

Books of the Week

ADULT ADJUSTMENT: A Manual on the Coordination of Existing Community Services and the Establishment and Operation of Community Adjustment Centers for Veterans and Others—Morse A. Cartwright and Glen Burch—*Inst. of Adult Education*, 84 p., illus., \$1.50.

AMERICAN GEOPHYSICAL UNION TRANSACTIONS OF 1944: Part V. Section of Hydrology Reports, Twenty-fifth Annual Meeting—*National Research Council*, 157 p., illus., paper, \$1.50.

AMERICAN GEOPHYSICAL UNION TRANSACTIONS OF 1944: Part VI. Section of Hydrology Papers, Twenty-fifth Annual Meeting—*National Research Council*, 233 p., illus., paper, \$2.

CAST IRON IN THE CHEMICAL AND PROCESS INDUSTRIES—F. L. La Que—*Gray Iron Founders' Soc.*, 27 p., paper, \$1. Information on the properties and applications of gray cast iron.

DEVELOPMENTAL PSYCHOLOGY, An Introduction to the Study of Human Behavior—Florence L. Goodenough—*Appleton*, 723 p., illus., \$3.75. 2nd ed., revised and enlarged.

HOW TO CASH IN ON YOUR DISCHARGE BENEFITS—Max D. Novack—*Wise*, 97 p., paper, illus., \$1. The legal rights of the returning serviceman.

A MANUAL OF THE ASPERGILLI—Charles Thom and Kenneth B. Raper—*Williams & Wilkins*, 373 p., illus., \$7. For the laboratory worker.

THE MAYA OF EAST CENTRAL QUINTANA ROO—Alfonso Villa R.—*Carnegie Institution of Washington*, 182 p., paper, illus., \$2.25. Publication 559. Cloth binding, \$2.75. A description of the mode of life of the descendants of the Maya Indians who made no peace with the Whites.

NEW CROPS FOR THE NEW WORLD—Charles Morrow Wilson, ed.—*Macmillan*, 295 p., illus., \$3.50. The progress of inter-American agriculture.

PIONEER SETTLEMENT IN THE ASIATIC TROPICS: Studies in Land Utilization and Agricultural Colonization in Southeastern Asia—Karl J. Pelzer—*Am. Geographical Soc.*, 290 p., illus., \$5. This study has been made with the cooperation of the Secretariat of the Institute of Pacific Relations. International Research Series.

SECRETS OF INDUSTRY—Lewis C. Ord—*Emerson*, 255 p., \$3. An analysis of the requirements and techniques of industrial efficiency.

STUDIES IN BIOPHYSICS: The Critical Temperature of Serum (56°)—Lecomte Du Noy—*Reinhold*, 185 p., illus., \$3.50.

TALKING WAX, or the Story of the Phonograph—Leroy Hughbanks—*Hobson*, 142 p., illus., \$1.50. Written in non-technical language for general readers.

YOUTH AND YOUR COMMUNITY—Alice C. Weitz—*Public Affairs Committee*, 31 p., paper, 10 cents. Prepared in cooperation with the Youth Conservation Committee of the General Federation of Women's Clubs. Public Affairs Pamphlet No. 108.

Science News Letter, August 4, 1945

MEDICINE

Cigarette Habit Doesn't Depend on Nicotine

➤ **NICOTINE** is a major factor in the cigarette habit of many persons, but for many other persons it is not. So conclude Drs. J. K. Finnegan, P. S. Larson and H. B. Haag, of the Medical College of Virginia, on the basis of a study reported in *Science* (July 27).

"Even in those in whom nicotine has become a major factor, we feel that a cigarette containing no nicotine would

be grudgingly accepted as better than no cigarette at all," they state.

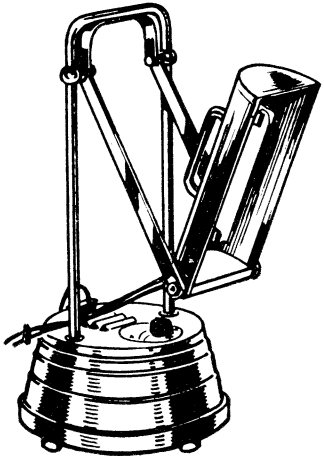
The degree to which nicotine is a factor is apparently not related to the number of cigarettes smoked daily. A man who for many years has smoked three packages daily changed to low-nicotine cigarettes without the slightest difficulty.

The study was made with 24 habitual smokers, all inhalers.

After a month of recording the number of cigarettes smoked daily when the subjects smoked their accustomed brands, each was given at least two cartons of specially prepared cigarettes to which nicotine had been added, followed by at least four cartons of low-nicotine cigarettes and then by two cartons of the ones containing added nicotine. The cigarettes were all made from tobacco naturally low in nicotine content. When the nicotine was added to these for the experiment, smoke from them assayed at almost six times as much nicotine as smoke from the cigarettes without added nicotine.

Of the 24 smokers, six "experienced no change in their physical or mental tranquility" while on the low-nicotine cigarettes. A vague initial lack in the satisfaction usually derived from smoking was felt by six. Three definitely missed the nicotine but got used to the change in one to two weeks. The other nine definitely missed the nicotine throughout the experimental period. They were more irritable, had trouble concentrating on mental tasks and felt an "inner hunger or emptiness."

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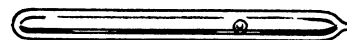
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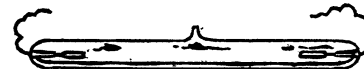
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