

Blood Sugar Has Effect On Disposition

Dear Mary Haworth: We enjoy your column so much, and have benefited by your advice in many instances. Particularly we appreciate your reference to the book "Body, Mind and Sugar" (Holt). By E. M. Abrahamson and A. W. Pezet.

One of the staff members at our treatment center had suffered for years with hyperinsulinism (blood sugar starvation) and was not being properly treated for the condition. She read the book, and pursuant to your suggestion, and then discussed it with her neurophysiologist, who said he was very glad that she had called it to his attention.

This doctor, a prominent specialist, and an assistant professor on a medical school faculty, feels that this latterday development in medicine (pioneered by Dr. Abrahamson), has been largely ignored by the medical profession; and that it can be of major importance in treating so-called "nervous" disorders. He also states that many of his colleagues have never heard of functional hyperinsulinism or neurogenic hypoglycemia, and are surprised and somewhat disbelieving when a six-hour sugar tolerance test discloses that the patient they referred to him for consultation has functional hyperinsulinism.

DOCTOR TRIES This psychiatrist's opinion, like those set forth in the book "Body, Mind and Sugar," is that many patients are unable to cope with their anxiety-charged problems, when the blood sugar level is low. And he has observed the happy resolution of such difficulties as aggressive hostility, passive dependency and other supposedly psychogenic ailments when the corrective diet has been followed accurately, and the blood sugar leaves become stabilized.

Thanking you for your invaluable help, I am, sincerely yours, E.L.

Dear E.L.: Well, it seems there is something to be said for the open mind. My own introduction to Dr. Abrahamson's findings in regard to hyperinsulinism was as follows:

A few years ago I received a friendly but admonitory letter from a naval officer's wife, a widely travelled woman, then just back from a long tour of duty in foreign outposts. She identified herself as a loyal follower of this column, and said it often had been a source of education to her, in former years.

Measure Up, Get In Shape

A shapely figure calls for harmony of proportion. In the de luxe figure salons, reducing according to measure is part of the course. The tape measure will give the unbiased facts and reveal where your figure needs alterations. Here are the pivotal measurements: Bust, waist, abdomen, hips.

In standard dress sizes, for each body type, measurements are based on the bust. In taking the bust measure, wear a bra. Circle tape around back, under arms, and bring it together across center of bust at the level of maximum curve.

Now, the facts about your figure, madam. The waistline is rightly proportioned at 8 to 10 inches smaller than the bust circumference. Average 8 inches. The abdomen should have only a slight curve and ideally should measure from one-half to two and a half inches smaller than the bust circumference.

Hon. Justice D. Hyndman, Ottawa, and Mrs. Hyndman are summing up at Keppoch Beach Hotel. Historic old Geddies Memorial Church on August 2 is observing its one hundred and fiftieth anniversary.

Mr. and Mrs. Victor Morris Winnipeg, are the guests of Miss M. Pickard and Mr. and Mrs. Stanley Crosby, Euston St. Dr. J.A. Ritchie, Newmarket, Ontario, who was called home on account of the illness of his father, G.E. Ritchie, returned to his home. Dr. Ritchie was accompanied by his wife and two children.

Mr. and Mrs. Douglas Gordon, Montreal and their sons are holidaying at Holland Cove. Mrs. A.A. Lovart, Summerside, has as her house guest for several days her son and daughter-in-law, Mr. and Mrs. Roy W. Lockhart, with their son Richard Arthur, who have been vacationing in Shediac. In August they will return to their home in Dorval, Quebec, where Mr. Lockhart is manager of the Trans-Atlantic Division of Trans-Canada Airlines.

Mr. and Mrs. Wymann Cairns, Summerside East, entertained the wedding party Thursday evening following the Hogg-Cairns rehearsal. Mrs. Audrey Parlee and son Charles, Halifax, are spending a holiday with Mrs. Parlee's father, Mr. J.F. Taylor, King Street.

WOMEN

LET'S EAT

How Cook Can Save Time

Onion Caraway Bread: Slow-sautee 1 c. chopped raw mild onion in 1 tbsp. butter or shortening. Cook until the onion turns color but do not brown. Add 1 1/2 baked bread mix according to directions—mixure, then complete and bake as directed.

Tomorrow's Quick and Easy Dinner: Tomato juice; onion caraway bread; minute steaks with vegetables; French fries (frozen); cucumber-lettuce salad; raspberry custard molds; hot or iced coffee or tea or milk.

ment to raise funds. It was finally decided on serving sandwiches, tea, ice cream, and cake on Saturday evening at the school. Next meeting is to be at Mrs. Sterling MacLeod's. Roll call is to be answered with a dime. Collection for evening amounted to \$8cents. Meeting was then adjourned.

NEW HAVEN W.I. Mrs. Earl Moore was hostess to our July meeting. The meeting opened with Institute Ode and repeating Collect. Roll call was responded to by members paying one cent for each inch of waist measurement, which amounted to \$4.58. Minutes of last meeting were read and approved.

Clyde River W.M.S. The July meeting of the Clyde River W.M.S. met at the home of Mrs. John and Mrs. Lorne Docherty. The meeting opened with call to worship. The opening hymn was Psalm 19.

MARITIME CORRESPONDENCE COLLEGE POST OFFICE BOX 51 CHARLOTTETOWN, PRINCE EDWARD ISLAND Maritime Correspondence College is now offering courses in the various subjects of Grades X, XI, and XII.



MR. AND MRS. STEPHEN WALSH Ann Shirley Has Wedding Reception At Shining Waters

Miss Ann Shirley McAleer, daughter of Mr. and Mrs. J. Wilfred McAleer, Hope River, and Mr. Stephen Louis Walsh, son of Mr. and Mrs. Louis Walsh, Hope River, were united in marriage at St. Ann's Church, Hope River, on Saturday, June 30, 1956, at 3 a.m.

The officiating clergyman was the Rev. E.J. Dalton, P.P., who performed the double ring ceremony. A cousin of the bride, Miss Florence McAleer was the organist. The soloists were Miss Yvonne Dorion, Miss Mary McAleer and Miss Marian Murphy.

WESTMORELAND W.I. The regular monthly meeting of Westmoreland W.I. was held Tuesday evening, July 10th, at the home of Mrs. Eddie Trowsdale. Roll call was answered by seven members. One visitor was present.

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So Now Is The Hay Time

So now is the hay-time. We recognize this when the morning calls us these days to our round, by the dewy blossom on the timothy field by the lane and the beauty and bloom all about. And James, husband at this house, takes the scythe from a limb of a yard-maple and goes there to mow an armful or two for the breakfasts of our recent mothers, confined indoors for the present.

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MORNING SMILE "Conscience," said the pessimist, "is what hurts when everything else feels so good."

ANNE ADAMS PATTERNS EASY EMBROIDERY Lovable little kittens—embroider them on linens, curtains, children's clothes! Simplest stitches make these gay motifs.

HOUSEHOLD HINT Your wicker furniture should be cleaned by scrubbing with a stiff brush moistened with warm salt water. The salt keeps the wicker from turning yellow.

Words Of The Wise The great thing in this world is not so much where we stand as in what direction we are moving—(Oliver Wendell Holmes)