WOMEN

CHILD TRAINING

(This article is another in a series on child training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare).

Fear Can Harm Your Child

PART I

It is normal for your child to be frightened at times. But if his fears are too intense or too prolonged they can be harmful and cause much permanent damage to his developing personality. For this reason take his fears and worries seriously and make every effort to relieve them.

Some fears are brief and immediately forgotten, like a loud noise, or a scary Hallowe'en mask. Others are lasting and deeply injurious. Fear of authority may develop from a father who is too stern; fear of soiling from too rigid toilet training; fear of dirt from constant harsh scolding for getting dirty during play. The list is a long one. Whatever seems to make you withdraw your love will worry your child because he loves and needs you so much. Avoid the growth of such fears in your child by being tolerant and friendly about his progress, or lack of it, in his eating, playing or keeping dry. Praise him for his efforts even if they are clumsy. If you make him feel a failure he will be full of fears.

Afraid of being alone in the dark at bedtime is common — and the child cannot be persuaded there is nothing to fear. Ridicule or stern measures only make it harder for him. He is showing how badly he needs comfort, love and reassurance, not just at bedtime but during the day, too. The usual cause is a lack of self-confidence. Ease up on your scoldings. They make him feel guilty, a failure. Halt the battles over toilet training and eating. And if Dad has been using the "stern father" method, he'll soften up when he realizes his child needs less managing and more affection and approval. Praise your child's little successes and so build up his inner security.

For the two-year-old leaving the bedroom door partly open will help. Fear of bed-wetting can make a child of this age afraid to go to sleep. His bladder control is not yet perfect and he may be afraid he'll lose his mother's love if he wets his bed. Such a child needs to be told his mother loves him wet or dry.

This World Can Be Frightening

A child of three or four often fears thunderstorms, snakes, cats, dogs, etc., especially if the parent has shown similar fears in his presence. Or he may imagine frightening things. Reassure him and avoid ridicule. He needs affection to help him over the insecurity that is the basis for such fears. And show him that you are not afraid, but appreciate his feeling the way he does.

Your child is more disturbed about family matters than you probably realize. Discuss such domestic troubles out of his hearing. Fear of death shows up at this age and you can allay his worries by treating the subject reassuringly, telling your child that people don't usually die until they are old and (with a cheerful hug) we'll all be happy together for a long time! Meet his questions honestly and cheerfully. If your child is sure of himself and not being punished or crossly scolded he won't be much worried by imagined fears.

Family quarrels can produce an uneasy fear in your child which may endure and become most damaging. He may not understand the bickerings, but they can profoundly affect the child. He feels that something is wrong with the two people who mean the most in the world.

Parents often promote a child's fears through ambition for him to shine. If you want him to be the tidiest, best-dressed and best-mannered of all children and push him too hard to reach unnatural and impossibly high standards, he'll very likely react by showing off as you desire. Instead, he'll show symptoms of fear, maybe not obviously but in some "nervous" habits.

(To be continued next week)

That Body of Yours

By James W. Barton, M. D.

BORIC ACID — A NURSERY POISON

There have been more than one report in the newspapers of severe poisoning caused by the use of that common drug—boric acid powder. A recent editorial in the Canadian Medical Association Journal tells us more about it.

"Boric acid is one of those "insipid" drugs which arouse little enthusiasm but continue to be used because their employment appears to have been sanctioned by tradition. The general attitude is that the drug is a mild antiseptic and because its antiseptic action is mild it seems to be generally assumed that its poisonous action is also slight."

Because of this indifferent attitude toward it, boric acid continues to be used in large quantities on the view that if it does no good it at least does no harm. This attitude has persisted although over many years proof has been offered from the medical press that boric acid is really a wolf in sheep's clothing.

We now read of five cases of boric acid poisoning, three of which appeared for treatment at the Children's Memorial Hospital, Montreal, within three months. In four cases, the history was one of rawness of the skin of the buttocks from diarrhoea in a newborn infant, to which boric acid powder was applied. In the fifth case, the boric acid powder was applied to a weeping navel and vomiting and convulsions developed. One of the cases ended in death.

