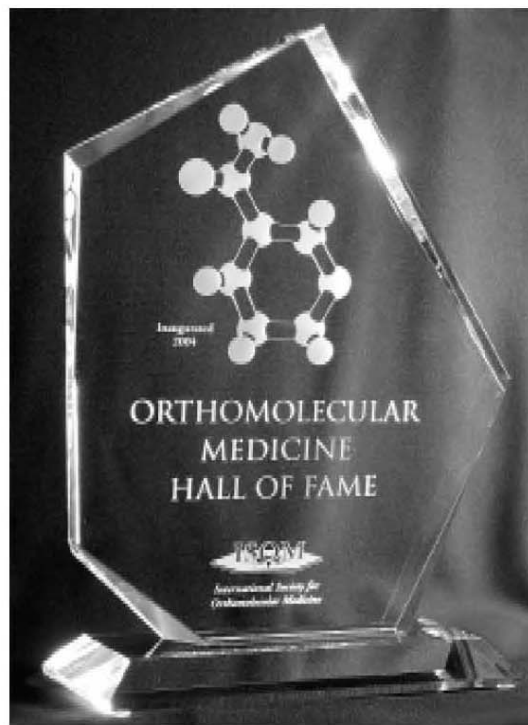
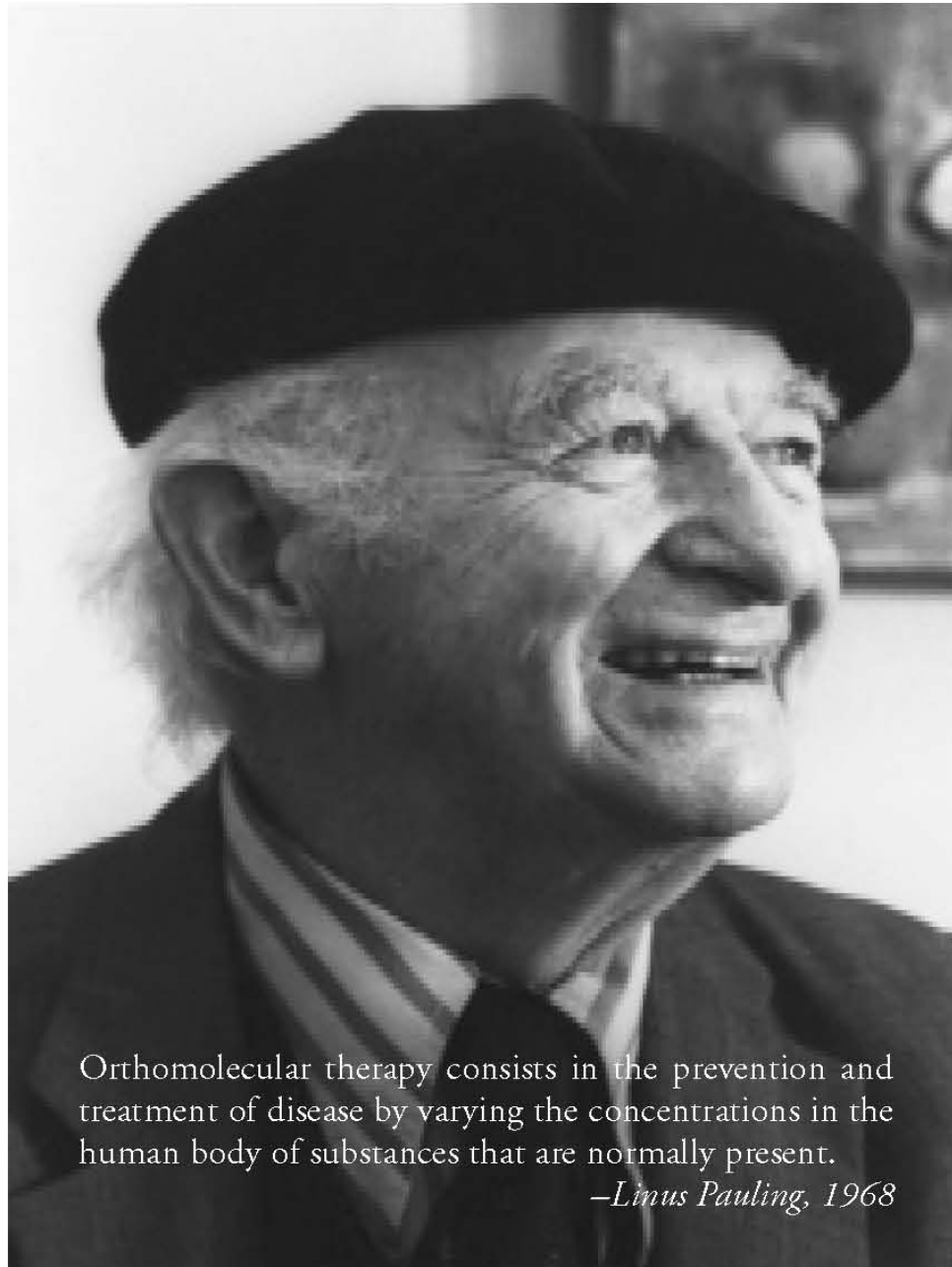


