NUTRITION
AND
ARTHRTIS

Vitamin Products Company
Milwaukee 3, Wisconsin
ARThritis -- A Deficiency Disease

Is arthritis a deficiency disease? The answer to this question is becoming clearer every day. All the evidence so far accumulated points to an affirmative answer.

Let us list a few high points in this array of facts:

Fact No. 1. Cats fed pasteurized milk and cooked meat invariably developed arthritis, if not in the first generation always in the second. They first became constipated, then developed ballooned colons, and soon lost their teeth from pyorrhea. (Pyorrhea has been defined as arthritis of the articulations of the teeth.)

Fact No. 2. "X-ray studies disclose that 80% of arthritis, regardless of age or type of arthritis, have dilated atomic colons." (2)

Fact No. 3. In a ten year appraisal of arthritis patients to determine the relationship of arthritis to diseases of the liver and gall bladder, the conclusion was; "Our studies showed a definite dysfunction of the hepatic system....There was a definite evidence of liver damage in over 60% of patients with rheumatoid arthritis in this series." (3)

Fact No. 4. Arthritis is so closely associated with scurvy that some cases may be cured with orange juice. (4)

Fact No. 5. An excess of anterior pituitary growth hormone injected into vitamin A deficient test animals invariably caused a prompt appearance of arthritic lesions in their joints. Army horses at Panama, fed timothy hay poor in vitamin A always developed arthritis in a few months. The change to hay carrying a higher vitamin A content eliminated the disease.

Fact No. 6. Intravenous injections of bile curare tetany secondary to high blood guanidine. (6) (Bile salts are known to absorb or neutralize guanidine.)

Fact No. 7. A sudden rise in bile levels in the blood eliminates arthritic pains. (7) This suggests that guanidine is a cause of the pains, and of the arthritis.

How does this theory fit with the rest of the facts we have listed?

Fact No. 1 & 2. A ballooned colon certainly will let poisons pass into the circulating blood that an intact colon will stop. Guanidine is one of the most potent of the bowel poisons.

Fact No. 3. Robertson, in his "Biochemistry," tells us that nucleoproteins can afford guanidine as an end product. Since nucleoproteins are normally eliminated by the liver through the bile, it is clear that any impairment of liver function could result in a higher threshold of guanidine in the body fluids.

-1-
Vitamin A normally acts to aid the formation of protective lipoidal monomolecular films that insulate nucleoprotein elements in chromatin structures of the cell, as prevent their degradation into toxic waste products including guanidine. That is why vitamin A is vital to both liver and kidney activities, and its deficiency is undoubtedly contributory to a rise in the guanidine levels of the body fluids.

Acidosis, of course, is a definite aggravating influence since many enzymes tend to reverse their constructive action and become proteolytic when the blood or lymph drops in pH towards the acid phase, and starts to tear down tissue instead of building it up, releasing uric acid and guanidine. Thyrotoxicosis is another cause of enzyme reversal, especially of those under adrenal control. (10)

The cooking of food destroys our most valuable weapon against acidosis, that buffer substance GLUTAMINE, which is responsible for two-thirds the acid neutralization accomplished by the normal kidney. (11)

Citrus juices high in citric acid can cause acidosis where the patient is unable to burn up or oxidize the acid. Citric acid is as hard to get rid of in excess as sugar. Both must be consumed as fuel by oxidation, and sedentary habits are not conducive to their toleration. If not burned, citric acid takes out of the body great amounts of calcium. Some radiologists have said they can look at a patient's bones and tell him whether or not he uses grapefruit juice with his relatively dense.

It is evident how arthritis attacks after middle age at the time of waning gonadal activity, when the sex hormones lose their control of the pituitary, and permit an excessive output of growth hormone which co-operates with a commonly present vitamin A deficiency to cause arthritis. The Chlorophyll is high vitamin A plant sources may also be a factor, for Chlorophyll is destructive to guanidine on contact. (12) (It is probably this fact that renders Chlorophyll such a valuable healing agent.)

The general picture now begins to crystallize. There are many ramifications, many derivations, but the basic elements in the malnourishment pattern that precedes arthritis are appearing from the haze. The degenerated and damaged organs of the long suffering patient need careful watching as well as careful analysis of their condition to enable a constructive regime of nutrition to be established for encouraging the natural forces to rebuild where starvation has operated to promote most drastic destruction.

What are the requirements for success?

1. A loss of digestive and assimilative tissues is common decuded stomach walls, achlorhydria preceded by hyperchlorhydria (either situation may be present), and pancreatic enzymes lacking so proteins are not digested or are so partially broken down as to act as antigens after absorption with various forms of allergy as a result.

To correct this, the vitamin C complex is essential to insure both pancreatic and
liver support. The trace minerals and potassium as found in the chromatin complex of alfalfa are usually valuable in bringing back the normal secretion of gastric juices. These minerals are enzyme activators. This probably explains their action, (Mn and Co especially).

2. New nutritional factors have been found in sugar cane and beet molasses that seem specifically involved in arthritis.(13)

These affect the calcium phosphorus balances (13) and promote the liver detoxification of protein poisons, (action of betaine and its synergists).(14) The associated potassium in organic combination seems to be also definitely beneficial, maybe because potassium is the element that maintains alkalinity within the cell, while sodium does this job outside the cell. One operates in the cytoplasm, the other in the blood and lymph. (That is why sodium bicarbonate fails to do much in correcting acidity that is basically intracellular.)(15)

3. DIET. Raw foods as far as conveniently possible—eggnog containing raw meat juices and eggs, carrot juice, raw certified milk, well shredded vegetable salads with home-made French or other dressing made from the best ingredients—remember, commercial salad dressings are wonderful examples of Ruskin's comment, "There is no product so bad but that somebody can make it worse and sell it for less." The cheap oils and stale egg powders in these products are often unfit for food, but still there is another depth for the maker to descend to. He may use petroleum oils and sell it as a "reducing" salad dressing, or say nothing, and let the buyer think it is wholesome. Mineral oil robs the body of fat soluble vitamins, and certainly aggravates arthritis.

