
Not in our water

Re: **The strong case for fluoridation – Oct. 21**

We can debate forever whether or not fluoridation is safe and effective. There are many studies for and against. I'm disappointed that the editorial board of this paper said "calling fluoride a poison is a meaningless scare tactic." In fact, there are still unanswered questions about a number of health risks associated with water fluoridation especially fluorosis, birth defects, endocrine problems and skeletal problems etc. There is no doubt that fluoride is harmful to some people yet may benefit others.

There is also debate whether or not fluoridation is effective and there are enough recent reasonable studies suggesting that it is not.

The decision to fluoridate our water boils down to a matter of values. If one wants fluoride one can obtain it easily through toothpastes or rinses. However, if one doesn't want fluoride, it's very difficult to avoid if it's added to our water.

Therefore, I believe we should not add this toxin to our drinking water — in fact, it shouldn't even be a debate.

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