



### Anti-Christmas Greens

➤ CHRISTMAS wreaths and garlands, already appearing in the market, will probably find even readier sale than usual this year because of the sharply reduced numbers of Christmas trees available. This sets all the greater value on discrimination and judgment in purchasing, lest you unwittingly make yourself party to a violation of the very spirit of the season of good will.

Some kinds of Yuletide garlands and greeneries, gathered in the wild, can be marketed only at the expense of sound conservation principles. All too often, also, they represent outright and deliberate theft on the part of the gatherers. They are, in truth, black market operations of the worst kind, conducted brazenly and openly in the daylight, either because there is no specific statute prohibiting them or because general laws are not considered worth enforcing in their case.

Perhaps the most notable of these offenses is involved in the commercial exploitation of ground pine. This plant, sometimes loosely thought of as a kind of moss, is really more closely related to the ferns. It grows abundantly in

certain types of woodland, especially on the thin, loose-textured, acid soils common in second-growth pine forests, where it often affords the only ground cover protecting against soil erosion. Since the type of forest with which it is associated in itself generally represents an effort toward restoration after disaster or abuse, any action on our part that causes even a slight additional setback is simply piling injury upon injury.

Less grievous in direct consequences, though even more deplorable in terms of loss of beauty to the woods, is the large-scale marketing of native American holly. Like the ground pine, this is usually obtained without the knowledge and consent of the owners of the land, so that it is as a rule hacked from the trees in haste and with utter recklessness as to their subsequent fate. No patriotic American will buy American holly. He will buy English holly instead if he can find it; for this glossier, brighter-berried species is now raised for the market in this country, and its purchase puts American dollars into the pockets of honest growers instead of thieves.

Not all wild gathered holiday greens need be avoided, however. The "synthetic" holly-like decorations made by combining twigs of mountain laurel with the red berries of swamp ilex, most conservationists agree, are quite permissible because their wild sources are extremely abundant and because harvesting methods commonly used only cut off the ends of branches, leaving the plants essentially unharmed.

*Science News Letter, December 4, 1943*

### NUTRITION

## Malnutrition Death Rate Cut From Over 50% to 0

➤ THE DEATH RATE in persons gravely ill from deficiency diseases, the hidden hunger sicknesses that result from faulty diet, has been cut from over 50% to zero, Dr. Tom D. Spies, of the University of Cincinnati and Hillman Hospital, Birmingham, Ala., told members of the Southern Medical Association meeting in Cincinnati.

In the nutrition clinic, a cooperative of the hospital and the university, 95% of the vitamin B complex deficiencies are among the white persons, Dr. Spies reported, and 95% of the rickets cases are in Negroes.

"Throughout history," he declared, "war, famine and death have been associated. Now, more than ever before, it is important to apply what we know about nutrition in order to prevent ill-

ness and death from undernourishment."

Poverty alone is not the cause of poor diet and deficiency diseases, he stated. They affect both rich and poor if they have not eaten the proper food. Lack of knowledge as well as lack of money may lead to poor diet and resulting disease. Even with a good diet, deficiency diseases may occur if there is some other condition which prevents the body from properly using the food that is eaten.

Saving patients who were dying of pellagra, beriberi or scurvy would have satisfied physicians a few years ago, but today, Dr. Spies pointed out, interest centers in early diagnosis and treatment of mild states of vitamin hunger in order to get the patient back to health and work as quickly as possible.

*Science News Letter, December 4, 1943*

### NUTRITION

## Don't Be Wishful Thinker About Powers of Vitamins

➤ DON'T be a wishful thinker about vitamins, or about anything else, for that matter. A good many otherwise sensible grown men and women who know they cannot have a castle in Spain by merely dreaming about it seem nevertheless to believe they can gain eternal youth and strength, freedom from colds and every other ill, by simply taking vitamins.

The warning against this wishful thinking on the vitamin subject comes from Dr. A. J. Carlson, professor emeritus of physiology at the University of Chicago. At the wartime nutrition conference of the Institute of Medicine of Chicago, he stated that wishful thinking on the vitamin problem by scientists as well as laymen "may promote malnutrition by baseless faith and false hopes that the 1943 variety of synthetic vitamin pills will make up for every variety of food deficiencies there may be present or may threaten our people."

