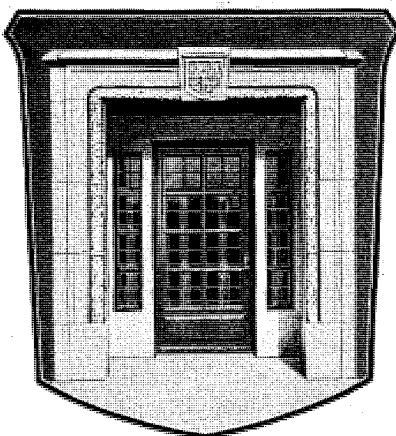


*"How Our Government Subsidizes
Malnutrition and Disease"*

ROYAL LEE



Surprising NEW FACTS about Bread

SURPRISING new facts about the food value of different types of bread are revealed in recent studies reported in one of the leading scientific journals.*

Six groups of female laboratory animals, each subsisting on one of six types of bread and previously used for growth studies** were observed on the same diets until they had produced and weaned their third litters.

Results of these tests during the more critical nutritive periods of gestation and lactation are dramatically presented in the data showing the number of young weaned in the third litter of each group:

<i>Group fed</i>	<i>Per cent weaned of their third litter</i>
nonfat milk bread (6%)	54.8%
enriched nonfat milk bread (6%)	49.0%
enriched water bread	36.4%
water bread	21.1%
whole wheat nonfat milk bread (6%)	7.1%
whole wheat bread†	NONE

Not only does this confirm earlier proof of the superior value of bread made with 6% nonfat milk solids but it furnishes significant evidence (a) of the nutritive superiority of white bread over whole wheat bread and (b) the addition of nonfat dry milk solids to the bread greatly improves its nutritional value while enrichment does not add appreciably to the practical nutritional value of the loaf.

* Beaty, A., and Fairbanks, B. W., *Cereal Chemistry*, May, 1948.
** Rigg, L. K., Beaty, A., *J. Dairy Sci.* 29:821-829 (1946).

AMERICAN DRY MILK INSTITUTE, Inc., 221 N. La Salle St., Chicago

Our advertisers are anxious to help you with your problems. Write them and . . . please mention The BAKERS DIGEST when you do.

"How Our Government Subsidizes Malnutrition and Disease"

ROYAL LEE

The term "Iron Curtain" in recent years has been applied to that enforced barrier set up by totalitarian governments to prevent outsiders from knowing the conditions inside their own country, and to prevent insiders from knowing what is going on outside.

Few people in the United States are aware of the "Iron Curtain" maintained in this country to prevent the food consumer from knowing that he is being sold fraudulent foods, foods that had the better part of their nutritional value removed or destroyed to facilitate the commercial handling of the food, and to enable big food enterprises to unfairly overpower by price competition the smaller ones.

The pasteurization of milk is one example, well analyzed by Mrs. J. B. Darlington in her article, "Why Milk Pasteurization." (1)

The devitalization of cereals is another, by which all cereal products commonly sold in stores are so treated by removal of the bran and germ with addition of preservative "bleaches" and other poisons to prevent bug infestation results in a product unfit for food, unfit to even supply calories without vitamins and minerals if such a product were to be considered as admissible to commerce.

The sulfurization of dried fruits is another case where poisonous preservatives are commonly used to delude the consumer into thinking he is getting high quality products by simulation of the color and texture of better fruits, through the chemicals used.

The use of sulfites in meats to imitate the color of higher quality products is again an example of the addition of poisonous preservatives to fool the consumer without regard to their effect on nutritional values.

How is it possible for such things to take place in this country where we have a Federal Pure Food Law, where the physicians are organized to promote public welfare, where we have in every community a Board of Health and a Health Officer?

The answer is that all these food manufacturers are heavy advertisers, and no news dispensing agency is able to tell the inside story of food frauds without losing so much advertising revenue that their editorial departments are very well censored by the financial management, for why should the community newspaper or any national magazine commit

suicide for the privilege of telling an inappreciative reader the truth about how he is being poisoned and swindled?

The journals of organized medicine are just as sensitive to the financial repercussions arising from puncturing the advertising balloons of the of the industries that ballyhoo in their pages, "White Bread is Whole-some." In fact, the representatives of organized medicine were the first to point out to these interests that unless proper steps were made to set up the "IRON CURTAIN" of advertising propaganda they would soon be out of business, for an aroused public was beginning to find out for themselves way back in 1925 that commercial bleached white flour was unfit for food. (See Appendix "A" for copy of this solicitation, and copy of typical advertisement that was the result of the acceptance of the offer.)(2)

With advertising money controlling the public press, including that of supposedly impartial "Scientific" medical journals, the only protection remaining for the consumer is the local and Federal Food Laws, and the Federal Trade Commission.

Are they too taking orders from the peddlers of fraudulent, health destroying foods?

In a case of this kind it is advisable to permit the record to speak for itself. Here is where the "Iron Curtain" has obliterated much of the record. Alfred McCann wrote many books about the methods of food racketeers, but today, they are hard to find, and the ones on which the copyrights are still in effect are deliberately suppressed by the copyright owners, whoever they are, for offers to buy editions are turned down by the publishers with the statement, "the copyright owner will not permit reproduction." (In Appendix "B" we offer an excerpt from one of McCann's books on which the copyright has expired.)

