

the usual method of preparation. The traditional summer picnic including charcoal-broiled hamburger, is best left alone.

### WHAT'S WRONG WITH EATING MEAT?

Eating any kind of flesh food can be the contributor to a number of diseases. Processed meat and poultry transmit bacterial and parasitic infections to man. Pesticides, antibodies, and hormones find access to our bodies through the meat we eat. Also flesh foods, by their very nature, are harmful to human health because of the effects that cholesterol, animal fat, blood, and lack of fiber have on various body functions.

If flesh foods were eliminated from the diet, there would be a significant decrease in disease, disability, and premature death. Good health is not an accident: it must be pursued with diligent, disciplined effort. Eliminating flesh foods from the diet is a major step toward better health. Exchanging flesh foods for God's Garden of Eden plant foods could bring you the health you seek!

### References:

1. Michael F. Jacobson, *Eater's Digest*, Nutrition Action Healthletter, Center for Science in the Public Interest.
2. Jim Mason & Peter Singer, *Animal Factories*, Crown Publ, Inc., NY.
3. P.F. McGargle, *The Slaughterhouse Scandal*, World Magazine, June 25, 1977.
4. O.S. Parrett, M.D., *Diseases of Food Animals*, Southern Publ., Nashville, TN.
5. Drug Use Guide: *Swine*, (Bureau of Veterinary Medicine, Dept of Health, FDA 76-8012, May 1976, P.L.).

Poor sanitation at the packing plant, improper refrigeration, or overlong shelf life at the retail level—all may be responsible for high bacterial counts in frankfurters. Although the product may be coded for the storekeeper, it is not dated for the consumer.

Breatrice Trum Hunter —

*Consumer Beware!*

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

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Freely ye have received, freely give.  
Mat 10:8



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## FREEDOM OF HEALTH

Hazardous to your  
Health?

# Hot dogs & Hamburger



KANDY D.'96

## HAZARDOUS TO YOUR HEALTH?

Meat Lovers BEWARE! The hot dog and hamburger are filled with toxic chemicals: preservatives, additives, and hormones to name a few. A label should be placed on the package of these meats claiming: "CAUTION, HAZARDOUS TO YOUR HEALTH!"

### THE HOT DOG

Preservatives similar to those in ground beef may also be used in frankfurters. Other additives may also be present, such as antioxidants to retard rancidity or tenderizers. A coal-tar color (Red No. 1) was commonly used in the casings of frankfurters until banned by the FDA after this material produced liver damage in experimental animals. Casings are still dyed with artificial colors, and proof of their safety is not conclusive. Although regulations prohibit the use of coloring if it penetrates the produce, on occasion, dyes on frankfurters have been found to penetrate as much as one fourth of an inch into the meat.

The Associated Press wrote in June, 1994: "Children who eat more than 12 hot dogs a month develop the risk of childhood leukemia, nine times above normal."

Michael F. Jacobson, *Center for Science in the Public Interest* wrote: "Every friend or foe of frankfurters ought to take a tour through a local packinghouse, if they will let you in.

"My visit to a large, Virginia packinghouse was a real eye-opener. The meat that went into hot dogs (and bologna) consisted entirely of fat trimmed from hams and chops: the only red meat was bits that were accidentally attached to large pieces of fat. The low protein content of such meat is often boosted slightly by the addition of dry milk or soy flour. After the ingredients were pulverized and emulsified, the mixture of fat, water, protein and additives had the color of bread dough and the consistency of mud.

The emulsion was then packed into a casing, which was coated with a brilliant red, artificial coloring, and cooked. The light tan mixture darkened during cooking due to the heat and to the action of sodium nitrate and nitrite. In addition, the red dye of the casing colored the surface of the frankfurter. Additives like sodium erythorbate, sodium ascorbate, and sodium acid pyrophosphate sped up the development of color. A visit to their local frankfurter factory will cure most persons of their hot dog habit.

"Most brands of hot dogs are made from muscle meat and fat, but some manufacturers throw in everything but the pig's squeal and cow's moo! One brand that is sold two miles from the U.S. Capital is constructed from beef, pork stomachs, unskinned pork jowls, pork salivary glands, lymph nodes and fat (cheek), pork spleens, isolated soy protein, sodium erythorbate, sodium nitrate, sodium nitrite, and artificial coloring. (Federal regulations stipulate the meat by-products and chemical additives be listed on the label. Salivary glands and sodium nitrite notwithstanding)."

### THE HAMBURGER

Of all the meats that is best left alone, it is the lowly hamburger!

Normally, hamburger would only contain beef, pork, and veal (which is bad enough); but testing samples have contained horse and kangaroo meat. Also found in samples of hamburger are such additions as the following: skeletal muscle, lung, pancreas, muscles of lips, snouts, and in further testing, testicular tissue of a bull was found ground into a sample.

Chopped meats can also contain a lot of filth. Hamburger samples have been, at times, grossly contaminated with substances such as mold growth, rodent hair, insects, and manure-type soil.

Hamburger production offers many opportunities for economic frauds. Additives and illegal extenders may be used. Hamburger may be adulterated with coal-tar colors, cochineal, and sodium nitrite and/or benzoate of soda. Sodium nitrite should be banned from foods. In the human stomach, sodium nitrite is converted to nitrous acid, a mutagen. Sodium sulfate, another additive, can mask the smell of deteriorating meat, and give it a fresh-meat redness. Such meat is injurious, especially if eaten rare. Sodium sulfate is a poison that destroys Vitamin B, and is capable of causing considerable damage to the digestive system and other organs. Yet, tested samples of ground beef purchased as ready-chopped hamburger or sold at hot dog stands, cafeterias, and restaurants, frequently shows adulteration with this chemical. Hamburger meat served in restaurants often contains sodium nicotinate to preserve its bright red color. Although this chemical is illegal in some municipalities, 37 States permit its use. Several outbreaks of poisoning have been traced to this additive.

Eating grilled or pan-fried hamburgers may result in cancer. Chopped meat cooked on a metal surface at temperatures higher than 300 degrees Fahrenheit produces mutagens (substances that cause genetic change). All the particular mutagens in fried hamburger have not yet been identified, but 90 percent of all mutagens ever tested have been shown to cause cancer in laboratory animals. These hamburger mutagens represent a risk of cancer in people. The longer the cooking, the more mutagenic the hamburger.

In Conclusion, besides the toxins already present in meat, plus those added to the hamburger, there are additional risks when the meat is fried or charcoal broiled, which is