Refined sugar, white flour, all packaged cereals should be rigidly excluded. Honey, natural syrup of cane or sorghum, or blackstrap in cooking are to be used exclusively. The cereals sold in packages are all treated with preservatives to kill insect life, and are unfit for food, in fact, incompetent to serve as such. Most commercial whole wheat bread is a cheat, for it has had its vitamin content and flavor well exterminated by the chemical preservative, otherwise called "bleach." The only source of good cereals is a local mill or health food store. They can also be ground in an electric coffee grinder, or with a hand mill available from most department or mail order stores. Cracked or whole wheat may be used as a breakfast food cooked like oatmeal. Oatmeal must be steel cut, fresh and without insecticide preservatives. This kind is available only at health food stores.Rolled oats has been overcooked at the mill, and its lack of flavor alone proves its worthlessness.

We should BEWARE OF ALUMINUM SALTS in baking powder. They also may be expected to aggravate some of the stages of arthritis, especially the gastritis and colitis, paralyze the peristaltic action and cause constipation. The label will state whether or not it contains alum or sodium aluminum sulfates. Good powders COST MORE, but cheapness is no argument for using poisons in food.
BIBLIOGRAPHY


5. Personal communication from Michael T. Barrett, University of Pennsylvania.


Extracts of cane and beet molasses (alcohol soluble fraction) have been found of considerable benefit in the relief of arthritic pains and arthritic lesions.

In geographical locations where trace mineral deficiencies were most outstanding, these extracts were found to be much less effective, in fact often tended to actually aggravate the symptoms. For that reason, organic mineral concentrations should accompany the use of such extracts. It is of interest that manganese, probably the most important of this group of minerals, is essential to bone forma
tion and repair, and the atrophic form of arthritis seems particularly to be benefi
ted by the combined use of the molasses extract and organic minerals.

Where the hypertrophic form of arthritis is preponderant, the deficiency background may include a lack of phosphorus, in which the tendency of calcium to precipitate out of the body fluids as carbonate is a characteristic picture, described years ago by Dr. James B. Barr, of London. Here, phosphorus in the form of ortho-phosphoric acid or organic phosphorus as phytates should be used to
gether with the alkaline organic mineral. If either the alkaline organic mineral concentrate or the phosphoric radical are supplied alone without its balancing partner (one being acid, the other alkaline) adverse results may begin to be evident.

A deficiency of phosphorus is characterized by restlessness in sleeping, tendency to calcium deposition, aggravation of cataracts, tendency to hypertrophy of arthritic lesions.

A deficiency of the trace minerals results in a weakening of ligaments (“perosis” in animals), loss of parasympathetic tone, gastritis, initial hyper-
acidity of stomach with ultimate destruction of acid secreting cells, poor bone growth or failure of bone regeneration, atony of bowel, constipation.

Where the dietary regime of the arthritic patient has been carefully supplemented with a judicious schedule of the necessary factors of the above three classes, there has been a progressive and definite relief and improvement in at least 90 per cent of the patients. The change is apparent within two days to a week. Best results seem to follow a MINIMAL dosage, at least after the first two weeks. This is no doubt a consequence of the chronic nature of the disease, in which structural changes have occurred requiring much time to re-
pair, and in which an excess of stimulation can be of no constructive effect, but rather may hinder real progress.

ROYAL LEE,
Research Director,
Lee Foundation for Nutritional Research,
Milwaukee, Wisconsin

January, 1948
VITAMIN TREATMENT OF ARTHRITIS

In the atrophic type of arthritis, Betalco and Minaplex should be used as the nutritional supplement at the rate of three tablets per day. In hypertrophic arthritis, V-P Phosphate should be added to this schedule, 1/2 teaspoonful (in water) per day.

The average patient will show improvement within a month's time on this schedule, most of them within a week. The first thing that happens is a reduction in their joint pains, and the next thing is an improved mobility of the joints. We have had patients that have been totally immobilized for fifteen years become normalized within a few months on this schedule for hypertrophic arthritis.

The use of Catalyn, three tablets per day, may or may not be used along with the above schedule depending upon whether the patient can afford the additional vitamins. Catalyn, of course, supplies the general pattern of vitamins that are commonly deficient in our average devitalized, diet.

Patients should be taken off all grapefruit, orange, or lemon juice while on this schedule if they have been using these products. Citric acid until completely oxidized is a decalcifying agent. It is only oxidized by individuals who are exercising enough to burn it up as it is comparable to sugar in its metabolic character, and carries similar caloric values.

The use of coffee should be limited to one cup per meal and tea to two cups. Otherwise, the diet should be confined to fresh vegetables and fruits. The most desirable fruit is bananas, and meats should be fresh fish or fresh fowl as far as possible.

Oatmeal and cereals should be from health food stores, not the ordinary packaged product loaded with poisonous insecticides as found in all grocery store cereals, oatmeal, etc.

November 1, 1948
Form VK-18
Registered Nurse  
Age 44  
Diagnosis: Atrophic Arthritis  

Onset at age of 8 or 9 yrs. of age. "Growing pains" with stiffness and pain and swelling in joints of wrists, knees and ankles. No treatment.  

Acute phase started 12 years ago in right shoulder and transferred to left shoulder. Tonsillectomy performed, followed by gross edema and pain in left knee and right ankle. All teeth extracted. Gradual stiffening of all joints of the body with severe contraction of left leg. All treatments used over a period of eight or nine years brought no relief or benefit. Condition gradually became so severe that patient was completely helpless and bedridden, and she was told that nothing more could be done for her condition as recently as two years ago.  

August 1947, patient was completely rigid in all joints of the body, with slight motion left in hip joints. Gross edema of feet, legs hands and arms. Severe pulling sensations in all body muscles, causing fingers to be bent far back, away from palm of the hand, with greatest deformity at second joint of each finger. Pulling sensation in muscles somewhat relieved by aspirin. Severe pain in left hip joint and in both sciatic nerves. Extreme pain when touched or lifted by anyone. Numbness of toes and fingers.  