Dr. Harvey W. Wiley, the first head of the Federal Food and Drug Administration was ousted from his job in 1912 apparently by these interests who maintain this "Iron Curtain." He wrote a book entitled, "A History of a Crime Against the Pure Food Law," was unable to find a publisher, finally paid for its publication himself in 1929. Since his death in 1930 his book has been unobtainable, and the owner of the copyright will not permit quotations, nor permit reprints of the book. (See Appendix C.)

This book is very illuminating in showing just how Dr. Wiley was continually circumvented in his efforts to stop the sale of flour containing poisonous bleaches, catsup containing benzoate of soda, canned corn containing saccharine, baking powder containing aluminum salts, dried fruits containing sulfur dioxide, shrimps and oysters containing boric

acid or borax, and as many more as human ingenuity could devise.

It shows how the interests that make money by adulterating food can marshal the power of politically elected and appointed men in high places to thwart justice and maintain the "Iron Curtain."

It shows how President Theodore Roosevelt was induced to appoint a "Referee Board" to protect manufacturers of adulterated foods from prosecution by Dr. Wiley, (where the Board later was declared to be illegally established), and made the Board an arbiter of arguments between Wiley and such manufacturers. The head of this Board was Dr. Ira Remsen, the discoverer and recipient of royalties on saccharine. One of its duties was to determine whether or not saccharine should be permitted as an adulterant of foods! Of course it decided that saccharine could be used.

Dr. Wiley, on page 185 of his book, comments that this arrangement destroyed the Federal Pure Food Law, and puts its enforcement entirely in the hands of the enemies of the law. It was the reason for his resignation, for without the power to enforce the law, he could do more outside the Food & Drug Administration to educate the people to avoid poisonous and adulterated foods.

Dr. Wiley tells how various employees of the Food & Drug Administration were discharged for trying to do their duty. One was Dr. Floyd Robison, discharged for testifying that benzoate of soda was harmful if used as an adulterant in foods. All employees of the Food & Drug Department were prohibited from appearing as a witness in litigation where some state law enforcement agency was prosecuting a food manufacturer for using benzoate of soda under state pure food laws. A U. S. Supreme Court decision was necessary to break this regulation, and in cases brought after that, the adulterators were invariably found guilty.

The Remsen Board, of course, was active in testifying that benzoate of soda was perfectly harmless, in such cases.

As to the bleaching of flour, Dr. Wiley began a suit that did not reach the U. S. Supreme Court until seven years after his resignation. The Supreme Court supported Dr. Wiley, and declared the bleached white flour to be unfit for human food, and ordered the 625 bags in question destroyed. (Notice of Judgment No. 6380.) Dr. Wiley, on page 389 of his book, tells how a weasel interpretation of the Supreme Court decision promulgated a year later by the U. S. Department of Agriculture reversed its intent, and to this day bleached flour is sold without interference in all parts of the United States except where local Board of Health regulations prohibit its sale. Dr. Wiley commented: "Thus the very law which the Supreme Court has said was enacted chiefly to protect

the public health has been turned into a measure to threaten public health and to defraud the purchaser of flour.”

So much for the Food & Drug Department.

Today, bleached flour is proven to be poisonous to all species of animals on which it has been tested. It causes in them epileptic seizures, (“running fits” in dogs), degenerative changes in their nervous system, paralysis and death. Why are the flour people so hell-bent on its use? Because flour is a perishable product like fresh milk without this preservative, and the centralized milling industry would be dissolved without it. Local mills would have to again produce and distribute flour in a small radius, and at a higher price. They cannot compete with bleached flour.

As to whole wheat flour, the product distributed by the large milling concerns today is also treated with agene, but in several times the concentration needed in white flour - BECAUSE THE HIGHER CONTENT OF VITAMINS AND MINERALS IN WHOLE WHEAT REQUIRES MUCH MORE AGENE TO KEEP OUT THE BUGS THAN IS NEEDED IN WHITE.

The effect of this higher concentration of poisonous agene is shown in the reproduction of an advertisement to bakers promoting milk powder as an ingredient for bread, (see inside front cover). HERE WE SEE THAT TEST ANIMALS ALL DIE ON THIS WHOLE WHEAT BREAD WHERE OVER HALF SURVIVE UNDER SIMILAR TEST CONDITIONS ON WHITE BREAD, (We also see where the “enrichment” with synthetic vitamins ACTS IN REVERSE in bread enriched with milk powder, causing death of more animals than when the unenriched white bread is used.)

CAN YOU CONCEIVE OF A MORE REVOLTING CRIME THAN POISONING THE NATION’S FOOD SUPPLY AT ITS SOURCE?

When a dog is seized with angina pains of the heart he “goes into a fit”. When the human patient is so afflicted, he calls a doctor, who is totally ignorant of the cause of the condition, and gets a dose of nitroglycerine! WHY IS THE DOCTOR SO IGNORANT? Because of Morris Fishbein’s IRON CURTAIN, by which all useful information on vitamins that might hurt the Miller’s Business is Censored before publication?? All a natural consequence of full page advertisements in the Journal of the American Medical Association headlining “White Bread is Wholesome”(?)?