— 2006 —

ORTHOMOLECULAR
MEDICINE
HALL OF FAME



Saturday, April 29
Fairmont Hotel Vancouver
Vancouver, BC



Orthomolecular therapy consists in the prevention and treatment of disease by varying the concentrations in the human body of substances that are normally present.

—Linus Pauling, 1968

Program

Honouring Our Orthomolecular Pioneers

Andrew W. Saul, Ph.D.
Master of Ceremonies

7:00 pm Reception

7:30 pm Welcome
Dinner

8:15 pm Program

2006 Hall of Fame Inductees

Bill Wilson
Ruth Flinn Harrell
Arthur Sackler
Max Vogel
Abram Hoffer
Lendon Smith
David Hawkins
Theresa Feist

Special thanks to our Hall of Fame Sponsors



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William Griffin Wilson

1895 – 1971



“Bill Wilson is the greatest social architect of the 20th century.”
–Aldous Huxley

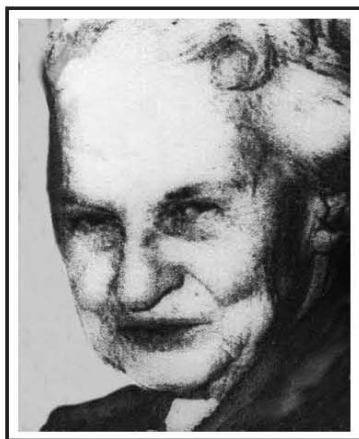
The man who would co-found Alcoholics Anonymous was born to a hard-drinking household in rural Vermont. When he was ten, his parents split up and Bill was raised by his maternal grandparents. He served in the Army in WW I, and although not seeing combat, Bill had more than ample opportunities to drink. In the 1920's, Wilson achieved considerable success as an inside trader on Wall Street, but a combination of drunkenness and the stock market crash drained what was left of his fortune and his capability to enjoy life.

Hard knocks, religious experience, and a growing sense that by helping other alcoholics he could best help himself led Bill to create one of the world's most famous introductions: “My name is Bill W., and I'm an alcoholic.” Even as Alcoholics Anonymous slowly grew, many of Bill's financial and personal problems endured, most notably depression.

Abram Hoffer writes: “I met Bill in New York in 1960. Humphry Osmond and I introduced him to the concept of megavitamin therapy. Bill was very curious about it and began to take niacin, 3,000 mg daily. Within a few weeks fatigue and depression which had plagued him for years were gone. He gave it to 30 of his close friends in AA. Of the thirty, 10 were free of anxiety, tension and depression in one month. Another 10 were well in two months. Bill then wrote “The Vitamin B₃ Therapy.” and thousands of copies of this extraordinary pamphlet were distributed. Bill became unpopular with the members of the board of AA International. The medical members, who had been appointed by Bill, “knew” vitamin B₃ could not be therapeutic as Bill had found it to be. I found it very useful in treating patients who were both alcoholic and schizophrenic.

Ruth Flinn Harrell, Ph.D.

