



**10.29**  
Emergen-C Vitamin C Supplement,  
1,000 mg packets 30 ct

**21.99**  
Emergen-C  
Probiotics + Daily  
Immune Health,  
30 ct



**4.89**  
Gas-X Extra Strength,  
20 softgels & 18 chewable tablets



**11.29**  
Gas-X Max Strength,  
30 softgels  
Gas-X Extra Strength,  
50 softgels



**7.99**  
Olay Active Hydrating Cream,  
Original & Night Formula 2 oz

**10.89**  
Olay Active Hydrating Lotion,  
6 fl oz



**12.19**  
Olay Age Defying Renewal  
Cream, 2 oz

**25.09**  
Olay Regenerist Anti-Aging  
Serum, 1.7 fl oz




**3.19**  
Dulcolax Laxative Tablets, 10 ct



**4.39**  
Rolaids Advanced 60 ct, Ultra 72 ct, & Extra  
Strength 96 ct



**15.49**  
Zantac Maximum Strength, 50 ct



**4.99**  
Viactiv Calcium Plus D  
Chews, 60 ct

**6.19**  
Viactiv  
Calcium Plus  
D Chews,  
100 ct



**6.39**  
Nexcare Reusable Cold  
Pack, 4 in x 10 in



**7.69**  
Nexcare Reusable Hot/  
Cold Pack, 4 in x 10 in



**4.69**  
St. Ives Face  
Scrub,  
6 oz

**6.99**  
Pond's Cold Cream  
Cleanser & Dry Skin  
Cream, 6.1 oz



**4.99**  
Cepacol Antibacterial Multi-  
Protection Mouthwash, 24 fl oz

**3.49**  
Cepacol Extra  
Strength Sore  
Throat,  
16 Lozenges

**15.09**  
Flonase Sensimist Allergy  
Relief, 60 metered Sprays

Children's Flonase Allergy  
Relief Spray, 72 metered Sprays




**4.29**  
Tylenol Liquid Gels 325 mg,  
20 ct



Tylenol Extra Strength, 24  
caplets

**12.29**  
Tylenol 8HR Muscle Aches &  
Pain, 100 caplets

Tylenol 8HR Arthritis Pain,  
100 caplets




**13.29**  
Biofreeze Green Gel, 3 oz  
Biofreeze Roll-On, 2.5 oz  
Biofreeze 360° Spray, 3 oz



**8.39**  
Biofreeze Overnight Relief  
Strips, 4 ct



**9.99**  
Biofreeze Large Pain Relief  
Patches, 5 ct

## HEALTH HIGHLIGHTS



Dr. Morton operating an early X-ray machine, n.d.

### In September 1896 . . .

Dr. William J. Morton published his book on  
medical uses for new X-ray technology.

Dr. Morton's text, *The X-ray or Photography of the Invisible  
and Its Value in Surgery*, was an early guide to the  
medical uses for X-rays, which had been discovered by  
Wilhelm Röntgen in 1895.

In late 1895, Wilhelm Röntgen, a German mechanical engineer  
and physicist was trying to take a picture of his wife's hand. While  
he was doing this he discovered what would become known as the  
X-ray. Röntgen was using electromagnetic waves, so the picture  
that he produced showed shadows of the bone underneath his wife's  
skin. Röntgen began distributing the image of his wife's hand. Since  
Röntgen's discovery, we have learned that X-rays show different  
parts of the body because they all absorb different amounts of  
electromagnetic radiation. High-absorption areas show up lighter  
than low-absorption areas in X-ray images.

The X-ray quickly became a widely adopted technology for medical  
and non-medical uses around the world. This is due to the fact that  
the necessary equipment was inexpensive and the device was  
relatively easy to use. Within the first year after its invention, the  
X-ray was the subject of at least 49 books and more than 1,000  
articles — including Dr. Morton's book. By 1900, less than 5 years  
after the X-ray's discovery, the use of X-ray machines was widely  
considered essential for clinical care, especially for diagnoses of  
foreign bodies or bone fractures.

However, the safety risks of frequent, prolonged exposure to X-  
rays, especially for those administering them were not yet known. If  
the wavelength of the machine was not calibrated correctly, images  
would be too dark or too light and would not have enough contrast  
to be read. Often, the medical professionals administering X-rays  
to patients would calibrate the machines by inspecting their own  
hands and viewing the images produced.

Dr. Morton was a professor at the New York Post Graduate Medical  
School and Hospital, as well as one of the first American physicians  
to experiment with X-rays. Dr. Morton's text contains four primary  
sections. The first defines key terms and explains scientific  
theories on the methods that made X-rays useful. The second  
includes in-depth explanations of each part of the machine and how  
it works. The third details how to operate and calibrate the  
machine. The fourth part explains some of the medical uses for  
X-rays, including fractures, dislocations, bone disease diagnosis,  
dentistry, identifying foreign objects in the body, and viewing soft  
tissues and organs — many still used today.

*Courtesy of the National Library of Medicine*