

## • Hobby Department

**J**OCKEYS at Santa Anita may help provide some of the answers to the current questions about the effects of diet and exercise on heart disease as a result of experiments being carried out by Roslyn B. Alfin-Slater of the University of Southern California in Los Angeles.

She is studying blood cholesterol levels in a group of men, who because of the uniqueness of their profession adhere to a regimen of restricted diet and continuous exercise. With the cooperation of the officers and management of the Santa Anita Turf Club and the members of the Jockeys' Guild, blood samples were taken at the jockeys' annual physical examination. These samples are being analyzed for cholesterol concentration. A dietary and family history are also being evaluated.



It is expected that this study will yield information on the following questions. Is there a connection between diet, exercise, and blood cholesterol levels? Do dietary restriction and exercise produce a blood cholesterol level which is lower than that found in the general male population leading more sedentary lives? Is there a connection between blood cholesterol levels and the incidence of coronary disease?

Dr. Alfin-Slater, like many other investigators, believes that certain fats, containing essential fatty acids, are beneficial for both general nutrition and the reduction of blood cholesterol levels. However she recommends no drastic dietary changes at this time.

The background of this scientist, a member of the American Oil Chemists' Society since 1954 and the program chairman of the 33rd Fall meeting in Los Angeles, makes her an authoritative spokesman in the controversy over the role of fats in the diet. Since 1948 she has been with the Department of Biochemistry and Nutrition in the School of Medicine at USC and is now a visiting associate professor. For 11 years she has been engaged in research in the nutritional and biochemical aspects of fat metabolism. She is married to Dr. Grant Slater, a research biochemist at the University of California at Los Angeles.

Dr. Alfin-Slater received her Ph.D. degree from Columbia University in 1946 and has taught at Brooklyn College, Columbia University, and the New York University School of Dentistry. She has also been a research chemist at Takamine Laboratories in New Jersey and a research fellow at the Sloan-Kettering Institute for Cancer Research. She is

a member of many scientific societies, including the American Society of Biological Chemists and the American Institute of Nutrition, and is the author of more than 50 scientific publications.

Dr. Alfin-Slater has hobbies other than those associated with her research activities but says they are not nearly as interesting.

## • New Literature

**THE FOOD RESEARCH INSTITUTE.** A 16-page booklet listing publications in the food industry for 1954-59. Stanford University Press, Stanford, Calif.

**VOTATOR SEMI-CONTINUOUS DEODORIZERS.** Bulletin giving six pages of operating data for a typical 7,500 lb.-per-hour system and a schematic flow diagram of a packaged deodorizing plant. Girdler Process Equipment Division, Box 43, Louisville 1, Ky.

**IN-128A.** Revised manual of insulation specifications for such materials as: Thermobestos, Superex-M, Banroe H.T. Block, Spintex for tanks, and No. 301 Cement. Johns-Manville, 22 East 40th street, New York 16, N.Y.

**SERVALL: LKB INSTRUMENTS FOR PHYSICAL CHEMISTRY.** A six-page supplement to Servall General Catalog for 1959 featuring fraction collectors and pressurized chromatography systems. Ivan Sorvall Inc., Norwalk, Conn.

**PROTECTION PLUS.** Catalog A-1762 listing in 40 pages the complete line of Bausch and Lomb safety products for industrial and laboratory job requirements. Safety Products Department, Bausch and Lomb Optical Company, Rochester 2, N.Y.

**COAL TAR EPOXY COATINGS.** An 8-page compilation of 17 laboratory tests showing what to expect when coal tar epoxies are exposed to attack by various corrosive solutions and environments. Amercoat Corp., 4809 Firestone blvd., South Gate, Calif.

**METHOLENE ESTERS FOR ALKYLOLAMIDES.** Bulletin No. 415 giving in 4 pages the procedure for using methyl esters of fatty acids as intermediates to produce amides having active amide contents of more than 90%. Emery Industries Inc., Department 5, Carew Tower, Cincinnati 2, O.

**ANALYTICAL ULTRACENTRIFUGE.** Brochure SBS-3, describing in 16 pages the Beckman/Spinco Analytical Ultracentrifuge. Beckman/Spinco Division, Stanford Industrial Park, Palo Alto, Calif.

## Guides to Fire Safety

**T**HE National Fire Protection Association, 60 Battery-march street, Boston 10, Mass., has published a new 46-page pamphlet entitled "Standard for Solvent Extraction Plants," which is available for 50¢. The pamphlet offers recommendations as a guide to fire safety when working with the solvent-extraction process and stresses that compliance with the recommendations will minimize the hazards. The standard, which was prepared by the N.F.P.A. Sectional Committee on Solvent Extraction, was adopted at the Association's recent annual meeting.

The 1959 edition of the Flammable Liquids Code (N.F.P.A. No. 30) contains a number of significant changes, among which are the following: the including of chemical plants and distilleries under requirements relating to refineries and other plants storing and handling crude petroleum; a new concept of tanks in accordance with their pressures; a revision of material dealing with service stations. This code is the recognized guide to safe practice in the storage and handling of gasoline and other flammable liquids, and serves as a basis of law or fire marshals' regulations in a large part of the U.S. The 62-page book is available for 60¢ from the National Fire Protection Association, 60 Battery-march street, Boston 10, Mass.