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## A Doctor Reports on Flouridation

Pauline Pidgeon

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## Paul Marks Investigating and Publishing Community Ideas

Paul Marks, Box N, Los Banos, Calif., has been working for years for better education and cultural improvement in his area. Since 1960 he has headed a non-profit organization concerned with these goals known as Youth Resources, Inc. More recently he has concluded that an important means to a better world is small intentional communities in which members experiment with new institutions and new ways of living.

Mr. Marks is an active member of the School of Living, and was instrumental in organizing and guiding 1966 summer meetings of our members in San Francisco and Los Angeles. He now agrees to be chairman of a School of Living Community Committee and to represent the School of Living in developing communities. He hopes to secure as members of his committee persons who are interested in various types of communities, including those who are new to the idea, as well as those who have had some experience in forming a community. Above all he is interested in those "who will work at it, and who will communicate fully and quickly."

He writes, "I am not interested in any flash-in-the-pan action; the long-term result is what I am working for."

### Questionnaire and Report

In October Mr. Marks circulated to his many correspondents a long questionnaire asking for ideas and suggestions. The good

response was summarized in his November issue of *The Questers* (the complete report is available from him for 25c).

Typical results to the several groups of questions are indicated below (% indicates percentage of participants responding):

1. Reasons for interest in intentional community: (86%) frustrations of modern life; (38%) to develop environment conducive to self-expression.

2. Who would be more interested in IC?: (76%) young single men, (24%) young single women; (30%) young families with children, (8%) families with teenagers; (51%) agnostics and atheists, (49%) religiously inclined.

3. Characteristics of IC preferred: (48%) an experimental approach; (33%) combination co-operative and private ownership.

4. Types of education preferred: (92%) for all ages; (59%) Summerhillian.

5. Preferred methods of beginning financing IC: (60%) sale of shares in a co-op; (44%) insured fund account, providing for possible refund to investors.

6. Preferred locations: Northern California; Washington-Oregon; Arizona-New Mexico; highlands of Central America; Caribbean islands; Ozarks; Canada.

A second questionnaire which Mr. Marks will issue soon is designed to discover how serious and ready a person is to take action toward community.

### Optimism and Vigor Needed

To one or two writers of pessimistic outlook, Mr. Marks has said, in effect: "Some who have worked at community over the years have become disillusioned. They are realistic and should be listened to. But today people are responding to the idea of intentional community more than in generations just past. As our civilization is decadent, some aware persons feel strongly enough to really go ahead and take action. The biggest job is finding those serious and capable enough to proceed with an experiment. This is a searching and an orientation job. Giving up won't get it done. But with the trend in our direction, how can we miss if enough effort is put forth? With vigor we can overcome the hurdles."

## A Doctor Reports On Fluoridation

**A Struggle With Titans**, by George L. Walcott, M.D., \$4.75, Carlton Press, New York, 1965. Reviewed by Pauline Pidgeon.

For those who would have unshakable faith in the integrity of popular applied scientists and scientism, this book will make them blush.

The author, an outstanding allergist in Detroit, scientist and writer of the book *Contact Dermatitis*, gives his account of what happens in any age when a man, regardless of his education, reputation and standing, opposes the titans behind a money-making scheme.

Systematically, he tears down the flimsy pyramid of evidence supporting fluoridation of public water supplies. From the first unqualified committee investigation in Texas to the latest legislation. Dr. Walcott sews his case together with air-tight precision, but with no sensationalism nor tear-jerking, tho sad the facts.

From the *Globe and Mail* came the following points posed by the Canadian Medical Association's Ad Hoc Subcommittee at the 1954 Winnipeg Convention.

"We don't know enough about physical and oral damage which may be unrecognizable in the absence of dental fluorosis; about the toxic effects of fluorine; . . . about the relation of nutritional factors to the action of fluorine; . . . about the toxicity of fluoride as allied to climate and geography which may increase absorption or diminish

## The Green Revolution

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Editor: Mildred J. Loomis.

Subscription rates: *The Green Revolution*, \$3 a year; *The Green Revolution* with School of Living membership, \$5 a year; *The Green Revolution* and bimonthly *A Way Out*, \$6 a year.

Telephone: TE 8-4522 (New Lebanon, Ohio).

excretion."

These comments are to this day unanswered by the authorities.

### Fluoridation in Medical Journals

Buck-passing is shown to be an *avant garde* sport in the medical-political-scientific houses where the editors of publications of "highest" reputation such as JAMA, JADA, USPHS and others quote each other when none have done the original research on fluorides and teeth, a situation akin to Gilbert & Sullivan plots but far too serious to be laughed away.