What happens to a manufacturer of health building foods who tells his customers how they should use HIS products to avoid disease?

Here is a complicated situation. Under Federal law he cannot state on his label, “The use of this product will insure the consumer from such-and-such a deficiency disease,” because Federal courts have ruled

that vitamin deficiencies cannot cause either degenerative disease, infectious disease or functional disease. So, if he mentions any disease at all on his label, he will be prosecuted promptly for "false and fraudulent labeling." That will end his business career, in most cases.

How can this be done? Simply because the law states that "labeling must conform to the consensus of medical opinion," otherwise, it is "false and fraudulent." The absolute truth may then become false and fraudulent if it is ahead of its time, not believed by a medical expert called as a witness.

Today, this ridiculous principle is being extended by court decisions to include advertising, as well as labels, so advertising literature on honestly made foods cannot describe their superiority in building health over the real fraudulent, poisoned, pasteurized and preserved imitations of foods. As Dr. Wiley said, the effect is a REVERSAL of the food and drug law, the makers of health destroying foods are in control of the enforcement officials and are able to head off and put in jail their competitors who may want to tell their customers the truth, show them how it is necessary to beware of foods unfit to eat, and how their health can be protected by paying a higher price for better products. (See Appendix B.)

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1. Darlington, J. B.: "WHY MILK PASTEURIZATION?" The Rural New Yorker, March 15, 1947.
2. Cramp, A. J.: LETTER IN "BAKING TECHNOLOGY." Page 15, January, 1925.

A P P E N D I X A

We offer below the published statement of Dr. Arthur J. Cramp of the Department of Investigation (and Propaganda) of the American Medical Association, in which he offers the influence of the Journal of the Association of help to sell the idea of devitalized food products not only to the public but also to the MEMBERS of the American Medical Association. (This was made to Dr. Barnard of the Baking Institute, and reported in Baking Technology, January, 1925.)

“I have wondered recently whether you have ever thought of suggesting to the organized bakers of the country that there is very real need for an educational campaign on the part of the modern baker directed first toward the medical profession, and, second, toward the general public on the subject of white bread.

“As you probably know, the medical profession has a very poor opinion of ordinary white bread and loses no opportunity of depreciating it when dietetic questions are raised. The food faddists and fakers have, of course, been most virulent against white bread. But it is an unfortunate fact that the medical profession itself has rather taken the attitude that there was a certain degree of soundness in the denunciation against this article of diet and, instead of attempting to correct the impression, has let it stand.

“I believe the baking industry would do itself a service if it undertook to carry a campaign directed first, to the medical profession and later, if necessary, to the public direct, on the facts regarding white bread, as made today by the more progressive and far-sighted members of the baking industry.”

This offer was accepted. Up to that time the huge baking and milling industry had paid no tribute to the American Medical Association. Dr. Cramp saw a marvelous opportunity to sell both the public and members of the association “down the river” at a fat profit, and the deal went through.

White Bread is wholesome..

Here is an authoritative statement about white bread, a statement that is accepted by the Council on Foods of the American Medical Association:-

White bread is a wholesome, nutritious food. As such it has its rightful place in the normal diet of the normal individual. Its avoidance for fear of any harmful consequences or the fear that it is the cause of any diseased condition when properly used in the normal diet, is entirely without scientific foundation."



AN INFORMATIVE and interesting booklet for physicians, describing the proper place of white bread in human nutrition will be

sent you on request. All statements in this booklet have been accepted by the American Medical Association Council on Foods.

DEPARTMENT OF NUTRITION

American Institute of Baking

9 Rockefeller Plaza

NEW YORK, N. Y.

APPENDIX B

(The excerpts below from Alfred McCann's book, "Starving America," is an example of his work. It was his first book on the subject. He was a food chemist and government food inspector. The copyright has expired on this book, so we can reprint these portions. His later books, "This Famishing World" (1918), "The Science of Eating" (1919), and "The Science of Keeping Young" (1926), are still under copyright restrictions. The copyright owner will NOT PERMIT REPRODUCTION OR REPRINTING. Evidently someone is paying more to have the books suppressed than the royalties on book sales would afford. This is an example of how truth about food cheating and racketeering is suppressed.)

"Three times each day, for three hundred and sixty-five days in a year, the housewife in each of the twenty million households in the United States spreads a table with food for the pleasure and nutrition of her family. How many times is that? Answer, you of a mathematical turn of mind! And each one of those billions of times--at least the exceptions are too few to count--the housewife places one article of food on the table, whether in a mansion or a hovel, whether the tables be loaded with the luxuries of life, or whether this be well-nigh the only article of food on the board. Is it to be wondered at, that we call bread the 'staff of life'?

But what if the staff on which one leans be broken? What of the man's progress, then? Let us look at a few things about our modern bread.

The flour advertisements in the newspapers and publications tell us peculiar and wonderful things. Hundreds of thousands of dollars are spent to tell us that our flour is washed, brushed, scoured, screened and sifted through silk so that we get utterly perfect flour!

Hundreds of thousands of dollars are spent to exploit anemia crackers, biscuits, cakes and our devoted, solicitous mothers, believing these advertisements, feed these wonderful units of denatured nutrition to their babes and rear a race of such vigor that it sends in one year two hundred thirty-five thousand two hundred and sixty-two of its little ones under ten years of age where white bread and chalky biscuits are needed no more!