There has been a review of 105 cases (60 fatal) recorded in medical literature and it is believed that minor episodes of this condition are by no means rare and are commonly overlooked.

What are the commonest symptoms of boric acid poisoning? They are convulsions, delirium, unconsciousness; diarrhoea and vomiting; and skin symptoms such as a red rash followed by shedding of skin leaving a raw surface.

What about its treatment? No specific treatment is known as yet but general measures such as blood transfusions help. Any buttock condition may be treated by exposure to air and protection from urine or stools.

We must remember that the danger is greatest in babyhood and that the poisoning is commonest from taking by mouth or by applying the powder to a raw skin surface. In fairness to boric acid powder, there does not seem to be any danger from it when it is applied to perfectly healthy skin. However, considering how easily it may occur—in one case its application for just two days to a raw skin surface—we should all be very careful in our use of boric acid powder, if we use it at all.

SURE IT DOES

HALIFAX (CP)—Lightning does strike the same place twice and Al Vogler has a scarred ceiling to prove it. A bolt arrowed into Vogler's home on midtown Robie street during Friday night's big electrical storm and Vogler reported the plaster showered down. He said a second charge slammed into the ceiling two feet away only moments later and more plaster was knocked loose.

SCOTTISH STREAM

The river Dee, famous for salmon, flows 90 miles through beautiful scenery to the North sea at Aberdeen.

MOVING LANDMARK

YORKTON, Sask., (CP)—A 75-foot smokestack which served Yorkton's first industry, a flour mill built in 1894, has been taken down and moved farther north to serve a plywood factory. The landmark could be seen for miles by district farmers.

Alice Brooks Designs

'JAMA BAG!

She's a doll — she's a 'JAMA BAG! Every morning youngsters stuff their P. J.'s into the slit in back. She sits on the bed 'till slumbertime comes again.

Teach youngster neatness with the 'Jama Doll! Pattern 7242: embroidery transfer, directions.

Send Twenty-five Cents in coins 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, Pattern Number.

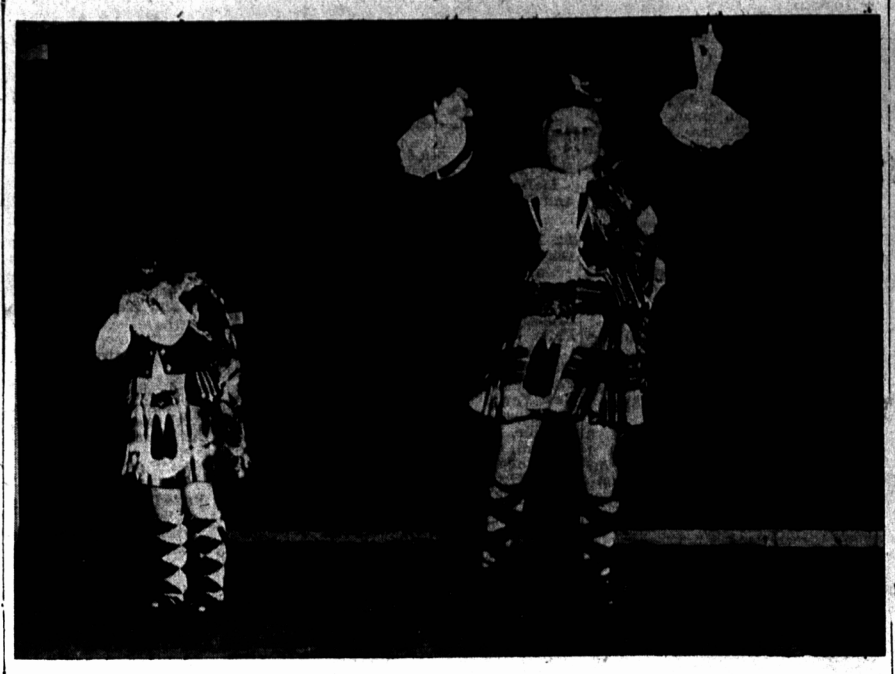
BRAND-NEW, beautiful — the 1954 Alice Brooks Needlecraft Catalog. It has the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus

4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

WANT FARM STUDY

MONTREAL (CP)—The Quebec Corporation of Agronomists Wednesday urged establishment of a special provincial committee to study Quebec's farming problems. The organization, holding its annual convention here, said the committee should include representatives of agricultural schools, universities, the department of agriculture and the corporation.

