

# Canimalism



**October 10, 2019.**

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120 pages



Canimals are meat eaters of cows, pigs, goats, rabbits and chickens that have been intensively bred for consumption.



## Biography



Peter A.J. Holst went to study health care at the University of Utrecht. At this university, lectures and practice were combined at the faculties of human medicine, veterinary medicine and dentistry until the candidate exam. At the student association he was soon informed that he did not study health care but medicine. A first excursion to Paris was financed by the pharmaceutical industry. At the l'Oree du Bois de Boulogne we were received princely in a Michelin restaurant. From now on, no patient should leave the consulting room without a prescription.

For the bachelor examination of the bachelor he did his pathology exam with Professor A. de Minjer. His thesis on small cell lung cancer

was discussed and the Minjer took him to the pottery museum where they stopped for some time in front of a preparation with lung carcinoma of a smoker. De Minjer pointed out to him that lung cancer and breast cancer for the coming years would be the biggest challenges of medicine. More than fifty years later, that is still the case.

After assistantships in Rotterdam and Leiden, he graduated from the University of Leiden in 1969. During the midwifery internship in Leiden, Professor A. Sikkel asked him to assist in the practice of Dr. P.J. Meijst in Hazerswoude. In the event of a collision on the provincial road, this general practitioner had broken his shoulder and had to be assisted for several months in the practice. An additional advantage was that during this period there would certainly be some deliveries where I could assist. That came true because during my assistantship I could lead more home deliveries than I could have done in the obstetric clinic in Leiden. Professor Sikkel has made contraception an indispensable part of the profession and, has institutionalized the establishment of a separate outpatient clinic for contraception. Professor Sikkel was a very inspiring doctor.

Holst worked as a general practitioner in Rijswijk-Den Haag from 1970 to 1984. In his early years as a general practitioner, Holst was also supervisor of a clinic for birth control in Delft (Dr. Rutgers Foundation) for several years. The Rutgers Foundation was successful in the seventies of the twentieth century with its counseling agencies for contraception, the Rutgershuizen. In 1969 and 1970 he held evening office hours at the Rutgershuis in Delft. When the St Hippolytus hospital on the Phoenixstraat in Delft moved to a new location, the former hospital was transformed into a business collection building. Under the direction of Holst, the incubator department on the top floor of this building was converted into a number of consultation

and examination rooms of the new Rutgershuis in Delft. He has placed about 250 IUDs in all of the following practical years, including in his own general practice during evening consultation hours for contraception and cervical smears. He held back-guard consultation hours for the morning after pill. Real 'Hagueneses' then asked for the "morning after save pill".

Under influence of the Nederlands Huisartsen Instituut, his practice was set up from the beginning with a surveillance schedule. This means that age groups are always tested for the risks that occur in the age group. As additional operations during consultation contacts at least once the blood pressure was measured, for example also once from 50 years the eye pressure measured and noted, the stool examined for occult blood loss from 50 years, in risk groups also an electrocardiogram was made, etc. At the beginning of my general practice, I found a severe pneumonia in a young woman of 20 years old. After treatment with an antibiotic she recovered. Because she had a cage with a parakeet in her bedroom, I wondered whether the presence of a cage bird in the house could possibly cause more serious illness. A 17 years old boy died of bone cancer in his leg during the first years of my practice. This young man had constantly kept and bred at least 100 tropical songbirds in a basement. One can imagine the risk of repeated bird flu and the occurrence of blood and bone marrow episodes with slow-moving carcinogenic bone infection in such intensive contact. Because of the many consultation hours and home visits, ten lung cancer patients came to my attention in a year. Of these, there were six bird keepers in the years before diagnosis. After consulting with professor F. de Waard of the RIVM, department of epidemiology, I have set up a ten-year practice survey and follow-up studies. The statistical link was demonstrated, later confirmed in studies in Berlin and Glasgow. Much later, in 2012 a laboratory

experiment proved the link between lung cancer and Chlamydia pneumonia infection.

In 1987, this research led to his PhD at the University of Utrecht on the relationship he demonstrated between breeding and keeping birds indoors and lung cancer. He defended the hypothesis that lung cancer in bird keepers and bird breeders is the result of persistent infection of the deeper basal cells in the airways. His promoters were prof. F. de Waard, epidemiologist of the RIVM, professor P. Zwart, special veterinary faculty and D. Kromhout, nutritional epidemiologist.