Nature never made a white grain of wheat, and man never made a white loaf of bread until about one hundred years ago in the city of London, when an idle epicure conceived the fetching idea of startling his guests with bread as white and lifeless as the aristocratic cloth on which it was served.

The original grain of wheat contains, in organic form, all of the twelve mineral substances needed by the animal body. Chickens, guinea pigs or monkeys fed on whole wheat bread will thrive, but chickens, guinea pigs or monkeys fed on an exclusive white bread diet will die.

How does the white bread get white? White bread gets white because from the ground grain of wheat three-fourths of the minerals, including the phosphorus, iron, lime, chlorine, silica, sulphur, potassium and magnesium are removed.

These elements are contained in the brown outer skin of the wheat berry, called the bran, and in the "shorts," "middlings," and "tailings," which are sifted and bolted out of the ground meal, leaving principally the white starchy part of the interior part of the berry.

Nature in her divine effort to teach us that we cannot interfere with the laws of life through thousands of years of agricultural experience has failed to teach us the priceless value of these subtle substances which she goes through so many divers ways to assemble for our needs.

Not alone are the minerals removed, but one of the wheat's ferments, discovered by M. Mege Mouries in the inner cortical part of the wheat is rejected in the fine white flour. Its function when introduced into the body is not fully known, but as it is one of the things which we thoughtlessly destroy, we mention it here.

Those who make our flour and our bread for us think they can "prove" that they are conferring a great blessing upon humanity in giving us the refined white product with which those slaughtered innocents were so familiar and when we raise a cry of protest against their "proofs" they laugh and show us the signatures of chemists.

What chemist's signature will open up those little graves and deliver back to the fond and empty arms of grieving parents the million children that have died in this country during the past four years?

The millers admit that they do not give the people white flour or white bread through their own choice, but that because the people think they want white flour and white bread they are obliged to pander to them.

If we take an animal membrane, a bladder, and fill it with a solution of any mineral and hang it up, there will be no leakage through the skin; not a drop will appear on the outside of the bladder. We can let the solution remain in the bladder for days and it will guard its contents as safely as a glass bottle.

If we now take the filled bladder and immerse it in another solution

of different density or of different kind, the contents of the bladder will immediately begin to pass out through the walls of the bladder into the solution on the outside of the bladder, while the solution on the outside will pass through the bladder membrane into the inside, so that eventually we will find the solution on the outside and the solution on the inside exactly the same in character.

The dissimilar liquids are now thoroughly diffused. This is called osmosis. It might also be called life. Osmosis is going on in the body all the time.

We recreate the mineral constituency of the blood every time we eat and thereby we keep changing the character of the fluid on the outside of the cells in order to keep it different from the fluid inside so that osmosis during life never ceases.

In fevers, accompanied by extreme exhaustion as the result of inability to consume food, or in cases of starvation, the fluids inside the cells and outside the cells gradually become identical in quality so that osmosis becomes very feeble and almost ceases. When it ceases altogether death arrives.

The minerals which nature put into our wheat and which we so deliberately remove are lost to us forever and the vitalizing missions which they would have naturally and beneficently performed are never performed at all.

Hundreds of tons of these "useless" by-products are annually removed and devoted to purposes for which they were never intended. More of this later.

This debauching has been going on now for a century and yet we stand in stupid bewilderment before the advancing scourge of tuberculosis.

We cannot seem to understand that we are deliberately reducing our national vitality by every ounce of organic mineral salts that we take out of our food and destroy.

Then as to the bran sifted out of the flour some millers say that the silica which the wheat berry contains is practically "ground glass" and he cautions us against feeding "ground glass" to our tender babes.

They should also say that because wheat contains iron, it contains horse-shoes; that because it contains lime, it contains bone dust or white-wash; that because it contains magnesium, it contains face powder; that because it contains phosphorus, it contains match heads; that because it contains fluorine, it contains the enamel of human teeth and the

whites of human eyeballs; that because it contains chlorine, it contains bleaching compound; that because it contains sulphur, it contains the flames of Hades.

There are many prejudices to overcome in restoring whole wheat products and whole wheat bread with all their wealth of vitality to the people. The "ground glass" idea will probably meet with the sympathy of many doomed souls who are reluctant to give up their sickly loaf.

Some of the millers say that this "ground glass" contained in the bran of the wheat is an irritant and that, therefore, people not in normal health cannot use it without injury.

Some "Science Notes" fell into our hands in the month of December, 1911, stating that an "English Commission," but not mentioning what kind of an "English Commission," has been looking into the subject of bread and that it finds the presence of bran in the use of whole wheat to be advantageous in special cases, but that in general, it is an undesirable element in bread because it is itself indigestible and interferes with the digestion of other nutritious factors in the food.

Of course, it is indigestible in the sense that in its course through the body it is not taken up by the body and transformed into tissue.

We do not digest pepper, nutmeg, cinnamon or any other spices. Ground spices, like ground bran, contain much indigestible fibre but this fibre contains valuable properties, the influence of which upon the digestive processes is well known.

The miller who through his solicitude for our welfare would not permit us to eat whole wheat says nothing about our consumption of pepper, cinnamon, nutmeg or ginger.

