Continued

officers cannot afford the profession modesty professed by physicians. . . . A redefinition of ethics is necessary. The subject matter of the propaganda need not necessarily be true.

And there you have the *modus operandi* of all bureaucracy. In the twenty-four years since Newburgh took the plunge, fluoridation has been accepted as a medical necessity by most people. Few fear it because fluorine, working craftily, has not yet shown its full hand. Millions believe it is utterly harmless; millions more concede that a slight mottling of the teeth is the inoffensive price to pay. The Promoters are serene; their arrogance, their continuous insistence that the practice is safe and that it does help and beautify the teeth, their high-handed treatment of all dissenters—all indicate the deliberate Big Lie. Well, we shall soon know, as fluorine takes over. For neither public health officials nor dentists can change the path of a single fluorine ion once it enters the human body. Only nature can do that.

Dr. Robert Kehoe, outstanding scientist and head of the famous Kettering Laboratory, jointly owned by Ethyl Gas, Frigidaire, and DuPont, says: "The question of the public safety of fluoridation is nonexistent from the viewpoint of medical science." Trouble is, Kehoe is not a medical doctor, and he does owe allegiance to interested parties. Today, all over the world, many doctors of medicine strongly disagree with him. Their first National Symposium, including many concerned laymen, was held in Washington in February of 1966, providing a public forum for physicians, dentists, and scientists of the highest reputation. Categorically, they disagreed with Kehoe, indicating that more and more informed specialists are coming to believe that the Promoters of fluoridation are wrong. Dead wrong.

III

The day of "kept" science, so far as fluoride is concerned, is ending, and the research on it is passing into the hands of men who have no allegiance except to Truth. Several of these workers are winners of the Nobel Prize; all are moving ahead quietly, publishing freely in foreign countires. Their findings have long since passed the point of doubt. The insidious toxic condition of "fluorosis" is no myth. Statistically, 700,000 people are believed to be suffering early effects of fluoride poisoning in America alone. The panorama of bodily damage falls into the following pattern:

The first sign of general systemic poisoning by fluorine is usually (though not always) a gentle "mottling" of the teeth, which go gray and develop brown or black spots. British researchers report that a very high percentage of their nation has these so-called "Texas teeth," so named because many in that state have mottling fom the high content of natural fluorides in the water. In artificially medicated areas so far, about twenty percent of the youngsters have the affliction, so many, at least, that health authorities have moved to propagandize mottling as "desirable." The blemish is permanent, and grows worse as exposure continues. After a time the molars begin to decay, then gums and mouth environment are affected. Often the Promoters insist on fluoridating a town that already has natural fluoridation; the result is that fluorosis comes sooner.

After mottling, or sometimes coincident with it, comes a bewildering variety of bodily aberrations, seldom diagnosed correctly, even today, because few physicians have yet had experience with fluorosis. The symptoms are easily misread. By this time the free fluoride ion has been loose in the whole body, finding "things to do." As one of the most active elements in nature, it has the capacity to break its way into almost any molecule, either getting a free ride and changing the host's chemistry by overstuffing it, or by ejecting some other atom of the original chemical compound and upsetting nature's delicate chemical balance.

One of the most vulnerable targets for this depredation is calcium, a prime essential to metabolism. Strong-arming its way into the critically balanced calcium-phosphorous levels in the blood, for instance, fluorine soon begins to cause havoc in the bone structure by interfering with the enzyme phosphatase. Damage to the enzyme system, the essential army of the body's catalytic agents, is a companion misfortune to mottling. There are hundreds of enzymes, each one essential to some phase of the life process. Some enzymes seem to be immune from fluorine poisoning; many are not. Beer barons and bakers cannot use fluoridated water because it kills the enzymes that make beer ferment and bread rise. The human body is in a similar case.

