

Heart Care

"No one, if he wants them to last, uses his heart or his car to the very limit of their endurance. It is wise to hold some power in reserve."

Moderate, regular exercise never hurt any man, or woman, another past president of the American Heart Association, Dr. Tinsley R. Harrison of the Medical College of Alabama, at Birmingham, states. But many a person puts too much sudden strain on his heart even apart from vacation and week-end activities.

The chubby man running to make his train or bus in the morning or evening has at least two counts against him, Dr. Harrison points out. "His extra poundage is already putting a strain on his heart; and his frantic dash for the train is calling for all the effort his heart can muster—and maybe more," Dr. Harrison says.

"If his heart is not in perfect condition, sudden exercise like this could cause a heart attack because he may have a heart condition and not know it. Chubby can always catch another train, but he has only one heart—and he ought to take care of it."

Science News Letter, June 21, 1952

Ops Hiccups

of intractable hiccups," the doctors reported.

Science News Letter, June 21, 1952

ASTRONOMY

Few Large Sunspots Expected Within Next Five Years

➤ THERE WILL not be any giant spots on the sun within the next five years or so, if the computations of Dr. I. L. Thomsen of Carter Observatory, Wellington, New Zealand, are correct.

You may be able to see a few pock marks on the sun during the next few years, but none will be easily visible through heavily smoked glass. None will equal in size the giant spot of a year ago, for instance.

Dr. Thomsen's calculations are based on the fact that a period of few sunspots always follows a time of large and numerous spots. Such a cycle usually repeats itself every 11 years.

Giant spots disappear before the mid-time from maximum to minimum of the sunspot cycle, Dr. Thomsen figures. They do not again appear until half-way between the times of minimum and maximum on the upward part of the cycle, he reports.

Sunspot maximum was reached during 1947; minimum is not expected until about

1954 or 1955; and another maximum might be expected about 1958. So the sun's bright disk will probably be relatively clear of large blemishes for at least another four or five years.

Science News Letter, June 21, 1952

MEDICINE

Watch Muscle-Skin Disease as Cancer Sign

➤ SOME PATIENTS may be saved from cancer deaths if doctors look for cancer in patients with the disease of muscles and skin called dermatomyositis, Drs. Arthur C. Curtis, Hoyt C. Blaylock and E. Richard Harrell of University Hospital, Ann Arbor, Mich., declared at a meeting in Chicago of the American Medical Association.

This disease, though uncommon, is not rare. Since 1934, there have been 45 patients with it at the University of Michigan hospital. Of these, eight had cancer which was not discovered until after the skin and muscle symptoms had developed.

Calcium deposits in the muscles which may break through the skin in ugly looking sores, a kind of rash, swelling around the eyes, and muscle weakness and shriveling are among the symptoms of the disease of the eight patients. Six showed improvement in their dermatomyositis soon after X-ray or surgical treatment of their cancers.

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