

# Vitamin E Use "Worthless," Declares Consumer Reports

MOUNT VERNON, N. Y. — Self-administration of vitamin E as a dietary supplement or as a medication for common ailments, including heart diseases, is, at best, a waste of money, says Consumers Union. It suggests that use of the vitamin could have the serious consequence of leading people to postpone proper medical treatment in favor of "worthless self-medication."

The January issue of Consumer Reports, CU's monthly, reports that the independent organization has been "unable to unearth valid scientific evidence that vitamin E helps any of (a) long list of ailments ranging from acne to warts."

The report lists some 60 ailments or conditions for which it says vitamin E is mistakenly touted as a preventive, treatment, or cure. They include common or better-known conditions such as aging, allergies, arthritis, asthma, diabetes, diaper rash, emphysema, heart attacks, hemophilia, infertility, kidney disease, labor pains, strokes, ulcers, and varicose veins.

In the more than 30 year history of vitamin E research only a handful of studies have met rigorous standards of scientific method, and most of those ended in negative conclusions, says CU. In enumerating some of the clinical trials, it says no vitamin E benefits have been shown for miscarriages, cystic fibrosis, blood disorders, leg ulcers, diabetes, and a variety of heart and vascular diseases.

The only therapeutic use for vitamin E in humans established by a well-controlled clinical trial involves the treatment of one rare form of anemia in premature babies. The magazine reports that for normal full-term babies fed on either human or cow's milk there is apparently no need for vitamin E

supplements. It adds that most common foods contain at least modest amount of vitamin E. The bulk of it, however, comes from leafy vegetables, whole-grain food products, and fats—especially such fats as vegetable oils. And, says Consumer Reports, there is little chance that anyone eating an ordinary diet could be lacking in sufficient vitamin E.

The 7-page report devotes more than 25 per cent of its discussion to debunking any possible value for the vitamin in connection with the treatment or prevention of heart disease.

## SOLVE A CRIME

BY A. C. GORDON

### YOU ARE THE DETECTIVE

The stocky body of the middle-aged John Benton lies lifeless on the floor of his living room, the carpet under his head stained with the blood from a bullet wound in his right temple. He is clad in a khaki hunting jacket and dark brown woolen trousers, the bottoms of which are stuffed into huge, fur-lined boots. A rifle lies on the floor next to him.

His distraught wife blurts out the story. "I was busy straightening out my bedroom. I didn't even know John was home. He left early this morning to do some hunting. Suddenly I heard the shot. I rushed in and found him like this dead! He was in a foul mood this morning, but that was nothing unusual. I certainly didn't dream he was even thinking of taking his life this way!" She bows her head into her hands and breaks into sobs.

You have noted that, despite the woman's grief-stricken face, she is an exceedingly attractive woman and at least twenty years younger than her

late husband. Now you stoop over the victim's body and, removing the fur-lined mittens from his hands, your eye is caught by some rather fresh-looking scratches on the back of his right hand.

"No, so far as I know, his business affairs are in good order. Of course, he was always extremely jealous of me. Flew into violent rages every time he suspected me of taking too much interest in other men when we were out socially."

"Can you suggest any possible reason at all for your husband having killed himself?" you ask.

"No, so far as I know, his business affairs are in good order. Of course, he was always extremely jealous of me. Flew into violent rages every time he suspected me of taking too much interest in other men when we were out socially."

"Did you touch or move anything at all since coming in here and discovering this?"

"Oh no," she cries. "I was much too shocked. I could see immediately that he was dead and that there was nothing I could do for him. I rushed back to my room and phoned you. Then I waited in there until you arrived."

"Well," you say, "I hope"

won't shock you too much if I ask you to accompany me to headquarters for some intensive questioning. This looks like anything but suicide to me!"

What leads you to this conclusion?

### SOLUTION

Two things have aroused your suspicions. In the first place, a rifle isn't the ideal weapon for a person to use on himself for a bullet in the temple - too long and too difficult to push the trigger. In the second place, the victim's hands were encased in FINGERLESS mittens! Even if he had managed to get the rifle pointed at his temple, how could he have managed the trigger?

