

# Harbinger's column

## Vitamin E -- the new miracle cure for what ails you

Medical and nutrition experts agree that vitamin E is essential for good health; however, there is little agreement between experts on anything else concerning vitamin E.

While many doctors have lauded the vitamin as being a miracle cure for such diverse problems as cardiovascular diseases, muscular dystrophy and sterility, others say these miracle cures have failed to prove themselves in carefully controlled medical studies.

Vitamin E is an essential building block of each cell of the body. The vitamin is used in the formation of the cell nucleus and the cell guidance system (DNA, RNA) and is important in the growth and maintenance of vital cell membranes.

The vitamin is also an important regulator of body cells' oxygen supply; a sufficient supply of vitamin E reduces the body's need for oxygen which in turn reduces the workload on the heart and circulatory system. It also appears to accelerate the healing process in scar tissue caused

by burns and cuts.

The last fifty years have seen a drastic increase in heart disease in the Western world, and there is some agreement among experts that this is in great part due to the decline of vitamin E in our diets.

The deficiency begins early with the introduction of bottle-feeding of babies, with cow's milk which has much less vitamin E than mother's milk and is carried on by modern milling methods for cereals and oils which remove most of the natural vitamin in our food supply.

The methods used to refine flour and cereals cook most of the vitamins out of the cereal and the most nutritious part of the grain (the germ) which is discarded because it shortens the cereal's shelf life. Vitamin E is also destroyed by frying, freezing and long storage. Therefore with our present day trend toward ready-made foods, little of this vitamin survives the processing involved.

Some of the uses vitamin E has

been put to include: ointment for burns and cuts to prevent scars and promote healing; to increase potency in men and fertility in women; as well as, to help avoid premature births and infant anemia.

Some doctors have even prescribed it in the treatment of diabetes, to help store body sugars in the muscle cells, and in the treatment of cardiovascular patients. The vitamin also seems to aid in the prevention of blood clots; thus it may help relieve such conditions as phlebitis, varicose

veins and some forms of heart disease.

Since most of the information points to vitamin E's importance to health, it is hoped that its role in the body receives much more attention in medical research in the years ahead.

Unfortunately, the major portion of the population who take vitamin E take it in the form of supplements sold in health food stores and pharmacies, which are atrociously overpriced and are not easily absorbed

by the body.

However vitamin E can be found naturally in wheat germ cereals (stone-ground cereals retain the vitamin if carefully refrigerated) and in cold-pressed vegetable and nut oils, which can be purchased in health food stores and must be kept refrigerated as well.

Since vitamin E cannot be absorbed by the body unless some fat is also present, some dairy product fat content should be eaten with the vitamin E source.

### —Opinion—

## Israelis recognize need to compromise

By LINDA ROSS and STEPHEN ARONSON

If we are to take seriously the Forum piece by Abie Weisfeld (Excalibur March 27) then we must necessarily ignore history, Israeli politics, and just ideals.

Contrary to Weisfeld's report, the Israelis do recognize Palestinian

rights. The Toronto Star reported on October 31, 1974 that the Israelis were willing to meet with the Palestinian Liberation Organization — when the PLO steps off its platform stating that Israel has no right to exist.

It is not just what Weisfeld calls "left" flank Zionism" that today

recognizes the Palestinians. It is the official policy of the Israeli government.

The Rabin government has declared on every occasion that it recognizes the Palestinians, and the need in a peace settlement for Israel to compromise. In every foreign policy statement, the Israeli Government unequivocally states the position that there is room for both national expressions within the historic borders of Palestine.

By definition, negotiations can't take place when one side acknowledges the possibility of concessions, while the other stands firm on an all or nothing policy. Where are the Palestinian voices calling for recognition of Israel?

Weisfeld's theory that only an oppressed people have a right to a state is nothing short of laughable. Only thirty short years ago the Jews were the darlings of the underdog lovers. The compassion of the UN allotted us a few strips of land which should have been the horror of any self respecting political scientist. And automatically we were the oppressors. If Weisfeld sticks by this theory (of oppressed people), he is going to be an awfully busy man hopping back and forth over the fence of loyalties.

Weisfeld further states in his article that "... self determination is valid only when the nationality decides how its rights are to be fulfilled — not some other external force". It seems from the context of this article that this definition is useless, since it is particular (to the Palestinians) rather than general. If independent decision is indeed to be the basis of a definition of self determination, why does Israel not merit the same rights?

The fact that a Jewish flag is flying over Israel for the first time in over two thousand years is indeed paramount.

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