

placebo or vitamin C. A questionnaire was completed daily by the camp physician for each of the 279 participants who were asked about the presence or absence of 11 specific and six nonspecific cold symptoms. Certain of these, such as pharyngitis, bronchitis, and herpes labialis, together with the number of days sick, could be confirmed by the physicians.

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Ascorbic Acid and The Common Cold

To the Editor.- I heartily endorse the views of your contributors Dykes and Meier (231:1073, 1975) that the use of double-blind randomized trials is especially essential in the evaluation of prophylaxis and therapy of the common cold, which relies largely on subjective reports from the patient and impressions of the investigator. I would, however, like to reassure them about the "blindness" and evaluation of the trial that I carried out 14 years ago, and which they cite in the *Helvetica Medica Acta* (28:63, 1961).

The placebo was indistinguishable from the 1-gm ascorbic acid tablet. They were given to school children in two skiing courses. The children were randomly separated into two groups. Neither test subjects nor investigators knew whether the children got