

Humphry Osmond



July 1, 1917 – February 6, 2004

Abram Hoffer ¹

Linus Pauling wrote: “In 1967, I happened to read a number of papers published by two psychiatrists in Saskatchewan, Canada. Dr. Abram Hoffer and Dr. Humphry Osmond. There was something extraordinary about their work. They were giving very large amounts of niacin to the schizophrenic patients, as much as 17,000 milligrams per day, which is 1,000 times the RDA. I was astonished that niacin and ascorbate, with the striking physiological property, when given in very small amounts, of preventing death from pellagra and scurvy, should be so lacking in toxicity that 1,000 times the effective daily intake could be taken by a person without harm. This meant that these substances were quite different from drugs, which are usually given to patients in amounts not much smaller than the lethal dosages. I thought that these substances, normally present in the human body, and required for good health and life, deserved a name to distinguish them from ordinary pharmaceuticals, and I decided to call them ‘orthomolecular’ substances.” ²

Dr. Humphry Osmond’s remarkable medical career included decades of distinguished psychiatric practice and a prodigious output of writing and research. He is widely recognized as a pioneer investigator into the chemistry of consciousness. Along with Dr. John Smythies, Osmond developed the theory that schizophrenics suffer due to endogenous production of an adrenalin-based hallucinogen. This led to the Hoffer-Osmond Adrenochrome Hypothesis in the early 1950s, the very origin of orthomolecular medicine. The popular press may today remember Humphry Osmond for coining the term “psychedelic,” but countless thousands of grateful patients will remember him as the co-discoverer of niacin therapy for schizophrenia.³

Humphry Osmond, good friend and colleague for the past 52 years, died quietly at home surrounded by his family. Since then several obituaries have appeared and in several of these I have been involved. He was featured in the National Post, Toronto, the Washington Post, the New York Times, the LA Times, and the Guardian, on BBC radio and in Google under Images. And of course some of the information appeared in dozens of smaller and less notable news media. Collegium Internationale Neuro-Psychopharmacologicum (CINP) newsletter will also carry one.

Originally I had planned on writing a brief obituary similar to the one I wrote for the Guardian. Then I realized that Humphry’s contribution was too important to be treated so lightly. And after I had written what I thought was a fair and complete account it occurred to me that this could not be just an account of Humphry Osmond since he and I were so closely associated that it is impossible to write about Humphry without at the same time writing about me. We shared our ideas, our work and our responsibilities to our research equally. We each had our areas of

¹ Journal Of Orthomolecular Medicine; <http://orthomolecular.org/history>

² Linus Pauling in His Own Words: Selections from his Writings, Speeches and Interviews, edited by Barbara Marinacci. NY: Simon and Shuster, 1995.

³ A bibliography of H. Osmond’s work: http://www.doctoryourself.com/biblio_osmond.html

expertise but even these were not unique only to one of us. I finally realized that what I must write is a fairly comprehensive account of our research life together, the excitement we shared, the disappointments, the struggles, the attacks from our critics and the support from our supporters such as Linus Pauling, Sir Julian Huxley, Aldous Huxley, Professor H. Kluver, Prof. Nolan DC Lewis, Dr. Walter Alvarez and others.

This report will not be another obituary. I write this, not to mourn his death as we all do, but to celebrate his half-century of creativity and scientific productivity. He changed my life, the life of thousands of schizophrenic patients who are today well and is beginning to change the entire field of psychiatry and medicine. This is an account of the relationship between the two of us.

Rose, my wife, was convinced that things do not happen by chance, that they are “beshared”, meant to be. My good friend William Parsons Jr.⁴ who was the first physician to confirm our 1955 findings that niacin lowered cholesterol levels also uses the term “It was meant to be” when he talks about how my visit to the Mayo Clinic as a guest lecturer in 1956 and a chance conversation with Professor Howard Rome at our Saturday night farewell dinner led to this very important work. For if the Mayo clinic had not undertaken that first study it might have never taken off to become the world’s gold standard for lowering cholesterol and elevating high-density lipoprotein cholesterol levels. Maybe they are both right. And it occurs to me that what happened in Saskatchewan in the spring of 1953 was beshared or meant to be. Whether it was meant to be or not to be it was one the most fortunate events in the history of psychiatry, at least that is my view. With our niacin cholesterol discovery we were very fortunate to have William Parsons Jr. from a prestigious medical group like the Mayo Clinic corroborate our findings. Unfortunately in psychiatry no one equivalent to Dr. Parsons has yet appeared.

One hot, dusty, summer day in Regina, Saskatchewan, a strange constellation of events started to come together. I had been appointed Director of Psychiatric Research beginning July 1, 1950. I would be given time to learn psychiatry. I had completed my Medical Degree, had my PhD in Agricultural Biochemistry and one year general rotating internship and of course knew no psychiatry. That was a major advantage because I did not know enough about psychiatry to be convinced that one could not tackle such a serious topic as schizophrenia. There is a story about Irvine Langmuir, very famous America physicist. He joined General Electric and was told he would be assigned the problem of the incandescent light bulbs that burned out too quickly. They forgot to tell him that this was not solvable, as they had told every previous new physicist. Langmuir solved it by evacuating the air from the bulbs so that the carbon filament did not burn up as quickly. He eventually became head of their research division. No one told me that the problem of schizophrenia could not be solved. The second condition was that I would be able to visit the major psychiatric research laboratories in Canada and the United States. After our tour, I was left with two main impressions. The first was that psychoanalysis was a bust and secondly that the only interesting things I heard were from Nolan DC Lewis, Chair, Department of Psychiatry, Columbia University and from Professor Heinrich Kluver, of Kluver-Bucy fame, University of Chicago who spoke about their research with mescaline. But I did not get any idea how we would start our research. Luckily I soon gave up an earlier idea to start psychosomatic research.

The second major event was Humphry Osmond’s arrival. The chief of Psychiatric Services Branch, Saskatchewan, had been in England interviewing psychiatrists for employment in Saskatchewan. After talking to 70 he was finished, tired and ready to come home but as he was leaving the office of the Saskatchewan Commissioner in London he was told that there was one more he would have to see. Eventually and very reluctantly he said he would see him for ten minutes. He and Humphry finished their conversation 3 hours later and he hired Humphry to be clinical Director of the Saskatchewan Hospital at Weyburn.

Humphry and his close friend and colleague John Smythies⁵ had examined the psychotomimetic experience induced by mescaline and came to the conclusion that it resembled in many ways the experience induced in normal people by schizophrenia. They also discovered that mescaline is similar in structure to adrenalin and that led to their M hypothesis that perhaps the schizophrenic was suffering from an endogenous production of a compound like mescaline and

⁴ Parsons WB Jr Cholesterol Control Without Diet. The Niacin Solution, Revised, Expanded, Second Edition, Lilac Press, Scottsdale Arizona 85252-1356.

⁵ Osmond H & Smythies J, Schizophrenia: a new approach, J Mental Science 98:309-315:1952.

somehow related to adrenalin. When they presented this view to the leaders in the field in England especially at the Maudsley they were rebuffed. Sir Aubrey Lewis was not impressed. Sir Aubrey knew that the problem was not solvable. Humphry was so frustrated that when Jane saw the Saskatchewan ad in the London paper she urged him to look into it. Humphry wanted to get as far away as possible from England and he thought that Saskatchewan was far enough. He thought that as clinical director he would be able to continue his research into mescaline.

During our first meeting Humphry told me about his research. I found it very interesting. It was the first new idea I had heard in psychiatry and it promised to provide us with a map to guide us in our research into schizophrenia. Schizophrenia was our major problem. Over half of our 5000 patients in our hospital system were schizophrenic. Humphry and I became close friends and colleagues that afternoon. At the end of the afternoon he left me his manuscript, which described his research and ideas for further research. This was published in the Journal of Mental Science, England in 1952. Our roles were clear. As Director of Research I would have to take on major responsibility to examine the hypothesis while Humphry had to undertake the very difficult task of bringing one of the worst hospitals in the world into the twentieth century. But from that moment we worked together and shared all our ideas very closely and with no hesitation. The idea Humphry and John Smythies had brought to me was excellent but we had to find a way to pursue it in our search for the schizophrenia toxin which we were convinced really was present in these unfortunate patients. We were convinced that they were biochemically sick.

There is a rule that chemicals with similar structure tend to have similar properties. I therefore decided to study the chemistry of every hallucinogen discussed in the literature. But before I did that Humphry and I laid down a rigorous definition of what was an hallucinogen. We excluded the anesthetics. Using our criteria I found about five natural compounds that were hallucinogens. We included pink or discolored adrenaline that in a few asthmatic medical students caused experiences that were similar to the mescaline experience. When I had finished gathering all the data I wrote down the formula of each one of these compounds except that of the discolored adrenalin. To my delight they were all indoles or like mescaline could theoretically be indolized in the body. In the meantime we applied to Ottawa for a small research grant to help us with our studies.

Our ideas were just as unpopular in Canada as they had been in England. When our proposal came before the committee it was rejected. Half of the members vetoed the idea and the other half supported it. The members who vetoed it were the three senior Professors of Psychiatry in Canada and the three who supported it were the scientific members of the committee. We were given that small grant only because the Chairman of the committee, Dr. C. Roberts sent it to Professor Nolan DC Lewis, Chair, Department of Psychiatry, Columbia University, for his opinion. After he read it he reported back that we must be supported not just for the two years we had requested but also for many years. We got our grant not because our Canadian colleagues supported us but because one of the foremost US psychiatrists had the vision to see its potential. I had visited Dr. Lewis when I was in New York in January of 1951 as part of my research tour of Canadian and US research establishments.

We organized the Saskatchewan Committee on Schizophrenia Research and had our first meeting in Saskatoon, in a small room at the back of the medical library. Humphry and I planned this very carefully. We had to get our colleagues interested in a subject about which they know nothing. We spent the morning talking about schizophrenia, its clinical findings, its significance and how little treatment we knew. Early in the afternoon I presented our hypothesis that indoles could be involved. After I had finished my talk Dr. D. Hutcheon asked us if we would like to know what that pink stuff was in deteriorated adrenaline. We were electrified at his question. He told us it was adrenochrome. He was probably the only scientist in Canada who knew what it was. He had done research for his PhD with this compound in England with Professor Burns. It was an indole. Suddenly we had our adrenochrome hypothesis, which was "Search the body of the schizophrenic patient for adrenochrome", an indole derived from adrenalin. It was pink and similar in structure to the then known hallucinogens. The rest of the afternoon was very exciting as we discussed the implications and how we might tackle the problem. Professor V. Woodford told us that adrenochrome was an enzyme inhibitor of the Krebs cycle and since the B vitamins were involved in these reactions perhaps there was some connection, I did my PhD on thiamin in cereal grains and was familiar with vitamins and their properties. At this meeting the idea of using vitamins arose. Almost everything that originated from our research in Saskatchewan can be traced back to that original meeting and the

adrenochrome hypothesis. And that was the major initial contribution Humphry made. The work he and Smythies did made it possible for us to develop the adrenochrome hypothesis. If Humphry had not come to Saskatchewan it is likely that none of our research would have ever taken off and I would never have become orthomolecular. None of the subsequent contributions that followed Osmond's and Smythies's original observation could have occurred if the hypothesis had not traveled from England to Saskatchewan.

