

Pure Facts

Newsletter of the Feingold® Associations of the United States



November, 1996

Vol. 20, No.9

Going to the Dentist

Dentists are concerned about nutrition; they applaud wholesome diets such as ours. Why, then, would a visit to the dentist or orthodontist present such a problem for the Feingolder?

From red disclosure tablets to blue impression materials, to banana-flavored toothbrushes, children's dentistry is a wonderland of synthetic colors, flavors and scents. Sensitive adults will also find many pitfalls at the dentist's office, but they are likely to encounter fewer chemically-laden dental care products.

Make an appointment to speak with your dentist. Bring in literature from the Association which explains the Feingold Program and the reasons why it is so important that certain chemicals not be used.



Work with the dentist to determine what type of dental procedures will be done, and what products will be needed. Your dentist can consult with manufacturers' representatives to learn if these products can be obtained in uncolored, unscented, unflavored forms.

If you are on Stage One, you will also need to have information about any salicylate-containing compounds. Eugenol (oil of clove) is a commonly used salicylate. And be aware of

Continued on page 3

Fluoride's effect on behavior and learning

For years, some Feingold members have reported reactions to fluoridated drinking water. This study supports their observations.

Fluoride has been added to drinking water in the United States for decades. While this practice has many outspoken critics, the only drawback which has been consistently agreed to by all sides is the possibility that too much fluoride can discolor teeth. (This condition is referred to as dental fluorosis.)

Now, there is reason for concern even among fluoride proponents. In a paper published last year, a team of researchers found that fluoride has the potential to cause damage to the central nervous system (CNS). Phyllis Mullenix and colleagues added fluoride to the drinking water of rats (and used injection to simulate prenatal ex-

posure), then evaluated the animals at different ages to determine if there were effects on the nervous system. They concluded that these exposures to fluoride did, indeed, cause subtle effects on the nervous systems of the animals.

Dramatic physical effects, such as seizures or paralysis have not been seen during the many years fluoride has been added to public water supplies. Like most chemicals in our environment, however, fluoride has not been examined for the more subtle effects such as behavioral changes or for a reduction in the ability to learn. An editorial in the international journal *Fluoride*, reports, "The carefully de-

signed animal experiment...revealed subtle but very real changes in behavior patterns following fluoride ingestion: hyperactivity after prenatal exposure, and cognitive deficits after weaning and adult exposure." (*Fluoride*, Vol. 29 No. 2 1996) This echoes the concern Dr. Feingold expressed about the ever-increasing use of synthetic food additives; the Food and Drug Administration does not have a procedure for considering the effect that a food additive can have on behavior or learning. Mullinex et al believe that their work with rats can teach us about the possible effects fluoride may have on humans, particularly children and infants. They

Continued on page 3

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit volunteer organization whose purposes are to support its members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

Memories of Summer Camp

His tan has long since faded, but Chris Jones' memories of a wonderful summer are still strong, as his mom, Marilee, described this special time.

I'd like to give a pat on the back to the New London County 4-H Camp located in Norwich, CT. Chris had the time of his young life there this past summer.

When I first heard about a sleep-over camp, my immediate thoughts were: bug juice, Tang, Froot Loops, marshmallows, soda...curtains! But of course I kept my cool and said "let's check it out."

To my surprise, the chef, the nurse, and the entire staff could not have been more supportive. The chef knew about the Feingold Program because he had cooked for other camps using the program, and took great pride in doing so. The nurse's comment to me was, "It's easy to follow — no problem."

They enlisted my eight-year old son's help in shopping for safe snacks



that he could buy at their trading post every day just like all the others, and they made him feel so wanted and valuable that he's counting the days until he can go back next summer!

I could not thank them enough for including my son and his needs without the usual response — making a big deal over a little effort.