We all know that the seeds of strawberries, raspberries; figs and grapes are indigestible, yet no being discards the seeds out of strawberries, raspberries or figs before eating these luscious offerings of Mother Nature.

The millers in their consternation at the thought of our eating the bran of the wheat fail to warn us against eating corn on the cob. Every time we eat a "roasting ear" we eat the "bran" of the corn and every time we eat beans or peas, we eat the "bran" of the bean and the "bran" of the pea, and it is well that we eat these things, because while they are not digested in themselves, they surrender to the body the invaluable mineral salts which they contain. Accordingly, while it may appear to the dullard that they have no place in the diet of man, they contribute wonderfully to the life-giving properties of his food.

Just as chopped meat surrenders its mineral salts to the water in which it is immersed, through the processes of osmosis that we have described, so also does the bran of the wheat surrender its minerals to the body in the same way. But--the bran not only furnishes indispensable mineral salts to the body, but its chief virtue is as a regulator of the peristaltic action of the alimentary tract by which its contents are kept moving onward.

One of the curses which white bread, or robbed bread, has inflicted on the people is constipation. A thousand ills are traceable to this disorder.

Read the patent medicine ads to get an idea of how many thousands of people require "pills."

Inhibited peristalsis is the malevolent origin of the woes of so many American women who are afflicted with uterine and ovarian diseases.

Bread made of the whole wheat just as it comes from nature, together with the other reforms for which these pages cry out, will save our daughters and our daughters' children from the evils which food follies have imposed upon them.

In Dr. Albert Westlake's new edition of his book on "Babies' Teeth to the Twelfth Year," he says: "Babies' teeth should receive consideration at least six months before the child is born. Necessary elements in their building up are furnished at this period by the mother's blood, hence, the need of the purity of the latter.

"Teeth require more organic phosphate, (particularly phosphate of calcium and carbonates of lime), than other parts of the body' therefore, bone food is necessary for the mother, (cow's milk, eggs, especially yolks, peas, beans, lentils, WHOLE WHEAT--OUTER GRAINS, etc.)

"Dietetic treatment for the mother is very important at this period while bone is forming.

"The intestines of the child are also undergoing vital changes at this period and earlier. This includes the primary fixation of the child's intestine in the left hypochondriac region.

"It is, therefore, vital to the offspring to get perfect peristalsis of the mother's intestines. Elimination and evacuation should be regular WITHOUT DRUGS."

For this reason alone, the mother should not be robbed of the potassium, sodium, magnesium, iron, phosphorus, sulphur, silica and chlorine which the honest wheat affords.

The millers will never know how many babies they have handicapped by their disregard of the laws of nature or by their assumption that they know more than nature may teach.

No chemist can tell us in terms of grams anything about the exact quantity of phosphorus, iron, potassium, lime, silica, or chlorine which we should take into our bodies every day. Nature has fixed that mysterious and hidden thing for us. Confounded in our wisdom, we turn our backs and seek a new way through the dark.

The chemist admits he can never tell us that, and three chemists at Columbia University devoted months to a study of three of these minerals, determining nothing as to the quantity of them required, but determining everything as to their necessity.

The millers and bread makers do not know the trail of wreckage which they have left in the wake of their mineral contempt. They do not know how they have burrowed into the vitality of human life while it is still in the mother's womb. They do not know to what extent they have been responsible for tuberculosis, diphtheria, pneumonia, scrofula, measles, scarlatina, anaemia, etc.

If we could stop at this point and launch in the same manner our indictment against barley, rice, oats, corn, many prepared cereals and many breakfast foods, all of them with a few lonely exceptions being robbed as wheat is robbed, we would achieve our goal of putting you on guard against the food crimes of the nation and show you how to prevent those crimes but we would go no faster than we are going now. Read carefully and you will learn.

The crime of denaturing our food begins with wheat and we will stick to wheat and "wheat products" until we have made it clear that we are to continue our journey downward into an abyss of national degeneracy if we do not stop and make such soundings as will tell us where we are.

Normally healthy lungs give an acid reaction with litmus paper. This acid has been found to be phosphoric acid. It is present in the lecithin of the lung tissues.

In tuberculosis the lungs give a neutral or alkaline reaction with litmus paper due to the absence of phosphoric acid.

In all cases of tuberculosis of the lungs a deposit of lime is found. Sometimes this deposit is very slight but as the disease makes headway it becomes so great that the anatomist has to deal with what is called, "the chalky lung."

It would be impossible for this lime to be deposited in the lung tissues if the phosphoric acid of the lecithin in those tissues was normal.

Chemistry, so far, has not established a final analysis of lecithin. Lecithin is a phosphoric compound of the body. Nuclein, however, which is another phosphoric compound of the same importance is found to vary, depending upon the health of the individual, between 2.5 per cent and 9.5 per cent in its phosphorus content.

The blood of a human being containing as little as 2.5 per cent of phosphorus in its nuclein substance shows a quantity just as deficient in the lecithin of the lung.

On the contrary, where the blood of a vigorous body shows the maximum of 9.5 per cent of phosphorus in its total mineral content, the lungs show an equally high percentage of this mysterious element and it is always found in the form of phosphoric acid.

As you decrease the phosphoric acid in the lungs, you increase the lime deposit. As you increase the lime deposit you prepare an alkaline field where the germ of tuberculosis may take root and grow.

