

That Body Of Yours

By James W. Barton, M.D.

CIRCULATION TIME OF THE BLOOD

The circulation time of the blood is measured by injecting a substance into a vein and timing its arrival at some point in the system or in the lungs. This circulation time is a measure of the linear (flowing in a direct line) velocity of blood flow.

Arm-lung time: The patient lies comfortably and the arm is placed at the same level as the heart. A needle attached to a syringe containing three minims (drops) of either is introduced into the vein just above the bend in the elbow. The blood is aspirated (drawn into the syringe) to ensure that the point of the needle is in the lumen or central space of the vein. The patient is instructed to signal immediately he smells ether. A stopwatch is started and the ether injected as quickly as possible. The stopwatch is stopped as soon as the patient signals, grimaces or coughs or when ether is smelt in his breath.

Arm-lung circulation time is normally about six seconds, with a range of three to nine seconds.

Circulation time is also measured by the use of a dye. For measuring this time, the drug decolin is used, which causes a bitter taste in the mouth. The same method is used as in the arm-lung time, the patient signalling when he perceives the appropriate sensation.

Arm-tongue circulation time varies from 13 to 19 seconds.

What is learned or gained by finding the circulation time from one point to another in the body?

A single determination of the circulation time is not considered enough and repeated observations during the course of the disease may be necessary before any conclusions can be drawn.

The arm-tongue and arm-lung times are decreased in conditions where there is an increased output of blood such as in thyrotoxicosis (poisons in blood from the thyroid gland), severe anemia, and heart disease, due to distended air sacs in lungs.

When the heart output of blood is decreased, due to heart disease, the circulation time is increased. Both the arm-lung and arm-tongue times may be prolonged to twice their normal value.

An increased arm-tongue circulation time may be of value in differentiating shortness of breath at night due to lack of power in left side of heart from that due to bronchial asthma in which the circulation time is normal or decreased.

The arm-tongue time may be prolonged in cases of heart disease which are not in failure. Circulation times give much information to the physician.

Cook's Corner

BEEF IN RICE RING

This is an attractive way to use cooked meat in a satisfying and good-tasting made dish. It is savory, inexpensive and right good eating.

Yield—Six servings.
1 1/2 cups raw rice
2 tablespoons butter or margarine
2 medium-sized onions, peeled and sliced
2 tablespoons flour
1 can (10 ounces) condensed cream of tomato soup
1 cup milk
2 teaspoons vinegar
Salt and pepper
1 1/2 cups thinly sliced cold cooked beef that has been cut in about one-inch pieces.

Cook the rice by your favorite method. Pack cooked rice into a greased ring mould (about six-cup size). Place in a slow oven, 300 degrees, until needed.

While rice is cooking, heat the butter or margarine in a pan. Add the sliced onions and fry until

Seven Days A Week

(By Anne Shannon)

1. Monday: Should you come across a few boxes of Christmas cards in your Spring cleaning, don't burn them or throw them out. (Used cards I mean!). They have become so attractive these years that it is a pity to destroy them. Hundreds of institutions, such as children's hospitals, occupational therapy centers, shut-ins and old folks' homes, need used greeting cards of any sort — so remember: **SAVE YOUR CARDS!**

2. Tuesday: A nice book to read on a chilly April evening is "I Live Again," by Princess Ileana of Romania. It tells about the joys, sorrows and courage of a Princess who now lives in Newton, Mass. Mother of six children, once upon a time she was used to pomp and pageantry, a castle full of servants. But now she lives quietly and so happily in U. S. A. When you read this book I'm sure you'll say: "What a nice person Ileana must be!" The book is also called, "I WAS A Princess."

3. Wednesday: Did you know that you can cook whole onions just like potatoes? Bake them on rack for 50 minutes in a 375 degree oven, or until tender. Then break open, salt, pepper and dot with butter. This way they make a tempting circle around your meat!

4. Supply of jam getting low these days? Well do this—Pop a six quart kettle on the stove and put into it 3 cups sliced grapefruit, 1 cup sliced oranges, 1-2 cup sliced lemon, about 9 cups white sugar and about 6-3-4 cups of water. Bring to a boil, reduce heat and simmer 2 hours. Remember to slice your fruit very thin, (discarding all seeds) and saving the juice. This makes super-eggplant marmalade. To tell when cooked dip spoon into boiling fruit. Hold above kettle, let drops run from side of spoon. When two drops run together and "sheet" off spoon, it's ready.

