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By Joseph L Miller

FBC LTD, 2018. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The Archives of Internal Medicine, Vol. 18: August 15, 1916 It should also be pointed out that each individual requires a definite quantity of these vitamins. These beriberi-preventing vitamins are present in meat, milk, eggs and similar foods, in relatively small amounts, and in very large amounts in beans, rice polishings, and some other foods. Now, if a number of people live on a rice totally lacking in beriberi vitamins, and in addition consume a definite amount of meat containing beriberi vitamins, which, however, is insufficient in quantity to furnish a sufficient amount of these vitamins, the typical disease will occur in these people, but after a considerably longer incubation period than would have been the case had they lived on rice alone. In order to protect completely from beriberi it is therefore necessary to consume the amount of vitamin essential for that individual s metabolism. It is further to be noted that because of personal idiosyncrasy the amount of vitamin required is not identical for all individuals. It has been found in feeding experiments on men and animals that of...



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