

That Body Of Yours

By James W. Barton, M.D.

TREATMENT OF SIMPLE DIARRHOEA

When an attack of diarrhoea occurs, the first thought is usually to try to stop it before the individual becomes exhausted, and loses too much fluid from his blood and tissues. What we forget is that something is present in the intestine that is causing the diarrhoea, with its great increase in water from the lower bowel. This increase in water, formed in large intestine, is Nature's method of washing out the substance causing the irritation and for this reason a powerful drug should not be used to stop the diarrhoea and thus leave the irritating substance present in the bowel.

As youngsters at home we were told that in an attack of diarrhoea we were to eat no food for several hours, or skip one or two meals. This was good, but only half the treatment. As medical students we were taught to advise, or take, a good dose of Epsom salts which would carry away the irritating substance, and then use two or three doses of bismuth subnitrate to "dry up" the intestine once the irritating substance had been removed.

It is interesting to learn the method now used in simple diarrhoea (not the severe type called dysentery), as described by Dr. Jackson Eto in "The Journal of the Missouri Medical Association." The suggestion for treatment of simple diarrhoea in children is: (1) A short period of starvation; (2) ample liquids, by mouth if the patient can retain them without vomiting, under the skin if not; (3) absorbents such as kaolin or barium sulfate, which not only absorb the liquids but "sweep out" the bowel of all mucous and wastes as they pass through it.

Remember this mild treatment—starvation, plenty of liquids and claylike substances—is used in cases of simple diarrhoea with no harmful organisms present. Dr. Eto points out that for severe infection of the bowel (dysentery), streptomycin, potassium salts injected into a vein, and stay in hospital is the treatment necessary to bring about a cure.

EATING YOUR WAY TO HEALTH

Be sure you are getting the all-round daily diet for your type of build, occupation, etc. Send today for Dr. Barton's handy booklet on this subject entitled "Eating Your

Household Scrapbook

By Roberta Lee

Excessive Perspiration

For excessive perspiration under the arms, wash or bathe the parts daily, and after washing apply a lotion consisting of two or more teaspoons of powdered alum to one pint of water twice daily. Follow this with a dusting powder of one ounce boric acid and ten to twenty grains salicylic acid. Great relief is often afforded by the use of this powder alone.

Lemonade

The flavor of the ever-popular lemonade can be improved by the addition of grape juice. Simply use one-third grape juice to two-thirds lemonade.

Insect Stings

The pain of a sting by a wasp or bee is sometimes quickly relieved by rubbing a piece of raw onion over the affected part.

Better English

By B. C. Williams

1. What is wrong with this sentence? "Upon arriving to the office, I found that both men were not there."
2. What is the correct pronunciation of "acklimate"?
3. Which one of these words is misspelled? Heritable, hereditary, hermitage, hesitancy.
4. What does the word "precedent" (noun) mean?
5. What is a word beginning with cl that means "laxity"?

ANSWERS

1. Say, "Upon arriving at the office, I found that neither man was there."
2. Preferred pronunciation is with accent on second syllable, i as in climb.
3. Hereditary.
4. Established mode of procedure (Pronounce first syllable press, accent on first syllable). "He established certain precedents while he was in office."
5. Clemency.

The Stars Say --

By Genevieve Kemble

For Tuesday, July 4

THIS is an auspicious time for summoning all the influence, forces and facilities for putting over plans, hopes and wishes in a pleasant and also profitable manner. Business, new projects and personal affairs should move easily into constructive channels, even though strenuous at times. Important plans, agreeably pushed, should flourish.

For the Birthday

Those whose birthday it is, should find all affairs running smoothly and profitably into profitable channels. While "in the groove" important objections should be aggressively attacked, the softer side of persuasive methods could assist in launching major propositions. Yielding here and there could help. This applies to all constructive ambitions, personal as well as business or employment.

A child born on this day, while positive, creative and objective, is also agreeable, kindly and aspirational.