As you phosphorize the blood you render it capable of supporting the nutrition of the lung tissues and as the lung is kept in health, it is protected against the invasion of tuberculosis.

We cannot go into a theater, a church, a crowded street car or walk along the dusty city street without inhaling the living micro-organisms which cause tuberculosis, but if our lungs contain their normal quantity of phosphoric acid, we need have no fear because the germs are destroyed as fast as they enter our bodies.

If this were not so, everybody would be stricken at the same time with tuberculosis and nobody would resist the disease.

It is the same with typhoid fever. In cases of typhoid epidemic, there are some who do not get the disease. They do not get it because their vitality is so normal that it resists the diseases. The absence of a proper supply of phosphorus in the blood is due to an insufficient supply of phosphorus in the substances taken as food.

Let it be remembered that from the hundreds of thousands of bushels of wheat "milled" every year in the United States, from the hundreds of thousands of bags of rice "polished" every year in the United States, from the tons and tons of barley "pearled" every year in the United States, from the enormous quantity of oats soaked, scoured, bleached and "prepared" every year in the United States, from the thousands of

barrels of corn ground every year in the United States, the phosphorus is removed. We have seen what takes place when we remove phosphorus from the soil and we are now beholding the tragedy that is being enacted under our eyes as we remove phosphorus from our bread and from our bodies. More than half of the insane are consumptives. A peculiar fact has been noted in connection with the bones of the insane. They are very brittle and easily broken. This brittleness is due to phosphorus starvation. Where calcium phosphate is present in normal quantity the bone is tough and resilient.

Remember three-fourths of these substances are removed from our daily bread.

* * *

Special Agent Harry P. Cassidy, of the Pennsylvania State Dairy and Food Department, in the month of August, 1910, began action against a wholesale confectioner of Philadelphia charging him with selling candy containing sulphur dioxide or sulphurous acid. Samples of the wholesaler's candy relishes and other penny specialties had been analyzed by Professor Charles H. LaWall, chemist for the State Dairy and Food Commission, and were found to contain sulphurous acid.

It must be remembered that all New Orleans molasses contains sulphurous acid and it is impossible to make candy free from sulphurous acid from such molasses.

The case against the wholesaler had hardly got started when the National Candy Manufacturers' Association, represented in almost every large city throughout the United States, obtained a temporary injunction in the United States District Court, restraining Cassidy from going ahead with the prosecution. After two months, the court, refusing a permanent injunction, dissolved its prior order.

Cassidy then brought the candy manufacturer to trial in Common Pleas Court where the jury brought in a verdict of guilty. Judge Martin then upset the verdict and the case was started on its way to the higher courts. Cassidy was being hampered in every way by legal technicalities and delays in establishing the right of the State of Pennsylvania to prohibit the sale of poisoned candy, but he did not falter.

Finally, Judge Henderson of the Superior Court, declaring that "no one has a natural or a constitutional right to put poison in confectionery or other foods" imposed a sentence of guilty which was immediately appealed.

The case was then taken to the Supreme Court and in a decision rendered in April, 1912, after almost two years of fighting against the spirit

of darkness, the highest court in the State of Pennsylvania upheld the opinion of the Superior Court striking a blow at Pennsylvania candy manufacturers who use sulphurous acid or any other poison in their products.

Unscrupulous candy manufacturers in the State of Pennsylvania cannot now take refuge behind the contention that a law which safeguards the health of the public is unconstitutional when it trespasses against property rights or interferes with business.

Something happens every day to make people realize the gravity of the odds under which they live, but they continue to go along as before, unmindful of the evil things around them which by their united and intelligent action they can destroy.

But in the meantime charges were brought against Cassidy and he was dismissed from the service of the state. The governor of Pennsylvania was brought into the case, gave Cassidy the hearing demanded, was forced to vindicate him, just as Dr. Wiley was vindicated, but Cassidy was not restored to office.

Both Wiley and Cassidy are "out" and now in Pennsylvania, having learned the lesson, no official will dare go after the big cases. Look for loose enforcement of the law in Pennsylvania.

* * *

On October 2, 1911, Doctor J. C. Olsen, Professor of Chemistry of the Polytechnic Institute, Brooklyn, said at Madison Square Garden, New York City, that he had introduced sulphurous acid into the food of dogs and watched them closely for six months. At first they actually appeared to fatten on it and it was thought that all the cry against sulphurous acid would be proved to be without foundation.

Then the animals were chloroformed and cut open. Apparently all their organs were sound and healthy and as far as the naked eye was concerned sulphurous acid had not harmed them. Before a jury with only such surface evidence sulphurous acid would be whitewashed and the experiments on dogs would be considered conclusive.

But Dr. Olsen was thorough. He placed the dogs' kidneys under the microscope. In every instance the results were the same. The lens revealed the degeneration of the kidney cells. They had broken down. Sulphurous acid was found to be deadly to the kidneys of dogs.

Scientists do not yet know to what extent sulphurous acid combines with the organic minerals of the fruits of which it becomes artificially a part,

or how far it changes the nature of the mineral salts.

Yet, they find that it produces injurious effects on the human organs.