Vitamin Products therapy started August 1947. Betalco and Vitamin E, three a day of each. Two days following, the first change was noticed. This consisted of a lessening of pulling sensation in the muscles, and a warmer feeling as if circulation had improved. Approximately two weeks later there was noticed a "lighter" feeling, less pain to touch, and a slight beginning of motion in joints of hands and arms. This improvement was slowly progressive and gradually patient could hold a pen, move self about in bed and from bed to wheel-chair. Motion in upper part of spine, enabling her to move head a little.  

May, 1948, schedule was changed to Betalco, Minaplex and Phosphate Wafers, three a day of each. Following the change, in about two days, patient had reaction. At first patient felt very well, wanted to move muscles and exercise. This was followed by stiffness, soreness, pain, and numbness in hands. Schedule discontinued for a few days. Re-started on one a day, and has continued spasmodically one or two a day since. Has been using some Phosphate Wafers but less of them than the Betalco and Minaplex, as they seem to have a tendency to make her feel feverish and tired.  

Since May, 1948, pain in left hip has gone completely; also pain in sciatic nerves. Slight soreness still in left hip and pressure. Now has more motion in all joints. Has rotating motion as well as forward and back motion in ankles, wrists, spine, hips and neck. Head moves freely. Edema has subsided, so that flesh is soft to touch rather than hard as previously. Can move self in bed more freely.  

(signed)  
R. N.  
August 25, 1948
June 6, 1947

Dear Dr. Lee:

I thought you would be interested in knowing that over the past few months I have given directly or indirectly, the Betaloo to twenty-six different arthritic patients. All of these have shown dramatic improvement, especially in freedom from pain, with the exception of one patient who took only seven capsules and discontinued the therapy. She was the patient of another doctor. One other patient took nearly a whole bottle of fifty capsules before noticing improvement. The second bottle changed her from a cripple to a woman able to go up and down stairs with comparative ease and the last I heard from her she was decorating a church altar.

Most patients noticed improvement with three to seven capsules. I have been prescribing one capsule at bedtime. A larger dosage doesn't seem to give any added benefit.

Signed, M.D., Los Angeles

VF-67
EFF-PLUS
VITAMIN F₂
(For Physicians Only)

COMPOSITION:
This is a liver fraction, the normal fatty acid form of the Vitamin F Complex in a natural combination of beef and flax lipoids.

SPECIFIC ACTION:
This is a special organic combination in a molecular form, that we consider is used as an insulating layer or wrapper, for the determinant factors. It guides the reactions of healing and construction. Vitamin F₂ is a close partner of Vitamin E in its function of protecting chromosomes.

They both are essential, it seems, to the construction of chromatin protective material (the fatty layers that separate the strata of active determinant "pages" in the "book of blueprints"). This protective material must be present in each cell to permit its reduplication, and without which we could not heal a wound or grow new skin. (This mechanism is further described in PHOTOMORPHOLOGY, by Lee and Hanson).

INDICATION FOR POSSIBLE NEED OF F₂:
To promote tissue regeneration where a deficiency has caused stoppage.

To stimulate appetite and build muscle and functional tissue, not fat.

To depress craving for sweets.

An essential synergist in the use of Vitamin E in muscular dystrophy; (the E alone has been quite erratic in its effect).

Arthritis - (those cases where a reduced appetite or muscular degeneration is present).

ADMINISTRATION:
It should produce immediate results on a schedule of two capsules a day for the adult; one a day for children of 8 years or less.

CONTRAINDICATION:
None.

HOW SUPPLIED:
EFF-PLUS (V-P 731)
1 bottle 60 capsules - $4.50
1 bottle 250 capsules - 17.25

The statements contained herein are not agree with the present consensus of medical opinion, but do represent the facts as far as we are able to ascertain them through our experience in practice of clinical nutrition since 1929. Note that these statements apply only to normal conditions and we make that they can apply to any specific condition.

VITAMIN PRODUCTS COMPANY
Milwaukee 1, Wisconsin
BETALCO

(Physicians only)

Betalco contains the lipotrophic, alcohol-soluble factors from beet molasses, trace mineral fractions from sugar cane juice, lindanias, and specific lipoproteins of the chromatia of beef liver. (Cytotropic desiminant factors essential to repair and regeneration of liver tissue.)

Due to the important and complex function of the liver, it is easy to see that if there is deficiency of essential nutrients, severe symptoms will arise. In most debilitating diseases, the liver should be given immediate consideration. With a properly functioning liver, the prognosis is usually favorable.

Betalco is designed to supply the specific fat metabolizing factors required for liver function which reduce abnormally high blood sedimentation, and since its recent inclusion of cytrophic factors of liver will undoubtedly aid in rebuilding liver tissue, just as Bistin (a cold-processed veal bone flour which contains cytrophic factors of bone) will rebuild bone structure where atrophy has taken place.

Betalco, in clinical tests, has been found helpful in degenerative liver conditions and cirrhosis of the liver. The use of Betalco in achloria has for some time shown very outstanding results. Joint pains will usually lessen and an improved mobility in the joints is commonly reported.

A low protein diet is often contributory to liver degeneration. More raw proteins are very helpful—cottage cheese, eggs, egg-nogs, and rare meats should be used.

Occasionally, when a patient does not seem to be responding properly to a nutritional supplement program, liver degeneration is found to be the cause of improper assimilation and utilization of the nutritional factors. For this reason quite a percentage of doctors insist on giving virtually all of their patients one capsule of Betalco per day for about a week before starting supplementation.

Suggested dosage is one capsule per day for the first week to be increased thereafter as indicated by the response of the patient.

Betalco (V-P 728) 50 capsules - - $4.50

VITAMIN PRODUCTS COMPANY
Milwaukee 3, Wisconsin
VI-214 (R-2)
A PRACTICAL WAY TO AVOID MALNUTRITION

Lecture delivered by Royal Lee, D.D.S., at San Francisco meeting of the American Academy of Applied Nutrition, April 17, 1948
A PRACTICAL WAY TO AVOID MALNUTRITION


After considering the collected evidence of the effects of the use of foods that are inherently incapable of building health, one is forced to conclude that the only way to avoid malnutrition is to become completely immune to the advertising blandishments of the processors of food products which have been made worse so they could be sold for less, in which procedure a greater proportion of the price was made available for commercial propaganda.

