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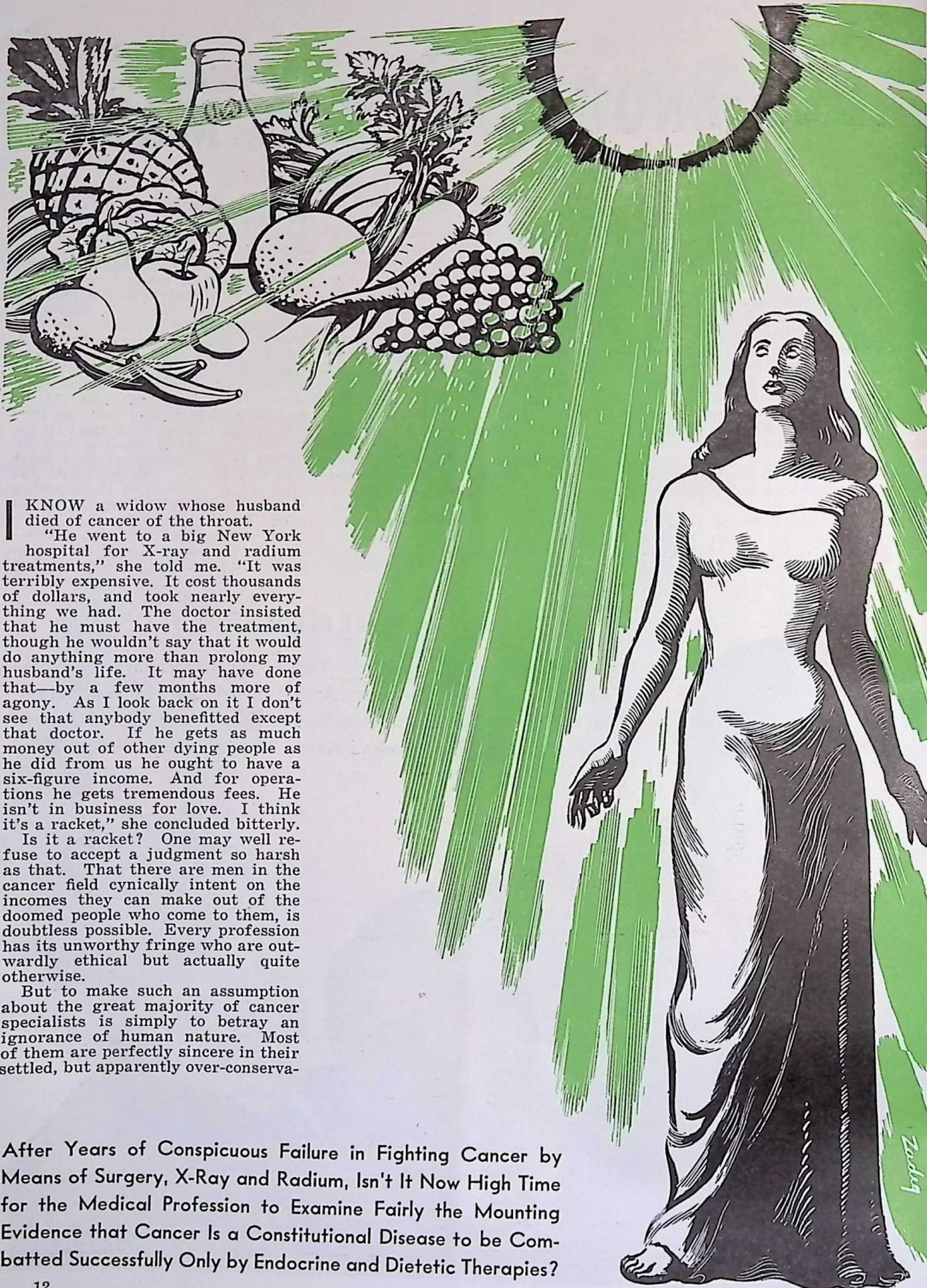
JUNE



NOT PRISONS BUT PLAYGROUNDS

By Juvenile Court Judge
Ernest L. Reeker

IS THE SYPHILIS CAMPAIGN PROPAGANDA FOR PROFIT?



