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Health & Happiness

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1956

LOOK AT THIS MAN

A few weeks ago he was a stone under weight—thin—lacking in energy. Now he is no longer thin but well built, with pounds of healthy flesh, which makes him LOOK better and FEEL better.

IF YOU ARE THIN & SKINNY

You too can build up your body and put on pounds of healthy flesh if you take Vitafof, the famous body builder. Vitafof builds up both men and women. It makes thin, skinny men **WELL BUILT & STRONG**. It develops flat chested bony women giving them **BEAUTIFULLY FORMED BODIES**. With it you can gain health, strength and a better appearance.

Send now for a supply of Vitafof, and in a few weeks you will be a different person—no longer skinny—no longer weak, but stronger, well built and with a better appearance. Don't let any failure in the past stop you from taking Vitafof, for it is a **REAL BODY BUILDER** & cannot fail to give you the extra flesh you need.

Per bottle Rs. 5-8-0. Three bottles Rs. 15-8-0
Six bottles Rs. 30. Postage, etc., extra.

Read what Satisfied People Say

"I have gained 18 lbs. and my appearance has improved"—G. WESTON.

"I weighed only 7 stone when I took Vitafof and now after two months I weigh 9½ stones & feel stronger"—L. PHILLIPS.



Amazing Hair Discovery

Re-grows new hair on bald spots
Restores natural colour to grey hair

Do you suffer from falling hair and dandruff? Are bald patches or grey hair making you look older than you are? The amazing hair tonic Restora brings new hope to all, for it revives healthy hair growth by feeding and stimulating the hair roots giving them the missing elements of nutrition which is the real cause of falling hair, etc.,

Start using Restora and let your mirror prove results. Your hair will fall out, dandruff will go, bald spots will be gradually covered with new hair, and grey hair will get back its natural colour.

Per bottle Rs. 5. Three bottles Rs. 14. Postage, etc., extra.

The British Chemical Works

Post Box No. 472
MADRAS 7.



BEST QUALITY RUBBER PREVENTIVES

These rubber preventives are the **Best for Family Limitation** because they will not let you down by breaking during use, which often happens when cheap rubber preventives are bought. Further, we send you only **Fresh Stock** and all articles are carefully tested before despatch. So, get your requirements from us and be sure of satisfaction.

AMOUR superfine quality preventives. Specially made for men who want the best. They are extra thin and strong and so soft and fine that they are not felt in use. Will last extra long in hot climates. Guaranteed to be without holes and flaws and not to leak or split when used.

Extra special quality, per dozen Rs. 25, $\frac{1}{2}$ dozen Rs. 13, $\frac{1}{4}$ dozen Rs. 7.

VELESTRA extra fine quality preventives for men. These are so thin, soft and fine that they are not felt in use. They will not leak or split as they are without holes or flaws.

Doz. Rs. 20, $\frac{1}{2}$ doz. Rs. 11, $\frac{1}{4}$ doz. Rs. 6.

Neverrip Preventives for men. Good thin quality imported from England. Men who cannot afford the best will find these satisfactory. Dozen Rs. 12, $\frac{1}{2}$ dozen Rs. 6-8.

Silktex preventives for men. Thin quality imported from America. One dozen Rs. 6-8.

Grecian Caps for men. These caps are about 2 $\frac{1}{2}$ inches long and they cover only the G. P. They allow natural union and yet prevent conception. Doz. Rs. 20, $\frac{1}{2}$ doz. Rs. 11, $\frac{1}{4}$ doz. Rs. 6.

New Type Preventives for men have a special fitting at the end which is very effective. They are different from French ticklers. Doz. Rs. 25, $\frac{1}{2}$ doz. Rs. 13, $\frac{1}{4}$ doz. Rs. 7.

F. T.'s For men. These have rubber ticklers at the end and are very popular with men. Doz. Rs. 20; $\frac{1}{2}$ Doz. Rs. 11, $\frac{1}{4}$ doz. Rs. 6.

