Consumer Reports: "No 'Scientific Controversy' ' 
Over the Safety of Fluoridation"

The July and August issues of Consumer Reports contained a two-part article on fluoridation. This article analyzed the allegation against fluoridation and concluded with the following statements: "The simple truth is that there's no 'scientific controversy' over the safety of fluoridation. The practice is safe, economical, and beneficial. The survival of this fake controversy represents, in CU's (Consumers Union's) opinion, one of the major triumphs of quackery over science in our generation."

This article was called to the attention of Congressmen by one of the members of Congress and appears in the July 26 and 27 issues of the Congressional Record.

Reprints of the article have been obtained from Consumer Reports and are distributed with this memo. Additional copies can be made available upon request.

Dental Disease Prevention Activity
Bureau of State Services

Enclosure
Deploy, as many of our European allies desire, large numbers of cruise missile launchers with similar advanced technology U.S. weaponry contracts or P.L. Links. The cruise missiles could also be deployed away from existing NATO military facilities, and in a highly mobile fashion. They might potentially be launched from ships with Patriot or another advanced SAM missile. They could also be deployed with less than 450 NM ranges to meet SALT II constraints.

In fact, there are some interesting variants NATO might pursue. The U.S. and other allies might buy 1,500-plus-mile systems since they are not bound by SALT II. This might be tied to a direct quote project of NATO's SS-20 launchers, missiles, or warheads. This would allow NATO to expand its SS-20 forces. Re-deploying NATO missile units and nuclear storage sites to minimize co-location with other military facilities. Deliberately increase the number of targets while lowering the value of any one target. Here, however, "tamper proof" weapons would be essential. Increased vulnerability to terrorism would not be what we had in mind.

Abolish the NATO strike aircraft concept. Rely on forward dispersed missile forces in an effort to avoid so-called, "no win" confrontation in nuclear bombs from CONUS, as required. This would eliminate the attractiveness of NATO air bases as prepotent or fluid missile targets in the event of joint strike aircraft once war began. Hardened storage sites located remotely would provide a similar decoupling of NATO air from the quick reaction nuclear mission.

Provide improved survivable C* to use such systems effectively with restraint and to guarantee NATO's political leaders that any such improvements would not weaken their commitment at all.

Engage the Warsaw Pact in N.Q.O.-oriented arms control or collateral constraint talks. Seek to convince the USSR that NATO's political leaders that any such improvements would not weaken their commitment.

The question now is: Should the Congress wipe out the penalties of violation, which, if in express terms, would render Turkey illegible for further American weapons until the United States had just reached Europe, along the Black Sea, and to Cyprus. More to the point, is how can we protect the conditions on which those arms were made available to Turkey? We should feel free to use them in pursuit of its own interests, in local conflicts.

The analysis of Messrs. Vance and Ball, offering that merely a partial lifting of the arms embargo, is even more compelling when the matter at issue, is, at least, the proposed total lifting of the embargo. We have supported President Carter's stated intention to control the spread and misuse of U.S. arms abroad; the President's efforts to end the embargo, before purveyor has taken the necessary substantive actions to remedy its aggression on Cyprus, runs directly contrary to his stated policy and risks precisely the consequences suggested by Messrs. Vance and Ball.

I insert at this point in the Record, and commend to the attention of the com­

TURKISH ARMS EMBARGO

HON. CHARLES ROSE
OF NORTH CAROLINA
IN THE HOUSE OF REPRESENTATIVES

Wednesday, July 26, 1978

Mr. ROSE. Mr. Speaker, as we in Congress prepare to consider the Carter administration's attempt to end the arms embargo imposed on Turkey after its August 1, 1974, invasion and occupation of Cyprus, I believe it is most important to bear in mind the likely consequences of such a decision.

In several years during which this issue has been before Congress I have not seen a more eloquent statement of the dangers involved in lifting the embargo than that offered by Messrs. Cyrus Vance and George Ball when they testi­
Fluorides are compounds containing the element fluoride. In its various forms, fluoride is found in practically all soils, plants, and animals. It is also found in humans, both in the bone, teeth, skin, the thyroid gland, vision, and hearing.

