

FLUORIDATION NEWS

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January-March, 1977

The Final Chapter

The Allentown Story

By Emanuel Roth

Chairman, Coalition for Pure Water

This is the story of the successful battle by our Coalition for Pure Water against fluoridation.

The purpose of this article is to touch on some methods we used in our battle. Obviously it will not provide all the answers. Conditions vary in each municipality, and the attack must vary to meet these conditions.

The critical battle against fluoridation in Allentown began on April 7, 1974, when the City Council — 3 of whom campaigned on the premise that they were against fluoridation and then after being elected — voted it in.

In 1963, Allentown had defeated fluoridation in a referendum by an overwhelming 5-1 majority. Understandably, the citizens of Allentown were enraged. The question on the street was "Why have they brought it up again?" Our Coalition, therefore, had fertile ground for immediate support.

By a chronological listing of newspaper stories and headlines during our three-year battle, I will set forth the full battle plan of our offensive.

April 9, 1974 - Our organization, the Coalition for Pure Water, ran a newspaper ad asking the mayor and 3 councilmen to resign for their betrayal of the people. Our ad started with Edmund Burke's sentence: "The only thing necessary for the triumph of evil is for good men to do nothing." We further charged: "They are guilty of a coverup; they are guilty of entry into our legislative halls under false pretenses - they should resign."

We had a coupon attached to the ad asking for contributions to fight fluoridation legally. The money began pouring in.

In May, 1974, we met and organized a city-wide poll on fluoridation. Our questions were formulated to determine the city's feelings about the question. We divided the city into wards; obtained registration lists; researched phone numbers, appointed captains for each area, who recruited phone callers. At the height of our poll, we had hundreds of women calling and we reached 11,000 people. The result: An overwhelming 10-1 victory against fluoridation, and an invaluable list of activists who could now help us in the fight. The city was now polarized into two warring camps. We presented the results of our poll to the Mayor and Council, and demanded that they rescind the ordinance to fluoridate. The poll took all summer of 1974. It was a mammoth undertaking, but it bore fruit. The Evening Chronicle gave our poll front page on Oct. 1, 1974, with a headline: "Fluoride Poll Rebuffs Council. Coalition Demands Rescind Law."

When the pro-fluoridationists began to make their usual tired noises about fluoridation being "safe and effective" we hired an attorney, William H. Platt, a quiet, thorough and knowledgeable young man (now district attorney of our Lehigh County). We had meetings and planned our legal strategy.

In April of 1974 we filed 2 actions against the city: a mandamus action to force the city into a referendum and express its wishes on fluoridation and an initiative petition for the removal of city officials from public office by recall.

We appeared before City Council and declared: "Your first obligation is to listen to the people. Why are you afraid to ask the people? Why are you afraid of a referendum?"

We appeared before civic associations in the city when City Councilmen were present, drummed up support and agitated against the administration.

During one of those meetings, one of our activists, Edith Stutzman, stood up and attacked several councilmen present: "You are forcing your way into my house through the water pipes. This is a criminal act."

May 17, 1974 - The Coalition entered the primary election fight in an attempt to influence voters to select anti-fluoridation candidates. Our ad ran in the newspapers: "Voters Caution - Select your candidates with care. They may be hazardous to your rights."

We activated our phone calling team, made thousands of phone calls, and were instrumental in defeating 3 pro-fluoridationists.

June 27, 1974 - Headline in the newspaper: "Coalition Loses Fluoride Appeal." The Pennsylvania Environmental Hearing Board sustained the fluoridation permit for Allentown.

Attorney Platt and some key witnesses - Dr. U. L. Monteleone, an anti-fluoridation Allentown dentist, and Dr. John Yiamouyiannis, of the National Health Federation, presented our case before the Pennsylvania Environmental Hearing Board. Bill Platt did a brilliant job for the Coalition. But we could not move the bureaucracy.

We announced: "We have lost a minor skirmish. We shall not be deterred. The people will ultimately decide who will win, not the Courts."

In the ruling, however, we had won a vital point. Platt forced a key, which we had won the other side, a professor of chemistry, to admit that fluoride emissions from water plants were poisonous. The Environmental Board in its ruling mandated that the City must install a venting device which would prevent hydrogen fluoride from being released directly into the atmosphere. This point arose again and again to haunt the city, since they had no engineering drawings for such a device. We were determined not to give in on this point.

July 19, 1974 - The Coalition decides to appeal the Board ruling. Headline: "Antifluoridationists Carry Fight to State Court."

Dec. 29, 1974 - Letter to the Editor: "The Coalition renews its demand initially presented before City Council. If Drs. Barrett & Gross (two pro-fluoridation lobbyists) will lay bare their funding and their finances, the Coalition offers to do the same."

Oct. 3, 1974 - Headline: *Rescind Fluoridation, Council Urged.*

Oct. 13, 1974 - Anti-Fluoridation Group Defends Poll.

Oct. 23, 1974 - Headline: *Fluoridation May Go Down Drain.* A majority of the members of the Allentown water authority opposes fluoride in the water, and the authority owns the water system.

Feb. 1975 - Letter to the Editor: "The people of Allentown will not be fooled again by diffuse statements, fence-straddling, election-time charisma and hand-shaking."

March 11, 1975 - Fluoridation Foes Find New Weapon - Safe Drinking Water Act.

Aug. 15, 1975 - Coalition to challenge ban on referendum.

Aug. 19, 1975 - Fluoridation Foes Seek Injunction Against City.

Aug. 20, 1975 - Judge Orders City to Court Over Fluoridation. The Coalition is challenging the legality of bids for fluoridation equipment.

Oct. 22, 1975 - Tanks to hold fluoride have arrived in Allentown. The Coalition is active against pro-fluoridation candidates in the November election. One ad shows the tanks - "If you want these tanks filled, vote for pro-fluoride candidates."

Oct. 30, 1975 - Fluoride Called #1 Council Issue.

Nov. 3, 1975 - Coalition urges defeat of pro-fluoridation Councilmen.

Nov. 24, 1975 - Dr. Yiamouyiannis, in a visit to Allentown, castigates the National Cancer Institute for covering up fluoride-cancer correlation.

Nov. 25, 1975 - Anti-Fluoridationists Launch Drive for Repeal.

Dec. 7, 1975 - Coalition accuses Dr. Tremblay (a pro-fluoridation ecologist) of whitewash in evaluation of Congressional Research Service study of low level pollutants in the environment.

Dec. 3, 1975 - The Coalition for Pure Water today condemned Allentown's use of water bill mailings to promote a one-sided view of fluoridation.

Jan. 7, 1976 - Fluoride Foes Carry Fight to State Court.

Feb. 25, 1976 - Coalition to Appeal Fluoride Ballot Ruling.