Our staff of life, bread, is a good illustration. About sixty years ago the roller mill was invented, a gadget which made possible the separation from the flour of the high vitamin components. This new flour was far less perishable, it could be distributed over greater distances without spoilage and thereby facilitated centralized production on a large scale. The old time local mills could not compete with the lower price of flour, and soon disappeared.

No tests were made to compare the nutritional value of the new flour with the old, the change was gradual and until very recently no suspicion of doubt was cast on the product. Full page advertisements were run in medical journals headed "White Flour is Wholesome" when the public in time began to doubt the wisdom of using such a devitalized and processed product that had lost its main content of minerals and vitamins. But it was 1946 before the University of Minnesota published results of a test that really caused nutritionists to sit up and take notice. In this test cattle were fed grain that had been degerminated like commercial flours. The cattle gained in weight, appeared to all outward indications to be in good health. But they soon began to drop dead one by one with heart failure. It is apparent that we have the explanation of why heart disease has become the leading cause of death in all countries where the main foodstuff is white flour.

White flour, therefore, seems to be the world's greatest monument to fraud.

Is this too harsh a term to use? Maybe the millers have inadvertently gotten "behind the eight ball" by a course of events beyond their control.

Yes, that is true, for each individual miller. Back in 1906 the State of North Dakota made a survey by questionnaire of milling companies asking their opinion of the practice of adding bleach poisons to
flour. Their consensus of opinion was that it should be stopped by a pure food law, that bleachers permitted unscrupulous millers to sell low grades of flour at high grade, while the real quality was impaired.2

But collectively, as an industry, the story is otherwise, for the law never did stop flour bleaching, although the first and most celebrated head of our Federal Food & Drug Administration, Dr. Harvey W. Wiley, lost his job trying to accomplish this objective, and even after Dr. Wiley's case against bleached flour was decided in his favor by the United States Supreme Court six years after his elimination from Government service, no attempt was subsequently made to enforce the law. Whether flour bleaching is bad for your health or not you may decide after reading the article in "48, the Magazine of the year," entitled "White Bread One Cause of Epilepsy?" page 28, April 1948.

So you may be sure that food and drug laws cannot substitute for your own discretion in selecting foods that will afford you the nutrition your body demands. The penalty imposed upon you for neglect of this duty may be just as sudden and just as unexpected as the penalty you will suffer if you insist on filling the gas tank of your automobile and neglect to maintain the oil level in the crank-case. You may aver today that you feel just as good as you ever did, that white flour never has harmed you, but tomorrow your friends may be buying flowers and wondering why the grim reaper had to suddenly take away one so happy and active and often only approaching the prime of life.

The average food buyer, the housewife, not knowing just what a food should be like and what it should do, is in the same position as a South African pottoot, who feels that he is not properly attired without a wrist watch, but not knowing that watches are primarily time-keeping devices, is perfectly happy with a dime store watch of tin, and never realizes that his watch is only a case without any works inside. I feel that this is a perfect description of modern white bleached flour.

To get the whole nutritional value of wheat, the flour should be as fresh as possible, the ideal way is to grind the wheat just before baking the bread.

Sugar is another common foodstuff that has been refined to the vanishing point of nutritional value. I know of a dentist who in his thirty years of practice has many adult patients at present with perfect sets of teeth who have followed his advice on food selection since infancy. His advice is very short and clear. It is simple - eat no white flour or white sugar products. That will include the banning of soft drinks, as they all contain white sugar. There is no restriction on natural sweets like honey, maple syrup, molasses, etc. It is only the refined sugars that rob the body of calcium, and wreck the teeth and bones. Most of us do not realize our bones suffer as much from
sugar eating as our teeth, we wind up with false teeth, but we cannot get false bones. When we are crippled up with arthritis we have to quit working and possibly become a candidate for a wheel chair.

Butter is another food that has suffered from neglect by the Food & Drug authorities. For fifty years or so butter has been artificially colored to fool the buyer into thinking that it was richer in vitamins than it really was, for you should know that butter from cows that are not fed well is very pale and unappetizing. The coloring of foods to hide inferiority is a basic fraud that the Food & Drug laws were intended to stop. But the authorities have always been afraid of political repercussions if they meddle with established practices, and the coloring of butter never has been challenged. Not even labeling to show the presence of the fraudulent coloring, is required. But the worst aspect of this world picture is that the color used - because it was the cheapest - until very recently was a coal tar dye, known because of its use as butter yellow. When cancer research workers found that coal tar applications to test animals caused cancer, they began to test the various coal tar products. Butter yellow was found to be one of the most potent cancer promoters known.

One investigator made a survey of foods in relation to cancer and came up with the conclusion that dairy foods caused the disease. He found the highest incidence of cancer in Denmark and in the dairy districts of the United States. We know now the real reason. It was not the dairy foods, but the adulterating color in butter and cheese that was causing the record breaking incidence of cancer.

Of course, oleo is another product made worse and sold for less. Butter contains vital phospholipids that protect our very chromosomes, those little bundles of blueprints in our cells which are so necessary for passing on the characteristics of the race and without which we cannot even heal a wound. Otherwise we might as well eat dime a pound fats, which are a great temptation to food processors to flavor and color to imitate dollar a pound butter and sell for fifty cents. It is still done a pound fat. It will not protect your chromosome patterns, and it might take twenty or forty years for its use to prove to you its failure to perform as a good food should. You may recall the death of the famous ball player, Lou Gehrig, from a degenerative muscular disease that kind of thing that results from chromatin degeneration. Today we are beginning to realize that vitamin E and the phospholipids in some animal fats will protect us from such a fate. Bone marrow, sweet breads and liver are about the only foods sources we know of other than butter. Stomach ulcers are common in patients who have impaired ability to heal wounds. One definition of a stomach ulcer is that it is a situation where the stomach has a greater power to digest itself than to heal itself.
Milk too, has not escaped this program of devitalization. Pasteurization is in effect, the cooking of a food that should be used raw. It is one of the few raw animal foods available. What happens to its nutritional value when it is pasteurized? I can offer you a very good reference on that, too. It is found in the Journal of Orthodontics and Oral Surgery. It relates the results of a test on cats, fed various combinations of raw meat, raw milk and cooked meat and pasteurized milk. The results of tests on nine hundred cats over a period of years, showed that:

