

The 2006 Orthomolecular Medicine Hall of Fame

The following is excerpted from the introduction to the presentations by Andrew W. Saul, Master of Ceremonies. For full text please see www.doctoryourself.com

Welcome to the Third Annual Orthomolecular Medicine Hall of Fame inductions: the “Orthomolecular Oscars.” Tonight, once again, we shall see who will take home the “Orthie.”

Orthomolecular medicine is the only segment of the healing arts to be given its name by a double Nobel prize winner. Linus Pauling stated that orthomolecular means the “right molecules.” In time, I think allopathic medicine will be more widely known as toximolecular, since a drug-based approach introduces molecules that are foreign or “wrong.”

One of the purposes of the Orthomolecular Medicine Hall of Fame is to educate the professions and the public about the pioneers of orthomolecular

therapy. To take this even further, the Orthomolecular Medicine News Service was started in March 2005. OMNS issues press releases spotlighting the safety and effectiveness of vitamins and other nutrients. Now, after just over one year, nearly 6,000 subscribers, including 3,000 broadcast and print news media, regularly receive OMNS press releases. You can read them all at www.orthomolecular.org.

Here’s more good news: the *Journal of Orthomolecular Medicine* is now archived online at www.orthomolecular.org. Everyone may now access back issues of JOM free of charge.

Eubie Blake, centenarian composer of the famous Charleston Rag, said, “It’s not what we don’t know that harms us; it’s what we do know that ain’t so.” All of tonight’s inductees know that no cell in the human body is made from a drug. Not one.



The 30 cm crystal polygon is etched with a niacin molecule and the ISOM logo.

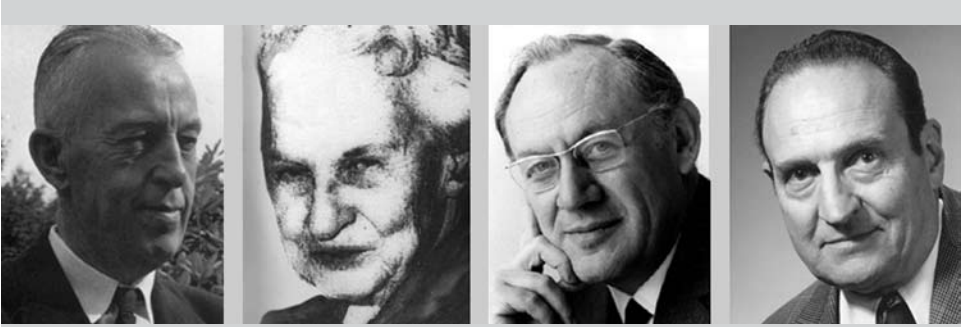
Inductees for 2006

William Griffin Wilson (1895-1971)

The man who would co-found Alcoholics Anonymous was born to a hard-drinking household in rural Vermont. When he was ten, his parents split up and Bill was raised by his maternal grandparents. He served in the Army in WW I, and although not seeing combat, Bill had more than ample opportunities to drink. In the 1920s, Wilson achieved considerable success as an inside trader on Wall Street, but a combination of

drunkenness and the stock market crash drained what was left of his fortune and his capability to enjoy life.

Hard knocks, religious experience, and a growing sense that by helping other alcoholics he could best help himself led Bill to create one of the world’s most famous introductions: “My name is Bill W., and I’m an alcoholic.” Even as Alcoholics Anonymous slowly grew, many of Bill’s financial and personal problems endured, most notably depression.



Abram Hoffer writes: “I met Bill in New York in 1960. Humphry Osmond and I introduced him to the concept of megavitamin therapy. Bill was very curious about it and began to take niacin, 3,000 mg daily. Within a few weeks fatigue and depression which had plagued him for years were gone. He gave it to 30 of his close friends in AA. Of the thirty, 10 were free of anxiety, tension and depression in one month. Another 10 were well in two months. Bill then wrote “The Vitamin B₃ Therapy.” and thousands of copies of this extraordinary pamphlet were distributed. Bill became unpopular with the members of the board of AA International. The medical members, who had been appointed by Bill, “knew” vitamin B₃ could not be therapeutic as Bill had found it to be. I found it very useful in treating patients who were both alcoholic and schizophrenic.”

