

# • New Ideas and Gadgets •

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⚙️ **PORTABLE LAMP** ruggedly built for rough usage, is useful on camping trips, trailers, boats and for emergencies. The 18-inch fluorescent lamp plugged into the lighter socket of a car provides light anywhere, drawing only about one ampere per hour. The aluminum, rustproof lamp uses a 15-watt fluorescent lamp and is provided with a 20-foot cord.

• Science News Letter, 85:400 June 20, 1964

⚙️ **EDGER AND BORDER SHEAR** takes the back-breaking stooping and kneeling out of edging ground covers and grasses in the garden. Working equally as well on banks and hillsides the stand-up trimmer is recommended for use on a wide variety of plants, including creeping myrtle, ivy, creeping rosemary, junipers and other ground covers.

• Science News Letter, 85:400 June 20, 1964

⚙️ **NEW BENCH VISE** holds any shape in a firm grip for grinding, drilling, sanding or filing. The jaws, provided with serrated movable fingers, conform to any shape object, large or small. When the work is finished, a lever realigns the movable fingers. Suitable also for straight-edged materials, the vise may be clamped to any bench up to two inches thick.

• Science News Letter, 85:400 June 20, 1964

⚙️ **PI HOOPS**, shown in photograph, for grades three through six help children



understand pi more easily. The set provides four flexible plastic tubes which can be quickly assembled into circles of various sizes. The children measure the diameter of a circle, disconnect the hoop, measure the length of the extended hoop for the circumference and learn the why of pi. A teacher's guide is included.

• Science News Letter, 85:400 June 20, 1964

⚙️ **AUTOMATIC EMERGENCY LIGHTING UNIT** assures instantaneous light when regular power fails. Designed for industrial plants, laboratories, theaters, hospitals and other institutions, the light which goes on without touching a switch provides illumination for many hours. The unit which is simply plugged into any AC circuit, is powered by a storage battery built into this portable set.

• Science News Letter, 85:400 June 20, 1964

⚙️ **REFRIGERATOR DEODORIZER** for the household refrigerator or freezer eliminates food odors caused by excess humidity and helps foods retain their natural condition longer. The unit, about six inches long, four inches wide and one and a half inches deep, which has no moving parts and requires no power from any source, is simply placed on the refrigerator shelf. It also decreases frost accumulation.

• Science News Letter, 85:400 June 20, 1964

⚙️ **WALL DESK** that closes up flush against the wall or any other vertical surface can be quickly opened for instant use. Serving as an on-the-spot desk, the unit which contains compartments for envelopes, paper and other materials can be mounted at standing or seated heights. Since it requires no floor space it is useful especially in spots where space is limited.

• Science News Letter, 85:400 June 20, 1964

# • Doctors Are Reading •

## Breaking Cigarette Habit

➤ "KEYED-UP" PERSONS who have the cigarette habit should not try to give it up abruptly, physicians are warned in the Journal of the American Medical Association, 188:932, 1964.

A modified smoking regime will help to keep such people stable since many of them depend on cigarettes to protect them against a deep fear that they will be destroyed, ruined or exposed if they are without the bolstering effect the habit has on their ego, a Chicago psychiatrist said.

Dr. Richard D. Chessick of Northwestern University Medical School and the Veterans Administration Research Hospital, Chicago, says psychological withdrawal effects from heavy smoking are often dramatic, but vary in kind and intensity.

Like drug addicts, some persons with cigarette "habitation," the term preferred by the Surgeon General's Smoking and Health report, complain of stomach emptiness, gnawing or hunger.

Irritability, sleep disturbance, impaired concentration and memory, anxiety, restlessness and irritability of the gastrointestinal tract often accompany intense craving for tobacco in persons attempting to kick the cigarette habit too quickly. Physicians should observe such persons carefully for withdrawal symptoms, Dr. Chessick advised.

## Gaiety Can Help Heart

The rate of fatal heart attacks is extremely low in an Italian community in Roseto, Pa., where the 1,630 residents lead a gay and boisterous life.

The people are overweight and they drink a great deal of wine, investigators say in JAMA, 188:845, 1964. Whether or not their way of life contributes to their good health is still to be determined, but during a seven-year study there were no deaths due to heart attacks of either sex under the age of 47.

The study was reported by Drs. Clarke Stout, Jerry Morrow, Edward N. Brandt Jr., and Stewart Wolf, all of the University of Oklahoma Medical Center, Oklahoma City.

## New Doctors Total 17,497

There were 17,497 new physicians licensed to practice medicine in the United States and its possessions in 1963, the Council on Medical Education reports in JAMA, 188:927, 1964.

Only 1,098 examination failures were reported last year. In the U.S., 2.2% failed in written examinations of approved medical schools, while 8.4% failed in Canada.

## 'Best' Drugs Need Study

Doctors depending on the "therapeutic index," defined roughly as the ratio of toxicity to cures achieved by drug dosage, are told that in some situations they should abandon the index.

Drs. Marvin A. Schneiderman, Max H. Myers, Y. S. Sathe and Peter Koffsky of the National Cancer Institute, Bethesda, Md., report in Science, 144:1212, 1964, that the "selection of a best dose" needs to be investigated. A wide range of conditions exists, the researchers said, and they propose substitutions for the commonly used therapeutic index.

• Science News Letter, 85:400 June 20, 1964