

Editorial: An Historical Note

While going through my early papers on thprepared by the leading Orthomolecular prac-American Schizophrenia Foundation, I watitioners. This is a benchmark conclusion which impressed by a Physician's Statement prepared bwe can use to measure the progress we have made the Committee on Therapy of the America since then. The report outlines the background to Schizophrenia Foundation. It was a joint statemerthis statement. A. Hoffer, M.D., Ph.D.

Physician's Statement

Re: Orthomolecular Therapy of Committee on Therapy
American Schizophrenia Association
November, 1971

The Committee on Therapy on the basis of clinical experience ranging from nineteen to six years for various members concludes:

1. The treatment of choice for schizophrenia is the Orthomolecular treatment. This means the use of optimum doses (megadoses) of vitamin B₃, vitamin C, and other B vitamins such as thiamin, pyridoxin, vitamin B₁₂, and pantothenic acid, in conjunction with special dietary control of protein, fats, carbohydrates and minerals. It also includes the use of effective concurrent doses of all psycho-chemicals currently in use and, in addition, for a small proportion of cases, electroconvulsive therapy.
2. If this treatment is followed, a major improvement in the quality of recovery in the proportion who recover, a decrease in relapse rates, and briefer periods in hospital for relapses will ensue.

Minimum megadoses of the following vitamins required are as follows:

1. Niacinamide or niacin, three grams daily.
2. Ascorbic acid, three grams daily.
3. Pyridoxin, 100 mg daily.

Report: Committee on Therapy

Early in the history of the American Schizophrenia Association a Scientific Advisory Committee was set up. It was decided that the most active committee should be the Committee on Therapy since our needs were greatest here. The Committee on Therapy has been functioning for the

past five years. The first meeting was held at Brunswick Hospital Center on Long Island at the invitation of Dr. David Hawkins. Since then we have had meetings in San Francisco, Los Angeles, Vancouver, and the most recent one in London which was a joint meeting of the Schizophrenia Association. By and large, these meetings have been very successful and have fulfilled the objectives of the Committee on Therapy.

The objectives of the Committee on Therapy were as follows:

1. To share and to disseminate information about the most current Orthomolecular treatment of schizophrenia and allied conditions.
2. To accelerate the testing of new treatment concepts.
3. To provide advice to the Board of Trustees.

These meetings have been held at minimal cost to the American Schizophrenia Association since in most cases most of the expenses were borne by the members themselves.

The most recent meeting which was held in London consisted of a two day meeting to which contributions were made by European and North American scientists. It is likely that this meeting will have had a major impact on the introduction of Orthomolecular treatment into British psychiatry and this can only have a positive feedback value for North America.

The results of these meetings have been

very beneficial. The most concrete has been a very marked expansion in the number of physicians using the Orthomolecular treatment approach as well as a very large group of schizophrenic patients who provide the basic data for which to draw conclusions. One of the immediate results has been the formation of the Academy of Orthomolecular Psychiatry with over one hundred founding members who recently organized at England. Other beneficial results have been the book entitled *Orthomolecular Psychiatry*, jointly co-authored by Dr. David Hawkins and Dr. Linus Pauling which will appear within a few months published by W. H. Freeman and Co. of San Francisco. Finally, there have been a large number of papers which have been published in the journal *Schizophrenia*.

However, as a result of the formation of the Academy of Orthomolecular Psychiatry objectives "1" and "2", that is, the sharing and the dissemination of information and the acceleration of testing of new treatment

concepts can be taken over by the Academy of Orthomolecular Psychiatry, whereas, the third function still remains, that is, to provide advice to the Board.

For this reason, I move that the present Committee on Therapy of the American Schizophrenia Association be disbanded and that in its place a new, much smaller committee be constituted whose main function would be to provide advice to the Board. I propose that the following core members of the original committee be retained in this new committee, that is, Dr. Jack Ward, Dr. David Hawkins, Dr. Allan Cott, Dr. Robert Meiers, Dr. Humphry Osmond, Dr. Ross MacLean, Dr. Moke Williams, and Dr. Abram Hoffer.

This new committee would not hold meetings of its own, but it or a subcommittee of it would meet at the same time that the Academy of Orthomolecular Psychiatry meets annually and it could also act as a liaison between the Academy of Orthomolecular Psychiatry and the Huxley Institute of Biosocial Research.

**News Flash 1889
One Hundred Years Ago**

Dr. Oscar Minkowski reported that removing the pancreas from dogs produced diabetes mellitus. This is the first instance where experimental diabetes has been produced and proves clearly that the pancreas is somehow related to the disease diabetes mellitus. However, this finding will generate a lot of controversy for it is the established view, based upon experimental evidence, that the pancreas plays no role in diabetes. Furthermore, it has been shown that dogs cannot survive after total pancreatectomy. Dr. Minkowski, a young man,

will undoubtedly face a good deal of opposition. It is already being said that Minkowski must be wrong and that there are other possible interpretations of his findings. Others suggest his work was not original.

Note, 1989

Thank God Dr. O. Minkowski did win his battle. Had he lost, insulin would have been isolated much later and millions of patients now alive would have been dead.

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