

the results of treatment using only palliative drugs and we must demand it looks at treatment that is more effective. The moral treatment of the insane used over 150 years ago by the Quakers, and in Canada in the hospital on Queens Street in Toronto until about 1900, yielded about a 40 percent recovery rate. This was achieved by a combination of proper housing (not the streets), good food, (not the junk served in hospitals today), treatment with consideration and care. If one adds orthomolecular treatment, the recovery becomes much better. The psychiatric profession believes that very few patients recover based on the results that they see but it does not seem to care, and considers palliative the best than can be achieved. If you have cancer which do you prefer: to shrink the tumor and allow you to die with less pain, or to cure you of your cancer? We must have more accountability from the psychiatric profession.

–Abram Hoffer, M.D., Ph.D.

### **Energy Efficient (Toxic?) Light Bulbs**

There are two things that should be viewed with caution about the new “energy efficient” light bulbs: they are made in China and they contain mercury. With the recent news about lack of inspection and control of Chinese factories concerning the presence of Melamine in pet food and milk products, one wonders how much mercury is contained in each light bulb? If it is 0.1 µg, could it be 10 or 100 µg. How do we know? It is not listed on the package.

Mercury is a neurotoxin. The package lists the following precautions: “This product complies with part 18 of the FCC Rules but may cause interference to radios, televisions, wireless telephones, and remote controls. Avoid placing this product near these devices. If interference occurs, move the product away from the device or plug into a different outlet. Do not install this product near maritime

safety equipment or critical navigation or communication equipment operating between 0.45-30 MHz. Use only on 120V 60 hertz circuits. Not intended for use with emergency exit fixtures or lights, electric timers, photocells, or with dimmers.”

If it will interfere with common electrical devices, what will happen to the brain if one is reading a book for several hours with this bulb over their shoulder, or to an infant with a bulb near their bed or crib?

Also, the US EPA (<http://www.epa.gov/mercury/spills/index.htm>) instructs the following if a bulb is broken: “Never use a vacuum cleaner to clean up mercury spills. The vacuum will put mercury in the air and increase exposure. Never use a broom to clean up mercury. Before clean-up; air out the room. Have people and pets leave the room, don’t let anyone walk through the breakage area on their way out. Open a window and leave the room for 15 minutes or more. Shut off the central forced-air heating/air conditioning system, if you have one. Carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with a metal lid (such as a canning jar) or in a sealed plastic bag. Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder. Wipe the area with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.” There are several more paragraphs dealing with carpets, stairs, etc.

We do not use these bulbs at The Center or in our homes. Remember two things: bulbs contain mercury and are made in China.

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