

## That Body Of Yours

By James W. Barton, M.D.

### NERVOUS HIGH BLOOD PRESSURE

When an insurance physician is examining an obviously nervous applicant, and finds his heart beating rapidly or his blood pressure high, he may suggest an examination at a later date. After two or three examinations, if the blood pressure is always high, he will call the condition neurogenic high blood pressure, as it is caused by a chronic nervous state and not by any hardening of the blood vessels.

As nervous high blood pressure may keep the blood vessels "on the stretch" for long periods, and thus cause them to lose some of their "elastic" qualities, many physicians give quieting drugs to these patients, thus relieving their tension and reducing the blood pressure temporarily.

Dr. G. B. Feldman, in Paris Hospital Journal, reports his treatment of 46 patients with neurogenic high blood pressure by non-interrupted prolonged sleep. The seven men and 39 women who were studied were hospitalized for about 30 days. For the first 10 days, the patients rested in bed and received various examinations of their blood pressure, its rate of speed, its pressure in the veins and the small blood vessels (capillaries) connecting veins and arteries, electro cardiograms and examinations of the fundus of the eye. Laboratory examinations of the blood, examination of the workings of the liver and kidneys, and measurement of the rate at which all the body's organs and processes were working. These examinations gave the findings before the sleep treatments were given, so that the effects of the sleep treatment could be estimated.

On the eleventh day, treatment by sleep was started with use of amobarbital sodium which was preferred to phenobarbital because the body gets rid of it more readily. At the end of four or five days of treatment by amobarbital, aminopyrine was given twice daily as the effect of the amobarbital was decreasing. After sleeping three or four hours, while still sleeping or asleep, they were given a tablespoonful of Becherew's mixture and after that they slept again for three or four hours. They then ate their dinner, received the second dose of the drug and slept through the entire

## Better English

By S. C. Williams

1. What is wrong with this sentence? "Charles got himself injured as he entered into the car."
2. What is the correct pronunciation of "mesmerized"?
3. Which one of these words is misspelled? Erradicate, erasure, erroneous, iridescent.
4. What does the word "obduracy" mean?
5. What is a word beginning with ins that means "overbearing demeanor"?

1. Say, "Charles was injured as he entered (omit into) the car."
2. Pronounce first syllable meez, not mess. 3. Eradicate. 4. State of being hardened in feelings. "Stolid obduracy seemed to take possession of the people." 5. Insolence.

## Morning Smile

In View

If you're near-sighted, you can still get in the army. They've got special trenches right up close to the enemy, so you can't miss.

Fair Enough

The savage African tribe of Ubangis have a habit of stretching the lips of their women around circular discs until finally they become about eight inches in size, sticking out from their faces like two plates.

One very hot day two Ubangis girls met in the jungle. One of them stuck her face close to that of the other and rapidly repeated: "Peter Piper picked a peck of pickled peppers! Now you fan me for a while."

