

Äkilliset hengitystie-infektiot ja C-vitamiini

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Äkillisten hengitystie-infektioiden tavallista runsaampi esiintyminen kevätkuukausina on maassamme vuosittain toistuva ilmiö. Eräänä syynä mainittujen infektioiden lukuisuuteen juuri tuona vuodenaikana on pidetty keväisin todettavaa ravinnon vitamiiniköyhyyttä. Perunoiden C-vitamiinipitoisuuden on meillä SIMOLA (1945) todennut laskevan lanes puoleen talven kuluessa. C-hypovitaminosia onkin arveltu juuri erääksi elimistön vastustuskykyä alentavaksi tekijäksi.

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Summary

Niemi, Turo: ACUTE RESPIRATORY INFECTIONS AND VITAMIN C

The purpose of the present investigation was to discover whether and to what extent vitamin C, added to the ordinary diet, is able to prevent acute respiratory infections during the spring months under normal peacetime nutritional conditions in Finland. The persons studied were all from Helsinki and totalled 1036; of these 516 were given 100 mg. of vitamin C daily in addition to their ordinary diet during March, April and May. About onethird of the subjects were employed by a large departmental store, about one-third by a petrol firm, and about one-third were from the army. One-half of each group received no vitamin C or any dummy tablets. In none of the groups was there any statistically significant difference in morbidity between those who were given vitamin C and the controls. In the groups receiving vitamin C the morbidity rate per 30 days was regularly higher than in the control groups. However, as the morbidity varied greatly within the different groups, this observation is not statistically significant. The results are in favour of the view that the decreased vitamin C intake, common in Finland in early spring, scarcely plays a part in the high incidence of acute respiratory infections during that season: the daily vitamin C doses regarded as optimal did not seem to reduce the morbidity at all.