

PUBLIC HEALTH

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# Business Executives Warned Against High-Speed Work

## Average Executive Is Frequently Nervously and Physically Fatigued and Tense; May Die Early

**B**USINESS executives are inclined to eat too much, smoke too much, work and play too hard, and rest too little—as a result they may die early of heart, circulatory or kidney disease.

This was the essence of an address by Dr. Harold C. Habein before the meeting of the American Association of Industrial Physicians and Surgeons and the American Industrial Hygiene Association. Dr. Habein practices at the Mayo Clinic, where he examines American businessmen who come for annual check-ups.

Dr. Habein declared the executives of this country have been working at top speed for years. "But now, because of the national emergency, speed must be increased even more. That this is going to have a deleterious effect on health in high places can hardly be doubted."

"The average executive," Dr. Habein said, "is likely to have bad working, recreational, eating, smoking and drinking habits. He is frequently nervously and physically fatigued and emotionally tense. His working hours are not governed by union rules, but by an inward drive which we call 'ambition', and intense competition."

Dr. Habein traced this trend to the beginning of the first World War.

"In the years since that time a marked increase in industrial activity has occurred with a natural concentration of a greater proportion of our population in large cities. Life has been greatly accelerated by the development of the automobile and airplane. Smoking, and particularly the smoking of cigarettes, has increased tremendously, and the same is true of the use of alcohol. The home as the social center has largely disappeared. Crime and insanity have increased. And what have we gained? Material things? Yes! More automobiles, ice-boxes, radios, bathtubs; but we have gotten into serious trouble, too. The 'good life,' the '*gemuetlich* life' has disappeared."

Dr. Habein stated that in his con-

sidered opinion, as a result of this top-speed work and play, diseases of the heart and circulatory system "are definitely on the increase in the population in general and among executives—those who earn their living with their minds rather than their bodies—high blood pressure, hardening of the arteries and coronary thrombosis, are not only a more frequent cause of death than formerly, but they are causing disabilities in a younger age group than ever before."

Science News Letter, April 18, 1942

MEDICINE—AERONAUTICS

## Improved Design of Planes From Museum Work

**G**REATER safety of combat planes and better treatment of war wounds and burns among civilian and military personnel are expected from a new activity of the Army Medical Museum.

This institution, it is announced, will act: 1. as a collecting center for specimens and models of injuries peculiar to the present war; 2. as a recruiting center for specially trained personnel, particularly clinical photographers and medical artists, who can serve with expeditionary forces and in larger army hospitals, to collect specimens and pictorial records of diseases and injuries and their treatment, weapons and protective devices.

Study of this material will give surgeons a better idea of the type of wounds they will have to treat in the present war, and of the results of various methods of treatments. It will also give aircraft designers a clearer picture of the injuries peculiar to particular types of aircraft and how best to protect the flying personnel against such hazards.

Doctors in civilian practice are urged to send material arising from airplane crashes, civilian bombings, fires, gunshot wounds and specific epidemics. In the case of airplane crashes, for example, the temporal bones from the skull and a record of the number of flying hours



are specified as material that should be collected if possible.

Details of this new activity of the Army Medical Museum and request for cooperation by civilian doctors are given in a letter just sent by the museum's curator, Col. J. E. Ash, to members of the American and Canadian Section of the International Association of Medical Museums, the American Association of Pathologists and Bacteriologists and the American Society of Clinical Pathologists.

*Science News Letter, April 18, 1942*

## PUBLIC HEALTH

## Treatment of Carriers May Prevent Dysentery

**D**YSENTERY outbreaks in Army camps and in civilian institutions such as hospitals and prisons may be prevented by one of the newer sulfa drugs, sulfaguanidine, Dr. Lowell A. Rantz and Dr. William M. M. Kirby, of San Francisco, suggest (*Journal, American Medical Association, April 11*).

In nine out of 11 patients, 10 of whom were regarded as healthy carriers of dysentery, sulfaguanidine treatment banished the dysentery germs, the San Francisco doctors report. As a result, the patients were no longer disease spreaders.

