Physician Amails Modern Faddists

Head of American Medical Association Talks in Newark.

As a keynote address to the 12th Annual Meeting of the American Medical Association, held in Newark, Dr. William H. Welch, president of the association, delivered a scathing attack on faddism, particularly of the form of fasting, which he declared was a waste of human effort and did not contribute to the physical health of the individual.

In his address, Dr. Welch pointed out that the modern faddists, who advocate the exclusion of all kinds of food from the human diet, are doing a great disservice to the medical profession and to the public health. He cited several cases in which patients, following the advice of faddists, had suffered serious harm.

Dr. Welch emphasized that the proper diet for human beings is a balanced one, consisting of a variety of foods, including carbohydrates, proteins, fats, vitamins, and minerals. He warned against the dangers of too strict a diet, which could result in malnutrition and other health problems.

He concluded by saying that the medical community should be united in its opposition to faddism and should work to educate the public about the importance of a balanced diet.