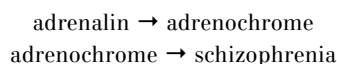
These are the main events, which came together at our first meeting, an amazing series of coincidences:

1. A government, led by Premier T. Douglas, interested in modernizing the mental hospitals and treating their patients better.
2. My presence with my peculiar background, my PhD in vitamins and my ignorance of psychiatry.
3. Osmond's presence with his unique hypothesis and interest in the hallucinogens. And the negative reaction he found in England.
4. Prof. D Hutcheon who had studied adrenochrome.
5. No medical school. No one to tell us what we could not do.
6. At least 400 hundred miles away from the nearest medical school.
7. No committees on ethics or on research.
8. Total support from Dr. G.D. McKerracher, Director of Psychiatric Services Branch, Department of Public Health.

The original M (for mescaline) hypothesis was developed by Osmond and Smythies. Hoffer, Osmond and Smythies formulated the adrenochrome hypothesis.⁶ After 1952 our research was based upon the hypothesis and its various derivatives and is a joint effort of Humphry Osmond and I. We each had our own areas of expertise. We met very frequently, spent many hours on the telephone, met in our homes and in other places, traveled thousands of miles together seeking funds and going to meetings and we published many joint papers.⁷

And of course we did not work alone. We inspired and directed the research in Saskatchewan and depended upon the lead investigators Dr. R. Heacock in chemistry, Dr. N. Agnew in psychology, Dr. C. Smith as assistant director of Research, M.J. Callbeck RN, in charge of research nursing and Irwin Kahan MS who was in charge of community follow up and later first director of the Canadian Schizophrenia Foundation. I will not list all the workers who contributed. They are listed in the many publications arising from this research. As Director of Psychiatric Research I asked each head to contribute fifty percent of their time to the general research objectives and fifty percent of the time to pursuing ideas of their own. My name only appeared on publications to which I had made a major contribution. Had I put my name on every paper coming from our research, a common practice in research institutions, my bibliography would have become much more unwieldy. The research I will describe from here on is therefore the result of the joint effort of many dedicated people all working together toward a common objective, to improve the fate of our patients. The main and overriding objective of the research as long as I was Director was clinical, to improve the lot of all our patients. Humphry and I shared all ideas freely.

The adrenochrome hypothesis of schizophrenia can be written as two simple equations ⁸



This hypothesis can only be supported if adrenochrome is made in the body, if it is an hallucinogen and if any substance, which will neutralize its effect or inhibit its formation is therapeutic for schizophrenia. If these are not true the hypothesis is wrong. We therefore had to create research groups to test each of these sub postulates, a biochemical team to examine the chemistry of these reactions, a psychiatric team to study its hallucinogenic properties and a clinical team to test possible substances that would inhibit this reaction and be therapeutic. In our book *The Hallucinogens* we describe in detail our research.

⁶ Hoffer A., Osmond H. & Smythies J., Schizophrenia: a new approach., II. Results of a year's research. J Mental Science, 100:29-45: 1954.

⁷ A bibliography of H. Osmond's work: http://www.doctoryourself.com/biblio_osmond.html

⁸ Hoffer A & Osmond H, *The Hallucinogens*. Academic Press, New York, 1967.

Is adrenochrome made in the body?

After I discovered how to make pure crystalline adrenochrome our biochemical team led by Dr. R. Heacock studied its properties and the many reactions in which it participated. Dr. Heacock became the world's expert on adrenochrome and its derivatives. Humphry was very pleased with the pure adrenochrome; beautiful crystals which were purplish red which formed a bright red solution which turned yellow when oxidized by the oxygen in the air. I gave him a small amount of the crystalline material. It was so stable it could be stored at room temperature. Humphry had a subtle sense of humor and enjoyed teasing some of our international biochemical colleagues. At meetings he would have the vial in his pocket. He would talk about adrenochrome and after the colleague had finished telling him that it could not be made stable, could not be crystallized and could not be made in the body because of its remarkable instability he would pull out the little vial of crystalline adrenochrome and show it to the discomfited authority.

Before that the preparations were very unstable and had to be stored at minus 40 degrees centigrade. But one day when I was in Vancouver at the faculty club University of British Columbia I had lunch with an English organic chemist and I discussed with him the problems with unstable adrenochrome. He replied that usually unstable organic chemicals were not pure. That was the answer. I suddenly realized that the silver used in converting adrenalin to adrenochrome had not been removed. I immediately wrote a note to my chemist (not Dr. Heacock who had not yet joined us) to take the adrenochrome and to pour a solution of the adrenochrome through a carbon column to strip all the silver out. When I came home I went to the lab to see what had happened and discovered that my chemist had not done it. I was very angry. That afternoon he came to me and showed me the first ever pure crystals. Taking out all the silver had made it stable. Later we sent samples to Prof. Mark Alchule of Harvard and McLeans Hospital in Boston and to Dr. S. Udenfriend of NIMH in Washington DC. Later when NIMH was so anxious to prove us wrong Dr. Seymour Kety reported at one of the meetings I attended that Dr. Julius Axelrod proved that adrenochrome could not be made in the body. He described with glee how his friend and colleague who later got the Noble Prize for some of his other work had asked Udenfriend for a small sample of our adrenochrome. He did not know how to make it himself. Udenfriend would not do so. That did not stop him and Axelrod stole some of the adrenochrome crystals from Udenfriend's laboratory. Kety thought that was hilarious.

Another laboratory developed an assay method for adrenolutin, a reduced derivative of adrenochrome in blood. Adrenochrome is recognized as a constituent of the body and its role in schizophrenia, Parkinson's disease, and other degenerative diseases and in heart dysfunction is being examined. Foster and Hoffer describe this.⁹ On a positive note it is an inhibitor of cell division and is being used for treating cancer.

Our laboratory also discovered kryptopyrrole in the urine of schizophrenic patients and to a lesser degree in other patients. We called it the mauve factor. I will discuss this later.

Is adrenochrome an hallucinogen?

Professor D. Hutcheon synthesized our first few milligrams of adrenochrome and tested its toxic properties in animals. We were then ready to start our psychological studies. Humphry, our expert in hallucinogenic reactions, volunteered to be the first. I injected him subcutaneously with a few micrograms of adrenochrome. There was no reaction and about one hour later Humphry injected me with double that dose. Again there was no reaction and it was his turn to receive double my dose. Eventually we both reacted. Humphry developed minor changes similar to those induced by LSD. I became depressed and paranoid for two weeks. We then decided to be much more careful because of this prolonged reaction. The experiences are described in our book *The Hallucinogens*. A group in Czechoslovakia, using our method for making adrenochrome, conducted double blind controlled studies and confirmed our findings. Since

⁹ Foster HD and Hoffer A: The two faces of L-dopa: benefits and adverse side effects in the treatment of Encephalitis lethargica, Parkinson's disease, multiple sclerosis and amyotrophic lateral sclerosis. *Medical Hypotheses* 62:177-181:2004

then every animal given adrenochrome has shown toxic changes in behavior from pigeons, rats, cats, to spiders and more.

Will compounds that inhibit adrenochrome formation or are antidotes to its toxic effect be therapeutic?

Humphry and I understood that most medical hypotheses turn out to be wrong. But we were desperate to have a better treatment for our patients. We hoped that the hypothesis was reasonably correct and considered how we might reverse the reaction in the body using substances that were safe and could be taken for long periods of time. Schizophrenia is a chronic disease and needs chronic prevention and treatment. At our first meeting of the Saskatchewan Committee on Schizophrenia Research Professor Vernon Woodford told us about the essential role B vitamins played in cell biochemistry. Vitamin B₃, nicotinic acid and nicotinamide, like all B vitamins are extraordinarily safe. It prevents and treats pellagra and had been used sporadically to treat a number of other psychiatric problems, including depression, with some success. It is a methyl acceptor and theoretically could decrease the formation of adrenalin from noradrenalin by decreasing the methyl groups available for adding to noradrenalin. Later we found that nicotinic acid given intravenously to epileptic patients who had been first injected with adrenochrome reversed the abnormal EEG pattern induced by the adrenochrome. It was an effective antidote in these studies. We obtained supplies of pure nicotinic acid, nicotinamide, and ascorbic acid. Vitamin B₃ is a component of the pyridine dinucleotide cycle, which is involved in at least 200 reactions in the body. It takes part in oxidation-reduction reactions.

I think it is very important in testing new treatments that the first one comes out positive. This encourages the investigator to keep on trying. Our first case was positive. I had just received four fifty-pound barrels each containing the vitamins we wanted to test. I took some of that precious niacin to Humphry in Weyburn. As we were visiting the head psychiatrist came in and told Humphry that Kenneth was dying.

A few catatonic schizophrenic patients died and at autopsy no reason was found. Kenneth had insulin coma and ECT, which had not helped. I suggested that we should give him the two vitamins I had brought with me, niacin, vitamin C. We rushed to the ward and found Kenneth in a coma. We promptly put in a stomach tube and poured in 10 grams of niacin and 5 grams of vitamin C. The next day he sat up and drank the mixture and thirty days later he was so well his parents insisted on taking him home. I tracked him down about fifteen years later and found that he could not remember having been in the hospital. He was a contractor and had been Chairman of the Board of Trade of his small community.

We treated 8 schizophrenic patients in pilot trials using 1 gram of vitamin after each of three meals. Two were treated under my care at the Munro Wing, General Hospital, Regina, Saskatchewan and six by Humphry at the Saskatchewan Hospital, Weyburn. All eight responded with recovery. There were no toxic reactions. We then completed six double blind controlled, randomized trials between 1953 and 1960 on adults and two on children and showed that we doubled the two years recovery rate from 35 to 75 percent. These were the first double blind trials conducted by psychiatrists. It led eventually to orthomolecular medicine and psychiatry, which is beginning to flourish and is used world wide but only to a small degree.

Reducing substances will inhibit the oxidations of adrenalin to adrenochrome. Ascorbic acid has been used to stabilize adrenalin solutions but it does not do this very well. We did not conduct any double blind controlled studies with ascorbic acid but I use it routinely for all my schizophrenic patients and am convinced that it adds to the quality of the recovery. In 1952 a woman dying from breast cancer was admitted psychotic with a serious infected ulcerated breast area followings mastectomy. Her psychiatrist was going to start her on ECT¹⁰ for her schizophrenic psychosis. I asked him to wait for a few days and he agreed to wait for two days. I gave her ascorbic acid 1 gram every hour. She started on Saturday morning and on Monday when she had been given 45 grams her psychiatrist found her mentally normal and discharged her. Her ulcerated lesion had started to heal. In this case there is no doubt that the ascorbic acid cured her psychosis. She died 6 months later but remained mentally normal.

