A spoonful of sugar makes the DDT go down OR:

The meals you'll eat this holiday may be the death of you

William Longgood's 'The Poisons in Your Food' is required reading This adaption says why

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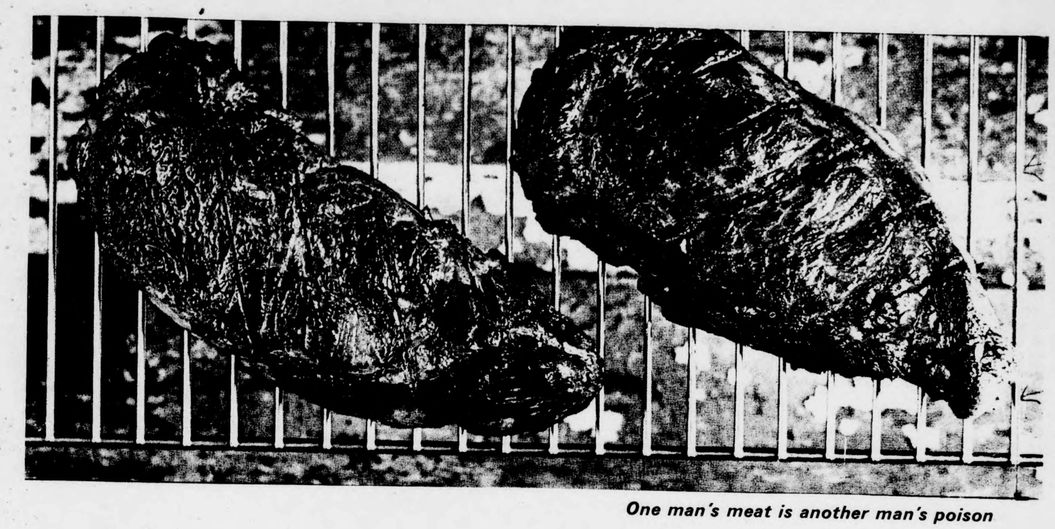

One man's meat is another man's poison

The Sunday Menu
Fruit Juice
Roast Beef
Sweet Potatoes
Peas (canned)
Tossed salad with dressing
Bread and rolls with butter
Pickles
Apple pie with ice cream
Milk
Coffee

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Recipe (serves four generously):

Fruit juice: Benzoic acid (a chemical preservative); Dimethyl polysiloxane (antifoaming agent); DDT and related compounds; Parathion or one of the other potent phosphorus nerve-gas pesticides; saccharin (chemical sweetener).

Roast beef: DDT and related compounds, methoxychlor, chlordane, heptachlor, toxaphene, lindane, benzene hexachloride, aldrin, dieldrin, and other pesticides, (particularly in the fatty parts); stilbestrol (artificial female sex hormone); aureomycin (antibiotic); mineral oil residue from wrapping paper.

Gravy: DDT and other pesticides that were in the meat; antibiotics; products formed from the interaction between the chlorin-dioxide bleach used on the flour and the flour nutrients.

Sweet potatoes: Pesticides such as dieldrin, heptachlor, chlordane, ethylene dibromide; coal-tar dyes; sulphuric preservatives.

Peas: Magnesium chloride (color retainer); magnesium carbonate (alkalizer); DDT, parathion, methoxychlor, malathion.

Tossed salad with dressing: Sodium alginate (stabilizer); monoisopropyl citrate (antioxidant to prevent fat deterioration); DDT and related compounds; phosphorus insecticides; weed killers.

Bread and rolls: Products of bleach interaction in flour; ammonium chloride (dough conditioner); mono- and digylcerides and polyoxyethylene (softeners); ditertiary-Buty-para-Cresol (antioxidant); nitrated flour or coal-tar dye (to give bakery products yellow color suggestive of butter and egg yolk; vitamin fortifiers (to replace nutrients lost in milling); DDT and related compounds; parathion and related compounds.

Butter: Nordiydroguaiaretic acid (antioxidant); oxidation products resulting from interaction with hydrogren peroxide (bleach); magnesium oxide (neutralizer); AB and OB Yellow (coal-tar dyes); diacetyl (artificial aromatic agent); DDT and related agents.

Pickles: Aluminum sulphate (firming agent); sodium nitrate (texturizer); emulsifier (to disperse flavour).

Apple pie: Butylated hydroxyanisole (antioxidant in lard); chemical agents in flour and butter or margarine; sodium o-phenylphenate (preservative); several or possibly all of the following pesticides used on apples: DDT, dinitroorthocresol, benzene hexachloride, malathion, parathion, demeton, lindane, lead arsenate, nicotine, methoxychlor, chlordane and others. Some of these pesticides also appear in the lard.

