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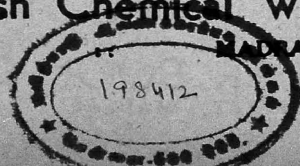
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L/S MRS K. H. H.

THE DOCTOR WHO MADE AN ARTIFICIAL KIDNEY

DR. J. GORDON COOKE

WITH fifty yards of sausage skin, an old car's engine parts, and an enamel bath, a doctor in Nazi-occupied Holland solved a problem which had defeated scientists for thirty years—and devised the prototype of a streamlined machine found in every hospital and research department today.

The problem was how to cope with temporary kidney failure. The doctor, Willem Kolff, contrived to make an artificial kidney which could swiftly take over the functions of a real kidney that had failed.

There has always been an urgent need for help in cases of kidney failure. Survival of the patient becomes a race between recovery of the kidney and the accumulation of poisonous substances in the blood.

If the kidney can not get back to work in time the patient may be fatally poisoned by the waste-material of his own living processes.

Each day all of us take in widely varying quantities of foods, and all sorts of different drinks. And yet our blood retains a constant composition. This is because the kidneys filter off unwanted water salts and waste products from the 1,700 quarts of blood daily flowing through them. If the kidneys fail, the composition of the blood becomes altered and death could follow.

For years the technical difficulties of passing blood through complex filtering devices outside the body defeated every attack on this problem. The blood would tend to clot, and this blocked the machine and imperilled even further the life of a patient already gravely ill.

Immediately before World War II, a substance called *heparin* came on the market. Injected into a patient, *heparin*

prevented his blood clotting without doing harm in other ways. This solved one of the most difficult problems of any medical technique involving the treatment of human blood.

Then came the war. Scientists had little time for projects such as artificial kidneys. But at the Municipal Hospital in the little Dutch town of Kampden, Dr. Kolff set himself the task of building an artificial kidney—and succeeded.

Fifty yards of sausage were wound round a drum that rotated in a large enamel bath. Blood was passed from an artery in the patient's wrist through a tube and into the hollow axle of the drum.

Flowing through a rotating coupling taken from the cooling system of an old Ford engine, the blood then passed through the sausage skin and was eventually returned to the patient through a vein in the elbow. An injection of *heparin* given before treatment prevented the blood from clotting as it passed through the machine.

An enamel bath was filled with a carefully-made solution of salts and other substances in water. By regulating the concentration of the dissolved substances Dr. Kolff found that he could control the diffusion of blood chemicals through the membranes of the sausage skins.

Salt, glucose and other valuable chemicals remained in the blood; toxic waste-products diffused into the bath and were removed.

With the artificial kidney, Dr. Kolff was able to "process" blood at the rate of about twenty gallons in twelve hours. During a day all the blood from an average body could be circulated fifty times through the machine.

When the war ended, Dr. Kolff went to America, and there artificial kidneys were manufactured to his design, on the same principle, but with more sophisticated materials. They are now in use for research purposes all over the world.

Dr. Kolff continues his research studies at the Cleveland Clinic.

In its most modern and stream-lined form, the artificial kidney has at the moment only a very limited use but it remains of great significance.

It can be used to remove certain poisons from the blood, and to correct the all-important balance of various substances in the body. But, above all, the fact that Dr. Kolff has invented something that works has stimulated, and made easier research into the treatment of kidney disease.

Rapid progress has been made in the last ten years. The human body has been brought into use to serve as its own artificial kidney. A sort of "washing fluid" fed into one side of the abdomen and removed from the other can carry away with it toxic materials. New diets have been worked out which provide for the body's essential needs, while placing a minimum of strain on faulty kidneys.

The artificial kidney machine itself has been developed rapidly and now bears little resemblance to Kolff's original contrivance.

In Stockholm Dr. Nils Alwall has devised a streamlined version of Dr. Kolff's idea. A cellophane tube carries the blood through the narrow space between two concentric cylinders' and washing-solution flows down over the tubes, carrying away the toxic substances that diffuse from the circulating blood.

In America, portable kidneys have been developed, notably by Dr. Kolff himself. In some of them, washing fluid flows through the cellophane tube which is bathed in the patient's blood.

In Korea the lives of a number of badly wounded soldiers were saved because the work of badly shocked kidneys could be taken over temporarily by a machine.

