

# science news

FEB. 12, 1977  
VOL. 111, NO. 7, 97-112



# HOT BOOKS FOR A COLD SNAP

**THE ATLAS OF EARLY MAN**—Jacquetta Hawkes with David Trump—St Martin, 1976, 9x11, 256 p., photographs, 1,000 drawings, maps, charts, tables, \$15. For the general reader and serious student, atlas offers comprehensive treatment of concurrent developments in early history from 25,000 B.C. to A.D. 500, includes atlas of archaeological sites. [1]

**CATCH THE WIND:** A Book of Windmills and Windpower—Landt Dennis—Four Winds Pr, 1976, 120 p., photographs by Lisl Dennis, drawings, \$7.95. Tells about early history, windpower in the U.S. and in the rest of the world, and prospects of scientifically designed models of windpower. [2]

**THE CENTENARIANS OF THE ANDES**—David Davies—Anchor/Doubleday, 1975, 164 p., photographs, maps, \$6.95. Study made by gerontologist of the oldest authenticated living people found in the world today, the inhabitants of a number of villages in southern Ecuador, some of whom lead an active life at 140. [3]

**CREATIVITY:** The Magic Synthesis—Silvano Arieti—Basic Bks, 1976, 463 p., photographs, drawings, tables, \$15.95. Treats creativity as a coming together of the primitive, irrational forces of the unconscious with the logical, rational, and cognitive mechanisms of the conscious mind. Illuminates the many facets of the creative process with examples drawn from the arts and sciences. [4]

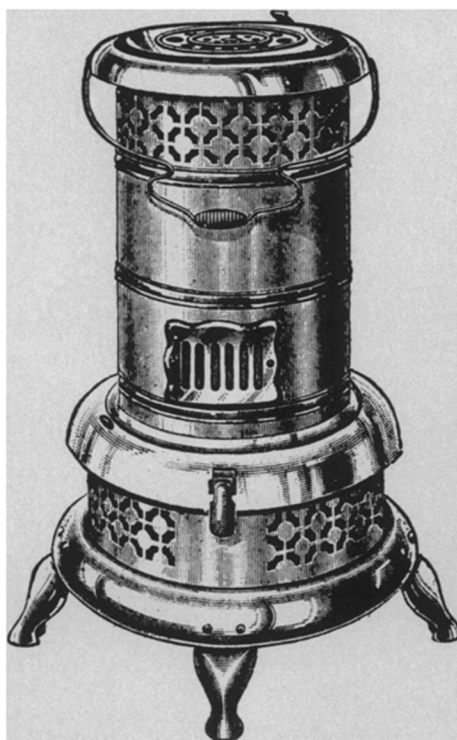
**DANGEROUS SEA CREATURES:** A Complete Guide to Hazardous Marine Life—Thomas Helm—Funk & W, 1976, 288 p., 85 photographs, drawings, \$9.95; paper, \$4.95. Authoritative information, combines research and personal observations, dispels unfounded fears, identifies and discusses toxic and nontoxic hazards, tells how to prevent accidents and apply first aid. [5]

**A GOOD AGE**—Alex Comfort—Crown, 1976, 224 p., illus. by Michael Leonard, \$9.95. Gerontological findings and discussions, alphabetically arranged under headings from Agism, Alcohol, and Arthritis to Vitamins, Wrinkles, and Youth; written in the clear and engaging style of the well-known author-gerontologist. [6]

**HANDBOOK OF WILD FLOWER CULTIVATION**—Kathryn S. Taylor and Stephen F. Hamblin—Collier-Macmillan, 1976, 318 p., drawings by Catherine R. Hammond, paper, \$4.95. Tells how to plan and care for the needs of the wild flower garden, wild flower propagation, describes flowers by family, lists plants by cultural requirements. Glossary and index. [7]

**IMPROVING YOUR MEMORY**—Laird S. Cermak—Norton, 1975, 123 p., \$6.95. Research psychologist's nontechnical book explains techniques of attention, organization, mediation, imagery and mnemonics, designed to aid short- and long-term memory. [8]

**THE INNOVATION MILLIONAIRES:** How They Succeed—Gene Bylinsky—Scribner, 1976, 250 p., photographs, \$9.95. About the successful fusion of science with business. Presents profiles of some technological innovators of recent years who combined scientific know-how with the entrepreneur's gift to raise venture capital and make ideas work. [9]



