MEDICINE

Less Vitamin C

Latest report states its only role is prevention and treatment of scurvy. Very small amount enough for prevention.

➤ VITAMIN C is good only for the prevention and treatment of scurvy, and for prevention only very small amounts are needed, in the opinion of two Navy doctors, Lieut. Michel Pijoan and Lieut. Comdr. Eugene L. Lozner, who discuss the subject extensively, (*New England Journal of Medicine,* July 6).

Lieut. Pijoan himself lived for 20 months on a diet as low in the vitamin "as could be comfortably endured." The daily intake of vitamin C averaged 16 milligrams, although 75 milligrams is the generally recommended daily allowance. He suffered no untoward signs or symptoms and a wound made in the back at the end of this period healed normally.

From this and a similar study by another scientist, the two Navy doctors conclude that no extra vitamin C is needed to speed wound healing in patients who do not have scurvy. They also disagree with the views held by some other scientists that vitamin C, beyond the amount needed to prevent scurvy, would be good for pyorrhea, rheumatic fever, tuberculosis or stomach ulcer patients on the Sippy diet.

The usual laboratory methods of determining whether or not a person is getting enough vitamin C are also criticized by the Navy doctors. They believe that, aside from actual signs of scurvy, the amount of vitamin C in the white cell-platelet layer of the blood or in the whole blood should be used as the measure, rather than the amount in the diet he has been following, or the amount in the cell-free plasma of his blood or in the urine.

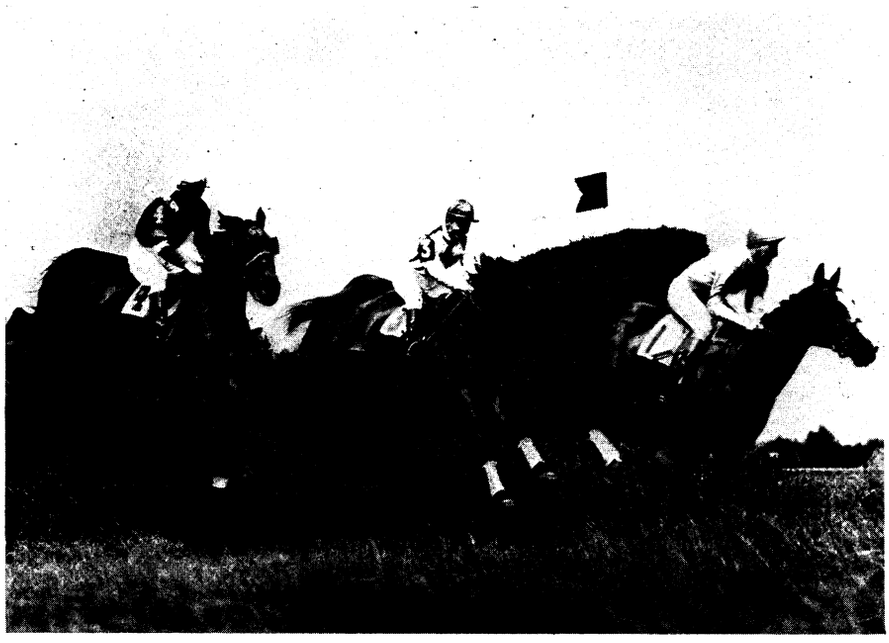
"Not until a diet can be shown to produce a steady linear decline in the vitamin C content of the white-cell platelet layer or whole blood or to produce scurvy is one justified in calling the diet deficient," they state.

The idea that a very small amount of the vitamin is enough to keep a person in the best of health is borne out by a study Lieut. Pijoan made of a group of Indians. These people followed a fairly rigid diet both winter and summer. In spite of the fact that in winter their diet never supplied more than 15 milligrams of the vitamin, instead of the recommended 75 milligrams, no case of frank scurvy could be found.

On the subject of diet, the scientists add that the vitamin C value of foods given in standard food tables may be as much as 75% incorrect. These findings were made by Lieut. Pijoan and Lieut. Comdr. C. M. McCay.

"Because the cooking and processing of food effect a variable but at times considerable reduction in its antiscorbutic property," the scientists conclude, "it is indeed fortunate that the daily requirements are not great."

Science News Letter, August 5, 1944



SPEED—Horses in the steeplechase at the Aqueduct track in New York were "stopped" in their jump when photographed with a new fast film developed by the Eastman Kodak Company. The picture was said to have been made in 1/000 of a second at the lens opening F/16. The speed of the film made it possible to cut down the lens opening to this very small aperture which in turn gave the extreme depth.

PHOTOGRAPHY

High-Speed Film Developed For News Photographers

➤ A NEW high-speed film, believed to be the fastest film ever made for news photographers, is now in use for photography under extremely adverse light conditions at high shutter speeds.

Many of the pictures made at the recent political conventions in Chicago were made with this film. It can also be used for making pictures inside of theaters, street scenes at night, night baseball games and other sports, and indoor candid shots.

The new film has extremely high sensitivity to colors, and is recommended for good exposure latitude. Extreme speeds can be obtained by prolonged development. Over-development, however, will increase the graininess, which is caused by the clumping of minute silver particles in the exposed emulsion. The new sports film is developed in the same way as other press type films are developed.

The new film, a product of the Eastman Kodak Company, is marketed in standard sizes under the trade name Super Panchro Press Sports Type Film. It was placed on sale only two months after the original idea for the film, which is a modification of Super Pan-