Cook's Corner

PRESERVED STRAWBERRIES

Preserve 2 quarts strawberries at a time by placing them in a colander and pouring boiling water over all. Immediately place under the cold water tap for just a moment. Drain well; remove hulls. To each 2 quarts (approximately 4 boxes) of fruit allow 2 cups sugar. Place alternate layers of berries and half the sugar in large kettle, allow to stand a few hours or overnight to extract juice and dissolve sugar.

Place kettle over low heat and bring gently to boiling point. Then lift berries carefully out and place in hot sterilized jars, using a perforated spoon so as to drain off as much juice as possible. Add balance of sugar to the hot juice and boil 3 minutes. Pour over berries in jars and seal. Process in hot water bath for 5 minutes.

RICHMOND, Ind., June 28 — (AP)—Mrs. Sylvia Harris confessed today she shot her divorced husband to death last week because he "wouldn't buy anything" for their six-year-old son, Sheriff Ora Wilson said. He said Mrs. Harris told him: "The most pleasure I ever had in my whole life was to see my husband fall to the floor."

Campbell-Matheson Wedding



Mr. and Mrs. James Ewen Campbell photographed at their wedding reception held at "Oakwood" following their marriage at Trinity United Church. The bridesmaid was Miss Louise Rogerson and the groomsmen, Mr. Lawson Drake. The bride is Evelyn Mae, only daughter of Mr. and Mrs. Nelson Matheson of Springfield and the groom is the son of Mr. and Mrs. Hugh Campbell.

—Garnham Photo.

DOROTHY DIX SAYS -

Tired Of Wife

Middle-Aged Man Considers Seeking Romance Elsewhere

DEAR MISS DIX: I was married at the age of 20 to a very beautiful girl and she is still beautiful. We have been married twenty years. There is no jealousy on either side, but we do not seem able to agree on anything. She assumes a dictatorial attitude about all of our plans or doings and, of course, I will not stand for it. I have tried time and again to be as loving as a man can possibly be and things would be peaceful for a few days. Then words between us that would kill all the affection that had been rekindled. Now it has got to the place where she is repulsive to me. We have two fine children, 18 and 19, and I still think of their welfare, but it is hard to miss the romance that should continue throughout life. Am I justified in seeking romance elsewhere that I miss with my wife?

J. A. R.

ANSWER: What price romance? Did you ever consider that the middle-aged man has to pay a price for romance that almost invariably bankrupts him in purse as well as heart? Let's add up the cost. Let's begin with the business end. You are not rich, but you make enough money to provide comfortably for your family. You are sitting rather pretty, even if your wife has got on your nerves and is hard to get along with. You don't realize it, but financial security goes a longer way than you think it does toward securing happiness. And it is only homemade kisses that are cheap. Bought ones come high and love-nests run into real money.

CAN RUIN CAREER

Nor will your romance enhance your standing in the business world. Many employers fire a man for getting messed up with women. And do you think any romance is worth giving up your two fine children for? Do you think the affection of any stray woman is going to atone to you for the loss of their love and respect?

It's bad enough for a married man with children to fall in love with another woman when it is an act of God, so to speak, and he can't help himself. But for a man like you who isn't in love with a woman to go deliberately out to seek romance is simply hunting trouble.

DEAR MISS DIX: I have a close relative who is being enticed by a widow with a house full of children. He had a misunderstanding with a lovely young girl to whom he was engaged, and now it is quite plain that the widow is trying to get him on the rebound. He will be a very miserable man if he marries her, for his life as well as that of the young lady friend will be ruined. What can I do toward keeping this man from making a fatal mistake?

RELATIVE

ANSWER: Very little. When a family starts out to break off a match the general result is that they hurry it up. You see, there is nothing like opposition to fan the flame of love, because it immediately makes the lover the champion of the poor, abused, woman or man who is so unjustly accused by others. In this case probably the man has secret doubts about the wisdom of marrying a woman with a ready-made family and of letting himself in for a lifetime of slavery supporting another man's children.

But the minute you begin pointing out the disadvantages of the situation you make him the widow's advocate, and he will shut his eyes to the danger and think only of what a help he can be to the poor, weak little angel who needs a strong man to lean on and to help her rear her children.

Your best play is to go after the old sweetheart and induce her to come to the rescue. Tell her this is no time for hurt pride or wounded vanity. It is time for the life-saving crew to get into action, and if she still loves the man she should hold out her hand with her heart in it to him.

