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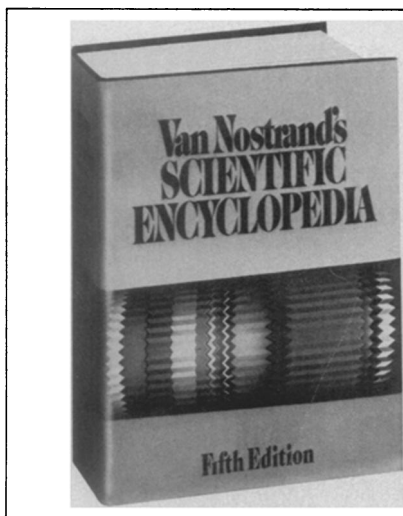


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executive health

the report that briefs you on what to watch

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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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