

That Body Of Yours

By James W. Barton, M.D.

EFFECT UPON THE HEART OF PROLONGED STANDING

It is not unusual, during the passing of a parade, to have one of the observers at the roadside collapse. The use of "smelling salts" (aromatic spirits of ammonia) or the fact that in falling down his head is lowered, bring him around. Similarly, when a squad of infantry are kept "at attention" for an inspection, one or more of the group may collapse.

In The Journal of Applied Physiology, Drs. E. E. Edleman, Jr., K. Willis and H. E. Feyer report that electrocardiographic studies were made on four males standing motionless for 16 to 30 minutes. The apparent stroke volumes, back to front diameters, blood pressure, and phases or rhythm of the complete heart beat (cycle) were determined at three-minute intervals until syncope (collapse) occurred.

First, there was a decrease in stroke volume and width of heart front to back during the first 4 to 12 minutes, probably the result of pooling of blood in the legs. Secondly, there was a temporary rise in stroke volume of the heart associated with an increase in the front to back measurement of the heart.

Thirdly, the front to back diameters of the heart continued to increase with a decline in the stroke volume until syncope occurred. The normal or mean blood pressure was maintained right up to the abrupt onset of syncope.

The above shows us that standing absolutely still causes pooling of blood in the legs, then the increase in stroke volume as Nature tries to give the circulation some extra help under the strain of standing still, and finally the collapse of weakening of heart muscle under the long strain of standing still.

Some months ago, we wrote about the method to prevent fainting or collapse while watching a parade. It is simply rising on the toes from time to time, which pumps the blood upward and onward toward the heart.

The thought behind all the above is that standing absolutely still prevents proper circulation of the blood throughout the entire body.

FAMOUS EDITION

The first Bible printed from movable type was completed by Johann Gutenberg in 1466.



Mrs. G. Edwin Sansom holds the silver trophy she won at Stanley Fair in 1947, when she was named "Most Worthy Settler" for the year.

Adds to Baking Fame at 1951 Stanley Fair

At the internationally famous county fair at Stanley, N.B., Mrs. G. Edwin Sansom is honored not only for her cherished community services, but for her wonderful baking skill! She has been a prize-winner for decades—four ribbons in 1951, including a first prize for bread. Reviewing her years of success, Mrs. Sansom pays full tribute to Fleischmann's Yeast.

Advertisement for MORSE'S TEAS featuring a can of coffee and the text "High in Quality like MORSE'S TEAS".

ELLEN'S DIARY

By an Island Farmer's Wife

Our spring-threshing was continued today and towards dusk in the cleaning-up of the floor about, the chore was completed. Once more lofts are full of bedding-straw and James is well satisfied with the "tidy bit of grain" the endeavour yielded.

James commented, we trust not in the way of any ill token, when he sat down to supper: "There will be many a change, Ellen, before the gear is set again." Our thoughts flew to the pleasantness of the waiting period—to the ever-new enchantment of the seedtime and on through lazy summer days to the fulness and delight of the harvest.

As in the autumn—threshing, and releasing our farmers to other stations at the work, Mr. A. fed the sheaves to the machine. We fancy he does it in tune to its rhythm, so regular are the movements of his hands. . . . And Jeanie smiled when she related that Mack of his own account added his name to the list at prayer-time tonight. It is nice to be remembered thus. And we suppose there is an added blessing for us when our names are submitted by the innocent lips of our small ones.

MEDICAL PIONEER

The principle of vaccination against disease was discovered by the English physician, Edward Jenner, in 1796.

LOGY, LISTLESS, OUT OF LOVE WITH LIFE?

Then wake up your liver bile. . . . jump out of bed 'er in' to go. Life not worth living? It may be the liver! It's a fact! If your liver bile is not flowing freely your food may not digest. . . . gas bloats up your stomach. . . . you feel constipated and all the fun and sparkle go out of life.

Indoors we have crackle of wood-fire and joy of joys; a mind at ease. Shall we now go back into our yesterdays? Or perhaps we shall leave that for another night. And what of this day? The satisfaction of another chore of season past. . . . health and happiness. . . . children's laughter. Let now a storm of March bluster—this day has been good!

How Can I . . . By Anna Ashley

Q. How can I remove grease spots from white and fast-color materials? Saturate the spots with benzine, placing a blotter on both sides of the material, and applying a hot iron to the upper surface for several minutes.

Q. How can I keep silverware looking bright? A. Pour a little milk into the water in which the silver is washed, and this will aid greatly in keeping it looking bright. The fat in the milk forms an invisible coating which helps exclude the air.

Q. How can I soften shoe polish that has become hard? A. Add a small quantity of turpentine to the shoe polish, and it will soften almost immediately.

