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Title: **1971-03-06 Mike McCormick letter to parents**

Category: **Document**

Provenance:

Person:

Date:

Mom and Dad  
[1971] 7:30pm

March 6 Sat

Vitamin C does a lot of things it even helps sore backs: "In 1964 Dr. James Greenwood, Jr., clinical professor of neurosurgery in Baylor University College of Medicine, reported his observations on the effect of an increased intake of ascorbic acid in preserving the integrity of intervertebral discs and preventing back trouble." 500 mg a day to 1,000 mg a day if discomfort "or if work or strenuous exercise were anticipated."

Went downtown and around and (Friday yesterday) bought a couple books. One is "Vitamin C and the Common Cold" by Linus Pauling. 109 pages to it. I'm on p. 36 now. He says he tells how to prepare ascorbic acid, which is Vitamin C. It can be bought in most drug stores, too. ["Ascorbic Acid U.S.P., L-Ascorbic Acid, Vitamin C"].

Bought some bagels (looked it up (12)) and creme cheese. Dozen oranges -- by the way green peppers, red peppers, parsley, and turnip greens contain the most Vit C per 100g; More than orange juice and other citrics. -- gallon of milk, a large can of grape juice (but it only has Vit B, and B2 in it), Bought a 4:00 ticket for Nat theatre of the Deaf coming to the Arena theatre.

The other book is, The Bible, the Supernatural, and the Jews, by McCandlish Phillips. I don't know yet how good it is but the jacket says something about explaining the student

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unrest by some behind or below the scene cause. That is only one aspect of the book I'm sure. 363

pages. Hard back. The other is paperback. Both copyrights 1970. I hope I haven't duplicated the purchases of any of the family. I still haven't found a place with almond. "Well we have walnuts and pecans." No those won't do.

I ran 5 miles both of the last two days (today and yesterday). The first day I ran with 3 other guys. Today alone. No organized track practice on weekends. The one guy led us up a very long hill. Must be more than 1/4 mile and very steep. Imagine after running about 2 1/2 miles then running another 1/4 mile up a hill you can never see the top of until the last little turn. All I got to say is, Wow!

I shall now continue to read and study. Hope you all don't have more snow than you can handle. Don't let the cold weather get you down. All in all I hope things are going all right there for all of you. [Lycoming has a track meet with West. Md. about 2nd or 3rd week of April at W. Md.]

Love and grats. to my parents,

Mike