1900 – 1991



"Nobody knows anything about the area of dietary supplementation, but the National Institutes of Health knows for sure it's impossible."
—Ruth E. Harrell, *Medical Tribune*, 1981

The start of the second World War was breaking news when Ruth Flinn Harrell conducted her first investigations into what she called “superfeeding.” Her 1942 Columbia University doctoral thesis, “Effect of Added Thiamine on Learning,” was published by the university in 1943 and would be followed by “Further Effects of Added Thiamine on Learning and Other Processes” in 1947. Her research was not about enriched or fortified foods; “added” meant “provided by supplement tablets.” In a 1946 *Journal of Nutrition* article, Dr. Harrell stated that “a liberal thiamine intake improved a number of mental and physical skills of orphanage children.” One reporter wrote, “An experiment was conducted by Dr. Ruth Flinn Harrell which involved 104 children from nine to nineteen years of age. Half of the children were given a vitamin B1 (thiamine) pill each day, and the other half received a placebo. The test lasted 6 weeks. It was found by a series of tests that the group that was given the vitamin gained one-fourth more in learning ability than did the other group.” By 1956, Harrell had investigated “The Effect of Mothers’ Diets on the Intelligence of Offspring,” finding that “supplementation of the pregnant and lactating mothers’ diet by vitamins increased the intelligence quotients of their offspring at three and four years of age.”

Early in 1981, Harrell and colleagues published a study in *Proceedings of the National Academy of Sciences* showing that high doses of vitamins improved intelligence and educational performance in learning disabled children, including those with Down syndrome. Dr. Harrell, who had been investigating vitamin effects on learning for forty years, had at last succeeded in focusing much-needed public attention on the role of nutrition in learning disabilities.

Arthur M. Sackler, M.D.

1913 - 1987



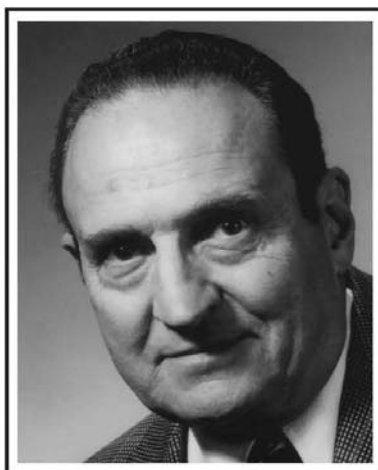
“Arthur M. Sackler was one of the few 20th century renaissance figures.”
–Solomon H. Snyder, Johns Hopkins School of Medicine

Brooklyn-born Arthur Sackler was educated at New York University. He worked at Lincoln Hospital in New York City as intern and house physician, and then completed his residency in psychiatry at Creedmoor State Hospital. His National Academies of Sciences biography states that “there, in the 1940s, he started research that resulted in more than 150 papers in neuroendocrinology, psychiatry, and experimental medicine. He considered his scientific research into the metabolic basis of schizophrenia his most significant contribution to science, and served as editor of the *Journal of Clinical and Experimental Psychopathology* from 1950 to 1962.” It was in this very journal that Dr. Sackler introduced the world to the Hoffer-Osmond high dose niacin therapy for mental illness. In his memoirs, Abram Hoffer writes: “I wonder if our first paper on schizophrenia treatment with niacin would even have been published, had Arthur Sackler not been both my professional colleague and friend.” Back in 1951, Hoffer had met the Sackler brothers, “who were doing groundbreaking research on histamine as a schizophrenia treatment. Their work would inspire some of our initial biochemical research.”

Dr. Sackler would continue to publish and to inspire physicians worldwide. He started the highly-respected *Medical Tribune* newspaper in 1960, which would grow to an international readership of over one million, with Sackler himself contributing over 500 articles on a wide variety of health issues. In 1981, Sackler ran a page-one story on Ruth Harrell’s study showing that high doses of vitamins improve IQ in Down syndrome children. In one 1982 column, he personally declared his support for bowel-tolerance doses of ascorbate, including with his comments the text of “a letter we just received from Robert Cathcart III, M.D.” whom Sackler described as “brilliant.” Many physicians first saw these words in the *Tribune*: “Ascorbic acid administered orally to bowel tolerance (just short of producing diarrhea) has a definite antipyretic effect (and administered IM to small infants will usually have a dramatic effect on elevated temperatures.”

Max J. Vogel, M.D.

1915 – 2002



“Max Vogel was among the first general orthomolecular practitioners in Canada.”

–Abram Hoffer

Max Vogel was the first family physician to embrace the practice of orthomolecular medicine in 1960 and became one of its most successful physicians who continued against the usual odds facing those who practice outside the box. During WWII, Max became a physician in the accelerated course at Queens University, following pre-clinical years at the University of Saskatchewan, Saskatoon, 1939 to 1942. He served as Captain with Canadian armed forces in England, then volunteered for duty in the Pacific, specializing in tropical medicine at Walter Reed Hospital in Washington, DC.