The outlook for the patient with kidney trouble is a lot rosier than it was ten or fifteen years ago. Much of the credit is due to the Dutch doctor who built his improbable sausage-skin machine which led to far greater knowledge of the way the kidneys work.

Paradoxically this has resulted in the machine itself being but seldom used.

In a famous British hospital, which was one of the first to make use of Dr. Kolff's artificial kidney, the lessons learnt from it have been so successfully applied to the diet and general treatment of patients that the machine itself has not been needed for the last five years.

(Concluded from page 5)

In Lorenzo Marques, the capital of Portuguese Mazambique, I found the most chic department store in Africa, and had a good time eating grilled prawns in small restaurants along the shore of the Indian Ocean.

In Durban, the seaport of Natal, I rode in rickshaws borne by Zulu warriors and in the peninsula near Capetown, the southernmost tip of Africa, baboons crawled over my automobile.

Flying over Kimberley, I saw the diamond mine that is called "The Greatest Hole on Earth" and in Windhoek, the capital of South-West Africa, we drank German beer as good as any ever

found in Munich, Pilsen or Milwaukee.

In the Kruger National Park, an easy ride from Johannesburg, there are lions and practically every other known variety of animal indigenous to Africa, roaming freely in a vast reserve. You are not allowed to carry a weapon or get out of your car, and there is no danger either to the animals or to you.

The Kruger is a zoo in reverse. It is the visitors who are caged—in automobiles—and the animals, fascinating to watch and fascinated by watching, who are free.

From Capetown to Cairo is striking—and stimulating.

INSIDE AFRICA WITH JOHN GUNTHER



The world-famous author taken you on a conducted tour of a colorful continent—
including a visit to a zoo in which the humans are caged?

★...●...★

THE flight from New York to Johannesburg is the longest regularly scheduled commercial air run in the world—9,700 miles. You pass over some of the most remote, primitive and fascinating regions known to man, and you can by your own stamley or Livingstone if you choose.

You don't need to take any special precautions, even though it is Africa, the so-called dark continent, that you are penetrating. Africa is supposed to be hot, but we never found any African city as hot as New York.

It is supposed to be unhealthy, but if you take reasonable care, no bug is apt to bite you. I never wore a sun helmet in eight months, caught a tummy ache, or had a degree of fever.

Accra, the capital of the Gold Coast, is an exciting city, not only for its political effervescence and vitality. Even if you stay there only an hour or so and have a sandwich in the crowded, bustling, heterogeneous airport restaurant—which is apt to be as busy at three in the morning as at three in the afternoon—you will get some intimation of the way Accra throbs with a sense of growth.

There is still a British governor, who lives in a marvellous old castle by the sea, but the Government is African. The Gold Coast is scheduled to be the first Black Dominion in the Commonwealth, and the Prime Minister, a remarkable young man named Nkrumah, was educated mostly in the United States.

The next stop *en route* is Leopoldville, the capital of the Belgian Congo. This, too, is a most interesting city, but utterly different from Accra. It has broad boulevards, embryo skyscrapers and some European-style restaurants and shops. The atmosphere is almost like that of Brussels—commercial, stable, on-the-make.

Across the River Congo is Brazzaville, the capital of French Equatorial Africa. This charming town is like a small Paris.

There are all manner of trips up-country, into the bush, that you can take from either Accra or Leopoldville, and they are fascinating, but not for tenderfeet.

I stayed one night at a missionary station in the heart of the Congo, at a place called Goende, three hours by air from Leopoldville. Naked savages abounded. Further on there are the pygmies, in the deep Congo forest near Beni, and still further on the giants. These are the Watutsi warriors, whom you may have seen and admired in the film, *King Solomon's Mines*.

The terminal stop in Africa is Johannesburg. From the air, approaching at night, it seems inconceivable, after the darkness of so much of the continent, that there can be such galaxies of electric light in Africa.

I visited a dozen cities in South Africa and had memorable experiences in them all.

(Continued on page 4)

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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 Vitafos, the famous body builder. Vitafos 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.

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CAN IMPOTENCE CURED?

By DR. W. SLOANE M.D.

EVERY year many men become dismayed by the appearance or sexual weakness (impotence) when they should still be at the peak of sexual potency. Some of them get back their sexual vigour by proper treatment; others continue to suffer from increasing weakness until they become seriously impotent.

