

Veil May Soon Be Lifted on Role of Vitamin C in Body

By DELOS SMITH
UPI Science Editor
New York — (UPI) — The veil may be lifting at last from the mysterious role vitamin C plays in our chemistry to keep us going.



We can't do without the C vitamin. Therefore, our body chemistry hoards it. A new discovery shows that the main storage depots are the outside shells of the adrenal glands. Those glands manufacture and secrete hormones which are chemical policemen that keep much of body chemistry behaving in the ways it should.

The new discovery suggests the glands are unable to secrete those hormones unless they are holding vitamin C in storage, and it may be they're unable to make the hormones without vitamin C. That's why the discovery is exciting biochemists.

Leads to Scurvy
There is no need for well-fed Americans to worry because the common American diet provides body chemistry with ample vitamin C, but they can cheer the discovery. More light on the still mysterious processes of that chemistry would mean better health for all.

The discovery was made by chance by two English surgeons, Drs. Digby Chamberlain and N. V. Addison. They removed the adrenal glands of two women in an attempt to arrest advanced breast cancer. Shortly thereafter, both women broke out with the eruptive skin diseases, scurvy, which is the classical sign of an extreme lack of vitamin C.

Ordinarily that doesn't happen after such an operation, and the surgeons investigated vigorously. It is known that body stores of vitamin C are used more rapidly when there is a bacterial infection in the body. Both women had such infections which had quickly exhausted their minor depots. Since the big depots, the adrenals, had been removed they came down with scurvy.

Hormones Most Vital
The surgeons had other women in the ward who had had the same operation but without scurvy. Tests showed their vitamin C stores were deficient, but were not exhausted. These women had had no infection, and presumably the minor depots were able to meet the normal demands until the well-balanced hospital meals brought in more of the vitamin.

The scientific interest, however, was not in the scurvy, but in the revelation of intimate chemical associations between the adrenal hormones and vitamin C. Those hormones are literally vital; without them, life is impossible. When a person loses his adrenals to surgery, he is kept going thereafter by adrenal hormones injected from the outside.

The hormones regulate the conversion of our food into fuel for our bodies and into building materials which repair the wear-and-tear damage of our tissues. Among many other duties, they mobilize body chemical defenses against invaders, such as infectious bacteria. If the ability of the glands to secrete these hormones depends upon vitamin C being present, then vitamin C has been promoted to the head of the class of all vitamins.



SENTENCED to life in prison, Caril Ann Fugate, 15, is shown in court corridor at Lincoln, Neb. She was convicted in aiding Charles Starkweather in murder of Robert Jensen January 27.

Complaint Against Mrs. Sauer Filed

A complaint has been filed in Jackson county circuit court by the Employers Liability Assurance Corporation against Mrs. Lois Lacy Sauer, San Francisco, asking a judgment of \$9,000.

The corporation is the bonding company for the U. S. Navy Ship Store, a corporation in San Francisco, where Mrs. Sauer was a cashier for the past six years.

The plaintiff's attorney is Hugh B. Collins, Medford. Filed along with the complaint was an affidavit for attachment. Mrs. Sauer was arrested in Central Point Dec. 17 on a federal warrant charging her with embezzlement of government property. It was reported by federal officials at that time that she had been released from her job following an audit of her accounts.

Mrs. Sauer was returned to San Francisco Friday by deputy U. S. Marshal. Finland contains more than 60,000 lakes.

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual report. The Family Council does not give advice; it merely reports on problems that have been dealt with by responsible agencies and consumers.

Rudolph M.—My wife and I are in our 50's and we recently married off our youngest daughter. Our only problem is that my wife doesn't seem to know what to do with herself.

For years I have been warning Adele that this time would come, and she should cultivate some hobbies or join some of the woman's organizations, but she never showed the least interest. Now she says she wants me to give her a job in my business.

This is a ridiculous idea. Adele hasn't worked in more than 30 years and she never had any real business skills anyway. It would be very embarrassing to me to have her around. People would think I'd gone off my rocker or something. Why can't she find things to amuse herself like other women?

Adele M.—I can't help it, but I just don't like those women's clubs or courses that women take to keep busy. I feel as though I'm in kindergarten and I have to be kept amused or I'll get into mischief. I have even attempted some hospital volunteer work, but it just annoys me to see other women running around trying to look important, and I feel that I don't want to be one of them.

I want to do some useful work. It is true that it is some 30-odd years since I've worked

in a business office, but I am very adaptable. I pick up things quickly, and I would even go to business school to work up some skills.

I don't see why my husband should consider this a ridiculous idea. It's possible that he's turning away a valuable employee.

The Council: Husbands like Rudolph don't use much imagination when they try to see their wives' problems. Because they themselves are needed and busy—often harassed—the idea of having as much leisure time as their wives sounds just wonderful.

If Rudolph will try to imagine how he would feel if he came to work one day, only to be waved away and told he wasn't needed any more, he'll begin to get some idea of how his wife feels. Hobbies and clubs would seem a dull substitute for his once active life.

We don't mean to belittle hobbies and clubs. When an individual becomes deeply engrossed in either of these activities, he loses self-consciousness and feels that the activity needs him. It becomes vital. Then the individual puts even more of himself into it and sees more facets that require work and exploration. Adele should recognize that the preliminary stages seem "like kindergarten" because she feels dull and cold toward

these activities. She can only make them glow through her own warmth.

The same is true of the hospital volunteer work. While the idea is new to her, Adele is self-conscious and aware only of her own needs. The moment she realizes that the women who are "running around trying to look important" are not merely trying to look that way, but are important to those they help, she will see that there is a real need that she can fill. She will no longer have the sense of shame she now experiences because she knows she is coming to receive rather than to give.

If, however, a job is the thing that intrigues Adele at this moment, we're all for her going ahead with the idea—but not in her husband's business. The chances are very much against her being able to make a real place for herself there. She should brush up on her skills and find a job on her own. If it is not worth this much effort to her, she doesn't really want a job and couldn't find satisfaction in it.

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Anti-Red Revolt Spreads from Tibet

Taipei, Formosa — (UPI) — A well-informed Chinese newspaper said today that an anti-Communist revolt in Tibet has spread to four other provinces in northwest China.

The China News, quoting Nationalist intelligence sources, said in some areas "the rebels even seized key positions and forced the Communists into the mountains."

"The situation was so serious," the paper said, "that Peng Tehhuai, Communist defense minister, hurried to Tsinghai in October to direct the war against the rebels."

The China News noted Peng's trip coincided with the partial cease-fire imposed by the Communists themselves in the Amoy area last Oct. 6.

Portland — (UPI) — A group of 90 Korean orphans will arrive here Saturday to be adopted by American parents.

The body of an average American adult contains only a fraction more than five quarts of blood.

Salem — (UPI) — Gov. elect Mark Hatfield says there will be no inaugural ball Jan. 12 in deference to the state's Centennial birthday activities one month later.

Portland — (UPI) — Fog hampered operations at the Portland International airport Sunday night and today.

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