They praised the Feingold diet and spoke of the great results they see when they use the program for a camper who is struggling to fit in. A little open-mindedness and a little effort allowed my son to take a giant step forward into a place he fell in love with. It isn't too early to be looking for camps for next summer. Area members who would like more information can contact:

New London County 4-H Camp
Norwich Cooperative Extension
Center
562 New London Turnpike
Norwich, CT 06360

Campers need not be 4-H members.

Building Self-Esteem

Children with low self-esteem often feel like they're drowning in an ocean of inadequacy. This is the fourth in a series of articles based upon the workshop presented at our Conference by our past president, Pat Palmer.

A sure sign of low self-esteem is the child who says "I'm dumb," "I'm ugly," or who blames others for their mistakes. Both parents and teachers can help children overcome these negative self-images. Here are some suggestions:

Give the child responsibilities.

Self esteem grows when a child feels he makes a contribution.

Allow the child to make choices.

Can the child request time-out if *he* feels the need?

Show appreciation.

It's important to catch the child doing something right. Be generous with thanks and compliments, but be honest. A child knows when you are insincere.

Treat mistakes positively.

Children should know that mistakes are expected and are experiences to learn from. Correct them in a way that encourages: "You almost got it." "That was a good guess."



This series on how parents and teachers can help the child with learning and/or attention problems began with the July/August issue of Pure Facts. To order back copies send \$1 for each issue to:

Pure Facts, P.O. Box 6550,
Alexandria, VA 22306.

Role playing

This technique can explore alternatives to aggressive behavior, and help the children to understand the other person's feelings and actions. Use instant replay for planning the next time the child is faced with a similar problem.

Validate the child's feelings.

When she says something negative, acknowledge this with a response like, "I can see how unhappy you are. Let's figure out how to make things better."

Similarly, don't make light of a childhood trauma which may seem silly to you.

Tell the child he is brave and honest to admit his feelings. Show the children in your class that emotions are honest feelings, and how we deal with these feelings is the most important issue.

Help the children understand that happiness will return.

Dentist, from page 1

methyl salicylate (oil of wintergreen), which may be used as a mint flavoring.

If there are any vital products which are not readily available to you, consider contacting a "compounding" pharmacist, who may be able to create what you need. To find such a pharmacist, you can call the Professional Compounding Centers of America at (800) 331-2498.

Your child's checkup

Plan to stay with your child throughout the procedure, even if the staff discourages parents from being present. There are so many places where synthetic additives are used in pediatric dental products, it would be easy for a staff member to overlook one of them. (If you cannot be in the room with your child during the visit, remind the staff to refer to your child's chart for details on acceptable products and procedures.) And when you come, plan to bring along a tube of an acceptable brand of toothpaste, which can be used in place of flavored pumice.

Fluoride, from page 1

write, "Experience with other developmental neurotoxicants prompt expectations that changes in behavioral function will be comparable across species, especially humans and rats. Of course behaviors per se do not extrapolate, but a generic behavioral pattern disruption as found in this rat study can be indicative of a potential for motor dysfunction, IQ deficits and/or learning disabilities in humans."

Other researchers have found CNS effects from fluoride even when there are no obvious physical symptoms, such as dental fluorosis. The journal goes on to say that researchers in China report adverse effects on the brain as a result of fluoride exposure. This suggests that children with dental fluorosis could be "at greater risk of decreased mental acuity. One can only wonder whether the effects of fluoridated water might extend beyond the appearance of the teeth and include neurotoxicity among children afflicted with dental fluorosis."

For more complicated and time-consuming procedures, consider scheduling them on a Friday afternoon, to allow any possible reaction to take place over the weekend, rather than on a school day. If the work will take a long time, consider scheduling it in two visits, which your child may handle better than one long one.

Some culprits to avoid

Artificial flavorings are found in countless dental products, including the **latex gloves** used by the dentist and hygienists! In some cases, the gloves are dyed to match the flavoring.

Fragrances are also used in the waiting room. Dr. Ann Boyle of Case Western Reserve University found that when patients awaiting a root canal were exposed to floral scents, there was a reduction in anxiety. Of course, such scents are derived from petroleum and other undesirable chemicals, not from rose petals.

