

THE AUSTRALIAN FLUORIDATION NEWS



ARTIFICIAL FLUORIDATION
IS WATER POLLUTION

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Western Australia

Carnarvon Remains Free From Artificial Fluoridation

Residents voices heard and common sense prevails in Western Australia

The WA Government quietly announced in late June that Carnarvon's water supply will not be fluoridated, for now ending the threats to its residents' health, free choice and democracy.

Earlier, the WA Government, the Health Minister Dr Kim Hames and the Government's Fluoridation Promotion Committee had each indicated for many months their compulsive desire to fluoridate the town with industrial effluent, regardless of what the residents thought.

But something changed their minds. And they haven't said what it was.

Might it be that, from 1600 homes in Carnarvon, almost 1000 petitions were received by the Fluoridation Promotion Committee. It's a significant proportion of the population saying 'no', indicating that residents are not only aware of what fluoridation is really about, but they are also prepared to do something, make their choices known and to tell others.

Much credit needs to be given to the Carnarvon Fluoride Action Group who began informing residents early. As the fluoridation information and knowledge spread more widely, the awareness has grown to include a large part of the community, all talking about fluoridation.

Congratulations are especially due to the residents of Carnarvon, for stepping up and including themselves in the issue, becoming informed, choosing for themselves and discussing with others.

The WA Government also must be acknowledged for doing their job properly in the end, as far as representing the people's wishes. The Health Minister and Government have complied with the Australian Constitution as well as a significant proportion of the will of Carnarvon residents.

Recognition also goes to the local Council and the local state member Vince Catania for standing up for democracy and

freedom of choice, by rejecting fluoridation and supporting the community.

In the *Northern Guardian* (4 July 2012), Vince Catania said "the people of Carnarvon have lobbied long and hard to make sure their voice has been heard on this subject, and this is proof their efforts have not been in vain".

Fluoridation has become a big issue in Carnarvon. Victory has delighted many in the community and so many are "over the moon"

Fluoridation has become a big issue in Carnarvon. Victory has delighted many in the community and so many are "over the moon" with the decision, some with "grins from ear to ear". Council had unanimously opposed fluoridation, and when the recent announcement was made in their meeting, several Councillors loudly shouted "YES!"

The Health Minister and Fluoridation Promotion Committee had insisted for many months that Carnarvon would be fluoridated. It's now part of the sweetness of the victory that the town didn't disappear in silence but instead continued campaigning and never gave up.

Keeping at the heels of the politicians and bombarding them (and the Committee) with material and questions was vital to the campaign's success. Politicians and bureaucrats are servants of the public so it is their job to find the "proof of safety or effectiveness of fluoridation". If they found any credible proof, it would be a world-first! ..continued on page 2

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The other vital activity was informing community: black, red and white "Fluoridation: Poison on Tap" bumper stickers travelled Carnarvon streets, (keeping with the coloured cover design and title of Glen Walker's book); speaking with locals at the community markets every Saturday, in the streets and indeed wherever; "Letters to the Editor" that kept rolling in from an increasingly aware population; mail drops; radio/TV; Councillors; in short a talk-fest for almost two years.

The campaign held a positive and upbeat vibe, and people were very determined that Carnarvon would remain fluoride-free. And it paid off: so many locals are on-side: the local member, the local council, and many, many residents all know now that fluorides are lethal and don't help teeth.

"70 per cent of the respondents ... rejected fluoridation despite a series of leading questions... We will not be bullied by government agencies." - Anne Porter, Action Group

Carnarvon Anti-Fluoridation Action Group's Anne Porter said in the *Northern Guardian* that "it says a lot about the people of Carnarvon when 70 per cent of the respondents in a recent telephone survey conducted by the Health Department rejected fluoridation despite a series of leading questions. It just proves we will not be bullied by government agencies."

Further, the group is calling for an independent parliamentary inquiry into the (WA) Fluoridation of Public Water Supplies Act 1966 which has never been reviewed.

"We are also going to circulate a statewide petition that is calling for a stop to fluoridating the water." (*Northern Guardian*, 4 July 2012)

Those in other areas fighting for freedom of choice can draw strength from this victory, as it has been proven possible again...

Those in other areas fighting for freedom of choice can draw strength from this victory, as it has been proven possible again in Australia. One essential key to victory is informing a considerable number of people: either one by one, a few at a time, or a hall with many more, about fluoridation's infringement of basic human rights and the damage that fluorides can cause.

Although in the large cities this big picture could appear daunting. A "one-to-one chat" on fluorides and fluoridation is something that changes lives - one life at a time, while side-stepping the largely muzzled mass media. It's a skill anyone can develop and become good at. There'll be a time when fluoridation is regarded as "disgusting, dark ages medicine" and the practice is ended right across Australia and the world. Just as no-one likes being deceived, no-one wants to drink industrial fluoride wastes at one part per million either.

