

the onset of the depression—and 6 years after the start of the New Deal—more than 9 million people, or 17 percent of the work force, remained unemployed.

During World War II, the scope of federal regulation was again increased. The government seized entire industries, and civilian consumer goods were rationed. Ten million men were conscripted, of whom 405,000 died and 670,000 were wounded. The government again instituted massive violations of individual rights, in addition to the draft: 112,000 citizens of Japanese ancestry were illegally placed in concentration camps; nearly 6,000 conscientious objectors were imprisoned; and newspapers were banned and press reports censored.

Instead of the widely touted “wartime prosperity,” Higgs observes, there was only wartime recession. At the end of the war, real GNP was 12 percent lower than it had been in 1941. After the government’s wartime controls ended, however, the economy jumped 26 percent in a single year, between 1945 and 1946.

WWII was followed by 40 years of the Cold War, which cost more than \$10 trillion and led to numerous crimes against Americans, but resulted in no real national security, in Higgs’s view. The Supreme Court supported the constitutionality of presidential emergency powers that authorized the president to prohibit citizens to travel to various countries, to fulfill the terms of valid contracts, or to trade with the citizens or governments of various other countries.

Federal government intrusion again increased under Lyndon Johnson’s “Great Society” with its War Against Poverty, Food Stamp Act, Medicare, and Medicaid. The Civil Rights Act of 1964 repealed the rights of private property and of free association, Higgs maintains.

Higgs exposes two especially harmful programs: the Food and Drug Administration (FDA) and the “War on Drugs.” Since its establishment in 1938, the FDA has become the world’s most expensive and harmful regulatory agency. Using an iron cage of paternalistic tyranny, it over-regulates 25 percent of the consumer budget, crushes individual choice, increases the prices of new drugs, and treats citizens as docile and stupid children—or as barnyard animals.

The FDA has instituted a silent epidemic of unnecessary suffering and has caused hundreds of thousands of avoidable deaths—much more suffering and death

than would have occurred in its absence. For example, Higgs states that fatal reactions to FDA-approved drugs in hospitals (an estimated 106,000 each year) now are the fourth-leading cause of death (after heart disease, cancer, and stroke). Another 2.2 million serious injuries occur to hospitalized patients from the same cause. These are exactly the sorts of harm the FDA is charged to prevent.

Higgs’s slogan for the never-ending War on Drugs, which was instituted in 1970, is “lock ‘em up.” Between 1985 and 2000 our prison population more than doubled—to more than 2 million—with more than half incarcerated for drug offenses. Another 4 million citizens are on probation or parole. Yet the drug trade still flourishes, with commerce in illegal drugs estimated at \$400 billion a year. More than 14 million Americans use them during any month, and they are available in nearly any prison or public school. The political class is the chief beneficiary, as revealed by the “three R’s” of the drug debate—retribution, revenge, and retaliation. These in turn lead to the fourth R, reelection.

Higgs documents many other examples of governmental fraud, such as failure to protect its citizens against crime. In 1999 we suffered 16,000 murders; 89,000 forcible rapes; 410,000 robberies; 2,100,000 burglaries; and 1,147,000 automobile thefts. A government that imprisons a large segment of its subjects for nonviolent crimes, yet fails to protect them from violent crime, is a government at war against its citizens.

As Higgs notes, WWI, the New Deal, and WWII allowed experiments in collectivism that have resulted in an ideological transformation of our culture, so that today mainstream American social scientists support the income equality and “social justice” of socialism. Most of our elites and masses are the products of our federalized education system, so they don’t have a strong commitment to the individual rights to life, liberty, and property. As long as they are affluent, Higgs concludes, they really aren’t concerned about living as free men and women—they are happy being slaves.

The legitimate role of any government is limited to protecting its citizens from physical violence, and it can use force only against those who already have initiated the use of force. In *Against Leviathan*, Higgs masterfully documents the relentless growth of our welfare-warfare state, the massive fraud it perpetrates against its own citizens,

and the danger this poses for our freedom and prosperity. All Americans should read it. Unfortunately, I doubt that liberals would ever consider reading such a book.

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Malignant Medical Myths, by Joel M. Kauffman, Ph.D., 326 pp, softback, \$24.95, ISBN 0-7414-2909-8, West Conshohocken, Pa., Infinity Publishing.com, 2006.

People who read this book, especially physicians, will be stunned. I was. This well-researched attack on mainstream medicine inflicts serious wounds.

Joel Kauffman holds a Ph.D. in organic chemistry from the Massachusetts Institute of Technology. With a scientist’s critical eye, he analyzes the evidence underpinning eleven tenets of modern medicine. The subjects he addresses, in turn, are taking a daily aspirin for primary and secondary prevention of coronary heart disease, statins for lowering cholesterol, drugs for high blood pressure, low-fat (high-carbohydrate) vs. low-carbohydrate (high-fat) diets, exercise, alcohol (i.e., beer and wine to ward off cardiovascular disease), EDTA chelation therapy, ionizing radiation, mammograms, various cancer treatments, and water fluoridation to prevent tooth decay.

Each chapter examines “one of the common medical myths still prevalent.” Titles include: “Myth 4: Nearly everyone over 50 should take drugs for high blood pressure,” and “Myth 9: Annual mammograms and follow-up treatment prolong life.” Dr. Kauffman uses the word “myth” here to mean that these statements are false, not in the classical sense of a story that reveals basic inner truths about human nature. He considers a medical myth to be “malignant” if it has lasted for at least 15 years and “has caused false hopes, unwanted side-effects, other forms of worse health, and \$billions [*sic*] in wasted expenditures on health care.”