I KNOW a widow whose husband died of cancer of the throat.

"He went to a big New York hospital for X-ray and radium treatments," she told me. "It was terribly expensive. It cost thousands of dollars, and took nearly everything we had. The doctor insisted that he must have the treatment, though he wouldn't say that it would do anything more than prolong my husband's life. It may have done that—by a few months more of agony. As I look back on it I don't see that anybody benefitted except that doctor. If he gets as much money out of other dying people as he did from us he ought to have a six-figure income. And for operations he gets tremendous fees. He isn't in business for love. I think it's a racket," she concluded bitterly.

Is it a racket? One may well refuse to accept a judgment so harsh as that. That there are men in the cancer field cynically intent on the incomes they can make out of the doomed people who come to them, is doubtless possible. Every profession has its unworthy fringe who are outwardly ethical but actually quite otherwise.

But to make such an assumption about the great majority of cancer specialists is simply to betray an ignorance of human nature. Most of them are perfectly sincere in their settled, but apparently over-conserva-

After Years of Conspicuous Failure in Fighting Cancer by Means of Surgery, X-Ray and Radium, Isn't It Now High Time for the Medical Profession to Examine Fairly the Mounting Evidence that Cancer Is a Constitutional Disease to be Combated Successfully Only by Endocrine and Dietetic Therapies?

tive, view that surgery and irradiation are the only practicable ways known at present to deal with cancer.

Conservatism is a very human trait; most persons prefer beaten paths because they are secure, and easier to walk in. The average doctor is no exception. It is easier and safer to be orthodox. Let's accept that.

But with that point settled, let's also admit that cancer, as dealt with by organized, orthodox medicine today is Big Business, with vested interests, huge investments, much at stake. Wherever you find Big Business you find Human Nature rampant, believing what it wants to believe and what it is safe and profitable to believe—given to wishful

thinking without realizing, maybe, that it is wishful thinking.

It is necessary to recognize this and be realistic about it; but it is also necessary to be tolerant and understanding, and to avoid attributing to a fine group of men motives of deliberate cynicism when the thing that really ails them is scientific bigotry based in part on the fact that incomes derived from the present cancer set-up are often spectacular.

Take this matter of fees, for instance. Cancer operation fees are often as big as the traffic will bear. For the rich the price may range up to \$10,000, exclusive of the cost of care and medical attention afterward.

A rich woman in New York was

operated on for breast cancer. An angry friend of hers, bitter against what he too calls the "Cancer Racket," told me the total cost ran to \$30,000. "But of course," he added sarcastically, "where they make their real steady money is from the hundreds of desperate, poor people with a few hundred in the bank—ready to cough up the last penny of it on the remotest chance—ready to grab at a straw.

"What happens? The doctor does his stuff—knife or irradiation. He gets his money, in hundreds or in thousands as the case may be. Later the patient shows up with a recurrence. Maybe another operation and another fee. Or maybe the patient is past help (Continued on page 64)

FIGHTING

Cancer

WITH DIET

BY
WAINWRIGHT
EVANS



ILLUSTRATOR

• B. ZADIG

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Fighting Cancer with Diet

(Continued from page 13)

now, and has to be sent home to die. "They justify it on the ground that they have at least given the poor devil a little longer to live; that they have saved him some pain; that they simply do their best; that radium and X-ray cost money; that research costs money; that the doctor has to eat.

"Well, anyhow, the amounts paid out for cancer surgery and irradiation in this country have been estimated to be 20 or 30 million dollars a year, and from there up. If the doctors cured these people nobody would grudge it. But they don't, except for a rare case here and there. They simply have nothing effective to offer except a degree of palliation and, in rare cases, a cure.

