

# executive health

the report that briefs you on what to watch

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Albert Szent-Gyorgyi, M.D., Ph.D.:

## ON A SUBSTANCE THAT CAN MAKE US SICK (IF WE DO NOT EAT IT!)

One of the world's most honored scientists, winner of the 1937 Nobel Prize for Physiology and Medicine, explains the fascinating paradox of vitamins.

*PUBLISHER'S NOTE: A long-time member of our Editorial Board, Dr. Szent-Gyorgyi is currently a visiting professor at the University of Miami's Institute for Molecular and Cellular Evolution. He is world-renown for his discovery of ascorbic acid, (vitamin C) his studies on cellular respiration and on muscles, which resulted in the first workable theory of muscle contraction. Now, at the age of 84, and after 20 years of research, he has evolved a theory that may solve the deadly mystery of cancer.*

—Richard Stanton

I am aware that having discovered ascorbic acid did not make me into an expert on the medical use of vitamins. All the same, this work made me come in touch with vitamin C more often than I would have come without it. I had hardly announced my result when I was invited by E. Merck and Co. to come to Darmstadt, Germany, to discuss the medical uses of ascorbic acid with leading German clinicians. I did not have much to say but went all the same. I found the clinicians

very nice but was shocked by their lack of biological insight and lack of interest in the basic problems. They told me that they had no need of my ascorbic acid because ascorbic acid prevented scurvy, and there was no scurvy. The logic was simple, almost irrefutable. Though I could bring up no argument against it, I felt that it was completely wrong. It was wrong because "no-scurvy" does not mean health. There is a wide gap between health and no-scurvy. Scurvy is a pre-

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On Fatigue, the Great Deceiver: Why most men never get their "second wind."

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On your risk of hearing loss: Year after year, after 40, your risk grows greater. Why is this and what can you do?

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Hans Selye, M.D.: On Stress Without Distress. Your mind can make or break you!

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Linus Pauling, Ph.D.: For the Best of Health, How Much Vitamin C Do You Need? People who take the optimum amount of vitamin C may well have, at each age, only one quarter as much illness and chance of dying as those who do not take extra vitamin C.

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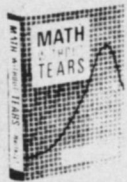
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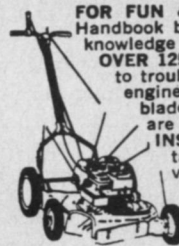
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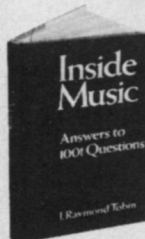
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