



Pure Facts

April, 1983

Vol. 7 No. 3

Feingold Boys Traveling To WJ '83

The World Boy Scout Jamboree will be held this July in Kamanaskis (Alberta Province), Canada and nearly 100 Feingold boys will maintain their additive-free diets thanks to May McIntyre, Feingold mom from the Hyperactivity Association of Canada.

May took it upon herself to make sure the Jamboree would be accessible to Feingold kids by joining the Jamboree staff and taking on the responsibility of providing additive-free meals for the boys.

"I was at the Canadian Jamboree two years ago and found they had no program for the Feingold kids," she says. "They provide a very detailed program for diabetic children but until this year nothing for chemically-sensitive children."

May is working with manufacturers, dieticians and Jamboree officials making sure that Feingold meals are very similar to what everyone else will be served. "There will be only a very few instances where we will have to serve something different," she points out.

Thankful about not having to plan for all 20,000 scouts expected to attend World Jamboree '83, May feels very good about the opportunity she is giving her 100 Feingold kids. And, so does the national Feingold Association. ■

Desmond Leads Fight for Pure Food — Federation Stronger Than Ever

In 1957, an angry Ruth Desmond called the Food and Drug Administration and demanded to know, "What are you doing about all these pesticides and chemicals that are causing cancer?"

Her formerly active and robust husband was battling bladder cancer and Mrs. Desmond was frustrated seeing chemicals, proven to cause cancer, still being used.

"Madam, if you're so interested in this matter why aren't you on Capitol Hill attending the additive hearings?" the employee asked. So she went, she and a handful of grandmothers with little white gloves and flowered hats.

They saw armies of food association lawyers and industry supported doctors and they decided the consumer's interests weren't being represented very well. In April 1959 they formed the Federation of Homemakers and dedicated their energies to being watchdogs over the FDA and the food companies.

Though the white gloves and flowered hats and Mrs. Desmond's mink stole (bought especially for the hearings) are retired, she is still going strong after 26 years of dogging the FDA and telling senators, lawyers and food company officials things they don't want to hear.



Ruth Desmond
president, Federation of Homemakers

Looking back on the additive hearings Mrs. Desmond remembers, "They used the term 'chemical additives'. But the food companies didn't like that and when the legislation was written they were being called 'food additives'. I guess they thought that would sound better," she says with a disapproving shrug and a roll of her eyes.

The peanut butter hearings of 1965-66 sought to have the standard of identity for peanut butter changed allowing manufacturers to remove 20 percent of the peanuts and substitute fillers and artificial flavor.

Mrs. Desmond was appalled. "I call it showing my righteous indignation," she quips. In her

cont. on page 2

p.2 Convention '83

p.3 Safe Vegetable
Sauce

p.4 BH&G Article
Corrected

DESMOND, cont. from page 1

testimony at the hearings she asked, "Why would you want to take 20 percent of the peanuts out of peanut butter and replace them with expensive substitutes? Then you'd have to call it peanut spread." Just thinking about the peanut butter manufacturers' reaction makes Mrs. Desmond bubble over with laughter. "Oh it nearly killed them," she says. "Later they called the whole hearing horrendous."

But she made an impact. The standard of identity was not changed.

The hearings were also significant because the Federation of Homemakers became the first consumer group allowed to speak and take part in an agency standard of identity hearing.

Mrs. Desmond attributes many of her early victories to the element of surprise. "When we first started we just hit them with such startlement and surprise they weren't ready for it. But now, you see, industry is prepared. That makes a difference whether you are invited."

She also found her grandmotherly manner to be an asset. "At the Food and Drug Law Institute they would serve drinks and different ones would be telling me things and I'd think, 'Goodness gracious. Why are they telling me this?' I guess they thought I looked so motherly and pleasant. Naturally I'd let the public know," she says with a devilish laugh.

She poured over FDA records. "They said I was the first housewife who came to Food and Drug and went up and looked through all their records," she points out. "They were so glad to see someone come in. Now when I go in to look at the records they say some one has borrowed it, or it's in the other room, you can't have it."

"Those records are where I found out all the good things. I found out about dyes making children sick. At a Halloween party for some army children these orange colored candies and popcorn were making the children sick."

Convention '83 Coming on Shirrtails

Association Delegates to Convene in Kansas City

Kansas City has been chosen as the site for this year's annual FAUS convention and the Feingold Association of Missouri is already hip-deep in preparations.

Four days of convention (June 22-25) are being planned in order to accommodate all the business activities, speeches and workshops which will help FAUS members to expand their services, reach more families and share experiences only a Feingold parent can understand.