Wept in Humiliation



Life will probably never hold a more agonizing moment for eight-year-old Trudy Mercer of Calgary than that which came her way at the annual Scottish Games here. Poor Trudy, right in the middle of the intricate steps of the Highland Fling, forgot what to do next so she broke down and wept in humiliation. Carolyn Sloan of Edmonton, unperturbed, kept right on dancing.—**(CP Photo).**

King-Deagle Wedding

Pictured above are Mr. and Mrs. Arthur F. King (centre) of Lowell, Mass. The bride is the former Mary Deagle of Charlottetown. Her bridesmaid was her sister, Mrs. Florence Uskat, New Bedford, Mass. The groomsman was Francis R. King, brother of the groom. The wedding took place at the Sacred Heart Church, Lowell, Mass., last April.

DOROTHY DIX

An Invalid Wife

DEAR MISS DIX: You may think this is just another version of the "other woman" story, but it really isn't as simple as following the usual advice to "give him up at all costs."

Anyway, here's the story: Five years ago Lee and his wife lost their only child, a 3-year-old boy who was not normal. The mother had a nervous breakdown and has not completely recovered. She has lost all interest in everything, does absolutely nothing about the house, won't see people and has withdrawn into a world of her own. Lee waits on her hand and foot, does the cooking, shopping, house cleaning —even to the laundry. Then he began to talk to me, confiding, seeking advice, etc. I was sympathetic until I realized he was becoming too dependent on my company. Our relationship has been quite open, consisting almost entirely of lunch and dinner dates. There has been no question of love on either side; under other circumstances I might have grown to love Lee, but with full appreciation of existing conditions, I've restrained my emotions. He seems to have a need for somebody to talk to, and I'm the person. He says if I won't see him, he'll spend his evenings at taverns —and he has on a few occasions where I've tried to be firm. What can I do?

Eloise

ADVICE FOR BOTH

ANSWER: Lee's dependence is bad for both of you; he needs a more permanent source of comfort, and you should have the opportunity of meeting other men with the object of establishing your own future. Has Lee exhausted every possibility of restoring his wife's mental health? Your city has several mental health clinics; he should consult doctors at one of them. Naturally, if she assumes her place once more as a healthy and capable wife, the problem is solved. A deepening of his own spiritual life also would be a vital factor in re-establishing the man's emotional health. A good talk with his pastor would be the key there. Even if Lee isn't a regular churchgoer, he will be welcomed by a clergyman for the sort of consultation he needs. Working through these suggested parties, you should be able to shift the responsibility from your own shoulders. Perhaps, in addition, Lee may have a relative—sister, cousin or aunt—who would provide an outlet for his confidences. Everyone needs someone to talk to, so it's understandable that a man, who finds himself closed off from home ties, would make good use of the first receptive ears he finds. You filled successfully the role of cushioning him against the first shocks of his disturbed home; now turn the job over to someone else.

The Stars Say

By Estrellita

For Tomorrow

IT would be well to attend to important matters yourself this day, instead of turning a responsibility over to another. In fact, your willingness to accept additional responsibilities, even at some inconvenience to yourself, might so impress those in a position to be helpful to you that it could prove exceptionally worth-while.

During the evening hours, let friendliness evidence itself in all you do or say — even in what you write.

The aspects are fine for promoting congeniality and for social life generally, so do your part — warmheartedly and with a sense of humor.

For the Birthday

If tomorrow is your birthday, your horoscope indicates an excellent year generally. Financial matters should prosper throughout the summer months, and there should be opportunities for travel during the early fall.

