

ALUMINIUM AND THE WORLD'S HEALTH

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I am here today, not to convince you of the toxicity of Aluminium, on my evidence alone, but to induce every one of you to investigate the matter for yourselves. If you do this, you cannot fail to realise its dangerous effects, and the necessity for its complete elimination for the future health of mankind.

The appropriateness of this matter for consideration by this unique meeting of comprehensive homœopathic thought lies in the fact that Homœopathy has proved an essential factor in its investigation, and the only means by which its malevolent effects can be effectually countered.

The last World War and the dangerous political issues we have since been passing through have of necessity obscured matters relating to universal health, possibly largely because our first and foremost necessity for future existence must be *the prevention of Atomic War.*

The devastation to the health of any human beings surviving such a hideous catastrophe *must destroy the hope of any future good health,* not only by the direct destruction of human bodies, but by the disorganisation of those physiological processes which are essential to the healthy survival of human, animal, and vegetable life. Nevertheless, this does not justify us in disregarding matters relating to present day and future existence, and I claim *that that with which I am dealing with today is, by its world wide application, and by its threatening to get completely out of control, the first and foremost which should claim our attention.*

When my eyes were first opened to the importance of this matter in 1930, I saw at once how great an asset I had in Hahnemann's provings in the first place, augmented as they were by the wide general use of this metal in connection with food, together with the efficacy of Homœopathy in countering its deleterious effects.

For proving whether any particular case was due to, or aggravated by, Aluminium, I had 3 means at my disposal, viz :

1. The effect of stopping the intake of Aluminium, alone, on various maladies and derangements of health,
2. The effect of specifically (homœopathically) antidoting its influence,
3. The resemblance of the symptoms observed in human beings, and those produced in Hahnemann's provings, thus having an enormous advantage over researches in this field of the Old School.

It seemed strange at first that the dangerous properties of this metal should have remained unsuspected so long, but I found *its universal use, and the insidious and varied effects produced by it*, sufficient explanation; this being well exemplified at my interview, in 1931, with the late editor of one of our chief medical journals, after I had worked at the matter for over a year.

When I explained to him that I had come to see him on account of the effects suffered by the public from its culinary use, he leaned back in his chair, and widely extending his arms, exclaimed, "But it is used in all these houses, restaurants, and public buildings round us." "Yes," I said, "also in my own house, and in yours also, no doubt, and it is this very universality of use which has obscured its responsibility for a very great many of the diverse disabilities with which we are afflicted."

"And," he replied, "you say its use is dangerous to health; how can you prove this?" I said, "I only ask you to read the results of my researches in my paper here, and publish them in your journal, if you think fit."

"But," said he, "you may not be aware that we have already tested this matter." "Yes," I replied, "in 1913, as published in your journal when you found that it came off in all foods." "But," he remarked, "in insoluble form of the oxide, Alumina." "I know," I said, "but you overlooked the fact that this becomes united with the hydrochloric acid naturally exist-

ing in the stomach, forming Aluminium Chloride, which is both soluble and toxic."

"Well," he said, apparently reluctantly, "I will give it to my expert, and communicate with you later."

Two days after this, he wrote to say, "This matter is too much against generally accepted opinion to be put in a responsible journal," so I took the matter in my own hands, and sent out 30,000 copies of my paper to medical men in England. This resulted in many acknowledgments, and confirmation of my opinions; one doctor in particular informing me that he and his family had recovered from ill-health, which had previously resisted all remedial measures, and adding that he had been able to resume his practice, because *his memory had come back*.

This last statement was of the greatest importance, as indicating an action on the brain, which I subsequently confirmed to my own satisfaction (I, and others, being susceptible in this regard).

In my own case, I found that the "*defficulty in finding my words*" which had greatly hampered me when speaking in public in the past, had been definitely influenced by this metal, which we had used in our family for many years, being completely unaware of its possible dangerous effects. Needless to say, it was an enormous relief to me when I recovered from this disability, by discontinuing and antidoting this metal.

Surprise, amounting almost to disbelief, brought a metallic expert from the North to inform me that his wife, incurable before, had not only recovered her general health, and resumed speaking in public, but that *she now was able to speak without notes* (an impossibility before); her recovery being due simply to stopping the intake of the metal, without any remedies whatsoever. He came to see me to confirm the fact that this metal alone could have such an effect. I gave him other cases to reassure him.

Needless to say, some individuals are far more susceptible to the Aluminium influence than others, and, fortunately for my investigations, this applied to myself and my wife, but before I became aware of this. I had been suffering from grave symp-

toms affecting *my knees*, pointing to a low form of arthritis, suggestive of commencing rheumatoid arthritis.

Besides pains when ascending and descending the stairs, my knees were beginning to give way and "lock"—especially when I was walking over rough country, or when I caught my foot in a carpet, or when descending from a motor-car. When locked, the leg had to be pulled out to free it.