Using radioactive tracer techniques researchers have followed the many routes chosen by the fluoride ion and watched it with Geiger counters as it tears normal molecules apart and forms unacceptable new compounds. I am indebted to Dr. Waldbott for the best insight into this grim battle yet published. After fifteen years of struggle with the fluoride Promoters, Dr. Waldbott has firmly established himself as one of the world's leading authorities on the clinical aspects of fluorine poisoning. He has treated hundreds of victims and has saved many by prompt removal of all fluoride exposure. His book also gives a vivid insight into the political chicanery that is practiced in utter cynicism by organized medicine and dentistry and by the bureaucrats of the U.S. Public Health Service and hundreds of local public health officials and politicians. Even cursory reading in the field will establish that they have all been out to "get" Waldbott; but they haven't got him yet.

Another important authority, mentioned earlier, is Dr. Exner who, with Waldbott wrote *The American Fluoridation Experiment* some years ago. They are perhaps the Spearhead of the Opponents just now beginning to get organized. Both can tell you from personal experience how fluorine seeps into the kidneys, heart, lungs, bones, stomach, thyroid, even into the eyes and the brain, causing a catalogue of ills impossible to predict because no two people respond alike to the depredation. Some escape scot free; others, allergic to very tiny doses of fluoride, can be in serious trouble on first contact with it.

About the only concession made by the Food and Drug Administration to antis today is that it rules out the prescription of fluorine-containing drugs for pregnant women. For everybody else the Promoters make the sky the limit, although clinical experience is that people suffering from diabetes, kidney trouble, ulcers of the stomach—in fact, any serious pathological condition—are generally made worse by ingesting fluorides. Probably very few pregnant women living in fluoride areas avoid drinking the water. They should; Waldbott describes how statistical studies in the midwest have shown that the incidence of mongoloid births is higher in fluoridated areas. A British doctor has found that the first teeth of mongoloid babies come in already mottled, demonstrating a pretty good tie-up between fluorine and such mental retardation.

These matters are serious.

IV

The chemistry of fluorine is thoroughly well known, except as it pertains to the human body. Of the five so-called "halogen" elements, fluorine, chlorine, bromine, iodine and astatine, fluorine is the only one that accumulates indiscriminately in any part of the body from any source made available. For instance don't think that drinking fluoridated water is the only route to fluorosis. Many foods contain the element.

Six cups of tea daily will give you the same dose of fluoride as four glasses of New York City water. If the tea is made with New York water you can get a double shot of fluoride. A good meal of fish or sea food packs the same punch. The inhabitants of Newfoundland, committed to a diet fo fish and tea, are heavily overburdened with fluorides. Yet the Promoters descended upon them, too, demanding that they fluoridate their water supply to save their children's teeth!

Not only tea and fish but coffee, some wines and liquors, and plain gelatin are rich in fluorine. If you live in a fluoridated town everything you cook in faucet water loads up with the "medication," too. Boiling fluoridated water concentrates it (while evaporating chlorine). Nor are the well-advertised faucet filters reliable as eliminators of fluoride. Waldbott speaks of two patients, whom he had taken off fluoridated water, who bought filters (continuing to drink the "filtered" water) and promptly suffered relapses into serious symptoms of poisoning. The second died.

Gardens watered with fluoridated water produce fluorine-bearing vegetables. Soft drinks made with it bring it to you, too. By the time you carry out what the U.S.P.H.S. calls ingesting the "utterly safe" dose, you are likely to have taken aboard as much as five times their recommended 1.2 ppm strength.

Then there's the air, in many areas loaded with fluorides spewed out by industry. Population living around fluoride-producing plants usually carry quite a charge of the chemical. The tragedies of the Meuse Valley in 1930 and at Donora, Pennsylvania, in 1948, were cases of mass fluoride poisoning, caused by stagnant air and predisposition to illness from chronic exposure. At Donora, six thousand people were hit; twenty died. Less than a year after Donora had made world headlines, Newburgh's health specialists declared the experiment a smashing success and fluoridation "absolutely safe!"