Ruth Flinn Harrell, Ph.D. (1900-1991)

The start of the second World War was breaking news when Ruth Flinn Harrell conducted her first investigations into what she called “superfeeding.” Her 1942 Columbia University doctoral thesis, “Effect of Added Thiamine on Learning,” was published by the university in 1943 and would be followed by “Further Effects of Added Thiamine on Learning and Other Processes” in 1947. Her research was not about enriched or fortified foods; “added” meant “provided by supplement tablets.” In a 1946 *Journal of Nutrition*

article, Dr. Harrell stated that “a liberal thiamine intake improved a number of mental and physical skills of orphanage children.” One reporter wrote, “An experiment was conducted by Dr. Ruth Flinn Harrell which involved 104 children from nine to nineteen years of age. Half of the children were given a vitamin B₁ (thiamine) pill each day, and the other half received a placebo. The test lasted 6 weeks. It was found by a series of tests that the group that was given the vitamin gained one-fourth more in learning ability than did the other group.” By 1956, Harrell had investigated “The Effect of Mothers’ Diets on the Intelligence of Offspring,” finding that “supplementation of the pregnant and lactating mothers’ diet by vitamins increased the intelligence quotients of their offspring at three and four years of age.”

Early in 1981, Harrell and colleagues published a study in *Proceedings of the National Academy of Sciences* showing that high doses of vitamins improved intelligence and educational performance in learning disabled children, including those with Down syndrome. Dr. Harrell, who had been investigating vitamin effects on learning for forty years, had at last succeeded in focusing much-needed public attention on the role of nutrition in learning disabilities.

Arthur M. Sackler, M.D. (1913-1987)

Brooklyn-born Arthur Sackler was educated at New York University. He worked at Lincoln Hospital in New York City as intern and house physician, and



then completed his residency in psychiatry at Creedmoor State Hospital. His National Academies of Sciences biography states that “there, in the 1940s, he started research that resulted in more than 150 papers in neuroendocrinology, psychiatry, and experimental medicine. He considered his scientific research into the metabolic basis of schizophrenia his most significant contribution to science, and served as editor of the *Journal of Clinical and Experimental Psychopathology* from 1950 to 1962.” It was in this very journal that Dr. Sackler introduced the world to the Hoffer-Osmond high dose niacin therapy for mental illness. In his memoirs, Abram Hoffer writes: “I wonder if our first paper on schizophrenia treatment with niacin would even have been published, had Arthur Sackler not been both my professional colleague and friend.” Back in 1951, Hoffer had met the Sackler brothers, “who were doing groundbreaking research on histamine as a schizophrenia treatment. Their work would inspire some of our initial biochemical research.”

Dr. Sackler would continue to publish and to inspire physicians worldwide. He started the highly-respected *Medical Tribune* newspaper in 1960, which would grow to an international readership of over one million, with Sackler himself contributing over 500 articles on a wide variety of health issues. In 1981, Sackler ran a page-one story on Ruth Harrell’s study showing that high doses of vitamins improve IQ

in Down syndrome children. In one 1982 column, he personally declared his support for bowel-tolerance doses of ascorbate, including with his comments the text of “a letter we just received from Robert Cathcart III, M.D.” whom Sackler described as “brilliant.” Many physicians first saw these words in the *Tribune*: “Ascorbic acid administered orally to bowel tolerance (just short of producing diarrhea) has a definite antipyretic effect (and) administered IM to small infants will usually have a dramatic effect on elevated temperatures.”

Max J. Vogel, M.D. (1915-2002)

Max Vogel was the first family physician to embrace the practice of orthomolecular medicine in 1960 and became one of its most successful physicians who continued against the usual odds facing those who practice outside the box. During WWII, Max became a physician in the accelerated course at Queens University, following pre-clinical years at the University of Saskatchewan, Saskatoon, 1939 to 1942. He served as Captain with Canadian armed forces in England, then volunteered for duty in the Pacific, specializing in tropical medicine at Walter Reed Hospital in Washington, DC.

In 1955, after obtaining more training in Obstetrics and Gynecology in New York, he began practice in Calgary, where he retired in 1997. Max fought tirelessly for causes in which he believed and when he became convinced of the value of us-

ing large doses of vitamins for treatment of the schizophrenias and other diseases he became involved in trying to educate the profession, the public and the government.

