

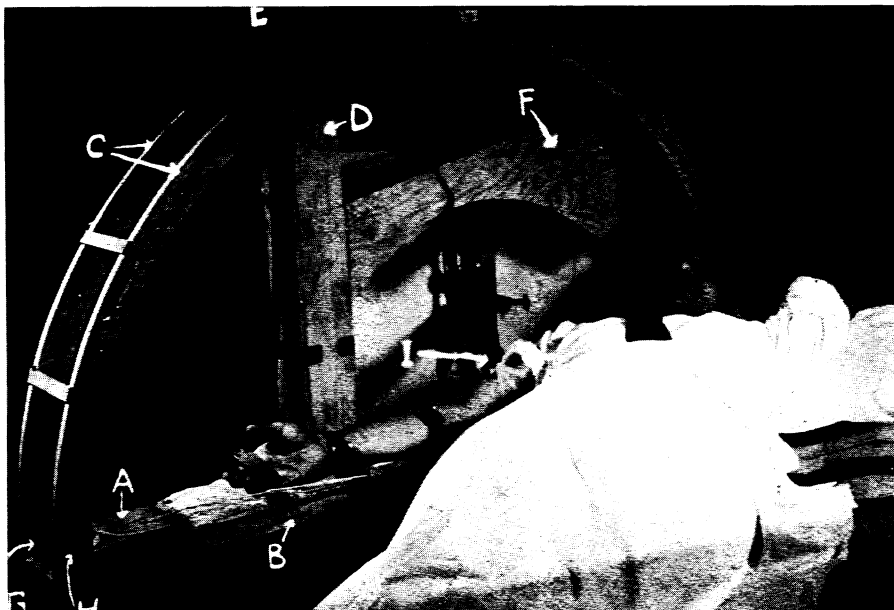
Quiet, forced attention can be used in every situation in life, he points out. Useless thoughts, movements, tensions can be dispensed with and the right of way offered to the problem in hand. Emotional upsets can be forestalled or their effect mitigated, not only by general relaxation, but by quiet attention to some definite task.

Relaxation need not be confined to your rest periods. It can be combined with action. If you are relaxed when you write, think, talk, walk, those activities will be better performed and they will tire you less than if you were tense.

People of this age spend more energy than is necessary, more than their systems will healthfully permit, Dr. Bagchi believes. Relaxation, he claims, will help to conserve this energy.

"Americans," he says, "want to relax, and will relax, not so much perhaps, for the sake of satisfying a religious need as for the sake of health, mental and physical, and for greater and better accomplishments in life."

Science News Letter, February 13, 1937



SCIENCE MEASURES TRADITION'S METHOD

Measuring the effect on the muscles of relaxation. With this apparatus, which measures speed of movement in thousandths of a second, Dr. Bagchi is studying the effect of relaxation on the electrical condition of the muscles.

PUBLIC HEALTH

New Food and Drug Bills Fail to Protect Public Fully

WEAKNESSES, from the medical viewpoint, in the two bills now pending in Congress dealing with foods, drugs and cosmetics are pointed out in the *Journal of the American Medical Association* (Feb. 6).

Each of the two bills is an improvement on last year's bills, the medical journal states, but the public needs still further protection, it holds.

A few of the points with which the medical profession takes issue are as follows:

1. The "free-for-all standards for official remedies." Each bill permits the drug manufacturers and dealers to fix their own private standards of strength for such drugs as are defined in the U.S. Pharmacopeia and the National Formulary.

The Senate bill goes even further, says the American Medical Association, and "permits similar tampering with established standards of quality and purity as well as with standards of potency."

2. Little protection to consumers of "patent" or proprietary medicines. Neither bill requires a manufacturer or dealer to name the ingredients on the

label, provided he has disclosed them fully and correctly to the Secretary of Agriculture.

"The obvious purpose of such legislation is to facilitate secrecy," says the *Journal*. "The fact that an invalid who resorts to self-medication and ought to know what he is taking is kept in the dark seems to have been regarded as immaterial."

The House bill, notwithstanding its exemption of formulas on labels, requires that the label must bear statements of the quantity, kind and proportion of alcohol.

"The phraseology leaves it extremely doubtful," says the medical journal, "whether barbituric acid, chloral, morphine or any other of the important group of narcotic and hypnotic drugs named in the bill, if it happens to be an active ingredient of any patent medicine, must be declared on the label."

3. No standards required of devices used in diagnosing, treating and preventing disease.

"Neither bill undertakes to lay down any standards of structural safety, of

accuracy or of potency for any such device. Provisions with respect to the misbranding of devices seem inadequate," the journal charges. "Devices are not required to be marked so as to show origin, purpose or manner of use."

4. Adulterants in cosmetics. A poisonous or harmful substance in a cosmetic is not considered an adulterant unless its presence renders the cosmetic injurious to users under the conditions of use as prescribed in labeling and advertisements, the journal declares. Makers and dealers in coal tar hair dyes are protected if they label the dyes with a "caution" wording.

The American Medical Association believes the two bills reach a happy solution of an old difficulty by having enforcement in the hands of the Secretary of Agriculture, outside of the field of unfair trade competition.

Science News Letter, February 13, 1937

● RADIO

Feb. 16, 5:15 p.m., E.S.T.

NEW NAMES FOR OLD PLACES—
S. W. Boggs, Department of State.

Feb. 23, 5:15 p.m., E.S.T.

WAKING FROM WINTER SLEEP—Dr.
Hartley Jackson of the U. S. Bureau of
Biological Survey.

In the Science Service series of radio discussions led by Watson Davis, Director, over the Columbia Broadcasting System.