ON THE TRAIL OF COLORADO STAIN
Fluorides can cause staining of the enamel, which is the outer layer of the tooth. Sharply reduces dental decay, especially among those exposed to fluoridated water. It is not effective at 1 ppm level (actually 0.7 to 1.2 ppm, according to local conditions) isn't an arbitrary one. McKay found a method of killing a consecutive story complete with a twist ending.

The initial clue was uncovered early in the century by two scientists investigating a community in New York State. McKay and Breden compared groups of children trying to find out what caused a mottling of the teeth enamel, a discoloration variously known as brown stain, brown "mottle," and "teeth." By 1916 they had narrowed the search to something in domestic water. The next step was to identify the substance and get it out of the water. It took until 1931, however, before the substance was fluorides.

Meanwhile, McKay had noticed something else. A practicing dentist, he observed that patients with blotched teeth also had remarkable resistance to tooth decay. The concern of public health officials at the time was still how to get fluorine out of the water. But McKay's observation also spurred further research by the Public Health Service to learn more about fluoride's effect on teeth.

Over the next ten years, research teams led by Dr. H. T. Dean of the Public Service studied the dental stains of 7257 children in 21 cities, communities of natural fluorides in their water. The results were unequivocal. The more fluoride in the water, the fewer dental caries in children. Two communities that contained approximately 1 ppm or more of fluoride, the children developed about 50 percent fewer cavities.

Since the early days of the Newburgh-Kingston project, literally thousands of scientific studies have examined the effectiveness and safety of fluoride. Virtually every doubt or question that has been raised, however scanty the evidence, has been studied in depth by one or more groups of researchers. As a dentist representing the American Dental Association noted in the November issue of the Journal of the American Dental Association, fluoride is not only 10 to 40 cents a year per capita, but also "the most cost-effective and safety of flouridation. Opposition has also come from other professionals and lay people who view fluoridation as a government infringement of individual freedom.

Various groups have been formed for the sole purpose of fighting fluoridation, but none has had much impact outside of its local community. Generally, the real steam behind fluoridation comes from well-funded, national, multi-issue organizations that have been able to disseminate fluoridation propaganda around the country. One such group is the John Birch Society. Another, until the early 1970's, was the Rodale Press, publisher of Prevention magazine and a frequent proponent of improved nutrition concepts. The most active and effective group today, however, is the National Health Federation, whose roots run deep into the soil of medical quackery. Those roots are worth a brief examination.

EXTENSIONS OF REMARKS

THE NEWBURGH-KINGSTON EXPERIMENT
Among the earliest and most extensive, New York State Department of Health, Before attempting any widespread introduction of fluorida
tion, the dental association, the American Dental Association, sponsored a long-term, controlled study of a limited group of children who would be carefully monitored by physicians. After considering various communities, Newburgh and Kingston were selected as the only pair able to meet the criteria the New York State Department of Health, Dr. Hilleboe, told of some of the troubles his agency had encountered in the early days of the Newburgh-Kingston project. Soon after its approval in March 1944, the local health officer in Newburgh began receiving complaints from some of the town's citizens.

Some protested that the fluoridated water was discoloring saucepans. Others complained they were getting digestive troubles. One woman explained that she suffered from a condition that "the fluoride" had caused her. They-found themselves." These incidents all occurred before fluoridation was approved. The National Health Federation has had much impact outside of its local community. Generally, the real steam behind fluoridation comes from well-funded, national, multi-issue organizations that have been able to dissem-inate fluoridation propaganda around the country. One such group is the John Birch Society. Another, until the early 1970's, was the Rodale Press, publisher of Prevention magazine and a frequent proponent of improved nutrition concepts. The most active and effective group today, however, is the National Health Federation, whose roots run deep into the soil of medical quackery. Those roots are worth a brief examination.

WHEN HOODES HAD BAD TEETH
In the early 1950's, an organization called the Electronic Medical Foundation ran a Juvenile Diabetes-Hypoglycemia campaign to sell electronic treatment devices for "curing" numerous disorders. An estimated 3000 practitioners sold these devices, mainly chiropractors, and scientists and lay people who view fluoridation as a government infringement of individual freedom.

