

Life Story of Herman Goodman M.D.

Herman Goodman was born in New York City May 5, 1894, son of the late Barnet and Celia (Klein) Goodman. He attended the De Witt Clinton High School. He was awarded his B.S. from Columbia College, 1915. The Doctor of Medicine degree was earned at the College of Physicians and Surgeons, 1917. He served at New York Skin and Cancer Hospital until called to active duty in the First World War.

Herman Goodman became interested in dermatology as undergraduate assistant to John Addison Fordyce. He was associated with Walter Brooks Brouner, Frederic Sylvestre Mason and Leo Michel. They were specialists and teachers in sexology, dermatology, venereology and cosmetology. Dr. Mason was a pioneer in nutrition, particularly the vitamins. He indoctrinated his young associate early in his medical career.

During World War I, Goodman served in the Medical Corps of the Army of the United States. He was assigned to duty in New York City. He did camp and hospital duties at Camp Meade, Md. He was officer in charge of venereal disease control in Puerto Rico, Panama Canal Zone, and the Eastern Department of the Army. Upon his discharge, October 30, 1919, Goodman rejoined the staff at the New York Skin and Cancer Hospital, holding various posts until 1935. He was on the staff of a number of hospitals, including Beth Israel, West Side and Bellevue. Goodman was Assistant Director in charge of Education and Epidemiology (1938-1945) and Supervisor of Clinics of the Bureau of Social Hygiene of the Dept. of Health, City of New York from 1948 until his resignation, 1963.

Dr. Goodman is a Diplomate of the American Board of Dermatology and Syphilology; Fellow in Dermatology and Syphilology of the New York Academy of Medicine (of which he is a Life Member); Honorary Member of the Swedish Dermatological Society; Honorary Member of the American Medical Society of Vienna; Life Member of the Society on Medical Jurisprudence; and Life Member of The American Medical Association. He is a member of the Alumni Association of the New York Skin and Cancer Hospital (inactive) and a former member of The Illuminating Engineering Society. Goodman was secretary and chairman of the Section on Cultural and Historical Medicine of the New York Academy of Medicine; and secretary of the New York Society for Medical History.

Goodman taught at many levels. His subjects were dermatology, syphilology, public health control of venereal dis-

eases, pharmacy (particularly preparation of rational pharmaceutical preparations for the skin, scalp, hair and nails).

He taught classes in the history of dermatology and syphilology.

Goodman collected into albums illustrated brief biographical sketches of 632 notable contributors to the knowledge of basic sciences in dermatology and syphilology from 3500 B.C. to 1900 A.D. These were presented at the exhibits of International Congresses of Dermatology at London in 1952 and Stockholm in 1957. The albums were exhibited at the 14th Japanese Medical Congress in 1955 at Kyoto.

He was director of the courses on cosmetics at the Brooklyn College of Pharmacy.

He retired from active academic teaching as Clinical Professor of Dermatology at the New York University Medical School, New York in 1962.

Dr. Goodman was the first to describe ulcerating granuloma of the groin region on the Island of Puerto Rico in 1918. There to fore the organisms of the disease had not been demonstrated anywhere in the United States. Later he recognized the disease in New York City. He (with the late William Jackson Young) described the first patient with recognized periarticular nodules of syphilis.

In the years prior to penicillin, Goodman had the largest experience with the rapid or five day treatment of syphilis by the daily injection of arsphenamine (salvarsan). He also instituted a one day cure of gonorrhea—very revolutionary at the time, 1944—with the available sulfonamide and fixing chemicals.

Goodman continues a deep interest in public health aspects of venereology. He holds to the thesis that gonorrhea and syphilis can be eradicated by treatment of those exposed to the infection, of those suspected as being infected, and of those known to be infected. Goodman is convinced the promiscuous male homosexual rather than female prostitute is mainly responsible for spread of venereal disease. He insists the only dose of penicillin is three million units or one Fleming dose. He practices the massive single dose injection technic.

His study of drugs, chemicals and ingredients of perfumes with filtered ultraviolet light was undertaken with the late Curt P. Wimmer. Dr. Goodman devoted himself to study of silicones, bentonite, and other industrial materials. He proposed formulas and fields of use for these in treatment of skin disease.

Goodman was consultant in voca-

tional and health education and training to departments of education at City and State levels. He was advisor to national and local associations of hairdressers, cosmetic manufacturing and sales firms.

