

In Memoriam

Allan Cott, M.D. 1910-1993

Dr. Allan Cott turned from his practice of psychoanalysis to become one of the first Orthomolecular psychiatrists. He became a very good and dedicated Orthomolecular psychiatrist because he was convinced by the recoveries he saw in patients who had not responded to other treatment. Being a psychoanalyst he was trained to be patient and not to expect overnight cures, as many tranquilizer psychiatrists expect. By watching his patients carefully and using sophisticated treatment, he began to heal enormous numbers of patients — from children to seniles.

Dr. Cott was one of the trusted teachers of Orthomolecular psychiatry, who spent innumerable hours travelling in the United States, in Canada and in Europe. He introduced the Russian fasting treatment and explored the use of Pyridoxine in large doses.

Dr. Cott served on the editorial board of our journals, from *Schizophrenia* to the present *Journal of Orthomolecular Medicine*. He was active in the Huxley Institute of Biosocial Research, in the New York association, and he published many papers and several books. Those published in this journal are given below.

Dr. Cott retired a couple of years ago, but unfortunately did not live to see the rapid development in the use of megadoses of vitamins that we are witnessing today. He was indeed one of the most eminent of pioneers, a good friend, reliable and trustworthy. If any physician deserved to be honored by the medical profession at large, he was one.

Dr. C. Orian Truss has written warmly about this good friend and colleague, Dr. Allan Cott.

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

For the twenty years prior to his recent death at age 82 years, it was my privilege to count Dr. Allan Cott among my closest friends, and among my most respected colleagues.

Our friendship began when Allan first started coming to Birmingham, Alabama to supervise the newly-organized Allan Cott School for Autistic Children. Several times a year, and without accepting compensation, he came and spent several days managing the treatment of

these children. On many occasions he stayed in my home while here and I had the opportunity to learn the depth of his knowledge and the size of his heart.

Allan contributed much in the field of Orthomolecular psychiatry and nutrition. He lectured widely in this country as well as around the world. His many publications and books were a major contribution in these fields and are a rich source of information for anyone working in these areas.

Of all the things I remember about Allan, one in particular stands out. It was expressed well by a young man who had for a number of years been severely ill with chronic allergies, and in particular with the devastating chemical intolerance that makes life so difficult for these patients. He had gone to see Allan, who in turn had asked another New York physician to help him with a particular problem in this young man — one that he had been unable to solve. When the consulting physician came up with the answer, this young man told me of Allan's excitement and happiness that the other doctor had found the problem. Unlike many of us, Allan showed no hint of jealousy or damaged ego because another doctor succeeded where he had failed. His happiness was genuine. I, on many occasions, also saw this particularly wonderful trait in this gentle and kind man.

All that any of us can wish is that we will be remembered in the same way that Allan will be remembered by those of us who knew the kind of person that he was.

C. Orian Truss, M.D.

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Louis B. Silverman, M.D., 1912-1993

Many years ago Dr. Louis Silverman, a prominent and well known pediatrician in North Dakota, became interested in Orthomolecular medicine. He came to my office in Saskatoon and we spent many pleasant hours together while I worked with my patients. He was impressed with the therapeutic outcome of the treatment, and returned home to become the first Orthomolecular pediatrician in the world. In fact, the demand for his services became so great he re-defined his pediatric practice to include anyone who needed help, regardless of their age. He described some of the results of his treatment in this journal. I am pleased with this tribute prepared by his son. A. Hoffer, M.D., Ph.D.

Beloved Grand Forks, North Dakota physician for over fifty years, and medical pioneer in the fields of pediatrics, immunotherapy and Orthomolecular medicine, Dr. Louis B. Silverman passed away at his home on Sunday, May 9, 1993, at the age of 80.

Dr. Silverman, a Grand Forks native, was born here on October 27, 1912, to Anna and Herman Silverman. He graduated from Central High School, and then the University of North Dakota with a B.A. in 1933, and a B.S. in Medicine in 1935. He went on to complete his medical studies with an M.D. degree from Rush Medical School at the University of Chicago in 1937. (Fifty years later, he was again honored at his alma mater during the 50th anniversary commencement of Rush Medical School in 1987.) Dr. Silverman interned in Chicago, and went on to take his residency in Detroit and New York. He then returned to Grand Forks where he opened his own private medical practice in Pediatrics. After

serving for four years as a medical officer in the European theatre during WWII, he returned to his hometown to join the Grand Forks Clinic in 1947, where he organized the Pediatrics Department.

Dr. Silverman was also instrumental in organizing the Child Evaluation Center at the University of North Dakota, in 1967, and served as its first Medical Director until 1973. He was also Chief of Staff of the Deaconess (now United) Hospital in Grand Forks for many years, and a former city health officer during the early days of his medical career.

In 1977, at the age of 65, Dr. Silverman retired from Pediatrics, and was then asked to join the Ear, Nose and Throat Department, where he became the Grand Forks Clinic's first Allergist. In a newspaper article, Dr. Silverman at the age of 73, wryly observed that he was now "too old to retire!" He practiced Allergy and Immunotherapy for fifteen years, with a full staff and long hours, because of his great care and concern for improving the quality of life for thousands of people from Grand Forks and the surrounding midwest, until his retirement in June 1992 at the age of 79.