¹⁰ ECT, electroconvulsive therapy

Other reducing natural compounds ought to have similar properties. This includes glutathione, N-acetylcysteine, and vitamin E. There are indications that they are helpful but no controlled trials have been reported. Recent studies show that schizophrenic patients have low blood levels of the antioxidants albumin, uric acid and bilirubin.

The adrenochrome hypothesis generated a tremendous amount of criticism and hostility from the establishment led by the National Institute of Mental Health, Washington DC, and the American Psychiatric Association. They claimed that adrenochrome could not be made in the body, that it was not an hallucinogen and that vitamin B₃ had no merit in treatment. These powerful institutes were wrong on all three counts but their opposition effectively suppressed research into this area for the last 30 years and only now is it beginning to come out of the shadows into which it was forced by these associations.

The following anecdote illustrates the American Psychiatric Association reaction to our niacin schizophrenia claims. In 1960 I was made a Fellow in the APA because that year Dr. Ewen Cameron was President of the APA, of the Canadian Psychiatric Association and the World Psychiatric Association. The APA was holding its annual meeting in Montreal. It was politically wise to upgrade Canadian members. But I played no role in the APA. In 1971 I received a letter from the President of APA advising me that a complaint had been registered against me by a member that I was promoting a treatment not recognized by the APA. Their committee on Ethics had instructed him to reprimand me and to ask me to cease and desist. This annoyed me but was not a threat as I did not have to be a member to practice. I wrote requesting the name of the complainant and reason for their complaint, which the APA would not give me.

I pointed out that in conformity with APA by laws, before they had judged me I should have had the opportunity of appearing before them and I demanded a hearing before their committee. The president replied that they were short of money and that the meeting could not be held for another year. Eventually they agreed to meet with us in Washington, DC.

We met with their committee, which included their legal council. At the onset I opened the meeting by telling them that they had no jurisdiction over what we wrote or did and that the correct committee to have considered the issue was the committee on therapy and not the committee on ethics. They replied that they were wearing two hats. One hat was as the committee on ethics and the other hat was that they were simply our colleagues and were interested. I answered that in that case I only accepted the collegial hat and we were prepared to spend the whole day discussing our work with them. We debated all morning. It was obvious that they had not done any of their homework. They had not read our papers, and they knew nothing about vitamins but I did discover that the complainant, still unnamed, had objected to a paper I had written called Five California Schizophrenics in which I gave the case histories of five patients who having failed to get well on the best standard treatment recovered when they are given orthomolecular treatment.¹¹ At the end of the morning they asked us to wait for a few minutes while they would decide what to do. They came back much later and announced that they had not been able to come to a decision and would let us have it in two weeks. I still have not heard from them. They realized they had no case that their action had been inappropriate but they were intelligent enough not to give us an answer because had they announced that we had been ethical we could have used this against our critics. But APA did not forget and eventually in their infamous task force report destroyed for four decades the possibility of improved treatment for schizophrenic patients. I resigned my fellowship in the APA on the basis that its action had been inappropriate, unethical and an attempt to censure papers long after they had been published.

Humphry Osmond friend and colleague

In 1975 I wrote on the cover of "Understanding Understanding" by Humphry Osmond with John A. Osmundsen and Jerome Agel the following "Understanding Understanding is a marvelous history of two decades of research which opens wide the road toward an understanding of man. For nearly the same length of time Humphry Osmond and I have worked together in what we both consider has been a very fruitful assault on schizophrenia. Reading this

¹¹ Hoffer A: Five California schizophrenics. J Schizophrenia 1;209-220:1967.
see: <http://orthomolecular.org/library/jom/1967/toc3.shtml>

fascinating book brought back the memory of this search. I am sorry that other readers cannot share the same excitement of our explorations, but they will at least understand how one man has been able to open up so many new areas for scientific exploration, from science of personality of man Typology, to a science of groups, mathematics, to a science of social architecture, to an experimental exploration of schizophrenia and finally to a new branch of medicine, orthomolecular psychiatry". In this review of our long relationships I hope to convey some of this excitement that characterized our joint effort for over 50 years.

Our professional and personal relationship was so close that it is impossible to sort them out. Humphry was a highly gifted creative thinker and therefore scientist. Given a set of facts he could explore what would be the outcome if these facts were true. But he did not leave it at that. He also was able to choose which were the best or most testable ideas. Linus Pauling once asked a Noble Prize physician how he had been able to have so many good ideas. He told Linus: "That is not the problem. You have thousands of ideas and you throw away the bad ones." This is what we did in our collaboration. Humphry's ideas all arose from his desire to improve the care and treatment of the mentally ill. When he realized that the structure of the hospitals, those terrible human depositories, had such a marked impact on him and others he began to think about the effect it must have on his patients and what could be done to remedy this. We spent hours and hours talking about these ideas and how we might approach it.

Humphry would examine these ideas from every angle and would discuss them with anyone he valued and he made these discussions very interesting. He had many ideas that we simply could not follow up with our limited resources. Our correspondence is full of these ideas and how they might be used but we always had to come back to do what we could do and we had to select the most important and feasible projects.

Joe Izumi, architect

Humphry had a remarkable gift of bringing the best out of his associates. Some of them he sought out because of the work they had already done and others he became associated with in the research and in his other activities. One of these was Joe Izumi, the Regina architect. Humphry was very concerned about the effect of the hospital design, the huge awful wards, the lack of privacy, and the inhumane treatment that the patients were getting. Joe was retained to reconstruct some of the wards of the hospital. This was one of the first efforts to bring order and humanity into the hospital. Joe and Humphry got along very well and soon became a powerful team for reevaluating the impact of design on patients. Our LSD studies lent themselves to this since normal volunteers could be exposed to the impact of disordered perception. One could really explore the impact of a room upon patients whose perceptions were distorted by their illness. Or the impacts of walking down a long interminable corridor on patients who already are suffering from their perceptually unstable world. Humphry's ideas on space-time are described in his book "Understanding Understanding" (see Chapter 4, The Special Worlds of Space-Time).

Joe volunteered to take LSD and to spend time in the hospital to study first hand the effect of his experience. I gave it to him at the University Hospital in Saskatoon at that time the best hospital in Saskatchewan. After the session he stayed with us overnight. Humphry gave it to him at the Saskatchewan Hospital in Weyburn, at that time one of the worst three hospitals in the world. Profiting from their experiences they designed the circular hospital and two were built, the first in Saskatchewan, at Yorkton and the second at Prince Albert.¹²

They were designed to house patients in comfort until they were well enough to be discharged and to remain in the community. They were to be hospitals, not first aid stations. These small treatment hospitals were to be an essential component of what came to be known as the Saskatchewan plan. But the introduction of tranquilizer drugs altered the function of these hospitals to the point that they need not have been built. Patients were admitted, medicated and discharged with little attention to whether they had been given enough time to recover. The revolving door policy had arrived and is still very active. With modern tranquilizer treatment the same inadequate results of treatment can be obtained no matter what the quality of the

¹² Izumie K and Osmond H., Community Mental Health Center/Research Orientation Situation, 34-61, 1967, Mental Health Materials Center Inc. 104 E 25th St, New York, New York 65-24900, Library of Congress, 65-24900. Sponsored by NIMH.

housing. The recovery of schizophrenia cannot be rushed. It takes the body a long time to stop making excess adrenochrome and to clear the effect of this toxic compound that has been present for so many years. The hospital at Yorkton won the silver medal for design from the American Psychiatric Association.

Professor T.T. Paterson, Consultant in Administration

As clinical director and later superintendent of a large hospital Humphry was very concerned about the administrative organization of his hospital. I think the problems he had with the previous superintendent and business office made him aware of the importance of good administration on the welfare of the 2400 patients. He read the book by Tom Paterson *Morale in War and Work*, Max Parish, London 1955. In this book Professor Paterson was asked to advise a solution to a military airport in England that had an enormous number of accidents. Paterson had a commission in all three of the armed services. His study and solution was a classic. Humphry invited Dr. Paterson to come to Weyburn, to study the administrative problems they were having and to advise on how they might be corrected. Paterson was with the department of Industrial Administration, University of Strathclyde. Paterson and Osmond were very much alike and when they were together the creative sparks literally flew from them. Paterson became very close involved in our entire research program and we published his paper "Aesculapian Authority and the Doctor-patient Relationship".¹³ Tom Paterson joined us in pursuing our interest in parapsychology and became good friends with Eileen Garrett. No one ever was bored in the presence of Humphry and Tom. Professor Paterson eventually retired to Vancouver BC and left us his distinguished son Eric Paterson, excellent orthomolecular physician and contributor to theory and practice.

Most of our meetings were professional. We attended the meetings of the Saskatchewan Committee on Schizophrenia Research which met at least two, often three times each year. These were also research meeting for our research staff from the four hospitals which housed the research. They usually ran for about two days. Each senior scientist would report what they were doing and these would then be discussed. We also had formal presentations. Humphry was a very good speaker but when he became interested in a topic he lost track of time. As he was speaking one idea would lead to another but in every case he would eventually lead back to the original point he was making. I was always chair of these meetings. Times were allocated to each speaker but I always gave Humphry more time because if given 30 minutes he would still be speaking 45 minutes later.

We traveled together a lot to meetings in Canada, the United States and Europe. Often we would share hotel rooms to save money. When we were not talking or after some discussions Humphry would bring out his note pad and using his own short hand, often on onionskin paper, record his ideas and what had happened. He must have an enormous accumulation of these notes and letters. Often his letters to his family contained an account of the days and weeks events. These were wonderful times in which to share ideas about our research and plans for the future. We also met socially in Humphry's house at Weyburn and in our home in Regina and after we moved to Saskatoon to our home on University Drive. We did not play golf together nor bridge as these were not our main interests. We spent less time talking about other matters that Humphry found very interesting such as philosophy and poetry. We often met midway between Saskatoon and Weyburn so that we could go over what we were doing. And there were innumerable phone calls at a time when long distance calls were still considered emergency calls and not merely used to socialize.

As a result of our psychedelic studies we were invited to attend two meetings in Princeton, New Jersey. These were arranged and paid for by the Josiah Macy Junior Foundation for whom Dr. Abramson worked. Dr. Abramson had been my professor at University of Minnesota when I was working toward my PhD. He was an expert on the properties of surfaces. After the war he took his medical degree and much later I discovered that the Josiah Macy Foundation was one of the front organizations of the CIA. These two meetings were very helpful as they brought together a

¹³ Not by Tom Paterson, but by his son, Eric T. Paterson, "Aesculapian Authority and the Doctor-patient Relationship", *The Journal of Orthomolecular Medicine* Vol. 15, 2nd Quarter 2000; see: <http://orthomolecular.org/library/jom/2000/articles/2000-v15n02-p082.shtml>

large number of scientists interested in studying LSD from England, the United States and Canada. Humphry and I were both there. We met Dr. Allan Cott and Dr. Jack Ward who both became very enthusiastic orthomolecular practitioners and later were very important teachers during the many weekend sessions we held in the United States. Humphry and I were at no time asked to do any research for the foundation. We received no honoraria but our out-of-pocket personal and travel expenses were covered.

