

# Man & Myth

By RICHARD K. ANDERSON

(part II)

Ascorbic acid is essentially non-toxic. About 15 • of accidental poisoning deaths of young children are caused by aspirin. The most serious side effect of vitamin C is a laxative effect for some persons when beginning supplementation, whereupon it should then be taken with meals. I have taken 125 grams in one day when extremely ill with only positive effects.

In a democracy you will find many divergent opinions on subjects such as Orthomolecular Medicine. Truth always wins out, but it often takes a great deal of time. If you are interested in increasing the quality and quantity of your life you will make use of the best tool of a democracy, the Free Press, tear this column out of the paper, and order Pauling's book from a bookstore forthwith. You will thereafter be able to look the future, yourself, and acute coryza (the common cold) straight in the eye and declare: "I have done what I can to improve my life."

And by the way, appendix 1, paragraph 4 includes the address of a company in California (with Albert Szent-Gyorgyi, discoverer of vitamin C, on it's Editorial Advisory Board) that sells powdered ascorbic acid crystals for about \$15 Canadian a kilo (1000 grams). For an extra 12 to 18 years you can be appreciating the best tasting and healthy orange juice you've ever had.

References:

Passwater, R.A. (1975) "Supernutrition" Pocket Books, New York.

Passwater, R.A. (1977) "Supernutrition for Healthy Hearts" Jove Books, New York.

Pauling, L.C. (1976) "Vitamin C, the Common Cold, and the Flu" W.H. Freeman and Company, San Francisco

Shute, W.E.; Taub, H.J. (1969) "Vitamin E for Ailing and Healthy Hearts", Jove Books, New York

## Mellville opener

### TNB opens season

Theatre New Brunswick will open its 1984-85 season with another sure winner by Fredericton playwright Norm Foster called *The Melville Boys*.

Last year Foster's *Sinners* proved to be the most successful season opener in TNB's history, and *The Melville Boys* promises to be even better! The Melville brothers plan a fishing weekend at the camp, but two attractive sisters unexpectedly arrive on the scene. The hilarious and touching chain of events changes their relationship forever.

TNB favorite John Dolan, who will be remembered for his portrayal of Renfield in last season's *Count Dracula*, returns to play Lee. Robert King, who plays his brother Owen, and St. Stephen native Patricia Vanstone come to TNB directly from Blyth Festival's production of *Country Hearts*. Deborah Kimmitt whose career includes appearances at Second City in Toronto and Blyth Festival completes the cast. Malcolm Black makes a welcomed return to take his first assignment at TNB as guest director.

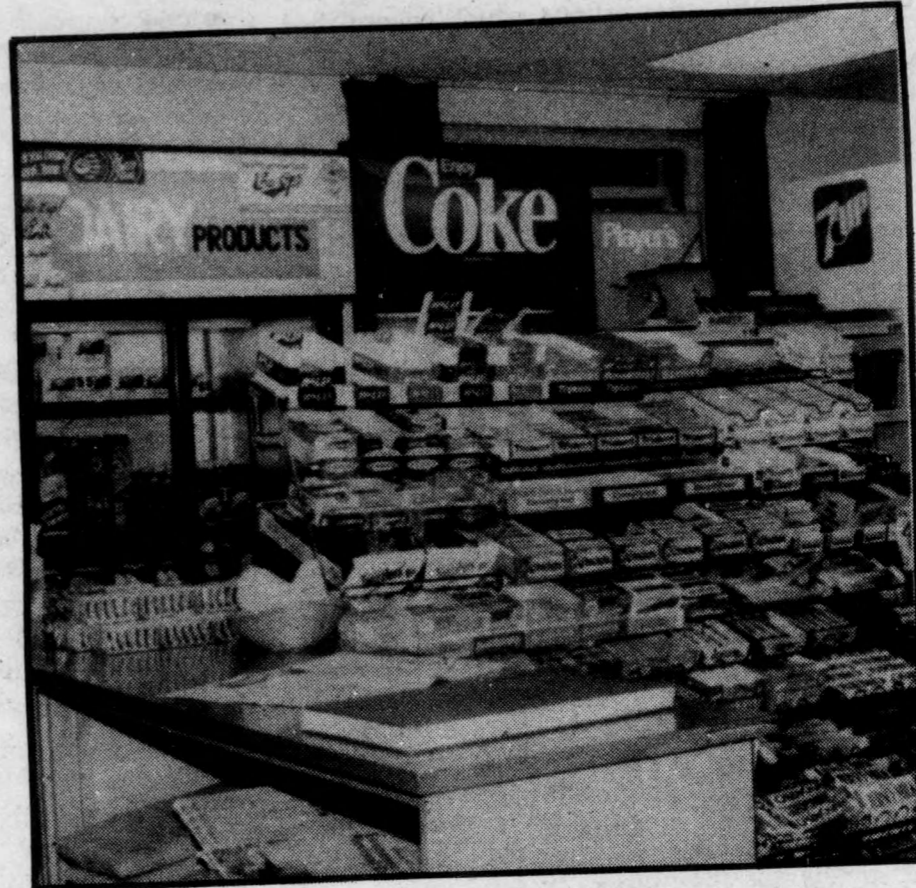
The set and costumes are the work of Patricia Clark, who designed last season's hit *Count Dracula*, and David Gib-

bons returns as Lighting Designer.

Janet Amos, Theatre New Brunswick's Artistic Director, said in Fredericton today "I am delighted to be starting my work with Theatre New Brunswick and look forward with great anticipation to the opening of our seventeenth season. Special thanks to Brunswick Mining and Smelting whose generous sponsorship makes this production of *The Melville Boys* possible."

*The Melville Boys* plays in Fredericton October 13-20 and then tours the province for two weeks.

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