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**LETTERS** 

## To the Editor

#### Vitamin C for colds

One of the first things I learned during World War II about how to stay healthy was to take Vitamin C when I felt a cold coming on. (I was taught that a day on sick leave was second in treachery only to selling secrets to the enemy!) I was told to "eat it like peanuts" if I felt achy and full of grippe. I did, and it always put me back in great shape by the next morningfeeling even peppier than before.

This was not hearsay, nor a folk remedy-it was the advice of a friend who was aware of a program in the United Kingdom, where absenteeism was of great concern, particularly in factories. My friend had learned this from Sir John Boyd Orr, who had instituted a program, throughout England, of passing out Vitamin C tablets daily to the workers, to prevent colds and keep attendance up.

> Marian Norby Washington, D.C.

I was interested in your article (SN: 9/2) concerning Vitamin C's ineffectiveness against the common cold. My own doctor "posh poohed" the value of Vitamin C a number of years ago and said I imagined it helped prevent colds.

However, I have found that it helps me, regardless of your article or any other data on this subject.

A number of years ago my dentist prescribed Vitamin C tablets because of a severe bleeding of the gums. I had never taken Vitamin C or any other vitamin. My gums healed, became firm and at the end of the year I realized I did not have a cold or sore throat. In fact I felt better in many ways. Every winter I had suffered from colds until warm weather.

I drink the juice of a lemon every morning, and I am firmly convinced that it helps me. I believe in the therapeutic qualities of Vitamin C in spite of all the denials printed. My gums are in excellent condition and I am free from colds and sore throats. That is proof enough for me.

Blanch M. Smith Vermilion, Ohio

10-28-67