We fought for each other. A few years after Humphry was made Clinical Director of the hospital in Weyburn he was under so much pressure from the superintendent that he felt he would have to leave and return to England. The superintendent was not supportive which would have not been so bad but he was actually hostile and tried to prevent Humphry from doing what he had been appointed to do. Humphry told me that he had decided to leave and several of the other psychiatrists who had come from England would also leave. I asked Humphry to hold his decision until I had a chance to talk to Tommy Douglas, premier of the province. I received permission from my chief, from the deputy minister of health and from the minister of health and met with the premier. I explained the situation to him but I was honest and forceful and I added that in my opinion the hospital at Weyburn which had just built a new barn for livestock was doing a better job of looking after their livestock than of their patients. Mr. Douglas who had always been very supportive then told me to tell Humphry that the government's plans were made, that Humphry would soon be made superintendent and that the superintendent who was blocking him would be moved. I passed the good news on to Humphry.

Humphry was very kind and forgiving. He had a lot of trouble at first when he started at Weyburn and found the attitude of both the medical staff and nursing staff hostile. But as he continued to work with them he realized that they were doing the best that they could under very difficult circumstances and he spoke very highly of their efforts. He was very forgiving of the many critics who attacked our work. I cannot recall Humphry being hostile or angry toward anyone. He was very genial company, was humble and would talk to any one irrespective of their status.

After ten years in Weyburn Humphry decided to return to England. I am not certain of all the reasons. Jane was not very happy living in a very small agricultural town on the grounds of the hospital. They were worried about the education of their three children. And Humphry had been promised by some of his English colleagues that if he went back to England they would help him obtain research funds so that he could continue his work. I think also Humphry felt he was not being appreciated enough by Dr. D.G. McKerracher. In 1955 after the first complete medical school was created Dr. McKerracher invited me to become assistant professor of psychiatry in research and to move to Saskatoon. He did not extend that invitation to Humphry and I know Humphry was hurt by that. I think he should have been made professor but I think he was considered too valuable to move him from this position as superintendent. When he did leave the government of Saskatchewan gave him a major farewell dinner.

Humphry and I have not ever had any major disagreements. But when I was offered a Rockefeller Foundation Travel Fellowship in 1954 and took off for Europe with Rose and our 10-year-old son Bill, Humphry was disturbed. He thought that my absence for three months would slow down the research. He did not want me to leave. I assured him that it would not. That was the closest we came to any disagreement.

After returning to England, back to his house South West of London he found that the pledges made to him by his friends could not be met and for the next year Humphry was unemployed. During that year we wrote an enormous number of joint papers. About that time Dr. Joe Tobin, Director of Research resigned and he recommended that I be offered the position. Joe Tobin and I were very close friends for several years. However I did not think I was suitable for that job, nor did I want to leave Canada. I urged them to consider Humphry who I thought would be superb. Humphry was interviewed and he accepted the offer to take over direction of the research unit that had been created first by Professor Nolan D.C. Lewis and later by Dr. Joe Tobin. We still kept our close relations and cultivated that with numerous letters and phone calls. My letters have gone to the Hoffer collection, Provincial Archives located on the campus, University of Saskatchewan in Saskatoon. I think we accumulated over 12 feet of shelf space. Several people studied these archives to obtain higher degrees.

They dealt with the history of Psychiatric Services in Saskatchewan and with our use of the psychedelic experience first to explore the world of the schizophrenic and later for treating

alcoholic patients in our hospitals. Whenever I went to New York, about 3 to 4 times each year, I would meet Humphry either at his research unit in the mental hospital near Princeton or he would come to New York. We still continued to meet at meeting of the Huxley Institute of Biosocial Research. Humphry was on the board and we met about 3 to 4 times each year. Humphry authored and coauthored many reports with me and 42 appeared in our journal.

In 1971 Humphry returned to England for the inaugural meeting of the Schizophrenia Association of Great Britain. This was a joint meeting with the American Schizophrenia Association. Mrs. Gwenneth Hemmings was very interested in starting in England. It is today alive and functioning very well. This was one of Humphry's direct contributions to his homeland.

Off shoots

The adrenochrome hypothesis has been and still is very fruitful in developing new idea in many fields in medicine, not only in schizophrenia. I will refer to them briefly.

Research with the hallucinogens

Dr. John Smythies and Humphry began to correspond with Aldous Huxley. Aldous wanted to experiences the reaction to mescaline. We had not yet started to work with LSD. The American Psychiatric Association was holding its annual meeting in Los Angeles in 1952 and Humphry and I planned to attend. Rose and I went to Hamilton, picked up a new car through my brother in law Ed Vickar and drove down route no 66 to Los Angeles. Humphry had agreed to give Aldous some mescaline at his home after the meeting was over and Rose and I left the city. While we were there we had dinner with Aldous and Maria in there lovely home on one of the hills in Los Angeles. Also present was the great hypnotist Dr. Milton Erickson. The result of that experience is now known world wide and culminated in the two famous Huxley books.¹⁴ Aldous and I were friends but our relationship was not as close as it was with Humphry. A large part of their correspondence has been published. In his book *Doors of Perception* Aldous Huxley referred to our work in a little footnote. When Rose and I toured Great Britain in 1954 to visit research centers my name was already fairly well known just by that little reference. I met Aldous several times after that but our relationship was primarily through Humphry and by correspondence. But through Huxley Humphry met Eileen Garrett, Parapsychology Foundation and Bill Wilson cofounder of Alcoholics Anonymous.

Eileen Garrett, President Parapsychology Foundation

Mrs. Eileen Garrett was a most remarkable person, a famous parapsychologist and President of the American Parapsychology Foundation with headquarters in New York City on 58th street. She had the remarkable gift of seeing aura around animate and inanimate objects. As a child she thought of course, that this was the way it was for everyone and later discovered how much trouble that gift created for her. She was a healer and had been consultant to the Chief of Psychiatry at the Roosevelt Hospital in New York. She would be called as a consultant on very difficult cases. I visited her in New York as often as I could. She had a very good library which I enjoyed examining. I remember meeting a tall physician who was using large amounts of vitamin C. I think it was Fred Klenner but am not sure of this. He was the first physician who used enormous doses of vitamin C for cancer, for terrible degenerative diseases. She came to Saskatoon to visit me. We invited a medical friend to spend the evening with us. Eileen realized that he was very skeptical. Suddenly she asked him Dr. what is the problem with your right elbow. In surprise he said that during the war shrapnel had wounded him. Then she followed up and what about your left knee. By this time he was very surprised because that was the second place he had been wounded. She was able to see changes in the color and intensity of the aura.

I visited her in Florida over Christmas for a few days. One afternoon I came down to the living room mid afternoon. It was very dark but Eileen was reading a book without the lights on. I asked her why did she not turn on the lights. She replied that it is never dark and she had no

¹⁴ Aldous Huxley, *The Doors of Perception and Heaven and Hell*, 1954, 1956, Harper & Brothers: see Wikipedia: http://en.wikipedia.org/wiki/The_Doors_of_Perception, and [http://en.wikipedia.org/wiki/Heaven_and_Hell_\(essay\)](http://en.wikipedia.org/wiki/Heaven_and_Hell_(essay)); pdf online at: <http://www.mescaline.com/aldoushuxley-doorsofperception.pdf>

trouble seeing the print. This really aroused my interest and I spent the rest of the afternoon and evening quizzing her about this unusual gift. She told me that it was never dark outside because everything had an aura. Dark warm pavement glowed; trees were surrounded by an aura. I wondered whether she was able to see into the infrared spectrum, beyond the range that the rest of us can see. It would be like having a night scope with you all the time. In 1960 she hosted an international meeting on parapsychology in New York City and we were invited. This was an entirely new field for me and I found it difficult to follow but interesting. Later she called another international meeting this time at a villa, which was her summer home on the Mediterranean in France.

As usual Humphry was very interested in these Paraphenomena and explored them with great enthusiasm. For example he would try to understand why the subject was so difficult. People claimed that their loved one were able to speak to them after death. Scientists have never accepted this for they demanded proof that the communications actually came from the relatives. But Humphry using thought experiments would ask himself if I were on the other side how could I prove to someone still on earth who I was and how I was getting along. Try this as an experiment. Assume you are talking to some one via telephone and you are trying to convince him who you are. What would you have to say? It could only be done with shared experience that only the two of you knew. In early 1960's when Humphry was in England he received a strange telephone call from a woman. She told him that her son was schizophrenic and was not doing very well. She was very disturbed. But one night in her dream she saw the word niacin. She did not know what it meant. Had never seen it before and paid no attention to the dream. A few weeks later she had the same dream. This time she took it seriously. She discovered what the word meant and located our book *How To Live with Schizophrenia* which had been published by Donald Johnson in England. She promptly obtained a supply, gave it to her son and he began to improve. Then she called Humphry.

Bill W. – Cofounder Alcoholics Anonymous

I first met Bill W. cofounder Alcoholics Anonymous at the New York meeting. He was sitting on my right and Humphry was on his right. Humphry and I were experimenting with leukoadrenochrome. This is a non-toxic reduced derivative of adrenochrome which Dr. R. Heacock made in our laboratory. We wanted to study its properties. I can not remember our reasoning but I am fairly certain we felt it was not an hallucinogen. We made 3-milligram sublingual tablets. We tested it on a number of friends and colleagues and it either did nothing or had remarkable anti anxiety properties. We even interested one of the major drug companies who made a batch using our formula and we ran a long series of tests. But they eventually would not take it on because its action was not predictable. Drug companies like drugs that always do something even if it is bad and undesirable for then they are sure it has activity. Our research is described in our book *the Hallucinogens*.

As we were sitting listening to the proceedings Bill W. remarked to Humphry that he was very tense and we could see that he was not comfortable. Humphry promptly gave Bill one of these 3-milligram tablets. Bill placed it under his tongue and about 20 minutes later he turned to Humphrey and said now I know what you are talking about when you say you are relaxed. It had a remarkable effect on him. We left him a substantial supply and he used it for several months but eventually we ran out and decided that we could not pursue it any further. Bill was once more in trouble with his moods. By then the three of us had spent many hours talking about our research, about Alcoholic Anonymous, about our use of LSD for treating alcoholics and our use of niacin, which was beneficial for many of the patients. Bill was very impressed and he began to take niacin 1 gram after each meal. Two weeks later he was free of his chronic tension and depression. He remained on this vitamin until he died. He was so enthusiastic that he began to hand it out to his friends in AA who also suffered many symptoms of mood disorder even though they were not drinking.

