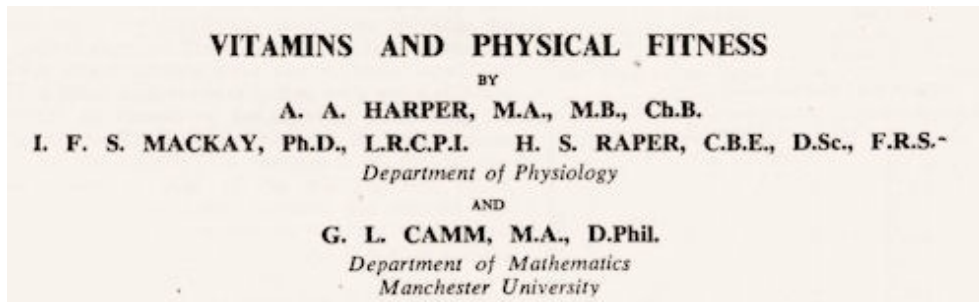


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[Harper AA, MacKay IFS, Raper HS, Camm GL \(1943\)](#). Vitamins and physical fitness. *BMJ* 1:243–245.

Key passages



Vitamin Supplements.—The cadets were then divided into two groups. Group 1 (35 students) were given a daily vitamin supplement consisting of 6,000 units of vitamin A, 1,000 units of vitamin D, and 50 mg. of vitamin C, in the form of one “adexolin” capsule and one “celin” tablet daily. Group 2 (34 students), who acted as controls, received capsules of arachis oil and tablets containing citric acid, identical in

appearance with those given to group 1 but devoid of any vitamin content. Each group contained half the R.A.F. and half the R.E. cadets; care was also taken to see that the men examined by A. A. H. and I. F. S. M. were equally divided between the two groups.

History of Minor Ailments.—A fortnight's supply of capsules and tablets was issued to the cadets at a time. Each cadet was interviewed by one of us every fortnight, when he collected a fresh supply of vitamins, and a history was taken of any minor complaints during the previous two weeks, particular attention being paid to respiratory and gastro-intestinal upsets and to bleeding from the gums.

Re-examination and Change-over of Groups.—At the end of 10 weeks (June 25) the cadets were all re-examined, the same routine being used as in the first examination. At the same time the two groups were changed over: group 1 were now given control tablets and capsules, and group 2 vitamin tablets and capsules.

Final Examination.—The experiment was continued for a further 11 weeks (until Sept. 11), and the examination of the cadets was again repeated. Each cadet was examined on all three occasions by the same examiner. The cadets were not told whether they were on vitamin or control tablets, and did not know of the change-over of the two groups half-way through the experimental period. The examiners did not know which of the cadets were on vitamin supplements and which were on control.