

Nihil novi sub sole

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Letter received: 1/8/2018

Accepted for publication: 1/13/2018

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Keywords: Physical Exercise. Vitamin D.<http://dx.doi.org/10.1590/1806-9282.64.01.9>

Dear Editor,

In their brilliant review, Fernandes and Barreto discussed the association between physical activity and vitamin D.¹ They gave some interesting historical information. They also wrote that researchers “indicating the practice of physical activity in outdoor settings (...) do not mention the importance of vitamin D” and in another study “do not mention physical activity with the sun exposure.” We could not agree with this. At the beginning of the 19th century, Jędrzej Śniadecki, a professor of pharmacy and chairman of medicine in Vilno, capital of Lithuania, published a work entitled “On the Physical Upbringing of Children.” He presented the methods of child upbringing to shape their bodies properly, taking care of both

the physical and mental development. In the second edition of this work, in 1822, he proposed for the first time sunbathing as a method of rickets treatment. It later appeared as treatment with vitamin D.^{2,3} Śniadecki was a professor of chemistry but also a family doctor, and, working in the northern part of Europe, he knew very well how harmful the lack of the sunlight could be.

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