The Fluoride Pushers have tried before

This is the second time that fluoridation has been proposed for Carnarvon and then dropped. The first victory was in 1982. When the fluoridation promoters disembarked from their plane they were greeted by 40 stalwart locals with placards, an unusual sight in Carnarvon. The reception continued outside the Shire Offices when the Director of Dental Health tried to convince the Council of the merits of fluoride. Residents had also delivered

seventeen submissions to council that had all opposed fluoridation. Councillors were also equipped with copies of the informative booklet, "The Fluoridated Water-Gate" from 1981.

The council decided not to fluoridate on Jan 27, 1982, and that decision was to be reconsidered only if the people were to demonstrate a desire for the scheme. Next day, the "News of The North" in "The West Australian" page two headline stated:

"CARNARVON WINS FIGHT AGAINST FLUORIDATION"

The moral from the history of fluoridation is to be forever alert, as the fluoridation promoters never stop scheming to fluoridate. Carnarvon residents should rightly celebrate their latest victory but retain the awareness and knowledge in the community, as sooner or later, a government will again want to use residents as walking waste disposal units.

The Promoters: Selling Artificial Fluoride Wastes

This time, the current secretive Fluoridation Promotion Committee didn't have to convince the Council. Apparently now they only have to answer to the Health Minister.

Plenty of travel is coming up for the "three wise men" of the Fluoridation Promotion Committee, and sometimes called the Advisory Committee. Targeted next for fluoridation are **Margaret River** (south-west WA), **Kununurra** (far-north WA) and mining region **Newman** (central WA, inland from Port Hedland). These towns have fairly small populations of around 4000 people each, so proportionally, fluoridating them would be relatively expensive. As always, the bill is paid by taxpayers, only some of whom know that they're paying for industrial waste.

The Fluoridation Promotion Committee has a difficult task ahead of it. Evidently their aim is to promote this toxic waste to the people of Western Australia (without letting on what it really is). Perhaps even more difficult, they also need to deal with their own conscience that they're recommending the ingestion of poison to other human beings. It's a job most of us wouldn't be able to do. We are amazed and wonder how they deal with themselves, and what they tell their friends and families... probably to get water filters!

Though paradoxically, thanks are due to the Fluoridation Promotion Committee for helping to re-ignite passion and democracy in politics and in community. Community has responded loud and clear. We're all stronger as a result.

The Politics of Dumping Fluoride Wastes

The decision itself has been enlightening, even if little official advice has been given. It was an unusually quiet announcement of "no fluoride" without even a media release, and the news took about week to make it into the local paper.

Carnarvon, 900 km north of Perth, has a population of around 5300. One suggestion is that the minority Liberal-National government is looking ahead to an election next year, and wanting to shore up support. Vince Catania is a National representing the North-West electorate, and he will deservedly now have a much stronger supporter-base.

Democracy has worked in Carnarvon. But only just. Would the Government have carried out the standard political party policy, to "fluoridate everywhere", if they hadn't perceived a potential voter backlash?

It is puzzling how extremely toxic industrial fluoride wastes (which can't be dumped in the environment) are "endorsed" and pushed by state governments for their populations' water supplies. For some reason, their political party's policy is to

The Pot At The End of The Fluoridated Rainbow



Reprinted from National Fluoridation News

"fluoridate everywhere". Donations to political parties wouldn't be related at all to that policy, would they?

If the WA Government is serious about upholding the Australian Constitution for all in Western Australia and not forcing "medical or dental conscription" on anybody, they ought to retire the Fluoride (Waste Disposal) Promotion Committee immediately, before the Committee can recommend revoking anyone else's human right to clean water. There's at least one benefit to the WA Government in retiring the Committee quickly. That is to do so before the wafting odour convinces the electorate that the WA Government is similar to the dictatorial Queensland Government voted out in March this year for its undemocratic fluoridating ways.

Campaigning to end fluoridation demonstrates respect for people and for life itself.

A Win for informed consent and common sense

While the fluoridation issue can be polarised, when we understand how toxic and cumulative fluoride is, campaigning to end fluoridation demonstrates respect for people and for life itself. Again, well done to all those involved in bringing the truth to light in Carnarvon.

See *The Australian Fluoridation News* v.47 no.4 (Oct-Dec 2011) for a more detailed look at Carnarvon's situation and some of the key issues before the recent decision.

Magnesium: The Miracle Mineral

Magnesium is a miraculous mineral that links many subjects such as fluoridation, superphosphate fertiliser, commerce, politics, health and cancer, along with the personal choice of taking responsibility for one's own health. Note magnesium is not a "cure-all" – other factors also contribute to good health. This article was provided by an elderly gentleman in Queensland in the late 1990s and published in the Australian Chemical Trauma Alliance (ACTA) newsletter in 2004. "Editor's Comments" have been added for further information.

Thank you for prompting me once again to put pen to paper. As one's friends and relations all die from this enigmatic disease [cancer], it does seem we may be wiped out as a species. What does strike you, after a century of research and billions of dollars spent on research, the problem gets worse by the month. Then there is this phenomenon of the world's most powerful people never suffering as we mere mortals do, but I have been warned to leave that subject alone!

