FOCUS ON SCIENCE

Coffee kick slow boost

By THE ASSOCIATED PRESS

Topics this week: Two cups of coffee, three - day colds, brainwork and breathing.

COFFEE COUNTDOWN

It takes about 20 minutes for the caffeine in your cup of coffee to reach the peak of its stimulatory effect on you.

Furthermore that second cup will have practically no additional pep-up effect unless you drink it 2½ hours later, a medical journal reports.

THREE DAY COLDS?

Antibiotics can speed your recovery from a cold, British researchers report.

They tested the idea that common cold attacks are aggravated by bacteria that normally inhabit the nose and throat. Antibiotics destroy bacteria, but not the viruses which cause most colds.

Half of the subjects given antibiotic lozenges were rid of their colds in three days — a better showing than untreated patients. But there was no evidence that antibiotics sped the cure of colds starting in the chest.

BRAINS AT WORK

Your brain works 24 hours a day. It regulates the number of red blood cells your body makes (about 3,000,000 a second). It controls blood sugar, body temperature, breathing.

Orders from the brain pass through a three - inch mass of tangled nerves at the base of your skull. Eighty - six major nerves carry the orders to small - or nerves, some tinier than a hair.

So says a new booklet, Exploring the Brain of Man, published by the U.S. national committee for research in neurological disorders which points out:

One in every 16 babies born in the United States suffers some disorder of the brain or nervous system.

BREATHING CRIPPLES

Doctors often see a patient with an obvious nasal deformity. The patient says he breathes well, but he always sleeps on one side, wakes fatigued, has post-nasal drip, frequent headaches or sinus or ear trouble.

Sometimes symptoms are so severe that these persons are in chronic ill health — and can be classed as breathing cripples.

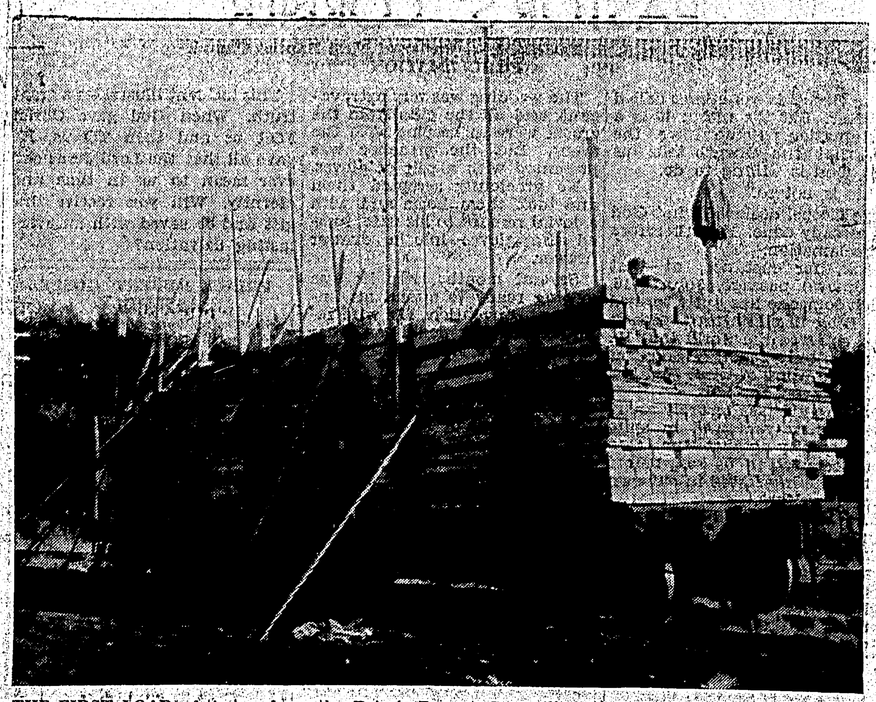
After surgery removes the deformity, the patient sometimes discovers he never actually knew good breathing.

Jazz musician buried with singing, dancing

NEW ORLEANS (AP) — They buried Negro jazz clarinetist Alphonse Picou with music Thursday, and hundreds danced in the streets as two bands blared a Dixieland farewell.

"Oh! He was wonderful. Oh! He was good," Henry Glass, 72, marshall of the Young Tuxedo Band, said. 'I loved his playing."

Picou, 82, who worked as a tinsmith by day and played by night, originated the clarinet solo in High Society. Prominent in New Orleans jazz circles since 1894, he helped develop the distinctive New Orleans jazz style of clarinet playing.