One evening when I was visiting Bill at his hotel he suddenly produced thirty charts and he said that he wanted to show me the results of his research. I was surprised and pleaded. He told me that he had given the niacin to 30 members of AA. After one month ten were well. After two months another ten were well but the last ten had not responded. This was remarkably like the data I had been seeing. Bill W. outlined the value of our work with niacin as a treatment to members of the International Doctors in AA and that spread the idea throughout AA. Bill W. had to do this outside of his association with the International Board because they were violently

opposed to Bill talking about vitamins.¹⁵ One of the doctors on the board was violently opposed to the idea that niacin could be helpful but their main concern was that Bill was not a doctor.

Bill wrote two pamphlets called *A Communication to AA Physicians*, the first one in 1965 (green cover). It had a limited circulation and was followed by the second one in 1968 (yellow cover) and the last one (white cover) by Drs. Edwin Boyle Jr., David Hawkins and Russell F. Smith. Dr. E. Boyle was one of the first American physicians, then working at NIH, who helped plan the Coronary Drug Study which established niacin as the gold standard for lowering cholesterol levels. David Hawkins and Linus Pauling coauthored the classical book *Orthomolecular Psychiatry*. The first clinical meeting on orthomolecular psychiatry was held in Long Island at Brunswick Hospital where he was in charge of the department of psychiatry. Russell Smith was clinical director of a large hospital in Detroit, which specialized in treating alcoholics. In the introduction they wrote “Bill’s first inspiration had a profound impact throughout the world as evidenced not only by the growth of AA itself and its effect on the field of alcoholism, but also its impact on the field on mental health in general, with AA type group therapy having become the foremost successful treatment modality. Bill and those close to him felt that he had a second inspiration when he recognized the importance of certain vitamins in returning the brain of some alcoholic to normal functioning. It was Bill who saw the far reaching implications of this discovery and brought it into awareness. This again, is already having an impact on the entire field of mental health. The scientific importance of this discovery was recognized by the brilliant Nobel Prize winning Professor Linus Pauling, who termed this new development *Orthomolecular Psychiatry*”.

Because of Bill’s interest many AA doctors became powerful advocates of orthomolecular medicine. The AA International Headquarters rejected Bill’s ideas because not being a doctor he had no right to talk about vitamins. To help him the Huxley Institute of Biosocial Research gave him a small grant to pay for secretarial and other expenses. The AA doctors decided to test our claims and without any demand for double blind controlled studies they created a committee. Each member of the committee tried niacin on themselves and the result was so beneficial they approved its use. Bill W. with his enormous influence was a major player in the development of orthomolecular medicine. He even resurrected the name Vitamin B₃ to replace niacin and niacinamide. While preparing his material for distribution he asked us whether there was another name for it. He did not think that using the current names would help. I remembered that in 1937 when I took my first class in biochemistry professor Roger Manning had discussed the vitamins in the order in which they had been discovered. The first was vitamin A, then vitamin B. But it turned out that vitamin B consisted of a number of vitamins. The first was thiamin, the second riboflavin and next in line was niacin, which was number three. I suggested he call it vitamin B₃. This is now the accepted common term.

Bill Humphry and I were involved in an unusual series of events. Humphry was the Director of the Bureau of Research in Neurology and Psychiatry, New Jersey Neuropsychiatric Institute, Princeton, New Jersey and lived in one of the buildings while Jane remained in England. Whenever I went east I would slip down to Princeton and visit with Humphry for a few days. One evening we met with Bill at his hotel. I had invited the medical director of a company to come as well. This physician had asked me to be a consultant on a product for which they had the patents called NAD. It was specially formulated so that it was not digested and destroyed in the stomach. The company had been exploring it as a treatment for alcoholism and had applied for a patent but the data needed a lot of work. As soon as I learned that such a compound was available I became very interested, not in using it for alcoholics but in using it for treating schizophrenia. I had been dreaming about it for a long time but was never able to obtain any and the pure product taken by mouth was not active. The company agreed to provide me with adequate supplies.

The results on our patients were remarkable. It would produce the kind of response in several days that I would expect in several months from vitamin B₃. Eventually the company decided that the new patent would be very valuable and decided that I was no longer needed. We terminated our relationship. I sent them my final report and informed them that I would briefly refer to NAD in my talk to be given at the Waldorf Astoria on the mechanism of action of the hallucinogens. I was going to insert one sentence as part of my argument. I told the company.

¹⁵ Hartigan F: *Bill W.: A biography of alcoholics anonymous cofounder Bill Wilson*, St. Martins Press, New York 2000.

They wanted me to eliminate that sentence stating that it would be an infringement of their trade secret. They offered to pay me an enormous sum of money if I would keep quiet.

After visiting Humphry I went back to New York to prepare for my talk. That morning the company's lawyer called my hotel. He said he was with the Richard Nixon firm and wanted me to come to their office on Wall Street to discuss the matter. Fortunately I called the lawyer for the nascent American Schizophrenia Association instead. He advised me to come to his office, which was across the street from the Richard Nixon firm. My lawyer and the company lawyer debated the issue vigorously for half a day and eventually the company lawyer consulted with the company president who ordered him to withdraw the action. Had I gone to their office I would have been served with a subpoena forbidding me from giving my talk at the hotel. I discovered later that process servers were waiting at each entrance to their building. They really had no grounds for action. My lawyer then advised me to hide until my lecture. He said that the Nixon firm was honorable and would keep their word but there was nothing to prevent the company from seeking another firm and starting again. I immediately called Bill at his hotel and asked him to get me a room. I called Humphry who was coming in that afternoon and asked him to go to my hotel to pick up some things for me and bring it to Bill's hotel room. Humphry thought this was great. Then my lawyer escorted me down into some subterranean tunnel with a private door into the subway. Once I mingled with the crowds I was safe. In true spy fashion Humphry watched very carefully to see if he was being followed. He walked around the block, which housed my hotel, the Roger Smith on Lexington Ave, three times before entering. I called John Osmundsen, Humphry's good friend who was senior science editor for the New York Times. I told John that I would be speaking and that there was a chance that I would be served with a subpoena before I could give my lecture. John promised he would be there. I think he was excited by the prospect I might be prevented from talking.

John A. Osmundsen was a journalist who had worked at the New York Times, Life and Look Magazines, on Public Broadcasting Television and many other institutions. He was senior science editor for the Times.

The next morning I gave my talk. The following day the New York Times carried a full-page story on the first page of the second section describing my findings. That event marks one of the major turning points in orthomolecular psychiatry. For within a few days both Humphry and I were receiving enormous numbers of letters, first from the east coast, then they [came] from places further west and in a few days from the Far East. I received as many as three hundred letters per week and had to hire another secretary to handle the load. Humphry and I kept these letters and later when we were organizing the American Schizophrenia Association we sent an appeals letter to all the people who had written to us. Within a few weeks we received about \$70,000. This was a remarkable 6% yield. With this money we were able to establish the American Schizophrenia Association.

Bill W. was convinced that niacin should be an essential element of the AA program because it healed the members of their chronic tensions, depression, pain and fatigue. Probably these symptoms were the main reasons why they became alcoholics in the first place. He told Humphry and me about a home in Detroit called Guest House. This was a treatment center for alcoholic Catholic priests. It had been the private home of a very wealthy Detroit resident. We asked Bill whether it would be possible to visit the Guest House. He arranged this and sometime later we and Bill were guests of this lovely home for a couple of days. The priests were all members of AA. One of the priests, a faculty member of Fordham University was delighted to meet us. He had suffered from severe Migraine all his life but soon after he started taking niacin his migraine headaches were gone. He immediately became a convert and began to proselytize niacin even more than Bill W. He was called Father Niacin and they called me Doctor Niacin. I was more closely identified with niacin than Humphry was because I was more closely involved in the clinical trials. I was so well known in Canada that one day a letter arrived addressed to Doctor Niacin. The post office had readdressed it. Guest House was described in the book Fannie Kahan wrote for both of us called "New Hope For Alcoholics", University Books, New York, 1966.

Father Niacin later arranged a meeting at Fordham University to discuss the use of niacin in treatment. At that time we had an active schizophrenics anonymous group in Saskatoon. Two of their members came to the meeting and using the usual AA format told the audience about their own recovery from schizophrenia.

John Smythies

Osmond and Smythies first studied the mescaline experience because they wanted to know more about schizophrenia. After A. Hofmann discovered lysergic acid diethylamide (LSD) studies of its hallucinogenic properties quickly spread through North America and Western Europe. It was used to mimic psychosis and was called psychotomimetic. That is how we first used it in Saskatchewan. Every volunteer who took it exposed himself to a transient short lived psychosis which could be terminated quickly when necessary by giving them niacin either intravenously where it worked more quickly or orally. Osmond was our senior expert in these studies. In order to study the phenomenon more intensively we called for volunteers, mostly university students. A few scientists also came, as did some journalists. They were much more enterprising than were psychiatrists but several of our psychiatric colleagues in Saskatchewan also volunteered. Volunteers were not paid. They were selected very carefully. After they volunteered they were examined carefully to make sure they were not schizophrenic as we did not want to give it to any one who was or might become schizophrenic. We also excluded relatives who had first order schizophrenic relatives. After this examination they were advised to think about it for one month and if they still wanted to do it they would be accepted and given the experience in a controlled setting, usually a hospital. This is probably why we had no major adverse after effects in the ten years or so that we were studying these compounds.

My first call for volunteers was made in Regina in 1953. Neil Agnew, research psychologist, was the first volunteer. We invited a number of junior members of the Regina Board of Trade to come to the hospital. I outlined what we were doing and why. To my amazement every one volunteered. From that study Agnew and I published a report with evidence that we could terminate the experience using either niacin or niacinamide. Our policy was not to give these drugs to patients. Schizophrenic patients have enough trouble with their illness and we saw no need to make them worse. This is in sharp contrast to studies in New York state where LSD was given to schizophrenic patients. But eventually we became interested in treating our alcoholic patients. One day after a long, tiring and boring noisy flight from Saskatoon to Ottawa in an old North Star with Roils Royce Engines, Humphry and I arrived at our hotel exhausted and nearly deaf and I had a severe cold. Many years later I diagnosed myself more accurately as having had allergy to milk and after that discovery have had no more colds. I could not sleep that night. At 4.00 AM it occurred to me that perhaps we might help alcoholics by giving them a controlled DTs experience.¹⁶ In Alcoholics Anonymous it was accepted that hitting bottom was often a prerequisite but natural DTs was dangerous with a high death rate. No drugs were then available. The problem with natural DTs was that too often after they recovered they remembered little of what had happened. I thought that if we could induce a terrible, a real psychotomimetic experience, which might resemble DTs, they would recover from the experience with a perfect memory of what happened and that this might get them ready to join AA. When Humphry awoke I immediately talked to him about it and we both agreed it was an idea worth trying. Humphry had several alcoholic patients in his hospital that had been committed. We wanted to induce a psychotomimetic transient experience using LSD. We found that we had to use 200 micrograms whereas normal volunteers responded to 100 micrograms.

