

Non-Mercurial Diuretic Aids Heart Patients

PEARL RIVER, N. Y. — A non-mercurial diuretic that offers both health and economic gains for patients suffering from edema resulting from congestive heart failure has been placed on the market by Lederle Laboratories Division, American Cyanamid Company.

It has been conservatively estimated that well over two million people in this country need treatment with a diuretic, a drug which increases elimination of excess fluids from the body through the kidneys.

One of the most dramatic results recorded in clinical trials of the new drug was weight loss, up to 30 pounds, when excess fluid was eliminated from the body.

The new diuretic is administered orally, instead of by injection, as are other widely-used diuretics.

Diamox is unrelated to any existing diuretic. It contains no mercury, which, in some cases, can be toxic and cause irritation.

Edema is a condition that manifests itself in abnormal swelling of parts of the body, especially the legs, when excessive water and salt accumulate in tissue. This often occurs in patients suffering from congestive heart failure, when the heart is weakened and cannot pump enough blood to the kidneys for proper elimination of fluid.

Diamox increases the output of salt and water from the kidneys even when the heart is weakened. Thus edema is relieved and the patient feels much more comfortable. The drug does this by influencing a delicate chemical balance in the body.

The story behind this chemical balance and the discovery and development of this versatile new drug actually began in 1932, when two Englishmen found an enzyme in red blood cells that was, till then, unknown. They called it carbonic anhydrase and its presence was later noted also in the stomach, pancreas, brain and kidneys. These scientists found that the enzyme accelerated the rate at which carbon dioxide combines with water to produce carbonic acid in the body's capillary system.

In 1940 it was found that certain compounds inhibit the catalytic action of carbonic anhydrase. In other words, they slow down the process. Then, a scientist in Boston found that by inhibiting the production of carbonic acid the body could be induced to eliminate the backed up waste fluids of congestive heart failure.

Dr. Richard Roblin and his associates — J. W. Clapp, W. H. Miller and A. M. Dessert — at the Stamford, Conn., laboratories of American Cyanamid Company, became interested in the possibility of following this line of research in producing a new diuretic.

The Stamford men deduced which compounds would be most likely to inhibit the action of carbonic anhydrase. Over a period of several years they studied about 100 such compounds, screening and rescreening to find the best ones.

Eventually they narrowed the field to four drugs and these were placed on trial in experimental animals. Diamox was chosen. For the next two years a team of physiologists and pharmacologists on Dr. Roblin's staff—including Drs. T. H. Maren, J. T. Litchfield and B. C. Wadsworth — explored the numerous effects that Diamox can produce. They made certain of its safety and determined how it could be used most efficiently for people with congestive heart failure.

After the work at Stamford, the clinical trial of Diamox was turned over to Lederle, the pharmaceutical division of American Cyanamid. It was put on trial in medical centers throughout the country. Diamox was found to be a strikingly effective diuretic in at least 80 percent of patients with edema due to congestive heart failure. Small doses (approximately 250 mg.) given once daily or every other day have kept such patients edema-free, active and comfortable for over a year.

The clinical trial results amassed so far indicate that because of its low toxicity, its lack of irritation and the ease of its administration, use of Diamox is simple and singularly free of complications. It must be noted, however, that it is a prescription item, to be given only under the strict supervision of a physician.

For the present, Diamox will be sold only as a diuretic, but there is the possibility it may have application in other conditions. Investigations are in progress on the use of Diamox in the treatment of epilepsy, pulmonary emphysema and migraine headaches.

All the nearly 100 lakes in Western North Carolina are artificial. The largest is Fontana in the Great Smokies, covering 10,800 acres.

Approximately 85 per cent of the nation's trucks and trailers are used by private carriers — manufacturers, producers, farmers and business firms hauling their own goods. The remainder are operated by "for hire" companies.