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In the late 1960's, the World Health Organization accomplished the Herculean task of pulling much or the known information together. The objectives was to provide an unbiased review of the safety of fluoridation. Opposition has also come from other professionals and lay people who view fluoridation as a government infringement of individual freedom.

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and that of a rooster resulted in a report of sinus infection and bad teeth.

The FDA inspectors also investigated the treatment, and they found that the treatment merely consisted of salt that was used in the water supply.

The second case involved a patient in the United Kingdom who was treated with a salt solution that was contaminated with fluoride. The patient developed dental fluorosis, a condition characterized by the formation of white spots on the teeth.

The patient's dentist referred the case to the National Health Service, which conducted an investigation. The investigation found that the fluoride concentration in the water supply was too high, leading to the development of dental fluorosis.

The second case highlights the importance of proper regulation and oversight in the treatment of dental fluorosis. The case also underscores the potential for adverse effects when the concentration of fluoride in the water supply is not properly controlled.

EXTENSIONS OF REMARKS

The real goal of antifluoridation groups, explains an American Dental Association official, "is to create the appearance of controversy." The "studies" are merely the play. The accuracy of that judgment was evidenced by what happened next. According to Dr. Robert N. Hoover of the American Medical Association, a physician who has published several articles on the subject, the National Anti-Fluoridation Campaign's "studies" and other reports of alleged health hazards were made public in order to create the appearance of controversy. The campaign's goal, he said, was to create the impression that there were serious health risks associated with fluoride.

The campaign's tactics were designed to create fear and uncertainty among the public. They included the publication of misleading and exaggerated reports, the use of emotionally charged language, and the creation of a false sense of urgency.

The campaign's tactics were successful, and the public began to question the safety of fluoride. This led to a decline in the popularity of fluoridated water, which had been slowly gaining acceptance in more communities.

The campaign's tactics included the use of propaganda and the distribution of propaganda flyers that were designed to create fear and uncertainty among the public.

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seven of the leading medical and scientific organizations in the English-speaking world have been involved or have collaborated with the World Health Federation's cancer claims.

Meanwhile, other allegations against fluoridation are in wide circulation. Fluoridation is claimed to cause allergic reactions, birth defects, mutations, heart disease, and cancer in animals. We'll examine those allegations next month.

In the second part of this report.

SCIENTIFIC EXCHANGE WITH THE SOVIET UNION AND HUMAN RIGHTS: SOME CONSIDERATIONS

HON. NEWTON I. STEERS, JR.
OF MARYLAND
IN THE HOUSE OF REPRESENTATIVES
Wednesday, July 26, 1978

Mr. STEERS. Mr. Speaker, the recent trials of members of the Helsinki monitoring group in the Soviet Union have led many people to question the current status of the entire spectrum of United States-Soviet cooperative ventures. The question of scientific cooperation already has received one day of consideration during a briefing sponsored by my distinguished colleagues, Mr. HARKIN and HOLLENBECK, and will receive further hearings in the Subcommittee on Domestic and International Scientific Planning Analysis and Cooperation. The Subcommittee is chaired by Mr. Steers.

I am glad to see that this question will be getting the attention it deserves in this Congress, and I would like to present the testimony of Dr. Robert Adelstein, representing the Committee for Concerned Scientists, before Messrs. HARKIN and HOLLENBECK's briefing on July 18.

Dr. Adelstein points out that the Soviet Union has "chosen to limit artificially the interchange between Soviet and American scientists by controlling tightly the nature of Soviet participation, and he suggests that, "scientific exchange programs will have to be accepted as a necessity, and that a decent level of scientific contact and cooperation are essential to the development of cooperation in the fields of science and technology ...." However, the agreement also takes "into consideration that such cooperation will serve to strengthen friendly relations" between the U.S. and the U.S.S.R.

In furthering the scientific goals of exchange we are led in the same direction. Exchanges play a role in scientific advancement because they enlarge the pool of knowledge on which researchers can draw. Science is after all a cumulative effort. Every scientist builds on the foundations provided by his colleagues. Interchange and thus Impedes scientific progress.

