

cerning emergency aid for insect stings. He suggests that the following groups of individuals should be instructed in the use of insect sting emergency kits and have access to the kits without prescription: school nurses or principals, forest rangers, scout masters, golf pros, swimming instructors, and tennis pros. I suggest adding one more set of individuals to the list—pharmacists.

Individuals who have been stung frequently enter a pharmacy seeking help because the pharmacist is accessible. Indeed, in many smaller communities, the pharmacist is the only health professional whose availability is assured in most situations. However, the pharmacist's hands are tied in such situations for, as Dr. Frazier noted, the kits cannot be dispensed without a prescription.

While practicing pharmacy I once was confronted with just such a situation. I could stand by and do nothing, or help the patient and risk prosecution for violating criminal statutes, the state medical practice act and the Federal Food, Drug and Cosmetic Act. Fortunately, a hospital was near at hand to which the patient could be referred in time to receive adequate treatment.

Numerous parties have called for reorganization of the statutes which divide drugs into only two categories, prescription or non-prescription. In fact, a committee of the California legislature has recommended that there be created a category of drugs which could be prescribed by pharmacists. Epinephrine appeared on the proposed list.

Changing roles of health care providers require changes in legislation at all levels. Dr. Frazier has certainly identified one area of critical need.

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On the Health Hazards Relating to Pets

Dr. Tartakow's caution in AJPH January 1976 issue on the health haz-

ards relating to pets prompts me to submit the following thoughts.

Pet Prejudice Positive

Dear Tartakow, I do declare
your thoughts on pets are most unfair,
For whether domestic or exotic
pets soothe us at our most neurotic.

Man is bitten by dogs no more
than thieves break in to sack his store.
And babies are scratched by cats far
less
than babies suffer from lovelessness.

And even we, from goats and rabbits
may learn to be gentler in our habits.
Salmonella, tapeworm and leptospi-
rosis
are cured more easily than man's neuro-
sis.

My own two cats as I write these words
are stretched on the window watching
the birds.

But whatever their thoughts as their
spirits soar
they return to their dish on the kitchen
floor.

Pets bite or sting or spread their
germs—
and so do we when we come to terms.
But whether they scratch or whether
they kick
pets save us from being mentally sick.

Tarantula yes or gold fish no—
To our mental health they are friend
not foe.

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On Food and Nutrition Misinformation

Bock's "Vitamin E—Key to
Youthful Longevity" and Rosenberg
and Feldzamen's "The Doctors Book
of Vitamin Therapy" were reviewed by
Marcus Rosenblum in the November,
1975 issue of AJPH. The "pie in the
sky" titles alone would indicate that

both books receive a scathingly critical
review by a nationally-recognized nutri-
tion authority rather than a precursory
"light opinion" which might serve
to confuse non-nutritionally-oriented
members of APHA.

The patently false premises that
megadosages of vitamins and minerals
are a medical and public health panacea
for perpetual youth and vigor should
not be legitimized by casual reviews in
the APHA Journal. Many such ques-
tionable nutrition theories are widely
publicized by the National Health Fed-
eration, the Rodale Press and other
health-food advocates. Dr. Robert
Hodges, Dr. Fed Stare, Dr. Jean May-
er, as well as Dr. John Bieri have thor-
oughly debunked these questionable
nutritional claims in scientific journals
where their opinions are subject to peer
review and evaluation.

The members of the American Die-
tetic Association, many who are mem-
bers of APHA like myself, have waged
an unrelenting campaign against food
and nutrition misinformation in this
country (see Position Paper on Food
and Nutrition Misinformation, ADA
Journal, March 1975). Nine out of ten
nutrition books for public consumption
contain these same false premises de-
signed to promote the sale of vitamin,
mineral and dietary supplements. The
poor and the aged in this country are
particularly susceptible to misguided
and fraudulent food and nutrition prac-
tices. The recent villification of Dr. Al-
fred F. Harper, respected nutrition
authority from the University of Wis-
consin, and Chairman of the Com-
mittee on Recommended Dietary Al-
lowances of the National Research
Council, National Academy of Sci-
ence, by representation of the health-
food industry and even members of
Congress, makes it even more impera-
tive that members of the American Pub-
lic Health Association join the fight
against food and nutrition misinforma-
tion.

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