

Senate Document No 264, 1936. 74th Congress, 2nd Session states:

"Laboratory tests prove that the fruits, the vegetables, the grains, the eggs, and even the milk and the meats of today are not what they were a few generations ago (which doubtless explains why our forefathers thrived on a selection of foods that would starve us!)

It is bad news to learn from our leading authorities that 99% of the American people are deficient in these minerals [this was in 1936!], and that a marked deficiency in any one of the more important minerals actually results in disease. Any upset of the balance, any considerable lack of one or another element, however, microscopic the body requirement may be, and we sicken, suffer, shorten our lives.

We know that vitamins are complex chemical substances which are indispensable to nutrition, and that each of them is of importance for normal function of some special structure in the body. Disorder and disease result from any vitamin deficiency. **It is not commonly realised, however, that vitamins control the body's appropriation of minerals, and in the absence of minerals they have no function to perform. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless. Certainly our physical wellbeing is more directly dependent upon the minerals we take into our systems than upon calories of vitamins or upon the precise proportions of starch, protein of carbohydrates we consume.**

This discovery is one of the latest and most important contributions of science to the problems of human health."