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by Gilbert Harris.**

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SOME ASTOUNDING FACTS ABOUT GOATS MILK AND ITS CURE OF INFANTILE ECZEMA,

by DR. GILBERT HARRIS,
at a recent Goat Club Meeting.

I will start at the end of my experiences because we made a most momentous discovery. We have a specific claim for the cure of infantile eczema. In May, 1950, I sent literature to Dr. Williams, a children's specialist. I had several times tried to see him but he always made lots of excuses that he was too busy, and so I was rather surprised to get a telephone call from him one day. He had a baby who was expected to die in the very near future. It was 8 months old and suffering from infantile eczema, and everything he had tried had been a complete failure. "I have seen your booklet on goat's milk," he said. "Can you supply me with some goat's milk for this child?" I said "Yes." The case turned out to be in my own parish. The child was in hospital but we decided to send him home for his mother to treat him. When I first went to see the baby there was not a fraction of an inch of healthy skin on its body. Its legs and hands were in splints and its face in a mask. I was not very optimistic and thought we were asking rather a lot from goat's milk. There was a family history. A previous child had had it and the mother was an asthmatic sufferer. We put the child on goat's milk and cut out all other types. Within 3 days the inflammation began to disappear. By the end of a week the wounds on the body began to dry. Within 33 days the baby had a skin which was completely new from head to foot. There was however no proof that goat's milk alone had effected the cure. The doctor seemed more amazed than I.

We had a long chat and he said to me: "I have another baby which is not quite so bad. We will put this baby on to goat's milk and see what happens." We cut out all other types of milk and the baby was fed from 5 months old on nothing but goat's milk. After 17 days the child was completely cured. Naturally we thought we had got something. We tried some experiments on the skin of the child—with the mother's permission. We gave it a little cow's milk, 1 teaspoon one day, 2 the next, 3 the next and so on. Within 24 hours the rash had reappeared. Immediately the cow's milk was stopped and the child put on to goat's milk. In 2 to 3 weeks it was completely cured again. We tried 5 or 6 different types of baby milk. Within 24 hours the inflammation began to reappear. That doctor was a specialist. A G.P. heard about this child and came to see me. He told me he did not believe in goat's milk. He was a German who had escaped from Nazi Germany in 1939. He said children fed on goat's milk during the First World War developed rickets, but this may have been due to the goats having been badly fed when young. He had one or two children suffering from infantile eczema and was prepared after seeing the amazing results with the first 2 children, to try the treatment. He said we would put the children on to goat's milk and get cures. It was not quite so simple. One or two occasions the rashes started up again and came back, which we could not understand, but there was a clue in the 8th or 9th case. It was a small girl who was completely cured, with no signs of rash after 2 to 3 months, when the rash suddenly reappeared on the back of the neck, cheeks, backs of legs, and almost as quickly disappeared again. The doctor was very interested. He questioned the mother. She had given the child no cow's milk, no cheese, no ice-cream, but she had given her a bar of milk chocolate. We tried the child a few days later with a $\frac{1}{4}$ -lb. bar. The following morning the rash had returned on the back of the neck, hands and cheeks. Three times we tried this, and each time milk chocolate brought back the rash. Plain chocolate was given and there was no rash. There was no doubt that in her case milk chocolate was causing the trouble.

Another child was cured in 3 days. The rash had not broken and in 3 days all inflammation and everything else had disappeared. We took the child off goat's milk and for 3 days it was given cow's milk. I saw the child on the Wednesday and was not calling again till the Friday. On the Friday there was a frantic call, "Will you please bring goat's milk." The child was a mass of inflammation. It took a week to get clear again on goat's milk.

These are actual cases of cures and give some idea of how rapid it is. We hadn't a single failure except one due to lack of co-operation by the parents, who took the child away for week-ends and didn't bother keeping to goat's milk. We were never able to do anything with that child.

This doctor and another who came along (a young man very interested in our County Club) came to my farm, and these days they are up there 2 or 3 days a week. He had 2 or 3 cases, and cow's milk was cut out and goat's milk substituted.