There is also the prospect of gaining added prestige through the good offices of someone in authority. By year's end, you should be greatly satisfied with your progress in both business and personal affairs.

With the beginning of October, you will enter a cycle which will be fine for social affairs; new friendships should be encouraged then, since there is a strong possibility that such contacts might also be valuable from an occupational standpoint. Romance and courtship will be under benign aspects for the balance of the year.

A child born on this day will be affectionate, generous, and a loyal and sympathetic friend to those in need.

ELLEN'S DIARY

by an Island Farmer's Wife

Monday...The ink is hours dry on the word for we wrote it when last week, weary and worn, was drifting away down the river of time. Then having closed that record, we had turned to a new leaf and there at the top had rather idly written the heading.

* * *

And at once we had put aside our pen and come to sit by the window, there to wonder why we had presumed to look thus far into the future. Who should say whether the pen was to rest only over the week-end? Who could peer into the shadows of that forward bend of road to see the happenings of that period between? We smiled, in that little old rocking chair, over our unanswered queries and leaving our every question and care to Heaven, then keeping so tenderly the valley about—even the nesting birds and the fledglings, we too came to our rest.

And now from the hindsight of the day itself we look back to remember that not for some idle purpose has it been granted. To some, missions of moment were given; to others, the lesser. And ours, as we saw them? To smile, or perhaps with a tinkling laugh to ease someone's fancied or real burden of care; to offer an encouraging word when spirits quailed—to lend a helping hand. Ours to kiss away the ache of a bump, to treat a youthful hurt—even to spank a moral home!

* * *

"Aw, she never gets 'round to it", we overheard Gage tell his grandfather the other day after some issue had arisen to cloud our usual peaceful horizon. "She threatens", he shrugged. "I guess," he regarded James with a merry grin, "that's about all she can do now!"

But James, bless him, giving the youngster some disturbing food for thought said: "It's just as well to be a little cautious. We men can't ever allow ourselves to under-estimate the power of a woman. With a man it's different. But with one of them," James smiled, "you just never know!"

Or could it not be that this day has been given to worried folks—those concerned about many things, to find a certain peace of mind and heart in the glory of the season spread so beautifully about? To look out once more, maybe with more appreciative eye, to the pictured fields—they not so long ago drab and lifeless, but pulsing now with much life and be-flowered... Daisy, clover, buttercup, tangle of purple vetch, cream of Queen Anne's Lace. And above and about the fascinating creatures of earth and air-bird, bee, butterfly, all of these "little ones" which, as some poet has written "like the angels, also have wings."

* * *

Wings more colorful, but not more gentle than that of the night which now so kindly covers "as a hen her chicks" every inch of valley and hill.

Until tomorrow — Diary — Goodnight....

Household Scrapbook

By Roberta Lee

Mending Screens

If the hole in the screen is small trim the edges until it is roughly square. Cut a new piece of screening about an inch larger each way than the hole. Pull out several of the wires on each side of the patch and bend so that they stick out at right angles. Place the patch over the hole, push the loose wires through the screen and bend back through the screening until the new piece is firmly in place.

Rust Spots

If there is rust on steel, cover the spot with sweet oil and rub well, allowing it to remain a few days. Then rub with powdered unslacked lime until the spot is gone.

Oranges

If oranges are thoroughly dried with a cloth, each one wrapped separately in waxed paper and placed in a box, they will keep for weeks.

IN MOVIES NOW

BURFORD, Ont., (CP) — When Mrs. N. R. Parrott celebrated her 95th birthday at a party at a nursing home here, colored movies of the occasion were taken by her great - great - granddaughter, Mrs. Allan Balsdon.

Modern Etiquette

By Roberta Lee

Q. When writing a letter of application for a position, should it be written by hand or typed?

A. Usually a typewritten letter is preferred. Some business firms, however, instruct applicants to write their letters by hand, the idea being to test the legibility of the applicant's handwriting.

Q. Should a woman rise when seated at a table in a restaurant, and another woman comes by and stops to exchange a few words?