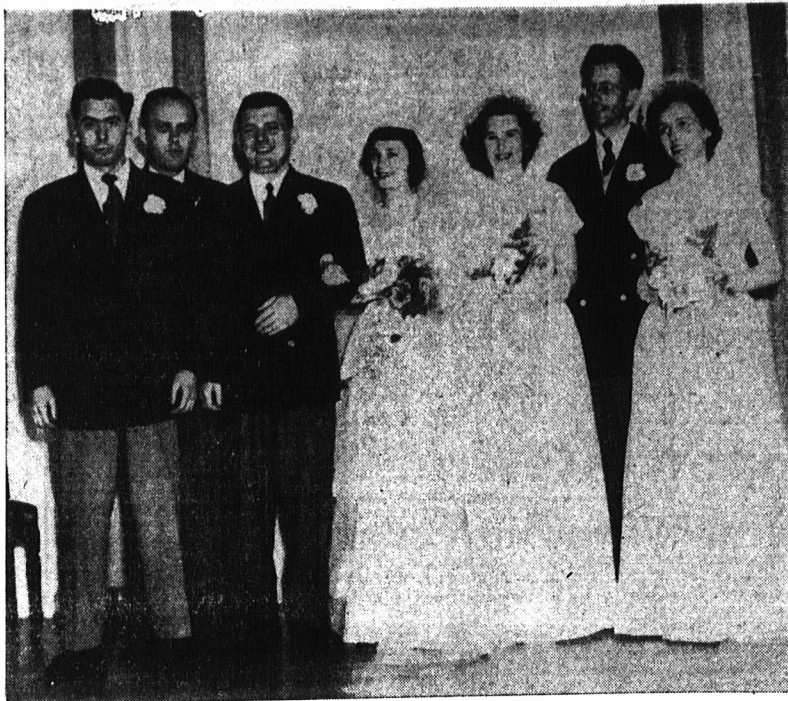
Mosquitoes

Ideal breeding places for mosquitoes are wet areas, gutters, drains, tanks, bottles, barrels, cans, pails, kegs, tubs, buckets, and empty boxes—any receptacles that can collect water.

night. Thus a total of 18 hours' sleep was obtained during the 24 hours.

Satisfactory results, with drop of blood pressure, disappearance of irritability and anxiety and restoration of full working ability, were obtained in 28 patients. Nine more patients received some help; nine others received no help.

## Married Recently At Basilica



Mr. and Mrs. Stull are shown above with their attendants, following their marriage. From left to right are Mr. Gerard MacInnis, groomsmen; Mr. John MacNeill, usher; the groom and his bride; Mrs. John MacNeill, sister of the bride, who was matron of honour; Mr. Walter Cullen, usher; and the bridesmaid, Miss Bernadette Hagan.

A very pretty wedding was solemnized at St. Dunstan's Basilica on June 16th at 8:15 a.m., when Martina Costello, daughter of Mr. and Mrs. Thomas A. Costello was united in marriage to William Raymond Stull, son of Mr. and Mrs. Ray Stull, all of Charlotteville.

The officiating clergyman was Rev. Patrick McMahon, D.D., Parish Priest. Mrs. Joseph Dougan played the wedding music, accompanying Mr. Frank MacIntyre as he sang Francis's "Pans Angelicus," Schubert's "Ave Maria," and "Mother All Beautiful." Tasteful arrangements of spring flowers formed the decorative scheme.

The bride, given in marriage by her brother, Mr. John Costello, wore a gown of Chantilly lace and tiers of nylon net, with matching headdress and elbow length veil, held in place by a coronet of seed pearls. She carried a shower bouquet of red roses with stephanotis and maiden hair fern. She was attended by her sister, Mrs. John MacNeill, as matron of honour, and by Miss Bernadette Hagan as bridesmaid. The matron of honour wore a yellow frosted nylon dress with matching bonnet and mitts, and carried a nosegay of Golden Scaples and Bronze Mums. The bridesmaid was gowned in frosted mauve nylon with matching bonnet and mitts, and a nosegay of yellow roses.

Mr. Gerard MacInnis was the groomsmen, and the ushers were Messrs. Walter Cullen and John MacNeill. The bride's mother chose for her daughter's wedding a black tailored suit, with which she wore pink accessories, a set of platinum

fox furs and a corsage of pink roses. The groom's mother wore a yellow dress of gabardine, with black accessories and a corsage of Tailsman roses.

Following the ceremony the wedding reception was held at the Keppoch Beach Hotel, when the toast to the bride was proposed by Mr. Charles Praught and responded to by the groom. The toastmaster was Mr. Frank O'Neill. Mr. and Mrs. Stull left on a motor trip through the Maritimes, the bride wearing a white corded silk suit with navy accessories, a white sailor hat trimmed with navy blue, and a corsage of pink roses. On their return they will reside in Charlottetown, where the groom is the Island representative of Canada Dry.

## DOROTHY DIX'S COLUMN—

### Unsociable Neighbors

It May Be Shyness; If Not, Just Leave Them Alone

DEAR MISS DIX: Being of sociable disposition, it is rather hard for me to understand the people who live next door to us. At times they are talkative, but never sociable, then out of the blue they ignore us as if we had a contagious disease. If we try to be kind or show some little sign of friendship, they walk away and leave us absolutely flabbergasted. I thought hermits lived in hills or caves; not right in the middle of civilization.



Muriel Nissen

ANSWER: One simply must realize that it does take all kinds of people to make the world, and learn to live with them. Thank heaven, say I, for the sociable ones! People who turn from proffered friendship don't know what they're missing, and they deserve your pity much more than your censure. Sometimes folks are too shy, or self-conscious, to accept friendship; they feel inadequate to return favors offered, or even to return affection and understanding. If seemingly "cold" neighbors react to your overtures for this reason, it's worth the effort to continue trying to win their confidence.

