

animal by the heat generated in its fur.

The vague symptoms which you may really feel on exposure to the turbo-jet noise are actually due to the very intense middle and low frequency noise that is also present.

Dr. Davis reported a study of the harmful effects of noise made by Dr. Karl Kryter, director of the Human Resources Research Laboratory at Bolling Air Force Base, under a contract between the Office of Naval Research and the Central Institute for the Deaf.

Steady or expected noises do not interfere with work to any significant extent, it was found. In fact, some evidence was obtained that noise may "insulate" a person from intermittent distractions so that on some tasks, such as aiming a gun, performance is better in noise than in quiet.

The explanation for this is in the ability of the individual to adapt or "get used to" steady noise and to the fact that a person can usually increase his effort, if necessary.

Even in a hospital, the steady hum of an electric fan can prevent patients from complaining about loud voices down the hall, because it masks them so that they are not heard.

Gun fire and other shock or blast waves cause partial deafness that may last for a few minutes or several days and if the noise is repeated this partial deafness may be permanent and may get worse with continued exposure.

Ear plugs can prevent deafness from this kind of loud noise and also improve the hearing of speech in noisy surroundings. Cotton does not give much protection against low and middle frequency noises, but it does cut out the high frequencies which are the most annoying.

The most important effect of noise, Dr. Davis said, is its interference with communication. In situations where teamwork is important, this may be a serious hazard.

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was halted.

The medical scientists also warned that although the rice regimen has an important place in the treatment of severe essential hypertension, it is not, in its present form, a practical method of sustained therapy in most cases.

They pointed out that the diet is extremely unpalatable, monotonous and difficult to maintain long enough to exert its effects.

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MEDICINE

Rice Diet Evaluated

► THE RICE diet for high blood pressure helps patients and has given good results in more than half of one group, but is not in its present form a practical method of continued treatment in most cases.

This, in brief, are the conclusions of a team of medical scientists at Columbia University College of Physicians and Surgeons in New York. Their conclusions are based on results with 50 patients, all of whom were in the hospital throughout the diet test and who for an average of 10 and one-half weeks were given the diet, exactly as prescribed by its originator, Dr. Walter Kempner of Duke University.

The diet consists of an average of almost one pound of rice daily plus white sugar or dextrose and fruit or fruit juice.

The Columbia physicians report in the

AMERICAN JOURNAL OF MEDICINE that they "concur in Dr. Kempner's opinion that this specific diet, if followed with sufficient attention to detail, specifically reduces the blood pressure in a significant proportion of patients with severe essential hypertension."

"It would appear," they stated, "that the effects of the rice diet exceed, under controlled conditions at any rate, any other types of treatment for this disease short of sympathectomy (cutting of the sympathetic nerves in the spinal region). As far as we are able to ascertain, the drop in blood pressure is due chiefly to the very low sodium, or salt, content of the rice diet."

It was emphasized, however, that most of the patients on the strict diet returned to their hypertensive condition once the diet

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