March 13, 1976 - Pro-fluoridationists threaten legal action unless Mayor acts.

(While our legal challenges were being aired in court, the Mayor announced he would not implement fluoridation until the legal issues were resolved. The pro lobbyists were livid since he did not see fit to begin fluoridating. Our Coalition's strategy was to keep fighting, keep it out of the water, since we know from Lebanon's experience, once the water is in the water, it's next to impossible to remove it.)

March 25, 1976 - Mayor Won't Fluoridate Until Laws Settled.

April 9, 1976 - Fluoridation Foes Going To Top Court.

April 10, 1976 - State Court Asked to Bar Fluoridation.

May 22, 1976 - Health Board Will Sue City for Not Fluoridating.

June 5, 1976 - Health Bureau Sues Allentown to Compel Fluoridation.

June 11, 1976 - The Coalition holds a raffle and dance to raise legal defense funds. Hundreds attend. The advertising program for the dance states "In this Bicentennial Year, the battle against the evil of fluoridation is but an extension of the victory over tyranny in 1776."

Continued on Page 2

Fluoride

Poisoning in Children

"Danger: Fluoride Poisoning in Children" is the title of an article in *Modern Medicine*, November 1976, p. 128, co-authored by Robert Yolken, M.D., Philip Konecny, M.D. and Paul McCarthy, M.D., Yale University, New Haven, Ct. Acute fluoride poisoning. *Pediatrics* 58:90-93, 1976.

"Fluoride poisoning remains a serious environmental hazard for both children and adults, since fluoride excess can have an adverse effect on many organ systems.

"Ingestion of fluoride salts causes irritation of the gastrointestinal tract while inhalation results in inflammatory changes in the lungs, which can progress to pulmonary emphysema. In systemic absorption the ion binds to circulating calcium causing severe hypocalcemia, tetany, and cardiac arrhythmias. A direct toxic effect on the central nervous system leads to stupor and coma with subsequent respiratory failure."

Much of the article deals with the difficulties of diagnosis, tests which will help the diagnosis and how to switch fluoride symptoms.

Switch in Thinking

New scientific evidence about iron and fluoride supplementation is casting doubt on advice once given to parents. This report appeared in the *Los Angeles Times* of Sept. 23, 1976, by Rose Dosti, Times staff writer, and also in the *San Francisco Examiner & Chronicle* of Sept. 28.

Dr. Samuel J. Forman, professor of pediatrics at the University of Iowa College of Medicine, reported on new findings in the field of early childhood nutritional research at a symposium sponsored by the Dairy Council of California.

There has been a switch in thinking about fluoride, Dr. Forman said. Mothers formerly were advised to provide fluoride supplements to their infants from birth onward. However, he no longer recommends supplementing babies' diet with fluoride. "There's no way to know how much fluoridation is in infant foods. Manufacturers of formulas use water with varying amounts of fluoride. You could buy two jars of the same brand of formula and the fluoride content could be considerably greater in one jar than the other. Excessive intake of fluoride has resulted in mottled, white flecked or spotted tooth enamel," he said.

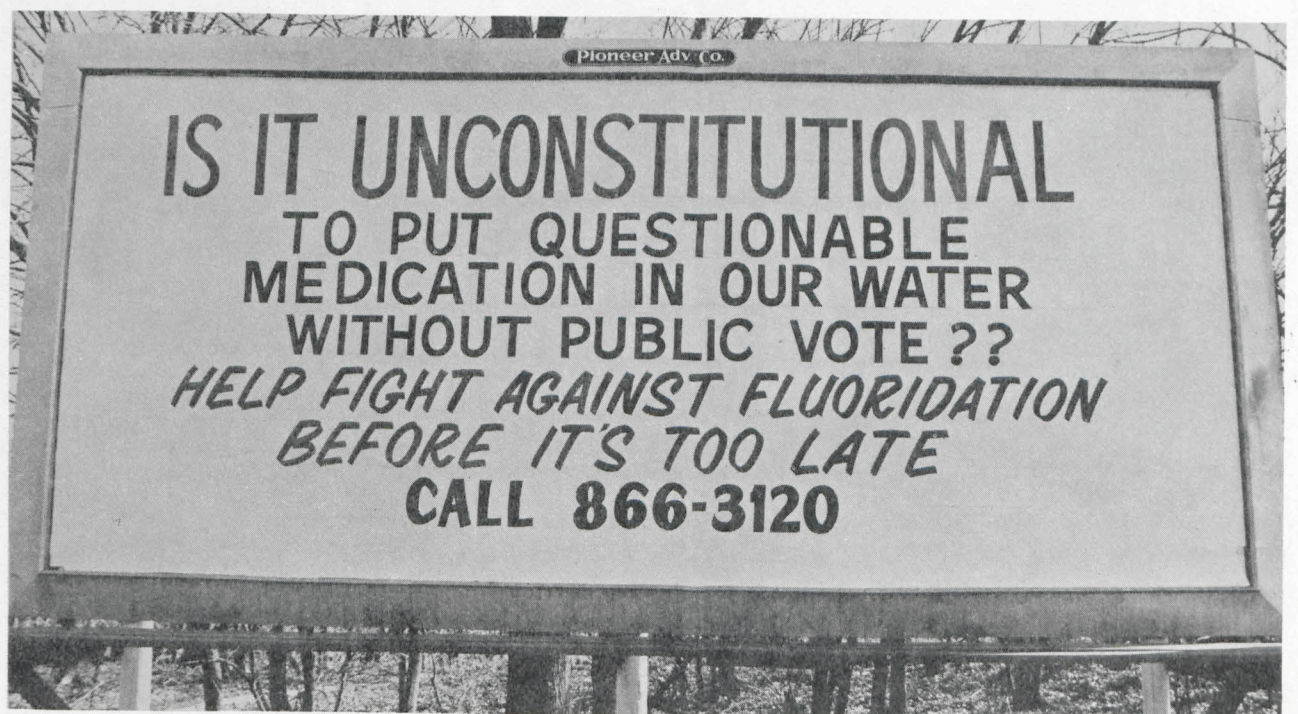
No Go in Denmark

The Danish people want nothing to do with fluoridation, but the promoters are still trying.

The Danish Week of January 18, 1977, reports: "The Danish Environmental Ministry (Miljestyrelsen) has rejected a proposal by the Association of Municipal Communities to fluoridate the country's drinking water."

Denmark's leading national newspaper, *Berlingske Tidende*, Jan 24, gave an account of the dangers of fluoridation in a long 3 column article on pages 1 and 3. They reported research by leading doctors and scientists of physical damage discovered in various parts of the world. Raj Rohlm, a Danish scientist who researched fluoridation, now deceased, would be glad to know that the article said his research. Much of the account dealt with the dangers of industrial and environmental fluoride.