If their failure to warm to your advances is simply a case of misanthropy, absolutely nothing will change them. All you can do is be pleasant when you meet, ignore their sourness and find more responsive neighbors elsewhere on your block.

### "DON'T RUSH 'GOING STEADY'"

DEAR MISS DIX: About a month ago I met a boy and thought I was in love with him. We went steady for a week and he gave me an expensive gift. Now I realize that I don't care for him and would like to know if I should return the gift.

ANSWER: That was certainly a whirlwind affair, Patsy. By all means return the gift, telling him it was much too lavish for so short an acquaintance. Next time you meet the "one and only," take a little more time before rushing into the "going steady" stage. I gather from your handwriting that you are very young, and so urge you the more strongly to be careful with your affections. Bestow them more judiciously.

DEAR MISS DIX: My husband and I are very happy except for one thing. We have an 8-month-old baby and I feel I am entitled to one day off a week, at which time my husband should take over the baby. I am of the opinion that he is selfish because he refuses to do this. It is the cause of many disputes between us, so please advise me.

ANSWER: While I am a strong advocate of time out for mothers, I think you are overdoing the privilege. Don't forget your husband works hard, too, in order to provide adequately for you and his child. Caring for a baby doesn't come as easily to a father as to a mother, so having the youngster for a full day could be quite a task for him. Couldn't you arrange for a baby-sitter occasionally so you could go out together?

If this isn't feasible, at least settle for an evening—not a whole day. When you say you are "entitled" to a day off, you sound more like a hired nurse than the baby's mother. One is never "entitled" to neglect or ignore one's responsibilities. You should consider it a privilege to care for your baby; instead you seem to regard him as an onerous chore. A better outlook is what you need, Lisa, not time off.

DEAR MISS DIX: Even though a doctor has told my mother and me that we have clashing personalities and should not continue to live together, should we do so in order to please neighbors, relatives and other busybodies?

HARASSED ANSWER: If you and your mother agree that you'd both be happier in your own homes, you most certainly shouldn't let the advice of outsiders influence your decision. Are you sure, however, that the doctor's odd diagnosis isn't just an excuse to justify your own wilfulness? Constant quarrelling is not so much a "clash of personalities" as an indication of unstable emotions and a childlike refusal to make adjustments to other people. If you can't get along with your mother, it's quite possible that you can't get along with anyone else, which is a dark outlook for your future. In your case, a little self-analysis would do much to supplement your doctor's conclusions.

DEAR MISS DIX: I am 21, my brother is 19, and he chums around with a boy his age who often comes to our house for meals, and frequently stays overnight. I like him very much, and he has asked me to go out with him, but I'm afraid people will say I'm robbing the cradle.

ANGIE ANSWER: Nonsense, a two year's difference, even at your young ages, isn't enough to cause concern. You may take a little kidding from friends, but pass it off with light remarks and forget it.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

## ELLEN'S DIARY

By An Island Farmer's Wife

James took up the lines and chuckled. "It would be surprising, Ellen," he said "the farming we two could do yet!" He guided team and seeder through the gateway to a near field and was gone then from us to finish a delayed end of seeding... We had been summoned from the house with a loudish hall to "Hold this mare a minute, while I harness the other two" a procedure which before grain and "seed" was assembled, extended well beyond the time we had expected to elapse before, and in a few minutes had mixing should be put in the oven.

But at Alderlea the indoor interests always came second to the enterprises of the farming. "I'm afraid Ellen," we recall James shaking his head sadly in our younger years, when he had just returned from an excursion of buying which had taken him to a far farm a young couple had but recently acquired.

"I'm thinking they're not going to make too much of a success at the farming. He was cutting seed alone in the barn. And" his eyes were troubled over evidence of such lack of team-work on the part of the partners, "she was waxing the

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## Household Scrapbook

By Roberta Lee

### Iron Stains on Marble

To remove iron stains from marble take an equal quantity of fresh spirits of vitriol and lemon juice. Mix in a bottle, shake well, wet the spots, and in a few minutes rub with a soft cloth until they disappear.