Cancer

In 1902 Professor John Beard of Edinburgh University announced to the medical world that the TROPHOBLAST cell that was utterly essential for the beginning of life, was also the same cell that destroyed life. His critics said: "God help us if he is right", to which John Beard replied: "God help us if I am wrong". The 512 diploid totipotent cells that attach themselves to the uterine wall to start the new life were destroyed around the 38th day when an enzyme from

the pancreas dispersed the cells into the embryo's body and the umbilical cord took over the function of feeding the growing embryo. The cells that dispersed into the gonads of the new child would stay there for the rest of its life, in a benign state, UNLESS something went wrong and they became malignant, and then destroyed that life.

Beard published his findings in several articles in 'LANCET'. Then, in 1911 he published a book on the subject, which started the search for what made the pancreas destroy the malignant growth. Whoever discovered what made these cells stay benign or turn malignant, would have the power to remove this curse from man, or by remaining silent or manipulating that knowledge, have the power to destroy life. For the next 25 years nothing happened until organised research started in the 30s and the famous 'rat' trials revealed at least how cancer could be induced in rats.

In the western world cancer was not a significant problem in terms of numbers in those times, but there were certain areas in the world where the incidence of cancer was obvious in numerical terms. Investigation of these areas established the connection between the food grown there and a soil deficiency.

Rise in Cancer Incidence in the 1950s

Suddenly in the 50s the incidence of cancer in the western world began to rise. Soon, as if there were some premonition, cancer research centres were financed and set up in the USA and the United Kingdom, and a flow of constant press releases about the latest findings, carrying the hope that a cure was just around the corner, began to be a constant part of our lives.

"... after billions of dollars have been spent on research, with the best brains in the world employed to find an answer, we are worse off than we were at the beginning of the [20th] century. In no other field of scientific endeavour have the results been so disastrous for the money spent and the energy expended."

Now 40 years later, after billions of dollars have been spent on research, with the best brains in the world employed to find an answer, we are worse off than we were at the beginning of the [20th] century. In no other field of scientific endeavour have the results been so disastrous for the money spent and the energy expended. We are told that one in every four Australians will die from cancer, unless heart failure takes them first. The very latest advice from the medicos is that it is a genetic fault given to us by our ancestors. If that was correct, then we would not be here to have to listen to such nonsense.

Now we are told that after oil, cancer is the largest money producing industry in the western world, and if cancer were eliminated from our lives "Western economies could crash". If that statement is correct, then clearly, cancer is no longer a medical or scientific problem, it is a massive POLITICAL [and COMMERCIAL] problem. The mere fact that the problem only exists on this scale in the western world, and not in Asia or anywhere else, is the tell-tale pointer.

Editors Comments: On the AIHW (Australian Institute of Health and Welfare) website: Current risk of being diagnosed with cancer: Before the age of 75: 1 in 3 for Males; 1 in 4 for females. Before the age of 85: 1 in 2 for Males; 1 in 3 for females.]

So what can the individual do to escape this fate? Some do not want to talk about it, some believe that it has been prophesised; some say it is inevitable, others say it is God's will. My opinion is, it is of the devil, and any individual can do something about that. But be warned, those who want to race off to the media about this, will get the same treatment as those who have gone before them. You repair yourself ('Physician heal thyself') then tell your neighbours.

The minimum of effort will bring the maximum benefit. So this is part of what I have picked up over the years.

Magnesium and the 'Rat Race' Experiments

Back in the thirties they ran a lot of experiments using rats, because of their similarity to our social order and their like digestive systems. You may have heard the terms 'Rat pack' and 'Rat race'. These terms all came from the famous experiments with rats when they set them up in a stable territory, then each day diminished the area of the territory slightly, so forcing them closer together.

The whole social order broke down bringing the results you see when humans are also forced together. Another experiment they ran with the rats was to bring startling results. They had colonies of rats which they had stabilised on a diet that contained everything known to be eaten by rats.

Then in each of the colonies they took out of their food one mineral or substance. For instance, when they took all iodine out of one group's food, goitre broke out in that group. Each group produced a symptom according to what was taken out of their food. **Now people can readily grasp what happens when something like arsenic is added to their food, but it is extremely difficult for most people to grasp the implication of something essential removed from their diet.**

When they took Magnesium out of a group's food, the results were rapid and dramatic. Respiratory problems (asthma), heart failure and cancer destroyed the group, the only group to be totally destroyed. The result of this finding was for the medical profession to recommend regular doses of magnesium, mostly as dolomite or Epsom salts. As a child I was given a dose of Epsom salts once a month and my mother took a small quantity of Epsom salts each morning in her coffee, and then lived to 91 without any problems in between.

Prior to the war [WWII] Australians were amongst the healthiest people in the world, with the lowest medical rejection rate of men entering the army of any country in the world.

Editor's Comments: However, half a century later:

"Forty percent of 20-year-old National Servicemen were being rejected as unfit by the Army."

In a survey of 2,738 National Servicemen, nearly 1,100 were classified as unfit. They showed 2,254 conditions of disease - more than two each. The most common forms of disease were allergies, asthma, head injuries, psychiatric disorders and emotional instability.

"One facet of the survey compared the diseases of the Army rejects with diseases found by doctors in general practice."

