

MEDICINE

Old People "Revitalized"

Men and women from 65 to 85 years of age given increased strength and alertness, more interest in life by suitable diet and hormone treatment.

► A METHOD of "revitalizing" old people, from 65 to 85 years, was reported by Dr. William B. Kountz and associates of Washington University School of Medicine at the meeting in St. Louis of the Gerontological Society.

The method is one of revitalizing rather than rejuvenating, Dr. Kountz emphasized, though he admitted that to some extent in some persons rejuvenation was also possible. Elderly women, for example, have a return of monthly menstrual bleeding under the revitalizing treatment. But their ovaries have not yet been revitalized though studies on this are now in progress.

Mental alertness and increased physical strength, so that the oldsters are more interested in life, more cooperative, able to get about and even in some cases return to earning a living, are the chief changes brought about so far by the revitalizing treatment. Certain organs, such as the uterus and genital organs, can be revitalized. The bodies of the old men and women become healthier and in general function more like those of younger persons.

The revitalizing method consists in giving a suitable diet and such hormones, or gland products, as are needed. On the diet side, protein foods, the meat, milk, eggs and fish group are emphasized. At the same time the oldsters are given the male hormone testosterone, to make sure their aging bodies can utilize the protein.

The sugar and starch burning mechanism is revitalized by giving certain adrenal gland hormones or by insulin if necessary.

Thyroid gland hormone or iodine is given, according to the old person's needs. Cortisone and female hormones are also used and in some cases certain hormones from the pituitary gland in the head are given.

Some 250 old men and women at the St. Louis City Infirmary have been getting the revitalizing treatment, but so far no attempts have been made to do a complete revitalizing job on any one person. Some have gotten one part of the treatment and some another, in the research to find best methods of revitalizing them.

The point of the research, Dr. Kountz said, is to show that revitalization can and does take place through proper application of scientific principles.

Science News Letter, November 25, 1950

VOLCANOLOGY

Paricutin Volcano Losing Vigor of Youth

► THE VOLCANO Paricutin, born in a Mexican field in February, 1943, is slowly losing the vigor of its youth.

Continual eruptions are still going on, but they were slightly less intense and less frequent by the end of 1949 than in former years, Carl Fries, Jr., chief of the U. S. Geological Survey's Mexican office, has reported. There were longer periods between blasts from the volcano's crater, and the amount of volcanic ash shot into the atmosphere is declining, Mr. Fries and a Mexican geologist, Celedonio Gutierrez,

write in the publication of the American Geophysical Union.

Paricutin, although a small volcano, has been studied in greater detail than any volcano in history. Constant observations have been made by scientists since the time the vent opened in the earth and the mountain began to grow.

Science News Letter, November 25, 1950

Coal constitutes about 95% of America's estimated reserves of fuel.

SCIENCE NEWS LETTER

VOL. 58 NOVEMBER 25, 1950 No. 22

44,900 copies of this issue printed

The Weekly Summary of Current Science, published every Saturday by SCIENCE SERVICE, Inc., 1719 N St., N. W., Washington 6, D. C., NORTH 2255. Edited by WATSON DAVIS.

Subscription rates: 1 yr., \$5.50; 2 yrs., \$10.00; 3 yrs., \$14.50; single copy, 15 cents, more than six months old, 25 cents. No charge for foreign postage.

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Printed in U. S. A. Entered as second class matter at the post office at Washington, D. C. under the act of March 3, 1879. Acceptance for mailing at the special rate of postage provided for by Sec. 34.40, P. L. and R., 1948 Edition, paragraph (d) (act of February 28, 1925; 39 U. S. Code 283), authorized February 28, 1950. Established in mimeographed form March 18, 1922. Title registered as trademark, U. S. and Canadian Patent Offices. Indexed in Readers' Guide to periodical literature, Abridged Guide, and the Engineering Index.

Member Audit Bureau of Circulation. Advertising Representatives: Howland and Howland, Inc., 393 7th Ave., N.Y.C., Pennsylvania 6-5566 and 360 N. Michigan Ave., Chicago. STATE 2-4822.

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