

# Women's realm

PAGE TWO THE GUARDIAN MARCH 16, 1954

## Embarrassing Errors In Wedding Stories

"The groom's father wore an aqua blue dress with a pink rose corsage."—Phillips County News, Malta, Montana.

"The brides table was centred with a four-tier wedding cake decorated by the groom's brother."—Fergus Falls (Minn.) Daily Journal.

"Those sending gifts but unable to attend were messes C. W. Blank, Eva Smith, W. E. Jones."—Avenal (Calif.) Times.

"Additional greenery was used on the main table, and smaller tables were decorated with rustic bottles and candles entwined with Mrs. Blank, Mrs. Smith, Mrs. Black, Mrs. Blue—Charlotte (NC) Observer.

"Mrs. Blank received guests in a deep violet dress."—Fredericksburg (Va.) Free Lance-Star.

## Crusty Salmon Loaf

1 loaf bread  
2 cups melted shortening or butter  
1 cup soft bread crumbs  
Juice from 1 to can of salmon  
1/2 cup cream or evaporated milk  
1 tsp mustard  
1/2 tsp salt, dash pepper  
2 cups (1 lb) canned salmon  
2 hard cooked eggs  
3 tbsps chopped parsley.

Slice crust from sides and ends of loaf and level off top. Cut out center, leaving 1/2 inch around sides and on bottom. Place in moderate oven (350° F) for 15 minutes; brush with shortening and put back into oven (450° F) until lightly browned. Remove salmon, cream and seasonings. Place layer of flaked salmon on bottom of loaf. Reserving two slices of egg for garnishing top of loaf, chop remaining egg. Cover the salmon with half the crumb and cream mixture, sprinkle with parsley. Repeat until all ingredients are used; dot with butter. Bake in hot oven (425° F) for 30 minutes.

Garnish loaf with egg slices and pickled peaches. Slice loaf and serve with 2 cups well seasoned white sauce. Serves 6.



## Baked Beans with Pineapple and Sausages

8 sausages  
2 cans beans  
1 teaspoon mustard  
4 slices pineapple.

Put sausages in a cold skillet and cook until most of fat is removed. Add mustard to beans in a shallow pan. Cut pineapple in half and put around border of beans. Top with sausage spoke-style. Bake in a moderate oven until heated through.

—Miss Bernadette Gillis, St. Peter's W. I.

## Helps You Overcome FALSE TEETH

Looseness and Worry  
No longer be annoyed or feel ill-at-ease because of loose, wobbly false teeth. **PASTETH**, an improved salicylic acid powder, sprinkled on your plates holds them firmer so they feel more comfortable. Avoid embarrassment caused by loose plates. Get **PASTETH** today at any drug counter.

## ELLEN'S DIARY

By An Island Farmer's Wife

"And so he's away, Missis?" one who was at the door this morning inquiring for Rob offered with some disappointment. "The March day was bright and clear on the farm-lands and as we stopped there the moment we could hear as though close at hand the sound of a distant passing machine.

"But he won't be away for long," we said. "He has taken the boys and I've seen it over-done in more cases than one to make" his face crinkled into an engaging grin.

"You better tell of mis-fits, Missis? Well, there you are! I've seen men that would have made good carpenters, mechanics, farmers—yes, good farmers mind you, pushed and shoved along to school, to some profession or another, but he jacked his head, his pitiable figure. And on the other side of the ledger I've seen more than one farmer," he twinkled, "who should have soaked up schooling and gone on to something else, it would have been better all around if they had."

"You know I never had so much chance at the learning myself—but let me say that learning and education, as I make them out, are two different words—two different words entirely. I've seen learned fellows—honors Missis, you'd feel never looked at the inside of a book. They'd suffer so, if a chap didn't place his words to their liking or failed to pronounce them just right!

"They were what we used to call 'walking dictionaries' or encyclopedias on foot—knew everything, almost, that was to be learned out of books. But if you'd ask them to put a bridle on a horse, or milk a cow, or suchlike simple things they wouldn't know for the life they'd live. They'd go to it. Or to make up the simplest problems—like reckoning up the acres in a field that's not regular, they'd need all the paper up in the store at the corner to cipher it out. Any farmer a bit handy at figures would have it in his head in a flash. Oh, certainly not to the exact fraction but near enough to go by."