In one instance a journal stated the wrong amount of fluoride in an article. Other journals repeated the mistake. When Dr. Walcott called the mistake to the attention of the editors involved, they ignored him as tho he were being impudent.

A deplorable promotion technique of the fluoridationists throughout their history has been to stage rigged debates and public exhibitions. Many times Dr. Walcott found himself the sole spokesman against a battery of scientists and public officials who delighted in aiming their darts at their opponent's reputation (tho unquestionable) rather than discussing the issue of fluoridation.

The book contains case histories of allergy patients and their reactions to fluoridated water. Every kind of test and psychosomatic involvement was employed but the incriminating evidence was unmistakable. When submitting his findings to the medical journals, the author received cold shoulder replies to the effect, "We've already endorsed fluoridation, do you expect us to be so dumb as to contradict ourselves?"

Such allergic reactions as hemorrhages in the small blood vessels of the stomach and upper bowel were linked to excessive fluoride stored in the body. For unknown reasons, some persons store certain compounds and others do not. One anesthetic used in surgery today has 28% fluorine and is considered by this author to be the cause of many post-surgical deaths. The whole field of questionable fluoride in drugs today is virtually an open field for investigation.

It is pointed out that sensitive, allergic people are always more likely to have an unfavorable reaction to drugs as well as foods.

To sum up, in this doctor's analysis, the fluoridation issue is pinned on these facts:

### History of Fluoridation Promotion

The fluoridation idea was originally promoted by industry; a handful of outstanding scientists received grants to carry out research in order to prove a predetermined thesis; these scientists, utilizing this research and their high standing in scientific groups, were able to attract officials in medical and dental organizations; the dental branch of the USPHS embraced the new "health measure" at a time when relatively little progress in preventive dentistry was on record compared with its sister branches in the medical field; new industries including some of the toothpaste and drug industries fell into line; the same scientists, now aided by the USPHS, began a vigorous campaign among lay organizations with the backing of some of their colleagues whom they had, by now, convinced that fluoridation was safe; these men won the news media, especially medical news writers, for their cause and thus prevented data unfavorable to the project from reaching the profession and the

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## Confronting Major, Universal Problems of Living

The School of Living is an association of persons developing an adult education in major, universal problems of living, i.e., all those issues and questions which every person, irrespective of time or place, must and does answer.

Good answers are more likely to be discovered and practiced by those who carefully define and examine those problems, and who impartially consider and choose from alternative answers.



Mrs. Mildred J. Loomis

The School of Living was founded near Suffern, N. Y., in 1936 by Ralph Borsodi and associates, one of whom was Mrs. Mildred Loomis. Since 1950 Mrs. Loomis has been its Director of Education.

Mrs. Loomis is now available for a limited number of lectures and discussions on major problems of living. Fees are adjustable to time, expense and resources of the groups involved. Address inquires to:

The School of Living  
Lane's End Homestead  
Brookville, Ohio 45309

### LECTURES AND DISCUSSION TOPICS

#### I — Adult Education For Living

What is a good life? What is a good purpose for living? What are major, universal problems of living? Why does the School of Living distinguish seventeen such problems, Do they provide a philosophy of living? Do they lead to personal action and social change?

#### II — The Nature Of Man

What is the essential, distinctive nature of this creature, this human being, who is at the center of all "problems"? This becomes the first and most essential search, because one's patterns of living reflect one's concept of one's self. *Cultural* patterns are determined by that view of man most widely accepted, or which has become habitualized, or legalized and enforced by governments. Are human beings fixed or free? determined or creative? How become more of one than the other.

#### III — Clarifying Economic Causes Of War

Conflict among humans institutionalized into international war Mrs. Loomis believes is the most tragic and persistent of all human problems. She quickly lays an ethical foundation for, and then unravels, the structure that would provide a *peaceful* flow of goods. She shows how generally accepted opposing practices cause war. (She has a B.Sc. in economics, an M.A. in education, but discovered most of what she regards as economic truth outside college.) One student says: "Mrs. Loomis has one of the most basic and radical understandings of the ills of our economy of anyone I've ever read or heard discuss economics. An excellent speaker; she can put economics in terms a 10-year-old can understand."

#### IV — Your Health! Who Is Responsible?

Are you sick or well? How long will you remain so? To whom do you look for help? How decide which therapist or regimen to follow. Mrs. Loomis has experimented with many health ideas: macrobiotic, wheat grass and Gerson cancer diets; natural hygiene, yoga, etc.; has studied many others. She believes many persons can confidently confront their own responsibility for their health. She is well and in her late sixties productively handles a good physical-mental output. She homesteads and edits *The Green Revolution* and *A Way Out*.