A Delicious Tuna Fish Salad

2 cups canned tuna fish 1 cup diced celery 1 tablespoon minced onion 1 tablespoon vinegar 1/2 teaspoon salt 1/2 teaspoon pepper 1/2 teaspoon Colman's Mustard 1/2 cup salad dressing

FASHION SHOW

Tickets to be exchanged beginning March 20th at SHERWIN WILLIAMS

Tickets still available—Hughes Drug Store



COUNTER-BLOW—If you think aches and figures it's in one of the Mrs. Ione Counter, Minneapolis, 20,000 packages of them showing Wis. tomato packer, looks sadly up in retail stores. Since the news pensive you're right. She lost her got out there was a boom in tomato-diamond ring while packing tomato sales.

DOROTHY DIX'S COLUMN—

Quarreling Children

Feelings Of Insecurity Lie Behind Constant Scrapping

DEAR MISS DIX: I am the mother of two children, a boy of 7 and a girl of 5. Individually, they are wonderful children. I can talk to them and really enjoy their company. Together, they are continually fighting and eager to tell on each other. Each is jealous of the slightest attention I pay to the other. I must remember to take turns kissing them good night, so one isn't kissed first two nights in a row. I love them both. My son is everything a mother could be proud of, honest, intelligent and good. My daughter is a beautiful child and very sweet. They're both friendly and have no troubles with other children. I am especially worried about the girl as she shows evidence of growing into a beautiful, intelligent woman and I want her to be well adjusted, with a good personality. Right now she is getting selfish and grasping, more eager to be shown love than to show her affection.

I am married for the second time, and the children are of my first marriage, yet they loved each other after I married my second husband so I can't put the blame on this situation. MRS. GLADYS W.

ANSWER: You may be convinced that your second marriage has nothing to do with the children's sudden maladjustment, yet that is undoubtedly where the trouble lies. They are jealous, not so much of each other, as of their stepfather, but are evincing their feelings in the only way they know—scrapping with each other. Your tactics of scrupulous impartiality are to them almost an admission of shortcoming, as they see it, providing a ready weapon for them to use in self-defense.

You show fine discernment in realizing the responsibility of launching a beautiful girl in the world. All the beauty and intelligence in the world will do her no good if she has a selfish, demanding disposition.

STRESS GROUP WORK

Since both children are socially minded, and are at their best in group work, emphasize that part of their development as much as possible. Dancing, dramatics, sports—anything that will encourage them to get along with other children—will be good for them. However, stay on the sidelines as much as possible during their activity. Don't let them get the idea that you encourage an extra-curricular pastime just to have them out of the way.

At home, let them share—not monopolize—your time and attention in the family. Don't neglect them for your husband, or vice versa. They have a place within the home and must learn to keep within it, not take over the entire household. Since they are both intelligent, you should be able to talk to them and give them a sense of responsibility, too.

Your son should be aware of the fact that as the older brother he must look after his smaller sister. She must realize that her femininity entails obligations as well as privileges. She is growing out of babyhood, inform her, and must learn to be a gracious sister and daughter. Household duties on the glamorous side, such as fixing decorative dishes, arranging flowers, setting up for a party, are not beyond her age, and will give her a sense of importance to overbalance the inferiority she now feels.

It is only a feeling of inferiority that makes children demanding. The child who can give as well as take is the youngster who is sublimely secure.

DEAR MISS DIX: What can we do about a middle-aged woman who visits all over the neighborhood during the day, staying sometimes as long as two hours in one house? She interferes with our household duties and none of us can spare the time for several hours of small talk during the day. MRS. G. L.

ANSWER: These visiting pests are hard to discourage, but one method I have known to be successful is to continue your work, whatever it is, while she's around. Simply say, "Pardon me, but I must go ahead and bathe the baby," or do my ironing, or scrub the floor, whatever the task at hand may be. If you want a really foolproof system for discouraging her, casually hand her a job to do, too. Ask her to help you move the furniture someday, or some other job necessitating an assistant. You'll soon be free of her intrusions.

DEAR MISS DIX: Though I've been going with a boy 21 for quite a while, we haven't gone steady. I love him very much, but don't think he cares too much for me. A few months ago I found his lighter at the house after one of our dates. As I had nothing of his as a keepsake, I decided to retain the lighter. When he asked for it, I refused to give it back. The other night we had a big argument about it. Should I call him up and offer to return it? I don't think he'll ask me for it again. NORMA L.

ANSWER: You were very wrong to keep such a valuable item as a memento. A lighter is an expensive item, and when a man is used to a particular one it is quite important to him. You'll have to do a lot of pride-swallowing, Norma, but you should call the boy up (or write to him), apologize, and send the lighter back. If he wants to resume your friendship after that, let the next move be from him. All you can do, after the lighter is taken care of, is wait!

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

BETTER ENGLISH

1. What is wrong with this sentence? "She pled with her husband not to dive in the pool." 2. What is the correct pronunciation of "jocular"?

