

## MEDICINE

# Artery Hardening Comes Early In Men Who Climb Stairs

Apparently Produces More Artery Hardening Than Do Standing, Sitting or Walking in Men Over 40 Years

**H**ARDENING of the arteries of the legs as a result of occupational stress and strain affects more men than women and develops earlier in men who climb stairs than in men who do not.

This finding is part of a study which may have military significance in connection with mobilization of men over 40 years and the necessity of manning and fighting from bases at extremely frigid temperatures such as Alaska and Iceland. The study is reported by Dr. Michael Lake, Dr. Gerald H. Pratt and Dr. Irving S. Wright, of New York (*Journal, American Medical Association*, June 27).

The use of alcohol and tobacco had no effect on the development of artery hardening in the 536 persons studied. These were men and women over 40 years of age, department store employees who had for 10 or more years worked

predominantly at jobs requiring four different kinds of strain, or lack of it, on the arteries of legs. These jobs either were sitting jobs, such as typing and clerical work; standing jobs, such as operating elevators and selling behind counters; walking, such as furniture salesmen, cleaning women, porters and special policemen do; and stair climbing, such as delivery men "and other persons climbing stairs most of the time" do.

Object of the study was to find whether prolonged stress and strain leads, as one popular theory has it, to hardening of the arteries. Other conclusions: While stair climbing apparently produced more artery hardening than standing, sitting or walking among men 40 to 49 years of age, over the age of 50 there was no significant difference in the amount of artery disease in any of these classifications. Among both sexes there was a

definite relation between the incidence of high blood pressure and artery hardening of the legs. Varicose veins were found more often among women than men, even when the women who had had babies were excluded, and more often among women who stood or walked than among those who sat at their work.

*Science News Letter, July 4, 1942*

## PHYSIOLOGY

## Vitamin Lack Causes Loss of Feather Color

**V**ITAMIN lack can cause color loss in feathers just as it causes color loss in hair, experiments by Thomas C. Groody and Mary E. Groody at the University of California indicate (*Science*, June 26).

The two researchers placed a number of black Minorca chicks on a vitamin-free diet, supplementing it with varying doses of the necessary vitamins, except that to one group they gave no pantothenic acid, and to another only a minimum amount of this member of the vitamin B complex.

The no-pantothenic chicks developed colorless, often distorted feathers, while those with inadequate doses of the vitamin had colored feathers with a rather "washed-out" appearance.

*Science News Letter, July 4, 1942*

## CHEMISTRY

## Training for Peace Present Duty of Education

**F**OUR to seven years study and training in pure chemistry are necessary before a man can turn his hand to technological applications. It is the duty of educational institutions to provide this training to insure a supply of trained men for the future.

This was the message of Dr. Roger Adams, chairman of the department of chemistry of the University of Illinois, at the dedication of Northwestern University's new Technological Institute.

The progress of science will be somewhat deterred by its present diversion almost entirely to defense problems, Dr. Adams continued. But it is bound to continue to live and prosper regardless of present handicaps. He saw in the new \$5,000,000 Institute with its \$1,000,000 scientific equipment, a major contribution to the facilities for instruction and research in chemistry, physics, and engineering in the United States.

*Science News Letter, July 4, 1942*



### DEDICATED TO SCIENCE

*This new \$5,000,000-building is Northwestern University's Technological Institute, recently formally dedicated. An artificial river for testing boat models and wave action and a huge hydraulic press are among the unusual installations.*