

A VOICE FROM THE GALLERY

"Whereupon: a voice from the gallery shouted"

Whole # 27

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ALASKA MENTAL HEALTH BILL -- If you have been wondering, as I was, whether our fight against this bill was successful or not, the answer is maybe yes. The bill passed during the final rush in Congress, but most of the specific provisions we were fighting were eliminated. There are numerous references to other laws which are amended in various ways and, without checking each of these, one cannot make any flat statements as to exactly what it means. On the surface it appears to be merely a bill establishing provisions for the care of the mentally ill in Alaska on about the same basis as in the states. One of the main objections is that the Surgeon General of the U.S. is virtually the dictator over all phases of the law and the Surgeon General has, unfortunately, usually seemed to be well under the thumb of the most reactionary elements of the medical monopoly.

Many states, including Ohio, have "mental health" laws which are almost as bad as the original Alaska bill. Here, for example, any doctor or police officer is able to have any person committed for an observation period. In theory they have the right to sue for damages if they can prove that they were wrongly committed but in actual fact it would be practically impossible for anyone to prove that those who had him committed did not have "reasonable cause" for believing him to be in need of mental investigation.

CRYOTONS -- From Ralph Bailey, one of the original readers of the *Voice*, comes an article about the latest successor to the vacuum tube: the *cryoton*. This is a very tiny piece of wire, usually tantalum or niobium, around which another piece of wire is coiled. The whole assembly is so small that a hundred of them will go into an ordinary sewing thimble. They are kept at 4 degrees absolute (about 455 degrees below zero) by means of liquid helium.

The principle of the cryoton was discovered about 50 years ago but, like many other discoveries, has been kicking around the laboratory records ever since for lack of any one who could find a practical use for it. It makes use of the fact that certain metals become "super conductors" of electricity at very low temperatures, and that this property can be destroyed by placing the conductor inside a magnetic field. Thus a small pilot current in the outer coil will cut off the current in the straight wire.

The need of a powerful refrigerating unit naturally eliminates any Dick Tracy radios, or similar gadgets, at the present time. It is to be used in computers, or "electronic brains", and will permit installations which now occupy an entire room to be condensed to about a cubic foot of space (plus the cooling unit.)

BERSERKER BLACKFISH -- Marine experts are at a loss to explain why a school of about 50 blackfish, whale-like mammals which weigh from 300 to 1600 pounds each, cast themselves upon the beach at Key Colony in the Florida Keys. Several of the animals were roped and towed to deep water, but returned to the beach to die as soon as they were released.

There have been other reports of apparent mass suicide by this same species in other areas recently, but none were on such a large scale as the Key Colony one. A large increase in the blackfish population has probably made their usual food scarce, scientists believe. Perhaps some primeval instinct urges them to crawl up on to dry land in search of food, as some other life forms did eons ago.

ANGEL HAIR -- From reader Bob McCubbin of Victoria, Australia, comes word that the "Angel Hair" phenomena is quite common there but, on careful examination, a very tiny spider will be found at the end of each strand. This particular brand of spider, according to naturalists, must escape from its cannibalistic parents so spins a "flight strand" and takes off on the first breeze that comes along.

Written and published at irregular intervals, as time and available material may dictate (and as the spirit may move me!) for free distribution among certain of my friends who are interested in the by-paths which the *Voice* travels.

A Voice From The Gallery is merely the voice of its editor and publisher, and does not represent any organization, group, or "school of thought". It does not have any idea or theory to sell, and is not attempting to prove anything. While the material appearing herein is written by the editor, unless otherwise noted, it does not pretend to be original. If the source is known, due credit is given. Otherwise it probably comes from so many different sources, and represents the combined thoughts of so many different people, that it would be impossible for me to name them all, even if they were known.