Fishermen in Denmark were grateful that fluoridation was rejected as they had expected serious damage to fish in rivers and lakes, interfering especially with spawning, if fluoride was added to the drinking water.



Rosalyn Anderson of Springfield, Missouri, is doing her share of informing her neighbors of the injustice of forced fluoridation. Although the question is not up before the electorate at the present time she financed the billboard, pictured above, as an educational project.

When men are the most sure and arrogant, they commonly are the most mistaken.

—David Hume

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Ethel H. Fabian Editor and Publisher

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Briefs From Britian

According to the Newsletter of the British National Pure Water Association, their country has its fair share of dictatorial health officials. Dr. Kemp McGowan of the South West Regional Health Authority is quoted as saying: "I'm pretty sure if we had a referendum people would vote against it (fluoridation). But we must not take too much notice of that. We must do it to save people from themselves." Dennis Waite, Health Authority Chairman in Calderdale is also quoted: "We are the authority. If people do not like the set-up that's fair enough, but we are appointed to do what we think is right."

* * *

The Newsletter also reports a tremendous upsurge of public opinion against fluoridation. Seven Berkshire doctors and scientists have joined forces to counter plans to put fluoride in the county's water supplies. They oppose the measure for ethical, scientific, medical, economic, moral, ecological and psychological reasons. They are Francis Aylward, Professor of Food Science at Reading University; Derek Bryce-Smith, Professor of Organic Chemistry at Reading; John Davis, a consultant bacteriologist; Conrad Latto, a consultant surgeon at Reading's Royal Berkshire Hospital; his brother Gordon Latto, a physician; Ferry Pilzer, a Henley dental surgeon, and Hugh Sinclair, a visiting Professor in Food Science at Reading University.

* * *

The Isle of Wight Area Health Authority recently voted 11-2 against treating the Island's water supply. The North Tyneside Area Health Authority voted 11-4 against fluoridation on September 23, 1976.

REJECTIONS FOR 1976

The following list of communities in the United States and other countries rejected fluoridation in 1976.

CALIFORNIA		
	No	Yes
Sacramento 11/76	City Council 7 to 5	
INDIANA		
Linton 9/14/76	Rejected by Council	
Tell City 11/2/76	2,379	1,746
MAINE		
Augusta 11/2/76	4,739	4,225
Portland 11/2/76	15,469	10,944
South Portland 11/2/76...	6,711	4,290
Westbrook 11/2/76	4,626	2,758
MICHIGAN		
Cadillac 11/2/76	2,259	2,183
Ewardsburg 3/8/76	97	29
NEBRASKA		
Ashland 5/11/76	269	121
Johnson 5/11/76	123	46
MISSOURI		
West Plains 9/13/76	Rejected by Council	
WISCONSIN		
Brillion 11/2/76	924	490
St. Nazianz 11/2/76	201	194

CANADA

Alliston, Ontario 12/6/76	1,055	403
High River, Alberta 2/23/76	624	140
Fort Erie, Ontario 12/6/76	4,538	3,396
Fort Nelson, B.C. 11/20/76	319	127
Manitouwadge, Ontario 12/6/76	749	253
Thunder Bay, Ontario 12/6/76	23,030	14,406
Yarmouth, Nova Scotia 10/19/76	1,161	980

ENGLAND

Isle of Wight 9/76 Rejected by Health Authority 11-2
North Tyneside 9/76 Rejected by Health Authority 11-4

NETHERLANDS

August 31, 1976, all fluoridation stopped by Royal Decree. With the decree's publication on September 23, 1976, all permission to fluoridate were cancelled.

NEW ZEALAND

Picton 3/1975 (postal vote) 958 397
(see story July-Sept. 1976 NFN)
Temuka 8/16/76..... Rejected by Council
(Please send information of any rejection in 1976 not listed above. They will be printed in the next issue.)

News Briefs

A local chiropractor, Thomas G. Jessiman, together with Daniel S. Gleeson conducted a campaign against fluoridation. Dr. Jessiman said he launched his campaign because he felt there was "another side" of the story to be told.

Town	Date	NO	YES
Thunder Bay	Dec. 6, 1976	23,030	14,406
Manitouwadge	Dec. 6, 1976	749	253

Leak in Lethbridge

The Lethbridge, Alberta, Canada, fluoridation storage tank containing 4,000 gallons of acid, was found to be leaking on Sept. 28, and the fluoridation equipment was shut down immediately.

The tank had been installed in August, and Irv Fraser, sewerage and waterworks engineer for the city, said the tank, which stores a 25 percent concentration of hydrofluosilicic acid, was expected to have a 10-12 year life expectancy.

Mr. Fraser reported October 15 that a section of the tank will have to be cut out and rewelded and the rubber lining revulcanized. The corrosion leak was due to what is referred to as a "holiday" in the interior lining which simply means there was an absence of protective coating, he said.

All is Well in Alliston

There is "overwhelming evidence" that fluoride reduces tooth decay in children by at least 60 percent, Dr. Bruce Hudgins, Alliston, Ontario, dentist told the Alliston City Council in February 1975.

On the day of the December 6, 1976, referendum there was "overwhelming evidence" that the voters didn't want their drinking water treated with the controversial chemical: 1,055 No - 403 Yes.

In the campaign that preceded the referendum, Councillor Reeve Peter Cameron placed several informative ads in the local paper and spoke at a meeting of the local Lion's Club. Mrs. Anne Burton of Toronto appeared on a panel discussion on local television and answered phone calls made to the TV station.

Fluoride Too Expensive in Australia

Cost was the factor against fluoridation in the decision of the Gunnedah, New South Wales, Municipal Council.

Installation cost estimates were \$80,000 and another \$20,000 a year to fluoridate. The town clerk said the cost would have increased water rates by 15%.

* * *

Three new councillors elected in Bendigo, Victoria and two in Echuca, Victoria, make both councils strongly anti-fluoridation.

Eight Times NO

For the past twenty-five years the Piscayaquis Observer of Dover-Foxcroft, Maine, has been plugging fluoridation. The eighth attempt failed on March 14, 1977. Before the election the Observer featured a four column editorial speaking highly of the "benefits" of fluoride and carried a full page ad by two Dover-Foxcroft dentists asking for a yes vote.

Following the election the Observer reported, "The second question which would authorize the Dover-Foxcroft Water District to add fluoride to the public water supply failed to gain voter approval by a 375-584 margin."

Bernice Sterling and Helen K. Campbell, co-leaders of the Concerned Citizens of Dover-Foxcroft, by-passed the Observer this time by not writing letters to the editor or placing ads. The Committee concentrated on direct mail advertising four days before the election and spot announcements on the local radio station.