But that Is history. The fact remains that the Congress too, has placed a commitment to the advancement of human rights as one of the cornerstones of U.S. foreign policy. Both by word and deed the Congress too, has placed a commitment to the advancement of human rights as one of the cornerstones of U.S. foreign policy. Thus the political course which this nation has chosen for itself dictates that scientific programs be utilized to promote scientific and human rights.

In the same way, the Helsinki Watch is now working to win the release of American exchange scientists who work with CLIFFORD CASE on State issues know what a fine legislator and Senator he is. When he leaves public office in January, Clifford Case will take with him a reputation as one of the leading statesmen ever to serve in the U.S. Senate. I would like to submit for the record a news story on the broadcast on WNBC-TV4 recently. I think it very clearly outlines his fine character and contributions.

CLIFFORD CASE—A STATESMAN
HON. JAMES J. HOWARD
OF NEW JERSEY
IN THE HOUSE OF REPRESENTATIVES
Wednesday, July 26, 1978

Mr. HOWARD. Mr. Speaker, those of us in the New Jersey congressional delegation who work with Clifford Case on State issues know what a fine legislator and Senator he is. When he leaves public office in January, Clifford Case will take with him a reputation as one of the leading statesmen ever to serve in the U.S. Senate. I would like to submit for the record a news story on the broadcast on WNBC-TV4 recently. I think it very clearly outlines his fine character and contributions.

AN EDITORIAL—WNBC-TV4, JUNE 27, 1978

Mr. Speaker, we in this Congress have a duty to our constituents. We are elected to represent them and make decisions that affect their lives.

There's probably truth in it. Though we'd like to add that the turnout, considering that this was a primary in which there were clear choices to be made—the turnout was relatively low. If, after the primaries, people complain about the choice of candidate given them, they, too, have no one to blame but themselves.

But that is history. The fact remains that when the Senate convenes next year, Senator Case will not be present. After twenty years of office, the vision and quiet intellectual brilliance he brought to Senate debates will be gone. He is a man whose views are strongly held, but not angry, and he looks best when he has had occasion to remember. He was kind, patient, and most important of all, wise. Those years in office did not feel senseless. He knew that the things he set out to do have a great deal of experience in this regard.

When exchange delegations feel it appropriate, they should insist that participation in one of the unofficial seminars be part of their official itinerary. The U.S. government, or any other concerned, should provide the delegations with all possible assistance in this regard.

We'll examine those allegations next month.
MAIL STRIKERS: THE LETTER OF THE LAW

HON. DEL CLAWSON
OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, July 27, 1978

Mr. DEL CLAWSON. Mr. Speaker, a recent informal discussion with postal workers at home in California provided some useful input regarding striking postal employees' interest in their position of view supported in an editorial appearing in the Washington Post of July 26. I believe it would be hard to question the loyalty of the postal workers in the editorial and commend it to the attention of my colleagues at this point in the record:

MAIL STRIKERS: THE LETTER OF THE LAW

Perhaps some of you are having difficulty understanding why certain postal workers are striking when union members haven't even had a chance to vote on the tentative nationwide contract settlement that was reached with the U.S. Postal Service only last Friday. It is a trite puzzlement—especially if you believe in such things as union democracy, fair play, obeying the law and the public servant's responsibility to that public.

But forget all that and consider instead the Gospel of Lawlessness According to one Moi Biller, who is a local president in New York who doesn't care about such niceties:

To begin with, Mr. Biller didn't like the proposed settlement, which would provide for wage increases, including cost-of-living benefits, for only 6 percent of the 120,000 postal workers and the bargain table or fact-finding/ arbitration. Meanwhile, those postal workers who insist on defying the law by walking off the job should be given permanent walking papers.

EXTENSIONS OF REMARKS

FLUORIDATION—PART 2

HON. TIM LEE CARTER
OF KENTUCKY

IN THE HOUSE OF REPRESENTATIVES

Thursday, July 27, 1978

Mr. CARTER. Mr. Speaker, on Wednesday, July 26, I entered into the Record the first half of a two-part article on fluoridation published in Consumer Reports. Fluoride in water supplies and therapeutic preparations has been proven highly effective in preventing dental disease. The safety of its use, however, has been questioned.

