

WOMEN

Wed., Nov. 16, 1955 The Guardian Page 9

RUHAMA SCHEINFELD FRANK

WE AND OUR NEIGHBORS

BRIGHT LIGHT

A new bright light is now illuminating the darkened world of the mentally ill and the millions who are directly or indirectly involved. In the weekend magazine, of the Ottawa Citizen, November 5, there is an absorbing article, "Faster Cure for Sick Minds" by Jacqueline Moore and Bert Beaver. In it are described the wonders accomplished for the mentally ill at the Verdun Protestant Hospital, on the outskirts of Montreal, with the use of the new drug, "Chlorpromazine" together with the better known drug, "Reserpine". Nobody knows whether mental illness has increased greatly in recent years or whether the mounting figures are due to a considerable extent to our keener awareness of the disease and better facilities for taking care of it. But the article states that "experts estimate 60 Canadians out of 1000 need psychiatric care right now and half of all the hospital beds in Canada are occupied by mental patients."

As against this depressing picture, we have a truly hopeful one. "25 years ago," the article informs us, "only 15 out of every 100 schizophrenics (schizophrenia—cleavage of the mind or heart, "split personality") recovered; 20 years ago with shock treatment 60 percent recovered. Today with the new drugs added to existing treatments, many patients are well enough to go home in six weeks—and some patients to go home in three. Many "incurables" are getting well enough to go home."

The new drug was developed in France and tried first at the Verdun (near Montreal) hospital in 1953. It is sold in Canada under the trade name "Largactil" and is a comparatively safe, synthetic compound that works like magic on excited, agitated and aggressive patients.

The article quoted makes it clear however, that administering the drugs—or other established forms of treatment—is only one aspect of the modern method of dealing with the mentally ill. The chief usefulness of the drugs is to soothe the patient, soften his fears and thus make him accessible to other forms of therapy. Occupational therapy is one very important technique. It is no longer considered enough "to keep the patient busy." Cures can be hastened by developing basic interests rather than routine jobs in the kitchen.

Games that call for group cooperation are more helpful than plain physical exercises. Play-reading groups where patients can identify their own problems with that of the characters prove of value. There is a "Patient Council" at the Verdun Hospital where patients and

psychiatrists get together for free discussion. And there is "patient produced magazine", "The Outlook."

I have not seen a copy of this magazine but it must be very like the one gotten out by the patients in a psychiatric hospital in New York City, that I did see. It was a gay little sheet very like the usual college publication though it concerned patients, doctors and nurses rather than the affairs on a college campus. There was good-natured ribbing of popular doctors and patients; jokes and cartoons and some interesting poetry, stories and articles. Special mention was made of new patients and patients leaving for home.

The total effect on the reader outside the hospital walls was of a group of men and women, no different than patients in any other hospital. They, like the others, were sick and needed to be helped to get well.

It is when the individual who was mentally ill patient is discharged from his hospital that this situation presents a special problem. Too many of us still have the attitude that there is a barrier between those who have been patients in a mental hospital—and those who never had that misfortune. We are fearful; we are suspicious. Recognizing this, the Verdun Hospital maintains a social service department that tries to ease the way for its former patients.

Teachers' Study Group Meets

The teachers of School Unit No. 1 held their monthly meeting at Parkdale on November 8th, with Wanda Murphy presiding. The minutes of the last meeting were read and approved and new business discussed.

Mr. Martin gave a talk on the use of the projector and arranged to demonstrate the following Tuesday to all interested. Miss Ross, Public Health Nurse, was the guest speaker for the evening and chose "Eye Testing" as her subject. She demonstrated the use and meaning of the eye chart.

The meeting was adjourned and lunch was served by the Spring Park Teachers.



Words Of The Wise

Men give away nothing so easily as their advice.
—(La Rochefoucauld)

MARY HAWORTH

on utilities, has to keep the grass cut, the structure in repair, etc. And the apartment lessee has to continue paying a holding rental; as does the permanent claimant to a room in a lodging house. Otherwise his backlog goods would very likely be ejected into the streets.

