

# Letters to the Editor

## A Letter of Interest from Mrs. Aldous (Laura) Huxley

Los Angeles, Calif. March 15, 1972

Dr. J. Ross MacLean Editor  
Journal of Orthomolecular Psychiatry-Dear Dr. MacLean:

May I take this occasion to reminisce about Aldous' early interest in improving emotional and mental states through the use of large doses of vitamins and minerals? His correspondence with Dr. Osmond touches frequently on this subject and when answering people who asked his advice in states of loss or emergency, Aldous would not only give philosophical orientation and emotional support but would strongly recommend that in times of stress we should increase many fold our intake of vitamins and minerals.

Aldous would be delighted to know the ever increasing recognition that your work, which he followed and admired since 1952, is now receiving. He would be happy to know that you are enabling millions of people to achieve a state of health which will permit them to appreciate qualities and talents inborn in them, of which they were not even aware, let alone able to use and enjoy.

I am grateful for the privilege to be associated with your work.

Cordially,

signed: Laura Huxley