

Apollo Blueprint 1970

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left of the original seven-part package, gets as close to the earth as 200,000 feet, before it swings outward again to prevent overheating in the atmosphere. This brief dip into the air has slowed the craft down, however, and . . .

- a second reentry begins at 300,000 feet, with another radio blackout. Now things start to happen thick and fast.
- At 50,000 feet the capsule's forward heat-shield is jettisoned.
- At 25,000 feet a drogue chute is opened to straighten out the vehicle so that the other chutes will work properly.
- At 15,000 feet a pilot chute will be fired automatically and will drag the main chute system out behind it. The main system consists of three 88-foot ring-sail parachutes, which lower the CM with its three astronauts to earth at about 24 feet per second.
- SPLASH!

No matter what the astronauts find when they get to the moon, no matter how many scientists have predicted it in advance, Project Apollo will be one of the most remarkable feats in the history of man. About the only thing that could add excitement to the flight would be the discovery of little green men.

• Science News Letter, 87:378 June 12, 1965

PHYSIOLOGY

Rough Surface Running Develops Ligaments Best

► **RUNNING** on a rough and uneven surface may be the best way for football players to strengthen their knee ligaments.

Research with white rats indicates that this may be true, reports Dr. Adran Detar Adams, graduate student at the University of Southern California in Los Angeles and assistant professor of physical education at San Fernando Valley State College, Northridge, Calif.

In a gymnasium for rats, Dr. Adams found that the group of animals exercised in a rotating drum with an uneven surface developed the strongest knee ligaments.

Football players and other athletes often tear ligaments which must be repaired by operations on the knee.

"It may be desirable for these athletes to anticipate the stress of quick changes in direction and the stress of heavy body contact by preparing the ligaments of the more vulnerable joints with preliminary stretching," Dr. Adams said.

Familiar exercises like the deep knee squat or squat jumps may even be dangerous, he pointed out. These exercises often cause insecure footing or loss of balance, which may tear the ligaments rather than strengthen them.

"It may be advantageous to exercise the knee joint systematically by running on rough or uneven surfaces or by performing exercises that serve to stretch the ligaments rather than immobilize them," Dr. Adams said.

• Science News Letter, 87:383 June 12, 1965

Make Money Writing Short Paragraphs

Chicago Man Reveals a Short Cut to Authorship

Discloses little-known angle by which beginners often get paid five to ten times more per word than the rates paid to famous authors. Now anyone who can write a sentence in plain English can write for money without spending weary years "learning to write!"



FOR years and years a relatively small number of people have had a "corner" on one of the most profitable authors' markets ever known. They've been going quietly along selling thousands and thousands of contributions. None of them have had to be trained authors. None of them have been "big name" writers. Yet, in hundreds of cases they have been paid from five to ten times as much per word as was earned by famous authors.

The successful men and women in this field had such a good thing that they kept it pretty well to themselves. Mr. Benson Barrett was one of these people. For years he enjoyed a steady income—made enough money in spare time to pay for a fine farm on the outskirts of Chicago.

Finally, Mr. Barrett decided to let others in on the secret. Since then he has shown a number of other men and women how to write for money. He has not had to give them any lessons in writing. He has not asked them to go through any long course of study or practice. In fact, most of his protégés have started mailing contributions to magazines within two weeks after starting with his plan.

Mr. Barrett says that the only skill required is that the aspiring author be able to write a sentence in plain English. Almost anyone with a common school education can write well enough to follow Mr. Barrett's plan, because the contributions you will send to magazines are rarely more than one paragraph in length.

Shut-ins, housewives, folks who are retired on small incomes, even employed men and women who like to use idle hours in a constructive way—all types are making money on short paragraphs.

Mr. Barrett does not teach you to write. He shows you *what* to write, what *form* to put it in, and *who to send it to*. He shows you a simple method for *getting ideas* by the hundreds. He gives you a list of more than 200 magazines that are looking for this kind of material and will buy from beginners. In other words, he teaches you a method, an angle, a plan for starting to write right away for money.

IF you would like to see your writing in print and get paid for it—just send your name on a postcard to Mr. Barrett. He will send full information about his plan of coaching by return mail—postage prepaid. He makes no charge for this information. And, no salesman will call on you. You decide, at home, whether you'd like to try his plan. If the idea of writing twenty or thirty short paragraphs a week and getting back a lot of small checks appeals to you, ask Mr. Barrett for this information.

No telling where it might lead. Such a small start might even open opportunities for real authorship. And, since it can't cost you anything more than a postcard, you'll certainly want to get all the facts. Address postcard to Mr. Benson Barrett, 6216 N. Clark St., Dept. 163-F, Chicago 26, Illinois.