

• New Ideas and Gadgets •

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⚙️ **ULTRAVIOLET FLASHLIGHT KIT** provides a portable ultraviolet light source for biological and mineralogical studies, detection of fluorescence, checking dyes and security uses. Less than 12 inches long with a barrel diameter of 1½ inches, the flashlight throws a beam up to 45 feet. Included in the kit are fluorescent dyes and pencils, focusing cloth, other fluorescent materials and instruction sheet.

• Science News Letter, 86:271 October 24, 1964

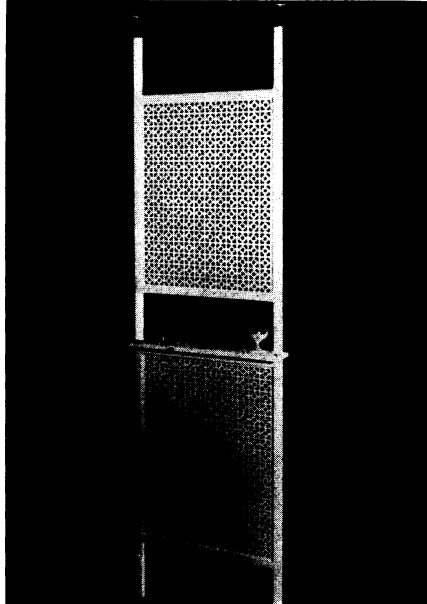
⚙️ **SPICE RACK** that fits under a shelf or cupboard has 10 holes that hold standard size jars of spice by their screw tops. Installed with only two screws, the shelf slides in and out permitting all the jars to be visible at a glance. Useful also for storing small items in empty spice jars, the rack is 11x4¾x4½ inches high including the jars. Jars, lids and labels are available separately.

• Science News Letter, 86:271 October 24, 1964

⚙️ **STEEL BAND CUTTER** for shipping rooms, construction crews and receiving departments is designed for safe cutting of ¾-inch steel strapping on crates. The serrated jaws of the tool crimp the ends of the bands as they are cut, slowing release of the steel band from the jaws as they are opened. Thus the sudden and dangerous whiplash of the cut ends is prevented.

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⚙️ **ROOM DIVIDER KITS**, shown in photograph, designed for do-it-yourselfers



are easy to assemble and require no special tools. Designed with only two basic parts, upper and lower sections containing decorative hardboard grillwork inserts, the dividers are simply joined by inserting pegs provided and are adjustable from 88 to 99 inches in height. Plastic tipped glides for the bottom protect floor surfaces. Instructions are included.

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⚙️ **CONVERTIBLE TRAILER** that can be conveniently changed into a flat top trailer, car roof rack or a picnic table is especially useful to campers. The plywood trailer, 42x38x12 inches in size, with a capacity of 660 pounds, is mounted on a tubular steel chassis. The wheels are detachable for conversion into a roof rack while adjustable legs are screwed on to form a table. The parts can be dismantled for flat storage.

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⚙️ **INSTANT BATTERY TESTER** only 4¾ inches long indicates at a glance whether a car battery is fully, fairly or poorly charged, or is completely discharged. Easy to use, the tester, made like an eyedropper, is inserted into the battery liquid, the liquid is drawn up into it and the number of floating balls counted. The tester comes in a leakproof plastic case and can be placed in the glove compartment.

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⚙️ **ICE-FISHING AID** is equipped with a red beacon that lights up when a fish bites and protects the line and reel from drifting snow and freezing up. Built of steel, the 12-inch-diameter cylindrical unit has a hinged transparent Plexiglas cover that protects the mechanism from wind and weather and keeps the spool of line working freely. The rugged steel fishing aid can be pried loose from frozen ice without damage.

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• Doctors Are Reading •

Eat Two Big Meals to Cut Weight

➤ **TWO LARGE MEALS** a day rather than three small ones help obese persons who are otherwise not easy to treat lose weight.

Thirty-four fat women were selected to take part in a 12-week study in which they were allowed to eat two 500-calorie meals each day. All had previously been unsuccessful in losing weight when on conventional diets in which they were permitted to eat three meals a day totaling 1,000 to 1,100 calories.

Results showed a mean loss on the two-meal-day diet of 8.9 pounds whereas those on the conventional diet gained an average of 3.4 pounds.

Drs. D. A. Seaton and L. J. P. Duncan, both from the diabetic and dietetic department and the university department of therapeutics, Edinburg Royal Infirmary, Edinburgh, reported the study in *The Lancet*, 2:612, 1964.

Or Eat More Often to Lose Weight

Persons who eat three meals a day or less tend to grow fatter, have higher cholesterol levels and have smaller tolerance for sugar than persons who eat five or more meals a day, a study indicates.

Three hundred seventy-five men aged 60 to 64 were grouped according to their eating habits. They were then examined to

determine how meal frequency is related to the above health factors.

The researchers who conducted the study reported that these findings are in keeping with a previous investigation made on humans. In that study a group of 89 people were examined.

Drs. P. Fabry, Z. Hejl, J. Fodor, T. Braun, and statistician Kamila Zvolankova, all of the Institute of Human Nutrition and Institute for Cardiovascular Research, Prague, reported the study in *The Lancet*, 2:614, 1964.

New Non-Addicting Pain Killers Studied

New pain relieving drugs that are non-addicting may exert their analgesic effects in a way different from that of morphine, an addicting pain reliever, researchers report.

They reached this conclusion in part by observing how experimental mice reacted to injections of these non-addicting drugs and morphine.

A marked difference was noted between the responses of the mice given morphine and the others.

Robert I. Taber, Dorothy D. Greenhouse and Samuel Irwin, all of the biological research division, Schering Corporation, Bloomfield, N.J., reported their findings in *Nature*, 204:189, 1964.

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