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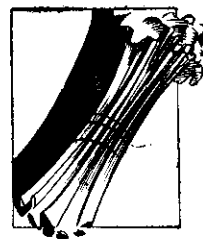
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Advice on Health (No. 26)

RHUBARB AND THE HUMAN BODY

(By DR. H. B. TURBOTT, Director of the Division
of School Hygiene, Health Department)



IN the sixth century there was a
much travelled doctor, Alexander
of Tralles, who finally settled down
to practice in Rome. His brother
was the architect of St. Sophia at Istan-

bul (Constantinople). This doctor sought
new and better treatments for worms,
troublesome then as now, and was the
first to mention rhubarb as an aperient.
In the twelfth century the court
physician to Saladin wrote a little book
on personal hygiene for his ruler, in
which was included the use of a ru-
barb and tamarind pill. We don't hear
much more about rhubarb until Queen
Elizabeth's time, when rhubarb leaves
were used as a potherb and considered
superior to spinach or beet. In our time
rhubarb has a recognised usefulness
both as a medicine and as a foodstuff.

From the rhubarb plant, chemists pre-
pare powders, fluid extracts, tinctures
and pills. These are all used in modern
medicine as purgatives. While they act
very well indeed in most people, some
folk get upset with them, feeling head-
achy or sick, or coming out in a skin
rash. However a compound rhubarb
powder was very much favoured by our
grandmothers, and did good work for
them. It was a rival of senna of which
the taste alone upset us as children.

The Stalks Are Quite Safe

You and I grow rhubarb in our vege-
table gardens, using the stalks as a

cooked fruit. It is very acceptable in the
spring time before the flush of garden
products occurs. Some people cook ru-
barb leaves as a vegetable. It is prob-
ably wiser not to do this. Rhubarb
leaves contain a good deal of oxalic acid
and a few cases of oxalic acid poisoning
are recorded from eating them as a
vegetable. There is less oxalic acid in
the stalks and they are perfectly safe.
Some few people, however, get upset
by rhubarb as a food, just as some folk
can't take it as a medicine.

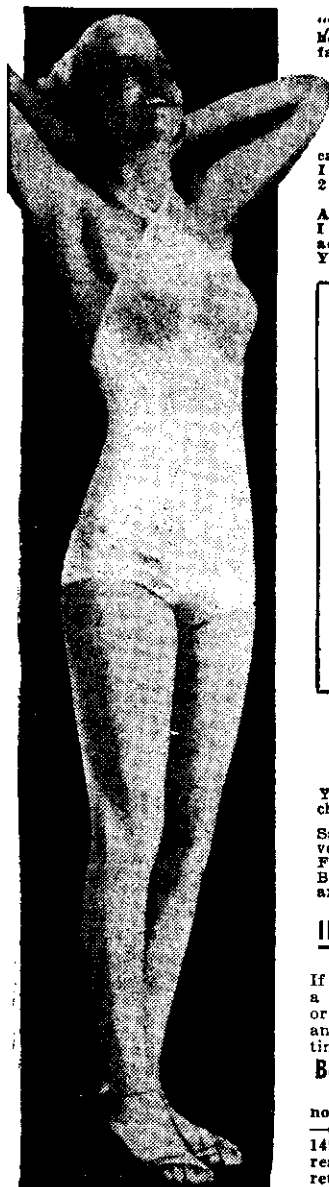
Quite a few plants and roots, when
eaten, can in sensitive people, cause skin
rashes or digestive upsets with abdom-
inal pain, vomiting and diarrhoea. Mush-
rooms, strawberries, raspberries, toma-
toes, rhubarb, brazil nuts are more com-
monly implicated. In certain very sensi-
tive folk ordinary foodstuffs, such as
oatmeal, egg, shellfish, and pork, may
be the cause of a skin rash. The com-
mon type of rash has a long name,
urticaria. It begins as whitish, flattened,
raised lumps or weals, with surrounding
redness and marked itchiness. They may
appear in one place, last a few hours,
then disappear to recur in another.
Occasionally a food rash may be some-
thing like a scarlet fever rash—a pin-
point redness covering some part of the
body—or at other times appear as an
eczema.