These basal cells, also called cancer stem cells, are still multipotent and do not die if the cell is infected with a bacterium like the Chlamydia that can only propagate in a living host cell. The practical studies and the dust measurements with TNO were supported by the Dutch Prevention Fund. After this he started working as director of Health, Safety and Environment services.

After his retirement in 2005, he started traveling a lot. Born in Zeeland (1943), on land in the sea, the sea-hole and the wide world continued to attract him. He has crossed all the oceans several times.



## **Foreword to the Original Studies**

Original ideas and observations are rare. They are especially valuable if checked in practice, critically evaluated and supported by material independently collected by others.

It is to the very personal credit of Dr. P.A.J. Holst that he noticed a potential connection between the keeping of birds and the occurrence of lung cancer among members of households where they are kept. He has pursued the idea in his private practice and for over 12 years kept records of every single patient. The data were critically and statistically analysed and supplemented by data and materials collected by lung specialists.

A new aspect is presented in this book. Avian products, spread in the house in the form of fine dust particles, may be inhaled deeply, cause irritation and contribute to local immune response in the lungs. It is hypothesized that this sequence of events is independent of other factors and significantly contributes to lung cancer and some other diseases.

It is a pleasure to work with a gifted man who is fascinated by many aspects of human well being. The author is well aware of the importance of contact between mankind and nature. Living creatures such as dogs, cats, pet and aviary birds play a major role in human well being. The keeping of birds may, however, as many other activities, also brings certain health risks. Holst analyses the habits of bird keepers and the consequences of bird keeping on the health of residents of houses where birds are kept. This book is a condensed presentation of an important scientific work contributing significantly to the health and well-being of mankind.

Professor P. Zwart DVM PhD  
University of Utrecht, the Netherlands

## Follow-up Intensive Breeding of Animals

Darwin wondered after comparative studies on the Galapagos Islands - The Origin of Species - what his findings meant for the further evolution of life on Earth.

- Charles Darwin showed that the finches on isolated Galapagos islands developed under the influence of their environment.



- **Darwin showed that environmental factors translate into physical and genetic characteristics.**

From their tree huts in Africa, the great apes developed a great hand skill. About a million years ago chimpanzees reached the warmer areas of Europe and Asia. From Africa through the Middle East, 60,000 years ago hominids reached Asia (*Homo luzonensis* and *floresiensis*) and 45.000 years ago Western Europe (*Homo neanderthalis*). People, chimpanzees and gorillas shared a common ancestor up to 5 million years ago.



(Alfred Russel Wallace. The Malay Archipelago, land of the Orangutan and the bird of paradise)

The orangutan has no tail and walk on two legs. Great apes have started to walk upright, on two legs. Standing, it is easier to gaze at prey or enemies, and arms that are not needed for locomotion remain free for other purposes, such as throwing stones or giving signals. Homo sapiens has achieved greater dexterity in the East African region. Man is the only man-like person who can place the thumb against the other fingers and make a precision grip with his hands. The more those hands were able to do, the more successful their owners were, so the evolutionary pressure led to an increasing concentration of nerves and extremely precise muscles in the thumb and fingers. The brain grew with it. As a result, people can perform particularly complex tasks with their hands. Only modern man, due to the increased volume of the brain, has been able to control the reproductive processes and to free himself from the instinctive process of reproduction in the mid-twentieth century. Consumption animals are badly off with this new knowledge.

*Artificial insemination techniques are also the result of this new insight. The increase in meat products and dairy production in the West could only be achieved with manual insemination of mammals and the animals unilaterally fattening with soy flour, corn and fish meal.*

The unbridled breeding of animals, through artificial insemination of cattle and with incubators for poultry, has a devastating effect on our health, nature and the climate. Fast food, unnatural food and meat consumption lead to obesity, vitamin deficiencies, chronic diseases and premature death. Cancer is now the main cause of premature death.

- Since the second half of the 20th century, modern humans have eradicated 60% of mammals, birds, fish and reptiles in the wild.
- Agricultural subsidies break down the grasslands.
- Fuel subsidies for the major fish trawlers destroy the fish stocks of the oceans.
- We can no longer ignore the impact of current non-sustainable production models.