

NUTRITION

Hippo Roast Is Specialty of Anteaters' Menu

➤ HIPPOPOTAMUS roast and shoulder of zebu, sacred cow of India, will be eaten for the first time in the United States this fall. They head the menu of concoctions that will be dished up at the National Zoological Park Restaurant by the Anteaters Association.

The hippopotamus roast is from a three-year-old, two-ton specimen captured in Kenya in the Lake Victoria region where natives eat hippo like Americans eat beef. Hippo consumption is widely encouraged by the Kenya Government because the hippopotamus, a vegetarian, destroys valuable food crops. Americans who have tasted hippo call it a "red, tender meat."

Two 900-pound zebus are on the Anteaters' menu. A member of the same family is the Brahman bull found mostly in the southern part of the United States.

Wild Longhorn steer steak is a U.S. specialty that will also be featured. The animals are kept on game reserves because they were being rapidly killed off. There are 2,000 steers on the Oklahoma reserve where the two animals were bought by the Anteaters. It has been estimated that a Longhorn steer steak would cost about \$3.00.

The Anteaters Association has served sheep from Sardinia, iguanas from South America, mucktuck (whale blubber) and crab-eating seal captured on an expedition to Antarctica. No animal is ever taken from a zoo exhibit. Most of them are bought from dealers and overstocked animal reserves throughout the world.

If an animal is brought alive to the United States, it has papers similar to a passport. The animals must be inspected by officials from the U.S. Department of Agriculture and each one is quarantined for a period upon arrival.

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MEDICINE

Two Kinds of Headache, Migraine and Tension

➤ THERE ARE two common kinds of headache—migraine and tension.

Migraine headaches are hereditary and can be triggered by psychological causes, but the tension kind is generally psychological, Dr. Adrian M. Ostfeld of the University of Illinois College of Medicine, Chicago, told the meeting of the American Academy of Otolaryngology in Las Vegas.

Migraine headaches can usually be recognized by the fact that they are felt primarily on one side of the head and are often accompanied by nausea and irritation of the eye and nose, Dr. Ostfeld said.

"If both parents have migraine headaches," he explained, "there is a 70 per cent chance that their child will also have headaches. If one parent has migraines, the chances are about 45 per cent that the child will get them. If neither parent has migraine headaches, but there is a history

of them in the family, the odds drop to 25 per cent."

Although migraine headaches can be treated with Ergotamine Tartrate, a drug that is about 80 per cent effective, the present treatment of common tension headaches is unsatisfactory.

Tension headache arises when muscles of the scalp and head are forced to overwork. The muscles contract and cause blood vessels leading to the head to constrict, diminishing the blood supply.

"This muscle tension can come from improperly fitting glasses, prolonged television watching, or driving in strong sunlight for prolonged distances," Dr. Ostfeld said. "Fever can also dilate the blood vessels causing headaches, as can the drinking of alcohol which causes the 'hangover' headache."

About 30 per cent to 50 per cent of the people suffering from tension headaches can be helped by placebos (pills that contain no medical ingredients) simply because the patient expects to get relief and his muscles relax.

More scientists are needed to do basic research on the headache, Dr. Ostfeld said, adding that a drug or treatment that actually attacks the problem physiologically is required.

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ENTOMOLOGY

Blowfly Can Spread Polio Virus

➤ ONE KIND of blowfly, now more common in suburban areas than houseflies, can harbor and spread polio virus, Dr. Robert C. Wallis, entomologist of the Connecticut Agricultural Experiment Station, New Haven, reported to the Eastern Branch of the Entomological Society of America at Philadelphia. He warned that the blowfly, *Phormia regina*, could provide an excellent season-to-season reservoir of the polio virus.

Aquatic insect life in streams in woodland areas sprayed for control of gypsy moth recover with vigor two years after the spraying, Dr. Stephen W. Hitchcock of the Connecticut Agricultural Experiment Station reported. The survey showed that neither the kinds of aquatic insects nor their relative populations were different from those in unsprayed areas.

Birds killed most of the early-emerging periodic cicadas, 17-year "locusts," in Connecticut this year, Dr. David E. Leonard reported. He also found that some flies of the apple maggot, the serious Connecticut pest, have apparently developed natural resistance to DDT.

