

Observations of the 1978 American Psychiatric Convention

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In 1974 I attended the American Psychiatric convention and did not attend again until 1978. I had become discouraged with the refusal of presentations or a booth at the American Psychiatric conventions of 1973 and 1974.

In 1973 a Canadian psychiatrist asked that my work be examined by the ethics committee of the American Psychiatric Association. This psychiatrist staunchly believed that central nervous system allergies and/or allergic-like reactions or nutritional states have no relationship to emotional reactions. I provided information and references from several allergist-ecologists and from Brent Campbell, M.D., psychiatrist-neurologist-ecologist and Chairman of the neurological section of the American College of Allergists. I never met with the ethics committee but was sent a letter stating that the complaint against me was dismissed. It was of interest to note that the chairman of the ethics committee was Brent Campbell's superior in the hospital system in which he works.

In 1974, as I browsed through the books on sale, I found none with chapters on clinical ecology or Orthomolecular medicine. Frederick Speeds book on Allergy

of the Nervous System had been published in 1971 by Charles Thomas Company but was not being displayed. I vowed that things should not be this way and that there should be chapters in books on these subjects.

In 1978 the attitude toward clinical ecology and Orthomolecular psychiatry has changed considerably during the last four years. The following are these observed differences.

1. The Academy of Orthomolecular Psychiatry had its annual meeting just preceding the American Psychiatric meeting. This was attended by some who were not members of the academy and was reported in the Psychiatric News of the American Psychiatric Association.

2. The Academy of Orthomolecular Psychiatry had a booth which highlighted Orthomolecular and clinical ecology practices. This booth was well attended.

3. There was a morning panel on food allergy by Dr. Karl Humiston which I had helped to engineer. This was attended by approximately 50 doctors. There were many questions asked showing a live interest in the subject. Margaretta Bowers, M.D., psychoanalyst, made a presentation at this meeting on food allergy. Neither Karl Humiston or Margaretta Bowers knew anything about this subject of food allergy in 1974. Now they are both strong supporters

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and practitioners of this methodology. Their interest in the subject had both developed out of my work. This panel was reported in the Psychiatric News of the American Psychiatric Association.

4. As I browsed through the books there now were three books on sale with chapters on clinical ecology. Charles Thomas Company's book **Clinical Ecology**, published in 1976 carried three chapters by me, one of which was on the subject of clinical ecology in an Orthomolecular psychiatric practice. **A Physician's Handbook** of Orthomolecular Medicine by Pergamon Press, published in 1977 carries chapters by Orthomolecular and clinical ecology practitioners. This book carries three chapters by me. The book **Ecologic-Biochemical Approaches to Treatment of Delinquents and Criminals** by Van Nostrand Reinhold Company, published in 1978 carries chapters by a number of Orthomolecular and clinical ecology practitioners and contains one chapter by me. I couldn't help but feel a sense of satisfaction as I browsed through these books and found these seven chapters in books that were on sale in 1978 when in 1974, there were no chapters in any books on either the subject of Orthomolecular psychiatry or clinical ecology.

5.1 took a course in minimal brain dysfunction and one of the instructors commented, logically, on the fact that reactions to foods and chemicals can be one of the causes of minimal brain dysfunction, learning disabilities, hyperkinesia and so forth.

6. There were a number of presentations on organic factors in mental illness including such as soft neurological signs in schizophrenia. John Scott Cameron made a presentation on calcium pace-setting periodic psychosis but most significant of all was a comment by the discussant of this paper, Arnold J. Mandell, M.D. He said "Linus Pauling, through the Orthomolecular Psychiatric and Schizophrenia Association movement has created an aura of expectation that nutrients can be manipulated to

favorably influence mental function and thus help emotional patients."

7. The new president, Jules Masserman, M.D., in his acceptance speech said that there were several areas making contributions to psychiatry which should be heard of during the next year. He listed clinical ecology as one of these.

The impression is that there are those psychiatrists who are asking logical questions, listening and beginning to make use of clinical ecology and Orthomolecular medicine in their psychiatric practices. This is such a contrast to four years ago. This gives evidence that Orthomolecular psychiatry is coming of age and becoming recognized as a force in clinical psychiatry. An openness on the subject is developing.

I believe the time is right for presentations by Orthomolecular psychiatrists and clinical ecologists at the American Psychiatric meeting of 1979. I believe we should encourage such presentations because the likelihood is that they will be accepted and appreciated. Workshops should be offered on the subject of Orthomolecular medicine and clinical ecology. I think there should be separate presentations on these subjects simply to catch the interest of those more interested in one or the other subject. What of Linus Pauling offering a basic keynote address on the subject of orthomolecular psychiatry. Likely by this time, there is an audience that would like to hear him.

Both locally and as I travel about the country, I have observed an increasing acceptance among the lay and professionals of ecologic and Orthomolecular medicine as applied to psychiatry.

We have reason to be pleased with the role that the Academy of Orthomolecular Psychiatry, the Clinical Ecology Society, the Huxley Research Institute and the Schizophrenia Association groups are taking in the progress being made in psychiatry.