

x A STATEMENT ON FLUORIDATION

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Although those living in large metropolitan areas are often exposed to toxic amounts of fluorides in the air (in the form of by-products from steel, aluminum and fertilizer plants), certain interests are strongly advocating the addition of sodium fluoride, or similar compounds, in a dilution of one part per million, to domestic water supplies. This campaign is based on the questionable premise that the result will be less tooth decay in children without harm to consumers.

In my opinion - and I want it clearly understood that I am not reflecting the views of any medical or dental organization, but the ideas of an increasing number of thoughtful citizens and professional men (of whom only a few are willing to express themselves) - such fluoridation is not only illogical, but is an invasion of personal rights and is fraught with grave danger to the health of the whole population. Let me enumerate some objections:

1. It is mass medication without precedent.
2. Sodium fluoride is a very toxic chemical acting as an enzyme poison, direct irritant and calcium inactivator. In a dilution of 1:15 million it reduces the activity of pancreatic lipase by 50 per cent. It is also an inhibitor of cytochrome oxidase, catalase, alkaline phosphatase and others. It reacts with growing tooth enamel and with bones to produce irreversible damage. It may injure the nervous system, kidneys and other tissues of susceptible individuals.
3. Fluoride is not a necessary trace element even for dental health.
4. The therapeutic dose (arbitrarily set at 1 ppm in drinking water) is equivalent to the toxic dose and yet the public is expected to consume this dangerous drug in uncontrolled quantities as a humanitarian gesture. How gullible are we? Even proponents admit that 15-20 per cent of children drinking such water will show chalk patches in their teeth. Drugs of such potency, in the past, have only been administered individually and under close supervision. There is no reason to drop these safeguards.
5. Uniform dosage of any drug dissolved in the water supply is obviously impossible. Some individuals may drink ten times as much as others. Thirst has many variables.

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