Thus, considerable interest at present in disease prevention. In light of the timely nature of the article in Consumer Reports I commend it to my colleagues for an objective discussion of all the issues surrounding fluoride safety:

THE ATTACK ON FLUORIDATION—PART 2

SIX WAYS TO MISLEAD THE PUBLIC

"There are three kinds of lies," remarked British statesman Benjamin Disraeli, "lies, damned lies, and statistics." Probably every type of misrepresentation is known to have been overlooked by the timeliness of nature of the article in Consumer Reports I commend it to my colleagues for an objective discussion of all the issues surrounding fluoride safety. Thus, there was a strong likelihood that Dr. Rapaport has never had enough of mongoloid births in the cities he chose to study.

That conclusion was soon confirmed by a more carefully controlled study in England. Using more exacting methods and more careful findings, the British researchers reported no difference in the incidence of mongolism in those who the water was high or low in fluoride.

Since then, two extensive studies have substantiated the British findings. Massachusetts from 1950 through 1966. The results, published in the New England Journal of Medicine, showed no difference in the incidence of mongolism between fluoridated and non-fluoridated cities.

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CLAIM: FLUORIDE CAUSES BIRTH DEFECTS

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CLAIM: FLUORIDE IS MUTAGENIC

A variation on the birth-defects theme is the claim that fluoride is a genetic hazard. Until recently, this claim was based on irrelevant or questionable experiments with animal physiology in the 1970s. In 1976, two researchers in Kansas City, Mo., reported that various levels of fluoride damaged chromosomal abnormalities in human, induced muscle and hepatic cells of mice. Although experts who reviewed the experiment noted several inconsistencies in the data, the results were nonetheless judged important enough to warrant further research.

Accordingly, joint studies were undertaken by the Laboratory of Developmental Biology and Anomalies at the National Institute of Dental Research, the Department of Pediatrics at the University of Minnesota, and the Laboratory of Cellular and Comparative Physiology at the National Institute on...
Aging. The scientists conducted four separate experiments to determine whether cells receiving acute doses of fluoride and mice raised for several generations on water containing 50 ppm of fluoride. None of the studies produced any evidence that fluoride damages chromosomes, even at levels 100 times that in fluoridated water supplies.

In addition, an independent group of researchers reported similar results with human white blood cells, which are exposed to very low fluoride levels in natural water supplies. They found only low fluoride to fail to produce damage. It also evidenced an antimutagenic effect by protecting chromosomes against a known mutagen.

CLAIM: FLUORIDE CAUSES ALLERGIC REACTIONS

The charges that people can suffer allergic reactions—"low dosages" to describe the low levels—prominence from anecdotal accounts by George L. Waldbott, M.D., an early opponent of fluoridation. In 1951 and dismissed it. Other experiments showed a 91 percent increase in tooth decay rates. In Wisconsin, opponents of fluoridation have often charged that it increases the number of heart deaths. They base their claim on statistics that show a rise in heart deaths in the town of Antigo, Wis., since the introduction of fluoridation there.

The National Heart and Lung Institute has called the data a "misrepresentation of statistics." As one scientist points out, "The well-known fact that deaths from heart disease become more frequent as people grow older was overlooked." Since fluoridation was introduced in Antigo in 1949, the percentage of elderly people living between 1951 and 1971 has risen 107 percent. Even so, the alleged effect of fluoride vanishes.

According to a 1976 study by the National Heart and Lung Institute, comparisons of fluoridated and unfluoridated community revealed no change in the rate of heart deaths. Furthermore, the Institute, evidence from autopsy studies, from examinations of patients exposed to acute doses of fluoride in industrial accidents, and from medical data on people who have drunk water naturally high in fluoride for a lifetime "all consistently indicate no adverse effect on cardiovascular health."

The facts: Antigo learned the hard way.

Of the numerous films that have been attributed to fluoridation—from cancer in humans to constipation in dogs—none has even been shown to be valid. In fact, the only known hazard of fluoridated water lies in its protection against dental disease. It can be induced by fluoride, a chemical found in many foods and some vitamins and even lye and typho-

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