices of the publisher: 212 West Foothill Blvd., Monrovia, California 91016.
- Names and addresses of publisher, editor and managing editor:
 Publisher: National Health Federation, 212 West Foothill Blvd., Monrovia, California.
 Editor: Don C. Matchan, 212 West Foothill Blvd., Monrovia, Calif.
 Managing Editor: Charles I. Crecelius, 212 West Foothill Blvd., Monrovia, Calif. 91016
- Owner: National Health Federation (a nonprofit corporation), 212 West Foothill Blvd., Monrovia, Calif. 91016.
- Known bondholders, mortgagees, and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages or other securities: None.
- The purpose, function, and nonprofit status of this organization and the exempt status for Federal income tax purposes have not changed during preceding 12 months.
- Extent and nature of circulation (Average number of copies each issue during preceding 12 months): A. Total number of copies printed: 46,170; B. Paid circulation sales through dealers and carriers, street vendors and counter sales: 2,723; Mail subscriptions: 41,065; C. Total paid circulation: 38,342; D. Free distribution by mail, carrier or other means: 1. Samples, Complimentary and other free copies: 705; 2. Copies distributed to news agents, but not sold: 0; E. Total distribution (Sum of C and D): 39,047; F. Office use, left over, unaccounted, spoiled after printing: 4,400; Total (Sum of E and F — should equal net press run shown in A: 46,170.
 Actual number of copies of single issue published nearest to filing date: A. Total number of copies printed 45,050; B. Paid circulation — 1. Sales through dealers and carriers, street vendors and counter sales: 2,723; 2. Mail subscription: 29,691; C. Total paid circulation: 26,968; D. Free distribution by mail or other means: 1. Samples, complimentary and other free copies: 300; 2. Copies distributed to news agents but not sold: 0; E. Total distribution (Sum of C and D): 27,268; F. Office use, left over, unaccounted, spoiled after printing: 15,059; total (Sum of E and F): 45,050.

I certify that the statements made by me above are correct and complete.

Dorothy B. Hart
 Executive Vice-President

THIS IS THE NATIONAL HEALTH FEDERATION

The National Health Federation is America's largest, organized, noncommercial health consumer group. It is a nonprofit corporation founded in 1955. Its membership is comprised of men and women in all walks of life, belonging to a variety of religious faiths and political persuasions, and engaged in nearly every profession and trade.

Its members believe that health freedoms are inherently guaranteed to us as human beings, and our right to them as Americans is implied in the words, "life, liberty and the pursuit of happiness." Yet, frequently, these freedoms and rights have been and continue to be violated. Too often, as a result of the unopposed pressures from organized medicine, the chemical industry, pharmaceutical manufacturers, and others, laws and regulations have been imposed which better serve these special-interest groups than the public at large. We see and hear of new instances daily. To name a few: spiraling health-care costs, consumers exploitation by leading industries, excessive devitalization and adulteration of our foods, restriction of certain types of treatment, banning of certain health books from the mails, the harassment of those who advocate natural methods of healing and natural foods, the poisoning of our air, water and soil through greed and carelessness, and many other health-related issues.

The NHF opposes monopoly and compulsion in things related to health where the safety and welfare of others are concerned. NHF does not oppose nor approve any specific healing profession or their methods, but it does oppose the efforts of one group to restrict the freedom of practice of qualified members of another profession, thus attempting to create a monopoly.

The public needs a strong voice, such as the NHF provides, to speak and act in their behalf in these health-related matters. Legislators need your support to balance the pressures exerted upon them by the special interests. The National Health Federation, through a special legal and legislative staff in Washington, keeps its members apprised of all health legislation, opposes inadequate or undemocratic health legislation, while supporting or drawing bills to protect the individual's health freedom.

Will you join us in this worthy effort?

NHF ELECTED OFFICERS

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

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 |
| J. 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. |
| Bruce W. Halstead, M.D. | Lorraine Rosenthal |
| | Kirkpatrick W. Dilling |

STAFF AND ASSIGNMENTS

Clinton R. Miller — Executive Director and Legislative Advocate
 Kirkpatrick W. Dilling — NHF General Counsel
 Address: 188 W. Randolph St.
 Chicago, Ill. 60601
 Phone: (312) 236-8417

Gertrude Engel — Washington Legislative Advocate
 Address: 2450 Virginia Ave. N.W.
 Washington, D.C. 20037
 Phone (202) 293-1707

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

\$12.00 Membership (includes Bulletin subscription)

PRICE FOR ADDITIONAL COPIES OF THIS
ISSUE

50¢ each—4 for \$1.75—25 for \$10.00—50 for \$17.50—

100 for \$25.00

(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!

PLACE
STAMP
HERE

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

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

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

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

UPCOMING NHF CONVENTIONS

Southwest Regional — October 18-19
Dallas Dunfey — Dallas

New England Regional — November 1-2
Civic Center — Hartford, Conn.

26th Annual — January 16-17-18, 1981
Pacific Terrace Convention Center
300 E Ocean Blvd. — Long Beach

HELP SAVE OUR HEALTH FREEDOMS