The testing time came. A strange doctor I did not know rang me up. He was quite cynical about it. He gave me a doctor's name to confirm the case. "I have a case," he said, "come and cure this." I went up to see this woman. She had had 2 previous babies who had died. One had died at 6 months and one at 8 months, from sheer exhaustion. The third was barely alive. It had splints and a mask on its face, and its hands were bandaged. The mother was a bad asthmatic sufferer and it looked pretty hopeless. The doctor said: "I don't expect any results, but anything you want me to do I will do." I told him what I wanted him to do and went up again at the end of the week. There was not very much improvement. At the end of a fortnight the mother met me, beaming. There was a new patch of skin on the baby's back, and within 5 weeks it was clear except for its face, hands and legs where the skin was exposed, but all other parts of the body were clear. Within 2 to 3 weeks it will be quite clear.

We found after a year (the first case was in May 1950) that there were snags. That the use of ointment does not help. The only application given to the skin should be olive oil, which is soothing, and try to stop the child from scratching.

Some cases I have cured suddenly flared up again, but after a few days the cure began to be complete. Investigations showed that poisons were being passed not internally but externally through the skin in the cases of some children, and those who expelled the poisons through the skin were cured far more quickly than those who passed the poisons internally. 27 children have been cured since May 1950, with only one exception.

Naturally we intend to go deeper into this and find out what was the original cause. The medical profession admits it has never found an efficient treatment for eczema. Obviously it is dietary. It appears to me, as a layman, that it is a question of protein poisoning. Certain children have an allergy to the protein in cow's milk. They can't digest this protein. It is passed into the blood in a partly digested form and gets to a part of the body where the circulation is weakest, poisons the blood vessels and causes eruptions under the skin. This is purely a layman's point of view and there is no proof that such is the case.

I don't know whether there is very much more I can say about this, except that we have found that the re-introduction of cow's milk in any shape or form in most cases (excepting, strangely enough, in the case of butter) i.e. in cheeses which are made from cow's milk, definitely led to a return of the rash. Unfortunately cheese is not a legal delivery today, but we are striving to supply cheese made from goat's milk.

There is one other case I should like to report, definitely a case of the saving of a life. At 10.30 one night my own doctor rang up to say he had a baby dying in Coventry, 5 days old and showed signs of infantile eczema. It was being fed with cow's milk. Every type was being regurgitated and the baby was going to die from malnutrition. I turned

out with 2 pints of milk. The baby took a bottle of goat's milk and has not looked back. It has been on goat's milk ever since and is a beautiful child. It was the first case taken up officially. The parents were not well off. 12s. 6d. a week was rather a lot to pay for milk. We tried the National Health, which was hopeless, so went to the local Medical Officer and insisted that this child should have goat's milk. The parents could not afford it and the child would die. He treated the case sympathetically. There was a Public Health Committee Meeting the following Thursday, and the doctor and I were invited to attend, and other doctors came along. The Committee was completely converted and agreed that the family be given assistance to buy the milk. They paid 1½d. a pint and a 3 months' contract was given me to supply the milk. The third contract has been passed this week. The Committee pay the difference between what the parents can afford and the price of the milk. They pay me and collect any difference from patients.

I hope I have convinced you—as we are completely convinced ourselves—that goat's milk, with the complete exclusion of cow's milk, is the complete cure for eczema. There are 27 cases that I know of, so there must be a few thousands in this country in need of goat's milk.

One of the doctors asked: "What can we do with adult eczema?" There was the case of one old lady. She took a pint of milk a day and didn't like it very much. In a week she and her husband and daughter were lapping it up. That old lady is now on her feet. The milk is supplied from Bournemouth. She is now thriving and the eczema, which was almost lifelong, has nearly gone and she can walk.

Encouraged by this, there was another man who could only walk three weeks out of four because he could not stand on his feet. He was put on 1½ pints a day, to the complete exclusion of cow's milk. Now he can just walk. He said at the end of the third day the eczema was worse than ever in his life, but then it began to go down a bit. He washed his legs with olive oil and said: "Now look at them!" Everything was dry for the first time in years. This happened a fortnight ago. This man is convinced he will be cured. He even cancelled his holiday because he could not get goat's milk away from home. He has sent many different men to me, applying for milk for eczema. One has had a flare-up, the same as the other, and he is very optimistic. I have given that case first because I think it is now conclusive that it is a cure.

The first cases we really took up were tuberculosis cases. This was a totally different doctor from the other two. He was a firm believer in goat's milk and had brought his own children up on it. He came to see me about a boy of 17 who had bovine infection of practically all the intestines. He had been in bed for something like two months and there was little hope. Milk was the only thing he could take and he either would not or could not drink cow's milk. I asked him if I could supply goat's milk. He had more than a ½-pint a day. He died, but within the 6 months on goat's milk we built up his bodily health by 2 stone in weight. The doctor was convinced that if we could have started earlier we would have saved his life.