THE FIRST LOAD of timber from the Prinde Rupert Sawmills Ltd. was recently loaded and shipped to Winnipeg. The load was sold through Balfour (Canada) Ltd., and is of high grade Sitka spruce flitches. In Winnipeg it will be kiln-dried and remanufactured into various types of finished lumber, said sawmill Manager Herbert Roberts. — Photo by Gladys Baldwin

PROPWASH

1961 salmon derby to commence February 18, ends June 4

By GLADYS BALDWIN

Dig out that rod! Shine up those spoons! The 3rd annual Salmon Derby under the co-sponsorship of the Rod and Gun Club and the Prince Rupert Rowing and Yacht Club is due to get under way February 18, William Rothwell, newly elected chairman, announced.

With James B. Bacon continuing as secretary treasurer plans are well under way to make it an interesting year for sport fishermen. Derby will run until June 4.

In his report on last year's derby, Mr. Bacon said 108 fish were caught of varying sizes with a total weight of 1,989 pounds. The largest fish, caught by Gus Leighton, weighed in at 54 pounds, six ounces.

One of the items on the agenda of the derby executive this year is the purcase of their own scale for weighing in the fish.

Executive committee is composed of Stewart Donaldson, James Pinniger, Dennis King, Leslie Wintergerde, and Marcel Baril. Gordon Rothwell will be looking after tickets.

Andy McDonald is the retiring chairman.

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A visitor to town from Kitimat, Martin Schulz, tells me he hopes to have a 26-foot inboard cruiser ready to use in April. The hull, o' cedar planks and framing, was built by someone else. He is doing the finishing. It will be powered with an 85 h.p. marine engine.

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Leaving town at the end of the month is Duco Pierce whose "Swish" hull is almost ready for use. He isn't going to leave it behind, but is going to tote it along with him on the long drive back to his home town near Shellbourne, Nova Scotia. Water skiers will miss his lively sallies on Taylor Lake.

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Dates have been set for the third annual 700-mile outboard marathon race from Ketchikan, Alaska to Seattle.

To be held from July 5 to 8, three classes of outboard boats will be eligible: catamarans with power up to 160 h.p.; conventional hulls with the same power limit; and conventional hulls with from 70 to 100 h.p.

The event was won by Chuck Kissimee of Florida last year with an elapsed time of 18 hours and 44 minutes.

Prince Rupert is the first stop-over after leaving Ketchikan.

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Speaking of racing, Bob McDonald is planning on trying to upset things a little this year. He has a new motor and will be driving the overgrown "Wetback" Henry Seppa built. THAT should stir things up more than a little.

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D. G. Martin, energetic commodore of the Prince Rupert Outboard Association is confined to hospital and has been for nearly a week. Fine thing, Dave, can't get any boats built there! Hurry up and get out.

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Because marine batteries are often subjected to idle periods, from several weeks to an entire winter and because all storage batteries have an inherent self-discharging trait, battery men make these recommendaions:

Keep tabs on your battery's state of charge with an ordinary hydrometer, available at auto stores. A reading of 1.150 indicates your battery is almost dead; 1.250 indicates a half-charge dstate, and 1.280 means full charge.

You can bring your battery up to full charge on any slow charger of appropriate voltage. Rate of charge should not exceed six amperes, and charging should be discontinued when the hydrometer reading reaches 1.280. Check the battery's water level often. Add distilled water as needed, but don't overfill.

MOVIE COLUMN

Policeman leads life between court, cabaret

By BOB THOMAS

HONOLULU (AP) — Police detective by day, night club star by night—that's the strange double life of Sterling Mossman.

Mossman works nightly at the Barefoot Bar of the Queen's Surf. The bar, former bedroom of a millionaire's mansion, was packed with people sitting around tables the size of coasters.

The lights dimmed. Playing on the bandstand was a combo of three Hawaiian men and one Waikiki girl. They were joined by Mossman, good-looking, thirtyish with a deceivingly dignified manner. He played guitar, sang, told a hilarious history of Hawaii and clowned.

TALKS OF JOBS

Afterwards, he sat down and talked about his two careers.

"I've been entertaining since I was five years old," said Mossman, an island boy who is Scot-Irish-German-Hawaiian.

"But I've only been doing it professionally since seven or eight years ago.

"The police work began 20 years ago.

He rises early to be on the job at the police department at 7:45, finishes at 430 in the afternoon. He goes to the home he shares with his islander wife and sons, 16 and 12, dines and takes a short nap. He does two shows at the Barefoot Bar, ending at 1 a.m. and gets to sleep about 2 a.m.

MENTAL PATIENTS

There are about 75,000 mental patients in Canada, occupying 43 per cent of all the hospital beds in the country.