A. This is not necessary, unless she is very young and the other woman is elderly.

Q. Has a divorced woman the privilege to continue wearing her rings?

A. If she wishes; this is entirely optional.

STRIKERS RESUME WORK

OSHAWA (CP)—Normal transportation service was resumed Monday with the end of the month-long strike by 115 bus drivers and railway maintenance employees. Agreement was reached Saturday between the employees, members of the Amalgamated Association of Street Electric Railway and Motor Coach Employees (AFL-TLC) and management of the CNR-owned Oshawa street railway company.

TORONTO (CP) — Mrs. Lucy Elliott, 105 Sunday, said at nearby Agincourt that her recipe for a long life is: "Eat plain, work hard, and practise temperance in everything." Born in Somerset, England, she came to Canada at the age of eight in a windjammer commanded by her cousin.

HOLMAN STORE NEWS

— G. H. M. —

HOLMAN'S 97th BIRTHDAY SALE!

THURSDAY IS THE DAY

..... as every year at this time.....we begin our traditional, Value-Giving Storewide BIRTHDAY SALE!

97 YEARS.....of progressive management by one local family!
97 YEARS.....of merchandising experience and knowledge!
97 YEARS.....of market prestige and vast buying power!
97 YEARS.....of high quality standards and sound value!
97 YEARS.....of growth built upon customer satisfaction!
97 YEARS.....of ever expanding facilities and service!

THE YEAR'S GREATEST SALE!

3 Exciting Days of Tremendous Savings!
2 Stores Packed with Exceptional Values!
New Merchandise from Our Top Makers!
Wide Assortments for Family and Home!
Lowest Sale Prices of the Year!

AT

HOLMAN'S 97th BIRTHDAY SALE!

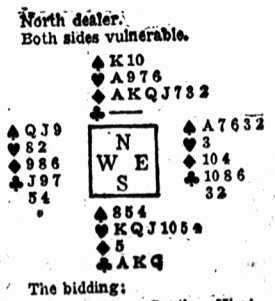
Contract Bridge

By Josephine Culbertson

AN EXPENSIVE SELECTION

In the following deal, bidding a slam in the wrong suit cost North-South 2000 points

North dealer.
Both sides vulnerable.



The bidding:

North	East	South	West
1 ♠	Pass	2 ♥	Pass
4 ♦	Pass	5 ♥	Pass
6 ♥	Pass	Pass	Pass

South would have achieved easy victory if West had led a heart, a diamond or a club, but the actual opening was the queen of spades, and South was down one before he could get started. When the opponents went game and rubber on the next deal, the total "swing" became astronomical.

It was largely South's fault that the tragedy occurred. His jump two-heart bid over one diamond was borderline, to begin with, in view of his lack of anything in spades, his singleton in North's suit, and the fact that he had only one ace. This bid, however, would not have done harm if South had acted correctly thereafter. It was really the leap from four diamonds to five hearts that did the damage. After that, with such excellent heart support, it was more or less natural for North to "relax" and gladly co-operate on a heart slam.

However, North too could have been considerably shrewder than he was and gone in for some old fashioned, garden-variety self-protection. The partners were not using an ace-locating convention (for reasons best known to themselves), but North could see the spade king in his own hand and he might have taken greater pains to insure that nothing would happen to that king. With a diamond suit as powerful as North's, the far safer slam bid was six diamonds, simply because of the direction from which the opening lead would come.

National Council of Women Have Small-Sized Squabble

By PAULINE KENNEDY
Canadian Press Staff Writer

FREDERICTON, (CP)—The National Council of Women Tuesday listened to two guest speakers, urged the federal government to establish a coast guard for the west coast, and curtail government free-franking privilege, and then had a small-sized squabble.

Speakers were Senator Muriel McQueen Fergusson of Fredericton and Mrs. Lilias Toward, Halifax, Maritime field secretary for the Community Planning Association of Canada.

The resolution on the coast guard arose because the council felt there was too much loss of life and dependence on the United States Coast Guard on the British Columbia coast.