Impotence is a disorder which appears in all ages from youth to old age. Its main symptoms are weak erection of the penis (which may range from some weakness to almost no power of erection) and premature ejaculation. It is a distressing weakness for it prevents proper sexual intercourse, and is the cause of many unhappy marriages.

Man has for ages sought a cure for impotence, but with very disappointing results. The many remedies that have been used to cure the disorder proved useless in all cases and even injurious in some. Nothing could be done in the past to effectively replace impotence with sexual vigour, and impotent men had to resign themselves to life of impotency.

Impotent men need not suffer from sexual weakness any longer for medical science has come to their aid and found the answer to impotence. It was known for some time that sexual strength depended upon the vigour and activity of the sexual glands in the testicles (which produce a hormone to maintain sexual power at full-peak) but nothing could be done to restore vigour and activity to these glands when they become weak and in active and impotence set in until medical science discovered the value of gland extracts taken from the sexual glands of

healthy animals. Prof. Brown Sequard and other doctors found that an active extract of the sexual glands (gonads) administered to impotent men vigorated the sexual glands in their testicles to new activity, for in almost every case there was a strong revival of sexual power.

Test carried out by research doctors again and again proved the value of the sexual glands extract (known as Orchitic extract) for impotence in men. Impotent men treated with this extract often got back their sexual power. Even better results were obtained when it was used with other extracts from the spinal cord and prostate gland plus certain drugs which have a strong invigorating action on the sex organs. This combination produced a great increase of vitality, and a remarkable return of strong sexual power in middle aged and weak men. Even older men recovered much of their vitality and power when treated with it.

Men who have lost sexual strength even those who have been impotent for years, can now definitely get back their sexual power. To get best results, they should seek medical advice and take only a dependable medicine which combines the potent gland extracts with the invigorating drugs. If they do this, they will get back full sexual power and be virile again. By using a special appliance any deformities of the penis can also be corrected, and a small penis can be developed until it is normal in size.

Medical advice about sexual weakness etc. can be obtained, free of charge, from:—The British Chemical Works, P.O. Box No. 472, Madras-7.

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Special Muscula

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THE MYSTERY OF MIGRATION

Astonishing facts and theories about one of nature's most fascinating phenomena

The Migration of animals has been observed by man for thousands of years, and it is still one of the most fascinating questions in nature. We cannot be sure that all the incredible facts we have now gathered about this phenomenon add up to an explanation of it.

After modern investigation had shown that migration is a natural habit common to a great part of the animal world, and necessary for their existence, another problem arose. All over the world men have from time to time encountered vast armies of animals advancing across the face of the earth in countless millions, often without apparent cause.

The commonest example is probably the locust, a perennial scourge in many warm lands. One swarm in the Red Sea area covered 2000 square miles. In the north of Canada and in Norway, vast numbers of little ratlike animals known as lemmings pour down from uplands from time to time and, after crossing the coastal plains, plunge into the sea and disappear. In South Africa herds of springbok delicate little antelopes pressed shoulder to shoulder and reaching in all directions as far as the eye can see, suddenly appear at the coast and likewise plunge to their destruction in the sea.

These unexpected eruptions of animal life occur in almost every century. I once walked for an hour through a continuous carpet of little hopping frogs in the grass fields of West Africa. Hardly a summer passes without a swarm of insects being reported in New York. In 1943 The Bronx had two—green flies that appeared from nowhere and huge cockroaches that appeared out of drains.

Such phenomenal appearances of animals should properly be described as emigrations, in contrast to seasonal migration makes possible the continuation of the species, while emigration in variably ends in mass suicide. Yet these contrary marvels have some features in common.

Scientists who investigated lemming

emigrations brought several unexpected things to light. Norwegian lemmings live in colonies on mountain uplands above the tree line, where the only vegetation is grasses and lichens. Every so often the number of lemmings in one of the colonies increases tremendously, and concurrently the little animals, which are usually very timid, become bold and fearless. They begin to produce larger litters at shorter intervals.

The animals that prey on the lemmings—owls, martens, weasels and hawks—also begin to increase, and they, too, become bolder and more voracious. The process goes on until there is hardly standing room for the animals. Finally when the pressure of numbers becomes intolerable, hosts of lemmings pour down the mountainside into the woodlands, a region quite unsuited to them. They are followed by swarms of their enemies. On they go, a vast moving blanket that creeps across the earth. And all the time they keep breeding.

