

That Body Of Yours
By James W. Barton, M.D.

FOOD NEEDS AFTER AN ILLNESS OR OPERATION

Perhaps you have had an infection of some kind—severe cold, sore throat (streptococcus), infected ear—and you seem slow in regaining your strength. You feel that with the food you have been eating and the amount of rest taken you should have your full strength back sooner.

What many of us forget is that when an infection occurs, all the forces of the body—heart, lungs, blood vessels, digestive system—are working at a hard pace to fight off the infection. Thus after infection has disappeared, these body forces and body requirements as to food, rest, and perhaps oxygen, are behind in the demand on them by the body.

The body forces, in fighting the infection, have been using up food and body tissues at a rapid rate, hence the rise in temperature of several degrees. And unfortunately, when we are ill, sometimes the digestive processes do not use all the food eaten for some reason. This is true of the most nourishing of all foods, the proteins—meat, eggs, fish—which are body builders and restore strength in less time than other foods.

In New York State Journal of Medicine, Drs. Herbert Pollack and John Bookman (Mount Sinai Hospital, New York City) emphasize the frequency with which malnutrition occurs in patients who are fed sufficient food of the needed kinds, but for one reason or another are unable to digest all the food eaten.

Sometimes the wall of the intestine, which allows the digested food to be absorbed into the blood, has been damaged by the illness and this part of the intestine fails to allow the digested food to pass into the blood stream and lymphatics. This means that even if food is good and nourishing, it fails to reach the blood and rebuild the body.

Therefore, if the patient doesn't recover his strength in the usual time after an illness or operation, it may be because he is not getting full nourishment from his food, and so the diet should be investigated by the physician or nurse. Sometimes proteins in form of amino acids and concentrated meat juices are used with success in these cases.

Better English
By B. C. Williams

1. What is wrong with this sentence? "It was a temporary arrangement at best."
2. What is the correct pronunciation of "area"?

3. Which one of these words is misspelled? Benefactor, benignity, bereavement, beneficial.
4. What does the word "vehemence" mean?
5. What is a word beginning with off that means "meddlesome"?

ANSWERS

1. Say, "It was a temporary arrangement at the best." 2. Preferred pronunciation is with the first 'a' as in ate. 3. Beneficial. 4. State of being very ardent, eager, violent. (Accent first syllable). "He spoke with vehemence." 5. Officious.

The Stars Say --
By Genevieve Kemble

For Thursday, October 12

DIFFICULTIES and dangers beset the way, with faulty impulses and snap judgment accentuating complications and treachery. It is advisable to defer making important decisions both in business and social contacts. With patience and a modicum of awareness and practical planning, things may work out satisfactorily although perhaps slowly. Wider scope and timely intervention may save the day.

For the Birthday

Those whose birthday it is, may be called upon to exercise keen judgment and astute management. Subtle and tricky undercurrents call for forthright action, with prudence and precaution to avert a dilemma, through mistaken judgment or impetuosity. Practical and energetic approach may enlist cooperation from influential sources. But be discreet in all affairs.

A child born on this day, is blessed with energy, good planning, ability, but may be disposed to act with impetuosity and faulty judgment.

REAL HELP FOR INDIGESTION AND CONSTIPATION

Get relief from constipation—indigestion. Positive results from FRUIT-A-TIVES proven by tens of thousands. FRUIT-A-TIVES contains extracts of fruits and herbs.

Household Scrapbook
By Roberta Lee

Nosebleed

Try the following remedy when suffering from excessive nosebleed. Sit erect with arms raised and the head thrown slightly back. Apply ice or very cold wet cloths to the back of the neck and forehead. Do not blow the nose.

Waxed Paper

It is a good idea to save the waxed paper from bread, cut it into squares and keep in a convenient place in the kitchen. It is excellent to use when greasing any pans or plates.

Stone Crocks

Stoneware crocks and jars should have cold water and a little soap placed in them, and should be boiled, before being used.

Bereaved Mother
Woman Can't Get Over Death Of Infant Girl

DEAR MISS DIX: I have been married more than eight years to a wonderful man, the kindest person I have ever known. His salary is small, so we have no easy time making ends meet. But that is not my trouble. It is losing my baby. I have always been a child, and when I knew that the one who was coming I was the happiest person in the world. But she only lived four hours. A misplaced heart and a lung that failed to grow. Losing her has made me so wild with grief that I have nearly lost my mind. I think of nothing but my baby and how sweet she would be. How I shall make out, God only knows.

None Can Escape

Not one of us can escape the bitter tragedy of parting from someone we love, and the earth would be so filled with grief and with the lamentations of the bereaved that it would be an intolerable place if we all met our misfortune with the lack of fortitude that you show. For your loss is not unique. It is not even the greatest one that a woman has ever been called upon to suffer.

When I say this to you, don't think I am lacking in sympathy. I am not. But what you need now is not pity, but a brace. You need someone to tell you, as I am doing, that you are being a coward in giving up to your disappointment in losing your baby and that for the sake of the good husband you have that you must make an effort to get yourself together and dry your tears.

The best remedy for sorrow is work. Get busy. If you have not enough to do at home to keep you occupied, find a job. Something that you will have to think about. Something that will take your thoughts off your child and that will make you so tired that you will sleep at night, instead of lying awake thinking of your loss. And have another baby as soon as you can. If you could afford the one you lost, you can certainly afford another, and baby hands will heal the wound in your heart.

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Wrap dough in waxed paper and chill in refrigerator overnight.

Strange But True
By F. H. MacArthur

This 12-year old boy in writing to his father makes good use of the ditto mark. The letter ran:
Dear Dad:
I hope you are well.
" Mother is well.
" Sister is well.
" Dick is well.
" Grandma is well
" wish you were here.
" Mother was here.
" Sister " " "
" Grandma was here.
" you'd send me some money.

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...this box contains the utmost in quality and styling

Ask for PHANTOM at your favourite hosiery counter

Phantom Pencil Seam NYLONS

*Design Mark Registered National Hosiery Mills Limited Hamilton, Ontario

"I'M A LUX GIRL!" says Virginia Mayo

Virginia is lovely in her newest role as the lady fair of a dashing outlaw. Her million-dollar complexion gets gentle Lux Toilet Soap care!

"Active-lather facials keep my skin just right for close-ups," she says. "I smooth the creamy lather in well, rinse, pat with a soft towel to dry. Leaves my skin so fresh!"

You'll find Lux Soap's active lather gives your skin new beauty—so quickly! Try this fragrant white soap screen stars recommend.

FOR ALL OVER LUX LOWLATHERS TRY THE NEW BATH SIZE

9 out of 10 Screen Stars use Lux Toilet Soap

BURT LANCASTER • VIRGINIA MAYO co-starring in the Norma-F. R. Production "THE FLAME AND THE ARROW" distributed by WARNER BROS., COLOR BY TECHNICOLOR