Ice cream: Carboxymethylcellulose (stabilizer); mono- and diglycerides (emulsifiers); artificial flavoring; coal-tar dye; antibiotics; DDT and related compounds. (If not under the regulations of interstate commerce, ice cream might contain other chemicals that are banned under Federal regulations).

Oleomargarine: (used in cooking) Mono- and diglycerides; isopropyl citrate; monisopropyl citrate (stablizer); AB and OB Yellow; DDT and related products.

In the table salt sprinkled on the food is calcium hydroxide (stablizer); potassium iodide (nutrient supplement); calcium silicate (anticaking agent). If drinks, such as old-fashioneds are served before dinner, they probably contain dimethyl polysiloxane (anti-foaming agent); orange slices with dyed peel; sodium o-phenylphenate and ammonia (preservatives); maraschino cheeries which have been preserved in sodium benzoate, texture - imporved with calcium hydroxide, bleached with sulphur dioxide, injected with artificial falvoring, and then colored an appealing red with a coal-tar dye. Both fruits would have insecticide residue.

In the children's milk there almost certainly would be DDT or its chemical kin and antibiotics - or both, as in cream used in the coffee.

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The preparation of this meal is not as laborious as it might seem at first glance since, according to William Longgwood, the items in the above menu come to your supermarket pre-soaked in all their laboratorius juices. All you have to do is heat them up and indulge.

Longgood's book, **The Poisons in Your Food**, traces the history of the recent phenomon of the poisoning of the human body which chemical industries, with the tacit approval of many doctors and scientists, have undertaken under the protection of our governments.

Although Longgood is describing conditions in the United States, there is no reason to believe that the same conditions, with a few exceptions, do not exist in Canada.

It is generally believed that the public is protected by the Pure Food legislation. But it wasn't until the summer of 1958 - some fifty-two years after the passage of the original law - that the U.S. Congress finally got around to requiring that chemicals be tested for "safety" before they could be injected into foods, and then the new law was riddled with so many loopholes that it was largely ineffective as an instrument for consumer protection.

Further, the amendment to the food law does not touch upon the most serious part of the problem - the pesticides. Those are dealt with in the Miller Pesticide Act of 1954, a law which grants the Food and Drug Administration the right to determine how much poison residue may remain on marketed food. The permitted amount of residue is known as a poison's tolerance.

The anticancer clause in the food law does not require that food additives be tested for carcinogenic properties before they are considered for use in foods. Moreover, the incriminating evidence is limited to the demonstration that oral administration of the chemical produces a cancerous response.

Considering the feebleness of the legislation and the eagerness of those who can invent ways to make a profit to do so, statements such as the one made by the U.S. Public Health Service - that it is virtually impossible to find a meal that is not laced with poisons (pesticides) - should not come as a shock.

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But for those who tend to get squeamish, food adulterers are more than ready to offer reassurance in the following ways.

They argue that a harmful substance can be reduced in amount until it ceases to be harmful. It follows, by this line of reasoning, that since chemicals injected into the daily diet have not been proved to cause immediate death or chronic illness, therefore they are safe. As "scientific" proof of the alleged harmlessness of eating small amounts of poisons in foods, they solemnly point out that it is possible for a person to cram enough salt or water down his throat to kill himself. What this strange logic claims is that because a little salt is innocent and a lot harmful, it follows that all other substances that are harmful in large amounts are safe in small amounts.

First, evidence that small amounts of a particular chemical substance administered continuously do not produce a corpse is not evidence that the substance is not harmful to human health. The nature of the chemical is not changed by reducing the quantity. When it is ingested by a human being there is damage. The fact that the dose may be reduced until damage no longer may be seen or measured by man's instruments does not mean that the damage no longer exists; it merely means that it can no longer be seen.

The modern practice of toxicology, permitting the use of "small" amounts of poisons in foods, is based on the ability of the body, primarily the liver, to detoxify and eliminate poisons which are not consumed in lethal doses. Instead of recognizing the liver as a safety valve and protecting it in every way from overwork and possible damage, the food toxicologists have exploited it by dousing foods with poisons and untested chemicals - in "small" amounts - for personal profits.

This burden placed on the organs by poisons causes them to wear out prematurely; the general vitality of the body is reduced; the aging process is speeded; the body becomes susceptible to sickness and disease; and inevitably death may result.

This change takes place whether it can be measured or not.

Secondly, the comparison betweeen salt and water, and poisonous chemicals as equally lethal in large doses is fallacious because it disregards the fact that salt and water are necessary to life while virtually all of the food chemicals are antagonistic to living tissue.

