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dorsement might cause you embarrassment with the only person you know who is in a position to do this for you. You cannot borrow from a friend for similar reasons. You do not wish to go to a small loan broker because of high rates of interest. You cannot ask for an advance from the firm, because you have already done that to meet the sickness expenses. And so it goes. The problem seems baffling.

The advice of psychologists in such a situation is to get away from the problem temporarily. Go to sleep, or play a set of tennis. Then analyze the tentative solutions you have been considering. You will find that they all center around borrowing money to meet the situation. None of them will work out. It seems impossible to borrow money to make the payment.

Don't Think of Borrowing

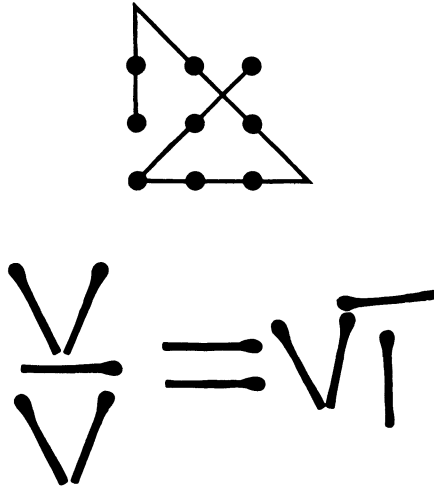
The next step is to push all thought of borrowing from your mind. As soon as you can do that, you will find a rush of new ideas coming in to fill the vacuum thus formed. There are other ways of raising money besides borrowing. You can cash in on some of your securities. You can sell the family Chippendale. You can trade in the car on a cheaper one or maybe even sell it outright.

Some of these new ideas will need to be discarded, too. If they fail to meet the situation, banish them and waste no more time on them. Sooner or later if you keep on looking at the problem from entirely fresh angles the solution will come in a flash and the problem will vanish.

Three Simple Rules

Three simple rules for successful thinking are offered by Prof. Fernberger:

1. First look your problem over and discover where the difficulty lies. Then try to overcome this particular difficulty. If the attempted solution is not successful, get it completely out of your mind and seek some entirely new and different difficulty which the problem presents. In the automobile situation, at first the difficulty seems to be to borrow money to meet the payment. When no progress was made in meeting that difficulty, the new difficulty of selling something for enough to cover the payment was next considered. If that, too, failed the next step might be consideration of the difficulty of giving up the car without loss of money.



WEREN'T THEY EASY?

The puzzles presented on pages 230 and 231 are not difficult at all—provided you shake off the tendency to try to solve them by conventional methods

2. Do not stay in a rut and be a creature of habit. Keep your mind open for new problems, new difficulties and new solutions.

3. The solution pattern appears suddenly. You cannot force it. Be forever trying new combinations of past experience in new patterns and do not waste time on following up unsuccessful attempts.

It all sums up to the same thing, really, and that is: Free yourself of the endless circle of repeating useless ideas—get out of the rut—get off the treadmill—try something new. Think!

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Science News Letter, April 10, 1937

ICHTHYOLOGY

Eggs of Brook Trout Have Beauty of Pearls

See Front Cover

PEARLS are the gift of water; we prize their drop-round perfection of shape, their softly gleaming luster. Gift of water also are the round, lustrous, pearly globes shown on the front cover of this number of the SCIENCE NEWS LETTER. But they are living pearls; eggs of trout, that will presently be broken to release the promise of pleasure to sportsmen of the summers of the 1940's.

Science News Letter, April 10, 1937

Industrial hygiene is important to about 49 million persons in the United States.

PHARMACY

Famous Book on Drugs Passes Century Mark

CELEBRATING more than 100 years of continuous publication, there appears this year the centennial edition of a book unknown to most Americans but one which affects all of those who ever patronize a drug store for medicine.

This book is the U. S. Dispensary. The book is really an encyclopedia of drugs used in the United States, Canada and Great Britain. Every pharmacist, medical student and chemist is well acquainted with it, and it is known in every country in the world.

The present edition is a huge volume, three inches thick, running to 1,894 pages and listing 28,000 titles. Preparation of this edition took 8 years and the editorial staff will now start work on the next edition, scheduled for publication 10 years from now.

A Decade's Progress

Dr. Horatio C. Wood, Jr., professor of pharmacology in both the University of Pennsylvania and the Philadelphia College of Pharmacy and Science, is editor-in-chief of the present volume, which is the twenty-second edition of the book that his great-uncle, George B. Wood, originated in 1833.

The tremendous advances in medicine in the past ten years can be seen by comparing the items in this edition of the Dispensary with those in its immediate predecessor. Ten years ago insulin for diabetes and bismuth for syphilis were just coming into use. Viosterol and liver extract, household words today, were unknown.

Many New Listings

Other new items are Amytal-sodium, the modern narcotic or sleeping potion; Scarlet Fever Antitoxin; Halibut liver Oil; Orthocresyl Phosphate, the cause of "ginger jake" paralysis; Plasmochin, the synthetic substitute for quinine for malaria; Diphtheria Toxoid; Dinitrophenol, potent but dangerous weight-reducing drug; and Dilaudid, synthetic morphine substitute.

Comparison of this centennial edition with the first edition of the Dispensary shows that of the ten most important and frequently prescribed medicines today, only two were described in the first edition.

Science News Letter, April 10, 1937

Most of the deep troughs of the ocean are within the great earthquake belts.