During the two or three years the lemmings may take to reach the coast, they are devoured by the thousands, are drowned in billions while crossing rivers and fiords, or wilt away from starvation. Those that reach the sea press on, swimming blindly out into the Atlantic to perish. It is a mass hysteria: the animals have lost all their natural sagacity.

It was discovered that some of the lemmings reached isolated plateaus suitable to them, and settled down there. But, surprisingly, these colonies become extinct in a few years.

Why, the investigators asked, should the lemmings suddenly start to breed so madly? Why should they commit mass suicide? Why should all those that settled on suitable plateaus die out, while those left behind in their original home survive and in time give rise to another swarm? The answer to this question disclosed perhaps the most important key to the mystery of animals' mass movements.

Examinations of the lemmings at all

phase of the swarming showed that the sexual organs underwent extraordinary changes anatomically in accordance with its increased vigor—a change, investigators suggested, caused by something the lemmings ate.

For a time this substance remained, an unknown factor. Then vitamins were discovered. At once it was recognized that the substance. In question must be a vitamin, and soon one was found in the lichens on which the lemmings feed after their long hibernation.

The source of this stimulant to breeding activity was left behind when the animals emigrated, although they carried some of the Vitamin stored up in their bodies. In the case of those that found a have in some seemingly suitable environment, it became disseminated through overuse and there being no new supply, the animals lost their fertility and died out.

This may well be the general pattern of all mass emigrations. While it is a scarcity of food or water that prompts the animals to start their trek, the craze to breed and the mass hysteria often noted among emigrating swarms of animals are probably caused by the stimulation of some such vitamin.

Seasonal migration is an altogether different matter. The basic causes may be the same, but, whereas emigrating animals disappear, migrating animals (or their offspring) always return to the place where they began their journey. The degree of movement of migrating creatures varies greatly. Elephants sometimes perform migrations that take nearly ten years to complete. Troops of some kinds of South American monkeys migrate back and forth between two areas of forest every few weeks.

A most astonishing sight is the migration of land crabs on the island of Jamaica. These creatures, which dwell in rock crevices, once a year descend at the same time to certain beaches for breeding purposes. They invariably do this by following the straightest line

possible, and as a result they scramble over any obstacles, even houses, that happen, to be in their path.

The champion traveller is probably the Arctic tern. This small, slender, gull-like bird migrates from Arctic America across the North Atlantic to Europe, thence down the coast past Africa to the Antarctic Ocean, and back up the same route the following spring—a distance of about 24,000 miles.

Why should birds perform these prodigious feats? The only answer that seems plausible is the suggestion that the breeding stimulant which was discovered to be the cause of the lemmings increased fertility is found in the young vegetation—and in the insects that feed upon that vegetation—in the northlands freed from the blanket of winter snow by the warm spring sun. The birds crave this vitamin like a drug.

The astonishing behavior of Atlantic eels, though also carried out for the purpose of breeding, is unique. Eels spend many years of seemingly contented life puttering about in the ponds and streams of Europe and North America. Then suddenly they leave their homes, go down the rivers and head out into the Atlantic, swimming onward until they reach great deep in the Atlantic Ocean south of Bermuda, where they sink and disappear forever.

Later, an eruption of tiny, transparent threadlike creatures with bulging black eyes come welling up to the surface and, spreading out like an ever-expanding mushroom, stream off in two groups. Those going west arrive sooner at the American coast. Both shoals—by now grown into young eels—swim up the rivers until they reach the abodes whence their parents started out.

Migration is the major life process of the animal world. The many varying kinds are unified only by their object and result: survival. Without migration, a great part of our earth's animal life would probably have long since become extinct.

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Zara Super Strong Mixture contains costly ingredients which make it very effective, even if other medicines did no good. It is very powerful in action and will give you full satisfaction, so write for it and prevent the disappointment you would get if you took some less effective medicine.

Zara Mixture has sold for more than 30 years—sure proof that it is very good. We also guarantee that it will give you satisfaction.

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HOW TO CURE SKIN AND BLOOD DISEASES WHICH DEFY TREATMENT

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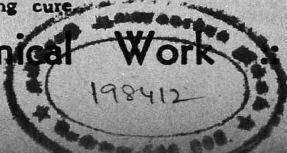
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If you suffer from any skin or blood disease, write for this free booklet—
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"I used Zara special pills & acted, so yesterday I sent you telegram cancelling my order for the mixture."
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