

## Books of the Week

► **PLASTICS**, from the discovery of nitrocellulose in 1864 up to and including new developments resulting from the second World War, are discussed in **PLASTICS, SCIENTIFIC AND TECHNOLOGICAL** by H. Ronald Fleck (*Chemical Pub. Co.*, \$6.50). Not intended to glamorize an industry which the author believes is already over-advertised, it is more a textbook of the science of plastics.

*Science News Letter, March 24, 1945*

► **ONE** of the most exciting stories in modern medicine, the story of penicillin, loses none of its excitement or drama in this up-to-the-minute account by J. D. Ratcliff, **YELLOW MAGIC** (*Random House*, \$2).

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► **JUST THE GIFT** for your doctor is **POET PHYSICIANS, AN ANTHOLOGY OF MEDICAL POETRY WRITTEN BY PHYSICIANS**, compiled by Mary Lou McDonough (*Thomas*, \$5). It is one of those books, however, which if you dip into it before wrapping and giving you will find yourself wanting to keep and read. Some of the selections, as Mrs. McDonough points out, hardly rate as poetry, but all are interesting for the glimpses they give of the doctor's thoughts and feelings, usually well concealed behind a detached, professional manner.

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### Just Off the Press

**CARE AND USE OF HAND TOOLS**—Raymond R. Toliver—*Wiley*. 93 p., illus., \$1.25.

**CAREERS IN THE STEEL INDUSTRY**—Burr W. Leyson—*Dutton*, 191 p., illus. \$2.50.

**THE DRAINAGE OF AIRPORTS**—W. W. Horner—*Univ. of Ill.*, 48 p., paper, illus., 50c (Eng'g Experiment Station Circular Series No. 49).

**EGG COOKERY**, a Complete Handbook of Tested Recipes for Breakfast, Luncheon and Dinner—Lily Haxworth Wallace—*Barrows*, 169 p., \$2.

**HEAT EMISSION AND FRICTION HEADS OF HOT WATER RADIATORS AND CONVECTORS**—Frederick E. Giesecke and Alonzo P. Kratz—*Univ. of Ill.*, 52 p., paper, illus., 50c, (Eng'g Experiment Station Bull. Series no. 356).

**I KNEW YOUR SOLDIER**, an Intimate Picture of Our Boys Overseas, by the Red Cross Girls Who Know the GI Best—Eleanor "Bumpy" Stevenson and Pete Martin—*Infantry Journal*, 237 p., paper, 25c.

**IMPACT ON RAILWAY BRIDGES**—Charles T. G. Looney—*Univ. of Ill.*, 128 p., paper, illus., \$1., (Eng'g Experiment Station Bull. Series no. 352).

**INTRODUCTORY GENERAL CHEMISTRY**—Stuart R. Brinkley—*Macmillan*, 645 p., illus., \$4., 3rd ed.

**PHOTOGRAPHIC SURVEYING**—B. B. Talley and Paul H. Robbins—*Pitman*, 223 p., illus., \$3.

**SOCIAL WORK YEAR BOOK, 1945**, a Description of Organized Activities in Social Work

and in Related Fields—Russell H. Kurtz, ed. *Russell Sage*, 620 p., \$3.25. Part I. An authoritative record of organized activities. Part II. A directory of 472 national agencies in social work and related fields.

**SPLICING WIRE AND FIBER ROPE**—Raoul Graumont and John Hensel—*Cornell Maritime*, 114 p., illus., \$2.

**THE VISCOSITY OF GASES AT HIGH PRESSURES**—Edward W. Comings and others—*Univ. of Ill.*, 68 p., paper, illus., 75c, (Eng'g Experiment Station Bull. Series no. 354).

**YELLOW MAGIC, THE STORY OF PENICILLIN**—J. D. Ratcliff—*Random House*, 173 p., illus., \$2.

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#### NUTRITION

### Spring Meals May Be Low In Vitamin C Content

► **UNLESS** the housewife guards against it, the family's meals in late winter and early spring may be skimpy in the amount of vitamin C they provide. The reason, according to a report from the U. S. Department of Agriculture, is that many vegetables and fruits lose some of their vitamin C content during winter storage. Tests at many state agricultural experiment stations have showed a gradual loss of vitamin C in potatoes, apples, onions, cabbage, parsnips and even in some canned fruits and vegetables during the months in storage.

Many of these foods are not individu-

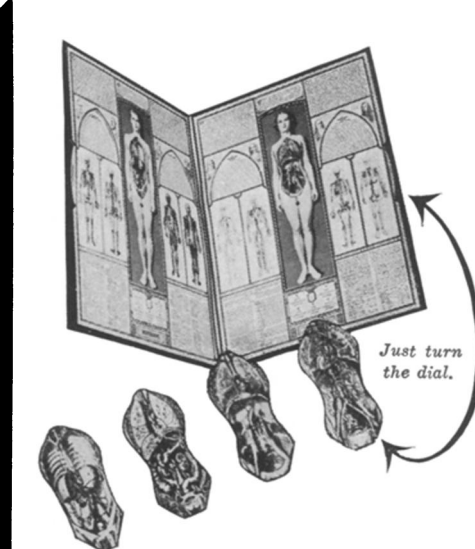
ally rich in vitamin C but each adds its bit to the daily total in the diet. C is the vitamin needed for protection against scurvy. In order to make sure early spring meals are not short in this vitamin, the Department of Agriculture scientists advise eating more of the foods that are especially rich in this vitamin, such as citrus fruits, tomatoes, fresh green cabbage and other fresh greens.

Strawberries, already coming on the market in some regions, are another good source of this vitamin. A grown person can get his vitamin C requirement for the day by eating 30 strawberries, the *Journal of the American Medical Association* has stated.

Milk contains vitamin C in appreciable amounts. One quart would supply almost half of the minimum amount of vitamin C required for the day and somewhere between a fifth and a fourth of the recommended daily allowances, the editor of *Nutrition Reviews* calculated. These round numbers apply to pasteurized milk. Raw milk has an even higher content of vitamin C, but it is also likely to have a very much higher content of dangerous disease germs, so one should stick to pasteurized milk, even at some sacrifice of the vitamin C content.

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The common American *snapper turtle* has no teeth but it has powerful jaws with knifelike edges, and it can thrust its jaws out with the speed of a boxer's flying fist.



### BODYSCOPE

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