

BOOK REVIEWS

GOOD FOOD, GLUTEN FREE

Hilda Cherry Hills
Keats Publishing Co.,
New Canaan, CT, U.S.A., 1976,
Price \$3.50 Paperback Edition.

Mrs. Hills is a Britisher who has a husband with celiac disease who cannot tolerate gluten (wheat, rye, barley) in any amount. Mr. Hills is not alone in this category. Four percent of the hospitalized schizophrenic patients cannot tolerate gluten and may indeed owe their hospitalization to this sensitivity to wheat and other grain products. Work has been done by Professor F. C. Dohan and Doctor Singh in this area; Hilda Hills quotes Prof. Dohan extensively, but apparently the more recent work of Singh et al. was not available to her. Four percent may not sound large, but in England alone there are 60,000 patients in hospitals suffering with schizophrenia. Four percent of 60,000 is 2,400 patients hospitalized because the institution cannot or will not provide a gluten-free diet!

Hilda Hills carefully discusses the celiac patient in her book and provides over 300 recipes for foods that are gluten free. Her points are well taken and the recipes (except for organ meats) will be readily accepted by the American public. The book fills a great need and should make directors, doctors, nurses, and dieticians more

cognizant of this special patient who has thus far been overlooked. This book should be read by all students of nursing and medicine.

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THIAMINE DEFICIENCY IN ACUTE ALCOHOLIC PSYCHOSIS

Mileikovsky, Yu. A.,
Journal Neuropathology and Psychiatry.
Medicine. Moscow, Vol. 76:7, 1976.

The author studied vitamin B1 deficiency in 48 women and 53 men (101 subjects). Out of these, 57 were alcoholics (20 delirium tremens, 13 acute hallucinosis, 24 abstinence syndrome). There were 14 schizophrenics and 30 healthy controls.

Testing was done in the morning before breakfast: (1) Total thiamine both in blood and in urine. (2) Pyruvic acid in blood and urine. (3) Citrate in blood. (4) Citrate/pyruvate coefficient in blood. (5) Transketolase of erythrocytes.

Thiamine concentrate in blood and urine is reduced in acute conditions and gradually increases to normal and even above normal as the patients recover. The level of thiamine in acute conditions

in blood is lower than in schizophrenia. The elimination of thiamine in urine is more informative than its level in blood.

In acute alcoholic psychosis the level of pyruvic acid in blood and its elimination in urine is double of that in schizophrenics and normals. The citric acid is considerably reduced in alcoholic psychosis and in the abstinence syndrome, and this is due to the slowing down of conversion of pyruvate into citrate. This "shrinking of the decar-boxylating valve" the author attributes to thiamine deficiency.

Thiamine deficiency in alcoholics is found equally in both sexes. The fact that the same deficiency is present in the nonpsychotic abstinence syndrome proves that this deficiency is the condition for an alcoholic psychosis, but is not its main cause and does not account for the hallucinations.

According to the author, alcoholism is more severe and malignant in women than in men, but thiamine deficiency is equally present in both sexes and it cannot account for the greater severity of the symptoms in women.

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VITAMIN C, THE COMMON COLD AND THE FLU

**Linus Pauling
W. H. Freeman and Company
San Francisco, 1976.**

In March, 1966, Dr. Linus Pauling, Dr. Irwin Stone, and I met at a meeting of the Carl Neuberg Society. I had heard Dr. Pauling address a psychiatric meeting in Canada several years before. I was equally impressed with his presentation at this meeting where he discussed

the molecular diseases such as sickle cell anemia. Dr. I. Stone had become expert in ascorbic acid. He aroused Dr. Pauling's interest, and I pushed Irwin to prepare his material for publication. When Dr. Pauling and Mrs. Pauling experienced the beneficial effect of ascorbic acid he properly concluded that surely there must be others who would also respond.

This type of conclusion is so inevitable that I find it hard to understand these physicians who prefer to involve the mystique of the placebo response. It is true we are all different biochemically, but not that different. My present working rule is that if any individual responds to any nutritional treatment there must be others who will, especially relatives. His interest whetted, Dr. Pauling soon found a large and valuable clinical record available in the literature which supported his conclusions, but the medical and nutritional profession remained stubbornly indifferent and even hostile. His first book **Vitamin C and the Common Cold** was like a bomb which blew the medical establishment out of its placid pool of ignorant content.

Since then the evidence has developed relatively quickly. This is documented in this second volume. No reasonable person can deny the fact that optimum quantities of ascorbic acid will benefit our species. The optimum quantity is calculated in grams, not milligrams. When our tissues can freely call upon ascorbic acid, they are better able to withstand invasions by viruses, bacteria, and foreign chemicals. Ascorbic acid increases the production of interferon, one of nature's effective virus inhibitors. It is probably much more useful in defending us against the flu than is any other easily administered program. It has been very effective in battling the ravages of cancer in patients dying from cancer when every standard treatment failed.

Dr. L. Pauling concludes that we all require optimum amounts of ascorbic acid. The basis for this conclusion is presented. It is very convincing. Any person who neglects this positive approach to improved health displays a

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dangerous indifference to his own health. I trust readers of the Journal will not be found in this group.

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EATING DANGEROUSLY. **THE HAZARDS OF ALLERGIES**

Dr. R. Mackarness,
Harcourt Brace Jovanovich Inc.,
New York, N.Y., 1976.

The brain as well as the other tissues and organs of the body can react to foods and other substances present in our environment. This book is another account of the importance of recognizing the presence of these allergies in patients who are considered to be mentally ill. The symptoms of allergy can imitate any psychiatric syndrome, from depression to schizophrenia; unless this is recognized other treatment will be given and will fail to help the patient.

This little book not only describes a few patients who recovered after failing every other treatment, but it describes in simple, clear language what the reactions are, how one diagnoses them, and the treatment.

There are several established methods. They all have to do with eliminating suspected foods either by a fast, or by elimination diets. Individual foods are reintroduced. If there is no undesirable reaction, one can continue to eat that food.

Patients and their doctors would benefit by reading this helpful book.

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