After Humphry had treated about five patients he told me that they were having difficulty giving their patients this terrible experience. Some of the patients were having an unusually pleasant experience. This had occurred so frequently that Humphry concluded it was a new phenomenon and that it needed a name. He had given Aldous Huxley mescaline in his home in California in 1953. I think watching what happened to Huxley and his own experience with mescaline and LSD sensitized Humphry to this different type of experience. Almost every one believed that LSD made everyone psychotic. Humphry finally concluded that the term psychedelic best expressed what was happening. He announced the name and described the experience in his paper to the New York Academy of Science in 1957. Since then he is best known internationally for the name and for having been the pioneer.¹⁷

¹⁶ [DTs, Delirium tremens]

¹⁷ The term psychedelic is derived from the Greek words ψυχή (psyche, “soul”) and δηλοῦν (deloun, “to manifest”), translating to “soul-manifesting”. The term was first coined as a noun in 1957 by psychiatrist Humphry Osmond as an alternative descriptor for hallucinogenic drugs in the context of psychedelic psychotherapy. Seeking a name for the experience induced by LSD, Osmond contacted Aldous Huxley, a friend and advocate for the therapeutic use of the substance. Huxley coined the term “phanerothyme,” from the Greek terms for “manifest” (φανερός) and “spirit” (θυμός). In a letter to

Psychedelic therapy was taken up very quickly by many centers and flourished until governments shut it down. Humphry and I advised our government not to do so but they preferred to listen to the advice of our naysayers and critics who had never studied the phenomenon. The result was that we all stopped treating our alcoholics this way. It became impossible to get LSD and to use it responsibly except of course on the streets where it has always been available and not in the pure form that Sandoz provided. But it is not fair to Osmond to consider only his work with psychedelics. His most important work originated from his original idea that he seeded in the hospitable research soil in Saskatchewan in 1952. This was the impetus for the major research we all did culminating in orthomolecular psychiatry, the new paradigm. The literature on psychedelics is vast and growing quickly and the BBC and the National Film Board, Canada, made videos describing its history. It is slowly coming back into use in the United States, against immense opposition. In our book *The Hallucinogens* we described in careful detail the experiences induced by LSD. B. Stefaniuk, psychologist working with Dr. Osmond in Weyburn, collected this information.

Mescaline and Peyote Buttons

Our LSD studies in Regina created an opportunity to study the Native American Church of North America. In the mid 1950's while I was still working at the General Hospital in Regina, Sask. I got a call from the local paper *The Leader Post*. The reporter told me that the CCF MP from Prince Albert had asked a question in the House of Commons in Ottawa about the Native American Church of North America and that the Minister of Health had replied that the government of Canada was going to take immediate action to deal with this dangerous practice of these Indians. He asked me what was my opinion about this. I knew about the church in the United States whose members used the Peyote Button (which contains mescaline) as part of their sacrament and the history in the United States of trying to suppress this religion and I was in agreement with the native Americans that this practice was not dangerous and should not be harassed nor suppressed. I replied to the reporter the action of the government was nonsense. The next day I was quoted all across Canada giving me the first taste of notoriety for speaking what I considered to be the truth. At the same time I wrote to Tommy Douglas in Ottawa complaining about his member Mr. Max Campbell for raising the issue and I was not very complimentary to Mr. Campbell. The government did not do anything but I doubt my statement had much to do with that. They probably had second sober thoughts about the issue. Later Mr. Campbell and I became good friends. He had been given a loaded question by the Department of Health who wanted to suppress the use of Peyote and they needed someone to ask the question for which they had already prepared their answer. Max realized he had been used.

At the same time I learned that the Red Pheasant tribe was member of this church. I thought this would be a marvelous opportunity to learn more about it from first hand observation. Humphry was equally interested. I wrote to their headquarters in the United States. Six months later Mr. Frank Takes Gun answered and wanted to know why I was interested. He thought at first that I was working for the federal government that I might be a spy. I reassured him that my interest was entirely research and had nothing to do with the government views. He agreed and sometime later the Native American Church of North America invited me to come and participate at one of their all night Saturday sessions. Humphry and I planned this carefully. About four of us went including Humphry, Duncan Blewett Professor of Psychology,¹⁸ Dr. T. Weckowitz and I. I decided to be an observer with a tape recorder. Humphry volunteered to take the peyote and to become a member of the group. We spent the night with them. I was not as observant as I should have been and slept part of time but Humphry remained wide-awake. He found the experience fascinating and very educational. I do remember that at midnight the Chairman Frank Takes Gun said that being midnight when all the whites were asleep was a good time to pray to God for he would be more apt to hear them. The total experience reinforced my earlier conclusion that the way these native Canadians practice their church using Peyote was benign, safe and certainly very valuable to them. Later my sister Fannie Kahan

Osmond, he wrote: To make this mundane world sublime, Take half a gram of phanerothyme, to which Osmond responded: To fathom Hell or soar angelic, Just take a pinch of psychedelic. It was on this term that Osmond eventually settled, because it was "clear, euphonious and uncontaminated by other associations." see Wikipedia: <http://en.wikipedia.org/wiki/Psychedelic>

¹⁸ see Remembering Duncan Blewett at MAPS http://www.maps.org/news-letters/v17n1-html/remembering_duncan_blewett.html and Larry Schorr, Duncan Blewett: A Life's Work, Maybe More; pdf at: http://www.maps.org/news-letters/v17n3/v17n3-duncan_blewett.pdf

studied the literature on the use of the hallucinogen Peyote, summarized it and wrote up the entire experience with chapters by Osmond, by me, by Blewett, but we have not been able to find anyone willing to publish the result of that interesting night.^{19, 20}

Effect on psychiatrists and nurses

Understanding schizophrenia was not just an intellectual need. It was also very useful in improving the quality of care by psychiatrists and nurses. A few of our psychiatric colleagues and psychiatric nurses also volunteered to have the experience. In my opinion they were much better psychotherapists and nurses thereafter. Patients have much more confidence in their doctors who are not afraid to discuss their hallucinations and delusions with them. And the experience also improved their diagnostic skills. I continue to be surprised at the number of schizophrenic patients I see who have been under care from other psychiatrists for a long time who have not told them about these symptoms. When I ask why they reply they had not been asked.

Methods of evaluating change

To test the therapeutic efficacy of any treatment one must have ways of determining whether there has been a change and how much. This can be done by clinical examination but this is notoriously incomplete and inexact and one should use more objective tests. Osmond and I asked Dr. N. Agnew to cull the psychological literature and pull out any available tests that we could use. After several years of investigation and a lot of money Agnew finally concluded that there were no psychological tests. During our discussion he remarked that the reason was that psychiatrists could not agree on diagnostic criteria nor how to use them. In other words there was too much diagnostic inconsistency for any psychological test to be developed. He was of course correct. His conclusion forced me for the first time to think about the process of diagnosis. I came to the conclusion that it was simply a matter of asking the correct question which could be answered yes or no, a binary system. This being true one could do as well by using cards containing the correct questions which would be scored into true or false, Yes or No categories.

Humphry agreed that this was a good idea and we drew upon our accumulated knowledge of the schizophrenic experience drafted 145 questions that we thought would explore the experiential world of our patients. This became the HOD test, the Hoffer-Osmond Diagnostic test.²¹ It fully fulfilled our expectations. We tested thousands of patients at all of our units and found that it picked out schizophrenic patients from all other diagnostic groups very efficiently, very simply and was very acceptable to our patients. We are not psychologists and therefore did not follow the usual psychological methods but later when Humphry was in Princeton he and his psychologist Dr. M. El Meligi developed a much more sophisticated test the called the Experiential World Inventory (EWI).²² This was much superior. We gave thousands of my patients both of these tests and eventually if my diagnostic skills were not adequate and if the HOD did not help I used the EWI, which was very helpful. Unfortunately the EWI was never used on a large scale while the HOD was avoided by psychologists and psychiatrists. The HOD test is very useful in evaluating progress with treatment. There was a high correlation between high HOD scores and the presence of the mauve factor and response to vitamin treatment. Irrespective of the clinical diagnosis patients with high scores and mauve factor in their urine generally responded very well to orthomolecular treatment. Many chiropractors in South West United States are using the HOD test in this way.

¹⁹ Humphry Osmond, *Peyote Night*, Tomorrow magazine, Spring 1961; see <http://www.psychedelic-library.org/peyote.htm>

²⁰ Fannie Kahan, see *Portrait of a Pioneer*; pdf at: <http://orthomolecular.org/library/jom/1979/pdf/1979-v08n03-p139.pdf>

²¹ Hoffer A, Kelm H & Osmond H: *The Hoffer-Osmond Diagnostic test*. RE Krieger Publishing Co., Huntington, New York, 1975.

²² A. Moneim El-Meligi and Humphry Osmond, *EWI: manual for the clinical use of the experiential world inventory*; see also: Cynthia Bisbee, R. Mullaly, *Therapeutic Uses Of The Experiential World Inventory*; pdf at: <http://orthomolecular.org/library/jom/1980/pdf/1980-v09n01-p011.pdf>

Housing for patients

Why would anyone allow patients to live in totally inadequate shelters when they themselves when given a choice prefer healthier places in which to live. Given a free choice how many people would choose to live in the slums or on the streets. And yet this is what patients in all mental hospitals were exposed to. Over 150 years ago the Quakers established small homes housing no more than 12 patients and providing decent shelter, food and humane care. They found a fifty percent recovery rate. The adrenochrome hypothesis is consistent with this. Stress increases the secretion of adrenalin and therefore adrenochrome production. Relieving stress by proper housing is therefore very important. Dr. Osmond, in charge of one of these totally inadequate warehouses of humanity was keenly aware of the need to modernize and improve the quality of care. This required better administration and to achieve this he worked with Professor Tom Paterson, later Dean, Department of Industrial Administration, University of Strathclyde, Scotland, one of the world's experts in administration. Humphry was also interested in the impact the disease had on interpersonal relationship using space as the environment to be studied. With Dr. R. Sommers he explored this important relationship. It is certainly clear that schizophrenic patients have a different concept of body space than when they are well. This is also apparent under the influence of LSD.

T. Ayllon

With Dr. T. Ayllon Humphry studied the behavior of chronic schizophrenic patients on the wards. This led to administrative behavior, which improved the life of these patients and the nursing staff. One chronic female ward housed 80 females of all ages living on a huge ward with concrete floors with holes gouged in the concrete. These patients would not keep their clothes on so the temperature was kept at around 80° F. The administration was worried about the high cost of buying new dresses. But Ayllon observed that these clothes were the cheapest and flimsiest dresses the hospital could buy. They were very unattractive and were of such quality that there was no incentive to keep them on. Against the opposition of the business manager and superintendent they persuaded administration to buy much more attractive clothing made from better quality cloth and to everyone's surprise except Osmond's and Ayllon's they stopped tearing up their dresses. The total cost for dress replacement went down. Seems so simple but at that time it was thought that one of the symptoms of chronic schizophrenic patients was that they did not want to keep their cloths on. They showed that this was an artifact produced by the inhumane way in which they were treated. Dr. Ayllon's findings became behavioral therapy but one of the evil outcomes was that in other hospitals cigarettes were given as a reward and the incidence of smoking went up.