DEAR DOROTHY DIX: You once wrote in an article: "With the forties comes to women the realization that youth is almost over, that age is almost upon them. Soon their good looks and their physical attractiveness will be gone." A well-known beauty expert says that beauty is not a question of age. It is making the best of one's good points. Which is right?

MAUD

ANSWER: Both, because we are talking of different things. I was speaking of beauty of youth, of a woman's physical attraction for men. I know many old women who are beautiful because their faces are so filled with sweetness and tenderness and wisdom and gentleness, but theirs is not the beauty that rouses romantic love in any man's breast.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.



The action of President Truman in signing a special bill in Washington will reunite Jack Loman and his Canadian-born Japanese

How Can I!!!

By Anne Ashley

Q. How can I repair a broken place in the plastered wall?  
A. Apply a thick paste made of two parts of sand, two parts of sifted coal ashes, and one part of white flour, adding enough water to get the proper consistency.

Q. How can I treat a canary which is not as lively as usual?  
A. Place a rusty nail in its drinking water. This will supply sufficient iron to increase its vitality.

Q. How can I remove mercuriochrome spots from white linen or cotton?  
A. Use equal parts of Javelle water and boiling water.

wife, June, in the United States once again. They are shown at the time of their wedding in Long Beach, Calif., last August. Under the bill, Mrs. Loman, now a mother, can re-enter U. S. from her home in Canada.

ELLEN'S DIARY

By An Island Farmer's Wife

"But it's good growing weather this evening. It was near then to the close of a day that had been somewhat beclouded and cold and a mist of fog was even then flirting with hillsides. "Oh yes, we could do with a bit of heat now after the week-end showers, though we can't complain yet... the ground was so dry. The forecast is 'continuing cool with occasional showers' for tomorrow. "The weather is a perennial subject with farm-folks and we can find tokens of that-to-come in the strangest places." Blackie's eating grass! "granddaughter" called across the lane on a recent morning "what does that mean?" "It means either that he is very hungry or else he wants greens for a change" we laugh to her.

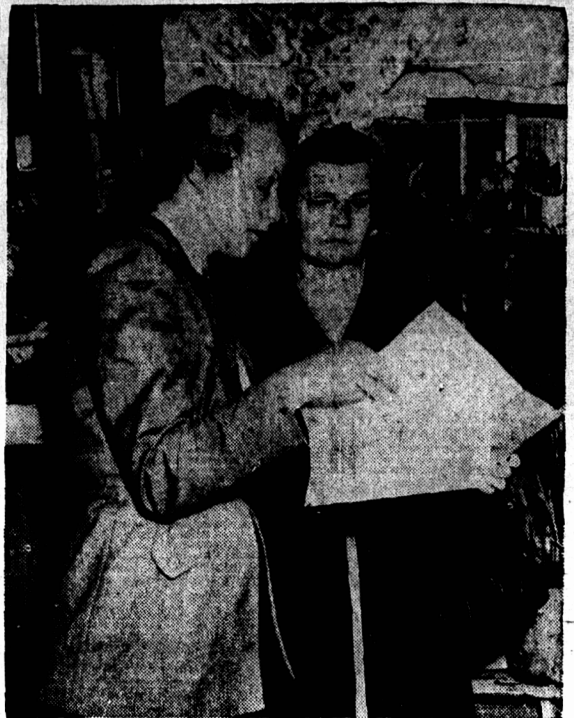
"No!" she scoffed at our apparent ignorance of the subject. "gran' daddy knows better than that-it means that we're going to have rain!"... Then James went on to inquire of our guest of the moment: "How's your grain coming?" and "What sort of a catch of turnips did you get?" and other queries of seasonal interest to farmers. Jeanie was amused to find a reflection of some of James' questions in her small daughter today, when with a young visiting cousin she played in the magic of the sand-heap beneath the wide-spreading birch tree on the lawn. "Have you got all of your oats in yet?" she asked. "But we have no farm" she smiled "we have only a garden." "Oh, she commented, not altogether able to understand why folks should choose another environment "well, if you had" she confided "those showers we've been having lately would make it grow!"

