

That Body Of Yours

By James W. Barton, M.D.

WE ARE ALL NEUROTICS AT TIMES

I have written of the patient suffering with stomach ulcer and as medicine and diet did not affect a cure, was told that operation was necessary. He told his physician that he was glad to undergo operation as he would then be rid of his ulcer and have no more trouble.

His physician told him that he would be rid of "this" ulcer but could readily grow another ulcer if he did not change his habits—eating too fast, eating when tired, eating when emotionally upset. It was his own poor health habits that might grow another stomach ulcer. We must all confess that there are times when everything seems to go dead wrong and we feel that what we need is a change in our surroundings, our job, our home and even our family. It seldom occurs to us that it is not our surroundings, job or family that is changing but that we need to change ourselves. We blame our rapid heart beat, our tiredness, our sleeplessness and our stomach or other symptoms on everybody but ourselves. We are what are called neurotics.

In "The New York State Journal of Medicine," Dr. C. E. Gesheh, in an article, "Practical Psychotherapy in General Practice," states: "The neurotic has sufficient insight into his difficulties to realize that some sort of change is necessary in order for him to feel more comfortable. He will, almost inevitably, try to change something in his environment, however, rather than something in himself. The physician can easily be convinced, then hearing the patient's complaint about job, school, husband, wife, neighbors, etc., that changing the environment or surroundings would be a reasonable solution."

By recommending these changes,

Morning Smile

Irony

After a performance an actress went into the next dressing-room to show another performer her new fur coat, a present from an admirer. After it had been duly admired, she turned to go as the other girl purred: "Have a good time, dear. After all, we have only nine lives."

In Richmond, Virginia, a boyish looking fellow offered his seat in a crowded street car to an old lady who wore a blue-and-red Confederate flag pinned on her dress.

She said graciously: "It is easy to see what part of the country you come from."

The young fellow's face glowed as he took off his hat. "Permit me to thank you," he said bashfully but feverishly, "in the name of Vermont!"

The physician loses sight of the fact that the patient himself has really caused things to reach the point where they seem so disagreeable.

"In other words, the physician's attention needs to be focused on the patient's own responsibility for the troubles he gets into, rather than on the justification of the patient's complaints. The physician who assumes the responsibility of recommending a change of job, change of a marital partner, change of home, etc., as a solution for the patient's difficulties may be getting himself into more trouble than he realizes unless he has taken into very serious consideration the role the patient himself plays in his own difficulties."

It should do us all good if we would look carefully at our all-around make-up. "It was fraumie a blunder free us, an' foolin' notion" — to quote the poet Robert Burns.

Designed in Toronto



Sleek black zibeline in a narrow silhouette is a feature of this dress-up fall coat. It has push-up sleeves and small collar for jeweled accessory pins. It was designed in Toronto. (CP PHOTO)

New Fashion Changes Says Designer Dior

By NADEANE WALKER

PARIS (AP)—Christian Dior has thrown a bombshell into the middle of the Paris fashion opening by drastically shortening skirts to barely below the knee. At the same time he made radical changes in the waistline, and boldly announced Tuesday the beginning of a new cycle in feminine dress.

Whether women will again follow the lead of the man who has already revolutionized fashions once with the New Look remains to be seen, but the newest Dior clothes bear so little resemblance to those women are currently wearing that old wardrobes will be thrown out if the new style succeeds.

Lopping off your skirts won't be enough. There's a whole new cut that drapes the waistline loosely between the top of the hips and the bottom of the bust. The de-

signer's own name for his 1953 creation is the "Live#Line." His two new silhouettes he calls "Bifid Tower" and "Cupola." One is skimpily slim, the other bell-skirted.

In a fashion season which began quietly with few changes in last season's length 12 or 13 inches from the floor or general lines, Dior's opening came like a thunderclap. With about two-thirds of the major houses still to show, some fashion experts visualized seamstresses stitching frantically all night to shorten hemlines. If they do, it will be a new triumph for the mild, balding little man who could and perhaps still can lead Dame Fashion around by the nose.

For the first time in many seasons, the legs come into their own, and a lady is permitted to show her calves. The new length looks to be about 16 or 17 inches from the floor. To tall women, fat women and bow-legged women, it's a catastrophe.

Household Scrapbook

By Roberta Lee

White Woolens

If white woolens start to turn yellowish, use three ounces of peroxide to two gallons of water in washing them, and dry in the sun.

