

**Names:** Paskins, William Arthur (or Arthur W.)

**Description:** This collection of papers was received in 1978 by the University of British Columbia from the estate of Mrs Nellie Whiddon of Victoria, formerly married to Dr Paskins. Mrs Whiddon has established a "Dr William Arthur Paskins Memorial Trust" to assist students who are studying or investigating naturopathic medicine. While there are several letters, the most distinctive part of the collection consists of the typescript of a book entitled: "How to be happy and healthy though civilized; psychosomatic medicine for psychosomatic diseases". There are some earlier papers on related topics. A few pamphlets have been incorporated into the Memorial Room collection.

**Dates:** William Arthur Paskins fonds – 1930-1956

**Location:** Memorial Room Rare Cabinet 27

**Items:** 24 cm of textual records

- Notes:**
1. In the documents which accompanied the papers to the University of British Columbia, Dr . Paskins is referred to as W.A. Paskins. He signs himself as "Arthur" or "Arthur W. Paskins".
  2. These twenty envelopes a restored in one document box. The second box contains five envelopes which hold the typescript of the ten chapters comprising "How to be healthy and happy though civilized: psychosomatic medicine for psychosomatic diseases." The date of this material would appear to be 1956 and it is probably the final version of the text. In addition to these five envelopes there is a loose-leaf binder which contains 29 "lectures" and an index.

**Inventory:**

- I. Presidential address delivered before the Association of Naturopathic Physicians, March 6th, 1943. (2 copies typescript and ?preliminary draft.)
- II. Does medical education fit one to become a dictator in health matters? Opposition objections to licensing naturopathic physicians, and answers to objections.
- III. Remedial psychology. (Draft with corrections)
- IV. Professional course: Remedial psychology.
- V. Biochemistry and phytotherapy. (Ms.)
- VI. Biochemistry and phytotherapy. (Ms)
- VII. A discussion of the rheumatic diseases with some ideas old and new as to their cause and treatment. (typescript with ms. emendations) Note: A condensation of a speech given before the Parliamentary Committee appointed by the B.C. Legislature to enquire into the causes and possible treatment of the rheumatic diseases.
- VIII. Fruits – kill or cure?
- IX. Lecture: Fruits – kill or cure?
- X. Diabetes mellitus (A.F. di Valvasone )  
Neurology (A.F. di Valvasone )
- XI. A reference in neurology (A.F. di Valvasone)
- XII. Original manuscript of book on naturopathy (psycho-somatic). (Introductory material to end of Part IV)
- XIII. Original manuscript of book on naturopathy (psycho-somatic). (Part V. to ?end)
- XIV. How to be healthy though civilized. (Typescript & miscellaneous pages of ms.)
- XV. How to be happy though civilized. (Typescript)
- XVI. How to be healthy and happy though civilized.  
(Portions of typescript with ms. corrections and additions)

- XVII. Vitaminerals: Briefs.  
Letter re: nudist clubs.  
Blurb : Why homeopathy? Published by Standard Homeopathic Pharmacy, Los Angeles.
- XVIII. Untitled typescript dealing with naturopathy.
- XIX. Examination papers – various years and subjects. Related correspondence.
- XX. Typescript of a paper in five parts covering various “medical topics”.