

[Sutherland R \(1934\)](#). Vitamins A and D: their relation to growth and resistance to disease. *BMJ* 1:791–795.

Key passages

VITAMINS A AND D: THEIR RELATION TO GROWTH AND RESISTANCE TO DISEASE

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AN EXPERIMENT UPON SCHOOL CHILDREN

In view of the uncertain state of our knowledge concerning the prophylactic and curative value of vitamin supplements in man, and having regard to the fact that large amounts of these substances are being prescribed

at considerable expense to the general community, it was felt that there was a definite need for a test of such preparations by a controlled experiment. Accordingly, for a period of six months during the winter and spring of the school session 1931–2, a concentrate of vitamins A and D was administered to 294 children of both sexes and of all ages from 5 to 15, attending the North School, Peterhead. These children were selected at random, and had as controls 281 contemporaries. It was shown by a census of the parents' occupations that the pupils of this school were drawn almost entirely from the lower working classes.