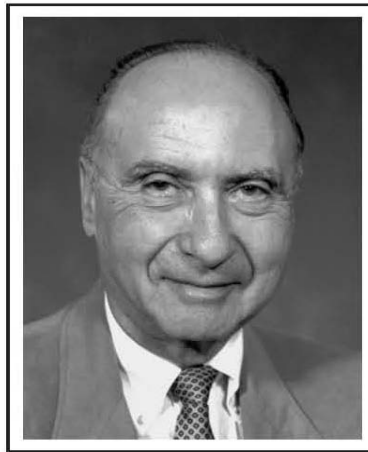
In 1955, after obtaining more training in Obstetrics and Gynecology in New York, he began practice in Calgary, where he retired in 1997. Max fought tirelessly for causes in which he believed and when he became convinced of the value of using large doses of vitamins for treatment of the schizophrenias and other diseases he became involved in trying to educate the profession, the public and the government.

Years ago, the government of Alberta announced that patients receiving vitamins would not be covered by Medicare. With his family and friends, Max organized a massive effort to petition the government and after thousands of names had been submitted the government reversed its decision. When Max was on the associate staff of the department of psychiatry at Calgary Hospital, a new Director tried to get him fired because of his controversial (orthomolecular) practices. Again, Max circulated a petition which was signed by 200 staff members. At the conclusion of this debate the Director left the hospital. One of his colleagues wrote “Apart from Max’s tremendous intellectual capacity and his enthusiasm for life and challenges, I must admit I respected him as a rebel. His reputation was of a person who constantly challenged the status quo.”

Max was a long standing member the Board of Directors of the Canadian Schizophrenia Foundation and served on the Editorial Review Board of the *Journal of Orthomolecular Medicine*. He was presented with the Lifetime Achievement Award by the International Society of Orthomolecular Medicine in 2002.

Abram Hoffer, M.D., Ph.D.

b. 1917



“Abram Hoffer has made an important contribution to the health of human beings ...through the study of the effects of large doses of vitamin C and other nutrients.”

—Linus Pauling, PhD

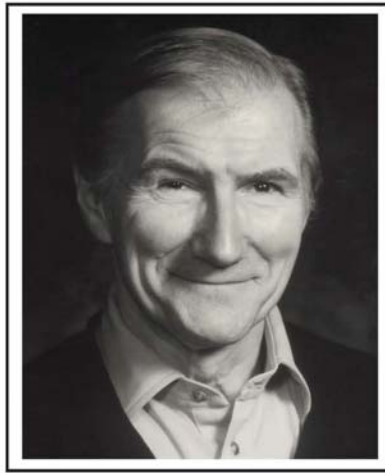
In the documentary film, *Masks of Madness: Science of Healing*, Abram Hoffer says: “Mental illness is usually biochemical illness. Schizophrenia is niacin dependency.” Plain-spoken statements such as these have ignited a revolution in psychiatry. The person who would forever change the course of medicine was born on a Saskatchewan farm and educated in a one-room schoolhouse. In 1952, just completing his residency, he had demonstrated, with the first double-blind, placebo-controlled studies in the history of psychiatry, that vitamin B3 could cure schizophrenia. But in a medical profession that “knows” vitamins do not cure “real” diseases, the young director of psychiatric research was a dissenter. For over half a century Dr. Hoffer has dissented. Harold Foster, PhD writes: “Fathering a new paradigm does not promote popularity. Fortunately, Dr. Hoffer is not just highly intelligent; he has consistently proven to be able to stand up for the truth, regardless of personal cost.”

“If patients look up ‘schizophrenia’ in the old textbooks,” says Dr. Hoffer, “they’ll die of frustration and fear. That is why I wrote my first book, *How to Live with Schizophrenia*. Linus Pauling was 65 and planning to retire. He chanced to see this book on a friend’s coffee table. Pauling did not go to bed the first night he read this book. He decided not to retire because of it.”

Dr. Hoffer has written two dozen books and over 500 papers. He created the *Journal of Orthomolecular Medicine* and has been editor-in-chief for four decades. Having treated thousands of patients, he has only just retired at 88, wryly saying that “Everyone should have a career change every 55 years.” He has seen therapeutic fads come and go. What he sees now is what he’s always seen: that very sick people get well on vitamin B₃.