Years ago, the government of Alberta announced that patients receiving vitamins would not be covered by Medicare. With his family and friends, Max organized a massive effort to petition the government and after thousands of names had been submitted the government reversed its decision. When Max was on the associate staff of the department of psychiatry at Calgary Hospital, a new Director tried to get him fired because of his controversial (orthomolecular) practices. Again, Max circulated a petition which was signed by 200 staff members. At the conclusion of this debate the Director left the hospital. One of his colleagues wrote "Apart from Max's tremendous intellectual capacity and his enthusiasm for life and challenges, I must admit I respected him as a rebel. His reputation was of a person who constantly challenged the status quo."

Max was a long standing member the Board of Directors of the Canadian Schizophrenia Foundation and served on the Editorial Review Board of the *Journal of Orthomolecular Medicine*. He was presented with the Lifetime Achievement Award by the International Society of Orthomolecular Medicine in 2002.

Abram Hoffer, M.D., Ph.D. (b. 1917)

In the documentary film, *Masks of Madness: Science of Healing*, Abram Hoffer says: "Mental illness is usually biochemical illness. Schizophrenia is niacin dependency." Plain-spoken statements such as these have ignited a revolution in psychiatry. The person who would forever change the course of medicine was born on a Saskatchewan farm and educated in a one-room schoolhouse. In 1952, just completing his residency, he had demonstrated, with the first double-blind,

placebo-controlled studies in the history of psychiatry, that vitamin B₃ could cure schizophrenia. But in a medical profession that "knows" vitamins do not cure "real" diseases, the young director of psychiatric research was a dissenter. For over half a century Dr. Hoffer has dissented. Harold Foster, Ph.D. writes: "Fathering a new paradigm does not promote popularity. Fortunately, Dr. Hoffer is not just highly intelligent; he has consistently proven to be able to stand up for the truth, regardless of personal cost."

"If patients look up 'schizophrenia' in the old textbooks," says Dr. Hoffer, "they'll die of frustration and fear. That is why I wrote my first book, *How to Live with Schizophrenia*. Linus Pauling was 65 and planning to retire. He chanced to see this book on a friend's coffee table. Pauling did not go to bed the first night he read this book. He decided not to retire because of it."

Dr. Hoffer has written two dozen books and over 500 papers. He created the *Journal of Orthomolecular Medicine* and has been editor-in-chief for four decades. Having treated thousands of patients, he has only just retired at 88, wryly saying that "Everyone should have a career change every 55 years." He has seen therapeutic fads come and go. What he sees now is what he's always seen: that very sick people get well on vitamin B₃.

Lendon H. Smith, M.D. (1921 - 2001)

The man who would become nationally known as "The Children's Doctor" received his M.D. in 1946 from the University of Oregon Medical School. He served as Captain in the U. S. Army Medical Corps from 1947-1949, went on to a pediatric residency at St. Louis Children's Hospital, and completed it at Portland's Doernbecker Memorial Hospital in 1951. In 1955, Smith became Clinical Professor of Pediatrics at the University of Oregon Medical Hospital. He would practice pediatrics for 35 years before retiring in

1987 to lecture, to write, and to continue to help make “megavitamin” a household word.

And yet it was not until over 20 years of medical practice that Dr. Smith first began to use megavitamin therapy. It is a remarkable transformation. As he learned about nutritional prevention and megavitamin therapy, he began to discuss it. In *Feed Your Kids Right* (1979), Smith recommends up to 10,000 milligrams of vitamin C during illness. In *Foods for Healthy Kids* (1981), he now recommends bowel tolerance levels of ascorbate.

These are long evolutionary steps for a pediatrician who, 22 years earlier, wrote of vitamin C: “Excess is a waste and will not prevent colds.” (*The Children’s Doctor*, p. 217) Had he held to such politically safe beliefs, Smith might have avoided being compelled to stop practicing medicine in 1987, under pressure from insurance companies and his state’s Board of Medical Examiners. Nonetheless, for fourteen more years, he would speak out in favour of megavitamin therapy. In this, he did the job second to none. He appeared on *The Tonight Show* sixty-two times, an exposure such as orthomolecular medicine has rarely seen. Even Dr. Pauling never won an Emmy award. Dr. Smith did.