Crocodile Preventives for men. These are made with slight ridges like crocodile skin. They will not leak or break and can be washed many times. Superior quality. Doz. Rs. 30, $\frac{1}{2}$ doz. Rs. 16, $\frac{1}{4}$ doz. Rs. 9.

Duro Sheath for men. Made of fine quality latex rubber. Will not break and will last months in the hottest climate. Can be washed and used many times. Best quality. One Rs. 5, three Rs. 14.

SPECIAL SAMPLE PACKET

of 10 different preventives for

Rs. 15.

We give you here amazing value in this sample packet to prove that you will obtain better value and goods from us. The packet contains the following preventives.

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|------------------|------------------|
| 2 Amoura | 1 French Tickler |
| 2 Velestra | 1 Grecian Cap |
| 1 New type f. l. | 2 Neverrips |

1 Crocodile preventive.

Full Privacy. Send value plus Rs. 1-8 postage, etc. (also bank commission if a cheque is sent) and we will be able to send the parcel without our name on it.

Bon Ami check pessary for women. Improved type. Recommended by birth control authorities because it absolutely prevents conception. Three sizes, new superior quality. Price Rs. 7-8-0 each

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MADRAS 7, India.



CURE SKIN ERUPTIONS THRO' THE BLOOD



**CURED THIS
PERSON OF SKIN
DISEASE AFTER**
many ointments and blood
cleansers had failed.

**READ
HIS
TESTIMONIAL**

Dear Sir,

I had suffered for five years with Eczema on my hands and had tried all kinds of ointments and blood tonics but they did not give me any relief.

A friend remarked about the state of my hands one day, and asked me if I had tried Zemro Blood Mixture as it was very good.

After three bottles of this blood mixture, my hands are clear of all the sores. I feel that I must recommend your blood tonic to all my friends as it has done for me that which no other tonic or ointment could do.

R. N. BANERJEE,

P. O. Suri, Birbhum Dt., Bengal.

Now Remove Your Skin Eruptions BY TAKING THE SAME REMEDY

Zemro Blood Mixture is a **real blood cleanser**, formulated by a Specialist to cleanse the blood of impurities, etc., **every time it is taken**. It cures pimples, acne, bad skin sores, etc., by **removing the impurities causing them**. It smashes gout, rheumatism, etc., by **freeing the blood and joints of uric acid**. It gets rid of leucoderma (white patches) by removing the cause of this disease. **That is why Zemro always cures when other remedies fail and why it is the best for you.**

Follow the example of thousands of skin and blood sufferers who have cured themselves through Zemro. Ignore lesser remedies which will only prove a waste of money. Zemro offers you a **sure cure** for whatever skin of blood disease you suffer from. **Put its efficacy to the test by getting 3 bottles.** The good it will do you, will give personal proof that it is a **real blood cleanser**.

**WHEN YOU TAKE ZEMRO YOU
ARE ON THE ROAD TO SKIN HEALTH**

New improved formula gives
wonderful results

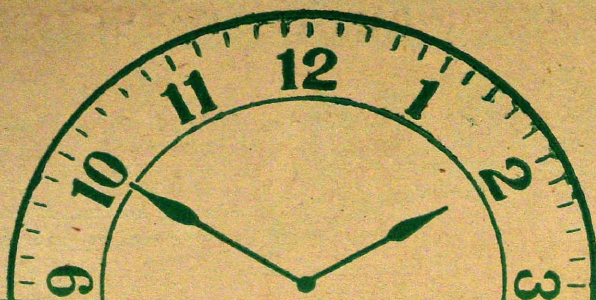
1 Bottle	Rs. 5-0-0
3 Bottles	" 14-0-0
6 Bottles	" 27-0-0

If you suffer from any skin or blood disease, write for this free booklet—**"How to Cure Skin and Blood Diseases Permanently."** It gives full information and the best way to get a lasting cure.

The British Chemical Works

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Post Box No. 472
Madras-7 India



TURN BACK THE HANDS OF TIME

Get back the vigour and strength of your best years

After 40 years of age, sometimes earlier, the glands of your body slows down the manufacture of vital hormones. The result is decreased vigour, reduced vitality, weakness, impaired health, etc.

