

That Body Of Yours

By James W. Barlow, M.D.

WHY QUIETING DRUGS ARE USED IN HIGH BLOOD PRESSURE

In examining for military service or for life insurance, if the heart seems to be beating much more rapidly than normal the medical examiner has the recruit or applicant sit down or lie down for a short time. The heart gradually slows down to normal, or nearly normal, as the patient becomes less tense. This same rule and treatment applies to blood pressure; increased blood pressure will gradually decrease as the recruit or applicant becomes less nervous.

When tenseness or nervousness is not the cause of increased blood pressure, it is often found to be due to conditions present which make it necessary for the heart to pump blood with more force to supply blood to all parts of the body. This is called "essential", or necessary, high blood pressure and, naturally, the individual is anxious in having a heart strong enough to pump blood past obstacles in the blood vessels, particularly against the resistance of tightened, partly closed small blood vessels (capillaries) at the surface of the skin.

While there is no known drug that will reduce high blood pressure permanently, there are "quieting" drugs called sedatives that will reduce blood pressure temporarily; the individual gets relief from symptoms and a degree of safety from heart strokes (coronary thrombosis) and from brain strokes (apoplexy). Individuals with high blood pressure are called hypertensives ("hyper" meaning high, or more).

In Medical Clinics of North America, Dr. William A. Thomas, Clinical (Rush) Professor of Medicine, University of Illinois College of Medicine, tells us that "some psychiatrists consider the typical hypertensive personality as alternating between aggression and passiveness and therefore subject to strong emotional conflict." Dr. Thomas states that there is no "magic bullet" for the treatment of uncomplicated essential hypertension. Psychiatry is of definite value for some patients. "Any program of mental and physical rest outlined for an essential hypertensive should be individualized and guided by everyday, practical considerations. Intermittent courses of one of the barbiturates will remove some of the nervous tension. Also some new nerve relaxing drugs are being tried."

The Stars Say --

By Genevieve Kemble

For Tomorrow

A continuation of the bizarre, fantastic and unusual is probable, with the energies, faculties and forces inclined to turn inward to hidden and spiritual fastnesses rather than to outward expression. And while the word to characterize these subtle subjective emotions is Mercurial, at the same time such occult or hidden forces are wont to be drawn into realistic and formative guise in practical, ingenious creative skill, and this out of the ordinary. Literary or inventive genius, perhaps oratorical gifts, stem from such inspirational root source.

For the Birthday

Those whose birthday it is might find it possible to bring into concrete and tangible form certain unique, rare, perhaps revolutionary ideas, techniques, inventions scientific or art forms. Inspirational talents of speech, pen, art, in spectacular patterns could spring from these Uranian fastnesses, quite as exciting as atomic and Plutonian forces, now become commonplace. Under proper direction and development, unique and spectacular

Anne Adams Patterns



HALF-SIZE FASHION You look taller, and slimmer! This style is cut to fit the figure with shorter waistline, generous bust and hips. It's a perfectly proportioned half-size pattern. So there are no alteration worries. Step-in closing! Pattern 4564: Half sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 3 1/2 yards 39-inch. Embroidery transfer included. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

Advertisement for Children's Own Tablets, featuring a child's face and the text 'HEY KIDS - HERE'S A LAXATIVE THAT'S PLEASANT TO TAKE!' and 'Children's Own TABLETS'.

ELLEN'S DIARY

By an Island Farmer's Wife

"May the good saints preserve us - but what she's at now!" the mother's hair gasped. "Take that off this minute!" she ordered. "I'll box your ears for you! Don't you know that it's ill luck you'll be after having if you put mournin' gear on your head? Just you wait until I tell your mother! Or perhaps it would be best not to tell her at all. It might kill the poor thing to hear av the like."