"Ours are hard-working conventions," explains FAUS president Jane Hersey. "But delegates find them as gratifying as they are exhausting." ■

Shirt Your Kids and Send a Feingold Mom to Convention

As Convention '83 draws near most associations face the problem of raising enough money to send their delegates to the event. This year FAUS has come up with a way we can all help. They are selling T-shirts that declare: "NO ARTIFICIAL INGREDIENTS PLEASE... I'm a 100% All Natural Kid".

Each shirt costs \$7 and all profits will be used to offset convention expenses for delegates.

Look for the enclosed flyer for information on ordering these T-shirts. ■

"FDA officials thought it was strange because the rats never got sick when they fed them the dye. I used to tell them we can't depend on these rats and mice. They have cast iron stomachs."

More recently the Federation of Homemakers has led the fight to remove caffeine from soft drinks and other drinks consumed by children. Their campaign has resulted in rallying public opinion and in new caffeine-free products.

The Federaton is currently pursuing, among a great many things, the elimination of harmful nitrosamines from infant rubber nursing bottle nipples.

Though Mrs. Desmond chuckles about her battles with condescend-

ing industry lawyers and ornery food officials she takes her role of watchdog very seriously and is extremely proud of the influence her group has wielded. "Oh I can't do the things I used to do. I'm 76," she says.

But a twinkle in her eye tells you she's not out of the game yet. There's lots of righteous indignation left in this grandmother. ■

To become a member of the Federation of Homemakers, Inc., and receive their excellent quarterly newsletter send \$10 to:

Federation of Homemakers, Inc.
P.O. Box 5571
Arlington, VA 22205

PURE FACTS

Editor: Helen Dugan Worth

Correspondence Mgr: Rose Sellman

Pure Facts is published 10 times a year with a combined July/August issue and a combined December/January issue. It is published by the Feingold Association of the United States, Inc. Subscription rates: \$12 per annum in the U.S., Canada and Mexico; \$16 elsewhere (payable in U.S. currency). Additional contributions gratefully accepted.

All correspondence, subscriptions, renewals and change of address notifications should be sent to: *Pure Facts*, 3103 Summit Ave., Baltimore, Md. 21234.

Portions of the newsletter may be reprinted provided *Pure Facts* is cited as the original source.

To find the location of the nearest Feingold Chapter or obtain general information about FAUS, write to: Feingold Association of the United States, Inc., Drawer A-G, Holtsville, N.Y. 11742.

“Let Them Eat Silver”—FDA Is Powerless

Remember the little silver balls sold in the cake decorating section of your grocery store. The ones you used to buy and put on birthday cakes before you got Feingold-smart?

The next time you go shopping take a minute to read the label on these little gems. One of the ingredients is silver. But that doesn't make sense, you say. The FDA wouldn't allow a company to put silver in a food product. And you are right; they wouldn't. But they do allow silver to be put in items “to be used as a decoration, not as a confection” as the label advises.

The remaining ingredients of the silver balls are sugar, cornstarch and gelatin. Are you beginning to get the feeling that the companies making

these “decorations” are pulling a fast one!

FDA says they are powerless to stop the manufacture of the “decorations” (although they have been aware of the situation for 40 years) because decorations fall under the jurisdiction of the Consumer Product Safety Commission. But they do offer a calming thought. They say the silver paint used to coat the little balls passes right through your system and doesn't do any harm.

Beatrice Trum Hunter described it best at last year's FAUS convention when she called us “over 200 million guinea pigs”.

(Some material taken from the *Washington Post*.)

Salad—Yes, Pizza—No At Chuck E. Cheese

Chuck E. Cheese Pizza Time Theatre has informed FABA their products do contain BHA, BHT, artificial flavorings and potassium sorbate. But, their Italian salad dressing contains none of these additives and “children restricted to the additive-free diet should be able to enjoy a salad from our salad bar.” —F.A. of the Bay Area

Theater Popcorn: Little Purity Left

Popcorn, pure and simple, has virtually disappeared from movie theaters, according to a *New York Daily News* report. Most of what is sold in our movie theaters has been pre-popped days in advance and delivered in plastic bags the size of garbage bags to be stored and warmed later.

If the kernels are popped in the theater, the concessionaires often use “Pop All”, an artificially flavored oil which softens the corn and turns it daffodil yellow. Then it is often doused with “Flavacol” which is powdered salt, certified food color, imitation butter flavor and tri-calcium phosphate.

Precooked popcorn is either “dry popped” (where the kernels are popped by heat only and then put through a coater which covers it with yellow coloring and powdered salt) or “wet popped” (where the corn is popped with flavored oil and salt).

You then have the option of topping your popcorn with “butter” which is usually an artificially flavored and colored coconut or soybean oil.