Vigotone acts directly on the glands of your body and increases their vigour and activity, so that they again produce a full quantity of the hormones needed by the body. Soon your vitality and vigour increases; you feel many years younger and every symptom of weakness disappears. Vigotone is not a temporary stimulant or just another tonic, but a special invigorator for the lasting restoration of vigorous manhood. It never fails to restore and increase the vital force of the body and is very good for loss of vital power, Premature Aging, Weakness and Debility.

Try 3 bottles of Vigotone and feel the new vitality and power it puts into you. This will prove to you that it is a real rejuvenator for men.

Read these Testimonials

Mr. J. D. (Calcutta) ".....I have taken 12 bottles of vigotone, and I am longer weak and run down. you can publish this if you do not use my name and address....."

Mr. L. W. (Jamshedpur) ".....I have obtained real benefit from Vigotone, for it has cured me and given more vigour....."

Mr. V. S. (Bombay.) ".....my doctor recommended Vigotone to me, and I have been taking it for the last six weeks with good results."

Don't let past failures with useless medicines hold you back from a proper cure. Take Vigotone and it will increase your vigour week by week until vigorous manhood is restored.

New improved Vigotone gives very good results. Prices:—One bottle Rs. 7-8; Three bottles Rs. 22; Six bottles Rs. 43 and Twelve bottles Rs. 84, postage, etc., extra. We give a free bottle of special Muscula with every six bottles of Vigotone. Also Vigotone for women. Prices as above.

Get this booklet.

If your vigour and vitality is reduced in any way, write for this free booklet "How to regain youthful vigour and supreme vitality." It gives full information about Vigotone.

The British Chemical Works,

POST BOX NO. 472,

MADRAS-7, India

FACTS ABOUT DIABETES

Here is one disease that is increasing seriously, but its victims can live longer and actively under modern treatment.

Diabetes is a disorder of the pancreas, a small tongue-shaped organ lying behind the stomach whose job it is to manufacture two secretions. The pancreas turns one of these secretions into the intestinal canal, the other into the blood stream. The second secretion, is known as insulin; this is where diabetes comes in.

In the digestive process, sugars, starches and some fats and proteins are turned into glucose, a special kind of sugar that the body "burns" for fuel. Any unburned glucose is stored, as fat or glycogen, in your liver or your muscles. But neither the burning process, nor the storing away can take place without the assistance of that second secretion from the pancreas, insulin. Why? Nobody knows.

"Take away insulin," as one doctor puts it, "and you shut tight the draft of the stove."

In the pancreas there are groups of special cells—probably a million of them. They may get out of kilter. You begin to have a great thirst, you are troubled with frequent and excessive urination. Fatigue attacks you easily. Perhaps you notice that a small cut is slow to heal. And you are hungry most of the time; but, despite all you eat, you lose weight. For lack of insulin the body is unable to burn its food, and is drawing on its reserve fats for fuel. Actually you are in the process of starving.

If this process runs on unchecked, the diabetic one day collapses into a state of coma, from which nothing will revive him but insulin. Insulin today, more than 25 years after its discovery, is still with diet, the only diabetic remedy.

Although still fundamentally the same substance which its Canadian discoverers, Doctors Banting and Best, extracted from cattle pancreas in 1921, insulin comes today in new forms which have so advanced the treatment that diabetics may now lead practically normal lives. Mashed up cattle pancreas from the slaughterhouse is still the only source. But the chemists have refined and purified it, and today simple or "unmodified" insulin comes as a clear watery liquid or as crystals. Injected, it acts at once to lower the diabetic's blood sugar. However, it is effective for only five to six hours, when, without fail, it must be taken again.

