Ask the Doctor

This column is presented on a public service by the Oakland County Medical Society and The Birmingham News. It is written by "43 physicians in Oakland County who are members of the society. Questions should be addressed to the Oakland County Medical Society, 363 Park, Birmingham. Questions must be of a general nature, as no effort will be made toward diagnosis or treatment in specific cases.

SEA SALT HAS NO SPECIAL VALUE

Q.—I'd like to know something about sea salt. Some of my friends say it is better than table salt. What's the difference?

A.—A number of years ago, cities have been inundated with salt well sold as a health food. It has never been demonstrated that sea salt provides any nutritional benefits over ordinary table salt that does not contain the same amount of sodium table salt. Nor has it been demonstrated that the American sea salt which is low in sodium is any better than mineral salts found in sea salt.

Sea salt is 98 per cent sodium chloride with the remainder being trace minerals, including magnesium, potassium and iron.

FAT AND ARTIES

Q.—Are arteries harden, is there any chance that this might be improved by following a low fat diet?

A.—Although this matter is still far from being settled scientifically, evidence has been presented that cutting down on the intake of saturated fats, and the cholesterol they contain, promotes removal of the deposits found on the inside of blood vessels that are hardened or arteriosclerotic.

In general, there is no reason why such a routine should not be carried out, and one likely benefit will be some reduction in weight. We feel sure your physician can advise you about the diet that will be most suitable in your case.

WHY BLACKSTRAP MOLASSES?

Q.—Can you tell me if it is true that my children should be drinking molasses as a source of vitamins?

A.—The term blackstrap molasses is commonly applied to the lowest grade of molasses in which all the crystalline sugar has been removed. It contains about 50 per cent of various sugars in solution, and is used chiefly in stock feeding and the fermentation industries. It does contain some vitamins and mineral of the original cane sugar from which the commercial sugar was produced, but also contains the impurities used in the manufacture of such sugar.

Because of this, it is difficult to imagine why anyone would prefer blackstrap molasses to more palatable sources of dietary essentials.

NOT ONLY will this be supplied adequately if a varied diet is followed, but there will be more certainly about obtaining them. Blackstrap molasses does not have to meet any fixed standards as set for vitamins and mineral content is concerned.

We believe you would be wise to give your children an adequate, well-rounded diet than rely on blackstrap molasses.

Lung Cancer Rate Higher in 'Bham

(SPECIAL TO THE RECORD)

The cancer rate in Birmingham is 4.5 per 100,000 and in most other parts of the country remains high despite the fact that many forms of smoking are declared as a danger to life and limb. The extent of the problem has brought about a new "that smoking is a disease." The record released by the Public Health Service shows that the rate of death from smoking is significantly higher in Birmingham than in most of the rest of the state.

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Phi Delta Chi Cites Area Man

BIG RAPIDS—The men of the West Michigan College chapter of Phi Delta Chi, professional pharmacy students, have named Mr.hood, 29, as their "man of the year." The honor was given for his long-standing work in the field of nursing, the hospital and the city.

In addition to the work of the chapter of Phi Delta Chi, the men have served as an active member of the Big Rapids Kiwanis Club. The group has sponsored a chapter of Kappa Sigma, the national fraternity of Christian men.

school PR

To Gather

At Oakland U.


School Public Relations Association, the first of the three affiliated groups, adopted various resolutions and presented reports to the assembled group. The American Association of Secondary School Principals, the second of the three affiliated groups, presented its report and resolutions to the assembled group.

The conference ended with the annual banquet, at which time the resolutions of the three affiliated groups were presented to the assembled group.

Feltling Auxiliary's 50th

The 5th annual meeting of the Salvation Army Auxiliary was held on March 15th at the Salvation Army Hotel. The meeting was attended by a number of auxiliary members who were present at the hotel. The meeting was also attended by Mrs. Madeline MacQueen (left), auxiliary president; and Mrs. Charles Wing, chairman of the luncheon. The luncheon speaker for the afternoon was Dr. Charles L. V. Varnes, Jr., of continuing education at the Salvation Army Hotel.

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