

PHYSIOLOGY

Prevent Ingrown Toenail

► DO NOT blame badly fitting shoes or stockings or faulty foot balance for ingrown toenails. Such conditions can cause plenty of trouble and should be corrected, but the ingrown toenail has another cause, in the opinion of Dr. David I. Schwartz, chief of the orthopedic section of the Veterans Administration Hospital, New York.

In the average case, ingrown toenails result from infection brought on by improper trimming of the nails, in Dr. Schwartz' opinion. At a meeting of the American Academy of Orthopaedic Surgeons in Chicago, he said:

"It has been my custom for many years to tell my patients that it should take no longer than one minute to trim the toenails on one foot and if it takes longer than that they are probably doing it improperly. The nail should be trimmed across the distal (outer) end so as not to injure the skin. The sharp corners on each end of the distal most portion of the nail can then be rounded off with scissors or emery board, but under no circumstances should the nail be trimmed into the tissue."

He said that the usual procedure for the average toenail victim is to dig deeply and the more deeply he digs and cuts the more thoroughly he thinks he is doing the job. This is the wrong procedure. In many cases, the skin is broken and infection follows.

"It is surprising to find," Dr. Schwartz said, "that many work days are actually

lost and much pain and disability is experienced by those suffering from ingrown toenails."

"The growth of the nail," he explained, "is continuous during the life of the individual, being more active in the young and during the summer season. From 100 to 160 days are required for the reproduction of a finger nail and three times that period for a nail of the toe. That means that it takes a minimum of nine months to regrow a toenail."

Science News Letter, February 14, 1953

Do You Know?

Musicians in Aztec society were exempt from taxation, but mistakes in performance of ritual music, such as a missed drum beat, brought the death penalty.

One out of every 13 chemists in industry today is a woman.

About 20,000,000 pounds of clams are harvested yearly on the Atlantic coast.

Beavers weighing nearly 80 pounds have been trapped in Missouri.

The entire collections at the Smithsonian Institution's National Museum are estimated to be worth over a billion dollars.

5 POWER MAGNIFYING EYE MIRROR

Just the thing to remove dust or particles from the eyes. Useful also for removing unwanted hair from the eye area or for eye make-up. This mirror is made of the very finest quality white optical glass. The polish is the very best that science and technology can produce on glass. The reflecting surface is hard aluminum 99.2% reflective. A beautiful piece which will be found very useful. Diameter 1 1/2 ins. (40mm). Magnifies 5 times. Each mirror is packed in lucite case. \$2.00 P.P.

200 POWER MICROSCOPE

Precision Built

An excellent microscope for the younger amateur. Sturdy! Mechanically well constructed. Sharp-clear optical image—no astigmatism! Good color correction. Remarkably little residual color at 200 power. Packed in natural wood box 3 1/2" x 4 3/4" x 3 3/4". Shipping weight 3 lbs. Has square stage 2 1/2" x 2 1/2" with slide clips. Over-all height 9 3/4". Complete with 1 objective and 1 ocular. Rack and pinion adjustment. We have waited 5 years for this desirable instrument and are very pleased to be able to offer it at the very low price of only \$12.50 plus 50¢ P.P. & INS.

10 PREPARED SLIDES FOR THE MICROSCOPE, IN BOX

Expertly prepared slides of interesting subjects. Suitable for research or toy quality instruments. On 3" x 1" slips. Our own world famous quality. Complete in wood box with hinge and clasp. \$2.00 P.P.

MICROSCOPE DRAW-TUBE

Made by Bausch & Lomb. From No. 31-29-47 microscope. Brass tubing beautifully finished in satin-back. Brand new stock. 5" (125 mm.) long. All makes of Standard R.M.S. objectives and oculars will fit this tube. Make your own microscope. Each @ \$1.00 plus 10¢ P.P. Limited supply.

LUCITE BOX WITH COVER

Crystal clear lucite 2" x 2" box 3/8" thick, with radius of 1/4" on one side. Box and lid hold together tightly. Suitable for screws, seeds, dry chemicals, pins, gems, stones, powders and in fact anything which must be seen while stored in this box but will not react chemically with lucite. Beautifully made costing twice our price to manufacture. 50¢ per dozen postpaid.