Free Safe Drinking Water Too Popular

Lake Forest Park, a suburb of Seattle, Washington, has a population of 2,530. The 2,530 residents drink artificially fluoridated water because the town gets the water supply from Seattle, fluoridated in 1969.

Back of the Lake Forest City Hall was a faucet from an untreated artesian well. An elderly resident asked the town officials if he could take some of the well water home for his wife. The word got around that fluoride-free well water was available back of the City Hall. Soon the faucet was in constant use and on Saturdays and Sundays there were waiting lines of people with empty bottles and buckets.

The town officials didn't object at first, but when it was pointed out that the water was being dispensed at the expense of district customers who pay five dollars a month, the faucet was capped on Oct. 25, 1976. A coin-operated meter was rejected because it would require expensive equipment. Now the 2,530 Lake Forest Park residents are "enjoying the benefits" of fluoride-treated water unless they can afford to buy bottled water.

Thunder Bay and Manitouwadge

Two towns near Port Arthur, Ontario, defeated fluoridation by large margins.

Thunder Bay voters did not agree with the Minister of Health, Dr. Frank S. Miller, who said that fluoridation is a "safe, economical and effective measure for reduction of dental disease."

The *Chronicle-Journal* was so belligerently pro-fluoridation that they wrote after the plebiscite: "Thunder Bay people are selfish. . . . The children of the poor don't matter a damn to a majority of the voters of Thunder Bay. They are so selfish they won't give 45 cents a year to give kids the sound nutritional advantages of good teeth."

The Allentown Story

Continued from Page 1

June 23, 1976 - The Coalition discovers a gap in the minutes of the Bi City Board of Health which is suing Allentown to force fluoridation. The motion proposing the suit was mysteriously purged from the record. The Coalition contends the lawsuit has no legal basis.

Nov. 30, 1976 - Pennsylvania Supreme Court refuses to delay a State permit to fluoridate Allentown's water supply.

Dec. 1, 1976 - Mayor states "No implementation of fluoridation until all pending litigation has been resolved in the courts."

Meeting with the Mayor: On December 27, four members of the Coalition met with the Mayor at our request. We asked him if he had had time to re-evaluate his position on fluoridation. He said that he had, and that in fact the many studies we had given him proving the damaging effects of fluoridation could not be refuted by medical people to whom he had submitted them.

He said he probably would issue a statement that under no circumstances would he as Mayor implement the ordinance to fluoridate.

We thanked him for his position, but perceived it as a "stay of execution." We could not accept such a resolution since a future Mayor and City Council would then have a ready-made ordinance on hand which they could use to begin fluoridation under pressure from the lobbyists.

We asked for a total withdrawal - rescinding - of the ordinance. He said he would consider it, discuss it with the City Solicitor and members of the Council, and then advise us.

Around Jan 15, he phoned to announce that he was

going to issue a statement, asking rescission of the ordinance, and felt that he had a majority on Council to back him up.

We were overjoyed. The fight against fluoridation in Allentown appeared to be over.

Feb. 1, 1977 - Advertisement "What They Haven't Told You About Fluoridation."

Feb. 3, 1977 - City Council Kills Water Fluoridation.

This outline is necessarily sketchy due to space limitations. The lesson to other communities fighting fluoridation, however, is clear.

First organize. Have the commitment and the will to win. Know that your cause is just.

Study fluoridation, its history, its fallacies, its frauds. Bombard your city officials by phone, letter and personal meetings.

Be a factor in elections; wield your political clout. Provide your city officials with information. (We had three cross-table conferences with pro-fluoridation councilmen.)

Challenge every move your opposition makes. Although the matter never was resolved in court, our challenge to the bids for fluoridation machinery, which we felt were illegally conducted, was one of our stronger points.

Challenge the pro-fluoridationists to cite, recent, long-range objective studies. Do not allow them to parrot policy statements 20-30 years old.

Organize your group to phone, write letters.

Be moderate. Minimize the role of fanatics who make noise without supporting facts.

Expose the pro-fluoridationist lobbyists; there are some in every community.

We would urge groups fighting fluoridation to enlist a broad spectrum of talents.

The Coalition for Pure Water had John Nagy (now deceased) a former lawyer; Jane Kinderlehrer, one of the editors of *Prevention Magazine*; Jack Kushner, president of an electrical supply firm and a gifted speaker; Sidney Brown, head of another Coalition for Health Consumers and an outstanding activist and source of anti-fluoridation information; Dr. U. L. Monteleone, an Allentown dentist and a pioneer anti-fluoridation fighter; Joseph Zeller, a popular State Representative who was instrumental in defeating a mandatory State fluoridation bill; Grace Gerencher, a tireless watchdog and information coordinator; two politicians, City Councilman Alton W. Frey, Jr., a school administrator, and Robert Bainbridge, an insurance adjuster. My role as chairman of the Coalition was to orchestrate and coordinate, and although my business experience helped in organization, my training in newspaper work was a tremendous help in writing and disseminating information.

The most important ingredient was a tireless and deeply committed group of men and women who went door to door, rang doorbells, distributed circulars, made thousands of phone calls, sold tickets, and made themselves available for any and all assignments. A letter carrier finished his rounds, then started anew carrying our circulars. Sylvia Mayo drafted her children and worked both sides of every street. The tales of our group's commitment are legion.

The moral of the story is - fluoridation can be beaten!

FLUORIDE

The Environmental Pollutant and Health Hazard

By Casimir R. Sheft, D.D.S.



Dr. Casimir R. Sheft is a summa cum laude graduate of the University of Maryland Dental School (Class of 1944) and had the honor of being appointed an Instructor of Clinical Operative Dentistry in his senior year.

He is a member of Dentistry's highest honor society, Omicron Kappa Upsilon, and also of the Gorgas Odontological Honor Society. He was a member of the American Dental Association for 33 years and is a member of the International Society for Fluoride Research and a Fellow of the Royal Society of Health of England. He is President of New Jersey Citizens Opposing Forced Fluoridation and Secretary of Americans United to Combat Fluoridation.

He served as a member of a Board of Education for six years; as a member of a Youth Guidance Council for five years; and a member of a Juvenile Conference Committee also for five years. He has donated twenty years of dental service to the orphans at the Immaculate Conception Orphanage in Lodi, New Jersey.

Dr. Sheft was the recipient of the "Liberty Award" presented by the American Congress of Freedom. The citation read: "For the performance of outstanding service in a meritorious effort to restore individual freedom and states' rights, as originally guaranteed by the Constitution of the United States, so that future generations may once again enjoy the God-given blessings of Liberty."

Dr. Sheft was also awarded a "Certificate of Merit" for "Distinguished Service in Public Health and Ecology" by the Board of Directors of the Dictionary of International Biographies in which he is a biographee. He is also a biographee in Marquis' "Who's Who in the East"; "Who's Who in New Jersey"; "Who's Who in Community Service" and "Men of Achievement".