ABUSE PRIVILEGES

Free-franking privileges by House of Commons members and the Senate are being loosely used, they said. A third resolution urged better selection of immigrants with a woman on every board.

A squabble blew up when five resolutions from Ontario provincial council were thrown out of the meeting. These resolutions, which came in too late, will be referred to local councils and considered at an executive meeting.

Mrs. Gordon Kerr, Ontario provincial president from Windsor, threatened to boycott Ontario's attendance at another national meeting because of the matter. Mrs. L. H. Meng, Ottawa, corresponding secretary for the council said the resolutions never arrived at Ottawa head office for study.

BE SILENT PARTNER

Liberal Senator Muriel Fergusson in her address, outlined some duties of women in public life. She said women should not talk all the time, but should play more than the silent-partner role usually assigned to them.

She urged national, provincial and local councils of women to support women candidates. She also warned women not to work under the delusion they can lick the world alone.

"Proper government, as anything else, is a partnership of both men and women," she said.

Mrs. Toward told delegates women should take more responsibility for housing improvement in their area. She mentioned some of the new slum clearance, old-age and low-price government housing plans available.

Tonight the lieutenant-governor of New Brunswick, Hon. D. L. MacLaren will address a dinner meeting of the national council.

Morning Smile

The orderly officer entered the dining-hall and asked the men if there were any complaints. One recruit sprang up and stated that he had found a cigarette-end on the edge of his plate.

"Good Heaven, man!" exclaimed the officer. "What do you expect—a packet of twenty?"

Better English

By D. C. Williams

1. What is wrong with this sentence? "She generally always attends the meetings, but it is near a year since I last attended one."
2. What is the correct pronunciation of "caramel"?
3. Which one of these words is misspelled? Cryptic, crustacious, crucifixion, crisscross.
4. What does the word "legacy" mean?
5. What is a word beginning with na that means "ingenuous; artless"?

ANSWERS

1. Say, "She usually attends the meetings, but it is nearly a year since I last attended one." 2. Pronounce kar-a-mel, first a as in care, second a unstressed, e as in bell, accent first syllable. 3. Crustaceous. 4. Something left by will; a bequest. "His legacy made him a wealthy man." 5. Naïve.

QUEER FISH

GRIMSBY, England, (CP—Siamese-twin fish were born in an aquarium in this Lincolnshire town. The fish, of a tropical swordtail species, are joined at the spine.

Tomato relish — hmmm, so good with fish, meat and even cheese — try this recipe, sent in by O'Leary W. I. for this week's corner.

TOMATO RELISH

1 can tomatoes
1 medium-sized onion
2 cups brown sugar
1 cup vinegar
1 teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon allspice
1 heaping teaspoon corn starch (mixed in water)

Method:

Cook tomatoes and onion until clear. Then add sugar and vinegar. Let simmer a few minutes. Then add spices before taking from stove. Add cornstarch last.

—Mrs. Claude MacNeill, O'Leary W. I.

How Can I?

By Anne Ashley

Q. What can be done for excessive perspiration under the arms?

A. 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.

Q. How can I freshen stale bread?

A. By wrapping it in a wet cloth, leaving it for a minute, then removing the cloth and baking in a slow oven for 15 to 30 minutes.

Q. How can I kill crickets or drive out ants?

A. Put some cucumber peel, cut into thin strips, on the floor at night near their haunts.

HALIFAX (CP) — Dr. G. B. Shaw, Shelburne county medical officer, has been named medical director of Maritime Medical Care, Inc., it was announced Friday. Maritime medical care is a health insurance program sponsored by the medical profession.

Anne Adams Patterns

SUN-SATIONAL!

Hit of summer! Bare your back to the breezes in this halter step-in with the figure-flattering cross-over bodice. It's easy-to-sew, a cinch to launder—whisk it on and off the ironing board! Make it in casual cotton for sunning — glamour fabric for evening!

Pattern 4573: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 3¾ yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

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Brazil, the largest country in South America, covers an area of 3,286,000 square miles.

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