

Scientific Committee Reports

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The Committee on Therapy met June 12 and 13 in Los Angeles. This was made possible by grants from Food Employers and Retail Clerks Local 770 Benefit Fund. As usual, the Committee reviewed the progress made in 1969-70 in improving results of treatment. The consensus was unchanged that the mega vitamin therapy which combined the most advanced chemotherapy with mega doses of vitamin B₃, other vitamins and with standard psychiatric chemotherapy and ECT yielding the best results. These were similar to those reported last year, i.e. with acute schizophrenics one could expect better than 75% recovery. For purposes of comparison Dr. L. Mosher's 1970 annual report to NIMH states that 20% of discharged schizophrenics are able to be employed. This is the best result of standard psychiatric treatment.

Several members tested Dr. A. Allan Cott's finding that a series of injectable vitamins substantially improved results with a small group of periodic relapsing schizophrenics. The results were confirmed. As a result it has been possible to recover a large proportion of these patients. Before receiving these injections they required repeated admissions to hospitals. As one example, one of the patients described in an early issue of *Journal of Schizophrenia**, who suffered nearly monthly relapses has been

* Hoffer, A.: Five California Schizophrenics. J. Schizophrenia, Vol 1, No. 3, 1967.

well nearly seven months and is preparing to go to college this fall.

The observation that parenteral administration of vitamins is so helpful raises several very important questions regarding how the vitamins help schizophrenics recover. This work will be reported in a paper by Dr. Cott in one of our next issues.

Dr. A. Robinson, associate of Dr. Linus Pauling, reported that schizophrenics could be distinguished from normal controls by the fact that they excreted less vitamin B₃, vitamin B₆ and ascorbic acid in their urine when given standard doses. Not every patient was abnormal for the same vitamins. This research provides further support for Dr. Pauling's Orthomolecular concept and provides additional rationale for the use of mega doses of some vitamins for treatment of schizophrenia.

On the second day of the meeting members of our committee participated in a symposium entitled "Biochemical Therapy in Psychiatry," arranged by Dr. W. Coda Martin. In his foreword Dr. Martin wrote:

"The Symposium on Biochemical Therapy in Psychiatry is presented for the purpose of exploring the important areas of recent research in the biochemistry of the brain and to evaluate the mega vitamin therapy for the treatment of schizophrenia. There will also be a critical analysis of this new knowledge in the field of psychiatry with adequate question and answer period. This Symposium will be of interest

in psychiatrists, psychologists, as well as internists and general practitioners."

President Ross MacLean presided over our meeting. Papers were given by A. Hoffer who outlined early research which led to the present mega dose therapy of schizophrenia. Dr. A. J. Mandell, University of California, San Diego, outlined his work on cerebral enzymes capable of making indole hallucinogens. Dr. R. Meiers reviewed the therapy of schizophrenics referring to nutrition and lithium as components for some cases.

Dr. David Hawkins outlined a broadly based community system already in operation in Long Island which is a model for delivering efficient and economical health care. Dr. Harold Kelm was unable to attend the meeting, but fortunately his time was profitably filled by Dr. D. M., a resident in psychiatry, who described his own recovery from schizophrenia by means of mega doses of vitamin B₃. He has been well over 12 years.

Professor Morris Lipton, University of

North Carolina, Chapel Hill, opened his critical examination of mega vitamin therapy by the statement he had never tried it, and in addition very seldom treated schizophrenics. Thereupon he examined studies of NAD, studies on adrenaline biochemistry and briefly referred to mega vitamin B₃ therapy. During his paper he briefly referred to his own finding that a thyroid hormone accelerated rapidly the action of tricyclic anti-depressants. When questioned from the floor he admitted he had nothing more effective to offer for treatment of schizophrenia.

Dr. El Meligi discussed relation of perceptual changes to the schizophrenic process. There was a curious gap between the Orthomolecular psychiatrists who based all their claims on hard clinical data and made no reference to theoretical explanations and Dr. Lipton who represented the critical assault on mega vitamin therapy which was based entirely on a priori ground and very little on hard clinical data.

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