

Readin', 'Ritin' and Ritalin

How Psychiatric Drugs Are Turning Our Children Into Robots

In recent issues. *FREEDOM* has highlighted the tragedy of schoolchildren whose lives were destroyed by the dangerous and addictive amphetamine-type drug Ritalin.

In view of the disastrous consequences of Ritalin use, including stunted growth, permanent nerve disorders, epilepsy, psychosis, suicidal behavior, increased aggression and death. *FREEDOM* recently interviewed a number of top experts to find out how this deadly substance came to be so widely prescribed within the educational system.

"We're living in a time when people are looking for

pharmacological magic bullets." quick cures in pill form for a variety of ills, says Gerald Coles, author of *The Learning Mystique* and other books.

Coles points out that the workability of Ritalin has never been scientifically evaluated; if it had been, Coles says, Ritalin "wouldn't be used. It would still be at best in the experimental stage."

According to Coles, much of the research on Ritalin is invalid because it is based on the idea that an individual must conform to his or her environment, in this case the child's school environment.

This psychiatrically based fixation permeates Ritalin

research, Coles says, "rather than (educators) thinking about the ways in which education could be changed to accommodate children's individual makeup."

Ritalin studies which have been done, and the conclusions which have been drawn from them, are oriented toward *forcing* the child to *obey*. The drug itself is aimed at making children more "compliant," Coles says.

Vested Interest

Psychiatrists have been sharply criticized for continuing to drug children with speed-like drugs such as Ritalin, and ignoring the extensive findings of Dr. Ben F. Feingold and other researchers

and authorities which prove that childhood behavior is drastically affected by food additives, nutritional deficiencies and imbalances, allergies and other similar causes.¹

Cases documenting the serious and harmful influence of amphetamine-like substances abound. Alexander Schauss, director of the Life Sciences Division of the American Institute for Biosocial Research in Tacoma, Washington, provides a typical example where so-called "hyperactive" behavior was shown to be nutritionally based.

He reports, "We had a child who had a magnesium deficiency from an excess of intake of phosphates and phosphorus in his diet. He had a dietary imbalance which left him very short of magnesium...."

"So what we did is we just changed his

¹ Dr. Feingold's books on the subject include *Why Your Child Is Hyperactive*. Random House, New York, 1975. and *Introduction to Clinical Allergy*. C.C. Thomas. Springfield, Ill. 1973.

diet. Within days he started to improve.... Within six months he was back in regular education. No medication was required," he said.

Allergic Fog
Marshall Mandell, Medical director of the New England Foundation for Allergic and Environmental Diseases, located on Norwalk, Connecticut, has seen many cases of alleged "hyperactivity" resolve by addressing them as allergies.

Mendell explains, "You would be astounded to see that a child who is either just getting along at average or below average may actually be surprisingly bright, or may be a bit above average - or may even be a superior human being who has for the first time come out of what I refer to as an allergic fog."

Despite literally thousands of compelling cases that prove effective handlings for "hyperactivity" lie outside the field of psychiatric drugs, psychiatrists routinely turn a deaf ear to the

influence of food additives and other chemical substances on childhood behavior and persist in using ever more powerful chemicals - drugs - as their "solution."

For example, in a 1987 pamphlet entitled, "Attention Deficit Disorders Booklet for the Classroom Teacher." Funded by the Ciba-Geigy drug firm, psychiatrist Larry B. Silver of Ambler, Pennsylvania, devotes several paragraphs to denigrating the work of many highly respected medical doctors and other authorities who have produced startlingly successful results - without drugs.

In the place of vitamins, minerals, and low sugar or additive-free diets, which he regards as generally useless. Silver recommends the dangerous and addictive amphetamine, Ritalin. Garbage In, Garbage Out

Non-psychiatric medical doctors have demonstrated that they do obtain successful results using proper nutrition

and diet. In seeking to discredit these doctors and their work, vested interest spokesmen like Silver base their conclusions on highly questionable research.

In 1983, for example Bernard Rimland, director of the Institute for Child Behavior Research in San Diego, showed how the studies which had been used to undermine Feingold's discoveries on the influence of food additives on childhood behavior were poorly designed and executed.

In his research paper, Rimland comments on the unscientific methodology employed by each of these studies, and finds that their negative conclusions were "certainly unwarranted, probably incorrect, and very likely damaging."

His assessment of their work is simple. "The answer can be expressed in one simple four-letter word : Gigo, in computerese, stands

for " garbage in, garbage out."

"That is, if the incoming data (is) of no value, no amount of massaging analysis or manipulation will increase its value."