1. Feeding pasteurized milk, even with raw meat, definitely impaired the health of the animals.

2. Feeding an entire cooked diet caused unhealthy conditions to develop within three to six months. These were:
   a. Gingivitis, commonly called "pink tooth brush."
   b. Abscesses of teeth, and progressive loss of teeth.
   c. Lessened reproductive efficiency in the females, abortion common, (25% in the first generation, 70% in the second), deliveries difficult, many cats dying in labor. "Mortality of the kittens was high, frequently due to the failure of the mother to lactate. At times the mother would steadily decline in health following the birth of the kittens, dying from some obscure tissue exhaustion about three months after delivery. Others experienced increasing difficulty with subsequent pregnancies."
   d. Irritability. "The females were dangerous to handle, occasionally viciously biting the keeper."
   e. "Sex interest was slack or perverted."
   f. "Vermin and intestinal parasites abounded."
   g. "Skin lesions and allergies were frequent, being progressively worse from one generation to the next."
   h. Great increase in susceptibility to infectious and degenerative disease. "Pneumonia and empyema were among the principal causes of natural death among the adult cats. Diarrhea, followed by pneumonia, took a heavy toll of the kittens. Osteomyelitis was also both common and often fatal. Cardiac lesions,
some ascertained clinically during life, were frequent. Hyperopia and myopia, thyroid disease, nephritis, hepatitis, orchitis, ophthalmia, paralysis, meningitis, cystitis, arthritis, and many other degenerative lesions familiar in human medicine were observed."

1. Impairment of hereditary endowment to offspring. "... the kittens of the third generation were so degenerated that none of them survived the sixth month of life, thereby terminating the strain."

2. Progressive impairment of bone calcification. "The trabeculation of the bones became coarser and showed evidence of less calcium. In the third generation ..., some of the bones became as soft as rubber and a true condition of osteogenesis imperfecta was present. The degenerative changes in the skull and mouth grew more pronounced in the third generation. The bones were very fine, with startling enough structure to hold the skull together. The teeth were smaller and much more irregular. When the permanent teeth erupted, the third generation cats were frequently prostrated."

Now, since milk is one of the few animal foods that is heat processed only for the convenience of the middlemen, as Mrs. Darlington has so ably demonstrated in her articles, why do we people use more certified raw milk and goat’s milk? Simply because they DO NOT KNOW what the terrible consequences are of using pasteurized milk. They do not know that pasteurized milk would be dear at any price, that its devastating effects upon succeeding generations can never be properly compensated for, and represent Nature’s penalty for our ignorance and carelessness in neglecting to select sound and wholesome food. A penalty that cannot be dodged or evaded, for we know of no way to counteract or restore the damages due to its use. Dr. Potter observed that succeeding generations could be gradually restored to normal by careful feeding, but the damaged individuals were just the types that flood our hospitals, incurable and often public charges. The death of second generation cats at half their life span, usually from arthritis, if not from some infectious disease, is terribly suggestive of why we have twenty million arthritic victims in this country, in various stages of disability. Would these people or their parents have used one drop of pasteurized milk if they had even suspected there might be such consequences?

The use of pasteurized milk has been promoted by milk distributors with the argument that it is necessary to prevent the spread of undulant fever. The basic dishonesty of that argument has been well shown up by Mrs. Darlington and her expose, which should be read by
every housewife. Further, medical authorities have shown where two thousand cows were once accidentally inoculated with an injection of undulant fever cultures, and although the cows developed the disease, the users of their milk were not affected, although a considerable time elapsed before the accident was discovered.\[1\]

Dr. McCormick of Toronto, in Medical Record of September, 1947, shows us how infectious diseases have been becoming less and less prevalent in the last hundred years, thanks, he believes, entirely to better distribution of fresh fruits and vegetables. This has given us more of the vitamin C complex, the vitamin that activates our phagocytes and keeps them busy looking for invading disease germs.

The great increase in the degenerative diseases such as heart disease, arthritis and cancer in the same period, seems unquestionably due to the devitalization of the basic foods, flour, sugar and milk. And the pasteurization of milk has partly offset the gains in the vitamin C picture. One authority has estimated that pasteurization destroys each year as much of this vitamin in milk as is produced by the annual crop of citrus fruit in this country.

The relationship of malnutrition to cancer has been established by Dr. Davidson of Winnipeg, Canada, who fed mice on deficient foods and subjected them to irritants. They soon became so susceptible to cancer that every individual of the strain developed spontaneous cancer at a certain age without the irritant. By feeding the same strain of animals better foods, Dr. Davidson was able to eliminate the susceptibility to cancer, just as the cats fed raw milk progressively generation by generation lost the stigma of deformed bony structures and their susceptibility to arthritis and other disease.

Since these degenerative diseases are far less prevalent in countries like China where bleached flour, refined sugar and pasteurized milk are practically unknown, we need no more evidence to prove to us that we are victims of preventable malnutrition. Only the discriminating housewife, who is interested in learning the true function of foods, can protect us from further harm in this direction.
REFERENCES


5. Nelson's Encyclopedia of Medicine, chapter 44, Vol. 2 (Strong)


Reprint references listed above are available at the following prices:

1. $ .02
2. .02
3. .50 (contains four Kodachrome reproductions)
4. .10
6. .05

Lee Foundation for Nutritional Research

MILWAUKEE, WISCONSIN
CASE HISTORY

OF

ARTHRITE

Vitamin Products Company
Milwaukee 3, Wisconsin
When Warner Fryer was 17 months old, he cried in his sleep from the pain that throbbed in his arms and legs. His mother and father, Mr. and Mrs. Murphy Warner Fryer, of Sullivan Park, College Park, would get up and try to soothe him, thinking that he was suffering from "growing pains" or the stomach ache.