And we laughed remembering a scene from an old cropping. . . . A June evening it was, edged with the purpling of twilight. James had been cultivating a corner of new land that day smooching it for the nurse crop of buckwheat or maybe it was oats. It is now far in the past. But we can hear yet the sound of the horses coming down the farm-lane to drink in the trough by the pump and see James' face, boyish then, wearied of course but withal well pleased with his day. But . . . Until tomorrow . . . Diary . . . Good-night . . .

## Morning Smile

Cable from African explorer—Send six men to replace those just eaten by lions.

Cable to explorer—Please send full details of accident.

Cable from explorer—No accident. Lions did it on purpose.

## Anne Adams Patterns

For you, half-sizers—this novel neckline is circled with scallops for flattery—but up to conceal lingerie! Add the brief cover-up jacket for a change of pace. Cut to fit the short, fuller figure—no alternation problems.

Pattern 4671: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ dress takes 3½ yards 39-inch fabric; bolero takes 1½ yards.

This pattern easy to use, simple to sew is tested for fit. Has complete illustrated instructions.

Cost: Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS, s/o The Guardian, 40 Front Street West, Toronto, Ontario.

## COLGATE TOOTHBRUSH

Finest for your Family  
Firmly-set Nylon bristles resist moisture and wear never get soggy.

Ladies' 35¢ Child's 25¢  
\*Just right for children's first teeth



JACK BENNY'S DAUGHTER HAS LAVISH WEDDING—Comedian Jack Benny (right) and his wife, Mary Livingston (left), stand with their 19-year-old adopted daughter, Joan, and her bridegroom, Seth Baker, after their marriage at Hollywood. Many film notables attended the wedding, one of the most lavish to be held in the film colony in years. The couple plan to honeymoon in Hawaii. (NEA Telephoto)

## How Can I . . .

By Anne Ashley

Q How can I make stronger buttonholes?  
A Buttonholes made with fine crocheted threads are much stronger and do not tear out so easily as those made with ordinary sewing thread, and they can be made faster.

Q How can I remove tar stains from fabric?  
A Lard will remove tar stains from all kinds of materials. Rub into the stains and allow it to remain for an hour or so. Then wash the material in the usual manner.

Q How can I make mashed potatoes light and fluffy?  
A Hot milk, added a little at a time, while mashing potatoes, will make them light and fluffy. Heat, do not boil, the milk.

## Household Scrapbook

By Roberta Lee

**Tight Shoes**  
If new shoes hurt at the heel, rub the inside of the heel with hard soap before putting them on. A few cross strips of adhesive tape fastened to the heel will also take the rub.

**Tulip Decoration**  
When tulips are used as a decoration for the table, drop a tiny bit of wax in the calyx of each flower. They will live longer than if this is not done.

**Stove Pipes**  
All the stove pipes should be numbered with kerose. If they are stored away in the spring, if this is done it will prevent rust.

## Contract Bridge

By Josephine Culbertson

**HIS OWN ENEMY**  
Correct defense would have "fixed" South irrevocably in the following deal, but even with kind treatment from an opponent, he fixed himself.

## The Stars Say . . .

By Genevieve Kemble

For Tomorrow  
ROUTINE matters are favored this day so, in business affairs, stick to your work schedules instead of experimenting with untested ideas. Where household matters are concerned, however, the aspects are excellent. It is a fine period in which to plan or to start renovations, to make decorating changes; to improve and beautify the domestic scene generally. Real estate and farming interests are also favored.

## For the Birthday

If tomorrow is your birthday, you may have an opportunity to travel during May or June but, whether you accept it or not, these months should be unusually stimulating. Social affairs in which you will have a part should be at their liveliest and new contacts could bring increased popularity and prestige.

## Kingston W. I.

The regular meeting of Kingston Women's Institute was held at the home of Mrs. Elmer Walsh on March 9, with an attendance of 10 members.

Reports of various committees were heard and new ones appointed. Correspondence was read and discussed, including letters from Red Cross. One from Mrs. Willis, Principal of school, invited members and parents to visit school on March 12. Red Cross sewing was passed in, also articles made from remnant.