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The difficulty of assessing the exact nature of the damage inflicted on the human body is of course due to the fact that they can be tested only on mice, rats or other laboratory animals. Humans cannot be poisoned in laboratories so that their organs and tissues might be available for thorough analyses, although humans can and do serve as guinea pigs in their homes and restaurants for many chemicals whose effects on human beings are not known.

The fact that chemicals which are consumed by humans are tested on rats offers the chemical additive pushers a certain convenient immunity from blame when their endorsement of chemicals as fit for human consumption is contradicted by actual human experience.

For example, during World War II a group of soldiers in Canada became sick from eating a new kind of soup ration developed in the U.S. when the scientist who had prepared the product was told it had been found wanting, he indignantly replied, "Why, rats grew all right on it in the laboratory."

Conversely, when mice developed cancer after being injected with a certain substance under the skin, the researchers simply stressed the differences between mice and men, and argued further that since the substance in question would not be taken hypodermically but by way of mouth, it could not pose any danger to human health.

Considering the delicate nature of all living organisms, it seems only sane to regard any evidence that a chemical is injurious to any living creature as evidence that it is injurious to human beings; however, the lack of proof of damage to laboratory or wild animal species cannot be taken to mean that humans are also unaffected.

There is no doubt that powerful economic interests by brainwashing the consumer to believe in their public-mindedness and by gaining sufficient control over governments, have already inflicted enormous damage on and killed human beings as well as other species.

That this is so is not mere speculation. The lack of concern on the part of those involved in regulating the quality of human food is revealed by an endless number of accidents and mistakes in food production.

Recently, some six thousand pounds of cheese were seized because the chemical used in the wrapping had seeped into the cheese; the contaminant was described as tasteless colorless, and as poisonous as carbolic acid.

The public is not always so lucky as it was when on Jan. 6, 1956, the Food and Drug Administration reported that two freight cars loaded with 30,816 heads of lettuce containing excess pesticide contaminants were seized in a spot check.

In a 1955 seizure, 83 of 140 samples of frozen vegetables were found to have high "residues" of a highly toxic dust (unidentified) that was not supposed to have been used on such crops. Consequently, 190,000 pounds of frozen broccoli and kale had to be destroyed.

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Most chemicals are accepted for use in foods if they qualify to perform the technical job demanded of them - with no further questions asked. Will they keep the cake from falling? Will they quickly and cheaply add weight to meat animals? Will they kill insects? Will they stiffen the pickles and firm the tomatoes? Will they keep the mold off the bread? Will they tenderize the steak and give it a charcoal flavour?

Many additives were never designed specifically for use in foods. They started as by-products of other chemical manufacturing processes or were employed in some capacity unrelated to food.

This marriage of convenience between the chemical and food interest benefits everyone - except the consumer. Typical of the foreign chemicals now used in foods are some that have migrated into various frozen substances.

Piperonal, an inexpensive substitute for costly vanilla flavoring, is also fine for killing lice.

That cherry taste is probably aldehyde C-17, a flammable liquid often found in aniline dyes, plastics and synthetic rubbers. Pineapple flavor may come from ethul acetate, better known as solvent for plastics and laquers; its vapors are known to be irritating to the mucous membranes, and prolonged exposure to it can cause chronic pulmonary, liver and heart damage.

One of the most treacherous threats is that posed by those substances which are known to cause cancer in mice and appear in our food. Synthetic dyes (mostly coal-tar products) are used in everything from sweet potatoes to hot dogs. Dyes make it possible for the public to be cheated and deceived by masking inferior products and creating nutritional illusions, and they are among the most poisonous substances that go into food.

The FDA reported in 1957 that 10 out of 13 certified dyes tested - all in wide use - had produced cancers in rats when injected under the skin. Two of the dyes whose cancer hazard has been repeatedly emphasized are Yellow AB and Yellow OB, widely used to color butter and margarine.

In regard to other chemicals now appearing in foods, it is not known how many of these may be cancer inducing, but scientists estimate that up to 25% may have that power. Aramite is one example of an acknowledged carcinogen that was permitted in the nation's food supply until it was recently banned by the Food and Drug Administration of the U.S. Previously, the FDA had allowed its use, even knowing that when rats ate the substance they developed cancer.

When the first generation raised on maternal DDT-laced milk begins to mature, we shall have a first-hand opportunity to study the long range effects of DDT on human beings. We already have data to show that it kills birds, fish and some insects.

The criterion for judging the toxicity of any chemical is any physiological response.

After reading these you'll be wiser but sadder

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