

science news

JAN. 8, 1977
VOL. 111, NO. 2, 17-32



**THE TIME OF
OUR LIVES:
STUDYING
AGING**

executive health

the report that briefs you on what to watch

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Volume X, Number 5

Pickfair Bldg., Rancho Santa Fe, Calif. 92067

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Alton Ochsner, M.D.

ON THE ROLE OF VITAMINS C AND E IN MEDICINE

*A world-famous surgeon tells you how and why
he uses these two essential vitamins*

PUBLISHER'S NOTE: *Dr. Ochsner is one of the outstanding international leaders in modern medical progress. Now Emeritus Professor of Surgery at Tulane University School of Medicine, he maintains an active practice at the famed Ochsner Clinic in New Orleans. As a member of our Editorial Board, we have asked him, out of his unique long personal experience with vitamins C and E, to tell you how and why he uses them.*

—Richard Stanton

The American public has become very health-conscious which is extremely desirable because most of us, when we arrive in this troubled world, are endowed with the most marvelously efficient mechanism ever devised, and much depends on us whether this mechanism will function properly and last without becoming prematurely obsolete.

No longer is longevity the principal consideration, and rightly so, because the desideratum is healthy and useful life as long as possible. Because of the health-consciousness of the public, people are avid for information concerning their health and factors which may

improve it. It is inconsistent, however, that individuals concerned about remaining healthy and prolonging a useful life, adopt practices which are definitely known to accelerate aging, produce disabling illness, and shorten life. These are the use of tobacco, the abuse of alcohol, and excesses of all kinds.

Vitamin use has been a controversial subject for a number of years, and although vitamin deficiency is extremely undesirable, can be hazardous and even fatal, often vitamins are used when they are not needed. However, with advancing age it is probably desirable to use vitamin supplements because of de-

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Sir Hans Krebs, M.D.: On the overuse and misuse of medication. Too many patients are being made ill by drugs due to their own or their physician's carelessness.

Alton Ochsner, M.D.: “On the Role of Vitamins C and E in Medicine.” A world-famous surgeon tells you how and why he uses these two essential vitamins.

John K. Lattimer, M.D., Sc.D.: On That Treacherous Gland . . . Your Prostate.

On Fatigue, the Great Deceiver: Why most men never get their “second wind.”

If You Sit At a Desk All Day, how to avoid a pot-belly and double-chin.

Never Take a Chance. Never Ignore Any Sign of a TIA (Transient Ischemic Attack) such as a sudden temporary weakness of an arm or leg.

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On “The Horizontal Exercise.” New research findings about sex and how to keep your middle age young!

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Hans Selye, M.D.: On Stress Without Distress. Your mind can make or break you!

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The B Vitamins . . . Part II. On Vitamin B₆ (Pyridoxine) “The Sleeping Giant of Nutrition.”

Linus Pauling, Ph.D.: For the Best of Health, How Much Vitamin C Do You Need? People who take the optimum amount of vitamin C may well have, at each age, only one quarter as much illness and chance of dying as those who do not take extra vitamin C.

The B Vitamins, Part IV . . . On Folic Acid: The most commonly deficient B vitamin.

George C. Griffith, M.D.: On those irregular heart beats (arrhythmias). Some mean little or nothing, but others warn your heart is in trouble.

Ross Hume Hall, Ph.D.: Beware of those fabricated foods. There is still too much we do not know about all the chemical additives that are hidden away in the fine print on the labels of processed foods.

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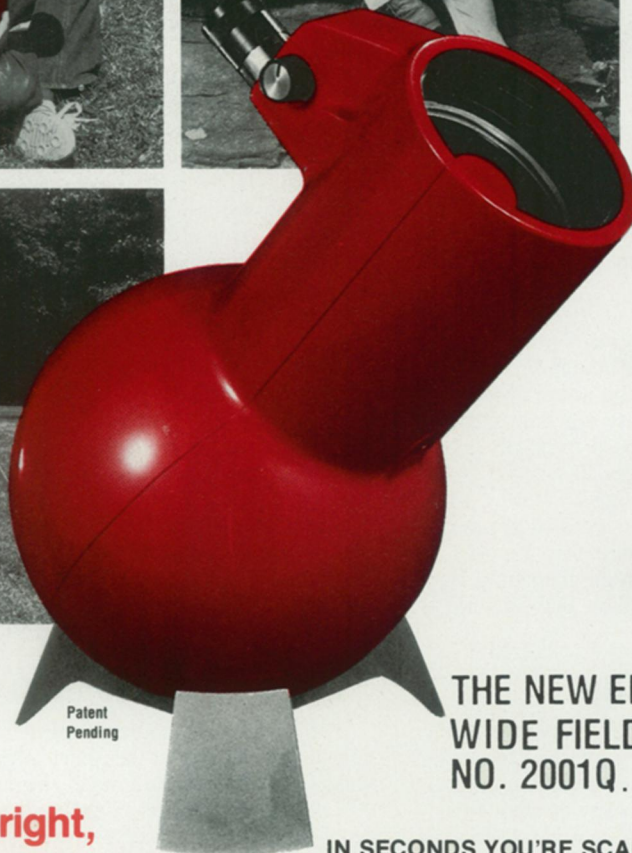
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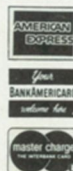
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