But there are two new insulins which get around this shortcoming. They are called Protamine Zinc Insulin and Globin Insulin. Both are combined with proteins. They begin to act later and keep going longer. Depending on dosage and the individual. Protamine won't begin to work for four to six hours, but then it will work over a period of 18 to 72 hours. Globin starts in one hour, is good for 15 hours. So the diabetic can have a sort of insulin "cocktail"—a mixture, of types in one dose. "Tailored," as one doctor has put, "to his individual's blood-sugar situation." The slow-working and fast working complement each other. Most diabetics need now take insulin but once a day.

At one time a diabetic's life expectancy was only five years—grim, wasting away years. Today his chances are excellent of living as long with diabetes, under proper treatment, as he might have expected to live without it.

It is a well-established fact that diabetics prefer fat people. In a group of a

thousand diabetics the chances are that 90 percent have at some time in their lives been obese. It is only as the disease advances that they lose weight. But the exact cause-and-effect relationship of overweight and diabetes is something on which the doctors do not yet completely agree.

Before insulin, most deaths from diabetes were due to diabetic coma. Today diabetic coma causes only three percent of the deaths. Arteriosclerosis now brings on 66 percent of diabetic deaths. The diabetic is much more susceptible to arteriosclerosis than the

non-diabetic. This hardening of the arteries may strike anywhere—the heart, the brain, the kidneys. When it works in the hands or feet, circulation is impaired and gangrene often develops. Attacking the retina of the eye, it brings blindness. Proper treatment of the diabetes does not always insure against it. But doctors, observing that diabetics have more progression of arteriosclerosis than can be attributed solely to a person's aging, are led to hope that one day we shall see the riddle of arteriosclerosis solved by successful research in diabetes.

Gentleman of the Jury

A *wealthy woman* was being sued for a fat sum by a maid who had fallen off a small stepladder. There before the jury's eyes stood the plaintiff's prize exhibit, the ladder itself, alleged to be rickety and unsafe. Lloyd Stryker, the attorney for the defense, a rugged, big-shouldered hulk of a man, was extolling the ladder's sound construction. To prove his point he climbed its four steps and stood on top. To clinch his case, he jumped on the ladder. It practically exploded all over the courtroom.

Stryker picked himself up. "You see, gentlemen," he said quietly, as though he had planned it that way, "you see how solidly that stepladder was built? A big fellow like me had to jump on it with all his weight to break it." He won the case.

THE BELLIGERENT PROSECUTOR was almost insulting as the questioned

the young pugilist on trial for assault and battery. And under the verbal onslaught the fighter finally admitted he'd given the plaintiff "a little push."

"A little push, eh?" repeated the prosecutor, as he hit upon an idea that would certainly incriminate the boxer. "Show me exactly what you did."

"Y'men," asked the pug, "that you want me show you just how hard I pushed him?"

"That's right," nodded the prosecutor.

The fighter's eyes gleamed. He leaped from his chair and landed against the prosecutor with all his force, knocking the prosecutor cold. "Gentlemen," said the fighter, turning to the jury with a bland smile, "about one tenth that hard!"

Wild Wisdom

A FRESH FALL of snow near my home in Maine showed traces of a fox in the neighborhood, so a group of us went out to give the country side a workover. One of our party brought along his untrained terrier pup. When the fox was jumped we were so stationed that he was sure

to come out in an open marshy area where he would make an easy target. But as he was sprinting into range, he spied the puppy.

Instantly, prancing and gamboling, he made for him. They met nose-to-nose,

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STICKY MIRACLE IN A TUBE

A handily new adhesive does a score of household jobs

RECENTLY a New Yorker called in his apartment house superintendent, showed him a soap dish and asked how it could be attached to the tile wall. The superintendent said: "We'll have to get a man to drill a couple of holes in the tile. Cost you about \$5.

He was wrong. It was my dish, and I attached it myself almost as simply as sticking a stamp on an envelope—without any drilling and at a cost of about a penny. I used a new adhesive which comes in 15- and 25 cent tubes. I spread some of the goo on the back of the holder, pressed the dish on the tile, and left it alone. That was all.

