

MEDICINE—CHEMISTRY

# Anti-Gray Hair Vitamin Succeeds in Human Subjects

## “Cure” of 30 Patients With Para-Aminobenzoic Acid Announced in Report to American Chemical Society

“**A** MARKED darkening” of previously gray hair and growth of “new natural colored hairs” in 30 human beings has been achieved by small daily doses of one of the newest of the vitamin B group, para-aminobenzoic acid, Dr. Gustav J. Martin, of the Warner Institute for Therapeutic Research, and S. Ansbacher, of the research laboratory of the International Vitamin Corporation, New York City, announced at the meeting of the American Chemical Society at Atlantic City.

This is the first report before a scientific society of the “cure” of gray hair in humans by this vitamin, although there have been a number of reports of the darkening of gray hair in rats and mice with doses of both para-aminobenzoic acid and other B vitamins.

Gray and white headed men and women up to the age of 69 years are growing new, natural colored hair as a result of daily doses of the vitamin, given

under the direction of Dr. Benjamin F. Sieve, of Boston City Hospital.

The vitamin has now been given to 300 or more patients with definite successful results, which Dr. Sieve will report later.

No toxic effects of the vitamin have been found.

Like the other B vitamins, the para-aminobenzoic acid is found in yeast and liver. For the treatment of gray-haired humans the synthetic vitamin, which costs about ten cents a pound, was used. The daily dose is 100 milligrams (about two-hundredths of an ounce), but Dr. Martin warned that it should be taken only under a physician's direction because this chemical has other effects, some of which are only just being discovered. It counteracts the curative effect of the sulfa drugs, for example, and under certain conditions might raise the blood pressure.

More effective treatment for high

blood pressure may result from another discovery reported by the same group of investigators with the collaboration of C. T. Ichniowski and W. A. Wisansky, of the Warner Institute. They found that catechol, a chemical related to carbolic acid, greatly enhances the blood pressure-lowering effect of tyrosinase, the enzyme that causes mushrooms and potatoes to darken.

Tyrosinase, previously reported by another scientist as effective in reducing high blood pressures, has the disadvantages of being poisonous and extremely costly in the amounts needed to reduce blood pressure. When catechol is given, the dose of tyrosinase can be reduced to one-thirtieth or less of the amount previously needed to lower blood pressure.

*Science News Letter, September 20, 1941*

## True Fountain of Youth

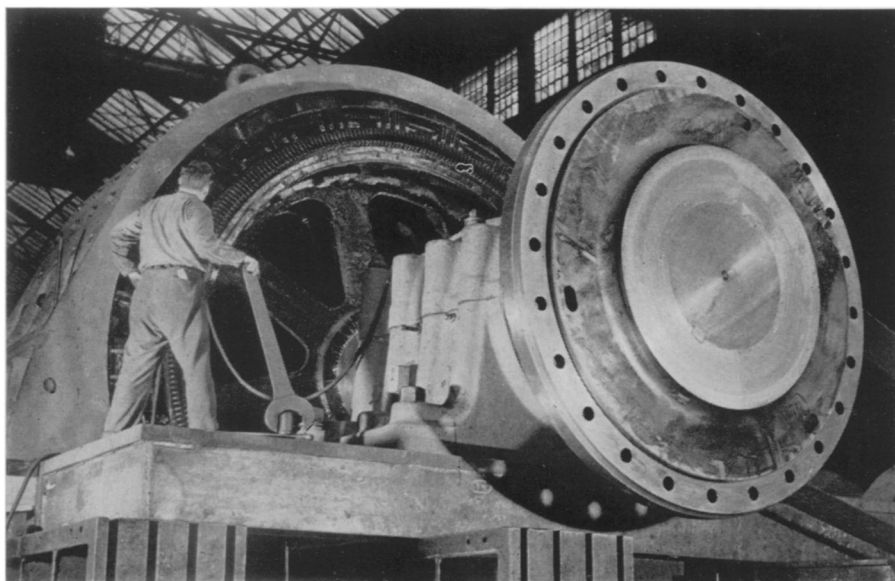
**T**HE FOUNTAIN of youth consists of fruits, vegetables and milk. This is the twentieth century scientists' answer to the quest of the Spanish explorer, Ponce de Leon in the sixteenth century.

For a long life and a healthy old age, you need to eat at least double the usual amount of these protective foods, it appears from studies of rat diets reported by Prof. Henry C. Sherman, of Columbia University, at the meeting of the American Chemical Society.

The ingredients in fruits, vegetables, milk and butter which contribute especially to a long healthy life are calcium and the vitamins A, C and riboflavin.

A diet enriched with two to four times the amount of calcium usually considered adequate for normal nutrition, Dr. Sherman said, accelerates the rate of development, maintains a higher level of adult vitality with an extended prime of life, and increases life expectation. The extra calcium does not result in hardening of the arteries, he declared, but does strengthen bone structure.

Old people as well as growing children need vitamin A, the latest studies show. This vitamin is found in butter and in yellow and green vegetables. Vitamin A used to be known as the growth vitamin because without it young animals do not grow normally. Adding vitamin A in the form of butter to a diet already considered adequate induced benefits which were particularly pronounced after middle age, Dr. Sherman reported. Female rats on this diet



FOR ALUMINUM

*This giant 5,000-horsepower electric motor, being tested at the East Pittsburgh works of Westinghouse, is produced for the defense program to help make aluminum for fighting airplanes at the 55-acre plant in Alcoa, Tenn., of the Aluminum Company of America. Note the size of the wrench.*