

READ THIS AND THEN ORDER DR. HARVEY W. WILEY'S BOOK "HISTORY OF A CRIME AGAINST THE PURE FOOD LAW" - \$3.00 - (1930), or "The Legacy of Harvey W. Wiley" by M. Natenberg - (\$3.00). Books sold on ten (10) day approval.

# PURE FOOD and PURE FRAUD

ROYAL LEE



1955 WAS the fiftieth anniversary of the federal Food and Drug Administration, which was brought into existence largely through a 23-year battle by its first chief, Dr. Harvey W. Wiley. Dr. Wiley, now long dead, has been honored by a special commemorative stamp.

In the midst of public praise for Wiley's pioneering, and public thanksgiving over the (supposed) fact that foods, drugs and cosmetics are pure and truly labelled, we are likely to overlook the way in which Wiley's work has been perverted. We may remain ignorant of the way in which the FDA protects the food, drug and cosmetic industries, and the medical monopoly, at the expense of the public it is supposed to serve. We may forget that Wiley himself was ousted for trying to stand up against these powerful interests.

In 1929, in *The History of a Crime Against the Food Law*, Wiley wrote up the story of the colossal crookedness in the Washington scene which had resulted in his ouster and the victory of the makers of counterfeit foods, drugs and drinks. He told how the Coca-Cola Company had for years defied a federal Supreme Court decision banning its product from interstate commerce, and how the FDA had done nothing about it. He told how the FDA had re-interpreted another Supreme Court decision, against the bleaching of flour, into its exact opposite, and thus enabled the powerful milling interests to go on selling bleached flour. He told how the makers of artificial whisky had got the official approval of the FDA to label as "whisky" their counterfeit mixture of alcohol and colored water. He called this ruling "the most astonishing exhibition of illegality ever perpetrated . . . Not only was every decision of the courts violated by this order, but President Taft's specific directions for labeling were also disregarded. . . The dikes that held the swelling floods of adulterations and misbranding of our beverages were broken down and waves of food adulterations swept over and devastated the country."

## White becomes Black

WILEY had no intimation of how the FDA would get laws passed to twist the word "food" so as to make it mean "drug", and thus turn white into black.

In Wiley's day, there was no confusion about the meaning of a food or a drug. Drugs were *poisons*, used only by licensed medical doctors, supplied on prescription by registered pharmacists, both licenses being es-

sential by reason of the dangerous nature of poisons in general and drugs in particular. In *The History of a Crime*, Wiley contrasts the effect of a food and that of a drug. The lethal dose of a drug is a quantity specific for each drug, the normal dose none; the lethal dose of a food is none, the normal dose a quantity specific for each food. In Wiley's day, the official definition of a drug was that it must be a poison.

Nowadays a drug is anything used to treat disease, anything used to prevent disease and anything (except a "device") used to *diagnose* disease. Dr. Elmer Nelson, Chief of the Division of Nutrition of the FDA, said in a recent article that what determines the question of when a food becomes a drug is the intended use—that foods become drugs if they are used to cure, mitigate or prevent disease. Thus, according to the FDA, the only true food is a synthetic or processed food unfit to promote life. And really true, health-building foods are often rated as "drugs."

How does this twisted definition work? It serves (1) to drive off the market genuine whole foods which contain health-building vitamins and minerals, and (2) to eliminate the competition of drugless doctors. Those who gain are the powerfully organized drug companies, the manufacturers of refined and synthetic foods, and the medical monopolists who seek to control all of the healing arts.

A drugless doctor who sets up a food schedule to improve the chances of recovery of any starving or deficient patient may be charged with the "illegal practice of medicine," since he is administering a "drug." This is a very clear way to eliminate all drugless doctors. Many states (Minnesota in particular) have followed the lead of the FDA and are actually classifying as "drugs" all whole natural foods sold as "health foods." They require them to be sold by registered pharmacists, thus driving independent "health food" dealers out of existence.

Food dealers are not supposed to educate the public about the correlation between good food and good health: as the Pure Food laws are interpreted by the Federal District Court of Southern California, it is illegal for any seller of foods to loan or give to his customers *The National Malnutrition*, by Daniel T. Quigley, M.D., *You Can Live Longer Than You Think*, by Daniel C. Munro, M.D., or similar books. In Wisconsin and other states you must have a prescription from a

medical doctor before you can buy natural, unpasteurized cow's milk—another “drug.” It is no wonder that the *Drug Trade News* recently called the Pure Food and Drug Laws “the Magna Carta of the modern drug industry.”