I had not, at that time, suspected Aluminium as being in any way associated with these symptoms, but as I was investigating the action of that metal, I decided to take a high potency to watch its effects on myself. This I did, in the form of *Alumina 200*. in a single dose, subsequently forgetting that I had done so; but, as nothing had occurred, I took another dose in about a fortnight, and again forgot the fact.

Then one evening, when having dinner, I had a sudden attack of severe pain in both semilunar cartilages, it being sufficiently intense to necessitate my going upstairs to lie down till the paroxysm passed, which it did in about $\frac{1}{4}$ of an hour. No further symptoms were experienced till about 3 a.m., when red-hot pokers seemed to be piercing these same cartilages, lasting some minutes till I could get off to sleep again.

Similar attacks followed on other nights, at about the same time, and I began waking, later in the morning, with stiffness and aching in the back of the neck and shoulders. Still later, I became conscious of sore tenderness affecting the roots of my teeth, with tenderness of the gums. The sensation was as if the roots of the teeth rested on a soft pulpy substance, and the continuance of this directed my attention to its effects on the gums as a whole, it being of significance that I found that a Dr. C. T. Betts (a Dental Surgeon) in America had, some months before, published a treatise on the constitutional effect of Aluminium as a cause of pyorrhœa.

When it is remembered how many varieties of ill-health have been shown to be caused by pyorrhœa, all these may be added to the indictment against this metal.

When on the subject of the "mouth," a most interesting case of extensive aphthous stomatitis came to me many years ago complaining that for years she had suffered from this, in

an intractable form. All Old-School treatment had proved completely unavailing as to "cure," and with very little mitigation at any time. The doctors who had seen her throat had declared that they had never seen this particular disability in such a severe or extensively diffuse form, for it involved the mouth and pharynx and extended some way down the throat.

Stopping and antidoting Aluminium resulted in almost immediate and dramatic improvement, with subsequent complete cure, and only trivial relapses at long intervals.

That its influence on the mucous membrane of the mouth does not stop there, in individuals susceptible to nasal irritability, was well shown in a case of severe chronic nasal catarrh in a middle-aged lady with a remarkable talent for painting (her "forte" being the illustrating of children's books). Constant nasal discharge distressed her to an intense degree, interfering with her work, which necessitated her leaning forward for long periods of time, it being only possible for her to do so by constantly holding a large handkerchief before her face, and changing this when it became saturated. This rendered her existence miserable in the extreme, for she could obtain no relief in any way, it being imperative that she should continue her work.

Imagine her joy when the stopping of the use of Aluminium and the antidoting of it homœopathically soon began to give her belief, and in a few months completely cured her.

No one need have any difficulty in proving that this metal is toxic. All that is necessary is to seek for a case of gastro-enteric derangement (for this is the system specially susceptible to Aluminium influence), especially if the duodenum is involved. Tell him to stop cooking in this metal, while taking every precaution to avoid jams and fruit, likely to have been in contact with the metal. Then tell him not to change his diet, or habitat, or take any remedies and watch the effect !!

The following will serve to illustrate the above suggestions : I noticed that the proprietor of a garage which supplied me with petrol was becoming more and more depressed and listless. One day I asked him the cause of his trouble. "Oh," he answered, "It is my wife's grave state of health which has been deteriorating for years, and now seems beyond hope, and

the despair of her medical attendant." The main symptoms were gastric pain and discomfort, which careful questioning proved to be worse when digestion was complete, or nearly so, being relieved for a time by taking more food into the stomach.

He admitted to the free use of Aluminium cooking at home, and I told him to ask his doctor whether he did not think this might be the cause of the trouble. He did so, but the suggestion was received with contempt, as being ridiculous in the extreme!! I therefore advised his taking the matter into his own hands, and adopting the measures I have outlined above.

When I next saw him, he hesitatingly admitted his wife had been slightly better, but he was convinced that the symptoms had been so persistent for so many years that recovery was impossible. I persuaded him, nevertheless, to continue rigidly to protect her from the metal. When I saw him in about 2 weeks' time his depression had changed to hope. After this she made a rapid recovery and, during the few years I continued to see him, he reported no return of the old trouble.

Cases like this abound; and one can imagine the millions of them needlessly suffering similar digestive troubles. They are, of course, cases of "Duodenitis" which, if left untreated, go on to ulceration. It is a well known fact that the incidence of "duodenal ulceration" mounts every year, with corresponding loss of time to the nation's workers.

That Aluminium can cause ulceration in the animal intestinal tract was amply shown in the researches carried out at Strasbourg University in the year 1928, which demonstrated its causation of duodenal ulceration in mice, and colonic ulceration in dogs.

I claim to have been the first to assign "nerve strain" as the main cause of duodenal ulceration, in 1925, in a paper I read at Liverpool University; and if we add the now universally used Aluminium as another cause, what wonder at the spread of this disease at the present day!!