Disease/Disorder	Army %	Doctors %
Skeletal-muscular	15.4	5
Nervous and sense	11.7	5
Allergic	12.6	7.1
Psychiatric	5.9	3.6

"We consider this a very good method of survey of the age group to pick up certain factors not normally recorded in surveys which base their findings on a general practice, such as refractive errors in vision." the authors said.

"This type of survey, in which medical examination is compulsory, also provides a truer guide to general morbidity of an age group in which a disease may not cause a person to consult his general practitioner."

Another comparison, based on questionnaires, showed that 93% of hypertension had not been diagnosed by family doctors; 75% of renal disease; 66.7% of psychiatric conditions and 66.1% of heart disease was only revealed by the Army checkup. The survey was published in the week fluoridation began in Sydney and about 15 years after the widespread use of super-phosphate fertiliser commenced. Now, almost another half century after fluoridation commenced, those same disease conditions are far more common.

The above details were published in *The Sydney Morning Herald*, 7 April 1968, based on a special article in the *Medical Journal of Australia* that week.

"... just imagine if we were to cure cancer and heart disease next week. There would be massive unemployment..."

This situation of course was of no help to people trying to build a disease industry, and to grasp the importance of that statement, just imagine if we were to cure cancer and heart disease next week. There would be massive unemployment as hospitals, x-ray clinics, pathology laboratories, chemists, drug suppliers and all of the numerous support systems would have to curtail their output or close down. Thousands of Doctors, nurses and others in this industry would be unemployed. Politicians and Bankers are just not going to let that happen, but there is nothing to stop the individual from helping himself, if he can free himself from the grip of the propaganda machine.

"...there is nothing to stop the individual from helping himself, if he can free himself from the grip of the propaganda machine."

The Industrial Driver and Promotional Activities

In the late thirties or early forties a very tall modern glass-fronted building was built in Sydney, on the corner of Chalmers and Devonshire streets. This was a spectacular building, highly visible to thousands of people going and coming to work each day on the electric rail system through Sydney's central railway station. Across the top of the building, in letters that could be read two miles away, was written - DENTAL HOSPITAL. As I went in and out of this building I was puzzled by the fact that the floor directory indicated only a couple of dentists on one floor. For a building so massive in a position so hard to get to, with so few dentists in it, I remember it was a strange feeling to go there. It was to be five years before the answer landed in my lap.

Some time in the late nineteen forties the Sydney City Council announced it was going to fluoridate the city's water supply, to prevent 'Tooth Decay'. This brought protests from all sorts of interests, one of which caught my attention. This group was pointing out, that less than one tenth of one per cent of Sydney's water was drunk, and the rest went down the sewer or bath drain and on the garden and streets. That was the equivalent of going to the Doctor for treatment who prescribed 500 tablets, with instructions to take half a tablet, and then throw the rest away. Well nobody would take any notice of the Doctor, but they were about to take notice of the council!

Too Harmful in the Air so Govt makes us Drink It!

The Council mounted a huge publicity program to sell this idea to the public and held meetings all around Sydney. Prominent City figures appeared on platforms extolling the benefits of this

compulsive medication, including the Lord Mayor of Sydney and the so-called 'Head' of the Dental Hospital. The press of the day carried all sorts of comment, one interesting point being, that if dental decay could be arrested this way, why not put other beneficial substances in the water to solve other medical problems? But no, one thing at a time 'we will do that later!' Around this time a friend of mine, a chemical engineer went to Tasmania on a job. When he came back three months later, I asked what he had been doing down there? Nothing much, just building and organising tanker facilities to bring Sodium Fluoride from Bell Bay to Sydney!

Editors Comments: There was strong opposition to fluoridation for many years by members of the Sydney Metropolitan Water Sewerage and Drainage Board (MWSDB), as well as from some dentists, doctors and the general public.

The NSW... Fluoridation of Water Supplies Act... supposedly made it lawful to add fluoride to treat the consumers of water.

In 1957, the NSW State Government passed the Fluoridation of Water Supplies Act, gazetted on 20 March 1959. This Act supposedly made it lawful to add fluoride to treat the consumers of water. Previously treatment of water was only permitted to make water supplies safe for consumption.

Then in 1963, a seemingly unrelated event gave an unexpected impetus to the push for fluoridation. It was the NSW Clean Air Act, which provided a framework for subsequent Regulations under that Act, which regulated the volume of pollutants from noxious industries allowed to be discharged into the air, including fluoride emissions, arsenic, etc.

Concurrently, the NSW Government, which authorised appointments to the MWSDB, slowly replaced Board members opposed to fluoridation with members who supported the scheme. Even then, the State Government had to finally threaten all Board members with dismissal if they would not agree to fluoridation. The majority capitulated, excepting Mr Tom De Burgh, an engineer who understood the ramifications of fluoridation and had high ethical standards.

The Regulation which limited the volume of fluorine that could be discharged into the atmosphere came into effect to coincide with the date fluoridation commenced in Sydney, 8 April 1968.