Today there are many instances of factories contaminating whole areas, many of them also fluoridated by Public Health edict in idiotic redundance. Waldbott tells of visiting Sherbrook, Ontario, surrounded by fluorine producing industry. He found many people affected, two dying of fluorosis. Just lately the town of Dunnville, Ontario, has been making Canadian news, with many farmers ruined because crops and cattle are dying, human victims in court and health officials stoutly protesting the view that fluorides cannot possibly hurt humans. Garrison, Montana, is going through the same struggle.

The canard of fluorine as a "nutrient" was used, among other persuasions, to swing San Francisco into the medicated water column, beginning in 1952. Recently, Dr. Ellis Sox, City Health Commissioner, said that San Francisco has the highest death rate in the United States, averaging 13.3 per thousand. Non-fluoridated Bay cities have just about half that. The Golden City needs fluoridation?

Another canard is that fluoridated toothpaste is safer than drinking fluorides. You can control the dose with pastes, impossible with faucet water, but you can't control where the dose winds up inside you, either way. If you brush your teeth with souped-up paste in a fluoridated area, the two exposures will add up to a definite overdose. Still another canard says that fluoridation is the *only* way to dental health. Many dentists point out that you could, instead, deal with the *cause,* which is too much sugar and too little attention to brushing. For those who think they must drink medicated water, magnesia and calcium glyco-phosphate have been suggested. Both are non-poisonous.

The public seldom hears of it, but fluorides damage pipes as well as people. Riverhead, Long Island, gave up and reinstated fluoridation three times before abandoning it for good. They couldn't keep the pipes intact. Concord, New Hampshire, had the same experience, but gave up for good the first time, footing a bill of $200,000 for a new water system. Fluoridated New York City has constant trouble with its mains, water there occasionally being "reduced to a trickle" in some places. A similar difficulty plagues the fluoridated cities of San Francisco and Schenectady, New York, and is kept under wraps in many other places. Fluorides and metals simply do not coexist.

V

An objective mind could ask why people willingly flirt with suicide by lethal chemicals, or why medical authority, public and private, dares use coercion to egg them on. Too many know to their sorrow that mistakes in public health practices have for years brought tragedy. The history of medical ignorance of the deadliness of X-rays is notorious. Today's TV watchers run definite risk of radiation damage by crowding too close to their sets. Modern foods are loaded with chemical additives, unhealthy or worse. And there are hundreds more examples in drugs and pesticides, and the pollution of air and water.

Nevertheless, millions of Americans plunge blindly into a new experiment: an "absolutely safe" short cut to dental health via the fluoride route, without competent evaluation of the risks involved.

Other nations are less trusting. Denmark, France and Italy outlaw fluoridation. But Connecticut, Kentucky and Illinois make it mandatory. America leads the way to new disaster.

Encouragingly, the scientific community is aroused. In September of 1967, the International Society for Research on Nutrition and Vital Substances met in Luxembourg and made public its now-famous "Resolution 39." This said that "all governments, state parliaments and city councils concerned with the problem of fluoridation . . . should refrain from fluoridating drinking water, which measure is actually a medication, as long as the scientific aspects of the problem are not saitsfactorily clarified."

The Public Health fraternity, of course, ignored it. They still call fluoridation "one of the Four Horsemen of Health" — an Apocalyptic reference which seems to escape them.

I realize that the credibility gap in this whole story yawns like the Grand Canyon. Yet the authority behind the Opposition is of the best — far better than for the sordid machinations of the Promoters. How could responsible experts have done such slipshod work? How could deliberate suppression of *bona fide* research have been countenanced by supposedly reputable professionals? I am afraid that the answer to both is money and power. Power over millions who are willing to be babied and taken care of. And the fear by some scientists of losing status. And, as sadly, the downright permissiveness of most doctors and dentists and of the public generally, In sum, the decay of moral integrity. We see it on every front today; fluoridation is only an aggravated case of a universal failing. ●

EDITOR'S NOTE: David O. Woodbury, author of twenty-two books on science for the layman, graduated from M.I.T. as an electrical engineer, but has spent his life writing, lecturing, teaching, and interpreting the amazing technology of modern times. He has appeared in the Reader's Digest *steadily for the past twenty-five years, and in many other national magazines.*

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