David R. Hawkins, M.D., Ph.D. (b. 1927)

David Ramon Hawkins grew up in rural Wisconsin and served aboard a US Navy minesweeper during the closing months of WW II. He earned his B.A. from Marquette University in 1950 and his M.D. from the Medical College of Wisconsin in 1953. Hawkins interned at Columbia Hospital in 1954, was awarded a fellowship in psychiatry at Mt. Sinai Hospital in 1956, and then became Supervising Psychiatrist for the New York State Department of Mental Hygiene. From 1956-1980, he was medical director of North Nassau Mental Health Center in Manhasset, New York, one of the largest psychiatric practices in New York with 50 employees and 1,000

new patients each year. He was also director of research at Brunswick Hospital in Long Island from 1968-1979, and a guest on TV shows including McNeal-Lehrer and Today. In 1973, along with Nobel-prizewinner Linus Pauling, Dr. Hawkins co-edited *Orthomolecular Psychiatry: Treatment of Schizophrenia*, the first psychiatric textbook of its kind. Among other honours, Hawkins received the Huxley Award in 1979 and, interestingly enough, a Physicians Recognition Award from the American Medical Association in 1992. He served on the Journal of Orthomolecular Psychiatry editorial board and was founding president of the Academy of Orthomolecular Psychiatry. *The Journal of Orthomolecular Psychiatry/Medicine* has published book reviews and seven papers by Dr. Hawkins. Two of these, on the prevention and nutritional treatment of tardive dyskinesia, are posted online at <http://www.orthomed.org/jom/papers/html>. During retirement, he developed an especially keen interest in spirituality and consciousness, resulting in his writing a best-selling trilogy, *Power vs. Force*, *The Eye of the I* and *I: Reality and Subjectivity*.

Sister Theresa Feist (b. 1942)

Born in northern Saskatchewan, the fifth of twelve children, Theresa attended multi-grade classrooms and St. Angela’s Academy, a residential high school, where she entered the community of Ursuline Sisters and began a 17 year teaching career. In 1970 she became severely depressed and suicidal. She was later diagnosed with schizophrenia and was referred to Dr. Abram Hoffer.

On a sugar-free diet and niacin, she had a remarkable, rapid recovery. *How to Live with Schizophrenia* by Hoffer and Osmond became the precious book that gave her insight into her illness. Moved to share her story with others, in 1979 Theresa wrote *Schizophrenia Cured*, a valuable case history and source of hope and inspiration.

Theresa also wished to establish a place to provide shelter and orthomolecular support for the mentally ill.

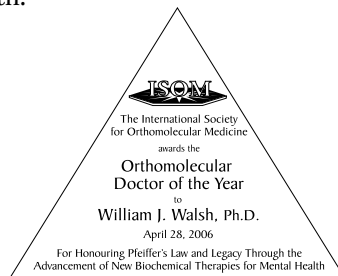
She shared her dream with George Morris (1904 – 1989), a Saskatchewan businessman and a director of the CSF, whom she met at a CSF Conference; he financed the first Morris Centre which opened in Winnipeg, Manitoba, in 1981. Here Theresa and another devoted lady, Mabel Fowler, carried on the ministry of teaching and accompanying all who came to learn a new lifestyle for good health. Eighteen years

later, with the help of Frank Flaman, the centre was moved to Lebret, Saskatchewan and renamed the Flaman-Morris Home. This lovely residence, employing three full-time and two part-time staff, can house up to eight people seeking guidance and nutritional care. In the foreword to her book, *Schizophrenia Cured*, Dr. Hoffer wrote: “All of us in the field of orthomolecular psychiatry, including doctors, patients and families, depend upon the hard work of the Sister Therasas of the world, the people who move mankind.”

2006 Orthomolecular Doctor of the Year Award



William Walsh, Ph.D., was presented with the 2006 Orthomolecular Doctor of the Year Award by last year’s recipient, Gert Schuitemaker, Ph.D., at the 36th Annual International *Nutritional Medicine Today* Conference, on April 28, in Vancouver, Canada. The award cites Dr. Walsh “For Honouring Pfeiffer’s Law and Legacy Through the Advancement of New Biochemical Therapies for Mental Health.”



William Walsh, PhD, (above, left) is a scientist with more than 25 years experience in biochemistry research. In the 1980s he founded the non-profit Health Research Institute and its clinical arm, the Pfeiffer Treatment Center. Dr. Walsh’s present research is focused on brain chemistry, metal-metabolism, methylation, and oxidative stress and the development of advanced biochemical therapies for autism, behavior disorders, ADHD, depression, bipolar disorders, and schizophrenia. Please visit www.hriptc.org