#### V — The Case For The Modern Homestead (with film)

A modern homestead is a small plot of land on which a family lives an integrated, or whole, life. After years in business, in social work and teaching, Mrs. Loomis discovered the homestead. Out of her experience she shows how major problems of living can be personally and socially dealt with on today's homesteads and in homestead communities. Discussing modern technology, she quotes a president of Radio Corporation of America: "Cybernation will make it necessary and desirable



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## Conservation, Land and Jobs

**Our Public Lands** is the official publication of the Bureau of Land Management, U. S. Dept. of the Interior. It is a 24-page quarterly in its 14th year, attractive, well illustrated; 20c a single copy, 60c a year's subscription (18th & C St., N.W., Washington, D.C. 20240. Articles deal with land use, conservation, and life in the more remote areas of the United States. Each issue carries a Public Sale Bulletin Board of land for sale, particularly in the western states.

**Pioneer Newsletter** is a 4-page bulletin. For the past two years, editors of this bulletin have collected and distributed important data about job situations and general conditions in somewhat isolated parts of our country. They have had maps, announcements of construction projects going on, types of professions needed, etc., under such titles as *Small Farms Offered* (in southeast Washington); *New Jobs in North Dakota*; *Flaming Gorge Area (Utah) May Become Vacation Center*; etc. The September 1966 issue was the last to be published, though back copies are available at 24 for \$2 (Periday Co., 17003 Ventura Blvd., Encino, Calif. 91316).

The Wilderness Society (729 15th St., N.W., Washington D.C. 20005) publishes a monthly report on jobs in study and research needed in expanding primitive areas and national park and wildlife refuge systems.

**The Last Valley** is a book by Ben Haas. Simon & Schuster, 478 pp., \$5.95. It is a story, by a native of Charlotte, N. C., of the struggle by the people of the Piedmont area to protect their land from spoilation by a private power firm. A reviewer in the *Charlotte Observer* says: "There are insights here into the manner in which pressure is applied at various levels of government, and into the divisive results in the community resulting from the pell-mell quest for the dollar. It delineates the tug of war between those who would conserve irreplaceable natural resources and those who would needlessly exploit and destroy them. The author takes the side of the conservationists: his book merits a national audience."



that life in the future be lived in small civilized communities and in esthetic, do-it-yourself homelife."



Above, Mrs. Loomis in her garden; and, on left, preparing the daily bread at Lane's End (1966). She may be the only woman with an M.A. degree in this country who has ground the grain for and baked every loaf of bread served in her home for the past quarter of a century.

#### VI — Joy In Living Or Normal Neurosis?

In the psychological, inter-personal field too, Mrs. Loomis has studied and experimented widely. She has had intensive training in group dynamics, some in scientology, general semantics and other types of communication. Many apprentices and students, single and in families, have lived at Lane's End (the Loomis homestead), as part of "experiments" in relating. In general, Mrs. Loomis follows the thesis and practice that energy, joy and creativity result from shared feelings, good feedback and continued effort at an accurate and acceptable self-image.

#### VII — A Call for Everyman's Right

In the civic area, Mrs. Loomis is neither "right" nor "left." She deplores the fact that modern culture is organized around coercion, i.e., the political state. She observes the world extensionally and sees that choice and freedom decrease from mistakenly legalizing certain goods (i.e., natural resources and money) as private property when their nature calls for common or cooperative handling. She distinguishes between property and trustery, and agrees therefore with neither "capitalism" in individualizing "social" goods, nor with collectivism in solializing "individually" earned goods. She has been joined by younger friends in delineating these concepts in a "Call For A Real Right," a third group that works for more voluntary association via more political realism.

\* \* \*

Mrs. Loomis is author-editor of *Go Ahead and Live!*, a popular 1965 book which presents the story of a young couple confronting and taking action on their major, universal problems of living. \$4.15 from:

The School of Living  
Lane's End Homestead  
Brookville, Ohio 45309

## Earthworms

### Their Intensive Propagation and Use In Biological Soil Building

Part II (continued from last month)

(Excerpted from a booklet of the above title.)

By Thomas J. Barrett

#### Domesticated Earthworm Culture

We have adopted the name, "domesticated earthworms," which are propagated in concentrated cultures and in a planned and created favorable environment, as opposed to the native earthworms which are found in garden, orchard, field and forest. Native earthworms multiply and spread very slowly, and, after geological ages have passed, are found in negligible numbers as compared to the almost "astronomical" multiplication in intensive earthworm culture.