He served for three years as a dental officer in the United States Navy during World War II and was promoted to Supervisor of a dental clinic at the Naval Training Station in San Diego only eleven months after his graduation from dental school.

He spent one year as a dental officer at the Naval Operating Base on Saipan and served in the capacity of Chief Dental Surgeon at that Base.

At the present time he is engaged in the active practice of general dentistry in Passaic, New Jersey.

AMA - ACCUMULATIONS IN SKELETAL STRUCTURE

In the *Archives of Environmental Health* of the AMA (May 1963) an article was published entitled: "Accumulations of Skeletal Fluorides and its Implications" which stated: "When inorganic fluorides are ingested in any concentration 50% of it is deposited in the skeletal structures."

A pro-fluoridationist, Dr. Ast, who was the chief researcher of the Newport Study was quoted in the *Public Health Report*, Vol 58; No. 23, published June 4, 1943, as follows: "It is now known that as low as 1 ppm is toxic to man. This is the first evidence of fluorine toxicity."

Yet, another prominent pro-fluoridationist, Dr. Leone (who was the top investigator in the Bartlett Cameron Study) testified in Harrisburg, Pennsylvania, in September of 1974, that the average daily intake of fluoride per person is from 3.5 - 5 ppm of fluoride, and that most of it accumulates in the bones.

The United States Department of Agriculture has long recognized that fluoride is a dangerous pollutant of our environment. A booklet published by that Department (Oct. 1971) entitled: "Environmental Pollution by Fluorides" states that: "...livestock forage accumulated enough fluorides to be a potential hazard to livestock." That booklet also states that: "...Fluorides in animals tend to be ... accumulated in the teeth and skeletal tissues. In acute cases, excessive fluorides have caused skeletal fracture and disintegration of teeth, associated with severe pain ... Ingestion by animals of fluoride-contaminated forage can lead to fluoride accumulations of 5,000 ppm or more, at which levels severe fluorosis can occur." Fluorosis is defined in the *Medical Dictionary* (19th Ed.) as: "Chronic poisoning with fluorine."

In our industrial era human beings increasingly have been exposed to fluoride from multiple sources. In view of the narrow margin between tolerance and toxicity from fluoride accumulation, serious consideration should be given to the total sum of exposures: (1) to airborne fluoride of industrial origin, and its effects on soil and food plants, including the biological conversion of inorganic fluorides to more toxic organic fluorides; (2) to fluoride-containing fertilizers, pesticides and pharmaceuticals; (3) to water-borne fluorides, including fluorine wastes discharged into waters, and most of all, water fluoridation and its effects on food and beverages.

DIAMETRICALLY OPPOSITE VIEWS

The water fluoridation controversy is the most controversial and divisive issue ever to confront our political and health communities. It has turned dentist against dentist, physician against physician and politician against politician. Why is this so? How can there be such a wide divergence of opinion on this subject? How can one group claim that fluoride is a harmless, healthful, essential and beneficial "nutrient" while the opponents make the diametrically opposite charge that fluoride is actually a highly toxic, cumulative poison to all forms of plant and animal life — including human life. Let's look at the facts:

FACTS FROM RELIABLE SOURCES

The Random House Dictionary (p. 1352) describes sodium fluoride as "a colorless, crystalline, water soluble poisonous solid, used chiefly in the fluoridation of water, as an insecticide and as a rodenticide."

The Encyclopedia Americana (Vol. 25; p. 221) describes it as "...a poisonous insecticide for poultry and dogs."

Van Nostrand's Scientific Encyclopedia (4th Ed.; p. 1643) states that: "Sodium fluoride is used as a poison for rats and cockroaches."

The British Medical Journal (Oct. 25, 1963) reported that: "Sodium fluoride destroys certain enzymes of the body, and so upsets normal metabolism."

Dr. Alfred Taylor of the University of Texas found that sodium fluoride even in such very low levels as one part in twenty million stimulated the growth of cancer cells in mice. (*Proceedings of the Society for Experimental Biology & Medicine*, Vol. 119; p. 252; 1965).

Epidemic skeletal malformations have been reported among people drinking water containing as little as 0.8 ppm of fluoride in Lebanon. (*Archives of Environmental Health*, May 1963).

One percent of the children under ten years of age and pregnant women could not tolerate even the low-level dosages of fluoride that have been recommended by public health officials. (Feltman & Kosel: *The Journal of Dental Medicine*, Oct. 1961).

Independent studies by at least six groups of scientists have shown that fluoride causes hardening of the arteries even in young persons.

The U.S. Dispensary (24th Ed.; pp. 1456-7) states that: "Fluorides are violent poisons to all living tissues because of their precipitation of calcium. They cause fall of blood pressure, respiratory failure and general paralysis."

Both the Food and Drug Administration and the National Research Council have recognized the toxicity of fluoride by establishing maximum safe levels of total daily fluoride intake. The uppermost daily "safe" limit for adults is now set at 3 mg (and 2 mg for young children). What happens if an individual's intake exceeds those "safe" fluoride levels? A world-renowned authority on fluorides sums it up in his classic book, *Fluoride Intoxication* (Arnold Busch, Copenhagen, 1937): Effects on teeth and bones, arthritic-type abnormalities of joints and tendons, anemia, skin and eye symptoms, degeneration of organs including the kidneys and bone marrow, as well as gastro-intestinal and neurological symptoms."

REJECTED BECAUSE OF HEALTH DANGER

Because of its toxicity and danger to health, fluoridation has been rejected in Austria, Italy, Spain, France, Sweden, Denmark, Norway, Switzerland and the Netherlands.

A new study shows a marked increase in cancer deaths in fluoridated cities as compared to non-fluoridated cities. This study was confirmed and verified by Dr. Dean Burk, who was a chief chemist and cancer researcher for the National Cancer Institute for thirty-five years. This study revealed that there are 25,000 or more excess cancer deaths in this country per year attributed to fluoridation. Congressman Delaney of New York is calling on Congress to halt fluoridation pending further studies relating to its safety.

Dr. Albert Schatz, a Temple University science education professor and discoverer of the antibiotic, streptomycin, says that fluoride toothpastes are slowly polluting the environment; superphosphate fertilizers are adding more fluorine to the soil; and the fluoridation of drinking water may be responsible for several diseases, including cancer.

"An analysis of official health statistics from Birmingham, England, has shown that death rates from cancer were greater after artificial fluoridation of Birmingham drinking water was begun in 1964," said Dr. Schatz, "and scientists in other countries are also concerned."