This adhesive, black in color and about as thick as toothpaste, is called Miracle a trade name considerably more annoying to scientists than to users. During the war thousands of gallons were used in shipyards. Now it offers the householder a solution to the problem of sticking metal objects to metal or glass, or plastics, to a plaster or tile wall. Hitherto, most adhesives for bonding such surfaces have had to be applied under heat or pressure obtainable only in afactory or with special equipment.

Miracle's chief assets are its versatility and ease of use, plus the fact that it is on sale in hardware and dime stores. One householder used it on 52 different jobs: every thing from replacing a knife blade in its silver handle to hanging a 32" x 52" mirror in the kitchen and cementing metal vine holders to an outside stucco wall.

This adhesive was born in 1937 when a New Jersey industrial chemist was mixing some synthetic resins with rubber reclaimed from old tires. He wasn't looking for an adhesive, and when he accidentally created a sticky mixture no one in his company got excited. One day some of the mixture was turned over to Frank Perry, a Newark wholesaler of building materials. Experi-

mentally Perry smeared some of the mixture on a wooden box, stuck it to a rough concrete cellar wall. It held fast without supports. When the sole of his left shoe came off he cemented it back on. Later when he'd been out in the wet he noticed his left foot was dry.

Perry saw that here was a material for attaching tiles to walls—something to supplant wet cement, whose weight and high labor costs are heavy disadvantages. He and a business friend, Lloyd Cutler, invested \$6000 each toward the improvement and distribution of the new adhesive. Although outlets were few and funds low, by 1941 they were making a little headway when the war accelerated their product's growth with tremendous orders.

There was, for example, the problem of attaching fibre-glass insulation to the steel and aluminium structures of war-ships. Other adhesives would stick the material on, but they took four or five hours to dry, wouldn't dry on damp days, and couldn't be used in zero temperatures. The Navy found that Miracle dried in 30 minutes and could be applied in zero temperatures and on the most humid days.

A salesman suggested Miracle for cementing cork insulation to submarine hulls. Some shipyards had been attaching the cork with little welding tabs, as many as a thousand in one sub. Others used an adhesive which required shoring until the cork had adhered, wasting man-hours as well as preventing other work in that section of the submarine. Tests proved that Miracle not only dispensed with shoring but firmly bonded cork and steel even when they were submerged in water. In a short while ship-yards along both coasts were using Miracle in many ways saving tens of thousands of man-hours.

There are other adhesives that have greater strength, but Miracle is strong enough for countless uses in factory and home.

INSECT DUEL

An apiarist describes a grisly encounter seen in Provence

By C. N. BUZZARD

THE heroine of my story is a hornet, *Vespa Crabro*. Accustomed to catch bees to feed their young, hornets are a pest in Provence. Now, I have seen hornets chasing wild bees of species differing from the domestic bees and occasionally they seemed to be pursuing wasps, so I imagine that the larva of the hornet is able to digest other meat than that usually provided, that is to say, the flesh of the domestic bee. But on the occasion I am about to describe, the booty obtained was so unlike the dish usually carved from any bee or wasp that I am persuaded I was lucky enough to witness a very unusual occurrence.

It was during the month of September. I was walking one morning over some rough shrub-covered land towards our olive groves. The weather in Provence in September is of course, nearly always beautiful. On this particular morning the very heavy dews heralded the advent of a hot, still day. It must have been about eight o'clock, dreamily misty, and the more distant mountains were hardly visible. The shrubs were as wet as if heavy rain had fallen. I was not looking for bees, much less for hornets. But as I brushed my way through wet bushes of broom and rosemary, and trod under-foot the damp but dried-up plants of wild thyme, I noticed a large female hornet darting to and fro over the shrubs, as if in quest of prey.

Now, I knew that no bee, domestic or solitary, would be seeking nectar on dew-soaked blossoms, and there were no bees about. It was far too wet and, I thought mother hornet was wasting her efforts. The hornet, when it reconnoitres over bushes, can be watched easily for some little time. She has a way of dashing from side to side, repeatedly altering her

direction, but without much length in this lateral movement, so, by fixing my attention on her spasmodic rushes and turns. I could keep on her tracks. Suddenly she dived. In spite of the wet I threw myself face down wards into the bushes after her. I was in time to see a large praying mantis in her customary boxer-like and very aggressive attitude. The praying mantis was quite common with us, I, like most professional soldiers, had also known these ogres among insects in India, in China, and in other hot climates.

