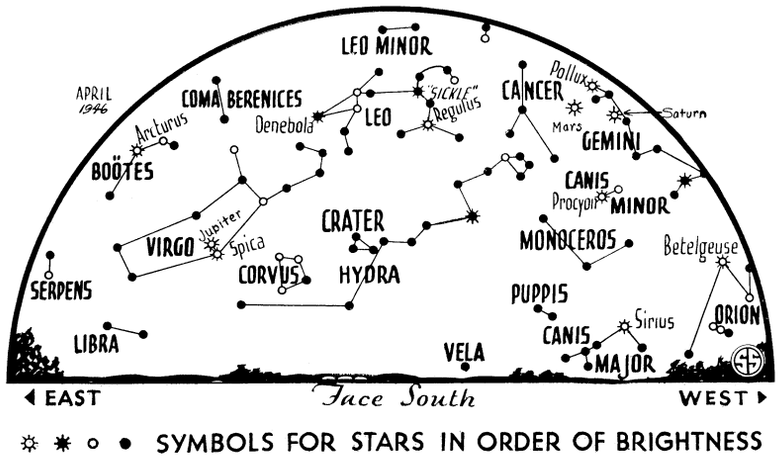

Now let us see how this works out this year. The vernal equinox came on March 21, only four days after a full moon. That puts off the Paschal full moon to April 16, when Passover begins, but that is a Tuesday, so Easter does not come until Sunday, April 21. This is an unusually late Easter, the latest between 1943 and 1957. Only 10 times in the twentieth century does it come as late. However, Easter can come, as it did in 1943, as late as April 25. To do this, there must be a full moon on the 20th, the day before the equinox, and that day must be a Saturday. This postpones the Paschal full moon until Sunday, April 18, making the following Sunday, April 25, that of Easter.

The earliest that Easter can come is March 22. This happens when the full moon comes on the 21st and that day is Saturday. It occurred last in 1818, and will not be repeated at all in the twentieth century. In 1845, 1856 and 1913 Easter came on March 23, but it will not occur again as early as that in this century. Easter in 1940 was March 24, but even that will not be repeated before the twenty-first century. In 1951, however, it will come on March 25.

Thus, there is a variation in the date of Easter of 35 days. Many other activities in the church, as well as in secular life, depend on it and vary as well. For this reason there has been a movement for fixing Easter. There seems to be no religious objection to doing this. As a matter of fact, Christmas once varied in a similar manner, and was fixed in the fourth century.

The second Sunday in April has been suggested as the best date for Easter. It is close to April 9, accepted as the date of the Resurrection (in the year 30 A. D.). In 1928 the British Parliament passed a law fixing Easter on the first Sunday after the second Saturday in April, to take effect when other nations agreed to do the same. The League of Nations had a committee studying the problem. Perhaps, when they have settled matters of more immediate importance, the UNO will get around to this, and then Easter may stop its centuries of wandering.

Celestial Time Table for April

April	EST	
1	11:37 p.m.	New moon
2	11:01 p.m.	Moon passes Venus
3	5.00 p.m.	Moon nearest, distance 224,600 miles
8	2:26 p.m.	Moon passes Saturn
	3:04 p.m.	Moon in first quarter
9	1:39 a.m.	Moon passes Mars
12	7:00 p.m.	Jupiter opposite sun and nearest earth, distance 413,500,000 miles
15	8:05 p.m.	Moon passes Jupiter
16	5:47 a.m.	Full moon
19	8:00 a.m.	Moon farthest, distance 252,100 miles
21	early a.m.	Meteors of Lyrid shower visible
23	4:00 a.m.	Mercury farthest west of sun, in morning sky before sunrise
24	10:18 a.m.	Moon in last quarter

Subtract one hour for CST, two hours for MST, and three for PST.

Science News Letter, March 30, 1946

NUTRITION

Quick Cooking Saves Vitamin Content

➤ QUICK COOKING methods not only save time for the cook but also save vitamins for her and her family's health.

Consider potatoes, for example. Nutritionists have long advised cooking them in their jackets, to save vitamins. Now scientists of the U. S. Bureau of Human Nutrition and Home Economics say that boiling potatoes in their skins is a better method even than baking them, so far as retaining vitamins is concerned.

Their pronouncement is based on tests with common foods cooked by home methods. Potatoes baked in their skins, these tests showed, lost as much as 80% of their original vitamin C and 50% of their thiamin or vitamin B_1. When potatoes were boiled in their skins, however, the vitamin C loss was only 40% and the loss of thiamin 15% to 20%. In other words, baked potatoes lose twice as much vitamin C and three times as much thiamin as potatoes boiled in their skins.

Oatmeal is another food the government scientists tested to see how cooking would affect its vitamin content. This food is a good source of thiamin and the tests showed that when cooked directly over the flame for two and one-half minutes the thiamin loss is small. When the oatmeal is cooked for 30 minutes in a double boiler, however, the thiamin loss is 30%, or 15 times as great.

The vitamin A value of yellow cornmeal cooked by these two methods, on the other hand, appears to be the same, the tests showed. This vitamin is present in plants or plant foods in the form of carotene, a chemical which the body converts into the vitamin. Carotene is, in general, relatively stable during cooking.

Science News Letter, March 30, 1946

ENTOMOLOGY

British Insecticide Controls Boll Weevil

➤ THE COTTON boll weevil, probably the most damaging pest to the American cotton crop, may completely succumb to a new British insecticide, benzene hexachloride, which American field tests indicate is more effective, as far as cotton insects are concerned, than DDT or the old stand-by, calcium arsenate. The new material killed also more cotton leafworms, plant bugs, cotton fleahoppers, and cotton aphids than the standard insecticides.

Benzene hexachloride, as a cotton insecticide, apparently has one weakness, scientists of the U. S. Department of Agriculture who made the tests state. It is not as effective as calcium arsenate or DDT for the control of bollworms. However, it has no ill effects on cotton plants when used in low dosages.

The new material will not be available during the coming cotton season for general application, but is now being made in the United States in sufficient quantities to continue experimentation. If tests to be made this summer are as satisfactory as expected, and serious shortcomings do not come to light, it will probably become available to cotton growers within a relatively short time.

Science News Letter, March 30, 1946

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