Although it was initially expected that fluoride would be supplied from the aluminium refinery at Bell Bay, Tasmania, the contract to supply hydrofluosilic acid was finally let to Greenleaf Fertilisers Ltd, Cockle Creek, near Newcastle NSW.

***The Newcastle Herald*, 8 April 1968, stated:**

"Greenleaf Fertilisers Ltd make superphosphate from phosphate rock shipped into NSW from Nauru and Florida.

"The acid which yields the fluoride for our water is made from what used to be an unwanted waste product.

"Until recently, the fumes which went to waste up the chimney while the rock was being converted to fertiliser were mainly hydrofluosilic acid in gaseous form.

"Now the company traps the gas, liquifies it and thus furnishes the Water Board with a cheap form of fluoride.

"The acid arrives at Prospect in a truck like a petrol tanker [lined with rubber so the acid will not eat through the tank].

"The fluoride, in the form of hydrofluosilic acid, is stored on the reservoir bank in five great silver-painted tanks holding 55,000 gallons between them."

Initially, hydrofluosilic acid was crudely poured directly into Prospect Reservoir, the large lake-sized natural containment ponding reservoir where dam water was held and aerated.

The following year a severe algae bloom in the reservoir resulted in the water being foul-smelling with a terrible taste in most areas of Sydney, with numerous press articles and editorials reflecting community concern. *The Daily Telegraph* reported on 23 July 1969:

"A crop dust plane will drop finely ground copper sulphate in the 11,000 million gallon reservoir. Boats will spread more chemical in small bays and inlets around the reservoir.

"Eight tons of copper sulphate will be used.

"Its use was a recognised treatment of algae problems in water supplies, although it had not previously been tried in Sydney."

Being a very strong acid, the hydrofluosilic acid had killed the micro-organisms in the water, which normally prevented algae growth.

Subsequently, lime was added to Sydney's water to help neutralise its acidity. Sydney's previously pleasant soft water now has three more chemicals added, but in a more sophisticated way, at distribution reservoirs throughout the reticulation system.

Bell Bay was where the Aluminium smelter was located, and a catalyst used in electrolysis of Alumina was a substance called Cryolite [sodium hexafluoroaluminate, Na_3AlF_6], which on the completion of a smelt left the manufacturer with a residue of highly poisonous Sodium Fluoride. This waste product was previously a problem for the smelter owners to dispose of, until the Council came along, for the method of disposal before was to disperse it at sea. Now a city water supply was a highly efficient and very cheap method of dispersing of this deadly poison. Later it was to be dispersed over large tracts of Australia, as the rabbit poison 1080 [sodium fluoroacetate].

This waste product was previously a problem... until the Council came along, ... a city water supply was a highly efficient and very cheap method of dispersing of this deadly poison.

Curiosity and Suspicion

As my curiosity bordering on suspicion surfaced, I went to a meeting at North Sydney, where one or more of these experts were selling the idea. There was no TV in those days and it was a lot harder to sell these sorts of ideas. As we approached the hall there were groups of people handing out pamphlets and one of these pamphlets quoted material from a CSIRO booklet titled 'Fluorosis In Sheep', which some years later I obtained. The pamphlet contained information about the deleterious effects of fluorine on sheep's teeth and bones. The CSIRO had investigated this problem in the thirties where in certain areas sheep were dying. The answer turned out to be loss of teeth and fluorosis of their bones, causing [oste]oporosis leading to breakage of limbs. The sheep ingested large quantities of fluorine from the rock salt they were fed. In those days rock salt was a cheap lick given to livestock, coming to Australia as ballast on sailing ships from South America, coming to pick up our wheat. ['Licks' are salt blocks enjoyed by cattle and sheep.]

Sometime after this, I went to a factory in Sydney to pick up a pump. A friend of mine was the manager of this factory, which made water treatment plants. It was at night and nobody else was there so he showed me some of the equipment they made. The biggest piece of equipment was what they called a 'Fresh Water Plant' which were now being bought by bread manufacturers who had to get the deadly sodium fluoride out of the water they used in bread-making, as it killed the yeast bacteria. When we got to rows of small units on a bench he explained they were small domestic units for taking sodium fluoride out of house water that we drink. My next question was of course, who would want to take it out of their water?

The answer was to change the way I thought for the rest of my life. We went to the office where he showed me a long list of people who had bought these units to remove the fluorine from their water. There they were, the 'Head of the Dental Hospital', the Lord Mayor of Sydney and all the luminaries currently persuading others to have it in their water, but these advocates were not going to have it in theirs!

"who would want to take [sodium fluoride] out of their water?" ... "a long list of people... the 'Head of the Dental Hospital', the Lord Mayor of Sydney and all the luminaries currently persuading others to have it in their water..."

My mind went back to the Dental Hospital, which instead of being a 'Hospital', was of course a big silent sign conditioning its daily viewers to the belief they had a mass dental problem. Then I noticed we had been preconditioned for this additive in tooth paste, with the introduction of a substance called chlorophyll, which was a natural green substance that had been put in toothpaste to give a pleasant breath. Start thinking about what fluoridated toothpaste can do to your teeth, particularly if you clean your teeth three times a day [or use lots of it].