Another boy of 12 had bovine T.B. of the intestines. Within 5 months he was back at school. He now plays Rugger for his school, is in the first XI of the school cricket team, and he has had 2½ years on goat's milk.

The third case is a young lady of 21. She had suspected T.B. and was losing weight very rapidly. She had to leave off work, and the same doctor suggested that she took goat's milk. She had a pint a day and after 6 months had to cut it down because she was getting too fat. It arrested her loss of weight which had been 1½lb. a week. After 1 week on goat's milk it was stationary. After 2½ months on goat's milk she was back at work, and 12 months last August she got married and is now completely free from T.B.

It seems there is something in the goat's milk which is completely obnoxious to T.B. Doctors and veterinary surgeons are carrying out many experiments hoping to find the T.B. reaction, but so far they have had no

luck. They have been trying to infect goats with T.B. to combat T.B., but the goats refused to become infected at all, let alone produce T.B. milk.

We found one very important thing. All those goats that have T.B. have either been brought up on cow's milk or have not had goat's first milk. Somewhere in the first milk there is a probable cure for T.B. The first milk of the goat to the kid carries T.B. antibodies and antibodies for practically every infection the goat is likely to get in its lifetime. We have the feeling there somewhere we may find an antibody to T.B. It is purely in the experimental stage yet, but a lot of work has been done on it.

There was an unusual case of ulcerated colitis—a terrible sufferer. Everything he ate went straight through him. He was in a hospital in Birmingham for 11 days and was literally dying of starvation. He was put on a diet of goat's milk and cream, and champagne. It kept him alive and improved his condition, but 3 days later he died in hospital.

Mr. Philcox, M.R.C.V.S. T.B. infection does occur in goats occasionally. There were no figures in this country, but only very few animals are affected. He had been in touch with the Agricultural Laboratories at Weybridge during the last few days. In 15 years Dr. Stableforth had encountered one case. Mr. Wilson had examined numerous goat milk samples over a period of 5 years and had found one case of T.B. infection of milk from Surrey, and it was found that the goats had been in direct contact with cows kept in poor conditions. There is no doubt that goats have a very high natural resistance to T.B. but they will succumb if exposed to heavy infection. On the Continent quite a large number of goats are slaughtered for human consumption and so there are quite a few figures available. Over there goats are not kept so clean as in this country. In France in one year 2,800 goats were killed. Of these ONLY ONE SIXTH OF ONE PER CENT. were found to be suffering from T.B. (not more than one tenth of these being T.B. of the udder).

Besides T.B. there are other infections which doctors are rather scared of coming from goats—Malta Fever (*Brucella Mellitensis*) and Undulant Fever (*Brucella Abortus*)—this latter the one which causes abortions in cattle. The first, Malta Fever, does not occur in goats in this country. Blood tests are taken twice before the goat is exported, and the Laboratory has never had a case of Undulant Fever. There are various things which goats do not suffer from but which affect cows only. He assured the meeting that the risk of T.B. in goat's milk was almost infinitesimal, and the possibility of the infection of human beings from it very small. It is far safer to drink than cow's milk.

Mrs. Passavant—her personal experiences: 12 years ago she had undergone an operation for a perforated duodenal ulcer and peritonitis, from which she had nearly died. She had to give up work as an artist in London and live in the country. For about 2 years she could scarcely eat anything and was extremely weak. Milk rationing was in operation and as she was living mainly on milk her husband suggested they buy a goat. It took a year before she really began to put on weight and to build up strength, but there was a very definite, albeit slow, improvement. She did eventually become much stronger, and last winter didn't even have a cold. She now has 7 goats and a male. She was now pleased to say she weighs nearly 11 stone, which she believed was about right for her height, without getting any fatter, and has a hearty appetite. Her doctor in London had told her she would never eat a square meal again, and she only wished he could see her now.

Mrs. Sawyer: Would like to put the case of her own child on record. Although a strong baby when born, at 2 weeks he had developed infantile eczema and his face and shoulders were covered with the rash. At a month he had been put partly on goat's milk and was taking it exclusively at 6 months. She wished to stress the importance with eczema not to wash the baby as water is fatal. Olive oil only must be used. Her child is now a brilliant little boy.