The fact that so many different maladies were found to improve by discontinuance of the use of this metal puzzled

researchers in the past ; but my own explanation of this is that its main constitutional effect is to derange metabolism thereby weakening systemic resistance to any malady.

This was borne out by the experiences of Dr. Croly of Burnham, near London, who found that the stopping of the use of this metal in his very large country practice resulted in a very remarkable improvement in the general health of the families under his care ; their resistance to all the minor causes of ill-health, such as catarrhs, neuralgias, rheumatism, fibrositis, etc., having been remarkably increased.

We all vary in our reaction to Aluminium, it being easier for some to throw it off from the system than others. This power gradually weakens with advancing age. Hence it is comparatively rare for the young to show any signs of it ; but it is from about 40 to 50 years of age onwards that the symptoms begin to appear.

This same Dr. Croly proved to be the most gravely affected case of any which came under my notice. He, like others similarly sensitive, served to illustrate the various effects of this metal on the human organism, any one, or more, of which may be observed in other cases according to their various personal weaknesses. Its peculiarity of action lying not only in its causing disease, *but in its aggravating effect on any other disease already present.*

Dr. Croly's case was unique in having practically every symptom I had mentioned in my original brochure. He was 64 years of age when he presented himself at my consulting rooms unexpectedly, and when I asked him why he had come to see me, he said, very firmly and deliberately, "I have come to thank you for saving my life by that brochure you wrote on 'The danger of food contamination by Aluminium.'" "Surely," I said, "Aluminium was not the sole cause of your ill-health ? Was it not the aggravation of some malady previously existing in your system ?" "Nothing of the sort," he replied, "It was Aluminium." Then he continued :

"I had been ill with symptoms, which none of the medical experts or specialists, whom I consulted in London and elsewhere, could either diagnose or relieve. The disease took the

form of steadily failing health, with attacks suggesting choking of the system with toxic material, increasing till it culminated in violent attacks due to the throwing off from the body of this accumulated, offensive, noxious matter in the form of diarrhœa, with frequent vomitings.

"The symptoms working up to this were progressive weakness; constant dyspepsia; with pain and discomfort, felt chiefly 2 to 3 hours after food; bilious attacks; a metallic taste in the morning; and rheumatism, affecting the shoulders, back of the neck, but chiefly the knees, with locking of the joints. A weakness of the rectum in expelling its contents, leading to insufficient evacuation. Discomfort and occasional pains in the Abdomen, with general malaise."

The "eliminative" attacks laid him up for a few days, and were associated with alarming "heart attacks," with dyspnea and palpitation, necessitating injections of strychnine, and oxygen; his life frequently being despaired of. A prolonged weakened state would follow the attacks, from which he would ultimately recover sufficiently to enable him to carry on his practice for a time but under the greatest difficulty.

In the numerous tests made on him, no bacteria of a noxious form could be found to account for his steadily failing health; experimental inoculations were tried, of course without the slightest success.

One day, 3 months prior to his coming to see me, he was laid up in bed, waiting for one of his attacks to come on, when my brochure was brought in on his breakfast-tray. After reading it for a short time, he suddenly awoke to the fact that the symptoms I had described were an exact replica of his own. It did not take him long to crawl down to the kitchen to discover that all his food had, for years, been cooked in Aluminium. Thereupon he gave orders that from then onwards, none of this metal should touch his food or drink, and then crept, wonderingly, back to bed, to go on with his attack. This proved so severe that 40 hypodermics of strychnine (and Oxygen) were found necessary to save him from passing out altogether.

From that time, *without any remedies and with no change in his habitat or diet (except in the cooking), he made an uninter-*

rupted recovery with no return of any of the old symptoms whatsoever.

Subsequently, I paid him many yearly visits, and always found him cheerful, and delighted to be able to carry on his full practice, and enjoy his old hobby of "gardening," which for so many years had been impossible.

Finally, though I could give you a great deal more significant evidence, I think I have said enough to persuade you to verify the matter for yourselves ; for you must see *the responsibility to future generations* which rests with each one of us to prevent this cause of ill-health in the future.

—*Jourl. of the Am. Inst. of Homœopathy, Oct., '56*

PROOF OF THE PUDDING

DR. D. M. GIBSON

ASTHMA CASES

A lifelong sufferer from asthma wrote in the Lancet in 1947 of some of the remedies employed in his case from the age of four, when his first attack was put down to "wandering about with wet feet in Skegness."

Down the years he recounts the following in the way of treatment : removal of tonsils and adenoids, twice, at an interval of ten years : purchase, while at school for the sum of 5/-, of a box of tablets guaranteed to "miraculously stop attacks in 30 seconds"—two of these were swallowed with watch on table but at the end of 30 seconds nothing had happened and the rest were discarded— : herb cigarettes, which caused bronchitis : extensive skin-testing while an undergraduate at Cambridge and desensitisation against pollens—effect on the asthma,