Vitamins, as almost everyone well knows, are remarkably potent chemicals. They are absolutely essential for that normal functioning of the body which we recognize as good health. Without enough of the vitamins, people get sick. Dr. Carlson's point, however, is that people also get sick when they are not getting enough of various other chemicals found in foods. Some of these chemicals are known; the amino acids, for example, which are building blocks for the protein in flesh and blood and various body organs.

Other chemicals are also found in

### DICTIONARY OF MATHEMATICAL TERMS AND PHRASES

Saves time and worry. Almost indispensable in the home, library and office. A meaningful and attractive Christmas gift, gold lettered fabrikoid binding.

#### THE JAMES MATHEMATICAL DICTIONARY,

only such book now published, includes the technical terms ordinarily used in applications; easy examples; illustrations; tables ordinarily used in handbooks, and extensive tables of weights and measures.

From Professional Engineer: "... perhaps the best book that has been made available to those interested in mathematics for many a day".

From Chemical and Engineering News: "... the simpler and basic concepts are all present, plus interesting facts about numbers and systems".

Indicate flexible or non-flexible binding. Price \$3.00 from The Digest Press, Dept. 3B, Van Nuys, California, or Science News Letter.

Gift books specially wrapped and mailed as you instruct.

natural foods. The need for some of them is known. The need for others of them, or their very existence, may not be known. If we rely on a wide variety of natural foods to nourish our bodies, we will be getting the vitamins, amino acids and all the other chemicals, known and unknown, which we need. If we limit our eating to only a few foods, and those refined or otherwise processed

so as to remove some of the chemicals they originally contained, we are likely to be denying ourselves some chemicals we need. Since some of them may be unknown, we cannot make up the deficiency merely by taking pills of the chemicals we know we are not getting in diets made of a limited variety of foods.

*Science News Letter, December 4, 1943*

## • Books of the Week •

► **GREAT CULTURES** have arisen and grown old and died many times on the earth; curiously, the earliest and oldest of them, Egypt, is the one that has most successfully offered defiance to death. Its temples, though in ruins, and the images of its kings, though mutilated, are still able to tell to the discerning eye of the ancient land's many centuries of ordered energy, acute knowledge, and the passionate feeling for justice that expresses itself even in the right proportions of carved stones. Photographs that have caught these meanings, taken by Hoyningen-Huene, fill an approximate third of the pages of a splendid new book called, simply, **EGYPT**; the text, by George Steindorff, gives a condensed though not skimmed account of the long history from pre-dynastic times to the present day. For a really fine Christmas present it would be hard to find a book more suitable—the more so since all royalties are donated for Greek war relief. (*Augustin*, \$7.50)

*Science News Letter, December 4, 1943*

► **WEATHER**, which used to be merely something to talk about, has with the advent of aviation become literally a matter of life and death. Everybody nowadays wants to be able, at least to some extent, to read the clouds and sense the meaning of the winds. In **KNOWING THE WEATHER**, T. Morris Longstreth provides an easy, chatty, not-too-technical account of the principal weather phenomena and their underlying factors for those of us who don't want to wade through formal textbook presentation. (*Macmillan*, \$1.69)

*Science News Letter, December 4, 1943*

► **LEADERS** always interest us; leaders in war have an intensified appeal, especially now. **THESE ARE THE GENERALS** is a group of vivid pen-pictures of the outstanding American army leaders by a dozen different writers which appeared originally as separate articles in three weekly magazines. It is a decided convenience to have them all gathered between two covers. (*Knopf*, \$2.50)

*Science News Letter, December 4, 1943*

## • Just Off the Press •

**ARE YOU ALLERGIC**—Jessamine Hilliard and Charles C. Coghlan—*Barrows*, 248 p., \$2.50.

**THE CALENDAR FOR EVERYBODY**—Elisabeth Achelis—*Putnam* 141 p., \$1.50.

**COME OVER INTO MACEDONIA**: The Story of a Ten-Year Adventure in Uplifting A War-Torn People—Harold B. Allen—*Rutgers*, 313 p., illus., \$3.