In spite of our fears for their continued welfare in these cooler and beclouded June days our hatching of turkey poult continues to thrive. Kept yet within doors, they are warmed by a kindly foster-mother's wings in the building which houses as well the hogs' rations brought in at intervals by truck from the city, the kittens play or curled up in tiny furry heaps take their naps on the sacks. Here it is too we come to find granddaughter when she has been missing from sight for a long moment, happy at play. "You're darlings!" we heard her exclaim today "just darling now-but I suppose when you grow up you won't be so nice. Some of you will be mommy-cats, busy with your babies, and some will be the daddy-cats, just wandering around with nothing to do!"

At Alderlea today, the fathers lifted the threads of an unfinished task of Spring—the wood-splitting—and week steadily in sun and drizzle towards its completion. James of the opinion sometimes, that the affairs of the farming lag and do not make the progress "accordingly" that these did once upon a time declared that "never before in all his life had he been caught like this-splitting wood in the Summer!" and although one day lessened while the other showed a corresponding increase "there is no question about it" he offered shortly "there is a proper time and season for everything, and I'm bl—y good—and sure this is not the time to be at the wood-splitting!"

How- ever presently taken up with the spirit of accomplishment, he offered us a suggestion when inadvertent steps led us to that neighborhood. "Ellen" he hailed, stopping to mop a brow "perhaps you would want us to fit a handle into the small axe for you? It would be surprising how well it would split!" In spite of advancing years, he continues to be one who most enjoys himself when every last one of the family—and the dog, immerse themselves in any masculine chore at hand. And he is bound to cite instances that are rather disturbing, we confess, of some "good-doing woman" who always entered into any endeavour of her husband's vigorously. "Today it was of one he 'once knew, as smart as a steel trap' who without undue exertion 'could split stick for stick with her man!"

At present "Ouch!" he groans flexing an arm-come now-to his old armchair in the lamp-light. And "Ah!" he eases his back to a more comfortable angle. And at once Jock appears in the dim doorway with an invitation. "I'm going away to look over a bunch of young stuff-for feeding. I thought you might like to come?" And so with every misery forgotten, and high anticipation in his



As the work of restoring flooded houses into homes goes ahead in the flood-hit districts of Manitoba, victims of the Red River's devastation are being given Information Forms to list their losses. Miss Frances McKay, left, a member of the Restoration Committee of the Manitoba Flood Relief Fund, explains the form to Mrs. Mary Chlan, whose McFarlane St. home in the Point Douglas district, was one of the most severely-damaged by the flood. It is to replace and repair household and other personal effects and clothing that the Manitoba Flood Relief Fund was established. Contributions may be mailed direct to the Fund, in Winnipeg, or to any branch of a Canadian bank.

Morning Smile

Not Very

Mrs. Flanagan: "Was your husband in comfortable circumstances when he died?" Mrs. Murphy: "No; he was half way under a train."

Nothing In Return

John had been invited to the funeral of his neighbor's third wife, and as he had attended the funeral of the first two, his wife was surprised when he informed her that he was not going.

"But why are you not going to this one?" "Well, Mary it's like this. I feel a bit awkward to be always accepting Bill's invitations, when I never have anything of the sort to ask him back to."

Modern Etiquette

By Roberta Lee

Q. When a man and a woman meet on the street, which should speak first?

A. Etiquette demands that a woman speak first when meeting a man. However, between very good friends this rule is ignored, since it is often the case that the woman does not see the man or perhaps does not recognize him immediately when meeting in a crowd.

Q. Should meat be cut into small pieces on one's plate, or should it be cut only a mouthful at a time?

A. It is never correct to prepare one's food as for a child. Only one mouthful should be cut at one time.

Q. Who should furnish the bou-tonnieres for the ushers at a wedding?

A. The bridegroom.

MORE CAUTIOUS

The number of bankruptcies in the United Kingdom decreased from 3,249 in 1936 to 323 in 1946.

step, the two are off into the night.

Until tomorrow \_\_\_\_\_ Diary  
Good-night \_\_\_\_\_  
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