"I declare I don't know what's got into you these days, Ellen! Was it only yesterday you had an umbrella over your head in the house? Temptin' the odd boy himself. Do you know what I'm thinking will be the end av you? He'll get you, sure as you're alive! Your mother'll never raise you at all, at all. Putting mournin' gear on your head - av all things! What worse could you be at, I'm asking?" We can chuckle now over the once disturbing incidents of childhood . . . and when we sew, still see a patient and extremely wise grandmother beside us in her old rocking chair.

"I think I'd like to sit on your knee . . . a while first," Gage said quietly. He had taken off two little, scuffed shoes, making preparations then for retiring, but not yet willing to be done with his day. We three were in the sunporch at the time, the house having settled down more lonely after the departure of Rob and his father on an outing of the farm which was to bring home the "the seeds" - clover and the like, with James totaling the various pieces here and there along the farms due to be seeded for hay.

The farmhands about were as still as the lawn-trees, motionless as they awaited in the twilight the dropping of the night. How quiet it was, and how peaceful! Gage on our knee now, and Jamie searching for a first star above the rim of hills, finding it presently to wish a wish upon. "I guess" Jamie offered, "my grandfather would be enjoying himself since supper-time. Do you know what they were at 'out home'? Picking stones off the new land - didn't he tell you? He enjoys working at the like of that. And isn't it good to have it . . . to grow more grain and hay?"

Up the wood road beside, delicate anemones would be opening their star flowers; trilliums too, would be blooming, and sweet fern commencing to shed a fragrance. And away against the blue to the south, the spire of the old Kirk could be seen from that height, pointing the "Way of Life" to the farm-folk about.

And the little lad's eyes grew heavy from the magic dust of the sandman, as we sat quietly in the twilight watching the night come in along this valley. Lights came on in the houses on the opposite slope and what had been distinct fields by day was now an undivided place, all spread with the velvet mantle of darkness. "I think" Jamie stretched like a sleepy kitten, "we'd better go to bed." They are asleep now, Jamie's

arm about the lad who in the twilight hour was obviously a little lonely for days he once knew. "Now would take you?" Night and a thousand stars. And for good come - Good-night

Household Scrapbook

By Roberta Lee

Moss on the Lawn

If there is moss on the lawn it indicates either a sour or impoverished soil. For sour soil, apply some hydrated lime and for impoverished soil use a good quality of fertilizer. Practically any soil, however, is benefited by an application of lime followed a week or two later by fertilizer. Don't apply both of these too close together.

Enameling Furniture

Before enameling, go over the piece of furniture with sandpaper. Then clean with naphtha. Allow five minutes for drying, and then proceed with the enameling.

Burnt Food

If food has burnt in a pan, shake soda into it, fill with cold water, and allow to stand on the back of the stove until the pan may be easily cleaned.

How Can I . . .

By Anne Ashley

How should an oil stove be stored for the summer?

A. Before storing the oil stove make a mixture of equal parts of linseed oil, turpentine, and liquid stove blacking, and apply two coats with a paint brush. Cover the nickel portions with lard.

How can I remove grass from a garment?

A. Dip the portion of an article which has grass stains into molasses, and wash out in clear water. Alcohol applied to the spots will also remove them.

What is a good spring salad?

A. Chopped mint leaves added to French dressing, and served over tomatoes, lettuce, and cucumbers, makes an excellent spring salad.

Clean Your REFRIGERATOR

for 1/2 cent a week!



COW BRAND BAKING SODA

Islander Marries In Trenton, Ontario



A very pretty wedding took place at King Street United Church, Trenton, Ontario, on April 19th at 3 p.m. of Mary Margaret, daughter of Mr. and Mrs. J. Morgan, Trenton, Ontario, and Flying Officer John Martin, son of Mr. and Mrs. J. Wilfred Craig, Middleton, Prince Edward Island. Shown left to right, are: Flying Officer Frederick Barke, best man; Mr. and Mrs. Craig; Ruth Ann Campbell, flower girl; Mrs. Judson Sellar, matron of honour, and Mrs. Beeche Mikel, bridesmaid.

arm about the lad who in the twilight hour was obviously a little lonely for days he once knew. "Now would take you?" Night and a thousand stars. And for good come - Good-night

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Now! The Full Benefits of a Chlorophyll* Toothpaste in a New, Exclusive Colgate Formula!

