

Zachary takes care of feeding and watering the animals each day and, with his brother Noah, cleans the cages periodically, makes needed measurements, and maintains the instrumentation. The mice are being housed in special mouse cages that we designed and built for our nutrition and cancer work a decade ago. These cages allow the mice to live much more normal lives than is possible in ordinary cages. Except for occasional measurement, the mice do not need to be handled or otherwise disturbed. The cages are proving their worth in these experiments. The animals are in excellent health.

## OPTIMUM NUTRITION

We have published all of the information one needs to know in preparing an inexpensive food storage supply. The cost is about \$150 for a supply of soybeans, corn, wheat, and salt sufficient to feed one adult for over one year. We recommend 10 lbs. soybeans, 20 lbs. wheat, 20 lbs. corn, and 1 lb. salt per person per month. We also suggest storage of about 15 grams of vitamin C per person per month. This recommendation by the Oregon Institute of Science and Medicine has been adopted officially by the Federal Emergency Management Agency.

In addition, a good multivitamin supplement is usually a good idea even for ordinary use. Which multivitamin is best? I have never arrived at a satisfactory answer to this question, even though I have spent much of my life in various aspects of vitamin and nutrition research. Until now our family has sometimes taken various mixtures that we adopted from research work. Among commercial products, I have usually recommended the *Insurance Formula* developed by Roger Williams. It is available from Bronson Pharmaceuticals in La Canada, California. They call it the *Fortified Vitamin and Mineral Insurance Formula* product number 92.

Recently, as a result of another professional tragedy of the sort that has become all too common in American science, I became aware of another formulation that may be the best available. It is the *Cardirite Multiple Nutrient Supplement* available from Carlson Labs, 15 College, Arlington Heights, IL 60004, telephone (800) 323-4141. Developed by Dr. Matthias Rath and described in his book *Eradicating Heart Disease* (published by Health Now, 387 Ivy Street, San Francisco, CA 94102), this formulation is Dr. Rath's best estimate based upon published cardiology research and his own hypothesis about the development of degenerative disease. Based upon my current knowledge, I strongly recommend this formulation for ordinary use and long-term storage. Carlson offers substantial discounts to physicians. For large quantities, one might be able to negotiate a further discount.

Many of you know about the professional difficulties that Laurelee and I had with Linus Pauling. I published research papers on numerous subjects with Linus over a period of 15 years. He and Laurelee and I and some of our coworkers founded the Institute that eventually became the Linus Pauling Institute where I was President and Research Director. Unfortunately, this collaboration eventually ended in a bitter controversy involving experimental work that we had done on cancer and vitamin C which gave results contrary to Linus's hopes.

These experiences made me especially attentive to the plight of Dr. Rath who was appointed Director of Cardiology at the Linus Pauling Institute in 1990 as a result of some