**LIES, DAMN LIES, AND STATISTICS:** The Manipulation of Public Opinion in America—Michael Wheeler—Liveright, 1976, 318 p., \$9.95. A study of polls and polling techniques, opinion sampling, the particular methods of Gallup, Harris, Nielsen and others, and the influence on public opinion that published, unevaluated or misinterpreted political and commercial polls can have. [10]

**MAN IN AFRICA**—Colin M. Turnbull—Anchor/Doubleday, 1976, 333 p., drawings by John Morris, \$7.95. Anthropologist describes the development of the cultures of Africa from Cairo to the Cape of Good Hope; people of the grasslands, river valleys, forests and deserts; their cults and religions, crafts and witchcraft, music, hierarchy and slavery. [11]

**THE NATURAL HISTORY OF THE HORSE**—John Clabby—Taplinger, 1976, 128 p., 34 plates, drawings, maps, \$9.95. Well-illustrated study traces the evolution of the horse and its relatives from Paleocene epoch to present, describes wild horses, the origins of the domestic horse, and the many different breeds developed for special purposes. [12]

**PLANTS AND ANIMALS OF THE PACIFIC NORTHWEST:** An Illustrated Guide to the Natural History of Western Oregon, Washington, and British Columbia—Eugene N. Kozloff—U of Wash Pr, 1976, 264 p., 321 color photographs, 125 drawings, map, \$17.50. Includes 450 species of plants and animals—trees, shrubs, vines, major wildflowers, ferns amphibians and reptiles. [13]

**POISONS AND TOXINS**—Joan Arehart-Treichel—Holiday, 1976, 160 p., photographs, drawings, \$6.95. Examines the dangers to humans of toxins derived

from microbes, garden plants, venomous animals, household and garden chemicals, suicide poisons, and poisons in warfare. [14]

**PRESCRIPTION DRUGS AND THEIR SIDE EFFECTS**—Edward L. Stern—G&D, 1976, 96 p., \$5.95; paper, \$3.95. Tabulated listing of 150 most frequently prescribed drugs, tells why each drug is prescribed, necessary precautions, side effects, generics. [15]

**PROLONGEVITY**—Albert Rosenfeld—Knopf, 1976, 280 p., \$8.95. Reports on a wide range of scientific discoveries now being made about aging and dying, their promise of an extended human life span without senility, and explores the consequences of such a prospect. Full bibliography included. [16]

**THE RAND McNALLY ATLAS OF THE BODY AND MIND**—Claire Rayner, Ed.—Rand, 1976, 11x15, 208 p., color and b&w photographs, diagrams in color, \$30. More than 400 illustrations combine with lucid text to map the intricate interactions of mind and body, from simple cell and body systems to psychological functioning. [17]

**SUPER SKIN:** The Doctor's Guide to a Beautiful, Healthy Complexion—Jonathan Zizmor, M.D. and John Foreman—T Y Crowell, 1976, 190 p., \$7.95. Dermatologist discusses skin care. [18]

**THE UNDERGROUND GARDENER:** A Low-Cost Way to Year-Round Gardening Under Glass—Jack Kramer—T Y Crowell, 1976, 174 p., illus. \$9.95. Practical advice for starting and producing plants in a greenhouse built partially below ground. [19]

## SCIENCE NEWS CHOICE BOOKS

1719 N. Street, NW, Dept. RC10  
Washington, D.C. 20036

Please send me the books circled below.  
Enclosed is check to cover retail price plus 25c to cover handling charge per book.

1 2 3 4 5 6 7 8 9 10  
11 12 13 14 15 16 17 18 19

(PLEASE PRINT)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

(Prices subject to change)

If this selection has stimulated your appetite for good reading, we can help. All books listed in our columns and any in print (except nonscience paperbacks) are available through our order service. Enclose title, author's and publisher's names, and check for retail price plus 25c handling per book.

RC10



# executive health

the report that briefs you on what to watch

©WORLD COPYRIGHT RESERVED 1976 BY EXECUTIVE PUBLICATIONS

Volume X, Number 5

• Pickfair Bldg., Rancho Santa Fe, Calif. 92067

• Area 714:756-2600

Alton Ochsner, M.D.

