

# The Sweet Indulgence

By Mona Gardner

ILLUSTRATED BY MARTHA SAWYERS

In which the prayers of a brave girl are bountifully rewarded. Her relatives were furious

NIA folded one hot hand over the other and sat waiting for Cousin Gedog to speak. She could tell by the quick impatient way he was sucking his coconut juice that he was displeased. She bowed her small black head meekly. It was better not to look at him. Cousin Gedog wasn't always careful: sometimes he let what he was feeling show on his face.

"*Eh to!*" Cousin Gedog cleared his throat.

It was coming now. He was going to say it.

"The weeding!" he accused. "The weeding!"

Nia swallowed respectfully before she ventured: "I do what I can, Cousin. I—"

"You are late with it!"

Nia looked for help in the sky, in the yard, in the hibiscus hedge beyond. "Yes," she confessed.

"Bird weed stands hand-high in the lower paddy!" Cousin Gedog's uncouth voice hammered these facts like a mallet.

"Yes," Nia nodded, and held her breath.

"Green mantle covers the dyke water!"

"Yes, yes." Nia nodded, and then offered: "I am ashamed to say it, but I am clumsy now. I do not move quickly, you see, or bend so well—with the child in me."

"Weeds are weeds," Cousin Gedog stuck to the point.

"You are right!" Nia was softly sure, softly placating to this man who was the only man in her family now. "I will rise earlier yet, and work farther into the night."

IF ONLY he would drink his second drink of juice and end his visit. If only he would not stand here looking at the house beams, looking at the floor cushions, looking at the growing rice beyond, with bare greed in his eyes. If only his bird-faced wife would not start jaying in that sharp high voice of hers. But no, there she was now, opening her peaked lips. . . .

"You are in the paddy early, Nia," she cawed. "You work late. For with these eyes I have seen you. Yes, truly. And you are strong, Nia, strong in the back, strong in the arm. You work well in the paddy when you are there. . . . But all this going to shrines is not work, is it?"

"Shrine-going eats time!" Cousin Gedog bit into the words as though they were smelly *durian* fruit.

Nia spread her hands, hoping they would not flutter, hoping they would not tremble as her heart was trembling. "I am only trying for a son," she said.

Cousin Gedog and his wife looked in their coconut shell cups.

"With my husband dead," Nia reasoned, "I must do everything I can, mustn't I, to make a man-child of this his only child? Else whose prayers will keep his spirit alive? Else where would his spirit visit on its trip to earth each year?"

Cousin Gedog couldn't argue against  
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# Eat and Look Young

By Henry Schacht

ILLUSTRATED BY GEORGE DE ZAYAS

"What should I include in my diet to keep my hair from turning gray?" That's what people asked Dr. Agnes Fay Morgan. Here are the answers

Many nationalities are curious about the antigray vitamin. Queries come from Latin America, England, Africa and other lands



Doctors are sampling the new vitamin themselves—to improve their bedside appearance



One man asked if the vitamin would make his head look as young as his heart felt

WHEN gray hairs show up among the blond or dark ones, most people think nothing can be done about it. So it may surprise you to know that by choosing certain foods you have a good chance of preventing gray hair just as you can reduce your weight by cutting down on certain foods. Scores of people will testify that they've tried it and obtained surprisingly good results.

They trace their success to daily doses of a new vitamin. If your hair is gray or graying you'll certainly want to know about it. The story of its discovery starts quite by accident back in 1930. Dynamic, red-haired Dr. Agnes Fay Morgan, head of the home-economics division at the University of California College of Agriculture, had obtained permission from the parents of 80 junior high school children to use them in a test of the value of wheat germ in child diets. She divided them into two groups of forty. Both received the same diet with the one exception that half of them also got daily doses of wheat germ. In six months they gained twice as much height and three times as much weight as the others.

Looking over these results, Dr. Morgan decided that if wheat germ was that good, more children should be eating it. Officials of a large commercial company heard of her test and agreed. They set about producing a wheat-germ cereal. Today that cereal is one of our best-known breakfast foods. Yet at first it caused trouble and more trouble. Three years were spent in preparing it for market. Then grocers complained that it spoiled in the packages. Company technicians went back to work and finally decided they'd have to toast the cereal. Then it occurred to them that heating might lower the food value of the wheat germ. They wrote Dr. Morgan for the answer to that one. She admitted she didn't know but promised to find out.

This was 1935. She put two groups of glossy jet-black rats on a delectable diet of washed casein, salt mixture, fat, sucrose, and cod-liver oil plus a daily dessert of wheat germ, heated for one group, unheated for the other. It was a simple experiment. Compare the growth of the two groups and you'd know how heat affected the germ. But after two weeks had passed, Dr. Morgan noticed a peculiar and unexpected development.

Patches of hair on rats in both lots were turning a mousy brown. Soon they took on a metallic coloring. In another month they were completely gray. Dr. Morgan was frankly puzzled. Nothing like this had ever been reported. Heating the wheat germ couldn't be the cause since all the rats showed the same symptoms. The only thing to do was go back over the experiment, step by step, looking for the clue that might break the case of the gray-haired rats.

Finally the chase narrowed down to lack of vitamins. The rats were getting all the fat-soluble ones in the basic diet. The only others they needed were the B vitamins. At that time only B-1 and B-2 had been discovered and they were both in wheat germ. "All right," said Dr. Morgan, "there must be another B vitamin we don't know about."

To prove this theory she cut wheat germ out of the rat diet and substituted an extract of rice polishings. She had used it before as a source of B vitamins and the rats had never turned gray. That gave her a hunch that it contained the missing vitamin. If it did, she should be able to bring the rats back to their original color. Sure enough, within eight weeks they were their normal glossy black selves. The proof was positive. Dr. Morgan had discovered a new factor in the B-vitamin group that in rats at least prevented hair from losing its natural color. That was thrill enough for a scientist and for a time she let her thinking go no further. Some day this vitamin which she called the antigray factor might do the same thing for humans. Just now there was other work to be done.

## A Rats' Fountain of Youth

First she built up a list of other sources of the factor. This included rice bran, brewer's yeast, liver and unrefined cane molasses. Next she used scores of rats to determine all the symptoms of the antigray deficiency. She found that they formed a definite pattern. In 1937 before the annual meeting in Memphis of the American Institute of Nutrition she unfolded the whole amazing story.

She told her assembled colleagues that by depriving young rats of her new vitamin she could turn them into doddering graybeards within two months, a period equivalent to five years in human life. She could produce thin and graying hair, emaciation, dry, wrinkled skin, as well as damage to the adrenal, thyroid, and sex glands. She pointed out that all of these symptoms were typical of old age. Lack of the vitamin actually aged her rats. Yet by giving them concentrated doses of it she could return their hair to its normal color and thickness, put flesh on their bones, and repair the damage to vital glands.

Refusing to crawl out on any handy limb, Dr. Morgan said nothing about humans. She stuck strictly to rats. But the listening scientists remembered that many things first tested on rats have later proved effective on humans. Several went to work and within a few months confirmed her findings in experiments of their own.

Meanwhile, she dived back into her study. She used dogs and guinea pigs, getting the same results as with rats. A man gave her (Continued on page 69)