Lunch committee for next meeting are Mrs. Smith, Mrs. Newson, Mrs. Bert Willis, Mrs. Yeo put on a contest.

Next meeting will be at the home of Mrs. Whitfield Yeo.

## DOROTHY DIX'S COLUMN

### More Privacy Wanted

#### Wife's Parents In Her Home Too Much For Her Husband

DEAR MISS DIX: My husband and I have been married five years and have a four-year-old daughter. We get along perfectly—except for the problem I am about to relate. We agreed before our marriage to share a home with my parents. We all chipped in and bought a house.

At first things went along very well. Mom and I shared the housekeeping chores, taking turns with the meals. This seems to be the bone of contention. Of course, Phil and I never have a meal alone, and he has become quite sullen at mealtime. He never wants to talk just has lunch or dinner and leaves the table. I suppose the trouble would be for us to strike out on our own, but we have the problem of the house. My parents could keep it up by themselves and we also have quite an investment in it.

#### That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

#### Better English

By D. C. Williams

1. What is wrong with this sentence? "You only need to glance at the picture to be attracted with the artist's technique."  
2. What is the correct pronunciation of "Bahamas"?  
3. Which one of these words is misspelled? Tremor, treacherous, trespass, trepidation.  
4. What does the word "inability" mean?  
5. What is a word beginning with gu that means "easily deceived or cheated"?

#### The Stars Say . . .

By Genevieve Kemble

For Tomorrow  
ROUTINE matters are favored this day so, in business affairs, stick to your work schedules instead of experimenting with untested ideas. Where household matters are concerned, however, the aspects are excellent. It is a fine period in which to plan or to start renovations, to make decorating changes; to improve and beautify the domestic scene generally. Real estate and farming interests are also favored.

#### For the Birthday

If tomorrow is your birthday, you may have an opportunity to travel during May or June but, whether you accept it or not, these months should be unusually stimulating. Social affairs in which you will have a part should be at their liveliest and new contacts could bring increased popularity and prestige.

#### Kingston W. I.

The regular meeting of Kingston Women's Institute was held at the home of Mrs. Elmer Walsh on March 9, with an attendance of 10 members.

#### Modern Etiquette

By Roberta Lee

Q. Are silver crumb scrapers still in good use?  
A. They are still used if the tablecloth is of plain damask. But they are not practical for lace or embroidery. One may fold a napkin to the thickness of a pot-holder for this purpose.

Q. Is it necessary to send a gift when one receives an announcement of a girl's engagement?  
A. No, although it is sometimes done. It is not obligatory, and one can really wait until receiving the wedding invitation before sending a gift.

Q. When a man is making a business call, isn't it all right for him to place his hat and brief case on the desk of the man with whom he is talking?  
A. No; he should keep these articles in his lap.

## A Country Garden

By Mrs. Gordon MacMillan

Spring Rivulet

"When the March suns come And meadows are free And the waters start A-way to the sea, Far back in the fields When the keen winds blow I follow a rill From a bank of snow. There the last drift lies In a fence-row hedge And an inch-wide thread Drops out of its edge; And the day-old pools Ice-rimmed on the grass Seep into the stream As its waters pass."

What does spring begin? The calendar sets the date as March 21st but most gardeners know that in the northeastern section of the country, growing weather does not start until the latter part of April. On each warm sunny day from late February through March the ardent gardener has an urge to poke around in sheltered spots in the hope that some venture of color or at least a hint of growth. Spring really begins for us when we find the first flower.

On warm sunny days there are many tasks to be done in the garden even this month, and on stormy days it is wise to mend and paint garden chairs, garden stakes and trellises, then when planting and sowing time comes it will be possible to spend every moment outdoors rather than miss all the lovely spring days.

If it is practical add plants from the basement up to the light so that growth can become hardened and useful for cuttings. The Puschias and large Geraniums, also the Oleander and other plants in tubs wintering there, have been taken to the light.

A good gardener from the eastern part of the Island told me of the snowdrops in his garden last week.