Goodman was a pioneer in the utilization of filtered ultraviolet light in clinical and criminal investigation. He introduced optical bleach writing on mother and child to be read under filtered ultraviolet as means of preventing mix-ups in lying-in hospitals. His brochure, "Identification of the Newly Born," presented original methods and reviewed the old ones.

Goodman wrote and published 3,200 articles on medical, pharmacal and historical subjects. He wrote and published a score of books on the care of the skin, cosmetics, prescription writing, infrared radiation, electricity, beauty culture, sanitation, hygiene and bacteriology. He developed an easily taught system of rewriting for reading with understanding to reach the school levels of the anticipated audience. He wrote a text "Rewriting for Reading With Understanding" in which he explains a method of preparing reading material Johnny can read. He has in preparation publications on history of social hygiene in the area which is now New York City. He was a regular contributor to the LETTER TO THE EDITOR pages.

Goodman was caught early in life with the travel bug. He ran away from home for the first time at seven. Summers he worked on farms in New Jersey and Virginia until seventeen. Goodman traversed the United States and Southern Canada early in the 1930 period. He visited colleagues and delivered lectures. Military duties took him to Puerto Rico, Panama, Haiti and the Virgin Islands. Crossing by boats, Goodman visited the countries of Europe, North Africa and the USSR in 1935, 1936 and 1939.

The air crossings of the Atlantic in 1952 were the first of more than a score in the next 14 years. Eight around the world trips were completed between 1955 and 1967. A catalogue of countries follows: England, France, Germany, Italy, Spain, Portugal, Holland, Belgium, Denmark, Sweden, Norway, the Lapp country, Finland. Other lands before and after World War II; East Germany, Poland, Latvia, Lithuania, Estonia (only once) and the USSR (each area as it was opened to travel), Turkey, Greece, the Balkans, Austria, Czechoslovakia, Hungary, Switzerland, and Rumania (five visits since 1960). Africa was crossed and recrossed in four visits. India was a place for study across its north and south with trips along each coast. Nepal and Srinagar, Pakistan

and Afghanistan, Kingdom of Swat, Viet Nam, Cambodia, Laos, Thailand (four visits), Malaya, Indonesia are on the lists. Islands visited rank from the sub-continent Australia to the tiny Co.os with New Zealand, Mauritius, Fiji, Tahiti, Taiwan, the Philippines, Hong Kong, Macao, Zanzibar, the Grand Canaries, those of the Aegean Sea, the Azores, Haiti, Bermuda, Hawaii, Wake (airplane stop in the days of the propeller planes), and practically all of Japan on five visits to these glorious places for tourists and scholars. Siberia was crossed twice with visits to Mongolia and its Gobi.

Goodman toured the countries of Central Asia and passed through Northern Turkey en route to the Orient in 1966. He visited the northern island of Japan-Hokkaido and its fabulous people, the Ainues. Several efforts to enter Continental China were fruitless.

Korea followed one trip to Japan. One summer was spent going to Alaska by boat and returning by air through Seattle and Chicago, then by boat through the lakes and the St. Lawrence to Montreal. Another summer covered Mexico City, Panama (so changed from the World War I days) down the west coast of South America to Chile, across to the east coast by the lakes and flight over the Andes to Paraguay, Uruguay, Brazil and Argentina.

The United States was not neglected. Repeated visits were made of up to ten weeks each to Florida, 1965, 1966 and 1968; to Palm Springs, Calif., 1967. A short stay was made to the hospital complex at Carville, La., 1968.

Goodman revisited Spain, Portugal and Morocco in winter of 1969 and Norway, Sweden and Denmark in summer of 1969.

Goodman gained experience in weight and girth control as part of his medical practice. Early in 1965, he studied the publication of A. T. W. Simeons, M.D., Rome, Italy. A score of patients were treated. A round the world trip began with a stay in Rome as the guest and observer of Dr. Simeons. The summer of 1965 was devoted to review of "Pounds and Inches," by Dr. Simeons.

Many additional persons were observed under the genuine girth and weight reduction control with human chorionic gonadotrophin (not a sex hormone) and 500 calorie diet.

Goodman has experiences in the United States with the methods and schedules of Prof. Dr. Anna Aslan in the injection of novocain as practiced in Rumania and many other lands behind the Iron Curtain. The results of the nation-wide studies in prolongation of years of life and productive work are pertinent to the availability of acceptable foods. He wrote three brochures on the work of Prof. Dr. Anna Aslan after visits to The Institute

of Geriatrics in Bucharest, Rumania.

