

tein per pound as a porterhouse steak. They are excellent sources of energy.

Six varieties of nuts grown in the United States have been collected for you by Science Service and are available for the nominal price of 75 cents. Hickory nuts, pistachio nuts, pecans, filberts and two other varieties are included in the kit along with suggested experiments and several good nut recipes. Write Science Service, 1719 N St., N. W., Washington 6, D. C., and ask for the Nut Tree Kit.

Science News Letter, February 16, 1952

INVENTION

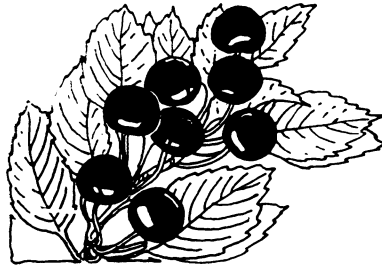
Now You Can Give Hot Seat—Literally

► GOT ANY candidates for the hot seat? Your mother-in-law? Politicians of the "other" party? Now you can literally offer them one. The hot seat has been invented and Glenn F. Butler, Detroit, has received patent number 2,583,816 for it.

A fuel tank, with a burner provided with wicks, gives off the heat in the "seat chamber." This heats the seat and the back of the chair, and the occupant. Canned heat, if desired, can be used.

If no one is sitting in the chair, the asbestos covers can be thrown back and the chair used as a stove, the inventor says. He believes it would be fine in duck blinds.

Science News Letter, February 16, 1952



"Farmer George"

► GEORGE WASHINGTON is honored as soldier, statesman, engineer, city planner. Washington thought of himself primarily as a farmer.

When he was at Mount Vernon he was happy; during all the many years he had to be away from that beautiful riverside estate, his chief longing was to get back home and busy himself with management of the land and improvement of its production.

"Farmer George" was a nickname his enemies tossed at him, but for Washington there was no sting in the epithet; farmer he was, and proud of it. His very name, George, is the Greek word that means a farmer.

Yet most of us, if we were to be asked what Washington did on his farm, or for American farming in general, would be stumped. We know one unauthentic legend about a destructive adventure in an orchard at an early period of his life. But few of us ever get to hear of the many trees he had a hand in setting out, or of the fields whose fertility he strove to improve by crop rotation and better cultivation methods.

To anyone who goes there with land use uppermost in his mind, a visit to Mount Vernon is a revelation. It is a gentleman's house, but Washington was by no means what we think of when we use the somewhat derogatory phrase "gentleman farmer." Farming is a business, a business that Washington knew.

He made money at it, as his carefully-kept account books still show. He aimed to improve himself in it: the bookcases still contain agricultural reference books and bound volumes of such farm journals as were available in his day. He was constantly improving the home ground; it is not unlikely that some of the old box bushes and at least two Lebanon cedars at Mount Vernon were planted by his farmhands under his personal direction.

There is one anecdote that shows well how Washington was able to do a real public service and at the same time make the project pay for itself. Finding that the town of Alexandria — metropolis of the Potomac shore in his day—was ill supplied with fresh vegetables, he devoted a few acres at Mount Vernon to raising garden vegetables and once a week sent to town a cart loaded with the produce. Farmer George was a practical soul.

Science News Letter, February 16, 1952

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PSYCHOLOGY

Action Is Antidote to Fear

► IF EVERYONE in the family is tense and irritable and short-tempered these days, it may be because everyone, even the children, are living in fear. The international situation, the draft, taxes and high prices give plenty of cause for fear. Even very small children, too young to know or understand these causes of fear, can catch the feeling of it and be upset.

Facts and planned action to meet them are good antidotes to fear. First fact to know is that fear is natural and normal. It becomes dangerous when it gets out of control. It is normal to be afraid of fire. But if you get up half a dozen times at night to see whether all the cigarette stubs are dead and the furnace properly banked, your normal fear has gotten out of control. One careful bedtime check of your home should be enough.

Next step in handling fear is to bring it out in the open. Recognize your fears and talk freely about them with your family, friends and neighbors. Then the fear will

not be so terrible. This will help the family, too. It is better for children to know mother is worried about high prices than to live in fear because she is always cross.

If you are afraid because you have heard that atom bombs could be dropped on our large cities any time or germs in our water supplies, go to your local civil defense authorities and get the facts. You will find that while such things are possible, they are not very likely to happen. And you will learn what is being done and what you can do to defend yourself and your family.

Then go into action. Do the things you can do, learn to do some of the unfamiliar first aid or other civil defense activities. If your fears are over money matters, set up a family budget and start living accordingly. You will be happier and healthier when you get the habit of applying facts and action to problems instead of letting them frighten and worry you.

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