# Text 1: Excerpts from Should Any Vaccines Be Required for Children? ProCon.org *(http://vaccines.procon.org/view.answers.php?questionID=001606)*

**Reading Part A 10.6**

The Centers for Disease Control (CDC) stated the following in their Dec. 1, 2006 publication "General Recommendations on Immunization: Recommendations of the Advisory Committee on Immunization Practices (ACIP)," published in the *Morbidity and Mortality Weekly* Report:

"The best way to reduce vaccine-preventable diseases is to have a highly immune population. Universal vaccination is a critical part of quality health care and should be accomplished through routine and intensive vaccination programs implemented in physicians’ offices and in public health clinics. Programs should be established and maintained in all communities to ensure vaccination of all children at the recommended age...

Physicians and other health-care providers should simultaneously administer as many vaccine doses as possible, as indicated on the Recommended Child and Adolescent Immunization Schedule."

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Jack Wolfson, DO, cardiologist at Wolfson Integrative Cardiology, in a Jan. 29, 2015 CNN interview, "Watch Doctors Have Heated Debate over Vaccination," available at www.cnn.com, stated:

"Our children have the right to get infections. We have immune systems for that purpose… These are typically benign childhood conditions. We cannot sterilize the body [with vaccines]. We cannot sterilize our society. We need to be affected by these viruses… and we can treat it all naturally."

# Group of kidsText 2: Vaccines Do Not Cause Autism

David Elliman, MBBS, community pediatrician at Whittington Health in London and the immunization expert for the Royal College of Pediatrics and Child’s Health, and Helen Bedford, senior lecturer in children’s health at University College London Institute of Child Health, in a Mar. 23, 2014 article, "In Britain, Vaccinate with Persuasion, not Coercion," available at www. nytimes.com, stated:

Autism spectrum disorder (ASD)is a developmental disability that is caused by differences in how the brain functions. People with ASD may communicate, interact, behave, and learn in different ways. Recent estimates from*CDC's Autism and Developmental Disabilities Monitoring Network*found that about 1 in 68 children have been identified with ASD in communities across the United States. CDC (Center for Disease Control) is committed to providing essential data on ASD, searching for causes of and factors that increase the risk for ASD, and developing resources that help identify children with ASD as early as possible.

### There is no link between vaccines and autism

Some people have had concerns that ASD might be linked to the vaccines children receive, but studies have shown that there is no link between receiving vaccines and developing ASD. In 2011, an Institute of Medicine (IOM) report on eight vaccines given to children and adults found that with rare exceptions, these vaccines are very safe.

A 2013 CDC study added to the research showing that vaccines do not cause ASD. The study looked at the number of antigens (substances in vaccines that cause the body’s immune system to produce disease-fighting antibodies) from vaccines during the first two years of life. The results showed that the total amount of antigen from vaccines received was the same between children with ASD and those that did not have ASD.

### Vaccine ingredients do not cause autism

One vaccine ingredient that has been studied specifically is thimerosal, a mercury-based preservative used to prevent contamination of multidose vials of vaccines. Research shows that thimerosal does not cause ASD. In fact, a 2004 scientific review by the IOM concluded that "the evidence favors rejection of a causal relationship between thimerosal–containing vaccines and autism." Since 2003, there have been nine CDC-funded or conducted studies  that have found no link between thimerosal-containing vaccines and ASD, as well as no link between the measles, mumps, and rubella (MMR) vaccine and ASD in children.

Between 1999 and 2001, thimerosal was removed or reduced to trace amounts in all childhood vaccines except for some flu vaccines. This was done as part of a broader national effort to reduce all types of mercury exposure in children before studies were conducted that determined that thimerosal was not harmful.  It was done as a precaution. Currently, the only childhood vaccines that contain thimerosal are flu vaccines packaged in multidose vials. Thimerosal-free alternatives are also available for flu vaccine.

Besides thimerosal, some people have had concerns about other vaccine ingredients in relation to ASD as well. However, no links have been found between any vaccine ingredients and ASD.