All of which has a bearing on John's question. Certainly he should continue to pay at least a retaining fee—"token" board so to speak—while on the road, if he intends to call your place home, and to live there between trips. That's the only businesslike way to do it.

To strike a happy medium, between your idea of his paying nothing at home during trips, I suggest this: Cut down his retaining fee when he is absent. Allow him a rebate for the meals he isn't having at home; and assess him only for room rent and accessory services, such as laundry maybe, and looking after his effects. Thus if he pays \$10 or \$15 a week when home, you might charge him say \$5 to \$7 a week when he is away. —M.H.

BALLET ON SKATES?

Dancer Joan Stuart of Toronto takes a tumble on her roller skates in party scene from the Nutcracker, new four-act ballet being presented this season during the International Tour of the National Ballet Company of Canada.

At left is Aldyna Dynowska, Toronto. Behind Joan, left to right: Judith Dornis, Toronto; Barbara Montpellier, Hamilton; Frank Rodwell, Toronto, and David Kerval, Montreal. (CP PHOTO)

JOHNSTON'S RIVER W.I.

The annual meeting of Johnston's River Women's Institute was held on Nov. 7 at the home of Mrs. Wilson MacDonald, with an attendance of six members.

The president called the meeting to order and the creed was recited in unison. Secretary then read minutes of last annual and monthly meetings, which were approved and signed.

Financial report was given for the year and a neat balance was reported. Business part then followed, which consisted of following motions: "That films be shown in Hall in near future." "That a shipment of woollens be ready for packing at school on Nov. 30th." "That a blanket be played for at a future card party."

Mrs. Brazel offered to buy the other blanket. Correspondence then followed but no business arose out of this. Election of officers followed: President, Mrs. Herbert Beagan, re-elected; Secretary-Treasurer,

Mrs. Walter Walker, re-elected; Vice-President, Mrs. Wilson MacDonald; Auditors, Mrs. Martin Driscoll and Mrs. Dannie Currie. Mrs. Thomas Brazel invited the members for the December meeting. Meeting adjourned and lunch was served by the hostess.

MEADOWBANK W.I.

Mr. and Mrs. Victor McPhail entertained the members of Meadowbank W. I. at the Seventeenth annual meeting. Eleven members paid their fees.

The president gave her report on the year's work. The secretary-treasurer gave her report, total expenditure for the year amounted to \$531.05, receipts \$535.22.

The election of officers was by open nomination: President, Mrs. Charles Hyde; Vice-President, Mrs. Stewart Miller; Secretary-Treasurer, Mrs. Victor McPhail; School committee, Mrs. Mildred Mullin and Mrs. James Yeo; sick committee, Mrs. Gordon McLean and

HOUSEHOLD HINT

Electrical appliances are good for on-the-table cooking. They keep food hot, relieve the hostess from running back and forth.

Mrs. Stanley Hyde; Red Cross, Mrs. Elmer Hyde and Mrs. Roy Crosby.

Mrs. Gordon McLean and Mrs. Victor McPhail were asked to take the Sewing at the school again this year. A \$1.00 donation was received from Mrs. Gordon McLean and a \$2.00 donation from Mrs. Colin McPhail. The secretary was asked to write to Simpson-Sears and T. Eaton for remnants to help our annual auction sale.

The card parties were to be resumed on Nov. 23. A lunch committee was organized and all are invited to help, when their turn comes around.

The next meeting will be held at the home of Mr. and Mrs. Roy Crosby. Roll call, a Christmas suggestion. Lunch Mrs. R. Jewell and Mrs. L. Drake. The meeting closed with the Queen, after which lunch was served by the hostess and committee in charge.

USE EGG WHITE

Brush over bottom crust for fruit pies with egg white to keep from soaking.

KEEP IN TRIM

Trims Down 90 Pounds

By Ida Jean Kain

TRIMS DOWN 90 POUNDS
You can triumph over any weight problem, regardless of all obstacles, once you make up your mind to do it. This is made abundantly clear in a refreshingly honest report from a former overweight from Arkansas who learned the hard way.