Does inhibiting the reaction to adrenochrome help patients?

We hoped to inhibit this reactions by slowing down the formation of nor adrenalin from which adrenalin is made in the body by adding methyl groups and by adding antioxidants (reducing compounds such as vitamin C) to slow the oxidation of adrenalin to adrenochrome. All the natural antioxidants ought to be effective but glutathione should be especially effective because it neutralizes adrenochrome. Vitamin B₃ increases the natural production of glutathione in the body. We looked at the reactions that led to adrenalin from noradrenalin and on to adrenochrome. We thought that nicotinic acid, Vitamin B₃, which is a methylacceptor, might decrease the methylation of noradrenalin to adrenalin. This vitamin also had many other advantages. It was available, was safe, could be taken forever and had been used in large doses to treat chronic pellagra when the usual small vitamin doses had failed to do so. It had one major disadvantage. It could not be patented. We conducted the first double blind controlled prospective randomized therapeutic trials and showed that we doubled the 2 year recovery rate when this vitamin was added in optimal doses to the treatment program of these years, mostly ECT. This became the basis of orthomolecular psychiatry. After Linus Pauling joined us and published his paper in Science in 1968 this led to orthomolecular psychiatry. The data which shows how effective this treatment is is voluminous and widely published but still ignored. There are no drug companies pushing niacin, as it cannot be patented.

An offshoot of our niacin studies was the discovery by Altschul, Hoffer and Stephen that this vitamin in large doses lowered cholesterol levels.²³ Since then it has been found that it also elevates high density lipoprotein cholesterol and lowers triglycerides as well as lipoprotein A, all very important. It normalizes blood lipid levels and is the gold standard and much superior and safer than the statins. This 1955 niacin report of the effect of niacin on cholesterol is considered the first major paper to initiate the new vitamin paradigm in medicine. The old paradigm gradually being replaced is the vitamins-as-prevention paradigm. It is being replaced by the vitamin-as-treatment paradigm. Niacin is the first vitamin released by the FDA in large or mega vitamin doses. They looked upon it as a drug for lowering cholesterol.

Orthomolecular treatment has expanded much beyond its first use in treating schizophrenic patients. It is a full scope treatment for every aspect of psychiatry and medicine. In my opinion orthomolecular theory and practice is the major contribution that has come from our Saskatchewan research.

Involving the community

One of the first conclusions made by Dr. D.G. McKerracher in the late 1940's was that the mental hospital had been moved too far from the community from which these patients came. He established the Saskatchewan Plan for building smaller hospitals all across the province so that no one need travel more than 50 miles to visit their relatives. Humphry and I considered this a very good plan and had a small part in its development. But we went somewhat further and started to involve the public by creating the American Schizophrenia Association, later called the Huxley Institute for Biosocial Research and following that in Canada the Canadian Schizophrenia Foundation now known as the International Schizophrenia Foundation.^{24, 25} These associations were created to provide accurate information about the disease and its treatment. We are the only organization in North America still doing so. We support the best treatment available, which is orthomolecular. Humphry and I were founding members; we were on the board and officers at various times. We also traveled together a lot looking for funds to further our research and went to meetings together. This gave us ample time to talk about our mutual activities and interests.

In 1957 we flew to Zurich, Switzerland to participate in the Second International Congress of Psychiatry. Dr. C. Jung was the Honorary Chair of our section. The Collegium Internationale Neuro-Psychopharmacology was formally inaugurated at that meeting with Professor E. Rothlin the first President. Humphry and I were there as founding members. It was an interesting meeting. We met Dr. Jung; also spoke to Professor Rothlin who advised us both to spend as much time as possible on our research and as little as possible traveling to meetings. Those were heady years and investigators were spending a lot of time traveling to each other's meetings using travel funds from each other's grants and saying the same thing over and over. Rothlin's advice was very good and we did take it. On the way home we visited Dr. Tiselius, Noble Laureate for his work with chromatographic analysis.²⁶ He was encouraging. We had an hypothesis that could be used. Many had asked him to become involved in the search for the schizophrenic toxin and in every case he would ask his biochemical staff and how do we start. How does one look for one of perhaps 50,000 compounds that might be present in the body? No one had ever discussed with him any way of finding out what might be the schizophrenic toxin. Humphry and I were encouraged by this visit.

²³ Altschul R, Hoffer A & Stephen JD: Influence of nicotinic acid on serum cholesterol in man. Archives Biochemistry Biophysics, 54:558-559: 1955.

²⁴ The Huxley Institute for Biosocial Research; see: <http://www.schizophrenia.org/>

²⁵ International Schizophrenia Foundation; see: <http://www.orthomed.org/isf/isf.html>

²⁶ Arne Wilhelm Kaurin Tiselius (10 August 1902 – 29 October 1971) was a Swedish biochemist who won the Nobel Prize in Chemistry in 1948. see Wikipedia: http://en.wikipedia.org/wiki/Arne_Tiselius

Dr. Donald Johnson and How To Live With Schizophrenia

Involving the community also meant providing it with information. This is why we wrote our book *How To Live with Schizophrenia*.²⁷ This was published by Dr. Donald Johnson MP, conservative member. When I was searching for all the known hallucinogens I ran across a pamphlet written by Dr. Johnson called *The Hallucinogens*. It was a review of the effects of hash. I wrote to Dr. Johnson and he immediately sent me a copy. This started our correspondence and later when I was in England he invited me to have tea with him in the members lounge overlooking the Thames. His story was intriguing. He had given up the practice of medicine to take law. Late he gave that up as well and became an innkeeper. In the mean time he had run for parliament on several occasions for the conservative party and had not won election. One day at the inn a wine salesman offered him some wine to taste. He broke one of the cardinal rules of wine tasting from a stranger: never drink from an open bottle. This time he did. As he was about to take his first sip his wife came in and he offered her a drink. She took about one third and he finished the rest. That evening he became psychotic while his wife felt ill. She called for help and he was committed to a mental hospital.

On admissions he was told by the admitting psychiatrist that he had schizophrenia and that he would never leave hospital. But Dr. Johnson recovered in a few days without medication. The current drugs were then not available. The hospital would not release him until he slipped notes under his door and eventually found there way to his lawyer. The whole episode puzzled him because he'd never been ill before and could not believe that he had a short lived episode of schizophrenia. So he began to search the literature and eventually concluded that the wine salesman had placed a hallucinogen in his wine. He reported this to the police but they ignored the whole episode. He then gave up his inn, became a book publisher and ran for parliament and this time he was elected. During our talk he suddenly asked me if I would write a book for him.

Surprised I asked him what about. He replied about anything. I replied that I had nothing in mind but then it occurred to me that we did need a book directed to schizophrenic patients and their families. It was almost impossible for families to find any information except the old text books which describe only the worst chronic cases and are very discouraging. I was reminded of young man who had been treated at University Hospital in Saskatoon for schizophrenia but had not been told his diagnosis. After discharge he was followed by his family doctor. During his first follow up interview his doctor was called out and the young man looked up his file and read that he had schizophrenia. He did not know what it meant but when he got home he looked it up in the dictionary and read that it was a hopelessly incurable chronic disease. He shot himself with a rifle narrowly missing his heart. In hospital I saw him, started him on vitamins and explained what the condition was. Had he been given proper information at the hospital in the first place he probably would not have made the attempt on his own life. I told Dr. Johnson that I would discuss this with Humphry Osmond and let him know. It occurred to me that Humphry and I would write the first drafts of this book and that I would ask Fannie Kahan, my sister, to rewrite it. I asked her if she would be interested in writing it so then the average 12 year old could understand. When I told my family what I was planning John suggested that we use the title "How To" because How To books were becoming popular. Humphry and I divided the book into sections that we would each do and after we were satisfied with the work we turned it over to Fannie and she rewrote the entire book. We wanted to have three authors on the title but Dr Johnson adamantly refused saying that he wanted only doctors as authors. I was sorry about this but had I insisted there would not have been any book. Since then this book has been republished several times and present sale must be over 100,000. It was never a best seller but did sell slowly and steadily and it did save many peoples lives. The present version is mine alone and is called *Healing Schizophrenia*. Humphry was not able to write after his stroke over 10 years ago. My sister Fannie Kahan wrote the final version of this book but the publisher would not publish with her name on the cover. The royalties were split three ways. This was one of the first medical How To books and the first one written for patients and their families. It has sold since then at a slow but steady pace. The new revised edition is now available. We also worked together to create the Journal published by the Canadian Schizophrenia Foundation, now the International Schizophrenia Foundation and we shared authorship for many papers and books. Humphrey's writing skills were invaluable and I learned a tremendous amount from him. We also organized the American Schizophrenia Association, later renamed the Huxley Institute of

²⁷ Hoffer A & Osmond H: *How To Live With Schizophrenia*, University Books, New York, NY, 1966. Also published by Johnson, London, 1966. Written by Fannie Kahan. New and Revised Ed. Citadel Press, New York, NY, 1992. Revised. New Title "Healing Schizophrenia" CCNM Press, Toronto, ON, 2004

Biosocial Research. The HIBR trained hundreds of doctors who attended weekend meetings all across the United States.

Miriam Siegler medical sociologist

Miss Ziegler and Humphry co-authored six papers in the Journal of Orthomolecular Psychiatry and later Journal of Orthomolecular Medicine. Their seminal work was the book “Models of Madness, Models of Medicine” Macmillan Publishing Co Inc., New York, 1974. Paul E. Huston MD, PhD considered this “A brilliant redefinition of the nature of medicine and illness”. I remember the many hours of discussion Humphry had with so many and with me about the proper use of models. One of his favorites was the dying role. This model described the nature of the doctors patient relationship. In this role when no treatment can do more than provide relief of pain and solace the usual role of doctor and patient is no longer operative. This is a must read book by all medical philosophers and of course ought to be taught in medical school but will not be.

Typology

Humphry was always very interested in Dr. Carl G. Jung. In 1957 at the meeting in Zurich Dr. Jung was Honorary Chairman of the biochemical symposium on schizophrenia. We met him briefly at the meeting. A few days later Humphry suggested we go to his house. We did arrive there but he was not in. Later Humphry became interested in his typology described in Understanding, Understanding. Based upon Jung's typology Humphry with the collaboration of Dr. Harriet Mann and Mrs. Miriam Siegler developed a new and different kind of psychological theory; a typology of normal human behavior. Humphry often described this personality theory to me.