#### That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

#### That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

#### That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

#### That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

#### That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

#### That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

#### That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

## Lenten Meditation

from the columns of the Times, London

CHRISTIAN CHARACTER

To give a complete answer to the question "What is a Christian?" not in abstract terms, but in the actual setting of daily life, would be a difficult, if not an impossible, task; as difficult as it would be to find an agreed definition of the Christian purpose in the world. Christians would express this in a great variety of ways, largely depending upon the particular tradition to which they belong.

This does not mean that in a fundamental sense there need be any uncertainty as to what the term Christian implies. The word goodness itself eludes definition; just as it is impossible to analyse the highest expressions of art, but this does not imply that they have no concrete reality. Is the true conception of Christian character to be discovered in a kind of synthesis of the various types produced by the different Christian traditions? Is each type partly true and partly in need of modification or even correction by the others? It might be tempting to the theologian, or the mystic, so to approach the question, but to attempt such a synthesis would almost inevitably lead to a merely barren academic discussion of theological issues—since religious experience cannot be separated from theology—and in the process the central issues of the Christian Gospel might well be hidden or lost.

At least it may be affirmed that the Christian is one who seeks to know the will of God, and by his response to Christ's invitation, "follow me," to further its fulfillment in the life of the world. For him God means the God who has made himself known supremely in Christ. He is not the God of the deist, nor is he an impersonal spirit pervading all things; he is one whom, through Jesus, "we know in part"; who possesses the attributes of personality, and who enters into a personal relationship with men. The Christian believes that God's will is related not only to the general life of man, but also to his own brief existence in his world. The "will of God" should not be thought of as including a detailed plan for every life—a view would raise many perplexing questions. It should rather be interpreted as concerned with a general purpose, not so much with what a man may choose as his life's vocation, but with the spirit in which he strives to fulfil it, whether or not he sees his daily activities as part of the service he renders to God; that in them—to use the words of the Collect—he shall "think and do always such things as be rightful."

"This is the will of God," says St. Paul, "even your sanctification." He is using the word sanctification in a specific connection, but it is capable of a more general application. To sanctify is to hallow; to bring into the realm of the sacred, to abolish progressively that separation of the sacred and the secular to which even Christians are all too prone. Thus, the Christian is one who, at least in ideal, strives to bring his life into one harmonious whole, so that sacred and secular may become an indissoluble unity. The increasing secularization of modern life presents an insuperable challenge to Christian people, and, indeed, to all who realize the gravity of this threat to the life of the spirit. The challenge will be met effectively only as those who use the words of the Collect—those who are able to achieve that wholeness of life—not only in acts of prayer and worship, but also in the totality of their experience—through which the spirit of God can find its freest expression.

## That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

## That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

## That Body Of Yours

By James W. Barton, M.D.

STUDIES OF THE AGING HEART  
A prominent surgeon recently remarked that now that he was in his seventies, he might expect to develop arthritis and other major disturbances that seem to go with old age. He was still doing major operations almost daily and felt the pain in his back was arthritis of the joints of the spine because he was standing so much for a man of his age. He believed, however, that his heart was normal for his age.

As a matter of fact, physicians are warning us that we do not have to endure disease just because we happen to be growing older.

In Archives of Internal Medicine, Dr. H. H. Whitlock and Paul Kaufman state that heart disease is not an inevitable accompaniment of old age. "Even after the age of 60, most anatomically normal hearts function normally, too. Clinical X-ray and electrocardiographic methods of study, if critically appraised, give a fairly accurate differentiation between the normal and the abnormal heart in aging persons."

Of 800 consecutive bodies examined after death of patients over 50 years of age, 5 per cent (1 in 20) showed no gross evidence of hardening of the arteries and heart muscle or other heart disease. The functional, that is the action of the heart, was good in all 5 per cent patients. Even heart murmurs and disturbances of the rhythm of the electrocardiograms of elderly patients may be found in normal useful hearts. X-ray findings agree with these other findings, the size and situation of the heart being normal. Most blood pressures were under 150 systolic and 100 diastolic limits as stated by life insurance companies. High blood pressure of any degree is almost always associated with coronary sclerosis. "These patients who do not suffer or die of heart disease die mostly of malignant growths (cancer), cerebral accidents (apoplexy or kidney ailments).

Other observations seen in per-

## That Body Of