"THOU SHALT NOT" -- Congress was thrown into somewhat of a tizzy when Senators Styles Bridges (R., N.H.) and Earle Clements (D., Ky.) introduced a resolution to endorse the Ten Commandments into the last session of Congress. Some thought it might be in violation of the First Amendment to the Constitution, which says that "Congress shall make no law respecting the establishment of religion", but finally decided that perhaps it was O.K. after the sponsors pointed out that all the great religions: Jewish, Catholic, Christian, and Mohammedan, recognized the basic philosophy of the Decalogue.

Senate officials could not decide which committee should handle the bill until parliamentarian Charles Watkins noted the words "world and nations" and assigned it to the Foreign Relations Committee. The startled committee clerk protested to Watkins that *they* had no jurisdiction over the Ten Commandments, but one Senator opined that they were certainly "foreign" to most Congressmen, so the assignment stood. Congressional adjournment solved the problem temporarily, but the resolution is scheduled to be reintroduced again this year.

FOOD AND CANCER -- If you have the opportunity, I would suggest that you go to your local library and read the article bearing this title which appeared in the October 6, 1956 issue of the *Saturday Review*. It is based on papers read before the Rome Symposium held by the *International Union Against Cancer* and deals with the carcinogenic (cancer producing) properties of chemical additives in foods.

Among the chemicals listed as either definitely harmful or strongly suspect we find: antioxidants, thickeners, artificial sweeteners, detergents, foaming agent of various sorts, artificial flavoring, water conditioners including fluorides, bleaches, salt substitutes, shortenings, pesticide residues, silicones, enzymes, hormones, waxes and resinous or plastic coatings, anti-sprouting agents, foods treated with radioactive or ultraviolet processes, and food colors.

The public is almost without protection here in the U.S., the report reveals due to the fact that the Food and Drug Administration, with its pitifully small staff and inadequate laboratories, must *prove* that a substance is harmful before they can prohibit its use in food. It is very difficult to legally prove medical facts in court, and new additives are being introduced so fast that they can not hope to keep up with them.

Congress is now being pressed to enact legislation which would put the burden of proof on the chemical industry, and make them submit evidence proving that it was safe before they could use it. The industry is, of course, fighting the move and their influence in Congress is so powerful that its passage is doubtful.

Frightening as the information in the report is, it becomes even more so when one realizes that this deals with the cancer producing properties only, and does not go into the harm which these things may do in other ways. For example: the Canadian government, which has much stronger pure food laws than we do here, was presented with evidence that stilbestrol, the hormone used to fatten chickens, was likely to cause sterility and might produce cysts in the kidneys, breasts, and ovaries. They immediately outlawed its use in the feeding of food animals. It is still widely used here in the U.S., however. Under our "Pure Food Laws" it cannot be *proven* that it is harmful.

FLUORIDATION FACTS

Last November our young *Falls Pure Water Association* was able to announce that they had succeeded, against heavy odds, in defeating a referendum proposal which would have put sodium fluoride in our water supply. A number of letters asking for more information have been received since then. The drive to fluoridate the public water supplies seems to be nation wide and very liberally financed. I am, therefore, attempting to supply some of the desired information in order to help those who might have the same fight to face in other localities.

It is not suprising that most people will support fluoridation at first glance since its supposed aim, the elimination of tooth decay in children, is something close to every parent's heart. The promotion literature is prepared with all the cunning of some of the nation's foremost advertising copy writers. Most magazine and newspaper editors will reject any anti-fluoridation material, no matter how authoritative the source, as a matter of editorial policy so that only one side of the story is presented to the public. The only way the real facts can be had is by searching scientific reports and reference works in the larger libraries, and the average person simply doesn't have time to do this.

The very nature of the fluoridation campaigns should be enough to at least put any thinking person on guard. If a thing is really good, it is not necessary to employ the high-pressure sales "blitz" tactics of the "con man". Neither do they have to resort to distortions, fake "statistics", half truths, and whole lies.

The 4th Conference of State Dental Directors with the Public Health Service, held in Washington in June 1951, showed that such tactics were considered to be quite O.K. The Conference was supposed to be very secret but mimeographed copies of the minutes fell into the hands of certain Congressmen who made them public.

