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Key Passage(s) Context

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Goodhart R, Jolliffe N (1938). Effects of vitamin B (B₁) therapy on the polyneuritis of alcohol addicts. JAMA 110:414-419.

Key passages

EFFECTS OF VITAMIN B (B₁) THER-
APY ON THE POLYNEURITIS OF
ALCOHOL ADDICTS
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On admission to the medical wards, each subject having a polyneuritis was given a basal diet¹¹ containing a vitamin/calory ratio of 1.7, plus 18 Gm. of autoclaved vegex. As we have previously shown, this diet, which is of borderline adequacy in vitamin B for a subject weighing 60 Kg., results in no improvement in objective signs of peripheral neuritis. The subjects were maintained with this diet for from three to five days, during which time it was determined whether the patient was cooperative and whether complications existed. Conditions likely to increase the vitamin B requirement or prevent its absorption or utilization were considered complications. The subjects having these conditions are not reported. Jaundice, ascites or signs of liver cirrhosis did not cause exclusion from this study. If the patient was suitable for further study he was then given a weighed diet containing a vitamin/calory ratio of 5.5, plus 18 Gm. of unheated vegex, which increased the vitamin/calory ratio to 6.8, approximately four times the vitamin B requirement of the subject weighing 60 Kg. To alternate subjects we gave in addition 10 mg.¹² of crystalline vitamin B₁,¹³ freshly dissolved in 2 cc. of physiologic solution of sodium chloride, by intravenous injection at daily intervals. This amount of crystalline vitamin B₁, calculating 1 mg. as equal to 6,660 mg. equivalents of Cowgill, increased the vitamin/calory ratio to 28.3, or about sixteen times the vitamin B requirement of a subject weighing 60 Kg. Of the subjects studied, seventeen fulfilled our criteria for a mild polyneuritis; eight of these received crystalline vitamin B₁, and nine dietary treatment alone. The latter group served as a control for those treated with the crystalline preparation. We have designated the control subjects group C, since their treatment was identical with that of group C in a previous study. The subjects receiving 10 mg. of crystalline vitamin B₁ daily for ten days we have designated group D. Observations were made by the same observer and checked at frequent intervals by the second observer during the ten day period.