5. Friday: Two short "fish" notes—Hollow out tops of stuffed baked potatoes and fill with cysters, marinated one half hour in French dressing Top with buttered crumbs, and bake at 400 degrees, 15 minutes or until crumbs are golden brown. Note No. 2: Add that left over cooked fish to cream of asparagus soup, heat and serve over crisp hot biscuits for a superb supper dish.

6. Saturday: One lady I know always buys a few extra cakes of violet or lavender scented soap. These she distributes, minus their wrappers, among her linens and towels. "Makes a person think of April showers, Mayflowers and Spring in general, even tho the wind is whistling eerily about the eaves and snow is piled up high everywhere," she said cheerfully. Good idea, isn't it?

Sunday: Love and friendship enrich any life, so look around you today to see whom you may



Nineteen-year-old Joan Marie Tenebe, Queen of Arts for 1952 at University of Toronto, is the first entry in this year's Miss Canada pageant. A Mimico miss, Joan has auburn hair, brown eyes, is five feet, six inches tall and weighs 125 pounds.

How Can I!!!

By Anne Ashley

Q. How can I prevent candles from dripping?
A. Place the candles in the refrigerator and let them remain for several days until the last minute before it is necessary to use them. The candles will then burn without trickling down the sides, as the flame will consume the wax.

Q. How can I repair a vase from which a piece has been accidentally chipped?
A. Mold a piece of putty into the cavity and paint it the same shade as the rest of the vase. It will be noticed far less than if left chipped.

Q. What is a good rinsing water for blond hair?
A. An excellent rinsing water is a level teaspoonful of borax added to a gallon of water. This brings out all the lights in blond hair.

Modern Etiquette

By Roberta Lee

Q. Are postscripts to letters considered in good taste?
A. Only when absolutely necessary. Usually they indicate haste and carelessness in the composition of the original letter. To be in best taste, one should take pains to include everything he wishes to include in the body of the letter.

Q. We have a son who is named after his grandfather. My husband is not a "Junior." Does my son bear the name of John Robert Smith II or III?
A. Your son is John Robert Smith, Jr., and he retains the "Jr." only so long as his grandfather is living, dropping it thereafter.

Q. Is it the duty of the person who is pouring tea to put the sugar into the guest's cup?
A. Yes; but she should ask how much sugar is desired.

make a wee bit happier. Maybe it's only a smile you can bestow but remember the song—"A smile goes a long, long way!" Give, for the essence of giving is that you should expect nothing in return. If you do, it isn't giving, it's barter!

A Country Garden

By Mrs. Gordon MacMillan

Bright in the sun she saw Through eyes with age grown dim, Score upon splendid score, Like flaming seraphim, Crimson and gold and white Each with six wings outspread. The tall straight tulips, bright In the old garden bed

Crimson and white and gold Blurred. Tears so easily Well into eyes grown old. So that she could not see The twisty path that went Through the grey lavender, Whose soft, dove-plumaged scent Came down the years to her.

Nor the house that should have been Half-hidden in delirious Lardurum's gold between The red may and the white. She touched her eyes. The dear Dream vanished. She looked down From her small attic room Above the roofs of town

Clear in her dimming sight, There, on her narrow sill, One red, one gold, one white, The tulips blossomed still

Window sill gardening is enjoyed by many, and this week I received some seeds from a lady who has lovely house plants. They were seeds of a Shamrock and I hope that they will grow for me. This lady visited the garden in the summer and seemed to enjoy it so much that she was one of my nicest visitors and I hope she will come again in a few weeks in Tulip Time.

The other morning I heard the first bird song of the season and "It is sweet on awaking in the early morn to listen to the small bird singing on a tree. No sound of voice or flute is like to the bird's song; there is something in it distinct and separate from all other notes."

Wild geese are calling and Fran-

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Morning Smile

Appropriate

The Judge's expression was not unkind, as he leaned over the bench and addressed the mousy little man before him.

"So you're a locksmith?" his Honor mused. "And, pray tell, what was the locksmith doing in a gambling dive when he was arrested?"

The prisoner, taking courage, grinned back.

"He was making a bolt for the door," he replied.

Tactful

"I've decided on a name for baby," said the young mother. "I shall call her Euphrosyne."

The husband did not care for the selection but he was tactful. "Splendid," he said, cheerfully. "The first girl I ever loved was called Euphrosyne."

There was a brief silence. Then: "We'll call her Elizabeth after my mother," his wife said, sternly.

