

Linus Pauling Honours the Canadian Schizophrenia Foundation

Linus Pauling Honours the Canadian Schizophrenia Foundation at its Sixteenth Annual International Conference and Ben-Gurion Medical School, Department of Psychiatry, May 20th and 21, 1987, at Beer Sheva, Israel.

On Friday evening, May 15, 1987, Dr. Linus Pauling presented his views relating the use of optimum doses of vitamins to good health. Vitamin C was given special attention. Dr. Pauling now takes 18 grams per day of Vitamin C, or 300 times the RDA. The lecture is available on audio tape from Kennedy Recordings RR5, Edmonton, Alberta, Canada T5P 4B7. This lecture represented a small portion of the information available from his book, *How to Live Longer and Feel Better*.

Dr. Pauling was introduced by Mr. D.C. (Ben) Webster, Chairman, Helix Investments Ltd. He said:

"I would like to offer a very warm welcome to Dr. Linus Pauling and say how happy and privileged we are to have him address us this evening. By the crowd here tonight, I would certainly say that Dr. Pauling's preeminence precedes him.

"Dr. Pauling's own accomplishments have led to: Two Nobel Prizes, one in chemistry in 1954, and one for peace in 1962, and 40 honorary degrees from colleges and universities in the USA and abroad. Furthermore, when the structure of DNA was discovered, Dr. Pauling was actively engaged in his own investigations and, according to his peers, could have received a third Nobel Prize! He missed a crucial meeting in the U.K. because the U.S. government would not release his passport.

"Linus Pauling has been ever-willing to take on new challenges for the benefit of humanity as a whole, and has not been afraid to support unpopular causes. Such was the case with his early identification of the danger in the spread of nuclear testing and contamination, and is the case with his active work over the last two decades in support of the nutritional approach towards alleviation of disease, particularly Vitamin C.

"There is today enormous medical opposition to the idea that disease has an important nutritional component, a resistance which, as a layman is most difficult to understand. Medical and health care groups, including their journals and organized associations, not only do not support high nutrition as a serious means toward better health, but are often antagonistic toward those who make forays into the area, generally dismissing them with the label "unscientific," when they wish to be kind. This antagonism is given tacit support by the drug companies as they have very little to gain from the understanding and treatment of disease through such low-cost and unpatentable remedies as do-it-yourself mega nutrition.

"But such opposition does not disturb Dr. Pauling. He has spent the last 20 years of his enormously productive life developing and publicizing his ideas in the field, and I would predict he has another 20 years to go! As long as he stays on his Vitamin C.

"His recent book, *How to Live Longer and Feel Better*, is quite possibly the most important publication to date in the field of nutrition and disease. It is well footnoted and indexed and contains an enormous amount of relevant information.

"Of interest to Canadians is that 23 years ago, Dr. Pauling was catalyzed

towards his interest in nutrition and disease by two pioneering Canadian medical men: Dr. Abram Hoffer and Dr. Humphry Osmond. They were pioneering not only because Abe Hoffer came from a very small town in Saskatchewan (named after his forebears), what else but Hoffer, Saskatchewan. Also Dr. Osmond was a pioneer as well as he practised in Weyburn, Saskatchewan. They were pioneering, he and Dr. Osmond together, from their clinical experience with their patients, and their subsequent research and double-blind studies, realized that nutrition had a pivotal effect on mental illness. On the basis of their early work, and his own investigation, Dr. Pauling coined the term "Orthomolecular psychiatry" to isolate and designate this field of endeavour.

"It is very exciting to have Dr. Pauling here today who is, in fact, on his way to Israel for the commemoration of the chair in Orthomolecular psychiatry at Ben-Gurion Medical School in Beer Sheva.

"As a footnote, Dr. Pauling will be speaking tomorrow on the subject of Vitamin C and cancer at the conference of the CSF here at the Park Plaza. You are welcome to join us for the conference, hear Dr. Pauling, and to listen to the other scientists and doctors who will be conducting seminars and giving speeches.

"It gives me great pleasure to introduce Dr. Pauling."

After the lecture I concluded this session by thanking Dr. Pauling on behalf of the CSF. Then

I quoted from a presentation he had made in the fall of 1962 at a Manfred Sakel meeting (L.C. Page and Co., Farrar Strauss and Geroux, New York, 1966. Ed Max Rinkel). He said, "The ethical principle of minimizing human suffering requires we all work together in overcoming the causes of suffering...I believe that the time will come, perhaps in 10 or 20 years when, if enough effort is made, there will be obtained some significant understanding of the nature of the groups of diseases we classify as schizophrenia and of other mental diseases comparable to that which now exists for a few diseases that are called molecular diseases."

Then I concluded, "...your work, your willingness to become involved is of inestimable value in changing medicine so that, to use your words, we can all conform to your ethical principle of minimizing human suffering."

At Ben-Gurion Medical school Dr. Linus Pauling was present at the dedication of the Hoffer-Vickar Chair of Psychiatry — A Unit of Orthomolecular Research. This chair was given by Edward and Marion Vickar of Winnipeg, Manitoba.

The following morning Dr. Pauling participated in the seminar on Orthomolecular psychiatry chaired by Prof. R.H. Belmaker; again there was an overflow crowd who came to the desert city to hear Dr. Pauling.

A. Hoffer, M.D. Ph.D.