Plant Care

To rid a plant of aphids, save the soapy water when you wash your hose or undies at night. In the morning, when the water is cool, pour it over the plant and the soil.

Straw Hats

To renew the gloss on a black or colored straw hat, go over it lightly several times with a cloth dipped in alcohol.

Better English

By D. C. Williams

1. What is wrong with this sentence? "The man claims he earns over a hundred dollars a week." 2. What is the correct pronunciation of "chignon"? 3. Which one of these words is misspelled? Adulterer, upholsterer, mariner, conquerer. 4. What does the word "gestic" mean? 5. What is a word beginning with imp that means "not to be appeased"?

ANSWERS

1. Say, "The man maintains that he earns more than a hundred dollars a week." 2. Pronounce shen-yon, e as in she, o as in on, accent first syllable. 3. Conquerer. 4. Relating to bodily motion, especially dancing. "The people were pleased by her interpretation of the gestic art." 5. Implacable.

Modern Etiquette

By Roberta Lee

- Q. On which arm of her father should a bride proceed down the aisle of the church?
A. On his right arm.
- Q. What should a person do when he has completed introducing two persons?
A. It would be nice, if possible, to draw the new acquaintances into conversation by introducing some subject of mutual interest.
- Q. Is there any difference in the pronunciation of "fiancee" (feminine) and "fiance" (masculine)?
A. No; both are pronounced as fee-ahn-say, with accent on last syllable.

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ELLEN'S DIARY

By An Island Farmer's Wife

What is it, we wonder, that makes summer so enchanting to dwellers on Island farms? Is it because the days are ever new that come to us cool and dew-washed at morning? Or that after the "toils" of these are over we rest in the serenity of evenings' peace? Or maybe it is because always about us lie such beautiful scenes — contented farms, cozy villages at cross-roads, blue seas and washing tidal rivers... and little brooks singing their tinkling measures, as bearing sunshine and shadow they course along green-velvet ways.

Is it because of sun-flecked wavelets on millpond or a full moon bridging it fetchingly? Or the silvery slant of a warm shower running away in tiny streamlets before being caught by the sun? Is it the enchantment in the glint of ruby-red strawberries on ferny-spiced banks, and raspberries heading in a remembered patch of a clearing? Or in a clear beacon of light beckoning harborward, pointing a way to sea-voyagers as truly as do the white church spires, that to a path "strait and narrow"? Or is it to be found in the nostalgic sight of lonely school-grounds and the sound of children at play about the home-yards? Is it rather in old gardens where roses bloom still, or in hedgerows bright with the pink of the briers?

Aye, it is in these — all of them bound together with a bird's trill and be-sprinkled with the scent of many a fragrance. It is more! It is a hundred things besides... laughter of summer smiles, tears of green haunts, sunny trails. In it, remember, is the glad hail of vacationing friends — those we had known "and lost awhile" on earth and now have them with us in the flesh once more.

"Your people, Ellen, I'm sure they're only imaginary — they're like your farming, too marvellous altogether!" one with a licence to criticize us pointed out, with a smile the other day. "You needn't try to make me believe that the ordinary folk, the like of you and me and those with whom we rub shoulders in our daily living have life histories that read like a book! Oh, I grant you there is the interesting exception, those who have climbed to important positions in their country — in Church or state or what-have-you Ellen, but not," she chuckled, "what the politicians call 'the man in the street.' Oh no — they and we, are born, live and die... and that" she nodded, "is about all there is to it! And yet you read fairy-tales into their lives!"

Perhaps because we are older and able therefore to look back to the very beginning of many a life, we have been privileged to follow with some measure of perception their various courses. We have learned thereby to recognize and appreciate the richness of "commonplace" lives; the unsurpassed brilliance of many a one. We have seen every virtue exemplified therein, and it is true, because it is written "none is perfect" though conditionally we "grow in grace" the human shortcomings and omissions as well.

And in truth, often unexpectedly before our eyes we have seen lovely fairy tales unfold. We were reminded of this, when a native vacationing daughter of The Island and her daughter called at this House "in the road" from Alderlea, this summer afternoon.

Until tomorrow — Diary — Good-night....

The Union Army suffered 350,000 deaths and the Confederates 133,768 in the United States Civil War.

GET 8 hrs. SLEEP

Nervous tension causes up to 75% of all sickness, particularly sleeplessness, jitteriness and irritability. Get a full night's sleep, and the nerve during the day will follow non-opiate sedative. Sedin tablets — over 50 million packages sold first 18 months on the market. No prescription necessary, but ask by druggists only. Money refunded if Sedin fails to help you.

