

# Books of the Week

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**ANA PUBLIC RELATIONS WORKSHOP: A Manual of Practical Public Relations Techniques Prepared for the Guidance of the National Membership of the American Nurses' Association—American Nurses' Association, 32 p., illus., \$2.50.** Of interest to anyone who is trying to let the community know about a "cause."

**THE CLINICAL APPLICATION OF PSYCHOLOGICAL TESTS: Diagnostic Summaries and Case Studies—Roy Schafer—International Universities, 346 p., \$6.75.** A book for psychologists, psychiatrists and social workers showing how tests can be useful in diagnosing mental ills. This is because a man's characteristic way of thinking depends on the personality that underlies it.

**A COLLECTION OF TREE SPECIMENS FROM WESTERN ECUADOR—Elbert L. Little, Jr.—U. S. Department of Agriculture, 83 p., illus., paper, free on request to the U. S. Dept. of Agriculture.** A special issue of "The Caribbean Forester." Ecuador, the article states, is botanically one of the least known countries in South America.

**FACTORS AFFECTING THE TECHNICAL HARDNESS OF MAGNESIUM—Louis A. Carapella and William E. Shaw—Light Metal Age, 4 p., illus., paper, free on request to Mellon Institute of Industrial Research, University of Pittsburgh, Pittsburgh 13, Pa.**

**FOREST PLANTING IN THE CARIBBEAN NATIONAL FOREST: PAST EXPERIENCE AS A GUIDE FOR THE FUTURE—Jose Marrero—U. S. Department of Agriculture, 128 p., illus., paper, free from U. S. Dept. of Agriculture.** A special number of the magazine, "The Caribbean Forester." In both English and Spanish.

**HEALTH TEACHING IN SCHOOLS: For Teachers in Elementary and Secondary Schools—Ruth E. Grout—Saunders, 320 p., illus., \$4.00.** Furnishing not only the principles of health education but also materials for use in class.

**HOW TO CONQUER YOUR HANDICAPS—Marie Beynon Ray—Bobbs-Merrill, 336 p., \$3.00.** Directed to the person who has some variety of handicap (and who doesn't) and intended to show how it can be turned into an asset.

**HOW TO DRAW TECHNICAL ILLUSTRATIONS—Linsley and Hawkins—Studio, 64 p., illus., \$1.00.** Technical illustration is somewhere between mechanical drawing and "art." It is a skill most useful to the scientist.

**POLIO AND ITS PROBLEMS—Roland H. Berg—Lippincott, 174 p., illus., \$3.00.** The story, in non-technical language, of what is being done and has been done to fight this disease.

**THE ROCKEFELLER FOUNDATION ANNUAL REPORT 1947—Rockefeller Foundation, 374 p., illus., paper, free upon request to Rockefeller Foundation, 49 West 49 Street, New York.** An account of a wide variety of researches.

**THE STORY OF THE JOHNS HOPKINS: Four Great Doctors and the Medical School They Created—Bertram M. Bernheim—McGraw-Hill, 235 p., illus., \$3.50.** Reminiscences of four great men, the history of a famous medical school and an account of great moments in medical

history all in one interesting book.

**THE STUFF WE'RE MADE OF—W. O. Kermack and P. Eggleton—Longmans, 2d ed., 356 p., illus., \$3.00.** Two new chapters on vitamins and other growth factors have been added to this interesting book on biochemistry.

**THIRD REPORT TO CONGRESS ON THE UNITED STATES FOREIGN RELIEF PROGRAM: For the Quarter Ended March 31, 1948—Department of State—Govt. Printing Office, 104 p., illus., paper, 30 cents.** How the Government spent \$299,000,000 in five countries devastated by war.

**UNDERSTANDING TELEVISION: What It Is and How It Works—Orrin E. Dunlap, Jr.—Greenberg, 128 p., illus., \$2.50.** A book for laymen explaining how you see at a distance.

**VIRAL AND RICKETTSIAL INFECTIONS OF MAN—Thomas M. Rivers—Lippincott, 587 p., illus., \$5.00.** An authoritative work for medical students and physicians priced low because its publication was aided by the National Foundation for Infantile Paralysis.

Science News Letter, October 9, 1948

## WILDLIFE

### Bird's Ten-Minute Meal Costs State Fish, and \$8.10

➤ A HUNGRY LOON has cost the state of New Hampshire \$8.10 for one ten-minute meal.

The story of the greedy loon is told by the disappointed conservationist who saved the loon's life so that the bird could enjoy its brief but expensive feast.

Hilbert R. Siegler of the New Hampshire Fish and Game Department explained in the JOURNAL OF WILDLIFE MANAGEMENT that he was with a group of department members on a hunting trip. The party was at Second Connecticut Lake in northern New Hampshire.

The loon was found feeding near the group's cabin. Several of the party urged shooting the bird because it was near trout and salmon waters. But Mr. Siegler says he intervened and prevented the bird from being shot for three days.

On the fourth day a truck arrived with two-year-old salmon to be planted in the lake. While the fish were being put in the lake, the loon suddenly appeared. Ten minutes later, the loon was shot.

In its gullet were nine salmon. Cost of raising these fish is estimated at 90 cents apiece.

"In approximately ten minutes of feeding," Mr. Siegler laments, "this loon had cost the State \$8.10, eliminated nine of New Hampshire's sportiest and most highly prized fish, and given my efforts at wildlife conservation a severe set-back."

But Mr. Siegler has no hard feelings about loons. He points out that the hatch-

ery-raised fish were highly concentrated and pretty tempting to the bird.

Science News Letter, October 9, 1948

## NUTRITION

### Hamburger Most Popular, Says Hotel Food Expert

➤ HAMBURGER STEAK is the most popular American dish.

More people eating in restaurants, cafeterias and soda fountains today will be ordering hamburgers than will be choosing any other kind of food, Arthur W. Dana, kitchen consultant for the American Hotel Association, declared. Mr. Dana taught at a summer course in the Hotel Administration School at Cornell University.

Milk is becoming more popular, he added. At least half of the diners in industrial cafeterias will choose it instead of coffee.

Restaurant patrons apparently eat more when the price they pay includes the entire meal than when it includes only the entree and vegetables. If dessert and appetizer are extra, about 60% will take dessert. Only 20% to 30% will take an appetizer if they have to pay separately for it.

Tastes differ widely in the matter of cooked vegetables, Mr. Dana explained. Southerners want their vegetables well cooked and boiled with fat meat; northerners would rather have theirs cooked quickly with butter added when the vegetable is done. The northerners' attitude agrees with the teachings of nutritionists who say that quickly cooked vegetables contain more vitamins and minerals.

Science News Letter, October 9, 1948

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