

Chairman's Remarks

J. Ross MacLean, M.D.

It is my privilege and indeed a pleasure to bid you welcome to this symposium, Modern Chemotherapy of Brain Disorders, sponsored by the American Schizophrenia Association. The object of our Association is to stimulate any activity that shows promise of furthering progress in alleviating the illness that schizophrenia or any other brain disorder causes.

To this end, the American Schizophrenia Association will sponsor a series of professional meetings around the country during the ensuing year. We will also provide training opportunities for practitioners who are interested in Orthomolecular techniques, through a grant received specifically for this purpose. We announced this morning a plan to set up a National Research and Demonstration Center in the city of New York.

It was planned that I would take ten or fifteen minutes this morning to set the stage for these presentations, but because of the lack of time, I am going to read you a letter which I received recently from Dr. Humphry Osmond, Director of the New Jersey Institute of Psychiatry and Neurology, and co-author with Dr. Hoffer of *How to Live With Schizophrenia*.

He begins:

"Ladies and Gentlemen, Dr. Pauling, and fellow members and colleagues:

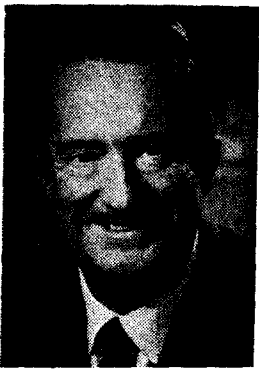
"I have asked my old and good friend, our Chairman, Dr. Ross Mac-

Lean, to read you these few words, apologizing for my absence, explaining it and bringing you all my warmest greetings. For the last several years, I have been increasingly distressed by lens opacities which interfere with my sight. I am delighted to tell you that these will be operated on within a few days at a famous eye hospital in London, where I shall be in the capable hands of an old friend from naval days, a most distinguished eye surgeon who tells me that the prognosis is excellent, far better than when I was learning about eyes as a student.

"Meanwhile, growing blurred vision has made moving around most hazardous. I decided not to come up to New York, because even a slight injury so close to this long planned operation, would be a foolish risk.

"Indeed, until only a few days ago, I thought that I would be in the hospital when this meeting occurred. Nevertheless, I am disappointed not to be with you on this notable occasion. I am sure that you will have many important ideas to take away with you. May I urge one idea upon you? However, this is no less important than any other. This is it:

"Let us put schizophrenia right back into medicine, where it belongs, and insure that it stays there, so that those that suffer from it receive the best



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available treatment combined with that respect and sympathy due every one of us when afflicted with a serious injury.

"For the last three years or so, I too have been enduring an illness which interferes with my perceptions due to changes in my lens.

"Although these changes when compared with the extraordinary and manifold distortions found in schizophrenia, are simply inconvenient, rather than terrifying puzzles.

"Nevertheless, I have been very grateful to my own doctors for rapidly diagnosing my condition, honestly telling me what is wrong, giving me a clear picture and concise explanation of what they propose to do, letting me know what I can do to speed my recovery and almost as important, telling me what to avoid. This has been of the greatest reassurance to me.

"The several million people suffering from schizophrenia in this country and the many millions in other countries, deserve no less than I have been fortunate enough to receive. I can state unequivocally, however, that they are nothing like as lucky as I am. Hundreds of thousands of them, their relatives and friends and the public at large are willfully ignorant regarding this tremendous illness.

"Good wishes to you all. This is a tremendous illness and requires our most urgent and determined efforts for there are literally hundreds of thousands of young folks who need the benefits of good medical advice backed by a sympathetic, kindly and determined public. Such a challenge calls for our finest response from both head and heart."

*Signed,
Humphry Osmond, M.R.C.P., D.P.M.*