Dr. Frank Bull, one of the leading proponents of fluoridation, outlined the campaign strategy and trickery in considerable detail. Go into a town and hit it hard and fast, he recommended. Put it across before any opposition can organize. By-pass the medical profession. They usually want to delay things while they investigate. Concentrate instead on the local papers, the P.T.A. and the Jaycees. Then pressure from them will force the doctors to go along. The question of the toxicity can't be successfully answered, so must be dodged. If it comes up, just change the subject, he advised.

Eliminating the propaganda as much as possible, the real facts of fluoridation as we were able to learn them are briefly as follows:

Sodium fluoride is a waste by-product which accumulates during the reduction of aluminum from its ore. It was formerly used to a limited degree in rat poison and insect sprays, but is declining in popularity for such uses because of its deadly poisonous nature, and the fact that safer substances are now available. At best, such use only disposes of a small fraction of the total, and the matter of getting rid of the balance is a difficult and expensive problem, and is daily growing more pressing as aluminum production increases. If the stuff can be sold to municipalities, thus turning a troublesome disposal problem into a profit, it certainly will not make the aluminum producers unhappy!!!

There is some evidence (not supported by all studies, however) that fluorides in small quantities benefit children in a limited age group -- which is usually given as between 6 and 12 years. It hardens the enamel and makes it more resistant to decay. Both the proper amount and the best method of application vary in different individuals, however, so it should be used (if at all) on an individually prescribed basis.

Below the age of 6, when the bones and teeth are in the formative stage, it is very harmful. If continued after the age of about 12, it causes the enamel to be too brittle, and is likely to result in the eventual loss of the teeth. In older persons it appears to greatly increase the death rate from such diseases as high blood pressure, cancer, stroke, heart and kidney ailments, etc. It has also been found that sodium fluoride, which is used for artificial fluoridation, is much more poisonous than calcium fluoride, which is the form in which it is found in naturally fluoridated water. The calcium acts as a "buffer".

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It should be remembered that, except in a few rare cases, a dentist is neither a doctor nor a biologist. Thus they are not qualified by training to evaluate the effect of any chemical or medicine in the human body, and are not allowed by law to prescribe such substances. Therefore, any material on fluorides which has its origin in the dental profession is without value in any genuine scientific study of its safety. Likewise, professional opinion should be rejected unless it is backed up by valid research. Educated opinion (or "authority") is of value if no facts are available. When facts are available, as they are in this case, they must always take precedence over anyone's opinion, no matter how eminent.

To list *all* the references which we turned up would require a book. Following are listed various references which I regard as important, and each of which is the result of scientifically valid study by some person or organization regarded as qualified by their associates. If you have trouble finding them in your own local library, I will be glad to help you secure copies.

The Pharmacology of Fluoride, published in the April, 1950 issue of *The Bur.* This is based on studies made by the departments of chemistry and physiology of Loyola University, Chicago College of Dental Surgery, on the absorption and the retention of fluorides, the effect on carbohydrate metabolism, the pharmacologic effects on various human organs, etc.

University of New Mexico Bulletin #329, Chemistry Series Vol. 2, No. 5. This is a study of the effects of fluorine in the drinking water of New Mexico and is subtitled: *The Menace of Fluoridation To Health.* It deals not only with the destruction of teeth due to "mottling", as a result of drinking fluoridated water, but also goes into the detrimental effect on general health. It is interesting to note that the water in most of the communities studied averages less than the one part per million which the fluoride proponents say is the "safe" amount.

University of Arizona, College of Agriculture, Technical Bulletin #45. A study of the experimental production of mottled teeth in test animals at the laboratories of the university. It does not deal with the aspect of general health but does indicate that continued intake of fluoride will ultimately destroy teeth.

Congressional Record, 82nd Congress, Report #2500. This is the final report of the "Delaney Committee" which investigated the use of chemicals in foods, etc. The daily hearings record the statements of a long parade of experts in science, medicine and biology, the overwhelming majority of whom either condemned fluoridation outright, or cautioned further study before approval.