## ON THE ROLE OF VITAMINS C AND E IN MEDICINE

*A world-famous surgeon tells you how and why  
he uses these two essential vitamins*

PUBLISHER'S NOTE: *Dr. Ochsner is one of the outstanding international leaders in modern medical progress. Now Emeritus Professor of Surgery at Tulane University School of Medicine, he maintains an active practice at the famed Ochsner Clinic in New Orleans. As a member of our Editorial Board, we have asked him, out of his unique long personal experience with vitamins C and E, to tell you how and why he uses them.*

—Richard Stanton

The American public has become very health-conscious which is extremely desirable because most of us, when we arrive in this troubled world, are endowed with the most marvelously efficient mechanism ever devised, and much depends on us whether this mechanism will function properly and last without becoming prematurely obsolete.

No longer is longevity the principal consideration, and rightly so, because the desideratum is healthy and useful life as long as possible. Because of the health-consciousness of the public, people are avid for information concerning their health and factors which may

improve it. It is inconsistent, however, that individuals concerned about remaining healthy and prolonging a useful life, adopt practices which are definitely known to accelerate aging, produce disabling illness, and shorten life. These are the use of tobacco, the abuse of alcohol, and excesses of all kinds.

Vitamin use has been a controversial subject for a number of years, and although vitamin deficiency is extremely undesirable, can be hazardous and even fatal, often vitamins are used when they are not needed. However, with advancing age it is probably desirable to use vitamin supplements because of de-

### EDITORIAL BOARD

SIR HANS KREBS, M.D., F.R.C.P. (England), Nobel Laureate in Physiology and Medicine. Emeritus Professor of Biochemistry, Oxford University, Metabolic Research Laboratory, Nuffield Department of Clinical Medicine, Radcliffe Infirmary, Oxford, England.

RICHARD L. BOHANNON, M.D., F.A.C.P., Lieutenant-General, United States Air Force (Ret.); Medical Director, The Institute for Aerobics Research, Dallas, Texas.

HARDIN B. JONES, Ph.D., Professor of Medical Physics and Physiology, Assistant Director, Donner Laboratory of Medical Research, University of California, Berkeley.

LEONARD HAYFLICK, Ph.D., Professor of Medical Microbiology, Stanford University School of Medicine, Stanford, California.

ROGER J. WILLIAMS, Ph.D., D.Sc., Professor of Chemistry, Co-founder and Consultant, Clayton Foundation Biochemical Institute, The University of Texas; Past President, The American Chemical Society, Austin, Texas.

ALBERT SZENT-GYORGYI, M.D., Ph.D., Nobel Laureate for Physiology and Medicine, Laboratory of the Institute for Muscle Research, Marine Biological Laboratory, Woods Hole, Massachusetts.

JOHN K. LATTIMER, M.D., Sc.D., Professor and Chairman, Department of Urology, College of Physicians and Surgeons, Columbia University; Director, Squier Urological Clinic and Director, Urological Service, Presbyterian Hospital, New York City.

JOHN STIRLING MEYER, M.D., Professor, Department of Neurology, Baylor College of Medicine; Director, Baylor-Methodist Center for Cerebrovascular Disease, Texas Medical Center, Houston, Texas.

OLON PALMER, Jr., M.D., Scripps Clinic and Research Foundation, La Jolla, California.

HANS SELYE, C.C., M.D., Ph.D., D.Sc., F.R.S. (C), Professor and Director of the Institute for Experimental Medicine and Surgery, University of Montreal, Canada.

LINUS PAULING, Ph.D., Nobel Laureate in Chemistry and in Peace; Emeritus Professor of Chemistry, Stanford University, Stanford, California.

MARK D. ALTSCHULE, M.D., Visiting Professor of Medicine, Harvard Medical School; Lecturer in Medicine, Yale University; Staff Consultant, Boston City Hospital; Attending Physician, Boston Veterans Administration Hospital, Boston, Massachusetts.

ALTON OCHSNER, M.D., Senior Consultant in Surgery, Ochsner Clinic and Ochsner Foundation Hospital and Emeritus Professor of Surgery, Tulane University School of Medicine, New Orleans, Louisiana.

DEMETRIO SODI-PALLARES, M.D., Professor of Medicine, Chief of the Department of Electro-Vectorcardiography, Instituto Nacional de Cardiología, Mexico, D.F.

JOHN YUDKIN, M.D., B.Ch., Ph.D., B.Sc., M.R.C.P., F.R.I.C., Emeritus Professor of Nutrition and Dietetics, Sir John Atkins Laboratories, Queen Elizabeth College, University of London, London, England.