If **nitrous oxide** or other gas is to be used, the inhaler mask could be scented.

Novocain generally contains sulfites, a particular problem for members dealing with asthma and autism. Your dentist can order a unit dose of pure Novocain from the supplier.

Sealants

We often receive questions about sealants. This information was provided by Bert Sharpiro, D.D.S., of Center Moriches, NY:

Before the sealant is applied, the tooth is etched with acid. This helps the sealant adhere to the tooth surface. This acid comes in gels and liquids. Most are blue or red (the red dye is banned for use in foods). Johnson & Johnson makes a clear one.

Now the sealant is used, and it comes in both clear and white color. Johnson & Johnson's white is titanium dioxide which should not be a problem. Companies other than J&J may use other coloring agents.

These sealants come in kits; make sure your dentist knows you want the uncolored acid and the Johnson & Johnson sealant.

Neurotoxicity of Sodium Fluoride in Rats

Phyllis J. Mullenix, Pamela K. Denbesten, Ann Schunior and William J. Kernan
Toxicology Department, Forsyth Research Institute, Boston, MA
Department of Radiation Oncology, Harvard Medical School, Boston MA
Department of Pediatric Dentistry, Eastman Dental Ctr, Rochester, NY
Veterinary Diagnostic Laboratory, Iowa State University, Ames IA

Fluoride (F) is known to affect mineralizing tissues, but effects upon the developing brain have not been previously considered. This study in Sprague-Dawley rats compares behavior, body weight, plasma and brain F levels after sodium fluoride (NaF) exposures during late gestation, at weaning or in adults. For prenatal exposures, dams received injections (SC) of 0.13 mg/kg NaF or saline on gestational days 14-18 or 17-19. Weanlings received drinking water containing 0, 75, 100, or 125 ppm F for 6 or 20 weeks, and 3 month-old adults received water containing 100 ppm F for 6 weeks. Behavior was tested in a computer pattern recognition system that classified acts in a novel environment and quantified act initiations, total times and time structures. Fluoride exposures caused sex- and dose-specific behavioral deficits with a common pattern. Males were most sensitive to prenatal day 17-19 exposure, whereas females were more sensitive to weanling and adult exposures. After fluoride ingestion, the severity of the effect on behavior increased directly with plasma F levels and F concentrations in specific brain regions. Such association is important considering that plasma levels in this rat model are similar to those reported in humans exposed to high levels of fluoride

Neurotoxicology and Teratology, Vol. 17, No. 2, pp. 169-177, 1995

Dear Pure Facts

We are in the market for a new mattress for my son. Do you have any suggestions?

Most Feingold members need not be concerned about shopping for special bedding, although it's always a good idea to avoid any furnishings which emit strong odors.

Highly sensitive or allergic people should pay closer attention to the materials, and avoid bedding made with feathers, down, or animal hair. Similarly, plastic covers may give off irritating fumes. Most bedding materials are treated with chemicals for stainproofing, waterproofing, and flame retardation. The flame-retarding chemicals are legally required to be used, but some manufacturers will create a mattress without these treatments if you can provide a letter from your doctor stating that the child is unable to tolerate them.

If your child isn't highly sensitive, you may be able to simply shop for a ready made mattress, giving it a good "sniff test" to see if there are any noticeable fumes being released. A mattress which has been in the store for a few months may have had enough time for any chemicals to "gas out."

Buy the mattress from a store you trust because you could end up with a "bargain" which is no bargain at all. It could have been made by covering over an old mattress which had been discarded as trash. Aside from the unsavory prospect of sleeping on something considered garbage, the dirt and insect parts hidden below the new covering can trigger allergic reactions.