Writer finds Russians human

LONDON (AP) — British author Wright Miller may not have set the frozen Volga on fire, but he has written a book which will surely warm both sides in the cold war.

It's called "Russians As People" published by Phoenix House and from it, Khrushchev's multitudes emerge as likable individuals, in some ways surprisingly akin to Britons.

The Russians brand of humor, his attitude to women, his gift for smoothing over the social gaffe, his developing sense of sportsmanship — all these spark instant recognition from the British tourist.

At first acquaintance, he tends to find the Russian less foreign than the Italian, or even the Frenchman.

But dig a little deeper, Miller declares, and a chasm appears.

It's the basic divergence between a sophisticated, urban people who left feudalism behind six centuries ago, and one whose pattern of life only a generation back was pure 14th century.

Yet even this discovery does not explain to the traveller how the open sincerity of the Russian nature can reconcile itself to a patently hypocritical form of government. The more Russian friends he makes, the more he wonders how communism has survived among them for 43 years, especially since party members account for a bare five per cent of the population.

Americans ask for less trouble

WASHINGTON (AP) — The United States has quietly told the Soviet Union to avoid stirring up trouble while the new Kennedy administration is in its formative stage.

Word has been passed to the Kremlin through diplomatic channels that should Moscow try to take advantage of the new U.S. government while it is still getting its foreign policy bearings, he U.S. will resist more stiffly and quickly than the previous administration.

This was learned Thursday night after Washington strategists began a broad-scale review of U.S.-Soviet relations.

ADVERTISING IN THE NEWS BRINGS RESULTS

Wants nuclear equipment

HAMILTON (CP)—Canada's armed forces should be equipped with tactical nuclear weapons, Gen. Charles Foulkes said Thursday.

The retired chairman of the Canadian Chiefs of Staff said in an interview that while Canada does not need "weapons of mass destruction," its forces should have such small tactical nuclear weapons as:

Warheads for the Honest John missile for the Canadian Brigade in Europe, which he said are needed next year; small atomic bombs for the RCAF in Europe, warheads for the Bomarc anti-aircraft missile and nuclear torpedoes and depth charges for the Navy.

Indonesian capital packed by starving islanders

JAKARTA (Reuters) — Destitute Indonesians are pouring into Jakarta, making it one of the biggest cities in Asia and a breeding ground for disease and crime.

A report by the city governor, Col. Sumarno shows 40,000 persons crowded into the capital last year from Java and the republic's 3,000-odd other islands.

Jakarta had only 533,000 residents at its last census in 1930 but the figure was already swollen by wartime refugees when Indonesia became independent from Holland in 1949. Now the population is reckoned at 3,-00,000.

Sumarno's report said housing is becoming a matter of life or death in the hot and sprawling city.

Many of the 40,000 arrivals live under "deplorable conditions, in cramped and shaky buildings very detrimental to their health and well-being," the report said.

The crime rate has jumped by 45 per cent and the number of illegitimate births has increased fourfold. Prostitutes now number 20,000 and there are 350 brothels.

'Mudman' stalks Malayan jungle

KLUANG, Malaya (Reuters)—A game warden said today he is convinced of the existence of a creature "hitherto unknown to man" that gives Tarzan - like cries, leaves 30-inch human-like footprints and stands at least 10 feet tall.

The game warden made the observation after he took part in a search party through heavy jungle following the trail of the "abominable mudman."

The game warden maintained the "mudman" was something hitherto unknown to man.

"It must be at least 10 feet tall," he said. "All along the trail branches were torn around that height."

He said a tracker with the party "made some sort of contact Thursday when he gave an animal-like cry and another came from the jungle in reply, but we heard no more."

Police held back crowds of sightseers while the party looked for the weird creature. Local legends about pontianaks — malevolent ghosts — added excitement to the search.

The footprints were discovered some 20 miles from this south Malaya town several days ago by 26 - year - old planter Hamzah Bin Hassan as he walked through his rubber plantation.

He said he followed the tracks toward the jungle and then he heard a cry.

"It was a long, loud one, dying away at the end, something like the ones you hear in Tarzan films," he said.

"That was enough for me and I got away as fast as I could."

A local official said some game experts thought the creature might be a large orang-outang.

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ADVANCE NOTICE OF LOAD RESTRICTIONS

SKEENA WEST DISTRICT

REGION NO. 4

Some frost damage is showing up in the roads in this district and may require special load restrictions to be applied. Conditions often make the application of restrictions necessary with little advance notice.

Dated this 7th day of February, 1961

C. S. Shaw,
District Superintendent

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