

DEPARTMENT OF  
HEALTH, EDUCATION, AND WELFARE  
Food and Drug Administration  
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QUALIFICATIONS OF CARLTON FREDERICKS  
AS A NUTRITION EXPERT

Some years ago the Food and Drug Administration had occasion to investigate the qualifications of Carlton Fredericks as an expert on nutrition. The following is a brief summary of the information in our files.

Fredericks was for a time introduced daily on the radio (WJMG New York) as an "internationally known nutrition expert," and "Executive Director of the Institute of Nutrition Research." He has no educational qualifications that would make him an expert in the science of nutrition. Investigation of his educational record shows that he has taken no courses in any subject, either when an undergraduate or in his graduate studies, which qualify him as a nutritionist. His most recent studies at the New York University School of Education are in subjects like mental hygiene and personality development, mass communication and education for democracy, social psychology, mind-body problems, etc.

At the University of Alabama, where he was registered as Harold Fredericks Caplan, he had a two-hour course in physiology, and eight hours of elementary chemistry. He majored in English and took the second semester of his chemistry course in the last semester of his senior year, completing his science requirements for a B.A. degree.

Fredericks has joined a number of scientific organizations which do not restrict their membership to scientists. He uses the names of these associations in printed literature and in his impressive-sounding list of qualifications as a "nutritionist." These include impressive titles and descriptions for his former positions. For example, in his biography in "American Men of Science," Fredericks states that he was "Director of Professional Education" for a well-known vitamin company from 1937 to 1945. Our information is that Fredericks, in fact, was hired to write advertising copy, using material supplied to him from scientific sources by people with technical qualifications, who reviewed his writings before publication. Later, Fredericks was sent out to give talks to promote the sale of vitamins. This appears to have been the beginning of his career as a "nutrition educator."

Characteristic of the way Fredericks describes his achievements, in his application for membership in a scientific organization he states that his books, "Living Should Be Fun" and "Lessons in Living" were "translated into Braille by the Red Cross and the Library of Congress." The facts are that there is only one book, "Living Should be Fun." Two copies of the book have been transcribed into Braille by two separate units of the American Red Cross, and donated to the Library's Division of the Blind. The Library of Congress does not make value judgments on its donated books.

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Fredericks has a criminal record resulting from his posing as an expert in nutrition. He pleaded guilty in Special Sessions Court, New York City, on March 13, 1945, on charges of unlawful practice of medicine. The court record shows that on April 3, 1945, he was sentenced to pay \$500 fine or serve three months in City Prison. The prison sentence was suspended and the fine paid on April 4, 1945.

In a seizure action at Varna, Illinois, in November 1961, the Government charged that Fredericks' book "Eat, Live and Be Merry" constituted labeling and caused vitamin products distributed by Century Foods Company to be misbranded. Fredericks intervened in the matter, but before the case was set for trial he withdrew from the action and a default decree was entered in favor of the Government. The vitamin products were destroyed and the books were released to the Government for exhibits.

Since the case did not go to trial, neither the merits of Fredericks' book nor his qualifications as an internationally prominent nutritionist has been tried before the courts.

Another seizure action of vitamins distributed by Foods Plus, Inc., Moonachie, N.J., in which Dr. Fredericks' writings and radio lectures are involved, is still pending in the District Court of Newark, New Jersey.

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