For the very sensitive Feingolder

Several businesses offer mattresses and box springs made with materials such as organically grown cotton and wool processed without chemical irritants. Even pure cotton can give off an odor when it is new, so you may

want to speak with the company representative about washing the materials in advance. If this is still not sufficient, a "barrier cloth" made of tightly woven cotton threads can be placed over the mattress. You can take the barrier cloth with you when you travel. Just spread it on the top of the bed, bedspread and all, then put your own bedding on top. The tight weave will prevent irritating fumes from reaching you.

Other options

Futons made with "safe" cotton materials are a good choice if the sleeper can adapt to the firmness. There are even mattresses made from straw, covered with untreated wool. Pads and cotton covers are available for these. If you are dealing with extreme sensitivities, you may want to read about this in detail. An excellent choice is *The Healthy Household, A complete guide for creating a healthy indoor environment* by Lynn Marie Bower \$17.95. You can order it from the Healthy House Institute, 430 N. Sewell Road, Bloomington, IN 47408 (812) 332-5073.

Resources for those with extreme sensitivities:

American Futons, P.O. Box 5396, Bloomington, IN 47407 (800) 821-8113

Crown City Mattress, 250 S. San Gabriel Blvd., San Gabriel, CA 91776 (213) 681-6356, (818) 796-9101

Custom Bedding, Inc. 1677 Springfield Ave., Maplewood, NJ 07040 (201) 674-1300

Dona Designs, 825 Northlake Drive, Richardson, TX 75080 (214) 235-0485

Heart of Vermont, P.O. Box 183, Sharon, VT 05065 (800) 639-4123

Janice Corp., 198 Rt. 46, Budd Lake, NJ 07828 (800) 365-6563

Nontoxic Environments, 9392 S. Gribble Road, Canby OR 97013 (503) 266-5244

The Cotton Place, (barrier cloth, bedding) P.O. Box 7715, Waco, TX 76714 (817) 751-7730

My son plays the trombone and really loves it, but I find that he experiences a reaction lasting several days after he has had a lesson at school. When he plays at home, there is no problem. He wondered if the culprit could be the minty-tasting solution the school uses to clean the mouthpieces of the instruments.

Yes, it could be the sanitizing solution, but there could be other things as well. Your best chance at resolving this is to approach it as if you were Sherlock Holmes. Gather all the information you can, then look for clues. If possible, test them out.

What cleaning agent is used? When it is used? Can the mouth piece be rinsed off with water after it has been sanitized? This may take away most of the possibly offending chemical.

Like any detective, you need to visit the "scene of the crime," which means the school, and especially the room where lessons are given. Is it any different from other rooms your son is in at school? Perhaps some acoustical padding is giving off fumes? Or is it next door to the

chemistry lab? Do you detect the smell of mold or mildew? Is the air intake vent there, with school bus engines idling just outside? If so, are there any alternative sites that could be made available for practice sessions? (Refer to the September 1995 *Pure Facts* for more information on "sick schools.")

Speak with his music teacher, and meet with her in the practice room. Your son reacts after he has been in her class, so if you notice a heavy scent of air freshener, perfume, cologne or hair spray, you may have your answer.

Be sure to bring in literature from the Feingold Association to share with his teachers and the school staff. This will give you the credibility you need to demonstrate that chemical sensitivity is a real problem, which deserves their understanding and cooperation.

November, 1996



The 22nd Annual Conference of the Feingold Association of the United States

Plans continue on our next Conference, to be held in Alexandria, VA, just outside of Washington, DC. Business meetings will begin on June 24. The seminars/workshops will be held Friday, June 27 and Saturday, June 28.

Families can plan their summer vacation around the Conference, and will find that the Washington area offers a remarkable choice of places to go, and things to do. *Pure Facts* has begun focusing on some of the many attractions, so watch for more details on these attractions in coming issues.

Members and guests are welcome to attend our workshops, as well as enjoy the area sights.

Holiday Gift Ideas

Some unique and very useful gifts are as close as your October *Pure Facts*. Check out the catalog order page in last month's issue for gift ideas for family and friends. You can order a one-year **subscription to *Pure Facts*** for \$28. This will help that relative, or your child's teacher, to understand why it's so important that they support your efforts.