Magnesium and Fluorides

On discovering we were being deceived on a grand scale, my reaction was 'why are we being deceived?' The answer was to open another Pandora's Box, for the method being used to remove the fluorine from the water, was to pass the water through Magnesium oxide, or better still, a magnesium substance called Magnesite. This process locks up both the fluorine and the magnesium. Sydney's water was being deprived of at least its [available] magnesium content. Was that important? Well, if you watered your vegetable garden with it, your vegetables would miss out on any magnesium in the water, and the fluorine may still lock up the available magnesium in the soil.

Editor's Comments: A more correct statement would be that when a reactive chemical such as hydrofluosilic acid is added to the water supply, it reacts with magnesium in the water, reducing the ability of the human body, or plants, to absorb and utilise that element.

As it turns out Sydney's water is rich in Magnesium, as a lot of the catchment area is Magnesium-rich sandstone country, which gives up its Magnesium so easily. Around Australia there are towns that fluoridate their water for what seems no reason, but nearly always it is because of the high Magnesium content; Dalby in Queensland is such a place, where its underground water supply is rich in Magnesium salts, which left in the water, would point to a community with a low incidence of cancer and heart problems.

Editor's Comments: Before a fluoride chemical was added, Sydney's water was a very pleasant tasting soft water, its mineral content being ten times (1000%) less than many water supplies in the USA, where the fluoride studies and the push for artificial fluoridation originated.

Compared to other minerals in Sydney's soft water, the magnesium content was relatively high. For example, in the calendar year 1963, at Prospect Reservoir, the average magnesium content was 3.5ppm, compared to calcium 5.4ppm and potassium 1.3ppm (Analysis by Chief Chemist, Chemical Branch, MWSDB).

Waldbott has pointed out that:

"Another important factor determines the action of fluoride on general health is the presence of other minerals in the water."

He pointed out that that when water has a high Mg/Ca ratio, osteosclerosis is extremely rare. But in areas where there is a high Ca/Mg ratio, fluorosis is endemic, as in the eastern part of the Sahara desert, where the water contains 1.5 to 4.0ppm fluoride. (Waldbott, G.L, Fluoridation: The Great Dilemma, p.196)

Because the famous 'Rat experiment' never left my mind, I almost habitually looked at anything to do with food and Magnesium at any opportunity. A Vet whom I had been talking to about this problem told me about a book called 'MAGNESIUM THE MIRACLE MINERAL', which I obtained. This book turned out to have been written by a person who had been involved with the original Rat experiments and pursued this Magnesium

Phenomenon. If you ever see a copy of this book, get hold of it at any price. There is a lot in it about what foods contain Magnesium.

The rich sources are milk and red meats and it always comes on the fatty side of foods. As we eat more chicken, less fat and red meat, so will our magnesium deficiency rise with the death rate. Notice how we have been shifted from butter to margarine, from beef and mutton to chicken. **Before the war, weevils were kept out of our granaries by the addition of finally ground magnesite, which of course came through with the flour. It was replaced after the war with a deadly poison!**

Some scientists from a famous English Animal Health firm were carrying out experiments on a large western NSW sheep station where I was working and we shared accommodation in the shearers' quarters. They were examining the incidence of fly strike in sheep. This property was roughly half black soil and half red soil, and they discovered that the incidence of fly strike on one soil was five times greater than on the other. Not only that but the internal parasite count was much lower on the lower fly strike soil, and the reason they gave for both low incidences was the soil had a much higher Magnesium content than the other soil type.

They illustrated this with the example of goats, so closely related to sheep, who never have a parasite problem, because they constantly seek and ingest adequate Magnesium bearing feed, pointing out that the cure for so many of our ailments, was goats milk! They indicated though, that their firm was not interested in solving that problem, say with Epsom salts, as they could not make money out of that technique. In later years Epsom salts was all we used to treat Barbers Pole worms, and I wonder now what other beneficial effects it may have had!

Magnesium Licks Benefit Cattle

The granite soils of the New England are very low in Magnesium (amongst other minerals) and you may be familiar with the bloat and defoliation of certain tree species in that area. When a well known ecologist came to look at some of our problems there, the first thing he pointed out to us was the northern side of the stringy-bark trees had all the bark eaten away up to eight feet from the ground. He told us a magnesium mineral lick would stop the cattle eating the bark, which it did. We placed prepared licks all around a large paddock and the bark eating stopped, but the dramatic effect was not to become obvious for some months. Every six months we had to bring the cattle into the yards for the Vet to cut cancer growths from the cow's eyes. This ongoing treatment meant treating about 25% of the cows in each mob, each time they were brought in. The cause was stated to be "sun cancer" of the eyes. When we next brought the cows in from the paddock where the Magnesium blocks had been placed, only one cow had eye cancer! The Vet was costing big money, so we brought in another mob, and there was our usual 25% with 'sun cancer'.

