

## MEETINGS

### General Meeting

Nora Muise, R.N., gave a knowledgeable presentation on rotary diet at our general meeting on April 30th. She explained the need for a diversified rotary diet and how to set it up. A tape of the presentation may be borrowed from our branch library (226-6443) and copies may be purchased by contacting Maxime Cohrs (224-0467). We are pleased that so many people (25) took advantage of this opportunity.

### Annual Meeting

The Ottawa Branch hosted the R.E.F. 1981 Annual Meeting on May 23rd at St. Augustine's Church. Several members from the Toronto, Kitchener and Hamilton branches were present. A recommendation was made by the Board of Directors to the Annual Meeting that the annual membership fee for the Foundation be raised from \$10.00 to \$15.00. A considerable amount of discussion ensued, most of which was in favour of increase. The motion was put to a vote and was carried with two opposed.

The Medical Director reported that in the last 14 months eight physicians, one laboratory director and five medical personnel have been trained in the basic techniques of diagnosis and management of Clinical Ecologic Disease. The doctors who attended these courses include Dr. John Molot from Ottawa; Dr. Lynn Marshall from Arnprior; Donald Bastedo from Kitchener, John Blair of Guelph, Irvine Korman, Jozef Krop, Marian Szula, Ronald Filderman and Christine Radulescue, Ph.D. Director of Laboratory, all of Toronto.

Three new directors were elected namely, Virginia Salares, Ph.D., Neil FitzPatrick Ottawa and Mary Campbell Toronto.

Call Mrs. Webber at 839-5217 to register and get directions to her home, which is about 8 miles from Ottawa towards Carp.

Since you are actually roaming the fields, some caution should be taken if you have multiple allergies. If your mould allergy is serious and not yet under control through desensitization injections, better postpone the course. If your grass and weed allergies are worse in the spring, take the fall course. Then, of course, if your ragweed allergy makes you miserable, wait for the spring session. Cost is \$20.00

### HINTS

The Answer Book by Nicole Parton has been repeatedly advertised in The Citizen at \$2.75. It contains many natural cleaning processes and, of course, many other useful hints. One should read this book with care as some hints may not be appropriate for some sensitive individuals.

### FOODS

NOTE: Some of these foods may not be suitable for your individual diet.

If you are allergic to major protein sources, contact the Department of Health and Welfare, Ottawa, and request the new Canada Food Guide for protein equivalents.

If you are gluten intolerant, contact the Celiac Association for advice and recipes. Their address is 907 - 1170 Fisher Ave., Ottawa.

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Available from the Chinese Food Supply, 9 Byward Market  
- Japanese Style Alimentary Paste - made of potato starch, corn-starch and water - good substitute for vermicelli or thin spaghetti noodle.  
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Available at Steinberg Store (Merivale) - Freddy Pizza Sauce - no preservatives or colour - contains; tomatoes, water, modified starch, vegetable oil, sugar, spices, flour, salt, vinegar, sodium bicarbonate. Their Pizza dough is also free of additives or colour.

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For our members living in the area of Main Street, you can purchase a variety of organically grown grains and flours at the Wheat Germ Health Food Store, 200 Main St.

Although not advertised as organic, the following juices are well tolerated by very chemically sensitive persons:

100% grape juice from Ontario by Wiley Bros. Farms Ltd., St. Catharines, Ont.

Charisma unsweetened prune juice (no chemical residues) by Eden Foods, Ann Arbor, Mich.

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A variety of health food stores carry the Jolly Joan products. Available at the new bulk foodstore, Hardish on Merivale Rd. are:

Egg replacer - Jolly Joan - contains potato starch, tapioca flour, methylcellulose, potassium bicarbonate, monocalcium phosphate.

White Rice Baking Mix - contains, white rice flour, potato flour, rice polish, rice oil, methyl, rain juice, safflower oil and salt.

Rice Mix - wheat free and gluten free, contains: rice flour, rice polish, cereal free cereal, salt.

Potato Mix - potato flour, cereal free baking powder, salt.

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HONEY - Honey of the highest quality is available from Mr. Russell Boyd's Natural Food Store. A limited amount of honey is available from the unsprayed woodlands of a hilly section in Lanark County. About 50% of the nectar is collected from the blossoms of trees or woody growth. It is packed and sealed immediately in order to keep its freshness. Available in 10 lb. pails or in glass jars of 1 lb., 2 lbs or 4 lbs.