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DOROTHY DIX'S COLUMN--

Resents Wife's Poor Health Many Men Lack Sympathetic Understanding Of Illness

DEAR MISS DIX: My husband is wonderful when I'm well and happy, but when I'm ill or despondent he withdraws to himself, doesn't speak and seems to resent my inability to be up and around. He doesn't take care of the children when I'm sick, so that they get uneasy, which just adds to my nervous strain. When I see his reaction, I lose even the ambition to get well. If he would just show a little affection or interest, I'd feel so different. He doesn't understand why he acts so. Of course, it's just when I need him most that he is most inaccessible.



LORA MAE T. ANSWER: Your own physical condition is the first matter with which you should be concerned. Your letter indicates rather frequent illnesses, often of nervous origin. You should be in the hands of a good doctor who will diagnose your difficulty and prescribe the proper treatment. The fact that you worry so much over your husband's lack of sympathy could be, in itself, a contributory cause of your recurring ailments.

Unless your illness has been diagnosed, and its nature specifically outlined by a physician, your husband may, and perhaps not without cause, attribute your indispositions to a controllable nervous condition. Your desire to have his attention when you are ill may be so strong as to bring on symptoms of sickness. Naturally, when the sympathy is not forthcoming, frustration adds its coal to the fire, and your illness gets out of hand.

THEY DON'T UNDERSTAND Few men are equipped to cope sympathetically with illness. Being ill fellows themselves, they cannot understand why the whole world can't be of equal stamina. Once these men have a good bout of sickness themselves, they undergo a surprising change of attitude, but while they remain perfect physical specimens, it's very hard to make them understand another's suffering. It certainly isn't natural for the average woman to be sick so often that her indispositions constitute a menace to her household; hence, your condition is either one of unusual physical weakness, or extreme nervous tension. The first is a job for a doctor, the second can be largely controlled by yourself, but here, too, the aid of a medical professional is essential.

Continued on page 13

Here is the magic power of chlorophyll

to destroy bad breath originating in the mouth! New Colgate Chlorophyll Toothpaste in most cases acts quickly . . . acts thoroughly . . . and the purifying action lasts for hours! Keeps your mouth sweet and fresh longer! Use it after meals . . . before every date! It has a fresh, minty flavor you'll love!

FIGHTS TOOTH DECAY!

Many dentists blame acids in the mouth for tooth decay. Every time you use Colgate Chlorophyll Toothpaste—especially right after eating—you act against those destructive acids, help retard their formation. That's why regular brushing with new Colgate Chlorophyll Toothpaste is such an effective aid in fighting tooth decay!

CHECKS COMMON GUM DISORDERS!

In recent clinical tests, evidence revealed that chlorophyll promotes the growth of firm, healthy gum tissue. Colgate Chlorophyll Toothpaste brings you the effective benefits of chlorophyll in water-soluble chlorophyllins to help you care for sore, tender gums.

A Chance For Your Children That You Never Had!

Nothing can replace regular check-ups and care by your dentist. But today every child can be started on the road to healthy teeth and gums by using Colgate Chlorophyll Toothpaste right after every meal. Remember: dental authorities trace much loss of teeth to gum troubles! Chlorophyll can help prevent and check common gum disorders! It actually attacks the acids that often cause tooth decay!



COLGATE'S GUARANTEE: Try Colgate Chlorophyll Toothpaste for one week. If you're not satisfied that it's the most effective, pleasant chlorophyll toothpaste you've ever tried, send back the tube and Colgate will give you double your money back, plus postage! Colgate-Palmolive-Tooth Company Limited, 64 Colgate Avenue, Toronto 6, Ontario.

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