Lendon H. Smith, M.D.

1921 – 2001



“ADHD is not a disease; it is a nutritional deficiency.”

–Lendon H. Smith

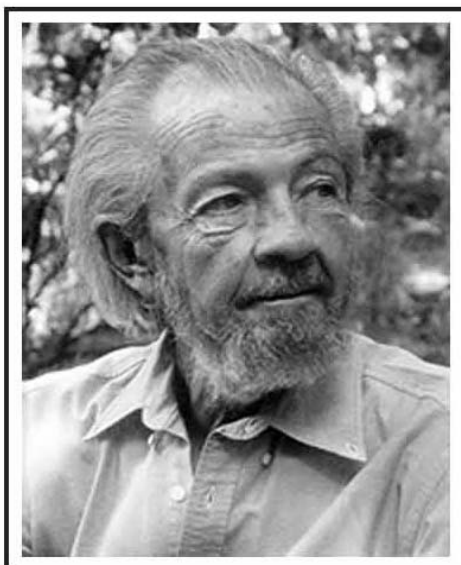
The man who would become nationally known as “The Children’s Doctor” received his M.D. in 1946 from the University of Oregon Medical School. He served as Captain in the U. S. Army Medical Corps from 1947-1949, went on to a pediatric residency at St. Louis Children’s Hospital, and completed it at Portland’s Doernbecker Memorial Hospital in 1951. In 1955, Smith became Clinical Professor of Pediatrics at the University of Oregon Medical Hospital. He would practice pediatrics for 35 years before retiring in 1987 to lecture, to write, and to continue to help make “megavitamin” a household word.

And yet it was not until over 20 years of medical practice that Dr. Smith first began to use megavitamin therapy. It is a remarkable transformation. As he learned about nutritional prevention and megavitamin therapy, he began to discuss it. In *Feed Your Kids Right* (1979), Smith recommends up to 10,000 milligrams of vitamin C during illness. In *Foods for Healthy Kids* (1981), he now recommends bowel tolerance levels of ascorbate.

These are long evolutionary steps for a pediatrician who, 22 years earlier, wrote of vitamin C: “Excess is a waste and will not prevent colds.” (*The Children’s Doctor*, p. 217) Had he held to such politically safe beliefs, Smith might have avoided being compelled to stop practicing medicine in 1987, under pressure from insurance companies and his state’s Board of Medical Examiners. Nonetheless, for fourteen more years, he would speak out in favour of megavitamin therapy. In this, he did the job second to none. He appeared on *The Tonight Show* sixty-two times, an exposure such as orthomolecular medicine has rarely seen. Even Dr. Pauling never won an Emmy award. Dr. Smith did.

David R. Hawkins, M.D., Ph.D.

b. 1927



“David Hawkins was among the first psychiatrists to show that with both schizophrenic and alcoholic patients could be treated successfully with vitamin B₃”

—Abram Hoffer

David Ramon Hawkins grew up in rural Wisconsin and served aboard a US Navy minesweeper during the closing months of WW II. He earned his BA from Marquette University in 1950 and his MD from the Medical College of Wisconsin in 1953. Hawkins interned at Columbia Hospital in 1954, was awarded a fellowship in psychiatry at Mt. Sinai Hospital in 1956, and then became Supervising Psychiatrist for the New York State Department of Mental Hygiene. From 1956-1980, he was medical director of North Nassau Mental Health Center in Manhasset, New York, one of the largest psychiatric practices in New York with 50 employees and 1,000 new patients each year. He was also director of research at Brunswick Hospital in Long Island from 1968-1979, and a guest on TV shows including *McNeal-Lehrer* and *Today*.

In 1973, along with Nobel-prizewinner Linus Pauling, Dr. Hawkins co-edited *Orthomolecular Psychiatry: Treatment of Schizophrenia*, the first psychiatric textbook of its kind. Among other honours, Hawkins received the Huxley Award in 1979 and, interestingly enough, a Physicians Recognition Award from the American Medical Association in 1992. He served on the *Journal of Orthomolecular Psychiatry* editorial board and was founding president of the Academy of Orthomolecular Psychiatry. The *Journal of Orthomolecular Psychiatry/Medicine* has published book reviews and 7 papers by Dr. Hawkins. Two of these, on the prevention and nutritional treatment of tardive dyskinesia, are posted online at <http://www.orthomed.org/jom/papers/html>. During retirement, he developed an especially keen interest in spirituality and consciousness, resulting in his writing a best-selling trilogy, *Power vs. Force*, *The Eye of the I* and *I: Reality and Subjectivity*.

