MEDICINE

# Sunburn-Preventing Ointment Developed to Specifications

## Skin Colored Cream Made of Substances Selected After Tests of Their Ability to Bar Burning Rays

A SUNBURN-PREVENTING ointment developed according to scientific principles and which in preliminary tests actually screened out all the sunburn rays of the sun has been prepared by Drs. B. Fantus, A. Bachem and H. A. Dyniewicz of the University of Illinois College of Medicine.

"Cuticolor Ointment" is the name suggested by the scientists for this sunburn preventive because "skin color is its most striking quality."

The ointment is made of calamine, woolfat, yellow petrolatum and rose water. These are all official pharmaceutical substances which are readily obtainable by any pharmacist. The exact formula appears in a report of Merck and Company, which assisted the research financially.

The ingredients were selected as a result of a systematic evaluation of the ability of various similar substances to screen out the rays that produce sunburn. Woolfat, yellow petrolatum, a mixture of these two, and diacholyn ointment were found most efficient, while tragacanth paste, vanishing cream, cold cream and white petrolatum were relatively worthless.

Calamine was added because, since it would be desirable to use the ointment in a very thin film, it seemed that the addition of an opaque substance like a powder would increase the protection. Calamine was selected because of its efficiency in screening out actinic rays of the sun and because of its skin color and cheapness. Rose water was added to overcome the greasiness of the ointment base and to give it perfume.

This ointment and seven sunburn protectants obtained on the open market were spread in films of identical thinness on a photographic plate and exposed to light from a cold quartz mercury lamp. The light rays from this lamp all lie within the range of those that cause sunburn. When the plate was developed it showed that the new ointment screened them all out, whereas the other seven anti-sunburn preparatio is only screened out part of these rays.

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*ANTARCTIC COMES TO CHICAGO*

***These lifelike Weddell's seals are in a habitat group at the Field Museum of Natural History. They were collected near the south pole by Rear-Admiral Richard E. Byrd's second expedition.***

PHYSIOLOGY

## Man's Future Depends on What He Decides to Eat

EACH of us is called on to make an important decision three times every day: What we shall eat for dinner, for breakfast and for lunch. Man's future depends very largely on what he decides to eat. That prediction comes from no less a person than Dr. George R. Minot of Boston, Nobel laureate, who discovered that liver would cure pernicious anemia.

Scientists have learned what should be eaten for good health and growth and even for long life and improvement of the race.

Foods that are filling and energy-giving, like meat, potatoes and bread, are not enough. In addition, the diet should include what are called the "protective foods," because they protect us from serious ails such as scurvy and beri-beri and rickets, and from many minor degrees of undernutrition and poor health. Fresh fruits and vegetables and dairy products are protective foods. Statistics of food supply for the past two decades show a shift toward greater consumption of these protective foods. This shift is now being credited with having kept up the public health through the years of the economic depression. It is because of this shift, also, nutritionists believe, that boys and girls are entering college better developed at a slightly earlier age than their fathers and mothers.

Not enough of us, however, are making the three-times-a-day decision as wisely as might be. About half of us are eating a third-rate diet, a survey by Dr. Hazel K. Stiebeling of the U. S. Bureau of Home Economics revealed. The reason is not all a matter of pocketbook either. As might be expected, diets were very poor in families where the total food expenditure was $85 per person per year. But at every spending level above $100 per person per year some families succeeded in getting very good diets.

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Birds are more lively just after dawn than at any other time of day.