## Veterans Corner

EDITOR'S NOTE: Veterans and their families are asking thousands of questions concerning the benefits their Government provides for them through the Veterans Administration. Below are some representative queries. Additional information may be obtained at any VA office.

Q - As a female veteran going to school full time under the GI Bill, can I claim my husband as a dependent?

A - Yes. Public Law 92-540, signed by the President October 24, 1972, makes educational benefits and all other veteran benefits apply equally to male and female veterans. To take advantage of this benefit, you should apply to the nearest Veterans Administration regional office.

Q - Who approves schools for enrollment under the GI Bill?

A - The state-approving agency in the state where the school is located. However, the Veterans Administration is the approving agency for courses offered by schools in foreign countries, agencies of the Federal Government, and for apprenticeship programs administered by interstate carriers.

Q - Can a service-disabled veteran who received a VA automobile allowance receive



ST. AUG'S STUDENTS REGISTER FOR SECOND SEMESTER - These Saint Augustine's College students are among those registering for the second semester. Standing, left to right: Charles Williams, a physical education major of Hartsville, S.C.; Etta Wooten, a business administration major of Washington, D.C.; Jacqueline Huff, a business education major of Charlotte; and Clementine Greer, a medical technology major of Mt. Pleasant, S.C. Seated, left to right: Marvin Bailey, class of '73, assisting with the registration, and Lionel Randolph, admissions counselor.

reimbursement for the necessary special adaptive equipment more than once?

A - Yes, but reimbursement is made to the seller of the equipment, not the veteran.

## DEAR SALLY

BY SALLY SHAW

DEAR SALLY: There's a man in our rather small city whose first name, middle initial, and last name are identical with those of my husband, and the publicity he gets in our local newspaper as the result of his activities is the source of great embarrassment to us. He has been arrested for drunken driving, disorderly conduct, and peddling dope. Of course his age and address are always given in the news items, but I think that he should be further identified with a picture, so the public will know for sure it's not my husband who is involved. Or, if no picture is available, I think the paper should state, "This is not the John Jones who sells real estate." When I suggested this latter idea to the editor of the paper, he turned it down flat. What do you think about this? SAME NAME.

DEAR SAME: A newspaper has no obligation to identify anyone by stating who he is NOT. Seems to me the difference in age and address is enough identification. And certainly your real friends don't even need this. They know your husband for what he really is.

DEAR SALLY: Sometime ago our son was transferred by his company to another city. Seven months later we received a letter from him telling us he was being married. I wish I could have been happy over this news, but I was anything but that. The girl is six years older than our son and has a child by a former marriage. I am still heartsick about this. I have received three letters from his wife, and haven't answered any of them. They want to visit us in the near future, but I don't want this woman in the same house with me. Please tell me what to do. DISAPPOINTED.

DEAR DISAPPOINTED: You can stop nursing that feeling of resentment and begin being happy for your son's sake. All you are accomplishing now is cutting yourself off from him and his family. Moreover, you can't possibly decide whether or not you like a woman you have never met. Give her a chance.

DEAR SALLY: Why must some unmarried women be the target of so many cloddish questions? I'm 32, unmarried, a successful business woman (attractive enough, too), and I have no desire to take on any second rate marriage, as some of my friends have done, just to prove that I can get a man. However, at least once a week I am faced with some such inane question as, "How come a good-looking gal like you isn't married?" I try to shrug or laugh these thoughtless people off, but at the same time I would appreciate it if you would suggest a good answer I might respond with that would squelch them. LIZ

DEAR LIZ: How about something like, "I'm not married because I haven't yet met the man who deserves me," or, "who deserves to be as happy as I can make him."

NOTE TO JERRY: Sorry, but the length of your hair IS your employer's business... for the simple and logical reason that he is the boss and can impose any rules he wishes regarding

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