Huxley Institute of Biosocial Research

About 1959 Humphry called me from Princeton. A middle aged man landed on the hospital grounds in a helicopter. He told Humphry about his son who had been schizophrenic from childhood. He had become wealthy entirely on his own effort, taking law while driving a cab and eventually he bought the furniture factory where he had once been a worker. Humphry told him to call me and soon he did. He wanted me to take his son in for treatment. I had a few beds of my own and in those years we were not so desperately short of beds as we are today. As I was working full time for the Government I could not charge him. He insisted he would have to give me something and soon a set of outdoor furniture arrived made in his factory. Forty five years later it is still in excellent shape even though it has been outdoors in the winter and summers in Saskatchewan and since 1976 in Victoria, BC.

Humphry had been corresponding with Mrs. Miriam Rothschild in London. I met her in 1954 when Rose and I were on our Rockefeller Foundation sponsored tour. Before driving west to Wales we had dinner with her and with Dr. Dereck Richter. Dr. Richter had once considered the indole theory of schizophrenia but had concluded that not enough indoles could be formed in the body. He had also looked at adrenochrome and had concluded that it was not made in the body. Mrs. Rothschild was a biochemist who was studying the biochemistry of insects. Humphry had written her about the need for an organization for schizophrenic patients that would do for them what the cancer society was doing for cancer patients. Mrs. Rothschild replied that if we could organize an International Schizophrenia Society she would ask her brothers to contribute. Following up this idea we spoke to the father about organizing such a society in the United States. He agreed and gave us 25,000 dollars with which to start. Fortunately about that time a New York investigative journalist, Cal Samra, had contacted me and on learning about the vitamin program became very interested. He was very intelligent and a very good writer. Humphry and I decided that he would be our first director, the father would be the Chairman of the Board of the American Schizophrenia Association and both Humphry and I would be founding members of the board. Cal Samra knew a law firm in New York and they agreed to act for us pro bono. One day Humphry and I and Cal met in New York in a walk up apartment with our lawyer. We drafted our constitution and we were on our way.

Cal eventually became president and put himself whole heartedly into our association. We published a newsletter which he edited and wrote and we began our first drive for money. We sent a letter to every person who had ever contacted Humphry and me and to our amazement

took in about 70,000 dollars. We were at last firmly launched. We held our second scientific meeting in Ireland. Our benefactor owned a castle near Shannon Airport and offered it to us for the meeting. But several years later our benefactor and we parted but on condition that the 25,000 he had given us be given to a Psychiatric Hospital for a biochemical study, which I considered totally wasteful, but we had no choice. We were on our own. That year I invited Mr. Ben Webster to join us as our treasurer. Later we became the Huxley Institute of Biosocial Research with the approval of the Huxley family. Humphry was a very active member on our board and at our meetings until the HIBR collapsed some years ago due to lack of interest and money. This was one of the objectives of the NIMH who considered us a major irritant and a burr under their saddle. NIMH had US government money and the United States psychiatric establishment depended on them for their research monies.

Our executive director, after Cal Samra left, arranged for some of us to meet with a small representation from NIMH. We met in Washington, DC. On our side we had Linus Pauling, Humphry Osmond, our executive director and for the NIMH Dr. Morris Lipton, who had chaired the remarkable Task Force of the American Psychiatric Association which had roundly denounced our work and had published a most remarkable document, remarkable for its totally dishonest account of what we had been doing and claiming. The most rabid republican in the United States would probably have done a more honest job in attacking the Democratic Party. Humphry and I replied to this corrupt document but few paid any attention.²⁸ It became the holy writ, the bible, for the anti-orthomolecular movement.

The morning was not pleasant. Seymour Kety and Dr. Loren Mosher were present. Without any notice Dr. Katy introduced our benefactor who got up to talk about how my treatment had not helped his son. In fact after I had him with me for a month he was very much better and his mother was very pleased with the outcome. But our benefactor could not find any physician who would carry on the treatment after his son came home and he slowly relapsed. I could not describe the case because I had been his doctor. Kety had used our benefactor as a tool and I suspect had been instrumental in the split that occurred between him and the rest of our board of the ASA. Morris Lipton maintained that he was a biochemist because he had done research work in the laboratory where Elvehjem had proved that niacin was vitamin B₃.

But he knew little chemistry and when he made a statement that even a first year chemistry student should not have made, Pauling, the worlds greatest chemist, the two time Noble winner, the first for chemistry, roundly berated him for his ignorance. Mosher was equally hostile. He told us that in his view even if every psychiatrist in the United States used orthomolecular treatment he would still not believe it had any value. Mosher was Director of the Schizophrenia Section of NIMH. This I thought was very appropriate since he did not believe such a disease existed and he was totally opposed to any form of chemical intervention. This meeting did not resolve any of our difficulties and NIMH remained solidly opposed to everything that we did. Lipton told me privately that he would never publish any paper of mine no matter how good it was and as Associate Editor of the American Journal of Psychiatry he remained true to his word. Recently Dr. Mosher told one of my acquaintances that the only reason I had gotten good results was because I had carefully preselected only those patients who would have gotten well anyway. I know no one so skillful that he could preselect the ones who were going to get well. And our placebo control group, which is supposed to eliminate bias, showed that only on third of this group was well two years later. This was the unreasonable and hostile criticism that was applied to our work

Development of diagnostic tests

The HOD Test

I have already described this

²⁸ Hoffer A and Osmond H. Megavitamin Therapy. In Reply To The American Psychiatric Association Task Force Report on Megavitamin and Orthomolecular Therapy in Psychiatry. Canadian Schizophrenia Foundation, August 1976. Pdf at: http://www.iahf.com/orthomolecular/reply_to_apa_tfr_7.pdf

The Experiential World Inventory (EWI)

Dr. Moneim El Meligi, a psychologist, worked with Humphry in New Jersey. They developed a superb test for diagnosing schizophrenia. The HOD test is very helpful but it was not prepared using the techniques that psychologists would use. It is used fairly widely but not often by psychologists and psychiatrists. With El Meligi Humphry took it further using a different set of questions. This test was prepared using all the methods demanded by psychologists and it turned out to be superb. I used them both. But if the results of the HOD were equivocal I would then add the EWI which was more precise in distinguishing schizophrenia. I think this is the best diagnostic test for schizophrenia ever developed and I am so sorry that it has been almost totally ignored. It is much superior to the MMPI which I have found to be almost totally useless. Recently Dr. El Meligi and I reestablished contact and I found to my great pleasure that the EWI is alive and well and is being used on an increasing wide scale. Here is Dr. El Meligi's brief statement.

"Thank you for all the material and particularly for your Guardian article about our dear Humphry. I am so thrilled to have at last been able to reconnect with you. I cannot forget the excitement of working with you and Humphry. You both opened a whole panorama that I would not have discovered by myself. It would be unfair to consider the EWI my creation. It flowed naturally from HOD and the continued dialogues with you and Humphry. EWI experience remains to be at the core of my current work on leadership as a social process based on shared perception without which consensus would be impossible. Executives often ask me: "Where did you get these fresh ideas?" They are amused by my reply: "From schizophrenics".

The Mauve factor (kryptopyrrole) test ^{29, 30}

We were treating alcoholic patients with the psychedelic experience using LSD. It occurred to me that in the same way that LSD reproduced some of the characteristics of schizophrenia as was pointed out by Osmond and Smythies that there might be a similar change in their biochemistry. We tested this idea on by collecting their urine before and after they had taken the LSD. In the first patient we tested we found a new biochemical on the paper chromatogram that had not been present in the base line sample of urine. After we showed it was not LSD we studied the urine of a large number of patients in our three research hospitals and found that it was found chiefly in schizophrenic patients but to a smaller degree in others patients. It was found rarely in normal subjects but was found in patients under severe stress from cancer. Because it stained mauve we called it the mauve factor and the condition in which it was found we called Malvaria.³¹ Later we identified it as a kryptopyrrole but that was only partially correct and recent research is revealing its true identity.

After ten years at Weyburn in Saskatchewan, Dr. Osmond became Director of The Bureau of Research in Neurology and Psychiatry in Princeton. This bureau had been organized by Dr. Nolan D.C. Lewis, the great American psychiatrist, Chair, Columbia University. Dr. Carl C. Pfeiffer in Osmond's research group developed a quantitative test which has been very fruitful.³² Today the study of this mauve factor has been expanded as it is found in nearly half of the cases of infantile autism. It is a marker for oxidative stress. It binds both zinc and pyridoxine and produces a double deficiency.

We found that patients who excreted this factor resembled our schizophrenic patients more than they did non-schizophrenic patients. They scored in the schizophrenic range using the HOD test and responded well to megavitamin therapy. This suggests that we are really looking at a homogeneous disease. Carl Pfeiffer called it pyrroluria.

Humphry had many other interests. He was interested in poetry, in writing plays, in Carl Jung's theories of personality, just to name some of these.

²⁹ Hoffer A & Mahon M: The presence of unidentified substances in the urine of psychiatric patients. *J. Neuropsychiatry* 2;331-362: 1961.

³⁰ Hoffer A & Osmond H: The relationship between an unknown factor (US) in the urine of subjects and HOD test results. *J Neuropsychiatry* 2;363-368:1961.

³¹ Hoffer A & Osmond H: Malvaria: a new psychiatric disease. *Acta Psychiatrica Scandinavica* 39;335-366:1963.

³² Rabbi Eric R. Braverman, Memories of Carl C. Pfeiffer, Ph.D., M.D. Physician, Scientist, Teacher and Philanthropist; Pdf at: <http://orthomolecular.org/library/jom/1989/pdf/1989-v04n01-p005.pdf>

A good hypothesis in science is very rare. By good I do not mean correct. Hypotheses tend to be evanescent and are modified as new information accumulates. Good means that it directs useful research and leads to useful discoveries. The original toxin M hypothesis by Osmond and Smythies is one of these rare good hypotheses. Newer and better ones will replace its follow up hypothesis by Hoffer, Osmond and Smythies.

The New York Times summarized an amazing paradigm shift in hypothesis about heart disease. The current belief is that plaque is responsible and for that reason mechanical methods have been used to remove the obstruction, replace vessels, and enlarge them with balloons and to use stents. But evidence is developing that these methods are no better in increasing longevity than are methods for lowering cholesterol. Had the investigators used niacin as the cholesterol-lowering agent they would have found a significant improvement compared to the surgical techniques. In the New York Times Sunday March 28, 2004 under the title The Limits of Opening Arteries the editorial laments “This profound change in thinking about cardiovascular problems makes us yearn for the day when there can be much wider testing of one therapy against another to identify those that work best from those that may be oversold”. In the same edition Thomas L Friedman concludes that 9/11 was not a failure of intelligence. It was a failure of imagination. If these two views had been followed orthomolecular medicine would by now be well established. Due to the lack of imagination and failure to run comparison trials we are still struggling to have it established.