

refuses to have anything to do with Vitamin E? You know that if a man is refused treatment by a physician he usually goes to his druggist. It might be that by the terms of this amendment his druggist could not tell him of the values of vitamin E therapy. The Vitamin E Society publishes bulletins periodically which carry articles by medical men, instructions to those taking vitamin E, warnings to them, and excerpts from medical journals. The Society shows photographs of what vitamin E can do at its lectures. It lets the public decide for itself.

You know that Rotary Clubs and Kiwanis Clubs and Lions Clubs across the country hear medical men speak on arthritis, cancer, etc. Is it no longer possible for them to hear lectures on heart disease? Speaking of the Rotary Club reminds one of the difficulty people have in learning about vitamin E and heart disease even by such means. You know, perhaps, that some of the doctors belonging to the Rotary Club in Montreal met with the Executive of that Club when it was known that my brother, Dr. Wilfrid Shute, was going to address the club last May on heart disease and vitamin E. They wanted the invitation cancelled. All that they succeeded in doing was in having his speech taken off the air. All the Rotary Club addresses had been broadcast over a Montreal Station for months or years before this. The Editor of the Montreal *Star* happened to be at the meeting and was so incensed at this action that the speech was published verbatim in the Montreal *Star* next day. I am mentioning this to tell you of the difficulties the public would have in learning about Vitamin E and heart disease were it not for the Vitamin E Society of Canada.

*Discount:*

The Vitamin E Society strives to get cheaper products for its members. Actually, its members get approximately one-third off the ordinary list price of their medication. How many of us in this room could actually afford to pay 27 to 36c. a day forever for pills to be used for heart disease, especially if our earnings had been reduced or were nil? The society has twice made representations to the Hon. Mr. Abbott, asking for a repeal of a tax on the imported oils from which vitamin E preparations are manufactured. Each time it has failed—but it will repeat the request this year.

*What is so dangerous about vitamin E that it cannot be discussed in public?*

Some persons have said that by this means people will be led to neglect other forms of treatment and die. But what other help is there for the common types of heart disease? You know that the common advice is "rest, don't worry, don't run, don't shovel snow, don't push a car". It is now generally recognized that rest is no answer at all. As a matter of fact, Dr. Levine in Boston, one of the greatest of all American cardiologists, has published papers recently showing the improved results of getting patients with acute coronary attacks up out of bed and walking around the day after the attack!

Digitalis is occasionally used in heart disease. Digitalis, as you know, is a dangerous poison and its dose is still uncertain 168 years after Dr. Withering described its use. I was present at a meeting of the American Medical Association where the members of a heart panel discussed this matter of dosage of digitalis quite acrimoniously. It may improve disorders of rythm. It does nothing for the cause of that disorder of rythm. Did you know that this dangerous drug can be bought over the counter?

Mercurials are often used. Mercurials are dangerous too. They merely drain the dam but the water still piles up. And you can buy mercurials across the counter.