The simple, easily understood technique for propagation and use of domesticated earthworms can be quickly mastered by anyone. Due to the exceedingly rapid multiplication, it is an easy matter to build up an adequate stock of breeding earthworms from a small initial start of one or two culture beds to the production of vast numbers of egg-capsules for hatching out millions of soil-builders. It should be borne in mind that in intensive use of earthworms for soil-building, earthworms must be propagated in concentrations hundreds of times more dense than is found in nature. From the concentrated culture beds, maintained under perfect control and favorable environmental conditions, the soil of lawns, gardens, nurseries, farms and orchards can be impregnated and adequate earthworm population established for renewing, conditioning and maintaining the topsoil.

While building up a fertile, beautiful homesite or garden, the individual who so desires can make his place a center of attraction to the entire community. At the same time, he can lay the foundation for a profitable, spare time home industry.

Talking about the value of the earthworm in nature without doing any thing about it, is exactly like talking about the value of water power in nature, with never a thought of utilizing it in the practical service of man.

We have done something about it. In the intensive propagation and use of domesticated earthworms, we have harnessed them and put them to work at soil-building in concentrations of more than 100,000,000 per acre foot—3,000 or more earthworms per cubic foot of composted material of topsoil. The numbers of earthworms in a given environment are limited only by the amount of food present.

The greatest of all teachers—Mother Nature—has given us an example of "mass-production" of earthworm topsoil in the Nile Valley,, as well as in every valley and lowland throughout the world.

From authoritative sources we have shown what the earthworm has accomplished in building fertile topsoil. We have shown them working in the soils of England in concentrations of 25,000 to 53,000 per acre or more, and in the soils of the United States in concentrations of from 250,000 to upwards of 2,000,000 per acre. We have shown them in the annual production of ten tons of castings per acre in England, to an annual production of more than 200 tons of castings per acre in the Upper Valley of the Nile.

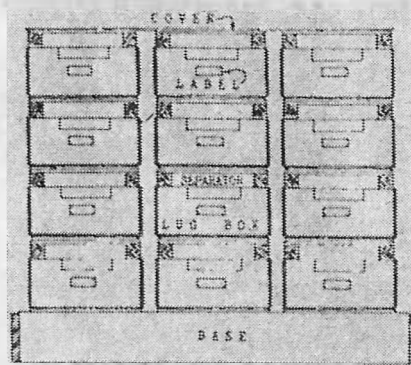
"What has been done can be done" is an old truism, and Nature has shown us that it has been done. In intensive propagation and use of domesticated earthworms, under perfect control, we create the favorable environment, provide the abundant soil-building material that is cheaply available, and the earthworms forthwith duplicate the mass-production example of nature.

#### Earthworm Culture in Boxes

The simplest and most practical method for the beginner in earthworm culture is propagation boxes. Many years' experience in the intensive breeding of earthworms for egg-capsule production has demonstrated that a box 14 inches wide, 17½ inches long and 6 inches deep (overall measurements) is the most favorable size for convenient and easy handling. The overall depth of box should be approximately 6 inches, but the other dimensions may be varied to suit individual preference.

While boxes may be constructed for the purpose, a cheap source of such culture boxes is the standard vegetable lug box of the above dimensions, usually obtainable at the grocery or market for from 3 to 10 cents each. Such lug boxes are light in weight, quite strong and durable, and are perfectly adapted to the breeding of earthworms.

(continued next month)



Propagation Boxes

## Letters To The Editor

### Community, An Alternative To the Editor:

The idea of intentional community as an alternative to the mass society is new to me, and I would appreciate references, books and people, to acquaint us with the subject, and with the School of Living — history, current activity and intent. And advise the relationship between Wilhelm Reich and School of Living membership or activity in our area.—M. R. Walsh, 5380 S. Martin Rd., New Berlin, Wisc.

### Get Society Off Our Backs To the Editor:

My wife and I are interested in the idea of getting back to the

land, and in learning to live there, if this does not require abdication of our responsibility to our brothers. We are sick of the city, credit, interest payments, fattening the pockets of employers and being grateful for the opportunity. We don't want to desert society, just want to get it off our backs a little. Would appreciate introductory material. — Harry Johnson, 3053 N. Neva, Chicago, Ill. 60534

### Interest Grows To Support To the Editor:

What a beautiful issue your May-June 1966 *A Way Out* is! A very good summary of the School of Living for newcomers

## THE GREEN REVOLUTION — 5 December, 1966

### ADVERTISING RATES

Classified: 35c per line. Minimum 3 lines or \$1.05. Average line has 40 spaces.

