

MEDICINE

# Vitamins Replace Narcotics In New Treatment of Insomnia

## Vitamins from Yeast and Citrus Fruit, Given as Medicine, Are Useful Sedatives for Many Kinds of Wakefulness

VITAMINS are replacing sleeping medicines in the newest treatment of insomnia or sleeplessness, reported by Dr. Louis J. Karnosh, Western Reserve School of Medicine, Cleveland. (*Journal, American Medical Association*, Sept. 30)

The vitamin treatment may, in fact, be looked on as a cure, since it attacks an underlying cause of the condition, whereas the sleeping medicines are palliative. The physician using this treatment, however, does not rely on a glass of fruit juice at bedtime to put his patient to sleep. The vitamins are given like medicine, sometimes injected into veins, and in large doses, rather than merely as part of the diet.

B<sub>1</sub>, the anti-beriberi vitamin of yeast, and C, or ascorbic acid, the citrus fruit and tomato juice vitamin, are the ones particularly recommended in this report of the newest ways of attacking both ordinary sleeplessness and the insomnia that accompanies certain diseases, including delirium tremens.

"Vitamin B<sub>1</sub> should be looked on as the perfect sedative for delirium tremens," Dr. Karnosh declared.

Ascorbic acid, the vitamin C principle, is a serious rival of vitamin B<sub>1</sub> as the "ideal sedative" for exhaustive states, such as occur in patients with the severe thyroid disease or goiter known as thyrotoxicosis.

Ordinary insomnia, irrespective of its cause, also yields to large doses of this vitamin. This treatment produced a "sound and normal sleep," there were no undesirable after-effects and in some cases a normal sleep rhythm was established for a week or more. Dr. Karnosh says, summing up a report of another physician who treated more than 100 insomnia sufferers with the C vitamin.

Dr. Karnosh advises treatment with both vitamins B<sub>1</sub> and C to ward off the insomnia incidental to hardening of the brain arteries and senile decay, particularly because old people are likely to be short on vitamins. Rather than giving large and continued doses of ordinary

sedatives, Dr. Karnosh believes vitamins should be used to treat sleeplessness in heart disease, in the weakness following infections, and in all exhaustion states which deplete the nervous system.

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POPULATION

## Europe's Map Changes Complicate Census Plans

EUROPE'S changing map provides a knotty problem for planners of the United States' 1940 population census. How is the census taker, when he comes round next April, going to list the birthplace of a person—or his parents—born in Poland, say, or Austria, or some no-man's-land strip like the present Saar?

At the Bureau of the Census, officials hope to cling to their 1930 rule: "the country of birth of each person is that in which his place of birth is now locat-

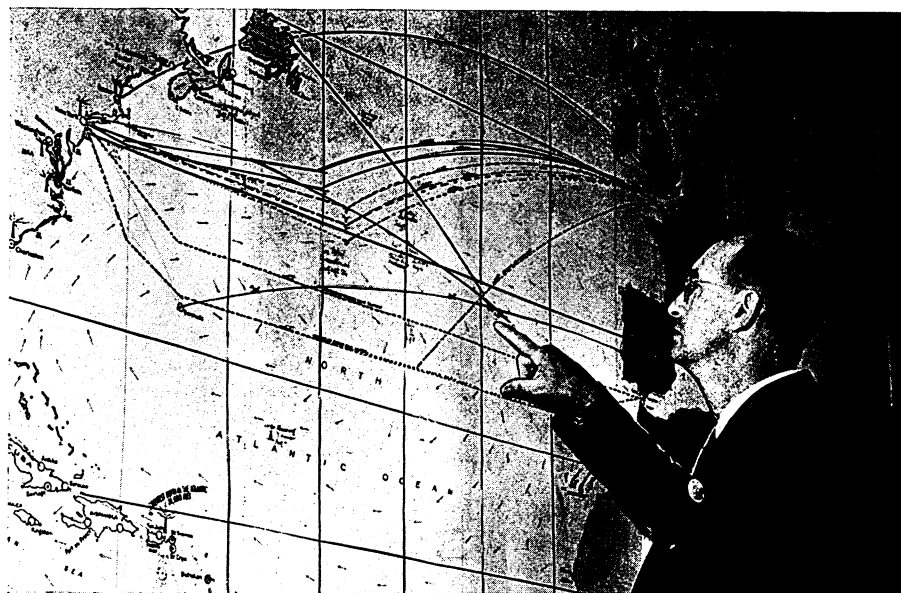
ed." A person from western Poland would be one more from German territory in census figures. In one house there may be two men, one born in southwest Poland in 1900 when it was Austrian, the other born there in 1921 in the Polish republic, but both must be credited according to the latest European holdings.

If the European map becomes more confused, the Bureau admits this plan may not work. It may then cut the Gordian knot by tabulating "Central Europe" as a unit.

To make European backgrounds clearer for statistical purposes, Bureau officials are considering asking each individual to name his mother tongue. Knowing the native speech of Europeans today is often more significant than placing them on a map. And since a good many Americans in certain regions speak French or other foreign languages, the mother tongue provides useful statistical data on native-born as well as foreign-born in this country. The mother tongue question will, at any rate, be used in the supplementary census schedule, which one household in about 25 may be asked to fill out.

Whatever line the Census Bureau takes with the European map, officials emphasize that this in no way involves recognition of changed boundaries by the United States.

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### WAR DANGERS AT SEA

A "Keep-American-Ships-Out-of-Trouble" map is kept up to the minute at the U. S. Navy Hydrographic Office. Capt. George S. Bryan, Hydrographer of the Navy, is checking up on information shown on this chart of the Atlantic. In normal times, the chart shows obstructions to navigation, ships wrecked, icebergs and such menaces. Now places where ships are sunk and mines are laid are also shown.