

GENERAL SCIENCE

Peace by Cooperation

► THE PRESIDENT-ELECT'S brother, Milton Eisenhower, calls for economic, political and military cooperation among the peoples of the world to build the peace of the world.

"We are clearly at a period in history when, to gain our great purposes," Dr. Eisenhower said, speaking as president of the Association of Land-Grant Colleges and Universities, "we must depend primarily upon persuasion rather than coercion. While remaining militarily and economically strong so as to discourage an enemy who respects only power, we must at the same time build the sturdy structure of permanent peace."

Dr. Eisenhower is also president of Pennsylvania State College.

Pointing out that "we can no longer use war to serve our real purposes," Dr. Eisenhower said that "modern atomic and biological war would create the very economic chaos and human misery in which communism tends to thrive and democracy tends to die."

The general's brother hesitated to suggest what total set of actions the United States might take to assure peace and stability, but he said that we must be strong militarily, economically, intellectually and morally. As education has from the beginning of our

history been essential to the maintenance and development of our free system, he pointed out, "so too must education now directly make a mighty and continuing contribution to the military, economic, intellectual and moral strength of our nation, and at least indirectly to all cooperating nations which are determined to be free."

Dr. Eisenhower declared that all streams of modern history are surging relentlessly toward the unification of our world. Physically, it is already one, he said; the core of our problem is that it is divided into two great parts, intellectually and morally.

Science News Letter, November 22, 1952

NUTRITION

Ways for Cooking Beans

► NOW THAT winter is here, thrifty housewives will be using dried beans, peas and lentils to make nourishing, budget-easing main dishes. New methods and new recipes make the use of these foods easier and more interesting.

Instead of pork and beans, for example, you might try a dish of beans and frizzled beef. Or you can use beans, alone or with a bit of meat, in stuffed peppers. Lima bean and sausage casserole is another dish that may be new and appetizing to you and your family.

Recipes for these and other dishes plus directions for quicker cooking of dried beans, peas and lentils are available in a new booklet prepared by Mary T. Swickard, food specialist of the U. S. Bureau of Human Nutrition & Home Economics. (See p. 334.) Why the dried bean family is a good buy is explained by Miss Swickard as follows:

"All bean-family foods are hearty because of their carbohydrate, which the body uses for energy. They contain some B vitamins. They are nuggets of mineral value for the iron and calcium they contain. And with all this, they provide useful protein, which the body requires to build and repair its organs and tissues.

"You can get the most good from these bean-family foods if you have in the same meal some grain food, like bread, or some meat, cheese, milk, or other protein from an animal source. Baked beans with brown bread, pork and beans, and chili con carne are good teams for nutrition as well as flavor."

The nutritional team-work, she adds, is due to the fact that proteins in foods are made up of different combinations of amino acids. Some proteins are more complete and, therefore, more useful than others for the body's needs. There is especially good protein in meat and other foods from animal sources, and even a little combined with bean protein makes a strong team.

Do You Know?

The body cannot store large quantities of *vitamin C*.

Eggs of insect *roaches* will not hatch if the parents are deficient in vitamin B-12.

Hunting is one of the few activities of modern living that does not require eyes to be used unnaturally.

More than 41,000,000 *words* clicked over Western Union wires in connection with the 1952 Presidential election.

About two-thirds of the world's *population* live in underdeveloped areas where the life expectancy is about 30 years.

Science News Letter, November 22, 1952

ARCHAEOLOGY

Library Fire, 1,200 B.C., Preserved Clay Books

► EVIDENCE OF a fire in a library which not only did not destroy the books but actually helped to preserve them, was reported in Cincinnati by Dr. Carl W. Blegen, archaeologist of the University of Cincinnati.

The fire occurred in the palace of King Nestor in ancient Greece some 3,000 years ago. The books were records inscribed on clay tablets which were baked hard by the heat and flames. The inscriptions were the first known European writing, Dr. Blegen said, and were in a script which has not yet been deciphered.

Other interesting finds at the site near Pylos, about 225 miles southwest of Athens, were signs of a balcony indicating a two-story construction in the luxurious palace, built seven centuries or more before Greece's classical "Golden Age." The palace also had fluted columns.

The palace was built of stone, crude brick, plaster and wood. It was probably stucco-faced, and possibly was decorated with paintings. The great hall, 36 by 42 feet, had a central hearth 13 feet across decorated in geometric patterns in at least three colors.

Dr. Blegen believes the palace may have been burned down by invading tribes from the north some years after the death of King Nestor. This king, known as "Smooth tongued Nestor," was one of the leaders in the Trojan War.

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