

VITAMINS

# ENLIGHTENING

24.09.2007

A [new study](#) reports a rather expected finding - young Finnish men in a military base ;-)

... conditions with respect to physical activity, nutrition, clothing, living quarters, and exposure to sunlight were homogenous

had twice as many respiratory infections if having serum vitamin D concentrations <40 nmol/L. The discussion, however, misses the point that there are many studies showing the same effect in children with rickets ([references 82-86](#)) eventually leading to pneumonia leading to death. "Enlighten the people generally, and tyranny and oppression of body and mind will vanish like evil spirits at the dawn of day" (Thomas Jefferson?)

CC-BY-NC Science Surf , accessed 12.04.2026, [click to save as PDF](#)

---