Display: \$5 per column inch. No discounts on any ads. Payment must accompany order.

Deadline: 10th of preceding month (example: April 10 for May issue).

Advertising Manager: Arthur Harvey, Raymond, New Hampshire.

HEALTH REJUVENATION. Fasting. Vacationing. Weight reduction. Nude sunbathing. Spring water pool. Gulf beaches. Delightful natural foods. Health lectures. Rates \$8 up. Cooperative employment available. Write SHANGRI-LA HEALTH RESORT

Bonita Springs, Florida 33923-G  
Enclose \$1 for book, "Fasting Can Save Your Life." (5-66)3

LIVING HIGH by June Burn. Joyous homesteading classic. New illus. edition, \$3. Wellington Books, 346 Concord, Belmont, Mass. (y4)

MANUAL FOR A SIMPLE BURIAL. A very useful little booklet, written by Ernest Morgan ((3rd edition). Shows how to obtain simplicity, dignity and economy in funeral arrangements through advance planning. Has lists of funeral and memorial societies and eye-banks; tells how to bequeath your body, etc. \$1 from School of Living.

THE OWNER-BUILT HOME is nearing completion. Vol. 4 will be finished in October issue of *Green Revolution*. It will be reprinted in looseleaf form, 3-hole punched for insertion in ring binder, as were Vols. I, II, and III. Each volume is \$2, from School of Living or direct from Ken Kern, Sierra Route, Oakhurst, Calif.

## living the good life

by Scott & Helen Nearing

Read details about their organic gardening, house and greenhouse building on a New England homestead farm. Clothbound Photos 210 pages \$3.50  
FOREST FARM, HARBORSIDE, MAINE

## A Doctor, cont'd

public; supported by the PHS, by industry, by professional organizations, lay groups and trusting individual civic leaders, they created an unfavorable public image of all who disagreed, lay persons and scientists alike.

A review of this book would not be complete without mentioning the author's wife who urged her husband until he swallowed his scientific pride and took a square look at the situation. She used her life savings to publish an anti-fluoridation newspaper for several years. Like a Pamela against the Titans, with no editorial nor publishing experience, this woman launched out against the tide.

In this vaunted modern world with its pseudo-ethics, it is good to find an honest couple who are not blown about by every wind of doctrine.

like us. When we read *Go Ahead and Live!* and your papers at first, we were interested in getting as much as possible for as little as possible, but by now I have sympathy for the school and want to help support it. So here's a check for various items. . . . My wife and I have spent time since the San Francisco School of Living meetings last summer with Frances Crary on her ranch—a creative, determined and capable person who will play a strong role in any effort of which she is a part. — Mathew Davis, 106 LaVerne, Mill Valley, Calif. 94943

### Trust Your Beaver

To the Editor:

I must tell you about our beaver dam.

We had a flood two years ago (15 inches of rain); all creeks and small streams became raging torrents. After the streams went down, we discovered a beaver in a nearby pond. We let him be and thought no more about it.

This summer, deep in our woods where a thick tangle of blackberries and fallen trees makes it difficult to roam, we discovered a new pond and dam—75 ft. long and 3 ft. across. There are two beaver houses, one at the edge and one in the center of the pond. All the blackberry thicket has been cleared for free—bless the beavers. They keep building the dam higher, and their spill—(continued on page 6)

Wanted: Applicants for clerical, record and promotion work for School of Living. Moderate salary and housing provided. Send a resume of experience and any pertinent comments to: School of Living, Brookville, Ohio.

### SCHOOL OF LIVING

#### Pledge, Membership and Subscription Form

Date \_\_\_\_\_

School of Living  
Lane's End Homestead  
Brookville, Ohio 45309

I want to participate in and support the New School of Living Center at Heathcote Community, Freeland, Md., as checked below:

\$\_\_\_\_\_ gift to the New School of Living Center Building Fund

\$\_\_\_\_\_ pledge to the New School of Living Center, payable

(terms or date)

I want to be part of the School of Living work as follows:

—\$10.00 for a year's membership and 1 year each of *A Way Out* and *The Green Revolution*.

—\$ 5.00 for a year's membership and 1 journal (indicate which one) \_\_\_\_\_

—\$ 3.00 for a year's *Green Revolution* (monthly).

—\$ 2.25 for a year's *A Way Out* (bimonthly).

—\$ 4.15 for a copy of popular School of Living book *Go Ahead and Live!*

Your Name \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

All Contributions and Memberships Are Tax-Deductible  
Please Send Names & Addresses For Sample Copies