Rimland then cites serious flaws common to *all* of the negative studies he reviewed. These flaws include the fact that while Feingold called attention to more than 3,000 additives in our food supply, the studies were based on experiments with fewer than 10.

Also, while Food and Drug Administration (FDA) statistics indicate that the consumption of food colorings by children 6 to 12 years of age is frequently in the vicinity of 150 mg/day, with some children ingesting as much as 312 mg/day, the critical studies were based on tests with ridiculously low amounts - ranging between 1.2 and 26 mg/day of food colorings.

According to Rimland, tests based on the correct quantities as reported by the FDA have supported Feingold's

findings on the effects of food additives.

Dennis Clarke, president of the Citizens Commission on Human Rights (CCHR) International, a group established by the Church of Scientology in 1969. said in an interview with FREEDOM, "The psychiatric industry will not recognize in any way, shape or form that these other factors affect behavior.

"If they do not accept that, they're basically out of business, because their treatments all involve electric shock, lobotomy, or drugs, which chemically straitjacket or destroy people"²

Generating Income
For Psychiatrists
A child diagnosed
as having Attention

² The Citizens Commission on Human Rights has been conducting a public information campaign on the dangers of Ritalin, and through its toll-free hotline (1-800-522-0247). Has been contacted by many parents whose children have been damaged by Ritalin. The Commission provides information letters on the psychiatric drugging of schoolchildren free of charge to anyone who requires copies at the toll-free number.

Deficit Disorder (ADD) is defined by the American Psychiatric Association (APA) as a child who fits within eight of 14 criteria that describe such commonly observable phenomena as “fails to finish chores,” “often talks excessively,” and “often doesn’t seem to listen to what is being said to him or her.”

Critics have charged that the ADD diagnosis was adopted to legitimize massive psychiatric treatment for normal childhood behavior in order to generate a huge amount of business and income for psychiatrists.

Kendrick Moxon, attorney for the mother of a Los Angeles Ritalin victim, says, “These criteria enable psychiatrists to bring normal children into the mental health system where they can be drugged. The drugs then cause numerous horrible side effects which psychiatrists attribute to latent mental illness coming to the surface.”

The single-minded passion among psychiatrists for the

drugging of children is apparent in Silver’s “Booklet for the Classroom Teacher.” In it he admits, “We do not know the cause of ADD,” while at the same time he blindly asserts that “whatever the cause, the treatment approach is the same.”

Of course, this treatment approach includes placing children on the dangerous amphetamine drug, Ritalin.

According to the APA’s bible of mental disorders, the *Diagnostic and Statistical Manual for Mental Disorders-III-R* (DSM-III-R), amphetamines and amphetamine-type drugs can be incredibly destructive, and can throw a normal child into a full-blown psychosis. The manual states, “Amphetamine use may cause a highly organized paranoid delusional state indistinguishable from the active phase of schizophrenia.”

Further, the DSM-III-R underscores the addictive nature of such drugs and

cautions that “Suicide is the major complication” of withdrawal.

Moxon points out that psychiatrists actually exploit the delusional states brought about by Ritalin to justify further treatment. “In this way psychiatrists can and do make these children permanent mental patients.” he says.

Ritalin: Chemical Straitjacket

The controversy surrounding Ritalin has included false claims made for the drug manufacturer.

Says Gerald Coles.: I did not begin as a drug that made children more compliant.

“The claim was that it helps children’s brains, it helped their cognition.... Until finally the evidence against it became overwhelming that it does not help children’s cognition.”

Faced with mounting proof that Ritalin is in reality simply a chemical straitjacket for active children, the claims made for the drug had to be modified. Says Coles. “Then they

backtracked and said: 'It doesn't do that, but it does make them more compliant and therefore provides the opportunity to teach them.'"

Psychiatrist Silver readily admits that the Ritalin approach has no value in actually solving problems, but he prefers euphemistic wording to describe the chemical behavior-control function of the drug. He writes, "Such medication will not necessarily help the learning disabilities; but it can make the child more available for learning.'

Ritalin in the Schools

Armed with advertising materials touting the ability of Ritalin to control children drug company salesman descend on overcrowded and understaffed schools to hawk their wares.

LaVarne Parker, a Georgia mother who filed a \$125-million suit seeking restitution for damages allegedly done to her child by Ritalin, says that when she was a member of a task

force on ADD for the local school board. "A Ciba-Geigy representative for the state of Georgia was there and he brought in boxes of pamphlets for teachers to be distributed to the schools."

She explains, "Psychiatrists and psychologists are brought in to PTA meetings to explain the drug and what it does and how it helps the child.