The introduction is titled “How good is mainstream medical advice?” Dr. Kauffman explains to the general reader (and physicians), in a clear and readable fashion, the distinction between relative and absolute risk—and the deception in reports that focus exclusively on relative risk. Taking material from an article he wrote for this journal on bias in peer-

reviewed medical papers,¹ Dr. Kauffman catalogues the various flaws that these papers can have, which include, most importantly, failure to report all-cause mortality. This 16-page introduction is an excellent primer for what is to come.

Dr. Kauffman first carries out a careful examination of the peer-reviewed papers that espouse the benefits of aspirin (with 89 references). He exposes the flaws in these studies and concludes, correctly I believe, that “it seems pointless to take aspirin for primary protection against heart attacks, with its certainty of obnoxious side-effects, which may include gastritis, peptic ulcer, other internal bleeding, hemorrhagic stroke, fatal heart attacks, and sudden death to which has been added macular degeneration (in 1988) and twice the risk of cataracts.” After reading “Myth 1: Taking an aspirin a day forever will make you live longer,” any self-respecting physician will be hard-pressed to prescribe aspirin in good conscience to people who have no history of coronary heart disease. (His analysis demonstrates that aspirin does provide moderate secondary protection against the risk of a *second* myocardial infarction.) Instead, he cites evidence for the benefits of four far less toxic alternatives to aspirin—magnesium; natural, full-spectrum vitamin E; coenzyme Q10; and omega-3 fatty acids.

Open-minded cardiologists will have second thoughts about liberally prescribing statins after reading Dr. Kauffman’s analysis of their benefits and risks. He makes a strong case that low-carbohydrate (high-fat) diets are healthier than low-fat (high-carbohydrate) diets. Women will question having an annual mammogram after reading his chapter on this subject.

With regard to blood pressure, Dr. Kauffman recalls the old rule that a normal systolic blood pressure is 100 mm Hg plus the person’s age; and he cites research showing that results from the Framingham data correlating mortality with systolic blood pressure, which fueled the pharmaceutical line of attack, were miscalculated. Armed with Dr. Kauffman’s cogent analysis of this subject, I have been able to convince my 91-year-old surgeon father that a systolic blood pressure of 190 mm Hg is normal for his age and that he should stop taking the drugs his doctor has prescribed to lower it (which make him dizzy).

The weakest chapter is the one on EDTA chelation therapy. The author uncritically accepts the information in a book titled *Medical Frauds* that “the immediate death rate of [coronary artery] bypass surgery is about 6 percent.” The actual operative (30-day) mortality for bypass surgery nationwide is 2.9 percent (and it is, indeed, 1 percent in people Bill Clinton’s age).²

This book steps on so many toes in the medical-government-pharmaceutical-industrial complex that mainstream publishers would want to avoid it. Perhaps for this reason, Dr. Kauffman has self-published this book on Infinity Publishing.com. To its benefit, rather than use an in-house editor he had experts in the various subjects he addresses review and edit the manuscript. While tables and graphs are smoothly incorporated into the text, the references are hard to read. This online publisher should offer hanging indentation so that each reference begins on the left margin instead of indenting each like a new paragraph.

On the whole, this is a courageous, groundbreaking book, one which all clinicians should read. Dr. Kauffman overturns conventional medical wisdom on each of the subjects he investigates. If allopathic medicine is to remain relevant to citizens in the 21st century (beyond trauma management, other surgery, and medical emergencies), its practitioners need to read this book.

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¹ Kauffman JM. Bias in recent papers on diets and drugs in peer-reviewed medical journals. *J Am Phys Surg* 2004;9:11-14.

² Ferguson TB, Hammill BG, Peterson ED, et al. A decade of change—risk profiles and outcomes for isolated coronary artery bypass grafting procedures, 1990-1999: a report from the STS National Database Committee and the Duke Clinical Research Institute. *Ann Thorac Surg* 2002;73:480-489.

Phyllis Schlafly and Grassroots Conservatism—A Woman’s Crusade, by Donald T. Critchlow, 422 pp, hardback, \$29.95, Princeton, N.J., Princeton University Press, 2005.

When I was first asked to review this book, I was somewhat reluctant, because I

thought that I was fairly knowledgeable about Phyllis Schlafly. I thought that she was very conservative, the exact opposite of Betty Friedan and Gloria Steinem, and that that was all I needed to know. Was I in for a surprise!

Not only is this book an excellent review of Schlafly’s life, but it is also a detailed account of pertinent events as they related to this extraordinary woman in her battles for conservative values against “rationalism, secularism, and relativism.” Reflecting on these moments in history is most worthwhile.

Schlafly’s importance to the conservative movement in this country is much underrated. She has battled most of the various “isms of the Left: communism, socialism, liberalism, one-worldism, internationalism, and welfarism.” She has fought against the bureaucratic state and in favor of individual rights. Her religion and family values have been very important in these struggles.

In spite of frequent shabby treatment by moderate elitists within the Party, she has worked tirelessly for the Republican Party. Unfortunately, her valiant efforts have not prevented a continuous drift to the Left in this country.

Marginalization, denigration, and trivialization have all been used against her, but through persistent and dedicated effort she has been very instrumental in making conservative values the bedrock of the Republican Party. Frequently the Republican Party appears to have used conservatives to win elections, and then to have pushed them aside afterward. Nevertheless, she has seen the value of staying the course within the Party, believing that far more can be accomplished from within than from without.

Her battles in many instances have seemed to be against almost insurmountable odds. She has met these challenges without fear. She has pursued her goals in an organized, dedicated, and relentless manner. Phyllis Schlafly is a winner. Every American owes her a huge debt of gratitude.

I thoroughly enjoyed this well documented book and highly recommend it.

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