It isn't too late to order an extra copy of our **School Year Calendar** to pass out (\$5).

The Feingold 20 minute **videotape** (\$10) and the book **"Why Can't My Child Behave?"** (\$22 each; 2 or more \$15 each) will provide a solid understanding of our program for a relative, friend, or your child's teacher.

Various **books** on optimism, teaching techniques and childrens' social skills will be appreciated by a teacher longing for something other than note paper and cologne.

For your children, check out the **computer programs** that will make your kids forget how much they are learning as they have fun with the programs on reading, math and problem-solving skills.

Stocking stuffers are in the catalog as well, from art supplies to natural candies (including Sundrops, the safe alternative to M&M's™).

While you're checking out the gift ideas, don't forget to consider a gift for yourself; most of the items are designed to make life easier for the Feingold family.

If you need an extra copy of the FAUS Resource Catalog, contact our Virginia office at (703) 768-3287.

Thank You Thank You Thank You Thank You

...to Christine Blank for her article in the Tampa, Florida *Tribune-Times* on Dr. Cade's new work linking gluten and casein with symptoms of autism. Dr. Cade presented his research at the annual conference FAUS held in Orlando this past June. And thanks to Deborah Tritschler and her son, Devin, for giving Christine the interview. Deborah heads up the FAUS Autism Intolerance Allergy Program.

...to Carolyn Allen for her letter to American Health Communications of Moorestown, NJ, concerning their article on sugar and hyperactivity. The article was published in the newsletter of Cook Children's Health Care Network in Fort Worth, TX.

This article follows the same pattern we see so often. It is the assumption that because studies on **sugar** have not shown a link with hyperactivity, that this means **candy** does not affect a child's behavior.

Even if the studies were well done (which they were not) there's a big difference between "candy" and "sugar." It's amazing that the physicians and dietitians quoted in the piece do not seem to realize that most highly sugared foods contain synthetic dyes, flavorings and preservatives. Equally sad is that they are apparently unaware of the well-designed studies which show that food additives can trigger the symptoms of hyperactivity and ADD.

When you see articles such as these, please write to the publisher, expressing your concern that they are not presenting accurate information. If you would like to have background information on the studies, contact FAUS at (703) 768-3287.

Speaking of Candy...

The M&M Mars™ Company, apparently pleased with the successful sales of their blue M&M's, have announced 18 new colors will grace their artificially flavored chocolate drops. Since there are only a handful of (petroleum-based) dyes still allowed to be used in foods, it's safe to assume the new hues will be made from combinations of those few survivors. The newly dyed candies are expected to be sold only in "specialty stores."

New Program Assistant

Welcome to Terri Luccia, of Ramsey Minnesota. Her phone number is (612) 427-1168.

From Donna Curtis, Director of the FAUS Product Information Center

There has been some confusion regarding the ARCHWAY Gingersnaps. These cookies, which are available nationwide, were found by several members in New York and New Jersey in bags which listed artificial flavor. When ARCHWAY COOKIES, INC. was contacted, they looked into the matter immediately and discovered that the franchise bakery in NY (which supplies NY and NJ) had mislabeled their bags! The lemon emulsion in Archway Gingersnaps is all natural, but the franchise bakery thought it was an artificial flavor. The company has told us that new bags have been printed with the correct labeling, but that there may still be some of the old bags in stores.

There is a reduced fat version of ARCHWAY Gingersnaps in a white and green bag which is NOT acceptable due to the presence of BHT (in the ingredient list).

We were saddened to learn that REDDI WIP Lite cream in aerosol cans has been discontinued. This version was the only one included in Feingold Foodlists.

If you read the ingredient label on the original version of Reddi Wip, it looks acceptable, but it is not. A company spokesman told FAUS that the "natural vanilla flavor" contains synthetic vanilla (vanillin). Looks like we'll be getting out the beaters for whipped cream to top our pumpkin pie this season.