THIS insect, in spite of its habit of adopting an attitude of prayer, which has been the origin of various superstitious powers attributed to it, is the most voracious and powerful bully that other insects can meet. It adopts a "village spectre"-like pose, terrifies its victims until they are paralysed with fear, seizes them with its powerful saw-like arms, or forelegs, and eats them.

The female of this species, like the scorpion and the spider, habitually devours her husband, but she is more diabolically greedy than either of these. She commences her meal when a male is affectionately embracing her. According to Fabre, who kept a number of live specimens in cages, other males will stand by and wait their turn to be married and eaten. A female is said to be capable of swallowing half a dozen males or more without difficulty.

THE mantis is a curiously uncannily looking insect. She has a facility for turning her head to look at you which can be quite disconcerting. No other insect has the same power of head movement pivoted on a long neck. Fabre was

fortunate enough to witness egg-laying by this uncouth mother. She apparently produces a substance rather like white of egg, which she whips up as we do white of egg, and produces something akin to an omelette of soap-suds. This hardens in a few minutes and forms a protective covering for the eggs which are deposited in the froth.

Unlike many other insects, the mantis, having constructed one of these most remarkable weatherproof cradles for her young, merely leaves this lying about in the open anywhere, just where she happens to be, and walks off without taking any further interest in the future of cradle, babies and all. But, thanks to her innate skill in house construction, the eggs can survive the cold of winter without risk.

The mantis, I may mention, is one of the few insects known which are quite indifferent as to what creatures they eat. Flies, moths, grasshoppers, bees, wasps, crickets, are all appreciated and devoured if they are imprudent enough to come within range of those terrible forelegs.

On the occasion of the encounter between the hornet and her opponent, I was not quick enough to see which was the aggressor, as the hornet had closed in by the time I was down in the bushes, and had obtained the inside grip, as we used to say in wrestling. That is to say, the mantis was whirling her forelegs violently, but her aggressor was lying close on her long neck, successfully evading the blows. I had always been told that no insect could survive the grip of the saw-like arms. But not at all! The hornet crawled backwards down the absurdly long neck of the mantis, whose "rights" and "lefts," merely struck the empty air, and doubling up her long abdomen, stung the monster in the body.

The effect was practically instantaneous. Well it might be. The French peasants say that one hornet sting will kill a small child, and five a man or woman. This is probably gross exaggera-

tion, or, at any rate, the effect very much depends on the temperament of the victim and other conditions. The mantis became quiescent. She did not actually fall, though she was supported by twigs, and, I think, held by the hornet. What followed was easy for me to see. With her powerful jaws the hornet bit a neat little trench in the upper part of the abdomen of the mantis, just below the long neck. She then removed meat from the insect's interior, and manipulated the chunk with her forelegs, patting and folding the flesh.

HAVING arranged the booty to her taste she flew off with it. I could not, of course, follow her to her nest to see how her voracious family appreciated the drastic change in their habitual menu, but I picked up the body of the mantis and took it home. Here I could examine at my leisure the very neat incision made by the hornet. I placed the body on my writingtable left the house, and did not return for an hour and a half. I was astonished on my return to find the body showing signs of life, twitching in its limbs. I conclude that the sting of the hornet was not mortal, but only caused paralysis. Of course, if I had not dispatched her she could not have survived the hornet's severe operation.