# "HOW LONG WILL I LIVE?"

Before you get any older, isn't it time you find out how to take the best care you can of the only body you will ever have?

What keeps well people well? Medical men have long concentrated upon sick people and how to get them well . . . not upon well people and how to keep them well. Now many top research scientists are concentrating their efforts on *preventive medicine* . . . *how to keep well people well*.

May we suggest that you get the benefits of this new research for yourself? Do as so many thousands of executives do. Subscribe to Executive Health Report. The members of our *Editorial Board* are among the world's most distinguished authorities on *preventive medicine*. Their wise advice can help you not only live longer but enjoy those extra years! (Note their high qualifications as shown on opposite page.)

Executive Health Report is not sold on newsstands but only by private subscription at \$18 a year in the U.S.A. and its possessions. \$19 a year in Canada and Mexico. All other countries \$24 by surface mail, \$28 by air mail. Individual reports (back issues) \$1.50 per copy.

Subscribe now under this unusual introductory offer:

(1) Your choice of any three of the reports listed below (\$1.50 each) **FREE!**

(2) Your money back at anytime during the entire year if you do not find our reports live up to your expectations.

Never forget: "*Men's lives are chains of chances*" but as Euripides saw clearly so long ago: "*Chance fights ever on the side of the prudent*." Your only insurance against "tomorrow" is what you do today. You have but one life . . . doesn't it make sense to find out how to take the best care of it you can?

Please study the reports listed here and circle your three choices:

Sir Hans Krebs, M.D.: On the overuse and misuse of medication. Too many patients are being made ill by drugs due to their own or their physician's carelessness.

Alton Ochsner, M.D.: "On the Role of Vitamins C and E in Medicine." A world-famous surgeon tells you how and why he uses these two essential vitamins.

John K. Lattimer, M.D., Sc.D.: On That Treacherous Gland . . . Your Prostate.

On Fatigue, the Great Deceiver: Why most men never get their "second wind."

If You Sit At a Desk All Day, how to avoid a pot-belly and double-chin.

Never Take a Chance. Never Ignore Any Sign of a TIA (Transient Ischemic Attack) such as a sudden temporary weakness of an arm or leg.

The Anatomy of Courage. Some truths a man must learn to accept about life (and what he must do if he is to face up to them).

120/80 or what? High blood pressure: the hazard of your executive job.

The executive's dilemma: "Now I lay me down to sleep" (I hope!).

On "The Horizontal Exercise." New research findings about sex and how to keep your middle age young!

John Yudkin, M.D.: On "This Slimming Business" . . . The truth about the prevention and cure of overweight!

Linus Pauling, Ph.D.: What about Vitamin E? Eminent investigators now suspect it may be one of the key factors to help resist disease and slow the aging process.

Go easy gentlemen, too much social drinking damages your liver (even though you may feel well, eat well, and never get tight!)

Mark D. Altschule, M.D.: Is it true what they say about cholesterol? Do so many of our favorite foods, such as eggs, that contain cholesterol increase your risk of heart disease? Or are those TV ads for "substitute" foods that loudly proclaim: "No cholesterol, no animal fat" a lot of pseudo-scientific nonsense?

"The non-dieting diet." Walking is magic to keep or win back a strong, lean body (and that is just the first of its great health benefits.)

On how to live 90 to 100 healthy years! (The syndrome of longevity . . . its 7 great "constants").

On The Arthritis Mystery. Can what you eat—or don't eat—make you arthritis-prone or arthritis-resistant?

Alton Ochsner, M.D.: On "The Chair Disease" . . . Why blood clots in your

veins are a little-realized occupational hazard of desk-bound executives.

Hans Selye, M.D.: On Stress Without Distress. Your mind can make or break you!

The B Vitamins . . . Part I. On B<sub>12</sub> . . . When to suspect a deficiency of this remarkable vitamin in your diet.

Stephen R. Elek, M.D.: On "The Hurry-up Disease." Why it may be a key factor that triggers heart attacks as early as 40.

The B Vitamins . . . Part II. On Vitamin B<sub>6</sub> (Pyridoxine) "The Sleeping Giant of Nutrition."

Linus Pauling, Ph.D.: For the Best of Health, How Much Vitamin C Do You Need? People who take the optimum amount of vitamin C may well have, at each age, only one quarter as much illness and chance of dying as those who do not take extra vitamin C.

The B Vitamins, Part IV . . . On Folic Acid: The most commonly deficient B vitamin.