The nutritional errors of hypoglycemia (idiopathic functional low blood sugar) are related to metabolic cranio-pathy (changes in bone formation of the skull). The symptoms particularly in women, lead to changes in behavior requiring special tests to distinguish one from the other. The two conditions are found in the same person and have many features in common. Goodman explored the possibilities of a reliable laboratory test for blood sugar and proposed a fifty minute test period. He studies acupuncture when in the Orient.

Dr. Goodman speaks over radio on the subjects of skin diseases, over and under weight, low blood sugar, novocain therapy, travel and biography. He prepares articles, radio talks and addresses on the basis of his visits. He is impressed by the part rice plays in the battle for the bodies and minds of compulsive rice eaters of the Orient. He brings to this thesis his observation in the Far East and South Pacific. He views the armed conflicts in North and South Korea, North and South Vietnam, Cambodia, Laos, Thailand and other countries as a race for rice. The problem of rice is linked, according to Goodman, to the world population explosion. The speed with which it is expected the population doubles varies with the different cultures. Compulsive rice eaters in rice deficit areas double the population faster than elective rice eaters in a rice surplus area. The nutritional value of locally grown rice requiring 200 to 400 man days of labor is compared to rice grown in the southern tier of the United States requiring 2 to 4 man days of labor. The socioeconomic factors are significant.

Dr. Goodman married the late Ruth Berlfein Goodman (1893-1964). The couple had no children. Mrs. Goodman trained in nursing at the New York Eye and Ear Infirmary. She was intensely interested in the blind.

When a youth, Goodman learned the names of leprosy, and the personalities of Father (Brother) Damien and Jonathan Hutchinson (1828-1913). The last was the author of a text, "Fish Eating as the Cause of Leprosy."

Goodman gained clinical knowledge of the disease as an intern at the New York Skin and Cancer Hospital and at Bellevue Hospital. He referred patients through official channels to the Hospital at Carville. Goodman next saw the disease in the tropics when on military duty in Puerto Rico, the Virgin Islands, Haiti and Panama. In recent decades travels to the Orient brought him to many hospitals caring for patients with the disease.

The Herman and Ruth Goodman Foundation, Inc., was originally formed to help sustain students of professional

schools past their second year who are beset with financial difficulties. The dean of the college nominated the needy student and administered the allocated funds.

The Herman and Ruth Goodman Foundation, Inc., makes grants to organizations interested mainly in public health. Its major plan is in the area of uncovering of the true cause of Hansen's disease (known also as leprosy).

The joint factors of blindness and the loss of sight of the late Stanley Stein (1899-1967) due to the affliction of the disease associated with the Hansen's bacillus led in turn to the Stanley Stein Award of the Herman and Ruth Goodman Foundation, Inc. After the death of the founder and editor of *The STAR* a letter of intent from the Foundation of a grant assures in some measure the continuation of the publication.

The distribution board of the Foundation considers the feasibility of an award to the person or persons proving the contagious character of the Hansen's bacillus and/or a definite hit the target or specific remedy to cure (not arrest only) the disease associated with the organism.

The late Victor Robinson (1886-1947) historian, writer and editor penned these words regarding Dr. Herman Goodman: "... we find an unquenchable ardor for light, an enthusiastic appreciation of all who have enlarged the boundaries of knowledge, and an irrepressible impishness. Some fires do not grow old; we would not wish it otherwise."

Dr. Goodman was active at four-wall handball. He was a student of judo. Medical history is his hobby. He continues an active medical practice with dermatology and gerontology as the entering wedges.

Goodman is available for lecturing before groups and on radio.

Herman Goodman, M.D. (Physicians and Surgeons, Columbia University, N.Y., 1917) dermatologist and writer, receives a plaque from "The STAR" published bimonthly by the U.S.P.H.S. Hospital at Carville, La., in appreciation of his distinguished service to that publication, of which he is "Roving Contributor." He also receives a "Certificate" from the Department of HEW and U.S.P.H.S. of Carville in appreciation for his outstanding contribution to that hospital. You may obtain sample copy of "The STAR" from Dr. Goodman by writing to his office at 18 East 89 Street, New York, N.Y. 10028

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