ELLEN'S DIARY

By an Island Farmers Wife

And so April is here . . . come at last, riding a spirited wind along those drifts which remain heaped still in country places. Declaring loudly: "Lo, Spring! at the dawn!" Smiling in the rose-bush of a fair morning, laughing in the warm sunlight of noon; frowning in a momentary lowering of clouds, weeping, though happily, in a pattern of raindrops on the pond.

Setting fields to steam and sunny banks to green, whispering to the clovers in the meadows to perk up their wee leaves so that James and every farmer may presently read his fortune therein—taken of the good or not-so-good hay-crop to come. Giving the housewives in a moment of rest from their house-cleaning, a sight of the old gay glints on river and sea, and tempting them to board again, almost forgotten sleazy cloud above a hill.

"One of these days" granddaughter offered this morning, "somebody is going to find a first robin. I know" she nodded, "just by the feel of today!" And toward April's close, or out of respect to James' wishes let it be in May's hours, we at Alderlea shall hear another brave melody. It will come, we think, when Mother Nature has introduced new designs and shades in her weaving. The red-brown of drying fields, and new greens—emerald, jade and chartreuse and all the enchanting colors of it will be spreading in tints fresh and lovely along vale and hill. Even the spruces, grown somewhat over-jaded over-winter will have put on a less sombre shade.

And tuneful robins will have finished their even song and the silver stream of dusk will be pouring into our quiet valley, filling it to the brim with the mystic shadows of twilight. And aware of a vague new sound about we shall come to the verandah. And James "A new song" of the season on his lips, will come from his work to join us. And hearing will offer, obviously well pleased: "There they are again, Ellen . . . the frogs!" as though we needed to be told, "Sounds pretty good, doesn't it?"

And we, fond of melody, whether it be a babe's sleepy croon or some transcribed work of the masters, shall own we had never listened to more exquisite music than this. Not alone because of the fine blending of "voices" nor that it comes to us wrapped about with other subtleties of night—with star—and moonlight, with intriguing sound of owl and plaintive yelp of fox or dog, but that other springs with every attendant hope and enchantment—older with odd dreams fulfilled—and perhaps best of all, those which still lie ahead.

April—and Spring is here. Yet without some of the practises belonging to the days that were. We have it on good authority that "So far as is known, sulphur, cream of tartar and molasses are not a very satisfactory tonic. It does not matter what proportions

Alice Brooks Designs

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are used. The mixture is no longer used in medical practice." So another of grandmother's theories goes by the board—one followed to the letter in some households. It came as regularly as the house-cleaning and the spitting of rails for the snake fences which once decorated the farmlands. And what of wild cherry-bark "tea" and other simples? Gone too as is now our day!

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DOROTHY DIX'S COLUMN

One Mistake

Man Is Trying Hard To Win Back Wife's Faith

DEAR MISS DIX: I am a young married man in my early 30's with a very loyal wife whom I love dearly. About four months ago I went on a so-called fling with the boys, and we met a few women. Evidence of petting was discovered by my wife, and since then I've been living in misery. She has turned from a sweet and loving wife to a cold and almost too distant person. How can I prove to her that I am truly sorry for my mistake and assure her that it will never happen again? I'd give anything to hear her chatter again as she used to do before all this happened.

ANSWER: How to restore lost trust is something that only your own patience and intuition can decide. It is no easy task, I'm afraid. Your wife is taking rather an extreme view of an unfortunate incident; you can only hope that she'll realize you should be entitled to forgiveness at least once.

Since we can only be truly hurt by those we love deeply, your wife's love for you must be very great indeed. That, coupled with her own high principles, makes it very difficult for her to overlook a fall from grace in one to whom she is so deeply devoted. While giving her time to see things in a faire light, you must continue every effort to assure her of your love and devotion. Try to realize how she feels about things. She sees her love and trust betrayed, and lacks all confidence in future security. What has happened once, she reasons, can happen again! Without nagging, and with as little reference to the past as possible, you must bring back her confidence in you and your love.

WRITE TO HER
You have probably exhausted every vocal argument; why not send her an old-fashioned love letter—or several of them? It's always a
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Anne Adams Patterns



EASIEST SKIRT

WRAP-TIE SKIRT! And so easy! Look at the diagram—few pattern parts! No fitting problems—it wraps. No ironing problems—it opens flat. Make several for your spring and summer suits, toppers, jackets!

Pattern R4636: Waist Sizes small 24-26; medium 26-28; large 30-32. Medium size requires 3 yards 36-inch fabric.

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