State College's HINTS TO HOMEMAKERS

Miss Ruth Current
State Home Demonstration Agent

CHICKEN STEWED OR FRICASEED — As little as one-fourth cup of water for fricasseeing and as much as one quart for stewing is the difference. The pieces of chicken are always well browned before the liquid is added. If you are fricasseeing, in stewing, fowl may or may not be browned, depending on whether white or brown stew is desired or upon the use intended for the cooked meat.

Easy cooking and a variety of delicious dishes may be prepared from stewed chicken meat, stock, and fat. Besides serving as stewed chicken with gravy made from the thickened stock, the meat may be used in a pot pie, casserole, escalloped, croquettes, loaves or patties, creamed, a la king, a la Newburg, in shortcake and soup.

In sandwiches and salads, as an appetizer or sliced. Fricasseed chicken offers a deliciousness of flavor and variety for casserole dishes. Endless variety comes in the choice of liquid and the addition of rice, noodles, macaroni, vegetables, etc. The liquid may be milk, sweet or sour cream, vegetable juices, cooked tomatoes or diluted canned soups. Be sure to follow tested recipes.

How can chicken fat be used? It gives richness of color and flavor in gravies and sauces and sauteed vegetables. It is an excellent fat in biscuits, muffins, cookies and gingerbread and can be used in these dishes without any change in the recipe.

CARE OF POTS AND PANS — Never leave food in an aluminum

pan any longer than necessary. Wash aluminum utensils as soon as you can after you have used them. Food left in aluminum causes the formation of pits or holes, and pitted aluminum not only looks bad but it is hard to wash and keep clean. If aluminum pan does become discolored, boil it in something slightly acid like tomatoes or apples, vinegar or cream of tartar. This will brighten the pan and not hurt the food at all. If aluminum pan is pretty badly discolored, scour it with a very fine scouring powder or extra fine steel wool.

Enameled ware and granite ware usually can be cleaned simply by washing with soap and water. However, if food is burned on or stuck to the pan, soak the utensil in water before you try to clean it. Avoid sharp scrapers, steel wool, or coarse scouring powder on enamel and granite ware. Sometimes boiling with a weak soda solution will remove burnt-on food from enamel or granite ware.

Never under any circumstances use metal polishes or any kind

Morehead Planetarium Presenting "Star of Bethlehem" Yule Program

CHAPEL HILL — "Star of Bethlehem", the Morehead Planetarium's fifth annual Christmas program, is now being presented every evening at 8:30, on Saturdays at 3, 4 and 8:30 and on Sunday at 2, 3, 4 and 8:30.

Scenes and special effects in the presentation make it probably the largest single production ever presented by any planetarium in the world. Editors, clergymen, and other distinguished men have each year, impulsively written articles about this unique presentation.

The story of Christmas is unchanged in the demonstration, and the finest effects available to portray this story have been acquired and installed through the cooperative efforts of many University of North Carolina faculty, staff and students for weeks preceding opening day.

The first portion of the presentation is devoted to the heavens as seen from ancient Bethlehem of Judaea. The astronomical events we know to have occurred during that period are clearly explained, events which

if seen by the Wise Men, may have been interpreted as a very potent sign of some impending great event.

"We believe that we have discovered a scientific explanation for the 'Star' of Bethlehem. If the star was indeed something in the sky for everyone to see, if, however, it was a miracle, given only unto the eyes of the Wise Men to see, science is powerless to explain it." A. Jenzano, director, said.

In the latter portion of the performance, a pageant of great beauty and originality is presented. The Christmas story is told with multicolor lighting effects, three dimensional scenes and optical projections. Narration of the scriptural passages is by Dr. Urban T. Holmes of the University Romance Language Department. The three dimensional sets include, "The Annunciation", "The Angel's Visitation to The Shepherds", and "The Nativity". These scenes appear amid a star-studded sky in an atmosphere of realism. The closing scene is that of a great arched cathedral in which the audience beholds the soft

light from six age stained glass windows illuminating pillars of simulated concrete reaching forty five feet to the zenith.

