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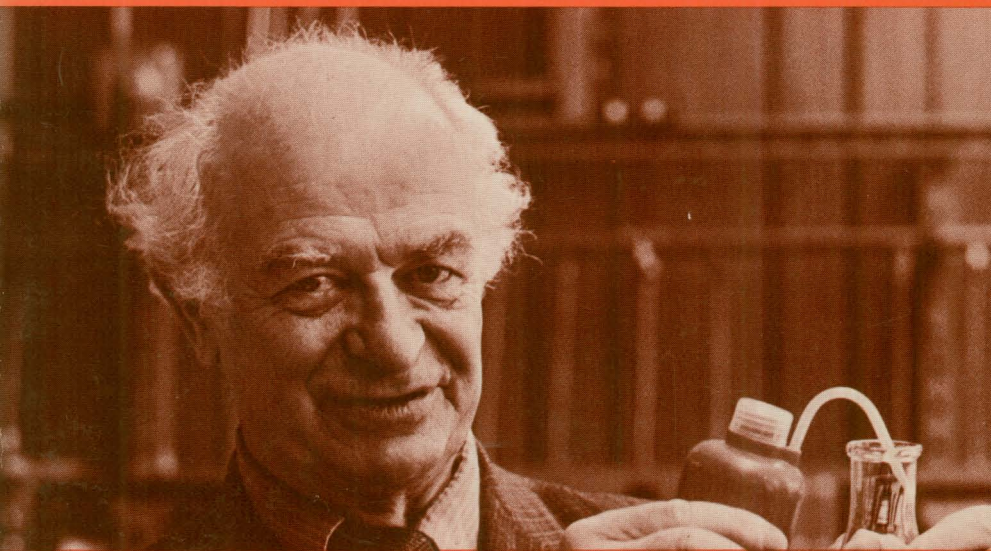
1948 PRESIDENTIAL MEDAL FOR MERIT

1954 NOBEL PRIZE IN CHEMISTRY

1962 NOBEL PEACE PRIZE

1975 NATIONAL MEDAL OF SCIENCE

Vitamin C the Common Cold and the Flu



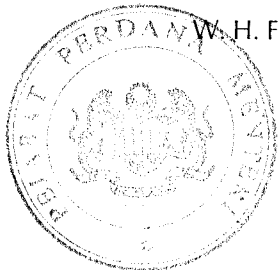
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"In 1976-1977, when another swine-flu epidemic is expected, it is especially important that everyone know that he can protect himself to a considerable extent against the disease and its consequences by the use of this important nutrient, vitamin C."

Vitamin C the Common Cold and the Flu

LINUS PAULING



W. H. FREEMAN AND COMPANY
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Preface

Six years ago many people were already convinced, on the basis of their own experience, that an increased intake of vitamin C provides some protection against the common cold, even though most physicians and authorities in the field of nutrition continued to describe vitamin C as having no value in controlling the common cold or any other disease except its specific deficiency disease, scurvy. When I examined the medical literature I found that a number of excellent studies had been carried out, and that most of them showed that vitamin C does have value in controlling the common cold. My concern about the failure of the medical authorities to pay the deserved attention to the existing evidence caused me to write my book *Vitamin C and the Common Cold*, which was published in 1970 and has been translated into many foreign languages.

When this book was published it received favorable comments from some reviewers, but was quite strongly criticized

by others. The discussion that followed stimulated a number of investigators, including Professor George Beaton, head of the Department of Nutrition in the School of Hygiene of the University of Toronto, to begin controlled trials. These trials all supported the conclusion that vitamin C has value in controlling the common cold. As a result, the medical and nutritional authorities no longer claim that vitamin C has no value in connection with the common cold, although they may contend that the amount of protection provided by it is not great enough to justify the bother and expense of taking the vitamin.

In the course of my continued studies of vitamin C, I learned that this vitamin exerts a general antiviral action and provides some protection not only against the common cold but also against other viral diseases, including influenza. The common cold is a nuisance, but is not very dangerous. Only rarely does it lead to complications that cause death. Influenza (the flu), on the other hand, is a very serious and dangerous disease. In the great influenza pandemic of 1918–1919 the disease was contracted by about 85 percent of the population in all countries and killed about 1 percent, including many healthy young adults—the estimated total number of deaths being about 20 million. An outbreak of influenza in early 1976 with a virus similar to that of the 1918–1919 pandemic has recently caused great concern. The President of the United States announced that the government would subsidize a program costing over \$135,000,000 for preparation of vaccine that might permit the epidemic expected in the 1976–1977 winter to be controlled. Little mention has been made, however, of the value of vitamin C in protecting against influenza. In this book I present a discussion of the evidence about vitamin C and

influenza, and also bring the discussion of the common cold up to date. I hope that the book will help many people to avoid serious illness and will enable them to lead healthier and longer lives.

For their help in the preparation of this book I thank Dr. Linus Pauling, Jr., Professor Crellin Pauling, Dr. Arthur B. Robinson, Brian Leibovitz, and Mrs. Dorothy Munro. I continue to be grateful to Albert Szent-Györgyi for having isolated L-ascorbic acid for the first time a half century ago and Irwin Stone for having aroused my interest in it a decade ago.

Linus Pauling

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