The healthy carrier of dysentery germs is probably the source of most cases of sporadic infection and if working in the kitchen of a camp or hospital may be responsible for serious outbreaks of the disease. If the sulfaguanidine treatment lives up to its present promise it should be a valuable aid, the physicians state, to the control of the spread of bacillary dysentery.

*Science News Letter, April 18, 1942*

# BOOKS

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## New Machines And Gadgets

### Novel Things for Better Living

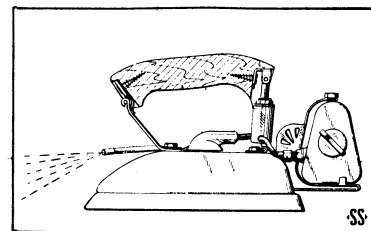
**Pulling up dandelions** from your lawn, either with the idea that there might be a little speck of rubber in them or for the more esthetic purpose of beautifying the lawn, is made less wearisome and more effective by a new garden implement just patented. On the end of a long pole is a metal prong which is pushed into the ground near the the dandelion. This loosens the roots. The act of pushing down on the pole opens a swinging clamp near its lower end, while pulling up on the pole closes the clamp. The weed is thus neatly grasped and pulled. The implement can also be used for other weeds.

**Light paper caps**, weighing only half an ounce, are now available to industrial workers to protect their heads from the light dusts common in many plants. The paper is made to imitate linen cloth so that the cap looks neat and stylish. By an ingenious device the size of the cap can be adjusted to fit the head. Cap sizes are marked on the sweatband so that the adjustment can be instantly made. The caps also serve a second purpose because they carry slogans for safety education.

**An all-purpose electric tool** is now within the means of most any home mechanic. It can be used for drilling holes, for grinding, sharpening, wire brushing, sanding, buffing, for sawing, etching and engraving. Attachments are available for all these uses. It can be operated with one hand, the switch being so located that it can be operated with the same hand that holds the tool.

**Blood bank refrigerators** of special cylindrical design are now being made for use in hospitals. Revolving shelves can be turned so as to bring the desired type and quantity of blood immediately within reach of the hospital technician. Precious time is thus saved in emergency cases by eliminating the necessity for unloading shelves or fumbling around to find the right bottle. The temperature is regulated to within two degrees, rather finer than with the ordinary household refrigerator.

Sprinkle the clothes and iron them too without stopping. One hand only is required, leaving the other free to do whatever else you may wish to do with it. When you wish to operate the sprinkler system attached to the iron depicted here, you simply press down on the back end of the handle and go right on with your ironing. If conditions ahead are sufficiently moist, you put all the pressure on the front end of the handle, as you ordinarily would in



ironing. Of course you must fill up the little tank on the back end before starting. The inventor has just got a patent for this little time-saver.

**In case of snake bite**, it would be convenient to have a little snake venom extractor, recently patented, handy in your pocket. The extractor is in essence a miniature suction pump that draws the poison out of the wound. It has two nozzles of different sizes to accommodate either a small bite or a large one, one on the finger, or one on the leg. It is packed in a cylindrical box which can also carry antiseptic tablets and bandages.

**Writer's cramp** and losing your pencil can both be at one and the same time avoided by a little device that attaches the pencil to your forefinger. This has recently been patented. Writer's cramp, the inventor says, is due to the pressure of the fingers exerted to support the pencil or other writing instrument. Accordingly, he provides a holder for the pencil in the form of a thimble, with the top cut off, that slips on the forefinger with the pencil attached alongside. The writer thus only has to steer the pencil. He doesn't have to hold it up. Also, he can't lose it if he keeps it attached to his finger while it is temporarily not in use.

*If you want more information on the new things described here, send a three-cent stamp to SCIENCE NEWS LETTER, 1719 N St., N. W., Washington, D. C., and ask for Gadget Bulletin No. 100.*

*Science News Letter, April 18, 1942*

The world's first *indoor oil field* has been proposed by an oil company for construction in Los Angeles—the company plans a huge concrete building inside of which all drilling operations would be conducted.

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