Of special interest is the statement of the secretary of the American Medical Association to the effect that they did *not* recommend that any community fluoridate its water supply. This is directly opposed to claims by the proponents to the effect that the A.M.A. had endorsed it. It might be of interest to note here that the A.M.A. has just now started its first study of fluorides. Several local bodies have, however, gone on record as against fluoridation.

Robert J. H. Mick, D.D.S. Is the exception to our rule against claims by dentists because he has done actual research work on the subject, and supports his own work with that of other reliable sources. He had articles in *Dental Items of Interest*, in the April and July 1953 issues. Both report experiments which throw serious doubt on both the effectiveness and safety of fluoridation.

Fluorine On Tap. published in *The Land*, spring 1953 issue, by Jonathan Forman, who holds an M.D. among his many degrees. He is also professor of Medical History at Ohio State University and editor of the *Ohio State Medical Journal*. This article cites studies indicating damage to teeth and general health with particular emphasis on danger to diabetics and pregnant women.

He also introduces ethical objections to this as being a program of compulsory mass medication. Similar views were expressed by Dr. W. C. Hueper, U.S. delegate to the recent Rome Symposium, and department chief in the National Institute of Health. Speaking of chemical additives in general, but among which he had named fluorides specifically, he brought out the fact that consumers often had little choice in such matters because there were no alternatives available. They were,

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he said, "members of a 'captive' population which may be subjected to potential, long delayed health hazards which they have neither consented to nor are able to avoid". Other writers have also dealt with this ethical aspect.

Dr. Hueper also included fluorine in his list of cancer starting agents, and explained the ignorance of many doctors on the subject of chemical additives by pointing out that much of the work was of relatively recent date. Knowledge was often "limited to those interested in the scientific aspects", he said, and was not yet fully appreciated by those dealing with the practical aspects.

Chronic Fluorine Poisoning, by Leo Spira, M.D., Ph.D. Published in *Prevention*, June 1954, with numerous "follow up" articles since. Dr. Spira has studied the subject of fluorine poisoning for many years, both in England and the U.S. From these studies he concludes that the average person already has a large fluorine intake from his food and other sources; to the point where many already show the effects of fluorine poisoning. Any additional intake, as from using fluoridated water, would not only be disastrous for these persons, but would also push many of the "borderline cases" over the safe limit.

Many of Dr. Spira's studies dealt with the effect of fluorine on the brain and he had dramatic success in treating inmates of several British mental hospitals for fluorine poisoning. After a short period on a fluorine-free diet many of the inmates improved sufficiently to be released. He offered to repeat this demonstration at any institution in New York which the authorities might select but to date his offer has not been accepted.

The mental institutions are not closed, however, to those who wish to experiment with more fluorine rather than less. Senator H. R. Lundgren held hearings in Massachusetts and tells of a nurse from the Wrentham School For The Feeble-minded who exhibited a tooth without any decay but broken into three pieces and severed at the gum line. She testified that it had come from a young girl inmate who had been receiving experimental doses of fluorides for the past 6 years, and had come out while brushing the teeth. Technical witnesses later testified that this was a characteristic effect of fluorine poisoning.

U. S. Public Health Service. This department has published bulletins regarding the dangers of drinking fluoridated water too numerous to mention here. All such bulletins, it should be noted, were issued before Oscar Ewing, formerly attorney for the Aluminum Co. of America, became head of the U.S.P.H.S. They have since completely reversed their stand and now actively promote fluorides.

They have never made any effort to repudiate or discredit their former statements, however, choosing to merely ignore them in most instances. It is perhaps interesting to note, however, that while the public relations writers in the PHS are trying to promote fluorides, the scientists in another branch of this same department, the Food and Drug Administration, still regard fluorine as a poison, and will not allow the interstate shipment of foodstuffs which contain more than a trace of it. As a result food packers have gone to considerable expense to get fluorine-free water supplies for their processes.

