A different song...

(Continued from page 7)

is presented in summary form, on the following table ("+" means the cancer death rate was higher in fluoridated cities; "−" means the cancer death rate was lower in the fluoridated group).

FLUORIDATION-LINKED INCREASE IN CANCER DEATH RATE

AGE GROUP	White Male	White Female	Nonwhite Male	Nonwhite Female
45-49	+	+	+	+
50-54	+	−	+	+
55-59	+	+	+	+
60-64	+	−	+	−
65-69	+	−	+	+
70-74	+	+	−	−
75-79	+	+	+	−
80-84	+	+	+	+
85+	+	+	−	+

Workshops & Seminars

Would you like one of the below?

_____Fluoridation: Political Action and Information

_____Fluoridation: Mechanism and Adverse Effects

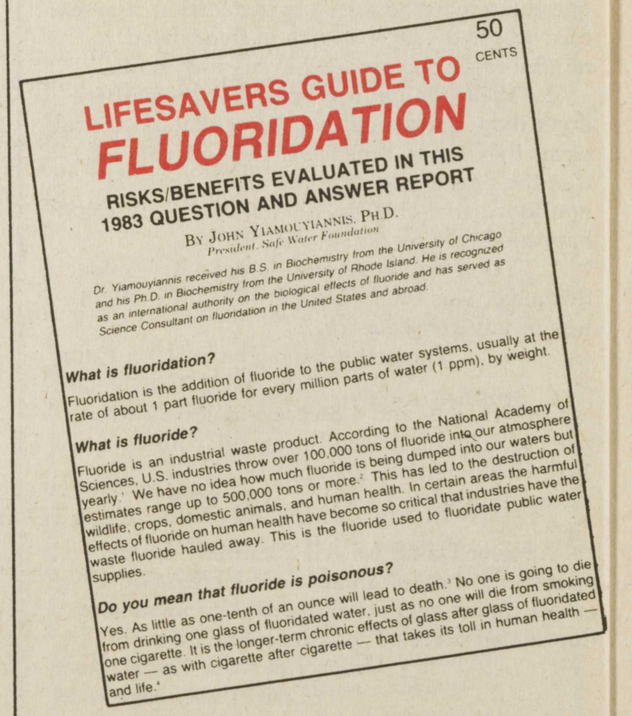
_____General Health and Nutrition

_____Other, please specify in order of your preference.

Please let us know your preference of weekend or weekday to attend a workshop and time of year most preferable. *Note:* There will be a charge for the seminar.

Gov. Cuomo's staff hears top experts

On September 21, a group of doctors, dentists, and scientists met with Gov. Cuomo's aides and the New York Commissioner of Public Health, Dr. David Axelrod, to appraise them of the documented adverse effects of fluoride. This meeting was spearheaded by Eleanor Krinsky of the New York State Coalition Opposed to Fluoridation and her organization's efforts to inform the public about fluoride's harmful effects. Those presenting data at this important meeting included Lennart Krook D.V.M. who is dean of post graduate research at Cornell University, William Fuqua D.D.S., Bruce Sherman D.D.S., Michael Schachter M.D., John Lee M.D., and Attorney Paul Stephen Beeber who has lent his time, energy and resources to fight fluoridation. The Center for Health Action is cosponsoring Dr. John Lee's trip to New York.



50 CENTS

LIFESAVERS GUIDE TO FLUORIDATION

RISKS/BENEFITS EVALUATED IN THIS 1983 QUESTION AND ANSWER REPORT

BY JOHN YIAMOUYIANNIS, PH.D.
President, Safe Water Foundation

Dr. Yiamouyiannis received his B.S. in Biochemistry from the University of Chicago and his Ph.D. in Biochemistry from the University of Rhode Island. He is recognized as an international authority on the biological effects of fluoride and has served as Science Consultant on fluoridation in the United States and abroad.

What is fluoridation?

Fluoridation is the addition of fluoride to the public water systems, usually at the rate of about 1 part fluoride for every million parts of water (1 ppm), by weight.

What is fluoride?

Fluoride is an industrial waste product. According to the National Academy of Sciences, U.S. industries throw over 100,000 tons of fluoride into our atmosphere yearly.[1] We have no idea how much fluoride is being dumped into our waters but estimates range up to 500,000 tons or more.[2] This has led to the destruction of wildlife, crops, domestic animals, and human health. In certain areas the harmful effects of fluoride on human health have become so critical that industries have the waste fluoride hauled away. This is the fluoride used to fluoridate public water supplies.

Do you mean that fluoride is poisonous?

Yes. As little as one-tenth of an ounce will lead to death.[3] No one is going to die from drinking one glass of fluoridated water, just as no one will die from smoking one cigarette. It is the longer-term chronic effects of glass after glass of fluoridated water — as with cigarette after cigarette — that takes its toll in human health — and life.[4]

The *Lifesavers Guide to Fluoridation* is an 8-page pamphlet which covers 20 frequently asked questions about fluoride and fluoridation with over 240 references to verify the answers. Send for your copy today for just 50 cents or 60 copies for $10.00.

CARMEN YIAMOUYIANNIS to compete in IRON MAN TRIATHLON in Hawaii

On September 9, 1984, Carmen Yiamouyiannis was the top female winner in the 2nd Annual Bud-Lite Triathlon which included a 1.2 mile swim, 51.8 mile cycling and a 12.4 mile run. CHA sponsored Carmen in this triathlon. With this victory comes an opportunity to compete in the Iron Man Triathlon in Hawaii on October 6, 1984.

The Iron Man Triathlon is one of the most grueling tests of endurance. Participants are required to swim 2.5 miles in the ocean, cycle 112 miles and run 26 miles (a full marathon).

Carmen is a junior at Ohio State University where she runs both cross country and track. During the summer, Carmen bicycled daily from Ohio State to Eckels Lake, a combined distance of 42 miles. And thanks to a strong fitness program for lifeguards at the lake, she kept her swimming form by doing laps.

The Center for Health Action along with **Ten Speeds More or Less,** a Delaware cycling store, are proud to be co-sponsoring Carmen to participate in the Iron Man Triathlon.

CHA's ultimate goal is the attainment of natural good health achieved through living in a healthy environment, good nutrition and exercise. Carmen personifies the attainment of this goal on all these levels.

CHA anxiously awaits Carmen's attempt to compete in the Iron Man Triathlon. WE ASK YOU TO MAKE YOUR PLEDGE FOR HEALTH TO CHA for each mile Carmen is able to complete in this grueling test of super fitness!

Pledger's Name: _____

Address: _____

I am proud to pledge $.10 $.20 $.50 $1.00 Other$__ per mile (please circle one) to the Center for Health Action for Carmen's competition in the Iron Man Triathlon, which is a total of 140.5 miles. (CHA will notify me of the results).

Signed: _____

Date: _____

Please return to Center for Health Action.