

THE McCARRISON SOCIETY

(Scottish Group)

Reg Charity No. 274304

McCARRISON SOCIETY FOR NUTRITION AND HEALTH

The McCarrison Society for Nutrition and Health was formed in 1966 by doctors, dentists and veterinarians, all members of the Soil Association, who were convinced that nutrition was of supreme importance in the promotion of health and the prevention of disease. They named their new Society in honour of Sir Robert McCarrison, a pioneer researcher in the field of nutrition who in his Cantor lectures in 1936 outlined the relation between nutrition and health in a manner which was new to his audience. Nearly 70 years later, medical science has at last come to realize that the main causes of ill-health, namely the degenerative diseases, are explained by Sir Robert's conclusions. The Society holds lectures, circulates newsletters and publishes an international journal 'Nutrition and Health' which is recognised as filling the gap left by the strong focus of many nutritional journals on animal and experimental work.

THE AIMS OF THE SOCIETY

The purpose of the Society is to assemble scientific knowledge on nutrition and health that is free from economic and political pressures with the object of securing the physical and mental health of future generations.

We work to:

1. Promote health by advocating sound nutrition according to the teaching of the late Sir Robert McCarrison.
2. Collect and collate information and evidence from all over the world regarding the relationship between nutrition and health.
3. Encourage and initiate further research projects in the field of nutrition.
4. Urge the inclusion of nutrition as a mandatory subject in medical departments and encourage the teaching of nutrition in schools, according to the principles developed by Sir Robert McCarrison.
5. Disseminate relevant information through conferences, lectures and by liaison with other scientific bodies and the agricultural community.
6. Fund, where appropriate, the publication of books and papers and make relevant information available to the news media.
7. Provide speakers to take part in media debates intended to inform a wide audience of the importance of nutrition in maintaining good health.

Major General Sir Robert McCarrison

CIE, MA, MD, DSc, LLD, FRCP. (1878 -1960)

Sir Robert was an army doctor in the Indian Medical Service at the beginning of the last century when only a handful of people were interested in nutrition. He recognised the supreme importance of human nutrition to the health and was knighted for his seminal work which led the way to great improvements in health of troops and the Indian people. He was founder and first Director of the Nutrition Research Laboratories in Coonoor, India from 1927 to 1935. On his return to England he delivered three Cantor lectures and contributed to the wartime effort to secure the nutrition and health of the British people. Sir Robert stated:

"I KNOW OF NOTHING SO POTENT IN MAINTAINING GOOD HEALTH IN LABORATORY ANIMALS AS PERFECTLY CONSTITUTED FOOD; I KNOW OF NOTHING SO POTENT IN PRODUCING ILL HEALTH AS IMPROPERLY CONSTITUTED FOOD. THIS, TOO, IS THE EXPERIENCE OF STOCK BREEDERS. IS MAN AN EXCEPTION TO A RULE SO UNIVERSALLY APPLICABLE TO THE HIGHER ANIMALS?"

These words from Sir Robert McCarrison are now supported by overwhelming evidence. During the last century improperly constituted foods have damaged human health and are a major factor in causing cardiovascular disease, colon and breast cancer, obesity, diabetes, osteoporosis, and decreased fertility. These diseases are not confined to Western countries, their incidence is increasing elsewhere in the world because we are exporting defective agriculture and food manufacturing technology to underdeveloped countries. Natural breast feeding is being replaced by proprietary brands of infant formula which are widely promoted. In the capital of the Philippines, cardiovascular disease is now the commonest cause of death, and in Malaysia diabetes and obesity have both risen by 100% in the last decade. The World Health Organisation predicts that by 2005 heart disease will be the commonest cause of death worldwide, and that by 2020 mental health will be a problem of comparable severity. Much of the reason for the dramatic rise in non-communicable diseases and mental ill health lies in the simple fact that for most of the last century food policy has not been linked to health. The exception was during the 1939-1945 war when the Government recognised the necessity of a properly nourished population and fighting force. After the war the link between food, nutrition and health was abandoned and replaced by expediency and economics. Food manufacturers were allowed to become more and more powerful and influential in food policy debates.

McCARRISON SOCIETY - SCOTTISH GROUP

The McCarrison Society produces newsletters, and contributes articles and conference proceedings to the international journal "Nutrition & Health". Our Scottish Group was launched in 1981. Membership of the Scottish Group provides full membership of the McCarrison Society. The Group was formed partly because health problems in Scotland are rather different to those in England and partly because of the difficulties arising from attending meetings in London. Our aim is to hold a spring meeting in Edinburgh each year and another at a convenient location. We aim to produce at least two Newsletters each year and to use them to advise members of forthcoming meetings. Membership form can be obtained from the Chairperson and Treasurer whose address is on the reverse of this leaflet.

MEMORIAL LECTURES

Surgeon Captain T.LC Cleave, FRCP (1906-1983) was Director of Medical Research to the Royal Navy. Peter Cleave was one of the pioneers involved in research into health and nutrition. During his service in the Royal Navy he visited many different countries and was able to observe the link between diet and disease first hand. In particular, he noted the absence of Western-type diseases amongst people who ate natural, unrefined carbohydrates. He listed a group of diseases caused by dietary refined carbohydrates; in Europe white flour and crystalline sugar, in other countries mostly polished rice. He detailed the three mechanisms at work in the causation of refined carbohydrate disease; they were Loss of fibre, Over-consumption and Protein stripping. In 1979 he was awarded the Barben Gold Medal of the Royal Institute of Public Health and the Gilbert Blane Medal for Naval Medicine of the Royal Colleges.

In recognition of Cleave's life and work, Elizabeth Gay, author and nutritionist now living in France, gave the McCarrison Society a silver trophy to be presented, if possible annually, to a Cleave Lecturer chosen for his or her support of Cleave's teaching.

In 1989, the first Cleave lecture was delivered by Dr. Kenneth Heaton, then Reader in Medicine, Bristol Royal Infirmary, Dr Walter Yellowlees, retired G.P. and Past President of the Society, gave the second lecture in 1990; thereafter the lecture and award lapsed until 1998 when retired R.N. dentist, Surgeon Commander Brian Cliff, a past colleague of the late Peter Cleave as he was always known, gave the lecture to the London Medical Society.

Join the Society and help to strengthen an independent organization that aims to protect our food and nutrition and safeguard the physical and mental health of children yet to be conceived.

SUBSCRIPTIONS

Full membership with journal & newsletter	£40
Full membership with newsletter only	£20
Senior members and students with journal & newsletter	£30
Senior members and students with newsletter only	£15

Subscription can be paid via cheque or standing order to:
Account holder: McCarrison Society, Scottish Group
Account number: 001 31 301
Sort code: 80 73 31
Bank of Scotland, 2 West Marketgait, Dundee DD1 1QN.

Donations are very much appreciated!

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