Hot Cocoa Time

Save some of that real whipped cream for steaming cups of hot cocoa. Or, you can order natural mini marshmallows(CS) to top it off. Contact Pam Weldon at "For Pete's Sake" to place your order: 1 (800) 864-7383. Pam also has hot cocoa mix.

Chocolate covered marshmallows are available from The Squirrel's Nest during the colder months. Call Nancy Kemble at 1 (302) 378-1033. The Squirrel's Nest will not be moving, as we had reported earlier this year. Instead, they have expanded the present store to accommodate their Feingold mail order customers.

Israel

Would any of our Feingold members living in Israel be interested in researching local brand name products? FAUS has been conducting food research for nearly two decades; we believe these skills can be applied to food research in other countries and will be glad to show you how to do this.

If you are interested please contact Sandy Ehrenkranz at 200 Fifth Street, Stamford, CT 06905.

PIC Report

The following products have been researched or re-researched and may be added to your Foodlist.

Stage One

AMY'S* Non-Dairy Vegetable Pot Pie (MSG/HVP)
AMY'S* Pocketfuls: Spinach Feta, Vegetable Pot Pie (MSG/HVP)
ARNOLD Real Jewish Caraway Seed Rye Bread (CS,CP) available on the East Coast
ARROWHEAD MILLS* Puffed Kamut cereal
BIGELOW Herb Tea - Peppermint
BROWNBERRY Natural Health Nut Bread available in Mid-Atlantic, Southeast and Midwest
FRUITFULL frozen fruit bars (all contain CS): Banana, Chocolate Yogurt, Coconut, Pina Colada, Pineapple
HYDES* Honey Molasses Mint Candy Canes (available in Western states)
LOUIS RICH White Turkey Patties
MARIN* Fig Bar - Honey
NEW MORNING* Chocolate Grahams, Cinnamon Grahams, Honey Grahams
ONCE AGAIN NUT BUTTER* Cashew Butter, Organic Peanut Butter
PENN MAID Kid's Yogurt Vanilla (CS) (available in some East Coast states)
PLANTERS Dry Roasted Peanuts - Unsalted, Roasted Cashew Halves w/Pieces, Roasted Cashew Halves w/Pieces - Salted

Stage Two

AMY'S* Cannelloni with Vegetables (tomato)
AMY'S* Pocketfuls: Pepperoni Style Pizza (tomato, paprika)
BIGELOW Herb Tea: I Love Lemon (CS, rosehips), Mint Medley (rosehips)
FRUITFULL frozen fruit bars (all contain CS): Cappucino Yogurt (coffee), Fuzzy Navel (peach, orange), Passionate Cherry, Peaches 'N Cream, Raspberry, Raspberry Cream, Rum Runner (cherry,raspberry,strawberry), Strawberry, Strawberry Cream, Watermelon (cherry)
LA YOGURT Sabor Latino Lowfat Banana Yogurt (possible orange)(available in some East Coast states)
MARIN* Honey Apple Bars, Honey Peach Apricot Bars
OSCAR MAYER Wieners with Pork & Turkey (CS,N,cloves,paprika)

The next Pure Facts will be our combined December/January issue.

The Feingold® Association does not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

What's an Alcopop?

What looks like lemon soda or bottled lemonade...but isn't?

It's a new way to market alcoholic beverages to children, say its critics. *Business Week* magazine (9/23/96) reports that carbonated, lemonade-flavored alcoholic beverages are making a big hit in Britain and Australia, and have begun to arrive at our shores as well.

The beverages, with their sweetened lemon flavor, are appealing to underage drinkers, but their 4 1/2% alcoholic content make them as potent as beer. In fact, the manufacturers are beer companies concerned that they are losing their market to soft drinks, iced teas, and fruit spritzers. A similar effort introduced wine coolers to children in the 1980's.