Dr. Silverman was deeply loved, admired and respected by three generations of patients who appreciated his dedication, warmth, concern and compassion, and his unique ability to find the answers to medical problems where none were immediately apparent. He also authored several medical articles related to Pediatrics, Allergy and Immunotherapy, and Orthomolecular Medicine.

Dr. Silverman married Thelma (Kaufman) in Chicago, in 1938. With eloquence, Louis

publicly paid tribute to Thelma in 1991 with the following remark: "If you can go through life with one true best friend whom you can trust, you are blessed. If that person also happens to be your mate, you are twice blessed." Dr. Silverman is also survived by his two devoted children, Deborah (Chicago) and David (Myrtle Beach, S. Carolina).

Dr. Silverman's numerous professional honors included recognition- for fifty years of medical service by the North Dakota State Medical Society and the United Hospital, and recognition for forty-five years of medical service to the Grand Forks Clinic. He was a UND Fellow, and an Associate Professor of Pediatrics at the UND School of Medicine, a Fellow of the American

Board of Pediatrics

and American Academy of Pediatrics, as well as a member of the honorary science fraternity, Society of Sigma Xi. Other recent honors included the Sertoma Club's "Service to Mankind" Award, and the Honoree at the North Dakota chapter of the American Diabetes Association's Annual Roast, both in 1991.

Dr. Silverman had a great love of music, and was an accomplished violinist who was concertmaster of the Grand Forks Symphony for many years.

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Preventive Medicine Update

A monthly 90-minute audio news publication

Jeffrey S. Bland, Ph.D., producer

In the 11 years he has been producing *Preventive Medicine Update (PMU)*, nutrition researcher and clinical biochemist Jeffrey S. Bland, Ph.D., has been leading his colleagues through the labyrinth of scientific research, published medical journals and clinical breakthroughs and presenting them each month with new wisdom and practical information they can put to immediate use in their practices.

Dr. Bland describes *PMU* as an "audio magazine". Each month's issue is a professionally produced 90-minute audio cassette which fits easily into the commuting, exercise or relaxation schedule of the busy clinician. Dr. Bland and his staff make it their business to read and assimilate the information in more than 150 peer-reviewed journals and newly published books, compiling that information in an impressive database from which Dr. Bland draws in preparing each month's *PMU* topics.

In a recent "Clinician of the Month" section of *PMU*, Abram Hoffer, M.D., Ph.D., discussed the growing interest in Orthomolecular treatment of psychiatric disorders. Another month's "Clinician" was Joan Priestly, M.D., a primary care practitioner whose nutrition protocol for the management of HIV-positive patients includes a primarily vegetarian diet and supplementation with a number of micronutrients and herbal preparations. In a third issue, Australian practitioner Alan Hadley, M.D., described the evolution of his interest in alternative medicine, which began when he noticed symptom improvement in arthritis patients who had undergone acupuncture. Dr. Hadley's practice now emphasizes healing on many levels — physical, mental, spiritual and environmental.

Topics covered in *PMU's* "Hot Breaking News" include the role of magnesium and potassium in cardiovascular disease, the association of aspirin to health, the link between fertility, conception and adequate levels of thyroid hormone in women, and a discussion of post viral fatigue syndrome.

Each month's "Clinical Focus" segment of *PMU* presents specific therapeutic programs

for the nutritional management of such conditions as kidney stones, osteoporosis or hypothyroidism.

PMU had its origin 15 years ago as a monthly study group composed of about 50 Seattle-area physicians. Dr. Bland assembled to discuss the latest research findings and share their expertise in practicing preventive medicine. When time pressures and geographic constraints threatened the colloquium's survival, he began producing a monthly tape of the meetings. Those tapes, which represented Dr. Bland's incisive interpretations of the research and his colleagues' shared insights, soon replaced the study group's gatherings altogether. Although the number of health professionals who listen to *PMU* each month has grown to several thousand in 50 states and 11 foreign countries, and *PMU* itself has matured throughout its 11-year history, Dr. Bland maintains its informative but conversational tone. It is clear he still views *PMU* as a once-a-month opportunity to visit with his peers, bring them up to date, share his expertise and provide encouragement in their common pursuit of preventing disease and improving human health and function through noninvasive nutritional and lifestyle therapies.

The First International Symposium on Functional Medicine held recently in Hawaii provided an "old home week" opportunity for many members of the original colloquium to share their experiences and expertise with newer members of the *PMU* family, as well as food industry representatives, research scientists and practitioners in family practice and a wide range of specialties.

A one-year's subscription to *Preventive Medicine Update* is \$200 (U.S. funds). In addition to the 90-minute audio tape, each month's *PMU* issue includes printed summary cards with abstracts of the topics as well as complete references. A cassette caddy is provided for storage of the tapes, along with an attractive 3-ring binder for easy access to the summary cards. A twice-yearly index makes information retrieval a simple matter. If you would like to subscribe to *PMU* or learn more about this informative "audio magazine", you can do so by calling HealthComm, (800) 843-9660.