

## That Body Of Yours

By James W. Barton, M.D.

### RESULTS OF HOSPITAL TREATMENT OF ALCOHOLISM

Now that alcoholism is freely discussed and recognized as a defect in the make-up of the alcoholic, many common and uncommon causes are being found by digging deeply into his personal history.

At one time it was thought that it showed a lack of intelligence for anyone to allow himself to be made unconscious and not responsible for his actions by the use of alcohol. The work done at the Yale School for the Study of Alcohol, however, has clearly shown that intellect has no relation to alcoholism.

Fortunately our psychiatrists, busy as all of them are, are giving much time to the study of alcoholism and its treatment.

The report of a study, "Results in Hospital Treatment of Alcoholism in Males," by Drs. Curtis T. Prout, Edward I. Strongin, and Mary Alice White, White Plains, N. Y., appeared in American Journal of Psychiatry. They review the treatment and observations made upon one hundred men patients between August, 1940, and January, 1948, in a psychiatric hospital, who had been hospitalized because of overindulgence in alcoholic beverages. Of these 100 men, 89 were diagnosed as "Alcoholism without Mental Disorder." The other 11 were with alcoholic psychosis (mental disorder). "A review of family background in these cases revealed a prevalence of suicide, alcoholism or various degrees of lack of capacity from mental illness in nine families where alcoholism had existed a spontaneous reformation had taken place and five of the patients from these families were now abstaining."

Another interesting finding was that from the intellectual standpoint these patients were above the average and 68 had attended college.

The outstanding physical abnormalities in order to frequency were tremors, high blood pressure, enlarged liver, neuritis. During their stay in hospital the percentage of accidents among them was high. Notwithstanding that there were so many university patients, the beginning of the drinking habit was due to something within themselves, not mixing with others.

In the management and treat-

## Modern Etiquette

By Roberta Lee

Q. How is the public announcement of an engagement made?

A. This should be made by the parents of the bride-elect, and is done intimately by note, and publicly through the newspapers, and verbally to friends individually or collectively. Engraved announcements are not correct.

Q. How are canapés eaten?

A. When canapés are served before a meal (with cocktails in the living room), they are eaten with the fingers. At the table they are eaten, as are other hors d'oeuvres, with a fork.

Q. Is it proper to use a visiting card for writing one's regrets to a formal invitation?

A. No. If an answer is requested on the invitation, it must be answered on one's personal stationery.

## Better English

By O. C. Williams

1. What is wrong with this sentence? "My husband would come, only he was too busy."

2. What is the correct pronunciation of "agile"?

3. Which one of these words is misspelled? Confluence, conqueror, concurrence, coincidental.

4. What does the word "transient" mean?

5. What is a word beginning with bu that means "rustic"?

### ANSWERS

1. Say, "My husband would have come, but he was too busy."

2. Pronounce a-j-i-l, a as in at (not as in age) i as in ill (not as in isle). Concurrence. 4. Brief; fleeting. "Mirth is transient, cheerfulness permanent." 5. Bucolic.

ment of these alcoholics, they were cared for in the same physical environment and surroundings as the other psychiatric patients. They were given exercise, massage, baths, occupational therapy, supervised social activities, physical education and foods rich in vitamins.

A follow-up study showed 25 recovered, 30 drinking but managing better, 21 still drinking but improved.



AT BALLET, PETITE MISS PRESENTS PRINCESS WITH BOUQUET WHILE PHILIP LOOKS ON

## DOROTHY DIX SAYS—

### Negligent Father

Someday He'll Regret His Indifference To Children

DEAR MISS DIX: I am a young wife, mother of three children. My husband, Carl, is a good worker and to all appearances loves his family very much, but he never wants us with him. He claims it is too much trouble to get the children ready to go somewhere, consequently the youngsters and I are at home most of the time. He takes fishing trips with his men friends, and has other excuses to get out by himself. He will not permit me to take the car, nor will he give me money to go out by myself. This treatment is getting me resentful and cranky. Talking to him does no good. Is there any solution?

MRS. W.

ANSWER: Although at present you feel you are the injured party, in a few years when Carl's children are as indifferent to him as he is to them now, he is going to be the one to feel hurt and resentful. He is willfully surrendering the right to the best company in the world, that of his children, and they will never have for him the feelings a father should earn. This privilege is, through his neglect, doubly yours and though constant care of the youngsters may seem confining at times, you are establishing a fine relationship with your family.

### IT'S YOUR TURN

Since your husband spends money on his own outings, you are certainly entitled to similar privileges. The only way you'll get them will be to insist vehemently on the right to the car when you need it, and enough money to take the children out occasionally. But believe me, you'll have to be very determined. Hubby's had his own way long enough. Make it your turn next!

DEAR DOROTHY DIX: Will you please tell me what to do about people who borrow a number of books and keep them indefinitely? When asked to return them, they become highly insulted. I think it is a downright imposition. Generally, it is a best seller that is borrowed and that is the last time you see it.

J. H. ANSWER: A satisfactory solution to this problem would, I am sure, entitle me to a handsome trophy from all bibliophiles, but alas, I do not have the magic formula. I have, instead, many vacant spaces on my own bookshelves, depleted by just such means as you condemn. Why a person who wouldn't think of taking a dime from your home will walk off with an expensive book, henceforth to ignore all obligation to return same, is an eternal mystery.