Some beekeepers feed their bees sugar during the winter months. The bees from the Lanark source are fed honey. According to a good source, beekeepers who feed sugar to their bees in the winter have a much higher deathrate of bees in the spring. It appears that bees are not meant to digest sucrose!

If you buy honey in plastic pails, it is recommended that you transfer it into sterilized jars as soon as possible.

Also of interest: many large estate owners in Lanark County have requested that the side roads and ditches adjoining their properties not be sprayed with weed killers. Their wishes were respected.

#### FOOD LIST SUPPLIERS

Add to your food list -

Shirley Bleeth, Carp, Ont. 839-5691 - Pork, goat's milk, some chickens, and possible vegetables.

Mrs. Audrey Barran (4) - please add that she has a root crop cold storage, making her organically grown vegetables available through most of winter.

Mr. & Mrs. J. Sheehan, North Gower, 489-2281 -- have beef, pork, chickens, ducks.

Jolene's Organic Garden, R.R. 5, Spencerville, 1-658-2377 has a large supply of organically grown vegetables. She has a stand at the Ottawa By-lard Market Sundays starting at 10:00. She will bring orders to Ottawa upon request through the week.

#### PRODUCTS

##### Carpet Cleaning

The majority of chemically sensitive people have removed their synthetic carpets from their sleeping areas and family rooms, but for those who have postponed the removal of their carpets in their living-dining rooms or stairs, the problem of cleaning these presents another challenge. I have used the services of the Duraclean Company, 73 Horner Dr., Ottawa K2A 5G1, phone 828-4326. The cleaning was done in the summer with the windows opened and I

detected no odors and suffered no illness from their product. They sell a spot remover which you could purchase and test for tolerance. I suspect they use the same product to clean your furniture or carpets. Their fee is higher than for other methods of cleaning. (Recommended by Good Housekeeping).

### Air Purifiers

The Space-Gard High Efficiency Air Cleaner is made by Spall-Bowman Ltd., 50 Crimea St., P.O. Box 604, Guelph, Ont. N1H 6L3. Phone (519) 822-3491. This air cleaner is easily installed with any type forced air heating/cooling system, and is ideal with heat pumps. It uses no electricity, therefore there is no installation cost for wiring, and it produces no ozone. The only maintenance required is the periodic replacement of the media filter, normally required about every 8 to 12 months.

The Space-Gard brochure states that the unit will remove nearly 100% of the particles in the 5 micron and larger size range. While efficiency varies with particle size, efficiencies of 90% are said to be reached on microscopic particles. Ordinary household dust, lint and dirt from many sources include particle sizes from .01 to 30. microns. The representative for Spall-Bowman in Ottawa is Jim Knights, Retroheat Inc., 75 Breezehill, Ottawa K1Y 2A6. Phone 725-3830. Information pamphlets are on file in our library. With regard to information in our previous newsletter, the purifier containing "purafill" from Circul-aire, Montreal, is not yet available. Through inquiries made by one of our members, we learned that it is still being tested by the National Research Council. Information on the unit has not yet been received from the company.

### Wool

A high quality roving yarn spun in Ontario from a blend of imported and domestic 100% pure wools is available in seven rustic colours - red maple, red maple mix, black, grey mix, white, beige

mix, and brown. Untreated with mothproofing or other chemicals, this wool is ideal for knitting sweaters, caps, mitts or for wall-hangings. Indian sweater patterns are available in about 20 different patterns for men, women and children. Wall hanging kits come complete with pattern graph, mesh, cutting guide and beads. They can be obtained from The Minaki Trading Company, Minaki, Ont. POX 150. Should you be in a hurry, you may phone in your order if you have a Visa or Mastercharge card. Collect calls not accepted. Fill out order form before phoning and keep as your record. Phone (807 224-3571) between 3:30 and 4:30 Monday to Friday.

### TRAVEL

VIA SERVICES for Special Needs, VIA Rail Canada, Marketing Dept., 20 King St. West, Toronto, Ont. M5H 1C4. In Ottawa, it is available from the Ottawa Train Station, on Tremblay Road.

Anyone requiring special assistance while travelling by train can write for a brochure outlining services available to passengers with special needs and advice on how to plan a journey ahead of time.

The brochure, also available in braille and large print, gives advice to passengers with disabilities, those requiring special diets, those with allergies, sight and speech impairments, the aged, wheelchair travellers and mothers travelling with babies. Copies are available by writing at the above addresses. (Information obtained from AIA Allergy Shot, Volume 17 - Winter.)

