

• New Ideas and Gadgets •

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⚙️ **TELEPHONE PICK-UP** accessory for tape recorders is a small device that attaches to the telephone with a suction cup allowing a person to record important telephone conversations. Made with a micro coil that provides clear recordings of both voices, the pick-up device is provided with a five-foot shielded cable that can be connected to the proper plug for the tape recorder.

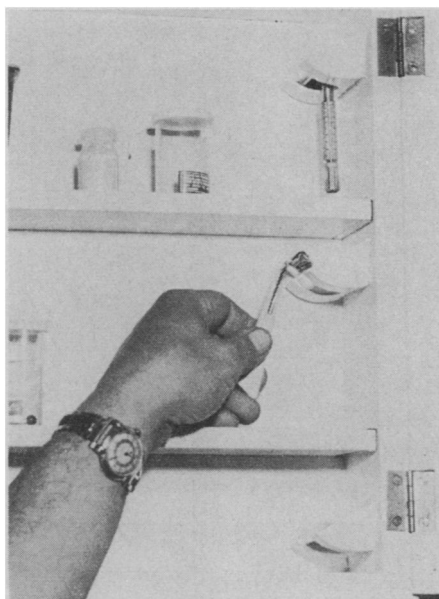
• Science News Letter, 89:95 February 5, 1966

⚙️ **ELECTRICAL MANICURE SET** is designed with a straight file that moves back and forth rather than with a circular whirling disk. The movement of the file, made with particles of diamonds and sapphires embedded in a nickel-silver base, is easy to control, thus preventing injury to flesh under the nails. Small and light and battery-operated, the portable unit comes with three files, cream and buffer. Useful at home or while traveling it can be conveniently stored in a drawer when not in use.

• Science News Letter, 89:95 February 5, 1966

⚙️ **VINYL PAINT SPRAY** in an aerosol can is fast-drying and rust resistant. Useful in laboratories, industrial applications and for furniture, the paint provides a smooth surface. The spray is intended to adhere to glass, metal, wood, concrete, masonry and most other surfaces. Insulating properties make it suitable for coating electrical and electronic equipment.

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⚙️ **SAFETY RAZOR HOLDER**, shown in photograph, will keep a safety razor safely out of the way, yet readily available. The holder made of plastic can be mounted permanently on any surface, inside the medicine cabinet or on the wall. The holder is scoop-shaped with a slot for the arm of the razor. An extra holder could serve as a convenient storage place for blades.

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⚙️ **RADIO FOR ANTIQUE CARS** is an authentic replica of one of the earliest car radios. Styled outwardly exactly like the original with black crackle finish, the radio contains the latest in transistorized circuitry inside and has a permanent magnetic speaker. It is made with both steering column and under-dash mounting brackets. An "antique" antenna that fits below the running board and does not interfere with the appearance of the automobile is available separately.

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⚙️ **SKI RUNAWAY STRAPS** to prevent skis from speeding down slopes and injuring other skiers, are made of braided olefin fiber that does not stiffen in cold weather and will not rot or mildew when exposed to moisture. The red and white straps, 27 inches long, are made with a built-in ring and snap and are easy to hook up or remove.

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⚙️ **TABLE EXTENDERS** will add space to picnic or workshop tables. The 16-inch extenders which have non-marring tips can be clamped to any width table to provide support space for outdoor stove, cooler, tool chest, kits or other similar objects. Tested to hold weights up to 50 pounds, they are made of lightweight aluminum. The units are also useful for extending shelf space.

• Science News Letter, 89:95 February 5, 1966

• Doctors Are Reading •

Radar Equipment Ages Eyes

➤ **RADAR WORKERS** are having eye trouble. Aging of the eye lenses of workers with microwave equipment is accelerated, and young men who do this high-powered radar work have been found to have more eye changes than some older persons working with lower-powered equipment.

Workers exposed to X-radiation from radar-set tubes are little affected by their work, those with the greatest exposure having the lowest incidence of eye defects. Thus radar installers, operators and maintenance men are relatively safe.

Radar researchers and developers, however, do have minor eye defects. Two investigators from the New York University Medical Center reported in *Archives of Environmental Medicine*, January, 1966, more research is needed to determine the significance of microwave radiation to lens damage.

Drs. S. F. Cleary and B. S. Pasternak of N.Y.U.'s Institute of Environmental Medicine said it is impossible at present to estimate the relationship of microwave damage to "functional impairment such as loss of visual acuity or cataracts," although earlier research with rabbits indicated that cataracts eventually formed after prolonged exposure.

Breast Cancer and Birth Control

Birth control pills are not advised for women who have had a breast removed, Dr. Arthur I. Holleb of New York stated in

the questions and answers section of the *Journal of the American Medical Association*, 195:327, 1966. He advises the usual waiting period of from three to five years before becoming pregnant after a breast is removed, but using some other form of contraception.

The reason for omitting birth control pills is that science has not shown the possible effects of this medication on latent breast cancer, he said. Removal of both womb and ovaries have not proved to have the effect of lessening chances of a cancer in the remaining breast, Dr. Holleb said in answer to a query by Dr. Ernest R. Schlachter of Wichita, Kans.

Pernicious Anemia Requires Vitamin B-12

The only proved value of prescribing vitamin B-12 is in treating a deficiency of the vitamin, mainly pernicious anemia, says the *Medical Letter*, 8:1, 1966.

Usually a sufficient amount of this vitamin is easily obtained in diets containing even a small amount of meat, fish, milk, eggs or other animal products. Very little vitamin B-12 is present in vegetables, however, so that persons living exclusively on a non-meat diet may develop sore tongue, numbness and signs of degeneracy of the spinal cord, although a serious type of anemia is rare.

Physicians sometimes prescribe this vitamin as a supportive measure in multiple sclerosis, fatigue and other disorders, but there is no evidence that it has any noticeable value.

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