# Text 3: Your Immune System, How It Works and How Vaccines Damage It

# *"Chronic illnesses are now so common, having a sick child seems to be the ‘new normal.’ Children are supposed to be vibrant, healthy, free of disease." - Janet Levatin MD, Pediatrician.*

Medical theory is that if your child is exposed to a weakened version of the disease, he will produce antibodies to that disease and become ‘immune’, so that he will never contract the illness.

At first glance, this sounds like a solid principle, BUT it only focuses on one small aspect of the immune system, the antibodies, and fails to look at all the other functions responsible for protecting your child’s health.

**So, how does the immune system work?**

The immune system is also made up of the skin, mucous membranes in the nose and throat, ears and eyes, nasal hairs, saliva, the spleen, intestines, tonsils, the thymus gland and even the brain. All of these parts work together to bring about immunity. Antibodies are only part of immunity.

• The skin acts as a barrier to prevent bacteria entering the body. It also filters out toxins through fever, which is the purpose of a fever when your child is ill.

• The nasal hairs prevent foreign particles from travelling up the nose, and the mucous membranes excrete a substance which is anti-bacterial.

• Tonsils help prevent respiratory diseases and illnesses such as polio. Saliva contains substances which destroy and neutralize microbes.

• The spleen and intestines, among other organs, deposit fats and vitamins around the body. These protect against viral and bacterial invasion.

• The thymus gland produces thymus cells, known as “T” cells. They are antibodies to infection.

• There are various glands (nodes) in the body that drain it of toxins and useless material. For instance, the cervical nodes drain the head, neck and chest.

• The pituitary gland in the brain directs all of the systems above. If the brain goes wrong, so does the immune system. It sends electrical impulses to all areas of the body, stimulating cell re-generation and muscle growth. These electrical impulses also stimulate the thymus gland – the center of immune function.

**What effect does vaccination have on this immune function?**

Vaccination – the act of artificially acquiring a disease so as to become immune to it – is flawed in a number of ways. First, a vaccine contains many hazardous chemicals and not just the viruses to immunize against. These each have their own toxic effect on the body. Secondly, the route of entry is different to a naturally occurring disease. Most natural diseases would enter through the mouth or the nasal cavity, not the skin. Vaccination breaks the skin with a needle and injects foreign matter into the blood supply. This bypasses the skin’s role in immune function, as well as the tonsils, the mucous membranes, and so on.  Normally, the body produces extra antibodies after being primed by the tonsils that there is impending infection. Therefore, if the infection takes hold, there will be an army of white blood cells, ready to neutralize the infection.

In the case of vaccination, this infection goes straight to the blood, with no prior build up for the body. There are no extra immune cells to deal with it. Also, with vaccination there is more than one disease present (e.g. measles, mumps, rubella all in one). Normally a child would never contract 3 diseases at the same time. This puts additional strain on the immune system.

**What problems can this cause?**

Injection of vaccine via this unnatural route can use up 70% of the immune system’s resources, instead of the usual 3 to 4% with a wild occurring disease (according to Cynthia Cournoyer, “What About Immunizations?”, Dennis Nelson Publishers, 1991). Because the body has no extra antibodies waiting to counter the vaccine, it can go into overdrive to deal with the situation. This takes much needed vitamins away from bones and other organs, to use for the production of more antibodies. The other vital systems go short on vitamins, in extreme cases leading to bone fractures. This lack of vitamins can also cause bruising and retinal bleeding and hemorrhaging. Some vaccine damaged babies have even been falsely labelled as ‘shaken baby syndrome’ cases. Vaccine injuries are similar to those caused by trauma.

**Writing Part B**

**Writing situation:** Your school board is considering a new regulation. It would deny attendance to any student who is not fully immunized against preventable diseases, as recommended by organizations such as the Center for Disease Control (CDC). Is this a good idea or not? Should the school mandate immunizations? Or is it up to the individual?

**Writing directions:**

Read the passages about immunization. Some are pro and some are con. Choose your position on the issue. Then write a letter to the school board stating whether they should turn away students who are not fully immunized. Use evidence from the articles to support your argument.