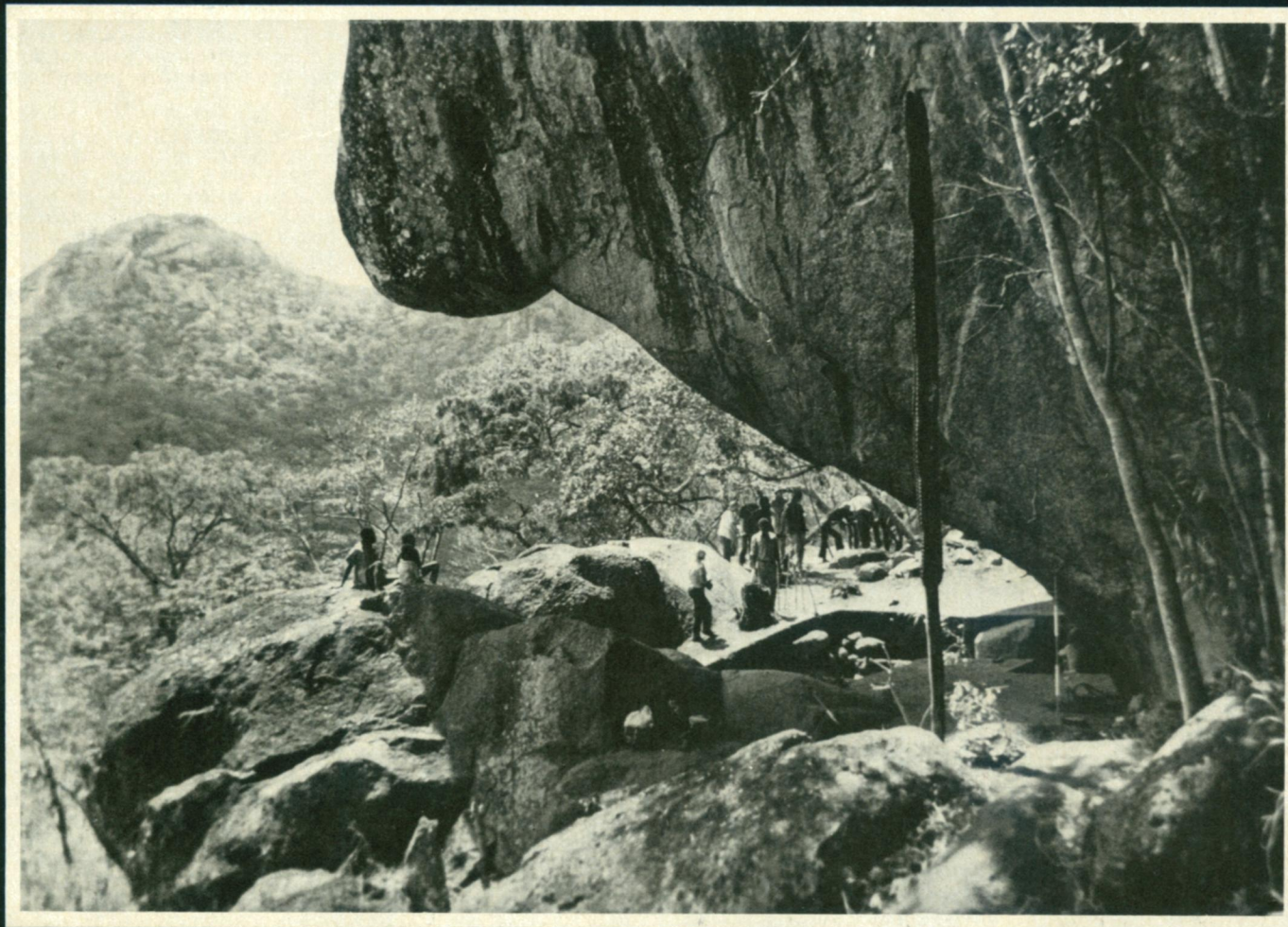


# science news

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## Field Research: THE GRASSROOTS CONNECTION

# YOU HAVE BUT ONE LIFE

— doesn't it make sense to find out how to take the best care of it you can?

**executive health**  
the report that helps you on what to watch  
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**Dr. Linus Pauling**  
**FOR THE BEST OF HEALTH—**  
**how much vitamin C do you need?**

*The medical profession itself took a very narrow and very wrong view. Lack of ascorbic acid (vitamin C) caused scurvy. So if there was any more there was too much. Nothing could be clearer. The only trouble was that scurvy is not a true symptom of lack but a final collapse, a terminal syndrome and there is a very wide gap between scurvy and full health.*

—ALBERT SZENT-GYORGYI, M.D., Ph.D.  
Nobel Laureate for Physiology and Medicine

**PUBLISHER'S NOTE:** I believe you will see the significance of this excerpt from the front page story of the Medical Tribune on October 27th headed "Dr. Linus Pauling Wins Overdue Nobel Prize." "Linus Pauling is not an unorthodox figure in science at all. He has always been in the scientific mainstream. The only apparent exception is in the case of his views on vitamin C. And here, if you read his papers, you find that he has presented a very intelligent explanation of his position in terms of the evolutionary development of man. The Medal of Science was long overdue for Pauling. I suppose you might say of him that he has been a stormy petrel in a sea where one was bound to come. Dr. Rex Dubois, Professor Emeritus of Rockefeller University was reflecting about about the belated White House presentation of the nation's top scientific award to Dr. Pauling. Three proposals by the Nixon Administration, the withheld honors for the great scientist had come to symbolize a growing estrangement between the government and the scientific community. So when Dr. Pauling received the Medal of Science from President Ford in September, the moment had an historic overtones."  
—Richard Stanton

To appreciate why an adequate daily intake of vitamin C is so essential to your well-being, it is necessary first to remember that man has a genetic defect that prevents him from manufacturing vitamin C (ascorbic acid) in his body or in practically all other animals do. He must depend upon securing enough from his diet to protect himself.

Vitamin C is one of the most important of our foods. A person who gets little or no vitamin C develops scurvy. His body falls apart, and he will die unless he gets some vitamin C. A few milligrams per day

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**James F. Toole, M.D.:** On Strokes and "Little Strokes" . . . their causes and what you should know about them to help protect yourself!

**Alton Ochsner, M.D.:** On "The Chair Disease" . . . Why blood clots in your veins are a little-realized occupational hazard of desk-bound executives.

**Dr. Linus Pauling, "On Vitamin C Against Disease."** Why your health may be benefited in many ways by a proper intake of this essential vitamin.

**Professor John Yudkin:** On "This Slimming Business" . . . The truth about the prevention and cure of overweight!

**Miles H. Robinson, M.D.:** On Sugar and White Flour . . . the Dangerous Twins. How, with the best of intentions, we have managed to process natural foods into appetite-tempting, disease-breeding trouble makers . . .

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