

INVENTIONS

Ever wonder who took the time to create some of the simple things you take for granted? Here are a few fun facts about some things we use daily.

Coca-Cola

1886

Dr. John Stith Pemberton, a pharmacist

Discovered after an alcohol ban in Atlanta forced him to tweak the recipe of a wine he had created.

Contact lenses

1887

Adolf Eugen Fick, a physiologist

The original contact lenses (which, yes, were begging for improvement) originally were tested and fitted to animals and then people. After going through several reinventions, our more modern-day contact lenses were not on the scene until the 1970s.

Velcro

1948 (patented in 1957)

George de Mestral, a Swiss engineer

While hiking in the woods, Mestral noticed the way burrs latched on to his clothing. He made two nylon strips act in the same way, putting hooks on one and loops on the other.

Legos

1958

Godtfred Christiansen

The Lego toy company was founded by the creator's father, Ole Kirk Christiansen, in 1932 and was around before its most popular building block came to be.

Band-Aid

1920

Earle Dickson, a cotton buyer for Johnson & Johnson

With a clumsy wife at home, Dickson was forced to invent an easy wound cover for constant kitchen accidents.

Popsicles

1905 (patented in 1923)

Frank Epperson, an 11-year-old

After accidentally leaving his fruit juice to be frozen with a spoon in it, Epperson discovered a new frozen treat. Years later, Epperson went on to patent his childhood discovery, inventing Fudgsicles, Creamsicles and Dreamsicles.

—Compiled by Cole Bertson, *The State News*

SOURCE: ENCHANTEDLEARNING.COM

SN DECOR

Snowboarding roomies turn a single-sized dorm into a cozily decorated double, page 8B.

MUSIC

The MSU Vocal Jazz Ensemble is bringing student jazz to Lansing's Old Town, page 2B.

LIFESTYLE

Tuesday

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A far-fetched FUTURE

Technology has come far in last few decades, despite lack of flying cars, time travel

By Marilyn King
THE STATE NEWS

"I don't think we've really scratched the surface with what's going to happen in the future."
Ray Walsh, owner of Curious Book Shop

Another year without a robot revolution or flying cars is about to pass. While we might not be living in a world as dark as predicted in novels such as "Brave New World," some assumptions have come true, while others have not happened — yet.

See FUTURE on page 2B

ILLUSTRATION BY CHELSEA MCGORISK/THE STATE NEWS

HEALTH

Decreasing calories can make fighting influenza difficult

By Stephanie Goldberg
THE STATE NEWS

About 36,000 people die from influenza every year, according to the Centers for Disease Control and Prevention.

Although college-aged students in good health are not considered to be at high risk for flu complications, their calorie intake greatly affects their ability to fight off the virus, said nutritional immunology professor Elizabeth Gardner, who studied the effects of influenza on mice.

Gardner's study tested a mouse's ability to recover from influenza depending on the number of calories consumed.

Some mice consumed a normal amount of food and others were allotted 40 percent fewer calories. While both groups of mice ate less once infected with

the virus, the mice eating 40 percent less took longer to recover and were more likely to die in the first few days of infection.

Five to 20 percent of the population gets the flu every year, according to the Centers for Disease Control and Prevention.

Marketing senior Melissa Powell said she is not surprised at the outcome of Gardner's study after losing a significant amount of weight last winter while battling influenza.

"I was sick for three weeks and didn't have an appetite at all," she said. "I just stopped eating."

Powell's restricted diet caused her to feel lethargic and, Gardner said, might have had a large impact on the recovery time from her illness. It turns out the old saying, "Feed a cold, starve a fever" might not be so accurate.

"I was sick for three weeks and didn't have an appetite at all," she said. "I just stopped eating."

Melissa Powell, marketing senior

"When you get the flu, you don't eat," Gardner said. "It's difficult to fight infection without any energy. We're not promoting obesity or eating a ton of food, but if you have the tendency to lose weight during flu season, make sure to maintain your calories to the point where you have a little extra padding."

Gardner said the idea for the study came about because the influenza vaccine doesn't protect all populations from the virus as it should. The vaccine tends to work better for younger people than it does for the elderly.

Powell said she is putting off getting a flu shot because of her

Common flu symptoms

Fever, headache, tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, vomiting, diarrhea

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

fear of needles. However, she knows getting vaccinated is in her best interest.

General management sophomore Stefan Ahee is another student included in the 20 percent of Americans who contract the flu each year.

Ahee said he spent three miserable days at home last winter when he had the flu.

"It definitely put me behind in my classes," he said. "All I wanted to do was sleep."

Although Ahee is not sure if he lost a significant amount of weight over the course of his illness, he said there is no question as to whether his appetite decreased.

Though Ahee and Powell's experiences with the virus fit with Gardner's findings, she was not expecting the conclusion her data yielded.

"People who eat less calories live longer, so we figured eating less calories makes you healthier," she said. "The first thing I thought when I saw the outcome was that I did something wrong in the experiment, so we repeated it."

"When I saw it again I thought, 'This is not so surprising when you think about it.' ... It's not so far-fetched."