BUT talk about the dog in the manger! What happens when somebody comes along with the common-sense notion that perhaps something might also be done for these people by sound nutrition, adequate elimination, right living, endocrine therapy, a health build-up; that cancer is a constitutional disease, as many scientists of highest rank have claimed, and not just a local condition as the orthodox cancer men maintain; that cancer, being constitutional, must be treated at its source?

"What happens? Why, they set up a cry of 'quackery.' If one of the profession dares to suggest dietetic or medical treatment for cancer, they come down on him like a ton of brick; they pin his ears back; they get him fired from any medical organization he belongs to—all on the ground that he is holding out false hopes and preventing people from seeking at once 'the only treatment for cancer that has any proved value.'

"In 1921 Dr. L. Duncan Bulkley, who had a national reputation as a dermatologist, and who had founded the New York Skin and Cancer Hospital forty years before, went on record in the *New York Medical Record* and in the *New York Times* with a protest against the orthodox medical theory of cancer as a local disease, treatable only by surgery or irradiation.

"Dr. Bulkley was a big man, with a great reputation. Yet the organized cancer ring cracked down on him. He was thrown out of the New York Skin and Cancer Hospital to which he had devoted four decades of his life, and he was expelled from the American Society for Cancer Research.

"If that could happen to a man like Bulkley, imagine what they might do to one of the little fellows if he dared peep. I tell you it is all cut from the same cloth as that socialized medicine situation which has led to the present suit of the United States Government against organized medicine on the charge of violating the Sherman Anti-trust Law, as a combination in restraint of trade."

This outburst from a thoroughly aroused and resentful layman lined up very well with a personal experience I had about a year ago talking with a man who is an inside member of the so-called "Cancer Ring." Meekly, as became a mere layman, I questioned his statement that cancer begins as a purely local disease, not as a constitutional condition.

"What do you know about it?" he demanded. "I'm telling you the con-

clusions of men who have spent their lives studying this thing. The cranks, in and out of the profession, who hold to half-baked, unproved theories about cancer, are a public menace. They steer people away from the one sort of treatment that has any proved value. Some cancer cases delay, fooling around with half-baked notions about diet, constipation, and the like till it is too late. They have passed up the one chance they had."

"Well," I asked, "how good is that chance?"

"For external cancer, treated early, pretty good. Seventy per cent of breast cancer cases, treated early, are still alive and well at the end of five years, as against only four per cent of untreated cases. In lip cancer cases, we claim a ninety per cent survival after five years; and in uterine cases, an eighty per cent survival. These external cancers comprise thirty-five per cent of cases. The other sixty-five per cent are internal."

"What can you do for them?"

"Practically nothing. They die."

I pointed out to him that medical literature teems with records of cancer regressions, of cancers slowed down, and even of allegedly complete recoveries after dietetic and endocrine and other unorthodox therapies—that these recoveries have been pronounced to be such by competent medical men. I told him of personally talking with a woman apparently cured of cancer as much as twenty-two years ago by one method he had characterized as quackery.

"If THAT woman got well," he retorted, "it means that she never had cancer."

"One of the most important cancer specialists in the United States diagnosed it as cancer," I said.

"He made a mistake", was the answer.

That's always the argument—against scores and even hundreds of cases of such alleged recovery. "It wasn't cancer." In some cases maybe it wasn't. But common sense balks at such continued disregard of the fact that where there is abundant smoke there is sure to be some fire.

No, these cases can't be dismissed on such a wholesale scale. There are too many of them. And the indications are that any cancer patient who ignores them, and plays into the hands of surgeons and radiologists without reservations, and without an effort to do some thinking on his own account and to inform himself thoroughly, is missing a bet.