The charge in a recently published book that much of the knowledge necessary to control insects without the use of insecticides exists but is neglected was challenged by Neely Turner, head of the Department of Entomology of the Connecticut Agricultural Experiment Station. He urged fellow entomologists not to allow frustration at what is considered unfair criticism to interfere with their insect control efforts.

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MEDICINE

New Cancer Antibiotic Reported Effective

➤ MALIGNANT tumors in mice were reduced 25 per cent or more as a result of injections with phleomycin, an experimental antibiotic used only recently against cancer, two research scientists reported in Chicago.

First discovered by Japanese in the culture liquid from fermentations of *Streptomyces verticillus* and used against tuberculosis and other bacteria, phleomycin has now shown marked anticancer activity against several transplanted mouse tumors.

Dr. W. T. Bradner and M. H. Pindell of Bristol Laboratories told the Second Interscience Conference on Antimicrobial Agents and Chemotherapy that the antibiotic was especially effective against Sarcoma 180, a solid tumor. It also inhibited the free floating cells of Ehrlich ascites carcinoma and adenocarcinoma, a malignant glandular tumor.

The Abbott Laboratories reported chelocardin, which has counteracted mice infections caused by bacteria involved in urinary tract disorders.

The new Abbott antibiotic is germ killing against strains of *Escherichia coli*, frequently involved in gall bladder and bile duct inflammation; *Proteus vulgaris*, associated with urinary tract infections; and *Salmonella enteritidis*, a cause of food poisoning.

Thomas J. Oliver and Dr. Arthur C. Sinclair of the Abbott division of microbiologic research said chelocardin is more effective than the tetracyclines against species of proteus, which grow in decomposing proteins. The new antibiotic is also active against *Staphylococcus aureus*, the organism that causes boils and other pus-forming infections.

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STATISTICS

Coronary Disease Deaths Up 20% in Past Decade

➤ DEATH RATES for arteriosclerotic heart disease, chiefly coronary disease, recorded an increase of 20 per cent in the last decade, the Metropolitan Life Insurance Company reported. Almost all other forms of heart disease showed a downward trend.

The statisticians point out, however, that it is not possible to ascertain the extent to which these increases are real.

Hypertensive heart disease, on the other hand, recorded impressive decreases in mortality at each age period, with an overall decrease of about 38 per cent. The decrease probably reflects the results of improvement in therapeutic management of hypertensive disease, including the new anti-hypertensive drugs.

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CE FIELDS

NUTRITION

Wine Helps Obese Dieters Cut Appetite and Weight

► "A LOAF OF BREAD, a jug of wine . . ." says the poet, but a doctor has found that the fat person with hunger pangs can substitute wine for bread.

Dr. Giorgio Lolli, director of the International Center of Psychodietetics, Inc., of New York and Rome, noted that a little wine after dinner and at bedtime cuts down on icebox raids by fat people on a diet.

As a result this practice helped reduce body weight. It also relieved insomnia which plagued the hungry dieters. The overall result of a study of 35 fat people put on a reducing diet and treated to wine with or after dinner was a cut in daily food intake and weight as a result of the combination. An ounce of wine averages between 30 and 50 calories.

The group consisted of seven men and 28 women, all private ambulatory patients in New York. Dr. Lolli reported the study to the New York Medical Journal, Nov. 1, 1962. He found that it apparently made no difference whether the dieters drank table wines or dessert wines. The effect seemed to be the same.

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GENERAL SCIENCE

Home Shortcuts Advised For Working Women

► LACK OF TIME is the biggest problem of the 25 million women who work as well as manage a home.

Hundreds of practical tips and advice on how to set up home shortcuts were reported to the American Home Economics Association and the National Housing Center in Washington, D.C. Local home economists and home builders' associations are being urged to set up home shortcut programs in their cities.

Among the specific tips were the following:

Reduce bric-a-brac to an absolute minimum. This saves dusting and cleaning time. Alternate pieces from storage.

When buying such new home furnishings as furniture or rugs, consider color or finish in relation to upkeep, since dark colors show dust and finger marks much more than light and medium tones do.

Buy easy-care fabrics. Wrinkle-resistant ones, for instance, require little or no ironing. Dish towels do not have to be linen to be efficient.

Wash plastic shower curtains in the clothes washer. Avoid "spring" and "fall" house cleaning. Consider doing thoroughly one room every week or two, doing some of it every day. Only one room at a time is then upset, and all areas get regular

periodic cleaning and can be more easily kept clean.