Dr. Wiley, after his clinical experiments in the Bureau of Chemistry, denounced the use of sulphurous acid as an ingredient of foods and proved by medical and pathological data that it produces serious injury to digestion and health. His findings were reported in Circular No. 37 issued by the Department of Agriculture, November 22, 1907. That circular stated plainly:

“The administration of sulphurous acid in the food produces serious disturbances of the metabolic functions. It adds an immense burden to the kidneys which cannot result in anything but injury. It impoverishes the blood in respect to the number of red and white corpuscles therein, and the administration of a substance which diminishes these important component particles of the blood is in every sense highly prejudicial to health.”

The fruit growers of California demand its use. Under its action dried fruit takes up as much as twelve or fifteen per cent of moisture and this moisture is sold to the fruit packers at fruit prices. The fruit packers then redip the fruit in a solution of hot glucose and water, thereby adding more weight or filler to their products. This necessitates another treatment with sulphurous acid in order to make the fruit marketable. So, the people pay for moisture when they buy fruit! And glucose as a filler finds its way into a hundred foods.

This is why there is opposition between the national health on one hand and the fruit, molasses and wine interests on the other, and hence, government reluctance to decide between them.

It is possible to obtain unbleached molasses. The molasses known as “Barbadoes” is free from sulphurous acid.

It is possible to obtain sun-dried fruits. Demand them.

Your demand will accomplish quickly what the law for five years has not accomplished.

APPENDIX C

Below is a copy of a telegram received from Anna Keeton Wiley regarding the reprinting of Dr. Harvey W. Wiley's book, "History of a Crime Against the Pure Food Law:

November 16, 1948

LEE FOUNDATION FOR NUTRITIONAL RESEARCH
2023 WEST WISCONSIN AVENUE
MILWAUKEE, WISCONSIN

GENTLEMEN: YOUR TELEGRAM RECEIVED. ON MATURE CONSIDERATION I HAVE DECIDED THAT IT WOULD BE UNWISE TO REPRINT "HISTORY OF A CRIME AGAINST THE FOOD LAW" AT THIS TIME OR UNDER THE PRESENT CIRCUMSTANCES. I HAVE COMPLETE FAITH IN THE INTEGRITY OF THE OFFICIALS OF THE FOOD AND DRUG ADMINISTRATION. SINCERELY, ANNA KEETON WILEY

It appears that the national copyright law is here being used to keep the lid on a corrupt state of affairs that may well be causing the death of hundreds of thousands of people a year. Whenever you read of a sudden death from heart disease, you can depend that it was made worse if not primarily caused by the destruction of wheat vitamins by AGENE, the poisonous bleach so necessary to the preservation of flour from insects. WITHOUT MRS. WILEY'S ABLE AID AND ASSISTANCE IN KEEPING DR. WILEY'S BOOK OUT OF THE PUBLIC EYE, SUCH CRIMINAL AND WHOLESAL POISONING COULD NOT OCCUR.

We wonder if Mrs. Wiley is getting properly compensated for "keeping her finger in the dike". --- --- Or is she actually so simple minded as to think the people have no right to hear both sides of a question, particularly where there is a more than strong suspicion of criminal corruption?

APPENDIX D

**"The Fight on Dr. Wiley and the Pure Food Law."
from "The World's Work," September, 1911.**

There is no better illustration of the difficulty of really effective government than the obstructions that have been put in the way of Dr. Wiley, the head of the Bureau of Chemistry at Washington. So long as the Pure Food and Drugs Act ran foul of only small violators, it was easy to enforce it; but, as soon as it hit the vested interests of the rich and strong, the most amazing series of successful obstructions were put in the way--so amazing and so successful that the story will be told with some fullness in the succeeding numbers of this magazine.

Here is a man--Dr. Harvey W. Wiley--who has given his whole working life to the protection of the people from bad and poisonous food and drugs. There is no more unselfish or devoted public servant. He has time and again declined offers of lucrative and honorable private work. He has lived and labored for this one purpose.

It is to him that we owe the law and the agitation for its enforcement. It is to him that we owe the education of the public which has brought state laws and municipal ordinances for pure food and drugs. It is to him that we owe such an important advance in more careful living and such a quickening of the public conscience as we owe to hardly any other living man; and the whole people are his debtors. He is the direct cause of a wider and safer public knowledge and of more healthful habits of life.

Still the Pure Food and Drugs Act is not yet enforced against the great offenders. Dr. Wiley has had his hands tied from the time of its enactment. The Board, whose duty it is to report violations of the law, consists of Dr. Wiley, Dr. Dunlap, a chemist, and Mr. McCabe, the solicitor of the Department of Agriculture. But, out of the thousands of cases of adulteration and fraud that have been discovered, practically no cases against the strongest corporations and groups of law-breakers have been brought to trial. Dr. Wiley is a man of scientific distinction, of accuracy, and of responsibility. Yet his two associates on this board, men, to say the most for them, of far less ability and less distinction, have been permitted to check almost every move that he has made. The aged Secretary of Agriculture has given his confidence and his support to them and withdrawn it from Dr. Wiley.