The same perverted reasoning which makes pure foods “drugs,” and therefore unavailable to the general public, makes drugs “foods,” to be forced upon the public. The campaign to fluoridate drinking water is a fine example of this reworking of scientific definitions and facts.

### “Harmless” Poisons

IN THE *Journal of the American Dental Association* (April 1936, p. 574) will be found proof that fluorine compounds are not essential to the health or integrity of the teeth. According to this *ADA Journal*, fluorine in water causes poisonous effects at dilutions of one in a million. Later authorities hold that it can be toxic in amounts fifteen times as dilute. Under the principle established by Wiley, fluorine could not legally be put into any food or drink in any amount, however small. Wiley said that poisons are poisons in any dilution—they act to destroy life in the proportions in which they are used, just like emery powder in a ball bearing. There can be no “harmless” dosage.

The FDA should forbid the use of such poisons. But instead, we find it lined up with the ADA, the AMA, and the U.S. Public Health Service to force fluoridation down our throats. According to these new prophets of public health, poisons in small doses may be used up to the point where they start to have visible toxic effects. Unfortunately, by that time the damage is already done.

To take a poisonous drug voluntarily—believing that in one's particular case, the beneficial effects will outweigh the harmful ones—is one thing. To force others to take it as part of their drinking water is a totalitarian invasion of the privacy of their bodies. Moreover, reliance on fluorine tends to obscure and prevent treatment of the underlying causes of dental caries. As Weston A. Price and many others have shown, tooth decay is primarily a disease of civilization, and is virtually unknown among peoples with well-rounded diets of whole natural foods.

### Eat, drink, & be Underfed

THE “PURE” FOOD we eat, with the blessing of the FDA, is at least as questionable as medicated drinking water. Under the FDA's “newspeak” definition of terms, the only food products which are not potentially “drugs” are the refined, synthetic and counterfeit “death foods” which load the shelves of our supermarkets. By comparison with the damage they do, the adulterated and mislabelled foods and drugs which the FDA does crack down on are relatively harmless.

All refined and synthetic foods are illegal under a seldom-heard-of federal law which imposes a fine of up to \$5,000 for removal from any food of any essential nutrient component. But, to my knowledge, that law has never been invoked against anyone. If the FDA were doing its job under this law, it could stop the sale of 95%

of the “foods” in our markets.

The apologists for the death foods say that there is no evidence that diseases are the result of malnutrition. For them, proof requires a controlled experiment on a few hundred human subjects. They assert that no animal tests are to be accepted because of the difference or reaction in different species. We would all object to such human experimentation. But the evidence we do have from comparative studies of nutrition among different peoples indicates that if we could perform such human experiments, they would demonstrate just what the animal tests show: the pitiful inadequacy of our official protection against impure and counterfeit foods.

If the practical man finds that diseases are far less frequent where there is less use of counterfeit foods, that is proof enough. If animals become predisposed to cancer from eating refined food, I myself do not want any. When I find that heart disease and arthritis are practically non-existent in China (where the typical diet of soybean curd, fresh vegetables and occasional fish or meat is meagre, but still better-rounded than ours), I want to know why those two diseases top the list here. When I find the nutritionist Sir Robert McGarrison reporting that in eleven years of medical practice among the “healthy Hunzas” of the Himalayas, known for their natural diet and their vitality, he saw not a single case of cancer and hardly any disease of any kind, I want to know why we are falling apart and dropping dead from degenerative diseases to which such people are almost immune. The semantic jugglery behind the interpretation of the pure food laws is, I think, one of the biggest reasons.

### This Crime Pays Well

BECAUSE so much money is spent on the advertising of counterfeit foods and drinks, it is hard for most people to realize how their health is being undermined by the food they eat, with the approval of the Food and Drug Administration. It is hard for them to accept the colossal picture of dishonesty to be traced once we look behind the scenes into this matter of counterfeit foods. No newspaper or magazine dares to refuse to cooperate in the vicious racket which exchanges human life for profits. Even such relatively conscientious journals as the *Saturday Evening Post*, which refuses advertisements for alcoholic drinks, accepts one that lies about the effects of refined sugar, that tries to tell us that the calories of sugar are different, and do not “fatten.”

Many people are deceived by longevity statistics into believing that we Americans are healthy and long-lived. It is true that modern medicine has increased our life expectancy at birth by reducing infant mortality and death from infectious diseases. But meanwhile, all the degenerative diseases are increasing, and are attacking at ever earlier ages. Sudden deaths from heart disease, for example, are no longer rare in the 30's, even in the 20's. When we have become victims of cancer, polio, heart disease, diabetes or arthritis caused by nutritional deficiency, it is then too late to act. If we fail to act now, we must pay the price. That price is about twenty years off our lives.