Then the terrible, feverish cries began to send his legs and arms. His feet drew up until his hands were near his shoulders and his knees were pressed upward against his abdomen. One of the most wrenching and screaming of all, the ailment has raised him.

Today Warner is nine years old. He is a fat, chubby, little boy, but he has more than 20 points, Mr. and Mrs. Lumbra, his aunt, says he has nearly reached his age. He is a natural jog on his road and he pushed it through some of the drives of his life.

One of Mrs. Frye's happiest memories is of the day Warner was able to ride, his mouth wide enough so that he could see the tip of his tongue.

He is, once in a blue, now almost black from suffering. He weighs nearly 50 pounds. Doctors say that Warner is gradually getting better, is running short.

The 9-year-old boy has been in the hospital eight times with fever of 103 and 104 and twice doctors thought his life was nearly over because he seemed to be dying, just the minute after he was taken to a hospital and then the operation performed for a brain operation.

Sisters Warner can move his front enough; he has an occasional childish tummy ache. Father's 6

A picture of his father walking towards him. The picture was the greeting, "I Wish You the Happiest Day, Miss Lumber!" His father has brought everything he has done to Warner's well. Among the child's drawings is a picture of a mouse and yellow hand. It is the picture of a mouse and a hand, and he pushed it through some of the drives of his life.

Mrs. Frye says he is about 20 pounds, and he is able to ride, his mouth wide enough so that he could see the tip of his tongue.

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July 15, 1949

To: W. E. Stockhouse
601 Connally Building
Atlanta, Georgia

SUGGEST FOUR TABLETS DAILY OF CATAPLAX A, CATAPLAX C,
AND KAPILAX WITH MORE IN MILK SHAKE AS MAJOR DIET
OTHER THAN FRUIT WITH BANANAS PREFERRED TO MORE ACID
FRUITS.

Royal Lee
VITAMIN PRODUCTS COMPANY

K/L42
Confirmed copy mailed.

TO CONFIRM OUR MEAS OF ABOVE DATE
January, 1950—On Vitamin treatment for 3 months. Note the free movement of his limbs.
CLINICAL ACIDOSIS AND ALKALOSIS

The blood pH is supposed to remain "practically constant," according to our best text books. The physician who starts to check his patients, however, cannot concen. Instead of the normal figure of pH 7.3 to 7.5 he finds a varying from 7.2 to 7.6 (1).

The measurement of pH is attended with difficulty because blood loses CO₂ and thereby rises in pH; rapidly after it has been withdrawn. In ten minutes a rise of .2 may occur. (1) pH meters are available where the electrodes are built into a syringe so the pH may be read directly before the blood is exposed to air. (National Technical Laboratories, Pasadena, California.)

The importance of clinical pH tests was illustrated by the following report of a pharmacist. He had been supplying for a number of months a capsule formula of aspirin, caffeine, phenacetin and ammonium chloride to an asthmatic patient where the remedy had been successful in controlling asthmatic pains. The capsule disappeared was a standard formula of a pharmaceutic house, a specific catalog number. The patient returned two days after receiving a renewed supply of capsules, complaining that they were ineffective, and different from the previously used kind. On checking the records, it was found that the original formula had been revised, and the supposedly unnecessary ammonium chloride had been omitted. On supplying capsules of ammonium chloride alone, the patient reported the usual successful results.

What was the biochemistry behind this? Simply that a high pH tends to throw calcium out of solution in the body fluids, and bums, arthritis, neuritis, lumbago, sciatica, and a host of other painful syndromes develop as a consequence. Cheliosis may occur and herpes simplex, and other virus type diseases become active. The low calcium bicarbonate in the body fluids seems responsible, vitamins F and D as well as the C complex are also factors, their deficiency aggravates the situation. Allergies become acute, the calcium deficiency aspect of allergic sensitivity is well known. Normal rates of wound healing are greatly reduced, ulcers tend to become static.

The alkalosis-correcting effect of ammonium chloride is due partly to its decomposition into ammonium and hydrochloric acid in the blood after absorption, where the ammonium becomes fixed and the acid is available to reduce the pH. Calcium chloride seems to be a synergist needed, if ammonium chloride is used alone for too long a period calcium demand increases, so doubt by the code version of other calcium forms in the blood to chloride. If the ammonium chloride is used in tablets or capsules, an equal amount of calcium chloride should accompany it. Five to twenty grains a day of the combined is the usual rate. In this form it is much more irritating to the stomach, so both these materials are physiological therapeutic agents, factors common to body biochemistry and not new and foreign substances to the physiological economy. (As are synthetic and antibiosis.)

Merrick's Index, Fourth Edition, says that Ammonium Chloride is useful in the treatment of bronchial affections, hepatic congestion, pelvic cellulitis, muscular rheumatism, goit, sciatica, chronic glandular enlargement, hemiania, senile gangrene, dysmenorrhea, leucorrhoea.

Calcium Chloride is listed as useful in the treatment of hemorrhage, hemorrhagic endometritis, epistaxis, menstruation, erythema nodosum, tetanus, epistaxis, blackwater fever, hay fever, asthma, hemophilia, albuminuria, nephritis, pyorrhea, coryza, tuberculosis, osteomalacia, scrofula, rickets, arthritis, spasm of glottis, infant convulsions, uracitis, eczema, neuritis, among others.

All these effects are to doubt in the main simply accomplished by correcting the unbalanced state of the buffers and mineral salts in the tissue fluids. It will be noted that vitamin C complex is a desirable synergist in most of the conditions listed. Gout is mentioned as one situation where ammonium chloride may help. Recently it has been discovered that the juice of cherries contains some active agent effective in gout, 4 to 6 ounces of the juice (preferably unwatered, but may be the canned or cooked form) promoting relief within a few days with consistent improvement. The first time that the possibility of gout being a deficiency disease has been suspected. It can say that the ingestion of sodium compounds, particularly sodium phosphate is definitely aggravating. Gout patients should be skilled that is diet contains a preponderance of potassium. Sodium promotes the precipitation of the gout concretions of sodium urate in the tissues.

