

Now...the most
exciting Sinclair kit ever

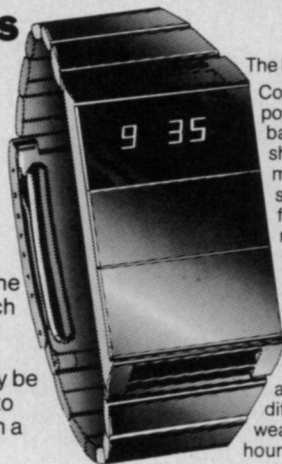
The Black Watch kit

At \$31.95, its

★ **practical** – easily built by anyone in an evening's straightforward assembly.

★ **complete** – right down to strap and batteries.

★ **guaranteed.** A correctly-assembled watch is guaranteed for a year. It works as soon as you put the batteries in. On a built watch we guarantee an accuracy within a second a day – but building it yourself you may be able to adjust the trimmer to achieve an accuracy within a second a week.



The Black Watch by Sinclair is unique.

Controlled by a quartz crystal... powered by two hearing aid batteries... using bright red LEDs to show hours and minutes and seconds... it's also styled in the cool prestige Sinclair fashion: no knobs, no buttons, no flash.

The Black Watch kit is unique, too. It's rational – Sinclair have reduced the separate components to just four.

It's simple – anybody who can use a soldering iron can assemble a Black Watch without difficulty. From opening the kit to wearing the watch is a couple of hours' work.

The Black Watch – using the unique Sinclair-designed state-of-the-art IC.

The chip...

The heart of the Black Watch is a unique IC designed by Sinclair and custom-built for them using state-of-the-art technology – integrated injection logic.

This chip of silicon measures only 3 mm x 3 mm and contains over 2000 transistors. The circuit includes

- a) reference oscillator
- b) divider chain
- c) decoder circuits
- d) display inhibit circuits
- e) display driving circuits.

The chip is totally designed and manufactured in the UK, and is the first design to incorporate all circuitry for a digital watch on a single chip.

...and how it works

A crystal-controlled reference is used to drive a chain of 15 binary dividers which reduce the frequency from 32,768 Hz to 1 Hz. This accurate signal is then counted into units of seconds, minutes, and hours, and on request the stored information is processed by the decoders and display drivers to feed the four 7-segment LED displays. When the display is not in operation, special power-saving circuits on the chip reduce current consumption to only a few microamps.

Complete kit
\$31.95

The kit contains

1. printed circuit board
2. unique Sinclair-designed IC
3. encapsulated quartz crystal
4. trimmer
5. capacitor
6. LED display
7. 2-part case with window in position
8. batteries
9. battery-clip
10. black strap (black stainless-steel bracelet optional extra – see order form)
11. full instructions for building and use

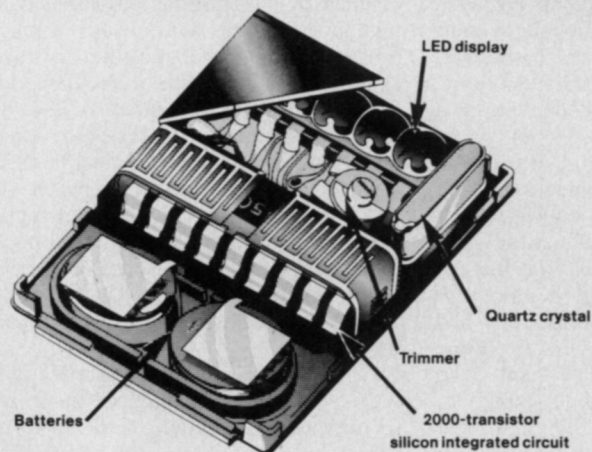
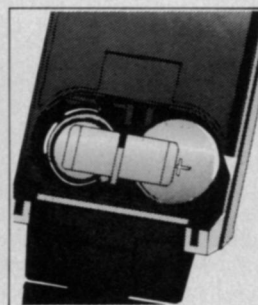
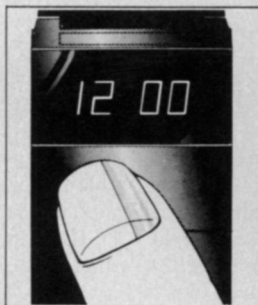
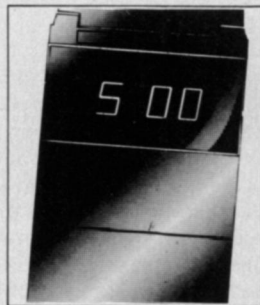
All you provide is a fine soldering iron and a pair of cutters. If you've any queries or problems in building, ring or write to the Sinclair service department for help.

The special features of The Black Watch

Smooth, chunky, matt-black case, with black strap. (Black stainless-steel bracelet available as extra – see order form.)

Large, bright, red display – easily read at night. Touch-and-see case – no unprofessional buttons.

Runs on two hearing-aid batteries (supplied). Change your batteries yourself – no expensive jeweller's service.



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- ☞ Cleopatra was not Egyptian.
- ☞ Darwin did not originate the idea of evolution.
- ☞ Lindbergh did not make the first nonstop transatlantic flight.
- ☞ Robert Fulton did not invent the steamboat.
- ☞ It was not Marie Antoinette who said, "Let them eat cake."
- ☞ The Emancipation Proclamation did not free any slaves.
- ☞ Ostriches do not hide their heads in the sand.
- ☞ The first American colonists did not live in log cabins.
- ☞ Delilah did not cut Samson's hair.
- ☞ Galileo did not demonstrate any of his theories by dropping objects off the Leaning Tower.

