

science □ news

MAY 15, 1976
VOL. 109, NO. 20, 305-320

A black and white photograph showing a hand holding a small, rectangular electronic component, likely a solar cell, against a background of a grid pattern. The component has two leads extending from it. The text "PHOTONS TO VOLTS" is overlaid on the image.

**PHOTONS
TO
VOLTS**

executive health

the report that briefs you on what to watch

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Volume XII, Number 3 • December, 1975 • Pickfair Bldg., Rancho Santa Fe, Calif. 92067 • Area 714:756-2600

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 no scurvy there was no lack of ascorbic acid. Nothing could be clearer. The only trouble was that scurvy is not a first symptom of lack but a final collapse, a premortal 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 for October 22nd headed "Dr. Linus Pauling Wins 'Overdue' Medal of Science". "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 causes whose time was bound to come.' Dr. Rene Dubos, Professor-Emeritus of Rockefeller University, was reflecting aloud about the belated White House presentation of the nation's top scientific award to Dr. Pauling. Twice postponed 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 its 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 as 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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Nothing to fool with: It's that dangerous old devil, your prostate.

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