

Now as to the practical application of the study that has thus far been done on the vitamins, the following facts are important: We know that foods are affected as to the vitamin contents by the modern process of canning, by boiling or heating to the boiling point, for a certain length of time, absolutely destroying the water-soluble B if the heat is maintained for two or more hours. Fat-soluble A is injured at least in part, and water-soluble C is destroyed in a very short time.

Vegetables placed in cold storage for a great length of time injure the vitamins and dried vegetables for preservation are often injured by the process. Moreover, we know that some persons live on a one-sided diet, and that oftentimes it is difficult, in children especially, to have them eat the proper assortment of food. Eddy and others have found that even though the diet of a child contain an appreciable amount of vitamin B, there was a marked stimulation of growth when three percent of the extract of vitamins was added to the food. He explained this on a basis that an extracted vitamin is more readily available than that contained in the food.

It is thought by some authorities that the vitamins act as catalyzers, and that their mere presence enables the system to absorb and assimilate the food products. Therapeutically the vitamins are indicated in the treatment of malnutrition, and disordered metabolism in such vitamin deficiency diseases as rickets, beri-beri, pellagra and scurvy, in the convalescence from acute infectious diseases, in certain intestinal disorders and as an adjunct treatment in ill-defined disorders of nutrition, anemia and other dyscrasias.

ABSTRACT OF DISCUSSION.

Chairman H. M. Faser thanked Dr. Wilson for his address and asked him whether he would answer questions proposed by members. Replying that he would—

F. W. Nitardy inquired whether a well-balanced diet would not supply the vitamins. Dr. Wilson replied that it would, but children at the same table would differ in their preferences for food; certain individuals cannot assimilate foods containing the necessary vitamins. Experiments bearing on the question were shown.

REVISING THE NATIONAL FORMULARY.*

BY P. HENRY UTECH.

Much of that which transpired and was transacted at the City of Pittsburgh meeting of the American Pharmaceutical Association thirty-five years ago has been forgotten, or is part of the records of the Association. The outstanding feature of that Convention, which has proven to be epoch-making in character, was the appointment of the committee which later, in 1888, brought about the publication of the first edition of the National Formulary. It is, therefore, particularly fitting that you, as representative pharmacists, encourage the fine spirit of these pioneer pharmacists, and do your part in carrying on this good work, the publication of which stands out as a waymark in the onward march of pharmacy.

The revisions of the National Formulary reflect the progressive spirit of our calling. The statement is frequently heard, that pharmacy as a profession is retrograding, is fast losing its prestige; that the inroads of commercialism are demoralizing all that is fine, honorable and ethical in our calling. Statements of this character, with only slight modifications, would, perhaps, apply with equal

* Parts of an address before Pittsburgh Branch, A. Ph. A., November meeting, 1921.