### RELIEF FOR NON-SMOKERS

A memorandum signed by the Deputy Minister and the Chief of Defence Staff has banned smoking in conference rooms at National Defence Headquarters, effective February 1, 1981. The memorandum was entitled "Improvement of the Quality of Life".

A Directorate of the Public Service Commission does not allow smoking in conference or meeting rooms but provides smoke breaks outside the room.

Above information obtained from the Non-Smokers' Association newsletter, April 30, 1981. If you wish to have more information, you can contact them at Box 5730, Stn. F, Ottawa, Ont. K2C 3M1 (592-1717).

### Dances

Singles dances for non-smokers are held from time to time - if interested please contact the Non-Smokers Association for more details.

### LIBRARY

The N.S.F. subscribes to the En-Trophy Review which is a commentary on human nourishment in contemporary times. It studies commercial food practices and attitudes, analyzes government and industrial policies, and relates dietary practice to health and vitality. The Director of the En-Trophy Institute is Professor Ross Hume Hall, Ph.D., presently of McMaster University, Hamilton, Ont. Copies of the En-Trophy Review are in our library. The following are selected excerpts from these papers:

#### Cancer and Nutrition -- No. 15, Vol. 3, No. 3

Dr. Hall was in the cancer research field for nearly 20 years, including his positions as principal cancer research scientist at Roswell Park Memorial Institute, Buffalo, New York and McMaster University. In this issue we are cautioned against using leftover food due to the formation of nitrites during storage.

#### Sugar -- No. 16, Vol. 3, No. 4

People with hypoglycemia were delighted to hear that fructose evokes no insulin response and believed they could use it as a replacement for other sugars. However, a small percentage of the population apparently suffers from a metabolic disorder and their fructose processing system fails or is overloaded. Fructose

builds up in the cells of the liver and literally poisons them. However, the article goes on to say that everyone is subject to fructose overload. In some people with this defect it takes only a little fructose to overload and for others it takes more.

Please note that we are referring to "added" fructose. The evidence so far shows that fructose and other sugars eaten in their fibrous context present no problem for most people.

#### Healthy Children - Milk - No. 17, Vol. 3, No. 5

The pros of breast feeding and the deficiencies of cow's milk for humans are discussed. The protein content of cow's milk is much higher than human milk. The reason being that the calf has a tiny brain, and a limited nervous system. Its growth priority is muscle mass and bone. The protein molecule is quite different also. Excess protein doesn't bother most adults but newborns lack the capacity to handle excess amino acids created by the extra protein. The newborn's gut wall is permeable to such proteins. They pass through and frequently create allergic reactions, and there is the possibility of the baby being allergic later in life if exposure is prolonged.

#### NEWSLETTERS

A number of back copies of A.B.F. Ottawa newsletters are available through our librarian, Kathy Nihei (226-6443).

#### IN SEARCH OF . . .

An ecologically sound small apartment, kitchenette without carpets, preferably west end. Please contact Mrs. Savard at 733-2348.

An ecologically sound house or one which could easily be converted into an acceptable house for the chemically sensitive, in a non air-polluted area. Please contact Mrs. Savard at 733-2348.

#### ECOLOGY CENTERS

Most of our members are aware of the special clinics in the U.S. which do extensive allergy testing of foods and chemicals. However, our newer members may not have heard of them. Some of these clinics have been operating for some years now, such as those

in Chicago, Dallas and Oklahoma, but new ones are opening all the time. One which has recently opened in Los Angeles is called the City View Environmental Care Unit, The Ecology Center, 127 N. Madison, Suite 215, Pasadena, CA 91101.

It is a good idea to know where these clinics are located should you become ill when travelling in those areas. You may wish to pass on this information to your friends and/or relatives living in the U.S.

Patients in ecological centers receive pure water, uncontaminated wholesome food and clean filtered air. The procedures followed are fasting, chemical challenge testing, deliberate food testing, sublingual provocative testing, intradermal provocative testing, blood chemistry analysis, Rinkle titration, RAST, Cytotoxic testing, vitamin C intravenous, etc.

A few of our members have been tested at these units. If you are interested in being tested at such a clinic, you should discuss the possibility with your doctor.

### VITAMINS

There are a number of people with multiple complex allergies whose sensitivities are so great that they are unable to tolerate most vitamin preparations. Many are on restricted diets, however, and do need supplements. Some of our members with complex allergies have obtained vitamin preparations which they tolerate from two companies in the U.S. Remember that tolerance to vitamins falls in the same category as foods or chemicals -- we are individuals, and tolerance or intolerance depends on personal chemistry. The addresses are:

- (1) Millner Chemists, 330 Lexington Ave., New York, N.Y. 10157. Their supplements are advertised as sugar-free, starch-free, colour-free and flavour-free.