3. Which one of these words is misspelled? Abbreviation, abbatior, abstemious, abstinence. 4. What does the word "trigarchy" mean?

5. What is a word beginning with pe that means "capriciously." ANSWERS 1. Say, "She pleaded with her husband not to dive into the pool." 2. Pronounce the o as in jockey, not as in joke. 3. Abbatior. 4. Government by three persons; also a country under three rulers. 5. Petulant.

MORNING SMILE

Witness:—"I think." Lawyer:—"We don't care what you think, what we want to know is what you know." Witness:—"If you don't want to know what I think, I may as well leave the stand. I can't talk without thinking. I'm not a lawyer!"

Home Cooking

Two women were talking over a cup of tea one afternoon and one of them said: "My husband has no bad habits whatsoever. He never drinks and he spends all his evenings at home. Why, he doesn't even belong to a club." "Does he smoke?" asked the other woman. "Only in moderation," was the former's reply. "He does like a cigar after he has had a good dinner, but I don't suppose he smoked two cigars a month."

The Stars Say - -

By Genevieve Kemble

For Tomorrow WHILE a change of the moon may seem to speed up energies and initiative into new fields of attainment, there is a retarding influence, with prospect of delays, postponements, stubborn obstacles and opposition. The most helpful and hopeful influence seems to have connotations of the domestic, social, cultural influence, perhaps feminine or romantic. It may be wise to count on this.

For the Birthday

Those whose birthday it is may run into some grave opposition or stubborn obstacle when attempting to inaugurate very brilliant, novel or experimental ideas, plans and objectives. Sudden events or lack of cooperation counted upon may stress the wisdom of putting off major ventures until the techniques are better understood by the opposition. The way may clarify by postponement or delay. A child born on this day, while being talented, original, with fresh slants and ideas, may find it difficult to impress others of its real worth.

Modern Etiquette

By Roberta Lee

Q. What do you consider the best rule to follow in regard to a well-set dinner table? A. That the well-set table bears the least number of pieces possible. The over-burdened table that is cluttered with all sorts of appointments is in very poor taste, as is also the table that is over-decorated.

Q. Is it proper to address a letter to a widow as "Mrs. Mary Williams"? A. According to best taste, no. Correctly, a widow keeps her husband's name for always.

Q. Should a young woman rise from her chair when an elderly woman leaves the room? A. Yes; this indicates good breeding on the part of the young woman. She should also rise when an elderly woman enters the room.

Better English

By G. C. Williams

1. What is wrong with this sentence? "She pled with her husband not to dive in the pool." 2. What is the correct pronunciation of "jocular"?

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THEY WANT TO MARRY—They wanted to marry when he Alfred C. Martinez, ex-corporal, was stationed in Pusan, but Army regulations did not permit it at that time. Lubov is shown with her Nikitina, only Russian known to be held by UN forces in Pusan. 2 1/2-year-old daughter Sophia at an interment camp.

Anne Adams Patterns

HALF-SIZE FASHION YOU WILL 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. You'll love the sweetheart neckline, 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 3/4 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 coins (stamps cannot be accepted) for this pattern. Print plainly Name, Address, Style Number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.

Household Scrapbook

Sick Headache The juice of half a lemon in a cup of black coffee without sugar and cream is an excellent remedy for sick headache.

Fruit Salads Individual fruit salads are most attractive and delicious when served with a ball of cream cheese sprinkled with cinnamon.

Sticky Drawers Rub a little paste floor wax on the slides and also on the lower edges of the drawers themselves and polish thoroughly. Unless vigorously rubbed, wax forms a sticky coating, but properly polished it forms a hard, smooth finish.

The Neighbors

By George Clark



"We'd like a few more napkins. We have to entertain him till our order arrives."

Alice Brooks Designs

MAKE IT EASILY CROCHET her best dress! It is so easy. Mother—the skirt is one straight piece, gathered at waistline. The ruffle is easily done, and added to the bodice.

INEXPENSIVE! Few balls of cotton for Pattern 7009; Crochet directions, sizes 2, 4, 6 included. 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.

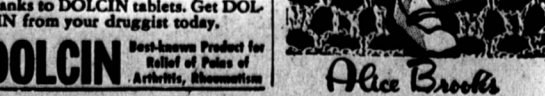
Rheumatic & Arthritic Pains

If you are suffering from arthritis, rheumatism, sciatica or neuritis, you may now hope to get fast relief from pain and discomfort. Thousands and thousands of men and women report they now enjoy long-lasting relief—thanks to DOLCIN tablets. Get DOLCIN from your druggist today.

DOLCIN

Best-known Product for Relief of Pains of Arthritis, Rheumatism

Twenty-five girls graduated recently as TCA stewardesses in Montreal after a five-week course. The girls picked up their uniforms and left immediately for their stations at various points throughout Canada. Lois LaFance was one of the happy contingent.



Alice Brooks