

CALCULATING STATISTICS— Professor John L. Perry (center), an alumnus of Saint Augustine's, demonstrates the use of the slide rule in calculating statistics of counting radio activity to participants in the Conference on the Effects of Ionizing Radiations on Living

Systems. The conference is jointly sponsored by the National Science Foundation and the United States Atomic Energy Commission. This conference has been conducted on the St. Augustine's campus for two consecutive years. Dr. Joseph Jones, Chairman of the Depart-

ment of Biology at the College, is director of the conference. He is also one of its chief lecturers. Pictured from left to right are: Sister Rose F. Preiss, Adrian, Michigan; Edmund A. Kulakowski, Fort Myers, Florida; John L. Perry, Virginia Beach, Va.; Sister Francis C. Ladd, Clinton, Iowa; and Jas. J. Manion, Helena, Montana.

State Heart Ass'n Offers Advice To Varicose Vein Sufferers

CHAPEL HILL—If the blood vessels in an average-sized adult were laid end to end, how far do you think they would extend?

Sixty thousand miles, according to the North Carolina Heart Association. That's more than one hundred times the distance from one end of the Tar Heel State to the other—plenty of area in which things can go wrong!

Kinks, plugs and leaks in this marvelous maze of blood-channels can interfere with normal circulation, and every year they cause about half of all deaths in North Carolina.

One of the less dangerous, but more annoying, problems to hear is that condition known as "varicose veins." They are perhaps the most common of circulatory troubles, and they afflict both men and women.

Your heart is the center and dynamo of your circulatory system, sending blood out thru the arteries; it is the depot to which the blood returns thru the veins.

On the return trip from the legs to the heart, the blood has a long uphill climb. It is aided in this journey by three

things:

- Blood pressure, stronger in the arteries, is considerably diminished in the veins but still gives the blood a push.
- The movement of leg muscles during normal activity or exercise helps massage the blood upward through vein walls.
- And the third aid is an extremely ingenious anti-device — little cuplike valves which section off the veins and maintain one-way traffic. They open to let the blood travel upward, then close tightly to keep it from falling back.

Varicose veins develop when vein walls or valves weaken. Some persons may be born with weak venous valves or walls. However, disease, injury, overweight, pregnancy — even tight clothing — can damage or put undue pressure on the veins.

When vein walls are weak, eventually they may give way under the pressure of blood, and sag outward at the site of the calves. Therefore, the values cannot close tightly enough to regulate blood-flow properly. This increases the pressure of blood against the vein walls, which may balloon and become "varicosed."

Standing or sitting a long time is difficult for people with accumulates in the lower legs varicose veins because blood accumulates in the lower legs and exerts great pressure on the veins, the state heart group says.

Doctors recommend that such persons put their feet up often — at home, even at the office — if they can get away with it. And, the Heart Association adds, even if you don't have varicose veins it's a good idea to interrupt long automobile trips to let the whole family stretch legs.

For free single copies of a Heart Association booklet on "Varicose Veins," readers may write HEART, Chapel Hill, N. Carolina.

VA URGES RIGHT USE OF FORM TO SPEED SERVICE

WINSTON-SALEM — The proper execution of required forms will speed up applications for veterans' benefits, Judson D. DeRamus, Manager of the North Carolina Veterans Administration Regional Office said early this week.

Every item on the application form must be filled out legibly before the claim may be adjudicated, Ramus pointed out.

DeRamus said failure to provide the necessary information delays the decision on a claim

ONLY A PEACEFUL WORLD CAN PROVE HELPFUL TO NEW NATIONS


BROOKLYN, N. Y. — The enormous problems faced by new nations cannot be solved except in a peaceful world, and the solution of these problems requires the cooperation of all the rest of the world.

That's the plea the leader of one of Africa's new nations made at the Thursday night session of the assembly of Negro members of the Christian Churches (Disciples of Christ) in the Stuyvesant Heights Christian Church.

Chief Simeon O. Adebo, permanent representative to the

United Nations from Nigeria, told the National Christian Missionary Convention that it is the duty of people of any faith to make the world safe from war.

"In Nigeria," he said, "about half our people are Moslems, and only 10-15 per cent are Christians. But we are getting along without any discrimination."



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and often leads to an exchange of correspondence before a complete answer can be obtained. In the event some doubt exists as to how blanks on the forms should be filled in, the applicant may get information and assistance at any VA office.

Model

LAUNDRY-CLEANERS

North Carolina Garden Time

By M. E. GARDNER
North Carolina State University at Raleigh

California has successfully tested a machine that can pick sweet corn without injury. Rubber bars strip the ears from the stalk, dropping them into foam rubber padded chutes leading to rubber conveyor belts.

A new fluorescent lamp has been developed which seems destined to play an important part in plant growth, where supplementary (artificial) light is needed; and in after harvest ripening of such crops as tomatoes.

This is what is called a wide-spectrum lamp which gives a more even and constant distribution of the waves of light found in the spectrum.

In the case of green tomatoes the light causes certain chemical changes which permit the tomato to develop a true vine

ripened color. The ripening process, under this wide-spectrum tube, also appreciably increases the shelf life of the treated tomatoes.

This should be good news for large tomato growers when early frost necessitates the harvesting of green fruit or the loss of the crop due to cold weather.

A potato harvester, developed in Great Britain, uses X-rays to separate stones and clods from the potatoes. A description of the operation of the harvester was broadcast by BBC as follows: "The mixture (potatoes, stones, clods, etc.) discharged by the harvester drop through horizontal beams of X-rays. The X-rays pass through the potatoes but are interrupted by stones and clods.

"When the beams are interrupted, sorting fingers move aside and allow stones or clods to fall to the ground; the rest of the time these fingers stick out and deflect the potatoes down the chute."

It is reported that commercial prototypes of the machine, which is the first of its kind in the world, are being built. There is also a possibility that the same principle might be used for separating impurities from coal.

These are just a few of the many scientific advances which bring into sharp focus the changes which are taking place in our agricultural economy.

NAT'L BAR ASS'N SELECTS MIAMI FOR '67 MEET

MIAMI, Florida—The National Bar Association has selected Miami as host city for its 1967 convention.

At the conclusion of its four-day gathering in New Orleans Aug. 7, the group chose Miami. In other action, Revis Ortiq, Jr., of New Orleans, was elected NBA president for the next two years.

The 40-year-old organization annually meets concurrently with the National Association of Barristers Wives, Inc.

Together, the organizations are expected to send about 600 delegates to Miami.

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