

VITAMIN C

In the suggested food storage program which was discussed in the March 1988 Newsletter (Volume 1, Issue 12), we did not include vitamins. Our recommendation for a \$10 addition to provide for children will include one.

In fact, the vitamin requirements of an adult for one year can be met by the grain and beans already in the ration — providing that small portions of these items are *sprouted* before use. Sprouting provides adequate amounts of vitamin C and other essential nutrients.

The only essential nutrient not provided by our recommended ration is vitamin B-12. The normal vitamin B-12 reserves of a healthy adult are sufficient for the one or two year period during which these emergency food reserves would be utilized.

Cresson Kearny has pointed out that scurvy has been a serious problem for grain-consuming people in past military conflicts, although most of these predate modern knowledge of the requirement for vitamin C in the prevention of scurvy.

Sprouting is, however, an inconvenience which would require discipline and time under crisis conditions. Vitamin C in pure crystalline form — not in tablets — can be stored indefinitely without deterioration. It is very inexpensive and could save many lives in a post nuclear attack environment.

First, those people who do not have time, energy, knowledge, or inclination to properly sprout a portion of their stored grain would require a vitamin C supplement. Without that supplement, they would simply die a slow, painful death from scurvy.

Second, there are several unorthodox uses of vitamin C which could serve to augment expedient medical techniques. These uses are of questionable and sometimes even negative