The American Society for the Control of Cancer issues a booklet entitled *Answers to the Public's Questions on Cancer*. Cancer is described as an uncontrolled cell growth which does not respond to the control that keeps normal cells from multiplying indefinitely. It says that there are many causes of cancer, but that chronic or prolonged irritation is the chief of them.

If flatly denies that there is any evidence that cancer is a blood disease, and asserts that "the only part blood plays in cancer is that of a mechanical carrier of the cancer cells from one part to another of the patient's body." As to the relation of food to cancer, "So far as known no food or combinations of foods has any influence on the cause or cure of cancer." No treatment

other than surgery, X-ray, or radium "is of any value."

"When cancer appears in other parts of the body following treatment, it indicates the cells had reached those parts (by metastasis) *before treatment was begun*," (my italics). This in spite of the fact that metastasis is held by authorities to be a common consequence of surgery and of irradiation. But, according to this, it has already taken place before the doctor has laid a finger on you. Thus surgery and irradiation are held to be usually blameless for the breakdown of the cancer, and for the resulting migration of cancer cells to other parts of the body.

To the question "Can the spread of cancer be stopped or retarded temporarily?" the answer given is "At times it can. Certain cancerous growths, hopeless from the standpoint of cure, may be controlled temporarily by radiation treatment. Sooner or later, however, these growths fail to respond to further treatment and will continue to fatal termination."

But should the patient turn from this prospect of certain, though slightly deferred, death to something that offers him some degree of hope? By no means. That sort of thing is quackery; and if the patient should then recover, it would merely mean that the diagnosis was wrong; it wasn't cancer.

So much for the best hope offered by the orthodox cancer men, with their surgery and irradiation, their complete disregard for everything else, their scientific bigotry, and their denial, in the face of a tremendous body of contrary evidence, that cancer begins as anything other than a local disease. For the vast majority of cancer patients, the hope held out by this viewpoint practically amounts to a cipher with the rim knocked off. The orthodox cancer men save a handful. And if they could diagnose and treat every case of cancer as early as they urge, still they would save only a slightly larger handful.

THE late Dr. Robert Bell, head of the Cancer Research Department of Battersea Hospital, England, wrote: "In my view cancer is the outcome of prolonged toxemia. A vitiated blood supply affecting the nervous system and the efficiency of the endocrine glands, explains the absence of healthy cell metabolism and the dire disturbance we call cancer. Cancer is rooted in every drop of blood in the body, and we may as well expect to stop the growing of apples by picking them off the tree. . . as to expect to destroy the malignancy in the human body by attacking its outward growth."

Dr. Bell cited in that connection, six cases of internal cancer, all so diagnosed, and most of them recurrent after one operation and then dismissed as inoperable and incurable. He put these cases on a strict dietary regimen combined with the use of thyroid extract; and, according to Dr. Bell, they all recovered. But such evidence as that—and there is a lot of it—means nothing to orthodox cancer men, because it is evidence that it wasn't cancer after all.

In this country, Dr. Samuel Beale, a Cape Cod physician, uses insulin, parathyroid extract, liver extract, and caldiets. He reports marked success, and his methods have been followed with

good results by other doctors. But Dr. Beale has encountered violent opposition from surgeons and radiologists who argue that he is raising false hopes and causing people to delay in seeking "recognized treatment."

Sir William Arbuthnot Lane, one-time physician to the British Royal Family, has long supported the view that cancer is caused by constipation and wrong eating, and must be attacked from that direction.

Sir James Paget, another British authority, says, "The cases in which cancer does not return after an operation is not more than one in 500. . . . I believe the removal of a local lesion makes no material difference in the average duration of life. . . . We have failed to cure cancer as a local disease. . . . If we can have any hope of curing cancer, it must be in a study of it as a constitutional disease."

IT WOULD be possible to continue indefinitely with quotations from the writings of men of very high rank in the medical profession, all expressing the same general conviction that cancer is a problem in body chemistry, to be reached through food, vitamin and endocrine therapy, and other normalizing procedures; that such procedures may prevent cancer, that they may prevent its recurrence after removal, and that they even offer a degree of hope in cases of internal cancer to which surgery and irradiation hold out no hope at all.