More than this--the Attorney-General, reversing an opinion prepared by one of his own subordinates and accepting an opinion by Mr. McCabe, declared that the referee board of distinguished chemists, (the Remsen Board), was authorized by the law--a very dangerous and very doubtful construction of a plain statute, and this Board has been used to prevent

the enforcement of the law against the use of benzoate of soda. This Remsen Board has never declared that benzoate of soda is a permissible preservative. It has never been asked whether it can be or is extensively used to preserve rotten food. It was asked only if it proved injurious to the health of strong young men when taken for a time in small quantities. They found that it did these young men no appreciable harm. Then, this declaration was used to permit the canners and packers of rotten fruits and vegetables to continue to put them up in benzoate of soda. Even if benzoate of soda does no harm to health, its use in disguising rotten food brings it within the proper prohibition of the law.

This incident is a good illustration of the way in which Dr. Wiley has been balked and hindered. Influences, legitimate and illegitimate, have been used to prevent the enforcement of the law in its most important applications.

Inside the Government and outside, the manufacturers of dangerous and unwholesome food and drugs have carried on a continuous and effective campaign against Dr. Wiley and his work. He has been practically without power to put the law into effect against strong offenders. He has been humiliated by being overruled by his subordinates. He has suffered from an inefficient administration of the Department of which his bureau is a part; for the venerable Secretary of Agriculture is too old vigorously to administer his great Department. Yet Dr. Wiley, purely for patriotic reasons, has suffered this hindrance and humiliation till some change might come which should unshackle him.

On the outside the bad food and drug interests--or some of them--have maintained a lobby in Washington, have kept "syndicate" newspaper writers in their pay to write about the unfairness and the injustice of the law and the unreasonableness and "crankiness" of Dr. Wiley. One such organization--or pretended organization--some time ago sent a threatening letter to all the most important periodicals, saying that large advertisers would withdraw their patronage if they published articles favorable to the law!

There has been an organized fight, therefore, against the law and the man. And, although the man's official power has been curtailed, he has won--won such a victory for the people as will insure the continuance, with new vigor, of the campaign for pure food and drugs, by national law and by local laws.

The "charge" against Dr. Wiley that provoked this popular outburst of approval, is not worth explaining. He made an arrangement to pay Dr. Rusby, a distinguished specialist, a higher rate for work per day than the law specified for per diem payments, but less than the law permitted as a yearly salary. By this arrangement the services of

Dr. Rusby to the Government were secured for less than if the letter of the law had been followed and he had been paid the yearly salary that the law specified--since he gave and was to give only a small part of his time to the work. This technical violation of the letter of the law--if it were a violation of its real meaning--has long been customary in many departments of the Government, for it has common sense and economy to commend it.

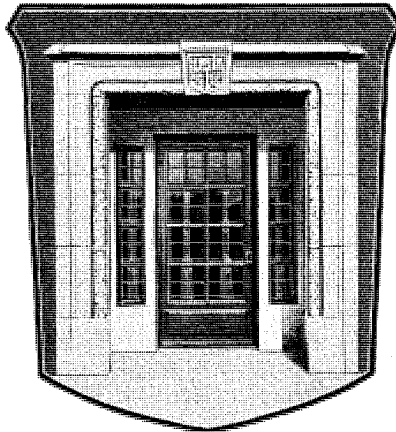
When the Attorney-General wrote that this offence deserved "condign punishment,"--the Attorney-General--what shall be said of him with respect? Surely it was a narrow and silly recommendation. He put a greater value on a microscopic legal technicality than on the incalculable service of a man whose work is worth more to the health and happiness of the people than the work of many Presidents and Attorneys-General. Dr. Wiley's "offence" was instantly forgotten by the public, which has some common sense if not much legal knowledge. But the accusation was important for this reason: it showed the determination of those who brought it to get rid of him.

Now, if Dr. Wiley deserves dismissal for any sufficient reason, it is proper and it is the duty of somebody to present such a reason. But to propose "condign punishment" for saving the public money by following a common custom of paying for professional service--that shows a personal and private purpose to be rid of him.

The upshot of it all is that Dr. Wiley has been made a sort of popular hero. Now popular heroism has decided disadvantages and even dangers. It is fair to Dr. Wiley to say that he has not sought such a place on the stage. He has his vanities (who hasn't?) and the popular appreciation of his work is, of course, welcomed by him, as it ought to be. But mere personal popularity and a personal "fight" are likely to obscure the main matter at stake. The main matter is the Pure Food and Drugs Acts--not only nor mainly Dr. Wiley and his personal vindication, but the firm and permanent establishment of this fact and purpose: that no opposition of interested law-breakers, no personal jealousies, no departmental feuds, no infirm and feeble administration of any Department, no narrow legal technicalities shall longer hinder the execution of the law that guards the health of the people. This is of far greater importance than anybody's tenure of office or than anybody's official "face" or dignity.

It has been made plain that the administration of the Agricultural Department is feeble. Feuds and cliques are not permitted to obstruct the laws in well-administered institutions. And it has again been made plain by the Attorney-General that this is a "legal" administration; and again, that the President's amiable qualities lead him to patch-up and smooth-over troubles that become worse with every patching and

smoothing and can then be removed only after public discussion and possible scandal. The incident ought and seems likely to bring big results in rallying public opinion to the support of the law and of its author and zealous and useful guardian. The investigation by the Congressional Committee that has the subject in hand will bring out facts that are likely to make the law far stronger than it has ever been.



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