Famed Peaks Become "Queen Elizabeth" Range



Sixteen peaks which encircle Queen Elizabeth range in honor of the Queen's coronation. The left to right: Mount Sampson, Maligne lake — the most photographed body of water in North America — in Jasper Park, Canadian Rockies, are now called the individual names. Seven of these peaks with their icefields and glaciers, shown in this picture, are named in honor of the Queen's coronation. The left to right: Mount Sampson, Maligne Mountain, Mount Paul, Mount Warren, Mount Mary Vaux, Mount Carlton and Mount Unwin.

Cook's Corner

CHERRY DESSERT TARTS

- 6 large deep baked tart shells
 - 3 baked rounds of pastry
 - 1 can (15 ounces) sweetened canned red cherries
 - 1/4 cup granulated sugar
 - 1/4 teaspoon salt
 - 2 tablespoons corn starch
 - 1 tablespoon butter or margarine
 - 1 tablespoon lemon juice
- Prepare the tart shells and rounds of pastry. Drain the cherries. Measure cherry syrup and add sufficient water to bring measure to 1 cupful of liquid.

Combine the sugar, salt and corn starch in a saucepan; gradually stir in cherry syrup mixture.

Cook over direct heat, stirring constantly, until mixture is smoothly thickened; cover and cook over very low heat, stirring occasionally, until no raw flavor of corn starch remains — about 5 minutes longer. Remove from heat; stir in butter or margarine, lemon juice and cherries. Cool filling. For first day serving, fill 3 baked tart shells with ice cream and spoon about a third of the cherry filling over top. Pour remaining filling into 3 tart shells and top with baked pastry rounds; cover and hold at room temperature until next day.

DOROTHY DIX'S COLUMN

Female Of Species

Husband A Grand Man, But Won't Trust Wife To Drive Their Car

DEAR MISS DIX: For the past few months my husband and I have had quarrels over my driving. He doesn't want me to drive, even though I have had my license for seven months and had to drive in the city to get it. I think I have as much right to drive as a man. I saved and did without things to get the car, and it should be as much mine as his. My husband is a wonderful man, and we get along fine, except for this one difference.

SAMPLE OF MALE EGO

ANSWER: Ever hear of a man's ego? Well, one of the things upon which it is most set is the fairy tale that only men make good drivers. How a man hates to admit that a woman can handle a car as well as he can! Perhaps your driving just turned out better than your husband's. There's absolutely no question about your right to drive the car. Since you should pay for it, and are a licensed driver, it should be at your disposal on a reasonable basis.

DEAR MISS DIX: Two years ago I was swept off my feet by John, then a widower, and married him, jilting the man I really loved. Soon after our honeymoon, I discovered that I was just a housekeeper to take the place of his late wife. My thought-keep turning to my old sweetheart, whom I haven't seen since my marriage.

MRS. L. K. ANSWER: And if you had married the first sweetheart you would have yearned for John who had so much security to offer! You don't seem ill-treated in any way except that you can't have a husband AND

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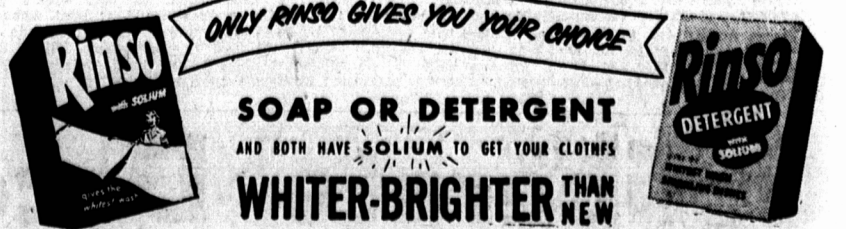


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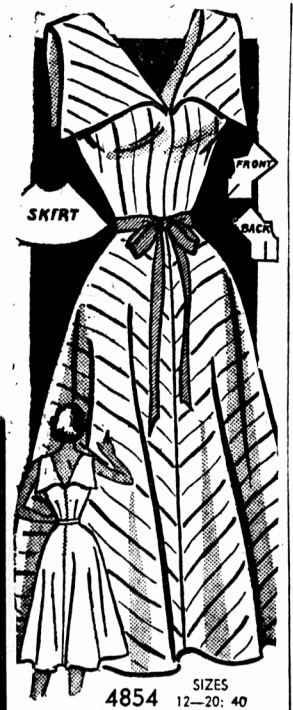
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