

od, as were their families when the mothers returned to their rooms in a cheerful, wide-awake condition.

The Philadelphia doctors endorse the new anesthetic method "as the nearest thing to safe and painless childbirth that we have in our obstetric armamentar-

ium," but agree with the originators of the method, Dr. Robert A. Hingson and Dr. Waldo B. Edwards, of the U. S. Public Health Service, that it should be used only by competent, specially trained persons.

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into the ocean and use sea water instead.

Tests were made by the Quartermaster Corps Subsistence Research Laboratory in Chicago with samples of sea water taken from oceans around Florida, Virginia, California and Washington. The salt and mineral content of the water was determined, it was strained to remove seaweed, sand and other undesirable matter, and then treated with calcium hypochlorite for purification.

Instead of using 60 parts of fresh water and two parts of salt, it was found that 62 parts of salt water could be used. Otherwise, the bread was made in the usual manner. The finished product, according to a report issued by the War Department, showed only a slight variation from bread made according to the standard recipe.

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#### MEDICINE

## Hip Baths Improve Vision

**Muscle coordination is also aided by spraying hot, then cold water over lower part of trunk. Recommended for routine patrol duty and factory work.**

► **COLD HIP BATHS** for men doing routine patrol duty or monotonous tasks in factories where acute vision and good muscular coordination "may spell the difference between success and disaster" are suggested in *War Medicine* (December, 1943), published by the National Research Council and the American Medical Association.

The suggestion comes from Dr. Arthur H. Steinhaus and Albert Kelso, of George Williams College, Chicago, with the technical assistance of Viktor Reinhardt. Mr. Reinhardt recently received training in the procedure in Germany where it was perfected as a conditioning device for men in industry and in the air force.

The cold hip baths produce striking temporary improvement in visual functions involving binocular vision, in visual acuity and in critical fusion frequency. They also produce temporary improvement in the rate at which a person can tap a telegraph key and in eye to leg muscle reaction time as shown by automobile driver reaction tests.

Men who took the baths regularly reported feeling exhilarated. Some said that the visual field appeared brighter, that black objects looked blacker and white ones whiter.

Unlike pep pills there is no after-depression or "pay-off" period. The stimulating effect of the cold hip bath may last as long as six hours if no meal is taken after the bath. In the tests made by the Chicago scientists, the baths were taken shortly after breakfast. Tests of the visual function were made before the bath and again at noon, some two-and-one-half hours after.

To take the bath, the subject sits on a chair with feet resting on another chair or stool and sprays water over his lower abdomen and hips. For the first three to

five minutes increasingly hot water, to the limit of comfort, is used. This is gradually changed to tap coldness (45 to 65 degrees Fahrenheit) and the cold water is continued for five to 15 minutes.

Over-all cold showers did not produce the same effects as the cold hip baths. The scientists believe this is because of the greater loss of heat in an over-all shower.

The cold hip baths produce their effect, it is believed, through the sympathetic nervous system.

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#### NUTRITION

## Army Bread Can Be Made With Water from Ocean

► **BREAD MAKERS** for the Army, stranded on some far-away island in the Pacific, need not despair when their supply of fresh water and salt is running low—they can just dip their pans

#### ASTRONOMY

## Jan. 25 Eclipse of Sun Visible from Part of U. S.

► **THE TOTAL ECLIPSE** of the sun on Tuesday, Jan. 25, will be best observed in South America and Africa, but spectators in southwestern United States can see a portion of the sun covered by the moon. (See *SNL*, Dec. 25, 1943)

The farther south spectators from Florida to Texas are, the greater the portion of the sun that will be hidden from them, because of their nearness to the path of totality. (See accompanying map.) For spectators in Miami, Fla., the partial eclipse will begin at approxi-

