

MEDICINE

Helps High Blood Pressure

Some patients are helped by a rigid salt-free diet. Must cook everything, including bread, at home and milk must be treated to remove sodium.

► NEW ANGLES on high blood pressure appear in two reports in the *Journal of the American Medical Association*, (Nov. 3).

A salt-free diet treatment will help some patients, Dr. Arthur Grollman and collaborators of the Southwestern Medical College report on the basis of animal studies and trials in patients.

This type of diet treatment was tried many years ago and abandoned when it failed to give good results. One reason for the failure, Dr. Grollman believes, was that the diet was not really free of salt, or rather, of sodium. It is the sodium part of salt, not the chloride, that Dr. Grollman finds important in high blood pressure control. To eliminate enough of this from the diet means patients must cook everything, including bread, at home and if they drink milk, that must be treated to remove the sodium. Not all patients, however, are helped by this diet, which also accounts in part for the failure of dietary control to attain general recognition.

Associated with Dr. Grollman in the studies were: Dr. T. R. Harrison, Dr.

M. F. Mason, Dr. James Baxter, Dr. Joseph Crampton and Dr. Francis Reichsman.

The importance of the cortex, or outer part, of the adrenal gland for the development or maintenance of essential hypertension, one kind of high blood pressure, is suggested by Dr. George A. Perera, of Columbia University College of Physicians and Surgeons.

This suggestion is based on experience with a patient who had high blood pressure and subsequently developed Addison's disease, an ailment resulting from lack of the hormone produced by the cortex of the adrenal glands. His blood pressure continued high while the Addison's disease was being treated with synthetic adrenocorticohormone. When, however, he was treated with salt alone instead of the synthetic gland chemical, his blood pressure dropped to normal limits.

The mechanism by which the adrenal gland cortical hormone affects blood pressure is a matter for speculation, Dr. Perera comments.

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NEW PLASTIC—Forticel, produced by Celanese Corporation of America, is lighter, more lustrous, tougher and odorless. (See SNL, Oct. 27)

has that of the British or many of the nationalities of Europe. The Russians are very realistic, inclined to face problems frankly and are very direct.

The writings of Lenin, Hegel and Marx, Prof. Razran said, and not of Tolstoy or Dostoyevsky, are the key to understanding of the workings of the current Russian mind.

The Russians hate hypocrisy and appreciate being dealt with frankly and even with bluntness. The most frequent term of opprobrium used by Lenin against his enemies was "hypocrite." He apparently believed that calling names may be useful as a means for getting grouches off the chest. The Russians are very wary of covering up or whitewashing bad situations or assuming pollyanna or "keep-your-sunny-side-up" attitudes. They have no patience with empty substitutes. Russian soldiers have no pin-up girls.

Russians think a great deal about their ideals and principles. And they are always trying to figure out and appraise the ideals of other people. If our own diplomats do not define our principles to the Russians, they will attempt to define them for us, Prof. Razran pointed out. The reason that the late President Roosevelt was greatly admired among Russian leaders was due to FDR's reputation in Russia as an idealist.

Russians are extremely proud of and sensitive to criticism of their country, but are very modest, even self-effacing about their individual achievements. The Amer-

PSYCHOLOGY

How Russians Think

They make heated claims but later cool off; American diplomats should wait until their mood moderates and then talk business.

► WHEN the Russians make unacceptable, heated claims in an international conference, just wait patiently. Give them time and they will naturally cool off and become less emphatic. Then step in quickly and close the bargain.

This is the advice to diplomats that might be based on an analysis of Russian ways of thinking made by a Russian-born psychologist, Prof. Gregory Razran, of Queens College, New York.

Russian habits of thinking are very different from those of Americans, Prof. Razran, who has lived in this country for more than 20 years, said. Americans are likely to weigh the pros and cons of

a situation as they study it. Russians plunge forward with an idea, pursuing it with full force and enthusiasm to the neglect of any other point of view and then later, sometimes quite suddenly, begin to consider the other side of the question.

Americans in a debate will say, "Yes—but . . ." Russians say, "No. No! NO!—well, yes." When they are in the "No" mood nothing is to be gained by protest or argument; better wait until they lose their steam.

In some ways, Prof. Razran explained, Russian thinking has much more in common with American thinking than