You can expect to see Hooper's Hooch and Yellow Belly imported into the U.S. from Britain. And Australia's Two Dogs Lemon Brew is already here. Several U.S. companies have developed their own versions, but with the current criticism of companies who are promoting tobacco to children, domestic beer companies are holding off on introducing their spiked drinks.

Could it get any worse than putting alcohol in soda bottles? Maybe, *Business Week* concludes. "Family Frost, a company in eastern Germany, introduced alcoholic beer-flavored popsicles last month..."

The United States has the questionable distinction of having a larger percentage of children diagnosed with "ADD" than any other country. Given the probable connection between ADD and addictive substances (described in last month's *Pure Facts*) kiddie-booze could become a big seller here.

Non toxic products, from air filters to window cleaners

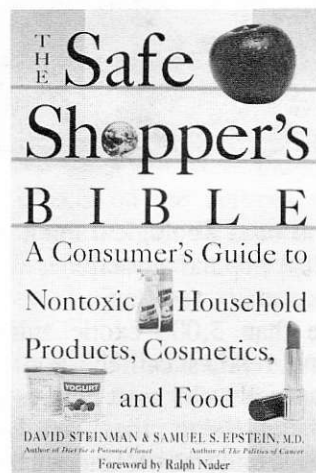
Highly sensitive Feingold members will find a valuable resource in this book, which is devoted primarily to showing consumers how to make good choices when shopping for non-food products.

With our primary focus on foods and additives, Feingold members often seek out additional resources that will help them make good choices as they shop for suitable non-food products. Now there's a book that can make that job easier.

If David Steinman's name sounds familiar, you may have read his popular book, *Diet for a Poisoned Planet*, or perhaps you heard his presentation to the Feingold Association at our conference in Southern California.

Dr. Epstein is familiar to many who have followed his career as a professor at the University of Illinois Medical Center's School of Public Health, past president of the Rachel Carson Council, or as the author of many papers concerning the many environmental causes of cancer.

This ambitious text covers all types of cleaning products, naming those considered to be the safest choices, as well as recipes for cleaners you can put together yourself.



The Safe Shopper's Bible

A consumer's Guide to Nontoxic Household Products, Cosmetics, and Food

by David Steinman & Samuel S. Epstein, M.D.

available from the FAUS Resource Catalog: \$14.95 plus \$4.50 (priority shipping)

Paints, pesticides and pet supplies are covered, as are auto products and art supplies. Cosmetics, hair care and mouthwash are rated.

The various non-food products are listed by brand name, with the authors' ratings clearly indicated. While many of the products are offered by small companies dedicated to nontoxic alternatives, you will also find familiar brand names. Companies which offer one or two non-toxic versions include: Black Flag, Turtle Wax, 3M and Wite Out typewriter correction fluid.

Several of the Vanish toilet bowl cleaners have made the approved list, as have Easy Off oven cleaner, Bounce unscented, Mr. Clean, and All Automatic Dishwashing Powder.

In the back of the book is an impressive listing of mail order resources and like-minded organizations. Readers will learn how to take an activist role and how to report injuries or adverse reactions. For the highly sensitive Feingolder, this is a good resource.

The Smithsonian Institution — visit it when you attend the FAUS Conference in June!

Often referred to as “the nation’s attic,” the Smithsonian is a collection of museums and galleries, as well as the popular National Zoo.

The Smithsonian’s “castle,” a red sandstone Gothic Revival structure, now houses the visitor information center, which is a good place to begin your tour of this remarkable complex. The 20 minute film, interactive video monitors, and staff of guides will help you plan your day (or days) exploring the wealth of attractions at your disposal.

The National Museum of American History

Here the flag which inspired Francis Scott Key’s *Star Spangled Banner* shares space with an 1893 Duryea automobile, Dorothy’s ruby slippers from the Wizard of Oz, and the inaugural gowns worn by America’s first ladies.