The nearest I can come to suggesting a remedy is to tell you to stop lending books. Have a handy excuse ready if you don't like to come right out and say you won't lend them. Either you are reading it yourself, are about to read it or have promised it to another friend.

## The Stars Say --

By Genevieve Kemble

### For Tomorrow

WHILE important matters demand the attention, it may be difficult to get a clear perspective on vital issues. The mind is unsettled and confused. Flash judgment would interfere with cherished plans and objectives, causing definite loss. A false step could precipitate litigation, with loss of funds or property. Think twice before acting.

### For the Birthday

Those whose birthday it is may face a difficult era in which major objectives are jeopardized. Finances, property, position and credit are involved. The mentality being confused and muddled, a general nervous state of mind and emotions exists. Litigation, loss and thwarted plans could be vital. Little co-operation can be expected from superiors.

A child born on this day may be handicapped by a restless and nervous disposition, detrimental to its progress and place in life.

### Cheaper

"I take a meal out occasionally but I never go to the same restaurant twice." "I don't leave a tip, either."

— Photo by Pope McMathen.



## Anne Adams Patterns

### LOOK 'CUTE ON DUTY

Just an Old-Fashioned Girl who loves to make Home more beautiful? Here's the apron for you! So frilly and gay — you'll be the prettiest thing about the house! Pocket applique is easy, and is trimmed with eyelet ruffling!

Pattern 4594 in sizes small 14-16; medium 18-20; large 40-42. Small size, 1 1/2 yards 35-inch; applique transfer included.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send 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 care of The Guardian, 60 Front St. West, Toronto, Ontario.

### Morning Smile

#### Good Drink

The orderly officer was going his rounds at breakfast and stopped at one table with the usual query, "Any complaints?"

One man jumped to his feet and said: "Yes, sir, this tea tastes of chloride of lime."

The officer took the mug, sniffed the contents, then sipped delicately. "Nonsense," he pronounced, "that's carboric acid!"



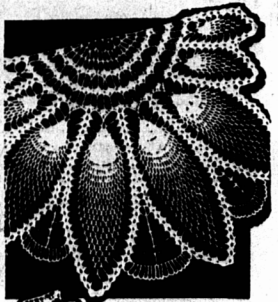
A BOY AT HEART — Windsor Mayor Arthur J.R. Prince Charles. Said the Duke: "Let's see how it works." Resumes, presented a miniature electric driven car to Princess Elizabeth and Prince Philip for young

## Alice Brooks Designs

### PARTY SET

Have this chair-set ready for special occasions! You'll find the crisp dainty design adds a touch of real luxury to your room. A fitting size for a buffet set too! Pineapple-design crochet forms a new and different lacy chair-set. Pattern C7314; directions.

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### Household Scrapbook

By Roberta Lee

#### The Telephone

Clean the telephone regularly with a soft rag wrung out of warm suds, and then rinse with a damp cloth, and finally polish with a dry cloth. The mouthpiece should be cleaned with a cloth dampened with peroxide, or some other odorless disinfectant, so as to sterilize it as well as clean it.

#### The Garage Floor

Oil and grease stains on the cement floor of the garage are very unsightly. They can be removed by scouring with naphtha and a vigorous brushing with the broom.

#### Tarnished Braid

When gold lace or braid is badly tarnished, sprinkle with fuller's earth and then rub with a stiff brush.

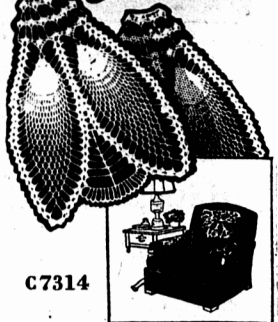
### Cook's Corner

#### SWISS STEAK PLATTER

Half cup flour, 1 teaspoon salt, 3/4 teaspoon pepper, 2 lbs. round chuck or rump beef, 3 tablespoons bacon fat or drippings, 2 medium onions, 1 bay leaf, 1 can tomatoes.

Mix flour salt and pepper together. Then pound half of this flour mixture into one side of meat using the rim of a sturdy saucer, turn and pound remaining flour into other side. This helps to break down the tough-making fibres and gives you just enough flour to thicken your gravy. Heat fat or drippings in heavy kettle with tightly fitting cover. Brown meat on both sides. In the meantime, slice onions thin. Add bay leaf, onions and tomatoes to beef.

Cover tightly and cook very slowly on top of range for about two hours. Then, uncover and cook 1/4 hour longer so some of the liquid will evaporate and gravy will thicken. The meat should now be tender enough to pierce easily with a fork. Serves 4-6.



by Alice Brooks

### How Can I!!!

By Anne Ashley

Q. How can I treat scratches mahogany furniture?

A. Before polishing mahogany furniture that has been scratched rather deeply, fill in the scratches with tincture of iodine. Then apply the wax or polish and the scratches will be practically invisible.

Q. How can I be sure that a stain remover will not affect the color of a garment?

A. It is risky to take chances with any stain remover on colored fabrics until it is tested on the underneath part of the hem of the garment to see if it affects the color.

Q. How can I treat the water for a child to blow soap bubbles to give the bubbles more color?

A. A drop or two of glycerine added to the soapy water will do this, and the bubbles will also last longer before breaking.

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