### Stale Bread

A loaf of stale bread can be freshened by dampening it with hot water, then covering with a damp cloth and placing it in the oven until it is hot.

### Lace Collar

A lace collar can be cleaned by rubbing powdered starch into it, laying it aside overnight, then brushing and shaking thoroughly.

## Cook's Corner

### Creole Rice

Just as it is, or with some cooked bacon chips in the mixture or with crisp bacon strips as a garnish (if you want to add a touch of luncheon or supper. You can step up the proportion of bacon if you want to make it a dinner dish. A tossed salad is a perfect accompaniment.

- 2 tablespoons onion
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 pound mushrooms, washed, drained and sliced
- 1 can (20 ounces) tomatoes
- 1 bay leaf
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon granulated sugar
- 1/2 cup raw rice, washed and drained.

Heat the shortening; add the onion, green pepper and sliced mushrooms and fry gently, stirring often, until vegetables are tender. Add the tomatoes, bay leaf, salt, pepper and granulated sugar; cover closely and simmer, stirring occasionally, 30 minutes. Remove bay leaf.

Stir rice into tomato mixture; cover and boil gently, stirring once or twice with a fork, until rice is tender—about 30 minutes. Serve piping hot.

### Stripes for Sports



A striped casual sweater knitted from crocheted wool is wonderful for summer sports wear. It can be worn with shorts, slacks or teamed with your very best skirt. The one pictured here is knitted lengthwise to avoid joining wools when changing colours. If you would like to have a direction leaflet for making the TRI COLOURED CASUAL in sizes 32, 34 and 36 inches, just send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for Leaflet No. CW-37.

## for BABY'S TUMMY UPSETS

Give Baby's Own Tablets. Sweet, simple, little tablets. Used for over 50 years to quickly help relieve minor digestive upsets. Fast, constipation and teething troubles. Quickly restores your stomach. No "sleepy" stuff—no dulling effect. Get a package today at your druggist, 30¢.

## BABY'S OWN TABLETS

## Falconwood Nurses



Pictured above is Mrs. L. O. Kitchen, matron at Falconwood Hospital, with the four graduates who received their diplomas at the exercises on June 19th.

Seated, left to right, are Dorothy Lutz and Joan MacArthur. Standing, Jean Jeffrey, Mrs. Kitchen and Linda Boulter.

## Alice Brooks Designs

THRIFTY!

Use contrast remnants for this stunning apron! That way it's so inexpensive to make and so smart for this season! Cobble pockets—so useful to have while working! Make it without bib too!

Pattern 7317: cutting charts; necessary pattern parts. Send Twenty-five Cents in coin for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, and Pattern Number.

## Modern Etiquette

By Roberta Lee

Q. In what room of the home should a tea be given?

A. The tea table may be spread in the living room, if the group is small and the room is large. Preferably, however, the table should be in the dining room. Tea, coffee, fruit punch, thin sandwiches, cakes, olives, and nuts are placed on the table and guests help themselves, except that women friends may assist in serving the beverages.

Q. I know it is not a "must," but if a girl wishes to give her fiancé an engagement present, what should it be?

A. Usually some piece of jewelry—cuff links, a watch or key chain, or a cigarette case or lighter.

Q. How many courses does a formal luncheon include?

A. Never more than six—fruit or soup, fish, meat, chicken or fish and vegetable, salad, dessert, and coffee and tea.



7317

by Alice Brooks

Moth Preventive

An excellent preventive against moths is to moisten a cloth in turpentine and wipe out the dresser drawers and closets occasionally.

## The Neighbors

By George Clark



"The boss gave me the rest of the day off. If this headache had come on sooner, I could get shopping done."

## End of June Clearance

SWIM SUITS—All sizes and shades  
Clearing 1/2 Price

COATS — Shorties and Long  
Clearing 33 1/3 off

HOSIERY—51 Gauge (ultra sheer)  
Summer shades. Reg. \$1.95  
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## Life was never such FUN before!

Now she's sought after, invited everywhere, having a glow of health that excites admiration. What a difference from that pale, listless, lonely girl. You too can be happy, peppy, popular, if you always feel tired, run-down—do what happy thousands now do, take Dr. Williams' Pink Pills. See if within 30 days, a richer, redder blood doesn't make you a new person, with more bounding energy, better color, new radiance. Start today! Get back "in the pink" where you belong!

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