Perhaps the day will come when that hope will be much greater than it is now, for both nutrition and endocrinology are in their infancy. One thing seems evident—that anybody who neglects these two helps, regardless of whether he submits to surgery and irradiation or not, is being very foolish.

It is a perfectly safe generalization, applying to all cases of cancer, regardless of what other means of treatment are used, to say that the closest possible attention should be given to such matters as diet, constipation, endocrine function, and other common-sense procedures for improving the general functioning of the body.

Concerning the wisdom of surgery and irradiation in cancer there may be differences of opinion—some claiming that such measures make for a spreading of the cancer rather than for its complete extirpation. But concerning the wisdom of right living and particularly of right nutrition, and its importance in fighting any disease, there can be no difference of opinion among sane people. No doctor denies its importance. Yet the neglect of it is widespread.

The Bureau of Investigation of the *Journal of the American Medical Association* issues a booklet entitled "Cancer Cures and Treatments." It is, in the main, an exposure of cancer quacks—of whom there are plenty. To that extent it is of decided value and worth anybody's reading. It discusses some 39 "cancer cures." That most of them fully merit condemnation there seems to be no doubt. But not all. One of the men attacked, for example, is Dr. William F. Koch of Detroit, Michigan, whose method of treating cancer has made him a storm center in the cancer field for the last twenty-five years.

Dr. Koch holds that a cancerous growth results from imperfect oxidation, due to the lack of certain elements which normally act as oxygen carriers.

Dr. Koch has originated a "synthetic anti-toxin," called "glyoxylide," which

is held to be an oxygen carrier in highly active form. Dr. Koch holds that when the chemical lack in the body is thus supplied, and oxidative capacity restored, the cancer first jellifies and is then gradually absorbed by the body.

I have personally talked with a considerable number of Dr. Koch's patients. They had taken the treatment, which consisted of one or more injections of "glyoxylide," combined with a rigidly prescribed diet along lacto-vegetarian lines, from which were excluded many foods which Dr. Koch believes are not chemically compatible with his "glyoxylide." Dr. Koch claims that about fifty per cent of his patients get well.

One woman with whom I discussed Dr. Koch for many hours, was a highly educated person who, twelve years ago, was diagnosed as having cancer of the breast by one of the most important and widely known of New York cancer specialists—and, incidentally, one of the bitterest foes of Dr. Koch. He advised against an operation.

This woman heard of Dr. Koch, took his treatment, followed his instructions as to diet with meticulous care, and recovered. She is still in perfect health. What's the answer of the cancer group? She couldn't have had cancer. Mistaken diagnosis.

I talked with another woman who claims to have been cured of Paget's Disease by Dr. Koch more than twenty years ago. Paget's Disease is a cancer that starts with the breast nipple—very fast growing, and almost invariably fatal. It was diagnosed as such by a Detroit specialist. He wanted to operate. The woman refused operation, and, over his protest, went to Dr. Koch. The growth disappeared. When she went back to the astounded surgeon for re-examination, he pronounced her well. But when the Wayne County Medical Society later undertook to investigate Dr. Koch's method, the surgeon reneged on his diagnosis and denied that it was cancer.

I HAVE gone carefully over the available evidence recorded in the investigations of Dr. Koch by the Wayne County Medical Society, and I don't see how anybody with an elementary sense of fairness and common sense could call their investigation unprejudiced or fair. Their findings have been ballyhooed by the *Journal of the American Medical Association* as conclusively refuting the claims of Dr. Koch.