Fertiliser, Fluorine and Illness

When the big Super Phosphate program got under way in the New England area, it brought two massive problems at least, in its wake, which officially still have not been solved, nor will they ever be. Island phosphate came to Australia containing 22,000 parts per million of fluorine, which as rock phosphate was not a problem. When treated with sulphuric acid however, to make the phosphate water-soluble, the fluorine is released. Sheep and cattle 'bloat' is of course fluorine poisoning and one year the New England bloat problem made National Headlines. After a lot of rain one year in the Walcha district [near Armidale], a grazier left a mob of fat cattle in the yard to be picked up later in the day to be taken to the sale yards. He figured that if they were in the yard they could not eat the clover and 'bloat'. When the truck arrived to pick the cattle up, only one was alive, the rest were all dead from 'bloat'. The water in the yard which they had been drinking was pumped from the

creek, where the recent rains had raised the fluorine levels from run off from the paddocks.

Effects of Fluoride on Cattle, Sheep and Horses

Cattle can only tolerate about six milligrams of fluorine per kilo of weight. A sheep tolerates about 22 mg per kilo, horses 36 mg and pigs 60 mg per kilo of weight. Lucerne and Clover are highly tolerant of fluorine and take it up as part of their transpiration cycle. When a cow is poisoned with fluorine the sequence goes like this: The fluorine kills several of the ruminants bacteria, allowing the remaining gas-producing bacteria to have a population explosion, which inflates the cow's rumen which in turn stops the diaphragm from working, and so she suffocates. A great example of 'cause and effect' which are always removed in space and time.

Editor's Comments: Later studies have shown that although some animals appear to tolerate higher levels of fluoride than humans:

"A critical review of the literature with respect to cattle damage by fluorides... suggested an intake of 1 mg of fluorine per kg of body weight per day was a maximum safe level of fluoride ingestion."
Eagers, R.Y, *Toxic Properties of Inorganic Fluorine Compounds*, p.95, quoting Schmidt, HJ and Rand, WE; *Amer. J. Vet. Res.* 1952, 13, 50

Even 1mg per kg of body weight results in "slight mottling" [of teeth due to dental fluorosis] and slight wear of the incisor teeth in cattle.
Eagers, p.95, quoting Schmidt and Rand; *Amer. J. Vet. Res.* 1952, 13, 50

"At 2 mg per kg of body weight per day, lameness and stiffness, emaciation and general unthriftiness, as well as mottling and severe wear of incisor teeth that form during the period of ingestion may result"

Eagers also references biological effects and toxicological characteristics of mineral and nitrogen fertilisers on rats, as well as pointing out that:

"Fluoride taken up through its roots by a plant can have a destructive effect equal to fumigation with hydrofluoric acid. Only those plants will flourish which can tolerate the amount of fluoride likely to be taken up through their roots."

Professor Lennart P Krook, in a very detailed study of horses which had consumed artificially fluoridated water (up to 1.3ppm) for several years, found:

"classic symptoms of chronic fluoride intoxication including dental fluorosis, crooked legs, hyperostosis and enostosis, hoof deformities, and microscopic evidence of reduced bone resorption." A detailed report of this study is in *The Australian Fluoridation News*, Vol 42, No 3, May-June 2006.

Eucalypt Dieback and Fluorine

With the tree defoliation it is slightly different. The species affected are those which die after seven defoliations and are the main source of food for the Scarab Beetle (Christmas Beetle) which feeds at night. The beetle is highly tolerant of fluorine, but the mass of micro-flora in the ground are killed by the fluorine, so with no competition for food in the soil, the Scarab also has a population explosion each year, and in their millions defoliate the trees. The dumping of fluorine in the Super-Phosphate on these soils not only caused that devastation, the locking up of the scarce Magnesium in those soils, but increased the levels of internal parasites to the extent that drenching was required each month. At least two merchants selling drench became millionaires, and the father and son who started it all in the New England area both died of cancer.

Editor's Comments: The major problem of death of native eucalypt trees by the million in the New England district of northern NSW, left vast areas of dead trees on grazing land and few birds. This was a depressing sight for everyone living in the area, as well as tens of thousands of road users driving through this huge area.

A report "Requiem for the rural gum tree?" in ECOS CSIRO Environmental Research, 19 February, 1979, was also published in Living Earth, June 1980.

The extensive report included:

"The main change suspected of tipping the balance the insects' way is the clearing of most trees from vast areas over the last century and a half. The widespread use in recent decades of superphosphate

fertiliser and introduced pasture species may be another contributing factor." - *Living Earth*, p.13

"Dieback is particularly severe in some areas with a high proportion of improved pastures and high stock rates..."

"Stock numbers built up until about 1900, and then remained virtually steady until the early 1950s when pasture improvement by the spread of superphosphate and the growth of nitrogen-fixing clover became general practice." - *Living Earth*, p.17

Magnesium and Milk

While it is easy to see the relation between the lack of Magnesium and cancer in animals (and us), it is quite a different matter when it comes to heart problems. Looking at a dead animal with no visible symptoms of death is a mystery every time and a post-mortem does not tell you much about heart problems. While stress plays an important part in the onset of each disease, it appears a different type of stress affects each. The best clues with humans and the heart problem is looking at those people who don't ever get either problem. A survey published in England recently, found almost zero heart problems in men over 70 who have at least one glass of milk a day. Milk is our richest source of Magnesium and as our consumption of milk and milk products has fallen, so has the incidence of heart disease risen. After the famous trials of the 1920s, Burt's opened the first Milk Bar on Manly Wharf in Sydney and soon Milk Bars were in every town and village in Australia.