**CONDITION RED**: Destroyer Action in the South Pacific—Frederick J. Bell—*Longmans, Green*, 290 p., illus., \$3.

**THE DANUBE BASIN AND THE GERMAN ECONOMIC SPHERE**—Antonin Basch—*Columbia Univ.*, 275 p., \$3.50.

**EGYPT**—Dr. George Steindorff—*J. J. Augustin*—180 p., illus., \$7.50.

**THE GREAT AMERICAN CUSTOMER**: The Story of Invention, Mass-Production and of Our Prosperity—Carl Crow—*Harper*, 251 p., illus., \$3.

**HANDBOOK OF SALAMANDERS**—Sherman C. Bishop—*Comstock*, 555 p., illus., \$5.

**HANDBOOK OF TABULAR PRESENTATION**: How To Design and Edit Statistical Tables—Ray Ovid Hall—*Ronald*, 112 p., illus., \$3.50. This will be a great aid to all who have to line up figures for publication in smart and useful columns and are troubled about the form and style.

**HOW TO USE EMPLOYMENT TESTS**—Floyd Ruch—*California Test Bureau*, 16 p., \$1., paper.

**JAMES OLIVER CURWOOD**: Disciple of the Wilds—H. D. Swiggett—*Paebbar*, 192 p., illus., \$3.50.

**MANUAL OF COMPARATIVE ANATOMY**—Osmond P. Breland—*McGraw-Hill*, 250 p., \$2. A laboratory manual for the college level covering the anatomy of the standard animals used: amphioxus, lamprey, dogfish, perch, necturus, turtle and cat. The

guide has been prepared so that the individual would be able to find the designated structures with a minimum of outside assistance.

**O'HENRY MEMORIAL AWARD PRIZE STORIES OF 1943**—Herschel Brickell, ed.—*Double-day, Doran*, 319 p., \$2.50. Selected stories of the year chosen from hundreds of magazines for this 25th anniversary volume of the O'Henry Memorial Award.

**POSTWAR PLANS OF THE UNITED NATIONS**—Lewis L. Lorwin—*Twentieth Century Fund*, 307 p., \$2.50.

**THIS FASCINATING LUMBER BUSINESS**—Stanley F. Horn—*Bobbs-Merrill*, 328 p., illus., \$3.75.

**THOSE WERE THE DAYS**: Tales of a Long Life—Edward Ringwood Hewitt—*Duell, Sloan & Pearce*, 318 p., \$3. Mr. Hewitt tells about Peter Cooper, his grandfather and founder of Cooper Union; Sir Hiram Maxim; the first J. P. Morgan; Buffalo Bill; Andrew Carnegie, and the early days of the automobile and airplane in addition to his inventions with his brother Cooper Hewitt.

**WHO ARE THE AMERICANS?**—George Allen Kennedy—*Paebbar*, 176 p., \$1.25.

**WHY THE UNIVERSE?** Or, Cosmopoietic Space—Percy A. Campbell—*George Fields*, 189 p., \$2.50.

**STEP UP YOUR EARNING POWER!**  
**KNOW CHEMISTRY**

**102 Pictures—Easy to Understand**  
**THE MODERN BOOK EVERYONE NEEDS!** For executives, plant assistants, war workers and students. Presents *whole* subject of chemistry. Your health, your home, your food, your car, yes even your job is affected by the many modern advances in Chemistry. Helps you understand your job and make your life more profitable. Over 300 large pages. Over 100 explanatory illustrations. **OUT OF THE TEST TUBE** is written by the famous chemist, Dr. Harry N. Holmes, Prof. of Chemistry, Oberlin College, 1942 President of American Chemical Society.

**Highly Endorsed, Practical Information**

Prominent editors everywhere recommend this book as required reading for those who want to improve their earning ability with chemistry. Answers your questions. A background in chemistry can give you a backlog in earning power.

**Examine Free—No Obligation**

Send no money. Mail the coupon today for 7 Days Free Trial.

**READ FREE then Decide!**

Mail this coupon to your bookseller or **EMERSON BOOKS, Inc.**, Dept. 350-C, 251 West 19 St., New York 11, N. Y. Send copy of "Out of the Test Tube". I will pay only \$3 (plus few cents postage). I must be satisfied or will return book in 7 days for refund.

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

Address \_\_\_\_\_  
 Check if you enclose \$3, thus saving delivery charges. (Same money-back guarantee)