- (2) Nutri-cology Inc., Allergy Research Group, 2336-C Stanwell Circle, Concord, CA 94520. Phone (415 685-1223).

Their advertisements state that their Formula II, which consists of trace minerals, can be used during the acute manifestation of severe chemical and food allergies. Their Vitamin C powder is buffered, meaning the minerals are in a bicarbonated form to bring about an alkaline buffering action within the body that neutralizes the acidity of acute allergic reaction and provides symptomatic relief.

- (3) Quest vitamins and minerals are recommended products of natural sources, containing no preservatives, fillers, or sugar. These can be purchased at the following stores:

- 1) Good Nature Ltd., 15 Clarence St. 234-3104,
- 2) Good Nature Ltd., Bayshore 820-4646,
- 3) Cheese 'n Peas, 1337 B Wellington 722-4555,
- 4) Matt's Natural Foods, 1515A Merivale Rd., Nepean, 225-6066,
- 5) Rainbow Natural Foods, Britannia Shopping Plaza, 820-2615,
- 6) Spice of Life, 47 Main St., 233-9351.

Information sheets listing the various vitamins available through these companies will be placed in our library. Before ordering any supplements it is recommended that you discuss your requirements with your nutritionally-informed doctor.

### HEADACHES

An Environment Canada study has verified a connection between weather and migraine headaches. The study, in which 130 adults participated, was conducted in cooperation with the Migraine Foundation. A copy of this report is on file in our library. Should you wish a personal copy, contact Mr. Paul Hempel, Information Program Officer, Environment Canada, 351 St. Joseph Blvd., Hull, P.Q. K1A 0H3 (819 997-6555).

### BRAIN BANK

Canada will have a national Brain Tissue Bank, thanks to the efforts of the Huntington Society of Canada and the donation of \$175,000 from the Wellesley Hospital in Toronto, made possible by the Ewart R. Angus Memorial Fund.

Of special significance is the fact that the Bank will store central nervous system tissue, taken at autopsy, from patients with Huntington's Disease, Schizophrenia, Parkinson's Disease, and other related brain diseases. In the words of the Executive Director, "it is a unique opportunity for agencies concerned with various brain disorders to work together, and in cooperation with the scientific community, to support medical research in Canada." "One of the greatest contributions a patient can make is the donation of brain tissue. Your intention should be clearly made known to your doctor, lawyer and next of kin, as action must be taken immediately after death. By June (1981) the Brain Bank will be established and clear instructions will be issued as to the procedures for the donation."

"In the meantime the office (Huntington Society of Canada) has been requested by Dr. Philip Seeman to pass this information on. To donate brain, at time of death the doctor should:

1. Call Dr. Deck, pathologist, Toronto Western Hospital (416 - 369-5722) or
2. Call Dr. Seeman, U. of T. Dept of Pharmacy, (416 - 987-4891 or 923-6935) or
3. Call Dr. Tyrone Lee - (416 - 987-7126 or 979-2221)."

(Reprint from the Huntington Society of Canada Newsletter.)

#### RECYCLING

Motor oil dumped into our sewers, on the ground, or into our landfill sites eventually finds its way into our rivers and lakes, and therefore into our drinking water supply.

The City of Ottawa has expanded its recycling program to include waste motor oil. Used oil wells are located at all of the City yards. The motor oil you return will be cleaned so that it can be reused as a lubricant or fuel. Oil can be cleaned and recycled repeatedly.

Method:

- 1) Drain your oil into a container.
- 2) Use a funnel to transfer the oil into another container with a tight-fitting cap. Bleach bottles and windshield cleaner fluid bottles are suitable if they are rinsed out first.
- 3) Take the used motor oil to the nearest used oil well, located at all City of Ottawa yards at the following locations:
  - a) Woodward at Clyde
  - b) Corner of Percy and Catherine
  - c) Innes Road, west of St. Laurent
  - d) Bloomfield off Churchill
  - e) Windsor Ave. off Riverdale
  - f) Templeton and Sweetland Ave.
  - g) Walkley at Heatherington
  - h) Glebe IGA (rear of building), Bank and Third Ave.
  - i) Carling across from Britannia Drive-In.

Pollution Probe is publicizing and promoting the waste oil program for the City of Ottawa.