The Swedish parliament in 1971 (and also the Supreme Court of the Netherlands in 1976) revoked the law allowing communities to fluoridate their drinking water. Dr. Schatz said, because fluorine can be a serious health hazard. In 1964, the Ministry of the Interior in Denmark prohibited fluoridation of drinking water in that country.

As recently as 1970 Soviet investigators expressed the possibility that fluorine in drinking water might cause cancer.

Dr. Schatz noted that Japanese scientists had found a correlation between the fluorine content of rice and the death rates for gastric cancer, and also geographical and annual correlations between these death rates and the amount of phosphatic fertilizer applied to the rice paddies. Phosphatic fertilizers contain fluoride. Dr. Schatz said: "We believe that fluorine in fertilizers, toothpastes and drinking water must be given the most serious consideration because fluorine is a carcinogen and a health hazard in many ways."

DANGEROUSLY HIGH INTAKE OF FLUORIDE BY INFANTS

Since fluoride readily accumulates in bones, any food items made with bone meal, especially from older animals, must be considered significant sources of fluoride. Many people take daily dietary bone meal supplements - which can take daily dietary bone meal supplements - which can take daily dietary bone meal supplements - which can take daily dietary bone meal supplements. A popular infant cereal, which was originally prepared from bone meal, contained as much as 18 ppm of fluoride. Now phosphates containing much less fluoride have been substituted for bone meal in that product and its fluoride content now ranges from 1.33 to 2.12 ppm. However, it is still an extremely high intake of fluoride for the small body weight of a baby, especially since a baby will drink a quart or more of fluoridated water (in milk formula) per day in addition.

If the child is hypersensitive or allergic to fluoride this high daily intake of toxic fluoride could be extremely hazardous. The small body size of a new-born baby creates great danger in the disproportionate ratio of ingested fluoride to body weight. That is, the ingestion of one milligram of fluoride into the body of a six-pound infant is the same ratio equivalent to body weight as thirty milligrams of fluoride ingested by a 180-pound man. Since a new-born baby will drink as much as 32 to 40 ounces of water per day in its milk formula, juice, etc., this means that at least one milligram of toxic fluoride is consumed by the baby each day. In fact, a good deal more than 1 mg of fluoride is consumed daily by bottle-fed babies since the formula was boiled down in order to sterilize it, and boiling of fluoridated water will concentrate the fluoride content, since in boiling only pure water is evaporated off while the fluoride salt remains. Therefore as the quantity of water decreases, the formula becomes more concentrated.

MILK FORMULAS IN FLUORIDATED AREAS

A worrisome fact is that the four largest manufacturers of infant formula milk are located in fluoridated areas, and that the resulting milk formulas contain 20 to 100 times the amount of fluoride that is found in mother's milk! A very high fluoride content is also found in most solid baby foods (which are processed with fluoridated water) and which adds considerably to the baby's total daily fluoride intake. If a baby happens to be allergic or hyper-sensitive to fluoride could this large daily dosage of fluoride be fatal to that unfortunate child? Could this possibly be the cause of Sudden Infant Death (Crib Death)?! A truly objective and scientific investigation of this very real possibility must be made.

BAN ON PRE-NATAL FLUORIDE USE

In October of 1966 the Food and Drug Administration banned pre-natal fluoride products because of the possible danger to unborn babies. If pre-natal fluoride ingestion by way of a carefully controlled tablet dosage was considered dangerous, how can the consumption of uncontrolled quantities of fluoridated water and foods by pregnant women (or babies, or anyone!) be considered safe? How can such a real and extremely serious health hazard be ignored (and even sanctioned!) by our health authorities?!

A U.S. Department of Agriculture Research Service domestic animals exhibited fluorosis, several cases of human fluorosis were reported, the symptoms of which were one or more of the following: dental mottling, respiratory distress, stiffness in knees or elbows, or both, a skin lesion, or high levels of fluoride in teeth and urine. Man is much more sensitive than domestic animals to fluoride intoxication."

SOURCES OF FLUORIDE

It must be remembered that everyone is continuously ingesting fluorides daily whether or not his drinking water is fluoridated. We take in fluoride by way of plants (vegetables and fruits) which have picked it up from the soil through their roots (and also their leaves if fluoridated water is used to water the plants). We pick up fluoride by way of our lungs, since polluted air contains hydrogen fluoride gas and fluoride particulates, which are contained in automobile exhaust, burning wood or coal, and factory smoke.

In the past three decades fluoride discharges from more than fifty major industries have steadily increased the level of fluoride contamination in the air. And yet - even though most all major European nations recognize hydrogen fluoride gas as the most dangerous contaminant of polluted air - our own Environmental Protection Agency does not require the monitoring of hydrogen fluoride in our air! Most important of the fluoride-emitting industries are processors of aluminum, iron and steel, copper, zinc and other metals; manufacturers of tile, brick, ceramics, enamel and glass; the petroleum industry, and nuclear power plants.

DONORA, PA. DISASTER

The worst smog disaster which ever occurred in our country was at Donora, Pennsylvania, in 1948 in which 6,000 of the 13,000 residents became ill and twenty died. A large Alcoa aluminum plant is located in Donora. An independent study for the Borough of Donora by Philip Sadler, reported in the *Chemical and Engineering News*, 1948, showed that fluoride was the major culprit in those deaths. In the blood of the victims of that disaster, fluoride concentrations were 12 to 15 times higher than in the blood of normal persons. Vegetation north of Donora was severely damaged. Herbivorous animals in the region showed evidence of fluoride poisoning. Fluoride consumed by cows will find its way into the milk of those cows. It is also found in mother's milk - and is known to pass through the placenta into the unborn child.

PESTICIDE SPRAYS

Fluoride-bearing pesticide sprays to fruit have been shown to raise the normally slight values of that fruit up to 5 to 6 ppm of fluoride. Raspberries grown in San Jose showed 54 ppm of fluoride, almost eight times the maximum allowable level established by the FDA. Even after washing and soaking them in a special de-ionized water, a solvent unavailable in homes or restaurants, the mean level of fluoride was 25.8 ppm.

When it rains in a smog-ridden, fluoride-polluted area, the rain water takes up small amounts of fluoride from the atmosphere. An analysis of rain water in some

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FLUORIDE

The Environmental Pollutant and Health Hazard

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air-polluted areas showed up to 3.4 ppm of fluoride. This fluoride-polluted rain water is then carried into the soil and picked up in turn by the vegetables, fruits and other growing vegetation. How much fluoride is present in a certain food item depends upon where it was produced, whether it was grown in dry or wet season, on the method of processing and preparation, and on many other factors. Plants receive their fluoride from two sources; the soil and the air. They will pick it up through their roots and also through their leaves. Airborne fluoride accumulates in plants and can concentrate in their leafy portions by a factor of 2 to 260-fold without any visible sign of the contamination.