BRILLIANT FLUORESCENCE

Amazing Black Light with Powerful U.V. Lamp

Still the most convenient, the best for all around results. Used directly on 120V A.C. or D.C., 250 big watts—3200 to 4100 Angstrom. Gives brilliant fluorescence on most of the common fluorescent minerals. The only powerful U.V. lamp at this price. Bulb, with 3 samples (sent only express—charges collect) \$2.00
Reflector and Cord, Extra 2.50

GYRO-TOP

Demonstrates the principle of the GYROCOMPASS. A source of entertainment and scientific facts for all ages. Complete with accessories and instructions. \$1.25 postpaid.

ALNICO TRICKSTERS

Super-powerful permanent bar magnets with which a large variety of astonishing gravity defying tricks can be performed. Demonstrates the principles of magnetic polarity as no other magnetic material can. Two bars including trick sheet, 50¢ plus 10¢ postage.

GREY HORSESHOE MAGNETS

Phenomenal. Lifts many times the weight of other magnetic material. Many uses in home, shop, office, aboard ship and in industry 3 ounces. Only 50¢ for 2 horseshoe magnets plus 10¢ parcel post.

GEM CARBIDE SCRIBER

This GEM CARBIDE SCRIBER can't be beat! Tipped with the hardest metal made by man. Moh's scale 9.5. Stays sharp 50 times longer than any other metal. With this pencil GEM CARBIDE SCRIBER, you can do your engraving on hardened steels, metals, glass, gems, ceramics, plastics, etc. USED BY: jewelers, artists, craftsmen, designers, die cutters, glass cutters, machine shops, laboratories and model builders. Price \$1.00.

SENSITIVE BUBBLE LINE LEVEL

For builders, farmers, carpenters, gardeners, home owners, etc. 2" glass tube in metal mount with tube shield to prevent breakage. End lugs for attaching to string or straight edge mount. Stanley make. Nickel plated; 75¢ each postpaid.

A POPULAR INTRODUCTION TO ASTRONOMY!

New Handbook of the Heavens, the best guide to the stars for the amateur. 240 pages, 40 illustrations. 50¢ Postpaid.

Include Postage — Remit with Order.

No open accounts — No. C.O.D.

Send 25¢ for General Bulletin

HARRY ROSS MICROSCOPES TELESCOPES

Scientific and Laboratory Apparatus
70 West Broadway, Dept. SNL-2B
New York 7, N. Y.

The Knack of Using Your Subconscious Mind

SUCH great men as Darwin, Edison, Ford, Westinghouse and Einstein have said that some of their best ideas came from their subconscious mind while their conscious mind was resting or otherwise engaged.

The simple "knack" of using your subconscious mind to solve your most troublesome problems and do your creative thinking is explained in *The Knack of Using Your Subconscious Mind*, by John K. Williams. It is an intensely practical book written in simple, non-technical language. Master this "knack" and you will work more easily than other people—and have more good ideas.

A book for the man or woman in business or any of the professions, for the research scientist, the creative worker, the craftsman, teacher, student, wife and mother. The techniques the author suggests are so simple and effective that it is a pity to go through life without the help your subconscious mind is so ready to give.

104 pages, skillfully condensed for easy reading and reference. Handsomely bound. Price, only \$2.50.

At your bookseller's, or clip out this ad, attach it to your letterhead or a sheet of paper with your name and address, and enclose check or money order for \$2.50. Your copy will be sent you promptly. THE UPDEGRAFF PRESS, LTD., 12 Harwood Bldg., Scarsdale, N. Y.

CORTINA makes it FUN to



SPEAK FRENCH-SPANISH

RUSSIAN-GERMAN
ITALIAN-BRAZILIAN-JAPANESE
"Learn by Listening" to CORTINA RECORDS, at home, the NATURAL way—quickly, easily, cheaply.

Only 15 Minutes a Day!

The CORTINA method, famous for 71 years, teaches you to speak like a native. THOUSANDS have found it the most fascinating, most effective way to learn languages for Pleasure, Business, Travel, Culture. INVESTIGATE!

Send for FREE BOOK!

Illustrated 32-page book, "The Cortina Short-Cut" sent FREE. No obligation. Tells just what you want to know. Interesting. Get It!

ALL NEW RECORDINGS ON UNBREAKABLE RECORDS WRITE TODAY

CORTINA ACADEMY (Est. 1882)
Suite 602, 105 W. 40 St., N. Y. 18, N. Y.
Please send me—without obligation—your free book. I am interested in (check)
 French Spanish German Italian Brazilian
 Russian Japanese
Name.....
Address.....
City..... State.....
 VETS! Check if NOW eligible under G. I. Bill.