U.S. Department of Agriculture. Various bulletins warn farmers against giving farm animals, particularly pigs, food or water containing fluorides in any form or amount. It is likely to cause miscarriages in brood sows and may eventually make them permanently sterile. The same warning is echoed by various state farm agencies. It might also be added that the same effect has been noted in women in the various fluoridated areas. The number of abortions and dry births invariably rises when communities fluoridate their water.

University of the State of New York, State Education Department. This agency made its own independent survey of the "Kingston-Newburgh Experiment", which is the favorite example and "proof" used by the proponents to show that tooth decay is prevented by fluoridation. This impartial survey shows that the real truth is exactly the opposite. In fluoridated Newburgh 63.4% of the children had decayed teeth, while in fluorine-free Kingston only 41.6% had decayed teeth!

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This agrees with the statistical fact that fluoridated areas almost invariably require more dentists, proportionately, than do non-fluoridated communities. For example: in fluoridated Colorado Springs there is a dentist for each 658 people. Here in non-fluoridated Akron, Ohio there is only one for each 1900 persons.

George W. Heard, D.D.S. Dr. Heard, who practices in Hereford, Texas, is listed because he is the man who started the whole thing!! Fifteen years ago he noticed that the people there had remarkably fine teeth, and suggested that the dental profession send in a team of investigators to find out why. They decided, without making any sort of a study, that it was probably due to the fact that water in that community was naturally fluoridated. But, says Dr. Heard, they did not give any consideration to the fact that most of the people there lived on a very "primitive" and natural diet, with little refined and processed food. The use of white flour, candies, soft drinks, and all the other products of "civilization" has increased since then, and dental decay has increased right along with it, he reports. He is now bitterly opposed to artificial fluoridation.

A couple of years back the fluoride peddlers descended on Mason City, Iowa and Ottawa, Illinois. They gave the citizens the full treatment, and managed to get them considerably worked up about the "terrible condition" of their children's teeth, and how miraculously fluorides in the water would cure it. Then someone tested the water. It was found that the water in both cities already contained 1.3 parts per million of natural fluorides, 3 points over the "magic" number!

The red faced peddlers slunk back to Pittsburgh, or wherever their office was, and local groups began a campaign for ordinary dental hygiene which, according to reports, is producing results far beyond the fluoridator's promises.

If a fluoride promotion team hits your locality, insist that they document the statements they make. They have apparently memorized a sales talk which includes claims that "scientific research proves ...", and "eminent authorities agree .." but they will never name these "eminent authorities" nor give any information on the details of the "research". Also, in any public hearing, insist that all the witnesses be put under oath. At the hearings before the City Council here, those opposing fluoridation were quite willing to testify under oath, and swear to the truth of the literature which they were passing out, but the proponents refused.

It may surprise many contributors to learn that their Christmas Seal contributions may end up financing a fluoridation campaign instead of aiding the fight against tuberculosis.

In our recent fluoridation fight, the local unit of the National Tuberculosis Association was one of the staunchest "front" organizations for the fluoridators and publically announced that its activities in this regard were financed by the Christmas Seal contributions.

A protest to the national body brought the reply that this was approved as one of the legitimate activities of a T-B group. Fluoridation meant better teeth and better teeth meant better nutrition, which built up resistance to T-B!!

The first part of the statement is knocked out by impartial evaluations of the statistics in Newburgh, Hereford, Texas and elsewhere, which show that fluorides in the water do not reduce tooth decay. The second part was also knocked out by an article appearing in the June 16, 1956 issue of the *Journal of the American Medical Association*. This was a digest of an article in the *British Dental Journal* (100:149, 1956) reporting on experiments to discover how much chewing was necessary to permit the body to use the food which is eaten. It concluded:

"It is, therefore, concluded that very little chewing is required for maximum digestion and that a person having a masticatory efficiency of 23% may be expected to be able to digest any of the foods tested."

Thus, good teeth may be desirable for several reasons but, according to this article, have nothing to do with good nutrition and, therefore, cannot in any way contribute to the body's resistance to T-B.