Sea food and fish are very rich in fluoride content. The large percentage of calcium in their bodies attracts fluoride. Drs. Lee and Nilson pointed to the wide variation in fluoride content of a given variety of fish. In one piece of mackerel they found 1/5 of one part per million; in another 84.47 ppm.

Chemical preservatives, additives and insecticides constitute additional sources of fluoride in food. A large-sized apple sprayed with a fluoride-containing insecticide provides, on the average, as much as 1 mg of fluoride, according to Dr. M. C. Smith, University of Arizona, Department of Agriculture. Leafy vegetables, such as lettuce, cabbage and fruit are especially subject to damage from air contamination. Tea ranks highest among food items with respect to its fluoride content. It contains from 3.2 to 400 ppm of fluoride.

FLUORIDE CONTENT OF FOODS

Some foods and their fluoride content are: Grain, about 1 ppm; citrus fruit 0.12 to 0.36 ppm; nuts 0.3 to 1.45 ppm; beer 0.2 to 1.2 ppm; bone meal 2.46 to 777.0 ppm; dry meat 3.3 to 7.7 ppm; fish 1.0 to 8.0 ppm; (dry fish up to 84.5 ppm); milk 0.09 to 0.35 ppm; cheese 0.16 to 1.31 ppm; peaches 3.2 to 21.9 ppm; apples 2.0 to 4.5 ppm; orange juice 3.12 ppm; carrots 5.0 ppm; spinach 16.0 to 20.3 ppm; celery leaves 77.0 to 135.0; chicken 12 ppm; and milk from an air-polluted area 3.2 ppm. Even dry cereals are contaminated with fluoride. One popular breakfast cereal had a fluoride content of 6.2 ppm and another 10.1 ppm. Cigarettes contains as much as 25 ppm of fluoride; table salt 0.42 ppm; ragweed pollen 3.62 ppm; timothy grass pollen 3.03 ppm; fertilizers as much as 41 ppm; and asbestos, as much as 579 ppm. (Could fluoride be the actual carcinogenic factor in asbestos?) Fluoride-bearing pesticide sprays applied to fruit will raise the fluoride content of that fruit as high as 5 to 6 ppm.

These facts point up the insurmountable difficulties faced by those attempting to determine how much fluoride a person consumes in a twenty-four hour period. No one can possibly predict how much fluoride a given person will consume daily from food, much less from drinking water and the polluted air. The average American drinks about 200 gallons of liquids a year.

Another important new source of fluoride pollution is from the refining of uranium for nuclear bombs and reactors; and liquified elemental fluorine is being used as a rocket propellant and being hauled around the country in tank trucks. Can you imagine the consequences if one of those tanker trucks should be involved in a wreck?!

FLUORIDE TOOTHPASTE - SPECIAL DANGER TO CHILDREN

Another way in which we absorb additional fluoride is by swallowing some toothpaste residue left on our teeth after we brush with a fluoride toothpaste. For our environmental and health authorities to permit the use of highly toxic fluoride in toothpaste - which many small children eat out of the tube, and others deliberately retain in the mouth after brushing - is a terrible blunder and shows a reckless disregard for the health and well-being of the people. All fluorides are poisonous and should not be permitted in any food products or toothpaste or water. One toothpaste company has the temerity to use sodium fluoride in its product - the most toxic inorganic poison known to man. It is about fifteen times more toxic than arsenic. How can our health authorities be so permissive and oblivious to this extremely serious threat to the health of our citizens? At one time a warning label was required on every tube of fluoride toothpaste which warned of the highly toxic nature of the product and also warned the consumer to keep it out of the reach of children and not to swallow it. For some unexplained reason that warning requirement was rescinded.

TEFLON

Another serious oversight on the part of our governmental health authorities is the permission granted to the manufacturers of Teflon frying pans. Teflon is a fluoride. To cook or fry foods directly on a highly toxic fluoride coating is a potential health hazard and dangerous. The Teflon coating on those frying pans does wear away in time and can then be replaced by means of a special Teflon spray. And just where does that fluoride coating go when it wears off that frying pan? Into your food, of course! There is another oversight and irony to this: The propellant gas used in that aerosol spray can is also a fluoride compound!

AEROSOL SPRAYS

We can also pick up fluoride through our lungs when we use aerosol-type breath deodorizers, hair sprays and under-arm sprays since most of those spray cans are powered by a fluoride compound. This dangerous fluoride compound is also used in air conditioners. It is now becoming more widely recognized as a destroyer of the ozone in our upper atmosphere, but the culprit gas is not called by its rightful name - which is fluoride. It is ironic that our health authorities are so concerned about the harmful effect that this fluoride compound has on our upper atmosphere but seem to ignore the harmful effect of that toxic compound to us all down here in the lower atmosphere.

FLUORIDE IN CONDENSED SOUPS

We pick up concentrated fluoride (up to five times more concentrated than regular fluoridated drinking water) when we open up and consume a can of condensed soup that was prepared or processed with fluoridated water at the factory. In fact, all foods and drinks

processed and canned or bottled with fluoridated water will be contaminated with poisonous fluorides. It undermines our entire food chain. A soup company, for example, will condense its products by boiling and evaporating the water. This, in effect, will concentrate the fluoride since in evaporation only pure water is given off while the fluoride salt remains. Therefore, by reducing the quantity of water the remaining fluoride becomes more concentrated by as much as five times! Then to add insult to injury the person opening that can of soup in a fluoridated water area will add an additional canful of water (fluoridated!) to that already dangerously-contaminated soup product.

HARM IGNORED BY HEALTH AUTHORITIES

Fluoride ingestion has been shown to be hazardous by many eminent scientists, but our health authorities continue to ignore the evidence and even have the effrontery to deny the existence of this documented and abundant evidence. That may be an attempt to protect their public image, reputation and credibility since they have endorsed and promoted the use of fluorides for over thirty years with complete assurances of its safety. In fact, they have resorted to an unconscionable deception. They have deliberately distorted the truth by calling fluoride a "nutrient".

How can anyone determine the total daily fluoride intake of each individual? It is obvious that many people will consume a dangerously toxic quantity of poisonous fluoride each day - especially those who are allergic to fluoride and those whose physical condition or occupation causes them to consume an unusually large quantity of water each day (e.g. diabetics, laundry workers, steel foundry workers, athletes, etc.).

Pharmaceuticals constitute another source of fluoride ingestion. There is considerable fluoride content (up to 16% or more in a number of important drugs, including tranquilizers, cortico-steroids, some preparations used in cancer therapy (ironic, but true), and anesthetics.