Nearly one hundred thousand visitors have attended the four previous performances of "Star of Bethlehem". Each has been progressively larger and more beautiful.

North Carolina is the only state with an even 100 counties. Six states have more: Texas 254, Georgia 159, Kentucky 120, Missouri 114, Kansas 105 and Illinois 102. At the other extreme, Rhode Island has no counties at all.

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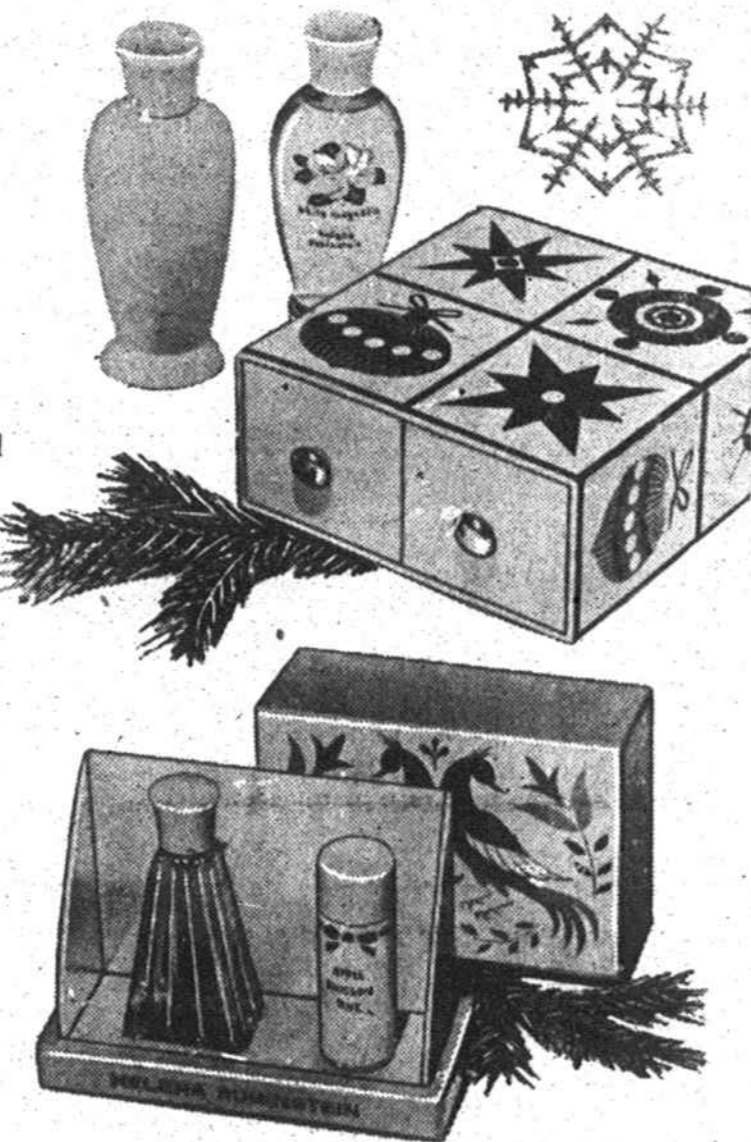
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Here you see some of the happiest couples of the holiday season... Helena Rubinstein's famous, fragrant pairs in packages that will decorate her dressing table with Christmas.

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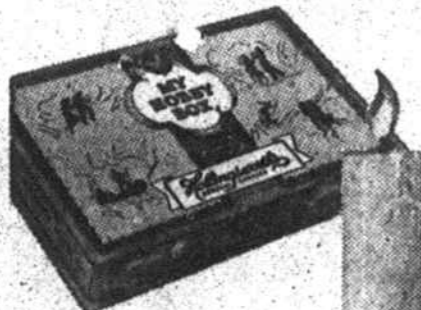
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