Although I watched these insects from time to time during a space of several years after this event, I never saw a similar incident. It was a most unusual instance of an insect making a variation in its custom of ever-recurring slaughter of bees. What most surprised me was not so much the will of either combatant to take on her opponent, for these are both master insects unused to be overcome except by Man, but the neatness of the surgical operation. To ask a hornet, used to dissecting bees, to remove a portion of the interior of a praying mantis, when one considers the difference in the anatomy and size of the two insects, would be like asking a Harley Street surgeon to operate

(Continued on page 11)

★ Cosmetics, plastics, paints, polishes, food, even ice-cream, and the latest, stockings are some of the manufactured—

SURPRISES FROM SEAWEED

STOCKINGS from the sea...beautiful, glamorous hose.....it sounds like fantasy, but it is really fact. For British science in its campaign to wrest riches from the sea has learned that the wealth of seaweed which litters, in particular, the west coast of Scotland, can be made to yield among other things a sheer, delicate, spidery yarn.

The potentialities are immense. Certain English hosiery manufacturers have discussed the developments, and two firms in Leicester (Britain's hosiery capital) have gone so far as to establish factories in Scotland. "Altogether," predicts the Scottish Seaweed Research Association, "Scottish seaweed can provide an industry worth £15,000,000 a year."

But before the wheels of industry begin to work full time, science must win the most crucial round with Nature: harvesting in commercial quantities the under-water seaweed growing between one and seven fathoms down. Technicians are tackling this cardinal problem, and early reports from trials suggest that a system—so far undisclosed—has been evolved whereby the seaweed can be gathered with relative ease.

Before the Scottish Seaweed Research Association lies an ambitious programme. A biological division, at grips with the life-histories of certain seaweeds, is tracing the ideal environment for these plants, and a chemical division is unravelling their secrets so that the constituents can be harnessed to commercial ends. The Association's experts, now busy in their new, highly equipped laboratories at Musselburgh, confidently predict that British indus-

try, too, will greatly benefit from these studies.

ONE of the salient secrets that laboratory tests have uncovered is that one particular seaweed extract—christened algin or alginic acid—when mixed with a metal, can be spun like cellulose into a form of rayon. Of great strength and lustre, this alginate rayon is entirely fireproof and water-proof.

The fibres, when woven in large numbers, can be used for curtains and other furnishing fabrics. Even diaphanous lingerie material can be evolved. Technically this beautiful fabric is woven with the aid of the alginate rayon yarn, and after the weaving process the alginate is dissolved in an alkali solution, leaving a textile of cobweb-like delicacy. Some of this featherweight fabric has already found its way to American and South American markets.

Algin, science reveals, possesses properties rather like cellulose. If treated with tannin and caustic soda, transparent paper with a texture like "Cellophane" results: Treated with a vulcanizing agent, it yields a rubber-like material which is now used to make typewriter rollers.

But those are not the limits of its commercial possibilities. From seaweed come cosmetics, plastics, paints, polishes food and pharmaceutical preparations, even ice-cream. And already this valuable raw material, which hitherto had been regarded as a fetid coastal nuisance, is reappearing in a variety of guises in home, office and factory and still vaster fields await to be tapped.

Eire, Norway, America and Japan are four nations which to some extent have partly exploited the resources of seaweed. Eire, for instance, has for years earned a substantial income by manufacturing gums, glues and size from the weed which most other countries have wholly ignored. Irish progress in seaweed research has gone so far as to produce wallboards. The seaweed is chopped and boiled with acid and other substances to yield a cement-like

product which dries into a hard, firm mass. When reinforced with a fibre of fine quality, the outcome is a wallboard which will hold nails and screws and take varnish and paint.

In medicine and chemistry seaweed has also given proof of its worth. Because of its non-inflammable properties and the extreme delicacy of its fibre, one field in which seaweed is notably valuable is brain and eye surgery.

Wild Wisdom

(Concluded from page 6)

tails wagging in high good humor. With a whisk and a flourish, Reynard led the ecstatic pup into a joyous rough-and-tumble.

Foot by foot, yard by yard, the fox enticed the puppy with him across the open space. They rolled over and over an inexticable bundle of red and white

fur that moved ever farther from the hunters, nearer and nearer to the river.

Suddenly, at the rivers edged, the bundle disengaged. A flash of red, and Reynard had seaked away. The landscape was occupied only by puzzled puppy—and by hunters who had not been able to fire asingle shot.