This information was collected from New York City movie theaters but is probably representative of theaters across the country—unfortunately. ■

The Choice Is Yours

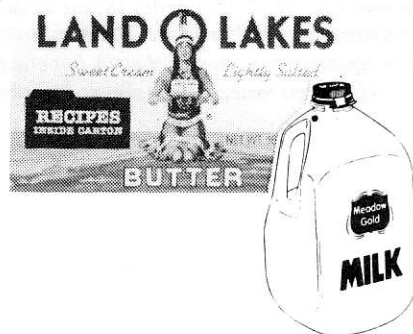
Green Peas and Cream Sauce

Birds Eye



Ingredients: Peas, sauce made from: partially hydrogenated soybean and cottonseed oils, modified cornstarch, nonfat dry milk, whey, water, cream, sugar, salt, onion powder, sodium benzoate (preservative), disodium phosphate and calcium hydroxide, artificial color, artificial flavor, vitamin A palmitate.

Feingold Safe



Ingredients: Peas, milk, butter, cornstarch, salt, pepper.

Preparation: Add frozen or canned peas to Basic Vegetable Sauce and heat.

Basic Vegetable Sauce

Stir together until smooth: 1 Tables. cornstarch, 1 cup cold milk.

Add: 2 Tables. butter, ¼ teasp. salt, 1/8 teasp. pepper.

Bring to a boil stirring constantly. Boil 1 minute. Makes 1 cup.

Editor's note: The March issue of "Better Homes and Gardens" contains an article on hyperactivity. In spite of inaccuracies and a blatant pro-drug emphasis, it is encouraging. In most articles of this type the Feingold Association is barely acknowledged, let alone quoted.

Unfortunately, the author drew most of her information from outspoken critics of the Program, and neglected to consult any of the supportive researchers. Still, finding even grains of truth in a magazine supported by revenue from Jell-O ads is a break through.

"Because Better Homes and Gardens" does not print letters to the editor, FAUS president Jane Hersey is publicly addressing them in "Pure Facts", a copy of which will be sent to the magazine.

Gordon G. Greer, Editor
Better Homes and Gardens
1716 Locust Street
Des Moines, Iowa 50336

Dear Mr. Greer:

Thank you for your article on hyperactivity and the attention it draws to this problem which affects at least ten million children in the United States, and which is becoming increasingly prevalent throughout the world.

It was disappointing, however, to see that in this article the harmful side effects of stimulant medication were brushed aside. Many parents would take issue with the statement, "The side effects that might occur appear to be temporary and not dangerous."

Even more disturbing was the statement, "Rarely, a child might develop a tic, such as eye-blinking, a problem that disappears when the drug is stopped."

Last year the Journal of the American Medical Association (JAMA) published a report by Drs. Lowe, Cohen, et al, concerning the permanent damage which can result from treating hyperactive children with stimulant drugs. The researchers discovered that a small percentage of children developed Tourette syndrome as a result of taking these drugs. (Tourette syndrome is a neurological disorder characterized by involuntary muscular movements, uncontrollable vocal sounds and inappropriate words.) The researchers wrote:

Numerous clinical studies have now shown that stimulants can lead to exacerbation of Tourette's syndrome symptoms which do not subside on discontinuation of those stimulants. (JAMA, Vol. 247, No. 12, 1982)

In describing the National Institutes of Health conference on diet and hyperactivity, an important section from the NIH report was overlooked:

Controlled challenge studies have primarily involved the administration of food dyes to children, but have not included other food flavors or preservatives that are allegedly implicated in the causation of hyperactivity. Therefore, these controlled challenge studies do not appear to have addressed adequately the role of diet in hyperactivity. ("Defined Diets and Childhood Hyperactivity", NIH Consensus Development Conference Summary, Vol 4, No. 3.)

Our many adult members appreciate the reference to the fact that hyperactivity does not necessarily "go away" when a child reaches adolescence. The first patient Dr. Feingold placed on his diet was a woman in her forties.

While the myth of "they'll outgrow it" has been laid to rest, the myth of "placebo effect" is still going strong. We are told the children's positive reaction is the effect of extra attention and higher parental expectations. But when a fifty year old man changes his diet and finds that he feels calmer, is less irritable and better able to concentrate is this also the result of "parental expectations" or his parents' "focusing positive attention on him"?

Many questions remain. The Feingold Association does not presume to have all the answers, but, unlike most other techniques for dealing with hyperactivity, ours is relatively simple, inexpensive, and carries no risks. Thousands of families have tried this program and remain on it — not as a result of wishful thinking, but because it works.

To the list of suggestions you have provided for parents of hyperactive children I would add the NIH panel's conclusion:

The Feingold diet is worth a try.

Sincerely,

Jane Hersey
president, Feingold Association
of the United States