Sister Theresa Feist

b. 1942



*"I'd like the whole world to know schizophrenia is an illness as physical as a broken leg."
—Sister Theresa Feist*

Born in northern Saskatchewan, the fifth of twelve children, Theresa attended multi-grade classrooms and St. Angela's Academy, a residential high school, where she entered the community of Ursuline Sisters and began a 17 year teaching career. In 1970 she became severely depressed and suicidal. She was later diagnosed with schizophrenia and was referred to Dr. Abram Hoffer.

On a sugar-free diet and niacin, she had a remarkable, rapid recovery. *How to Live with Schizophrenia* by Hoffer and Osmond became the precious book that gave her insight into her illness. Moved to share her story with others, in 1979 Theresa wrote *Schizophrenia Cured*, a valuable case history and source of hope and inspiration. Theresa also wished to establish a place to provide shelter and orthomolecular support for the mentally ill.

She shared her dream with George Morris (1904 – 1989), a Saskatchewan businessman and a director of the CSF, whom she met at a CSF Conference; he financed the first Morris Centre which opened in Winnipeg, Manitoba, in 1981. Here Theresa and another devoted lady, Mabel Fowler, carried on the ministry of teaching and accompanying all who came to learn a new lifestyle for good health. Eighteen years later, with the help of Frank Flaman, the centre was moved to Lebret, Saskatchewan and renamed the Flaman-Morris Home. This lovely residence, employing three full-time and two part-time staff, can house up to eight people seeking guidance and nutritional care. In the foreword to her book, *Schizophrenia Cured*, Dr. Hoffer wrote: "All of us in the field of orthomolecular psychiatry, including doctors, patients and families, depend upon the hard work of the Sister Therasas of the world, the people who move mankind."

2005 Hall of Fame Inductees

Max Gerson
Albert Szent-Györgyi
Cornelis Moerman
Frederick Klenner

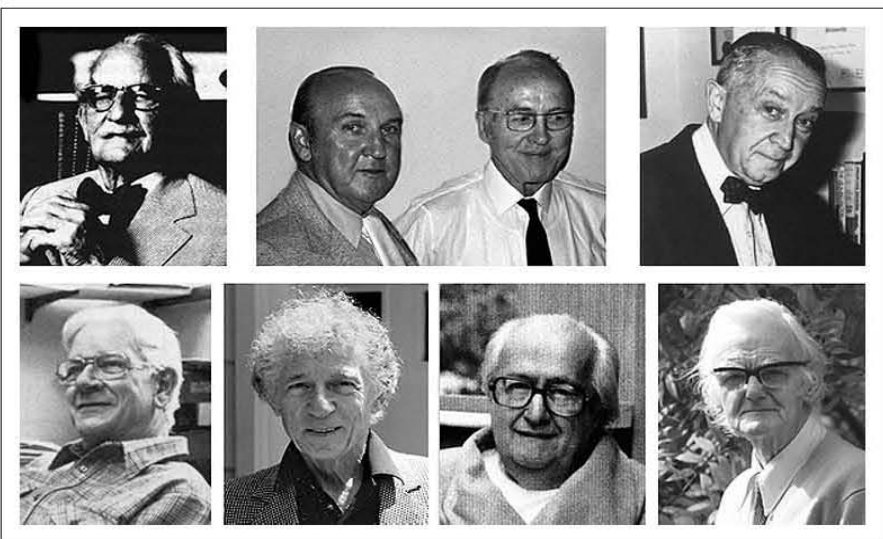
Josef Issels
Emanuel Cheraskin
David Horrobin
Hugh Riordan



2004 Hall of Fame Inductees

Linus Pauling*
William McCormick*
Roger Williams
Evan Shute
Wilfrid Shute

Irwin Stone
Carl Pfeiffer
Alan Cott
William Kaufman
Humphry Osmond



*not shown

Booklet compiled by Andrew Saul, Steven Carter and Greg Schilhab, with sources as noted.