A very important aspect of alkalosis is the fact that the habitual use of milk of magnesia promotes the condition. It also tends to cause epistaxis, very specifically. You will be surprised how many of the patients who ask for a remedy for nosebleed are using milk of magnesia as a laxative.

Citrus fruits being of a highly alkaline ash, with a high content of organic acid (citric), need special attention. The first and immediate effect of ingestion of a few ounces of grapefruit or lemon juice is to lower (acidify) the blood pH. The patient with alkalosis feels temporarily better. Later in the day, the bitter citric acid has been destroyed by oxidation as a fuel (it is classified as carbo-hydrate) the aggravation of the alkaline state becomes apparent. The temporary effect of the citric acid is to cause calcium to be picked up - no doubt from some bone reserves - and after the pH change this calcium is deposited elsewhere - in physiologically undesirable spots. The treatment of bums is obviously becomes simple. No longer can we recommend X ray treatment with exaspamity. Let the physiological treatment be the preferred method.
Guadrana, a fatigue and tissue poison, and end pro-
duct of the breakdown of serotonin (combated by vitamin E complex which slows the loss of creatine from the
nerves), is the most potent organic alkaline substance
known. It specifically precipitates calcium (recall our
comment that its diffusion from tired heart muscle into
corony vessels is tied to the cause of premature thefrin
of calcium), is normally recovered into creatine by the
influence of the extracellular hormone, and with the assis-
tance of the thyroid. (1) Blood guadrana levels rise
eight fold after parathyroidectomy. (5)

There seems to be no doubt that the effect of the oxygen-
metabolizing vitaminas - the C and E complexes - is
vital in combating these morbid reactions by preventing the
degradation of tissue elements into guadrana, where
vitamin E deficiency has caused the tissue demand for
oxygen to rise up to 25% of normal. (4) The augmented
release of end products certainly includes guadrana, and
we are here how the finding of Dr. Soone of London,
Oregon, that vitamin E reduces capillary hemorrhage may
be rationalized.

A vicious cycle is set up, the more oxygen demand the
less supplied, by way of the competitive effect of
guadrana on blood vessels. Degeneration, rupture of
capillaries is inevitable. As vitamin C promotes more
oxygen supply, that is why it also is good in gingivae
-especially the diabetic type- and in ‘capillary fragili-
dy’. (The true anti-gingival vitamin is vitamin B, which
provides a source of calcium to promote collagen formation.)

Vitamin C opposes the toxic effect of guadrana by
providing more of the dissolvable calcium from the calci-
muscle blood resulting in a precipitate, as well as the
body fluids by guadrana, thereby ameliorating the spastic,
Nervous, and irritative (allergic) reactions.

We can see where the guadrana-efficacy promotes the
remission and dissolution of protein structures that have
resulted in the end of their physiological cycle (a is the
richey of the dynamic state of living tissue, replaced and
rehabilited at specific time intervals). That is why in
children, thyroid deficiency is the cause of delayed
development. In the adult, a hyperactive thyroid again
can cause necrosis by promoting more tissue poisons
than the eliminative system can tolerate. In old people,
this may be a critical situation, thyroid sometimes be-
coming a viable means. ONLY because the normal
synergies are not available to maintain a deplorable
complete cycle of activity. We can see that vitamin F is
vital in the prevention of this situation. It cells why
the thyroid pays its retribution in the blood after inwer-
ation of vitamin F to the extent of a doubling of the titin
content of the blood. (5) The normal activity of the
blood had been blocked by reason of F deficiency. In
this situation, we have apparently the explanation for
provent hypothyrotropy. Once the thyroid is permitted to
secrete, its hormone make a quick work of the fibrous
structure collapsed in the presence.

This also explains why we consider the vitamin E complex,
and F2 the most friendly vitamins for the older
person. The F2 is a more highly developed complex of
the basic F (a sensitized fatty acid), in which if
fatty acid is combined into a phospholipid molecule it
appears to have a specific function of catalyzing pro-
vective (insulating) layers to serve tissue and cut
nuclear structures. Thereby protecting the basic center
of metabolic activity. Loss of appetite and wasting di-
ease suggests the possible need for this vitamin. Hyper-
plasia of tissue or muscle, or deficiency exist. (6)

There seems to be as much clinical acidosis as
alkalinosis. (1) The effects of acidosis may be aggravated
by a diabetic state where organic acids cannot be oxidized
normally, instead must be combined with excess
alkaline salts and excreted. (5)

There sodium bicarbonate is administered to relieve
diabetic acidosis, the urine should be watched for
osmotic stoppage when a neutral urine pH is reached
according to this authority. Normally, blood glutation
provides amnion for this purpose. True root and leaf
of plant vegetable sources of glutatione, is very high in
found on high amnion content vines. (Plant cells foot
glutatione to dispose of excess ammonium.)

When in an acute blood pH is found it must be con-
sidered only as a sign that something is wrong. The
symptoms may be adversely different with the same au-
thetic pH figure in different persons, in view of the fac-
that there is an infinite number of combinations of a
chemical situations that could alter pH - as many as
there is different acids and alkalies. Just as a patient
may be binned with gas, water logged, fat, or
hypomagnesia. It is a preliminary classification, not a
final.

The pH of the blood is a resultant of the forces acting
upon it. The regulation of the blood pH by the respira-
tory control center of the brain is a variable. Thus, the
parathyroid by eliminating the alkaline guadrana, and
the kidney, eliminating mineral waste (both acid & alka-
line) as they are required is doubt exercises a supple-
mentary control.