George C. Griffith, M.D.: On those irregular heart beats (arrhythmias). Some mean little or nothing, but others warn your heart is in trouble.

Ross Hume Hall, Ph.D.: Beware of those fabricated foods. There is still too much we do not know about all the chemical additives that are hidden away in the fine print on the labels of processed foods.

Roger J. Williams, Ph.D., D.Sc.: On your startling biochemical individuality. Some amazing facts about your body you need to know if you want to understand yourself (and other people) better.

On "The Unsuspected Illness"—Hypothyroidism. How it can subtly sap health in a variety of ways . . . and a simple test to uncover it.

On Estrogens . . . The Controversy Over "The Pill." Some women should never take it! Some women should never take it beyond a certain age! Why?

Please use the coupon below, under our money-back at any time guarantee.

**EXECUTIVE HEALTH, Pickfair Bldg., Rancho Santa Fe, CA 92067**

Gentlemen: Enclosed is my check for \$\_\_\_\_\_ for a year's subscription to Executive Health to start with this month's issue. I have circled the three \$1.50 reports I am to receive free. It is understood that I am to get my money back if at any time during the entire year I become dissatisfied with your reports. In addition, I would appreciate your sending me a complete list of your 70 other reports because among them may be some from which I might greatly benefit and would otherwise miss.

NAME (please print) \_\_\_\_\_

ADDRESS \_\_\_\_\_

STATE/COUNTRY \_\_\_\_\_ ZIP \_\_\_\_\_ SN-15





Patent Pending

# There is no other telescope like it.

THE NEW EDMUND 4 1/4" f/4 NEWTONIAN WIDE FIELD TELESCOPE.  
NO. 2001Q..... \$149.95 Ppd.

**Clear, bright, spectacular wide angle views of stars, moon, comets ... easy to use ... portable!**

**IN SECONDS YOU'RE SCANNING THE ASTOUNDING UNIVERSE,** able to see and study the breath-taking cosmos as perhaps you never have before... awesome vastness, unbelievable orderliness, stark silent beauty. All the fascinating heavenly mysteries are yours to enter and explore. This new reflector telescope makes it easy for everyone to span a thousand light-years to space-age enjoyment of the heavens and outdoors. No complicated set up! Just insert the eyepiece, focus, and its big 3 1/2° field of view gives you more stars in a single view than any other type of telescope. Bright, crisp, finely resolved images to capture your interest and imagination. It's probably the easiest to use telescope ever... over your shoulder, in your lap, on a tripod. Or just rotate the spherical base on its own mount for use on a table, car hood. Take it anywhere (only 17", 10 lb.). Top quality optical system: 4 1/4", f/4 parabolic primary mirror (1/2 wave, 17" F.L.); prealigned 1/2 wave diagonal on a coated optical window seals optics from moisture and dust; 28mm Kellner eyepiece (gives 15X, higher with other eyepiece or Barlow). Fast focusing (25' to infinity). Bright Scharfianian red (doesn't impair night vision); adj. carrying strap. A "first" scope "must", an ideal second scope! *There is no other telescope like it.*

Edmund Engineers for You

**GIANT FREE CATALOG**



NEW 164 Pages. Over 4,500 Unusual Bargains for Hobbyists, Schools, Industry  
JUST CHECK COUPON!



**EDMUND SCIENTIFIC CO.**

300 EDCORP BUILDING • Barrington, N.J. 08007  
America's Greatest Science • Optics • Hobby Center  
(609) 547-3488

## COMPLETE AND MAIL COUPON NOW

EDMUND SCIENTIFIC CO. 300 Edscorp Building, Barrington, N.J. 08007

☐ SEND FREE 164 PG. CATALOG "Q"

Charge my ☐ American Express  
☐ BankAmericard  
☐ Master Charge

Interbank No. \_\_\_\_\_  
Card No. \_\_\_\_\_  
Expiration Date \_\_\_\_\_

**30-DAY MONEY-BACK GUARANTEE.**  
You must be satisfied or return any purchase in 30 days for full refund.



Send me:

\_\_\_\_\_ unique Edmund Telescope(s)  
#2001Q priced @ \$149.95 ea. \$ \_\_\_\_\_

Service & Handling Charge \$ 1.00

Enclosed is ☐ Check ☐ M.O.  
For TOTAL of \$ \_\_\_\_\_

Signature \_\_\_\_\_  
Name \_\_\_\_\_  
(Please Print)

Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_