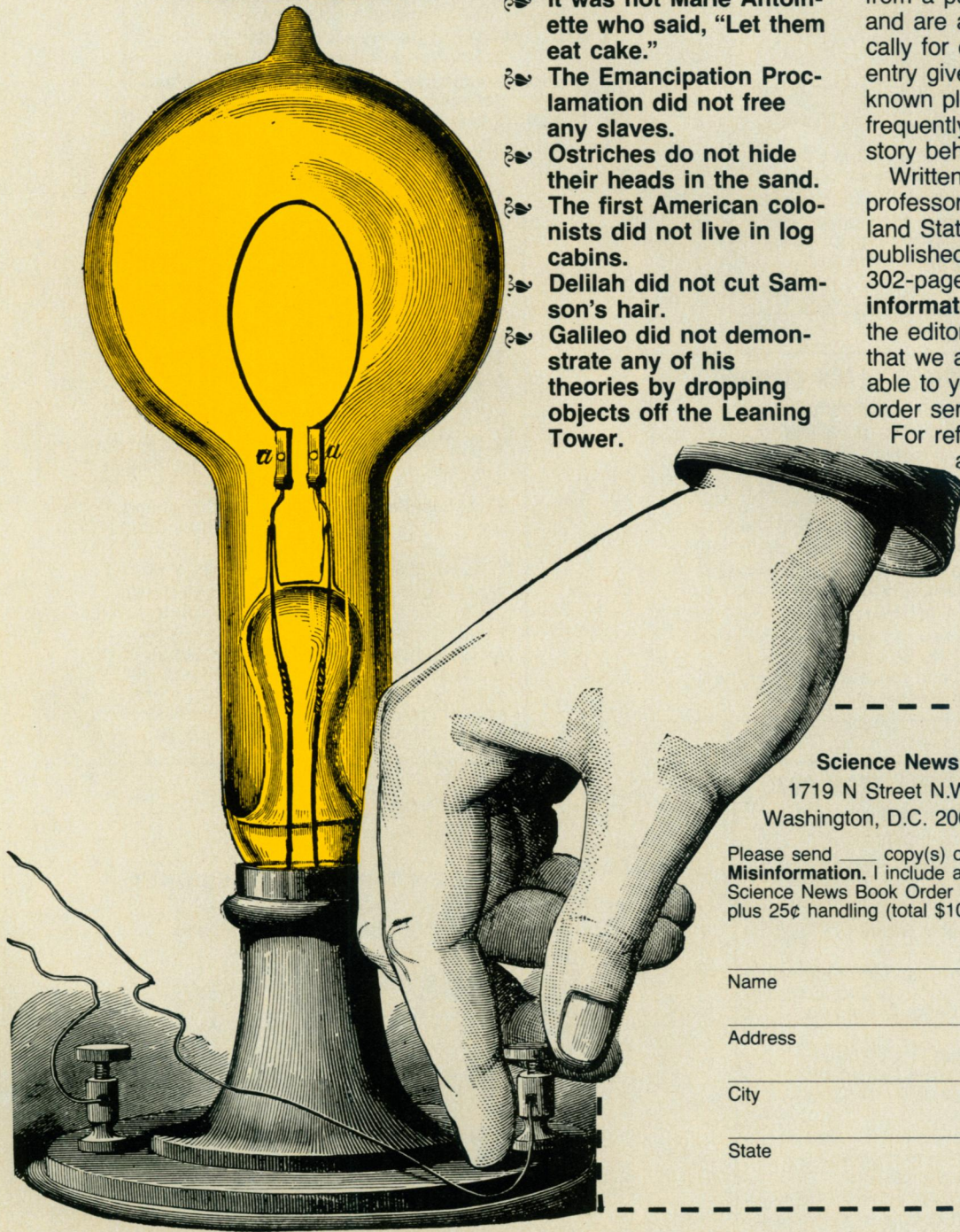
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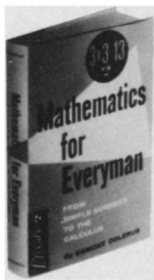


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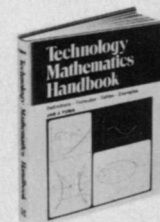
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The B Vitamins . . . Part II

ON VITAMIN B₆ (PYRIDOXINE)
"The sleeping giant of nutrition"

PUBLISHERS' NOTE: At intervals over the coming year we plan to give you a complete series of reports on the B vitamins; the so-called "nerve vitamins" of which this one B₆ is the second. An understanding of the B vitamins importance and their possible deficiency in one's diet are something we think you will find most helpful.

—Richard Stanton

With the cooperation of 64 urologists and 149 of their private patients, investigators from the Laboratory for Stone Research at Harvard recently turned up a striking finding:

Just one urinary stone can be an all-too-memorable affair, producing back pain, or renal colic with its agonizing intermittent pain in flank or loins area radiating across the abdomen. It may produce nausea, vomiting, abdominal distention, and chills and fever as well.

The 149 patients didn't have just one stone. They were chronic urinary stone formers. They were selected for a special study because they had histories, in every case, of stone formation dating back five years.

They were given 10 milligrams of vitamin B₆ (also known as pyridoxine) to take daily, along with 300 milligrams of magnesium oxide. The study went on for more than 4½ years. And although none of the patients was known to be outrightly deficient in B₆, stone production decreased from an average of 1.3 stones per patient per year before treatment to 0.10 stones per patient per year. Late in 1974, the investigators reported that the treatment not only was effective, it was "convenient, well-tolerated, inexpensive, and completely harmless."

It was another new use for B₆.

(1) Stone, R.L., et al. (London). B₆ Magnesium Oxide-Pyridoxine Treatment of the Urinary Stone. *Journal of Urology*, 112: 106 (1974).

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