National Air and Space Museum

Your first stop here should be the ticket counter to purchase tickets for the museum’s theaters. Then you can tour the attractions until the show begins.

Hold on to your seat as you face a screen five stories high and experience the movie, *To Fly!* This is as close as it comes to leaving the earth while you are still in your chair.

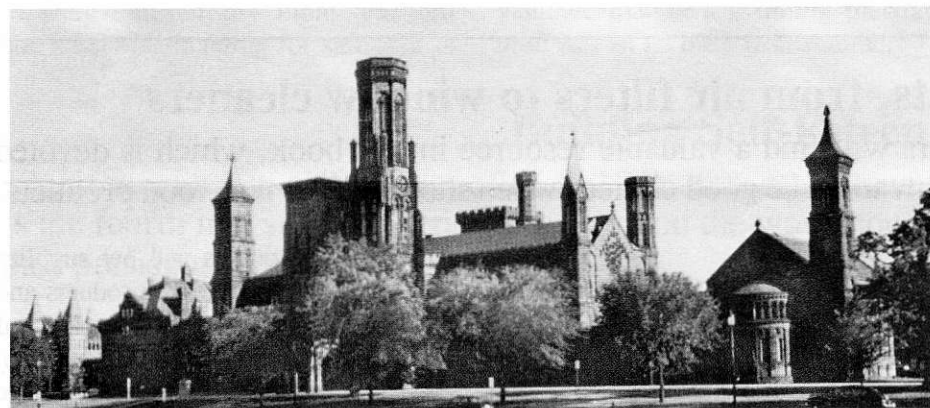
From the Wright brothers’ Kitty Hawk Flyer and Lindbergh’s Spirit of St. Louis, to a tour of Skylab’s orbital workshop, you will be able to experience the long strides made by a relatively short history of flight. No wonder this is the most visited museum in the world.

National Museum of Natural History/National Museum of Man

The world’s largest African bush elephant, a freeze-dried Ice Age bison and life-size models of a 92 foot whale and Triceratops dinosaur live here amid a fascinating array of natural treasures your children will love. On the other end of the scale is the museum’s Insect Zoo where you can meet a one-foot-long centipede, see tarantulas being fed, or pet a hissing cockroach.

The Discovery Room is also designed for children, with samples of elephant tusks, crocodile heads, and other goodies they are free to touch. Free tickets are issued for a half-hour visit; they go quickly during busy summer months, so plan to arrive early.

The Hall of Gems is home to the world famous 45.5 carat Hope Diamond and the 330 carat sapphire called the Star of India.



Learn about the discovery of penicillin, and find out how a laser beam works. A Hands-On Science Center features 25 different activities.

Arts & Industries Building

The 1876 Centennial Exposition held in Philadelphia on our country’s first big birthday has been moved to the nation’s capital. In it you can see the most modern Victorian accomplishments, furnishings and inventions from the 37 states that comprised our country 120 years ago.

The Discovery Theater shows (lasting 45 to 60 minutes) cover subjects ranging from the abolition of slavery and women’s suffrage, to African folktales and Beatrix Potter stories.

The building’s Victorian architecture compliments the Castle.

National Zoological Park

Another popular attraction is Washington’s zoo.

More than 3,000 exotic animals, birds and reptiles call the zoo their home, as well as its most famous resident, Hsing Hsing, the giant Panda given to the children of America by the People’s Republic of China.

Kumari, the baby elephant born here, had a dicey start when her mother accidentally stepped on her, but she has fully recovered and greets visitors every day around 10am.

The zoo now has a replication of the world’s largest rain forest. Amazonia is a huge complex containing hundreds of species of unique plants and dozens of animals, all typical of the Amazon rain forest.

Most of the attractions in Washington are free; the cost for special shows is moderate.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Debbie Jackson
Pat Palmer
Lois Miele
Barbara Keele
Donna Curtis
Dee Heinrich
Alice Steele

Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

For more information contact FAUS, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.

© 1996 by the Feingold Association of the United States