Some Are Upset

Now rhubarb, more rarely than some
of the others mentioned above, can up-
set some people. The itchy, weal type
of rash is best treated by a simple
lotion, such as calamine lotion, applied

(Continued on next page)

NURSE REDUCES HER WAIST, HIPS and BUST



"The Doctors told me that they thought my constant
headaches and tiredness were caused by me getting too
fat. I used to be only 8st. 13lb., but before I began
taking Youth-o-Form my weight had gone up to 10st.
3lb., and, as you know, a nurse's work in hospital is
strenuous, and I used to be just about exhausted
at the end of the day. Several of my doctor
friends told me Youth-o-Form was worth trying, and
on August 2nd I began taking a Youth-o-Form
capsule before dinner each day. In those few weeks
I have reduced from 10st. 3lb. to 9st. 7lb., my bust
2 inches, waist 2 inches, and hips 1½ inches.

All my friends notice how much slimmer I am, and
I feel better than I have felt for years. The head-
aches have completely gone, thanks to marvellous
Youth-o-Form."

WHAT YOU SHOULD WEIGH

Compare your weight with that of the perfect 1911
figure which is given on this chart. If ugly fat on
your chin, bust, waist, or hips is spoiling your
health and figure let YOUTH-O-FORM help you.

Hgt.	15-19	20-24	25-29	30-34	35-40
ft. in.	st. lb.	st. lb.	st. lb.	st. lb.	st. lb.
4 11	7 5	7 8	7 11	8 0	8 3
5 0	7 7	7 10	7 13	8 2	8 5
5 1	7 9	7 12	8 1	8 4	8 7
5 2	7 12	8 1	8 3	8 6	8 10
5 3	8 1	8 4	8 6	8 9	8 13
5 4	8 4	8 7	8 10	8 13	9 3
5 5	8 7	8 10	8 13	9 3	9 7
5 6	8 11	9 0	9 3	9 7	9 11
5 7	9 1	9 4	9 7	9 11	10 1
5 8	9 5	9 8	9 11	10 1	10 5
5 9	9 8	9 12	10 1	10 5	10 9
5 10	9 12	10 2	10 5	10 8	10 12

Add 3lb. for every 5 years over forty.

YOUTH-O-FORM IS SAFE, EFFECTIVE AND PERMANENT

Youth-o-Form is prepared by highly-qualified
chemists from the purest medicaments.

Safe, effective, permanent, it is tasteless and con-
venient to take anywhere at any time. Youth-o-
Form corrects constipation and indigestion, High
Blood Pressure and Rheumatism in those people who
are overweight, too.

INVITATION: Telephone or write at any time
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If you are too fat and wish to reduce to normal, get
a six weeks' treatment of Youth-o-Form for 24/-,
or a 12-day carton for 6/6 from your nearest chemist,
and begin taking one little tasteless capsule at bed-
time.

Be sure to get genuine Youth-o-Form

If far from a chemist, pin stamps or a postal
note to a piece of paper with your name and address
—send it to KEMPTHORNE, PROSSER LTD., Box
1495, Wellington, and your Youth-o-Form will
reach you, plainly wrapped, with full directions, by
return mail.

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out the British Empire, Society women,
business women, mothers of families, pro-
fessional men, business men, and athletes
take Youth-o-Form occasionally, to keep
their bodies at a healthy, normal weight.

Telephone or write to us at any time for
any advice you may need.

Y.42



NO RUSSIAN AMAZONS?

THE other week, the Russians
made a statement about Russian
women in war. According to
"Time," it was true. Broadcast-
ing from Washington, Mme. Constan-
tine Oumansky, wife of the Soviet
Ambassador to the U.S., flatly denied
that women were fighting in the Red
Army. This was no propaganda ghost-
laying. All women who are attached to
the Red Army are technicians, radio
operators, cooks, messengers, engineers,

drivers—and are no more formidable
than Britain's WATS, WAAFS and
WRENS, who do exactly the same jobs,
and who also wear uniforms. There are
no female combat privates in the Red
Army, Nazi statements to the contrary.
A few young women have been admitted
as sharpshooters into OSOAVIAKHIM,
Russia's Home Guard. Aside from them,
any fire-spitting Amazons captured by
the Germans are operating strictly on
their own.



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