Insect Duel

(Concluded from page 9)

on a giraffe for appendicitis. Yet the thing was done without hesitation.

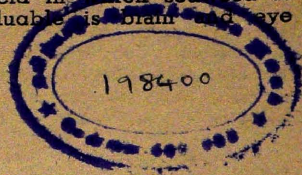
And the mantis? Was the creature some-what half-hearted in her intentions when she found by what she was being attacked? Used to finding her very presence sufficient to cow and almost paralyse her less formidable opponents, moths and grasshoppers, did she feel uncomfortable at the prospect of an encounter with such a monstrous brown and

yellow fly? Anyhow, she made a fatal mistake in accepting battle if she could avoid it. And I wonder whether the proud hornet said to herself, after serving the exceptiona! repast to her gaping children, "Well—we'll call it a day!" Or whether she went forth, flushed by success, to try conclusions with another specimen of the ghost-like cannibal insect perhaps to be defeated, and, of course, eaten.

Husbanding his Strength

The Arab was riding on his donkey down a North African road. He was followed by his wife trudging behind him with a bale of hay on her back. When a young American Officer reproached him

for riding while his wife carried a heavy burden, she defended her husband, inquiring: "Do American ladies like for their husbands to come home tired at night?"



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HARDENING OF THE ARTERIES

PREVENTION and cure of hardening of the arteries may not afford everlasting life but will be the next thing to it. This is a large order, but there are physicians who are optimistic enough to believe that some day it will come to pass. The possibility opens up a world of speculation such as: "Will we look young? Will we appear old but act young?" All we can say at present is that we are getting hot if our work on animals can be used as a good criterion.

The circulation of all the organs in the body depends upon the condition of the arteries. These vessels are the pipe lines that carry nourishment to all parts of the body, and unless the tissues are well supplied with oxygen and food they deteriorate.

Normally, the blood vessels are smooth-lined tubes but with advancing years small yellowish flecks or streaks appear on the inner lining. These represent early deposits of fatty-like materials consisting of cholesterol and phospholipids. As the deposits become more and more numerous, the wall hardens and thickens so that the entire vessel becomes occluded or so brittle it breaks.

The arteriosclerotic process does not develop at a uniform rate in all the arteries of the body. Some are affected earlier than others, and among the first to be involved are the coronary arteries which supply the heart muscle with blood. Hence it is easy to understand why the cardiac organ takes the beating it does in later life.

The idea that something can be done to prevent arteriosclerosis stems from our knowledge that the deposits contain cholesterol and that when this substance is fed to experimental animals a condition analogous to human arteriosclerosis can be reproduced pre-

maturely. The big question is: Are these findings applicable to man?

In certain research work, a high cholesterol diet fed to animals did not cause hardening of the arteries unless the thyroid gland was suppressed. In others, arteriosclerosis was inhibited by injecting female hormones. These studies suggest that the glandular system may play a role and that thyroid extract or sex hormones may influence the disorder.

We also know that there is no relationship between the amount of cholesterol in the blood of man and the degree of arteriosclerosis. Nor will the ordinary low cholesterol diet tend to decrease the amount of cholesterol in the system. This is explained by the fact that the body manufactures the material. On the other hand, if a low fat diet is combined with a low cholesterol diet, a reduction of cholesterol in the body occurs.

We now know that the amount of cholesterol in the blood is not the entire story. By using a new technic, scientists have discovered that the fatty substances in the blood unite with the protein to form lipoproteins which exist in the blood as giant molecules. By using a super-cream separator (ultra-centrifuge) or a special chemical test, these molecules can be separated and the amount measured.

Individuals who have had heart attacks were found to have more of these molecules than normal, suggesting that a relationship exists between the two. The low cholesterol-low fat diet decreases the number, and so does thyroid extract. The same can be said of heparin. The analysis of these molecules offers an excellent means for studying the effect of various substances on arteriosclerosis and unquestionably will increase our knowledge a thousand fold.

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