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RECIPES

NOTE: SOME OF THESE RECIPES MAY NOT BE APPROPRIATE FOR YOUR PARTICULAR DIET.

RYE MUFFINS

1 1/2 C. rye flour	heat-free
1 C. rice flour	egg-free
4 tsp. baking powder	milk-free
1/2 tsp. salt	
1/2 C. sugar	
1/2 C. raisins (optional)	
1 C. water	
1/2 C. cooking oil or melted fat	

Combine flours, baking powder, salt and sugar. Add raisins, then water and oil or fat, mixing well. Fill greased muffin tins about half full.

Bake at 375 deg. Fahr. until lightly browned (about 25 mins.).  
Makes 12 small muffins.

The above recipe appeared in the Citizen June 5, 1981 and was submitted by the Allergy Information Association.

RECIPES CONTINUED

TOFU CHEESECAKE (delicious)

- 2 lb. tofu, cut up (tofu is made from soybean)
- 1 tsp. salt
- 1 C. lemon juice
- 1 C. mild-flavoured oil
- 1 C. honey
- 2 tsp. vanilla
- \*\*1 Tbs. corn starch

\* Wheat-free  
 Egg-free  
 Sugar-free  
 Milk-free

Crust

- 2 - 4 oz. pkgs. graham crackers
- 3/4 C. butter or margarine

Preheat oven to 350 deg. Dissolve corn starch in 2 Tbs. water. Combine all filling ingredients in a blender and blend until creamy. (You may want to do this in two batches.) To make crust, crush cracker crumbs, mix with softened butter or margarine, press into 9" pie tin. Pour in filling and bake for 40 minutes or until top is golden brown and cake has jelled. Top with fruit sauce of your own choice. Chill before serving.

\* Can be cooked in ramekins without any crust.

\*\* If allergic to corn, substitute arrowroot or tapioca starch.

The following information is from the "Joy of Cooking" by Rombauer & Becker.

For thickening substitute 1 Tbs. waxy corn flour for 1 Tbs. all purpose flour. For non-waxy cornstarch - 1 1/2 tsp. corn starch for 1 Tbs. all purpose flour.

Substitute 1 1/2 tsp. tapioca flour for 1 Tbs. all purpose flour.

Substitute 1 Tbs. arrowroot to 2 1/2 Tbs. flour.

TOFU PIE (delicious)

Similar to Tofu cheesecake but this one includes bananas, pineapple and eggs.

- 1 lb. 4 oz. Tofu
- 2 eggs
- 1 C. brown sugar
- 2 Tbs. lemon juice
- 1 1-inch piece lemon peel
- 1 or 2 tsp. vanilla
- 2 ripe bananas
- 1 20 oz can crushed pineapple (Dole)
- Graham cracker crust

Wheat-free  
 Milk-free

Preheat oven to 325 deg. Drain tofu and pat dry. Place eggs, sugar, juice, peel, vanilla in blender. Break tofu and bananas into chunks and add half to blender. Add remaining tofu and banana. Stir in drained pineapple (do not blend) and pour in crust. Sprinkle reserved crumbs. Bake at 350 deg. for one hour or just until center jiggles slightly. Cool on rack and chill. May be topped with fruit sauce.

FRENCH SILK CHOCOLATE PIE (delicious)

CRUST

milk-free  
dheat-free

4 oz. coconut (large shreds)  
1/2 C. chopped walnuts  
4 Tbs. butter or tolerated margarine

In heavy skillet brown coconut and walnuts until nice brown colour. Do not burn! Stir constantly. Press in pie pan (9") and cool.

FILLING

1/2 C. margarine (do not use butter)  
3/4 C. sugar  
2 eggs  
2 squares chocolate - melted and cooled  
(could substitute carob powder)  
1 tsp. vanilla

Cream margarine adding sugar - cream well. Blend in melted chocolate, and vanilla. Add one egg at a time beating 5 minutes after each.

Turn into pie shell and freeze. Will keep for six weeks in freezer. Takes about 40 minutes to thaw.

EXPLANATIONS

C. = cup  
tsp. = teaspoon  
Tbs. = tablespoon

NOTE:

Diane Desrochers-Chase (837-3932) a bilingual member, is available for your questions or suggestions.

AVIS:

Diane Desrochers-Chase (837-3932), un membre bilingue, est disponible pour répondre à vos questions et suggestions.

FINANCIAL REPORT

The financial report for the year ending December 31, 1980 is available at the library.