

# VITAMIN NEWS

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## THIS BARBAROUS AMERICAN FOOD SITUATION

1. Diseases of the heart, arteries and kidneys cause the majority of deaths in this country, 536,745, to be exact, in 1940.

2. Cancer killed half as many.

3. Seventeen cents per death, or \$93,835.00 was spent that year on research to find the causes of heart, vascular and kidney disease.

4. \$525.00 per death was paid the same year for research into the causes of infantile paralysis.

5. Did you know that in China, where the people cannot get our white flour, refined sugar, soft drinks and pasteurized milk (pasteurized so it need not be produced under strictly sanitary conditions, pasteurized so dirt and all can be bottled and sold), there is very little arthritis, heart disease, high blood pressure or cancer? In Hongkong the death rate from cancer is 8 per hundred thousand deaths. In San Francisco it is 102.

Note well this quotation from Dr. Snapper's book, "Chinese Lessons to Western Medicine", Interscience Publishers, 1941.

"The rarity of coronary thrombosis in North China is the more striking because the increase . . . of this disease in America and Europe is appalling . . . The rarity of arteriosclerosis is proved by the scores of middle-aged patients dying of all sorts of diseases showing hardly any sclerosis at autopsy . . . This explains why the genuine angina pectoris syndrome . . . and . . . coronary thrombosis are rarely encountered."

The difference in these diseases in this country as compared to China is a monument to the advertising skill and the political power of the American devitalized food industry.

For a complete exposé up to that date, read Dr. Harvey W. Wiley's book, "The History of a Crime Against the Food Law", (1929) at your public library. He lost his job as head of the Food and Drug Administration apparently because he tried to stop the sale of bleached flour, declared to contain poisonous substances by the U. S. Supreme Court. (Notice of Judgment 722 and Notice of Judgment 3398.)

Most of our vitamin authorities apparently take orders from these interests and lend their aid to keep the public in the dark. The value of vitamins in saving lives by correcting heart lesions was proven by users of V-P products fifteen years ago, published twelve years ago in the first issue of this publication, and proven by cardiographic records constantly, first shown in Vitamin News in 1936.

## WHY HAS SO LITTLE ATTENTION BEEN SHOWN TO THESE REMARKABLE FACTS:

The value of vitamin B complex as "CATAPLEX B" in helping to correct extra systoles, heart block or fibrillation.

The value of vitamin C as "CATAPLEX C" in improving the oxygen assimilation by the blood, to relieve the over-load on the decompensated heart.

The value of the vitamin G group as "CATAPLEX G" in relaxing the spastic distress of the coronary case.

Is it because synthetic vitamins fail to produce results of this kind? What do YOU think?

## ITEMS OF INTEREST FROM RECENT REPORTS

"A finding that certain sulfa drugs can increase the vitamin C content of calves' blood may cast a new light on the mechanism through which sulfa protects against disease, according to Norman Lundquist and Paul Phillips." (1) (Ha, writes checks on the vitamin balance??)

"This Station previously developed a method of preventing or curing nutritional . . . (dysentery) . . . in young calves by giving them extra vitamins, including vitamin C. Other experiment stations have reported good results in treating the infectious . . . (dysentery) . . . with sulfa drugs. Now it appears that the effects of these treatments are the same in one respect -- both increase the vitamin C content of the blood." (2) (Sulfathiazole caused a 27 per cent increase in blood vitamin C content in a week's time.)

The administration of the drug, chlorobutanol causes a mobilization of the body reserves of vitamin C into the blood stream, according to Lundquist and Phillips, after observing tests on cows. (3)

A study of the symptoms of sulfonamide poisoning and C-Avitaminosis suggests the possibility that toxic reactions to the sulfonamides may be manifestations of an accentuated latent vitamin C deficiency. The author says, "I have found that concurrent administration of large doses of vitamin C in sulfonamide therapy not only prevents toxic reactions but apparently enhances its bacteriostatic efficacy." This investigator suggests precautionary chemical or physical tests for C-avitaminosis preliminary to sulfonamide therapy. (4)

In animal feeding tests, butter fat was much superior to vegetable fat in causing growth where there was a

relative deficiency of the vitamin B complex, in a diet mainly of milk, sugar and fat. "These findings serve as a warning against the use of 'filled' milk in which the butterfat is replaced by cheaper fats. If the principles indicated here apply to human nutrition, then infants—living entirely or largely on milk, and hence dependent on lactose for carbohydrate—would have their health seriously jeopardized by the filled type of milk." (5) (And how about oleo for children?)

Experimental animals become paralyzed from excessive dosages of vitamin A, Herbst and Elvehjem find. (6) (We have always said, beware of high potency vitamins in which more than the nutritional requirements are suggested—that is where nutrition stops and drugging begins.)

The idea that too much sugar promotes dental decay now is supported by experimental evidence in rat tests, in which large numbers of cavities appeared in the molars within 14 weeks when placed on a synthetic diet containing ordinary sugar as the only carbohydrate. It remains to be seen whether these findings apply to man. (Shaw, Schweigert, McIntyre, Elvehjem and Phillips) (7)

(The same rats showed no cavities when fed on natural cereal foods.)

Coffee is a fairly rich source of the pellagra-preventive vitamin, niacin, say Teply, Krehl and Elvehjem. (8)

Calves are usually born with a vitamin A deficiency, which predisposes to dysentery. (9)

Vitamin C is helpful in preventing calves from incurring navel infection and pneumonia. (9)

Two new vitamins, B<sub>10</sub> and B<sub>11</sub> were found in yeast and liver, that are required by chicks, apparently necessary to reproduction, and hatchability of eggs. (10)

Hens will not produce eggs with good hatchability without ample quantities of B<sub>6</sub> and biotin, normally obtained in the insect part of the hen's diet. (11)

The vitamin content of oatmeal is not dependent upon the variety of the oat, but upon the fertility of the soil, according to Cooperman and Elvehjem. (12)

That honey contains a fairly good amount of the B-complex vitamins, is a finding of Schuette and Elvehjem. (13)

The new vitamin, folic acid, (found in leafy vegetables and liver, a member of the B complex), is required by the monkey; without it, it develops dysentery and leucopenia. Monkeys also require biotin; without it they become baldheaded. (Waisman, Elvehjem, Clark and Rasmussen) (14)

Lettuce and Swiss chard may lose half their vitamin C content a few hours after cutting, before reaching the grocery store, unless refrigerated. (12)

Monkeys require a new, unnamed vitamin of the B complex for prevention of dental caries. Liver supplied the protective factor, according to Shaw, Phillips and Elvehjem. (14)

The same investigators found that in test animals, coarsely ground cereals caused a greater incidence of tooth decay than finely ground products.

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THE STATEMENTS HEREIN MAY NOT AGREE WITH CURRENTLY ACCEPTED MEDICAL OPINION.  
NEVERTHELESS THE PUBLISHER BELIEVES THEM SOUND.

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#### REFERENCES

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| (1) 61st Ann. Report of Univ. of Wis. Agricultural Experimental Station, p. 38.                        | (7) Ibid., p. 21.  |
| (2) Ibid., p. 39.  | (8) Ibid., p. 15.  |
| (3) 60th Ann. Report of Univ. of Wis. Agricultural Experimental Station, p. 3.                         | (9) 60th Ann. Report of Univ. of Wis. Agricultural Experimental Station, p. 1.   |
| (4) McCormick, W. J. "Sulfonamide Sensitivity and C-Avitaminosis", Canadian M.A.J., 52:68, Jan., 1945. | (10) Ibid., p. 10.   |
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| (6) Ibid., p. 25.  | (12) Ibid., p. 17.   |
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