The Milk Bars of the healthy generation have vanished. A recent local press report told of the discovery that five cents worth of Magnesium Chloride was now being used in heart surgery to replace a drug that had cost hundreds of dollars. How surprising! There is one sure way to test the connection if you have a heart problem, and that is to take doses of magnesium, which is cheap and harmless and the critical item missing from Western diets.

Editor's Comment: Dr GW Heard states in "Man versus Toothache":

"Again I say that, in fact, Hereford is "The Town Without a Toothache" only for those natives and long time residents who live entirely or mainly upon the foods grown in our mineralized soil and consumed without processing which destroys or damages their vitamin and mineral content. It is equally essential that the people who would eat for sound teeth give up pies, puddings, cakes and other white flour products, along with candy, jellies, preserves and syrup.

"Since the Hereford country became famous for its freedom from tooth decay, people keep writing from all over the country to ask me

about the tooth-building virtues of this or that foodstuff. My answer is that any sort of food crop which grows in our mineralized area, or in any completely fertile soil is likely to be good - but that it takes a considerable variety to supply all the elements required for proper body building (which would include the building of sound teeth).

"For sake of appetite, variety is desirable. However, just two articles of food, if produced in our mineralized area and not tampered with - wheat and milk - will supply a completely balanced diet.

"I mean that the whole wheat grain and raw milk should be consumed. When it is milled for white flour, wheat is robbed of its minerals. Milk, when pasteurized, loses vitamins and may lose the activator which helps the body assimilate its calcium. It is my conviction that a person could live upon whole wheat grain soaked in milk and nothing else, and thrive upon such a diet; but after a while the fare would grow monotonous. Both body and mind would demand a change and would revolt to get it. That is why I recommend variety in the diet.

"It is wise to know the soil in which one's food grows. That soil should be analyzed and the elements which are lacking or in short supply for producing healthful foods should be added. That goes for the trace minerals as well as for nitrogen, calcium, potash and phosphorous. It takes all the elements to build sound bodies. A lot of minerals beside phosphorous, calcium and magnesium go into the making of sound teeth. Only a dash of iodine, boron, fluorine or copper may be required, but unless that dash is supplied, the building process is impaired and the foundation laid for tooth decay."

Dr Heard was as a long-practising dentist in Hereford which had almost nil tooth decay, and also had practised in areas with extensive tooth decay.

Since the above statement by Dr Heard in the 1940s, subsequent research has established the benefits of trace amounts of iodine, boron and copper, but has shown that fluorine is a non-essential element in the human diet.

In support of Dr Heard's observations, an analysis of bread by ANZFA (Nutritional Values of Australian Foods) was published in the Winter 2012 edition of *True Natural Health*.

Comparing wholemeal to white flour, it showed that the magnesium was reduced 67% in white flour, from 102mg to 34mg. Calcium was reduced by 40%, Potassium by 49%, Zinc by 62%, Iron by 57% and Vitamins B1 and B3 by 36 and 49% while B2 increased by 36%.

If we're deficient in only magnesium, adding it to our diet/intake will likely have beneficial effects. But too much of an essential element (particularly some of them) can also be dangerous.

Become aware, use common sense and seek advice from health professionals before consuming quantities of any natural elements as supplements.

Updates:

QLD State Government delegates fluoride to Councils

QAWF (Queenslanders for Safe Water Air and Food Inc) reports that documents recently released under QLD's Right to Information legislation show fluoridation implementation costs to be extreme, especially in areas with small populations.

The Liberal-National Party's policy now delegates to local councils the "hot potato" of expensive fluoridation in outlying towns. While it's fantastic some residents get to choose, what of the remaining Queenslanders who were never asked if they wanted toxic industrial fluoride effluent in their water?

Information is Power: Articles on Iodine and Boron

Nexus Magazine (April-May 2012) published an extracted article on Iodine by Elaine Hollingsworth, followed in June-July by an article on Boron by Walter Last. They're of general interest or for anyone with arthritis, osteoporosis or other fluoride-related conditions, who'll be interested to read these fascinating articles. Be aware to research and consult healthcare professional(s) and make up your own mind. Members unable to obtain copies of the articles are welcome to request them from us at no charge, or send us a stamp.

Federal Government's "Big Brother" surveillance plans

The Age (12/7/12) and *Nexus* (Aug-Sept 2012) reported that expanded surveillance powers to monitor all communications will be rolled out in Australia unless there is overwhelming public resistance.

All Australian Senators now have "Fluoride Fatigue"

A copy of Dr Bruce Spittle's excellent book "*Fluoride Fatigue*", documenting many of the manifestations of chronic fluoride toxicity syndrome, has now been delivered to every Senator. Please feel free to ask your Senator if they have read it and what action they're taking.

Subscriptions: *The Australian Fluoridation News*

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