Time the cleaning jobs to determine which ones can be done in five minutes, which take 20. Home economists estimate it takes 20 minutes to wash bathroom fixtures, polish the faucets and wash the floor. It takes five minutes to sweep or vacuum the kitchen floor.

Cook once for two or three meals by preparing double or triple amounts of a favorite recipe and storing part in the freezer for later use.

Cook a pound of bacon in the oven at once, then freeze or refrigerate the slices flat. They can then be made ready on a broiler pan in no time with no mess or grease.

Package hamburgers, bacon, chops, steaks and sliced meat so they can be removed from the freezer in the desired number of portions. Separate portions in each package with a double thickness of wax paper.

Spend a few minutes preparing food as it is put away by washing, trimming or chopping as necessary.

Buy in as large a quantity as storage space permits such items as paper napkins, laundry supplies and bottled and canned foods.

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TECHNOLOGY

Nation's Industry Called Ineffectively Managed

► AN OUTSPOKEN critic of U.S. education, Vice Adm. H. G. Rickover, has found a new target of criticism—ineffective management in the nation's industry.

Adm. Rickover claimed in talking to the National Metal Congress in New York that industry's failure to require high standards in the "nuts and bolts" hardware has bogged down the advancement of technological progress. He called for a strong reappraisal of the "routine and conventional aspects of our technology."

Adm. Rickover said that "too often management is satisfied to sit in plush offices, far removed physically and mentally from the design and manufacturing areas, relying on paper reports for information about the status of design and production in the plant itself—the real center of the enterprise."

The result is poorly designed and manufactured equipment, schedule delays, or both. This is not limited to any specific field, the admiral said. "Poor workmanship shows up glaringly in new technology such as nuclear power, missiles, satellites, but it is to be found everywhere, and everywhere it raises costs and causes delay."

Failures that would probably be trivial in conventional applications would have serious consequences in a nuclear plant because of the radioactivity and tremendous energies involved. He cited experiences he had in the atomic submarine program he directed. In one case, up to 90 per cent of welding material was found unacceptable upon reinspection.

Adm. Rickover is head of the nuclear propulsion division in the U.S. Navy Bureau of Ships.

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CHEMISTRY

Dry Chemical, Applied Fast, for Fires, Tested

► RX FOR AIRPLANE fires: potassium bicarbonate-powder, jet propelled, applied promptly and liberally.

A new airplane fire truck using a half ton of dry chemical got a test demonstration at Dulles International Airport in Washington, D.C. It will be on guard in the future to blanket gasoline fires in a matter of seconds to allow rescue of passengers and crew.

The chemical, also used at Cape Canaveral, was developed by the Navy and the Ansul Chemical Company, Marinette, Wis. It is called Purple K because the chemical is tinted that color for identification purposes.

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TECHNOLOGY

Metal Alloy Cures "Greasy" Clarinet Keys

► TO AVOID that "greasy feeling," a musical instrument company now offers a clarinet with keys made of a beryllium nickel strip-alloy. The musical company went to Berylco, a beryllium corporation, with the problem of a "greasy feeling" experienced by woodwind musicians pressing down on the more traditional nickel-coated brass keys.

Donald W. Bodene of Berylco realized that an offshoot of the firm's new alloy could eliminate that feeling as well as such other problems of corrosion.

The musical instrument company has added another innovation in a field where historic changes generally are made slowly. Other recent new instruments are glass fiber Sopsaphones and a one-headed, flap-jack drum.

The clarinet was among the more massive technical exhibits at the 44th National Metal Congress of the American Society for Metals at New York's Coliseum.

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CHEMISTRY

Computer Material From Gunpowder Chemical

► A NEW MATERIAL for making computer and amplifier parts has been found in cheap potassium nitrate, a chemical that is used in gunpowder and matches.

Norman W. Schubring and James P. Nolta of the General Motors Research Laboratories, Warren, Mich., have discovered that the crystals of potassium nitrate act like magnetic materials. Their low-energy electric capacitive memory properties make them candidates for applications in compact electronic circuits used in computers and control apparatus.

Earlier the stable form of ferroelectric potassium nitrate was found to have a range above the boiling temperature of water. The new results show stability at lower temperatures.

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