The clinical value of vitamins is more or less well
known as an alternative of merit. Creatine is methyl-
guadrana acetic acid, and the regeneration of guadrana
into creatine requires acetic acid. In the transition of
pregnancy, notably in a critical factor, vitamins is given
over by the patient, very logically it will occur. Cider
vigor being the preferred form, not doubts the
maneugery in the apple as a fact, related patient being a
catalyst of polyphosphate desorption. (6)

References:
VITAMIN G COMPLEX

The first intimation that the vitamin G complex existed occurred when it was found that there was doubt about the identity of the "beneficii curing complex and the growth promoting factors" in foods. (1)(2)(1921). Note that this in this early day the word complex was used. The growth factors were classed later as the G group of vitamins, and since they were separable by precipitation with alcohol from the beneficii curing complex, it was obvious that they were protein in nature. Later the proteins were found to be enzymes, and riboflavin and a dozen or so other flarines split off and identified as essential components, plus the pellagra-preventive group, and the meagre but persistent group was gone.

Where did the idea become extant that a vitamin was a single chemical substance? Only after fractures were synthetically made, and sold with the idea that such fractures were of vitamin value. No natural vitamin has ever been made to my knowledge that was a single substance. It is impossible to even by repeated crystallization to eliminate accompanying factors that also take part in physiological processes, like the case of natural proteins which cannot be separated from the B fraction which is essential to prevent the nerve paralysis that develops in beriberi along with the poly-neuritis.

The original G complex then, contained that entire group of B vitamins that were linked with enzyme systems. Today that family has no increase that we find big the last mention of the group, and most of these subdivisions are in their own right COMPLEXES too.

Eddy & Wollford in 1937 define the G complex as including the flavines and the pellagra-preventive factors, (the pyridaine complex and the niacin complex) They also suggested the inclusion of the anti-deinem facors, vitamin A = Later and vitamin D.

So much for the historical side, that we need to know today in how to identify the type of deficiency reaction we must look for to keep our health in this funny world of counterfeiting foods. There are various vitamin G complexes on the market, when you feel the need for one and you get one that is reported to perform as it should, for the clinical test on human subjects is the only way to be sure that the right factor is present.

Each species may need a different kind of some of the vitamin G components, so clinical tests are useless in the case of this group of vitamin. (3)

Situations of G complex deficiency:

1. Roughness, cracking and exfoliation of skin on soles of feet.
2. Excessive oiliness of skin of face and nose.
3. Chelosis. (Creaking of skin and lesions on angles of mouth, dry, chapped and tissued lips, soreness and burning of lips, mouth and tongue)
4. Allergic tendencies, probably secondary to pancreas inhibition and reduced ability to digest proteins, permitting such proteins to enter the blood at lesions in bowels. Such lesions, leading to mucous colitis are common, first noted as burning and irritation in rectal area, at an alteration of composition of stools.
5. Fatigue. No stamina, patient tires easily, may be mentally low, pessimistic, cannot concentrate, complains of weakness and general discomfort.
6. Sensitivity to sunburn, dermatitis in forms that show symmetrical distribution, a result of spinalcord changes that alters skin reactivity in specific areas.
7. Engorged capillaries of cornea of eye. Reddened tongue, with similar engorgement.
8. Susceptibility to lesions secondary to engorged capillaries - such as coronary thrombosis, blood sludging, cerebral hemorrhage or stroke.
9. Liver disease, cirrhosis and loss of fat metabolizing ability follows lack of the G complex; this deficiency in its synthetic form causes this condition unless accompanied by the natural G complex factors. First symptoms may be edema (swollen ankles), unbalanced sex hormone status due to failure of the diseased liver to properly eliminate or detoxify estrogen or alchoheratrodil.
10. Hypertensive reactions: In the female, menorrhagia, metrorrhagia, cystic mastitis, premenstrual tension, hyperadrenia.

In the male, gynecomastia (common among use prisoners), hyperadrenia possible hypertension.

The general effect of G complex deficiency is fatigue, due to capillary engorgement and stagnation. This brings on the tendency to blood sludging (5) and the consequent tendency to form thrombi and the dangers of coronary thrombosis and cerebral thrombosis. It is well to recall that cancer too, has been called the disease of stagnation, it seems to never occur in tissues supplied with normal circulation, unless a local supply of toxins is present. Further, recent animal tests demonstrate that cancer in far more easily created in those animals that get a low vitamin diet than in animals getting natural unrefined foods. (6)

Porirosis is an old and stubborn ailment that often responds well to the use of the G complex. Allergies too, often disappear in a few weeks under the use of this vitamin group. The liver produces a detoxifying hormone discovered by the Japanese that they called Yakriton (7) which seems to be a physiologically anti-histamine. It is probable that this function of the liver is impaired in G complex deficiency.

Without this natural anti-histamine, we are more susceptible to colds and harder to try synthetic substitutes that have far less effect, and require our attention to something we would never think about if we had not been cheated of the right vitamin content in our food.

As to the synthetic erythritol supposed to take the place of the natural, news accept that smooth argument. Tests made on such synthetic "etchings" show that their effect is to actually REDUCE the already low nutritional values of the "unrefrished" diet than on the un-refrished. (8) The millions of dollars spent advertising such products, do not make the claims true. Caution tests on human subjects confirm the results. (9) One of the strange facts of modern life is how people will believe
advertising propaganda as the expense of or twenty years off their life-span.

Synthetic vitamins may have an important place as drugs. They are of no possible value as foods, according to all available tests; they act as destroy spurious values instead. Our Government should follow the example of Canada, whose synthetic products of all kinds are sold from any food store.

3. "Vitamin News" p. 122. (Vitamin Products Co.)

Other literature available on these subjects from The Lee Foundation, Milwaukee 3, Wis., at the price listed:

1. How Our Government Subsidizes Malnutrition and Disease - Bulletin 149 - 0.05
2. Baner, Vitamin F, and the "Y" Factor of Dr. Price - Bulletin 1.10 - 0.05
3. Three Opinions of The "Dead Food" Propaganda - Bulletin 1.15 - 0.05
4. The Effect of Aluminum Compounds in Foods - Lee Foundation Report No. 5 - 0.05
5. How and Why the Synthetic Pyrimidines Are Being Used As Irritants of Natural Foods and Drugs - Lee Foundation Report No. 8 - 0.05
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