EXPERIMENTS WITH ANIMALS SHOW GREAT HARM

As far back as 1964 it was reported that as a result of experiments with animals drinking fluoridated water it was found that cripples were born to the third generation. This alarming fact has been ignored by our health authorities. Additional evidence showing that fluoride causes genetic defects in animals led to an article which appeared in the *Archeological Journal of Environmental Health* (Oct. 1974) which stated that physicians still using sodium fluoride therapy for bone disease should be prosecuted for criminal malpractice. Large daily doses of sodium fluoride have been used and advocated by certain pro-fluoridationists in the mistaken belief that it would serve to harden bone. In fact, it does the opposite. Use of fluoridated Ottawa City water in artificial kidney machines was accompanied by bone diseases, including pain in the bones, arthritic pains in the joints, nerve irritation, knobby growths on some bones and such marked dissolution of bone that spontaneous fractures occurred. Ribs even cracked under the pressure of breathing. (Dr. Gerald Posen, M.D., Ottawa General Hospital; Jan. 1969).

At the American Chemical Society meeting in San Francisco on September of 1976, Dr. Aly H. Mohamed, a professor of biology at the University of Missouri in Kansas City reported that as little as 1 ppm of sodium fluoride in drinking water can produce permanent genetic damage in mice. The chromosomal damage and breakage observed in the study, Dr. Mohamed said, is believed to be the direct result of fluoride's acting on DNA. Mohamed believes that chromosomal changes in the testes could produce profound abnormalities, abortion and still-birth in offspring of the affected animals. Quoting directly from the article on this research report, which appeared in *Chemistry & Engineering News* (September 20, 1976):

"Mohamed believes that the chromosomal changes in the testes could produce profound abnormalities, abortion and still-birth in the offspring of the affected animals. And since the study shows that sodium fluoride produces irreversible changes in chromosomes, even at very low levels similar to those used for drinking water treatment, Mohamed says that sodium fluoride may be considered to be potentially harmful to the genetic system. Mohamed claims that previous studies on the effects of fluorides on people failed to consider chromosomal changes."

The pro-fluoridationists still like to make the fallacious claim that high doses of fluoride will harden the bones of the elderly. Dr. Stare of Harvard was one of the strongest proponents of this therapy. He quoted the original work of his colleague, Dr. Daniel Bernstein, also of Harvard. Dr. Stare has recanted and says that: "We don't really know if fluoridated water provides healthy bones in the elderly." (*Boston Herald Traveler*, April 1972). And Dr. Bernstein, who wrote up and propounded this therapy, now reports that he finds large doses of sodium fluoride causes osteomalacia (which is a softening of the bone) and does not believe that fluoride in high doses is useful to human beings. (*New England Journal of Medicine*, April 16, 1970).

FLUORIDE WASTE WATER AFFECTS AQUATIC LIFE

Increasingly, fluoridated waste water in tremendous quantities is being discharged into rivers, streams and oceans. Large cities are discharging upwards of 150 tons of fluoride per week into their rivers. This contamination build-up of a non-biodegradable poison in our waterways and fishing grounds has been responsible for massive fish kills - but has not been widely publicized. Many fish and fauna concentrate this poisonous substance. This may affect the aquatic form directly or may affect the next organism in the food chain. River water has been found to contain as much as 25 ppm of fluoride.

In his newscast of October 1, 1970, Lowell Thomas announced that: "Scientists at the University of Barcelona in Spain - undertaking to determine the cause of death in a million year-old Java man: Their conclusions: The Java man said to be an apparent victim of fluorine poisoning."

For Your

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BOOKS

1. **FLUORIDATION AND TRUTH DECAY** by Gladys Caldwell and Philip E. Zanfagna, M.D. In over 300 fact-filled, explosive pages, the authors expose the nationwide campaign that led an estimated 100 million Americans to drink one mg. fluoride in every quart of water from cradle to grave. \$3.50
(10 copies \$30.00)
2. **THE FLUORIDE QUESTION - PANACEA OR POISON?** by Anne-Lise Gotzsche. A well-researched, comprehensive, and clearly written book by a highly regarded Danish medical journalist who resides in England. \$2.50
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3. **ARE WE SAFE?** by John Polya. A layman's guide to the controversies over such public health questions as fluoridation, smoking, insecticides, X-rays and cholesterol. \$3.25

BOOKLETS

4. **INCREASED DEATH RATES IN CHILE ASSOCIATED WITH ARTIFICIAL FLUORIDATION OF DRINKING WATER, WITH IMPLICATIONS FOR OTHER COUNTRIES** by Albert Schatz, Ph.D., F.R.S.H. 18 page report from the *Anthony University Journal of Arts, Science and Humanities* Special issue on Fluoridation. The report includes a section which specifically discusses "Implications for the United States." ... \$1.00
5. **CONTROLLING THE POTENTIAL HAZARDS OF GOVERNMENT-SPONSORED TECHNOLOGY**, by Michael Wollen, reprinted from *The George Washington Law Review*. Documented critique of PHS promotion of fluoridation in the face of adverse evidence. 25 cents
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6. Reprint: **DENTAL AND MEDICAL ASPECTS OF FLUORIDATED DRINKING WATER**, by Albert W. Burgstahler, Ph.D. A survey of the "steadily growing number of detailed accounts of adverse findings." 20 cents
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7. **PROCEEDINGS OF THE FOURTH ANNUAL CONFERENCE OF STATE DENTAL DIRECTORS WITH THE PUBLIC HEALTH SERVICE, 1951**. First-hand, inside revelations on how the Public Health Service mounts an offensive for fluoridation. . . . 50 cents
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9. **COMPLETE FILE OF BACK ISSUES OF NATIONAL FLUORIDATION NEWS - A VALUABLE SOURCE OF INFORMATION**. 14 Years - April 1963 to date. \$6.00

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FLUORIDE SHOULD BE REMOVED FROM AIR, FOOD, AND WATER

A million years have passed and fluorine still is not recognized as the deadly hazard that it actually is. In fact, it is being legislated and forced into the bodies of millions of luckless peoples - who are misinformed and lulled into believing that it is a harmless and beneficial "nutrient". Instead of legislating and mass medicating the people with poisonous fluoride, every effort should be made by our government and health officials to remove this highly toxic pollutant from our air, food and water.

CONCLUSION

It is inconceivable that a toxic prescriptive drug listed as a dangerous, cumulative, proto-plasmic poison could be taken by every citizen from the cradle to the grave, sick or well, young or old, and the same dose given to a six-pound baby and a 250-pound man without somebody being harmed!

I do earnestly hope that the EPA will undertake a critical, objective and comprehensive investigation of this extremely serious environmental health hazard. The only sensible and logical conclusion of that investigation would be to stop this madness of mass pollution of our total environment with poisonous fluorides! Only then could we hope for a turning of the tide in our fight against cancer and the innumerable ills that plague mankind and which stem from this wholesale and unrestrained contamination of our once-fair and clean planet.