I hold no brief for Dr. Koch. He may, for all I know, be wrong in his views of cancer. But it is my plain opinion that he did not get a fair or unprejudiced hearing. And when doctors superciliously tell me that I am a layman and therefore not competent to judge in such a matter, it doesn't scare me at all. Nor do I feel that the fact that I am not a doctor means that one lobe of my brain is missing. I have been reporting medical subjects for years; I know a lot of doctors; and I am impressed neither by the brains nor the imaginations nor the scientific knowledge of most of them—though some are certainly tops.

When I say I hold no brief for Dr. Koch I am at the same time fully mindful of the people I have talked with who are perfectly sure they had cancer, who can in some instances show biopsy reports to prove it, who are today perfectly well after a lapse of many years, and who would probably be dead if they had submitted to the orthodox surgical or irradiation treatment.

Those people may be almost entirely ignorant of medicine, and their own

opinion as to whether they had cancer quite worthless. But they do have common sense; they have been through a terrific experience, and their testimony is not to be summarily dismissed as incompetent merely because it is not 100 per cent certain that they really had cancer.

It is at least *extremely probable* that most of them had it, and maybe all of them. Else why did experts diagnose it as cancer in the first place? Certainly the least that can be said is that for all practical purposes, the present evidence establishes Dr. Koch's right to a fair and exhaustive inquiry—which he obviously has never had from the medical profession.

HERE, moreover, is at least *prima facie* evidence that the chemical-nutritional approach to cancer has possibilities. And what the public would increasingly like to know is why the *Journal of the American Medical Association* can dismiss Dr. Koch's case with this: "Undisputable records do not reveal a single instance in which a case of unquestioned malignant disease has been cured by the Koch treatment. There is, however, plenty of information regarding individuals who 'promptly died' after taking the treatment!"

The reason given in the orthodox cancer camp for refusal to consider Dr. Koch further is that he won't tell them his formula. Secret formulas add up to quackery, say they.

The answer seems to be that Dr. Koch has already imparted his formula to certain cancer research groups in Europe, without any strings to it; and that his refusal to impart it in this country is apparently based upon his apprehensions of what would happen to it. Any blunder in the making of it by persons untrained in its intricacies, he holds, would result in the production of an ineffective preparation. So there the matter stands.

To those who know anything about the bitter rivalries, jealousies, and politics within the ranks of organized medicine, and particularly among the cancer groups, Dr. Koch's attitude of grim caution may seem not unreasonable. So far there has been no evidence of anything but the most intense hostility toward him in every move that has been made toward investigating his claims.

Most important of all attempts that have been made to approach the cancer problem from the chemical and nutritional angle, it seems to me, is the one-man crusade for basically chemical and nutritional methods which has been carried on for the last ten years by F. E. Chidester, Ph.D., well-known consultant in nutrition and endocrinology. Dr. Chidester believes that an important cause of cancer is glandular exhaustion caused in turn by malnutrition and wrong living.

All this leads to disorders of body chemistry that, in turn, produce a great variety of degenerative diseases, with

cancer for an end product in many cases.

Dr. Chidester cites the fact that Sir Robert McCarrison, famous British nutritional authority, noted no cases of cancer during nine years of observation among the Sikhs and Pathans of northern India, who live on a sound diet. He emphasizes the importance of an adequate use of iodine-rich sea foods, and of calcium, iron, sodium, potassium, and other elements outstandingly important to health. He points out the part played by the vitamins as factors in healthy endocrine function.

Dr. Chidester's own investigations, together with his remarkable collection of scientific evidence gathered from medical literature of the last sixty or seventy years, contributes powerful support to the theory that cancer is a constitutional disease, and should be dealt with accordingly. He has written extensively for scientific publications; and articles by him have appeared both in *Liberty* and in *PHYSICAL CULTURE*. They can be recommended to all who are faced with the cancer problem, and who want common-sense information about it solidly based on scientific fact.

None of the various attempts to solve the cancer problem should be scorned or summarily dismissed without a hearing. What is needed is unbiased, scientific sifting and reformulation into a comprehensive theory which would include the best in all of them.