"Thought I should write and by so doing help some of my overweight sisters pick up courage to lose their extra pounds. If they only knew how much better they would look and feel and what a glorious feeling of 'well done' they would have, it would help them to start...."

"The last of March 1954 I found I weighed 238 pounds for 5'3". I knew something must be done, as I work in a grocery store from early to late and also keep house, with all that extra weight to carry around, I was wipped before I started.

"Nine years before I had reduced under my doctor's care, so I knew about calories and what to eat to lose weight. I also knew that most important of all is to really make up your mind and then go ahead despite all discouragement. Discouragement there will be, for after you start losing, your friends will even point out that you look sick!"

"Anyway, on April 1st, 1954, I started on my self-imposed diet, ashamed to let my doctor know how much weight I had regained. I lost around 44 pounds and then I had to seem him for another condition and told him my story. Well, 16 months and 10 days from then I weighed in at 150 pounds. Happy day.

"Tell your reducers it is not age that counts. Since losing the weight, I am 50 years young.... I was old before.

"And it isn't heredity. Don't fool

yourself...it's what you eat. Learn calories and stay with it. I am conscious of every bit of fat that I might eat, but discard instead. Fats really count.

"Don't say you cannot reduce because you have to cook. Once your mind is made up, you can cook meals for the family and still stay happily on your calorie budget. I handle ice cream, candy and cold drinks every day at work and could go ahead and eat them if I wished. I do not feel sorry for myself...instead I feel proud of what I have done. As you see, I have travelled the reducing road twice, so my scales are now my

best friend. If I gain a pound, get busy and lose it. It's a lot easier to lose one pound than it is to lose 90 pounds! Your articles seemed to help me at the times I most needed encouragement. I hope this letter of my experience will inspire others."

Your shining success story has a ring of conviction that should give heart to struggling dieters.



NEW ANTISEPTIC DEODORANT safely stops perspiration 1 to 3 days

Clinical tests prove that ARRID, now with Perstop, is 1 1/2 times as effective as other leading deodorants. Arrid's antiseptic protection keeps underarms dry and odourless.

1. Safely stops perspiration and odour.
2. Will not irritate normal skin.
3. Protects clothes from stains and clinging odours.
4. Soft, gentle vanishing cream. Never dries out.
5. Easy to use! Rub Arrid in, rub perspiration and odour out.

More Canadians use Arrid than any other deodorant. **ARRID 53¢**

DON'T BE HALF-SAFE. USE ARRID—TO BE SURE!



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YELLOW!

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GREEN!

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All the famous Cashmere quality and value have been retained in the new fashionable coloured Cashmere—and there are 750 sheets in every roll of white, 700 in the colours. Get a good supply next time you shop.



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Bringing Up Baby



Hints Collected by Mrs. Ben Under (Mother of 5)
We asked a bustling - with - pride father of 5 if he thought there was anything he could do better than mother. "You bet," he said, "when I comb the boys' hair, they look like little boys." Guess it's still a man's world.

Easy way to tickle a tot. Get the cute and cuddlesome GERBER BABY DOLL—a \$1.75 value for only \$2.00 and 6 Gerber Baby Food labels or cereal box tops. This 12-inch replica of the chattering Gerber Baby is almost like a real baby!

It drinks, wets, sits up—has movable arms and legs. Soft, vinyl plastic head and rubber body make it completely safe, practically indestructible. Play accessories include pint-size diaper and bib, a baby nursing bottle, Gerber Cereal play boxes, cereal dish and spoon.

Just mail money and labels to Gerber-Ogilvie Baby Foods, Ltd., Box 68, Toronto 18, Ontario.

Clever, these, mothers! This from an ingenious correspondent: "When baby outgrows his booties, make 'em double-duty as mittens. Tied at the wrist they're so cosy."

Feel warmer. A pair of dad's woolen socks, slipped over Junior's shoes, will keep toes and ankles cozy when he's in his stroller.

Break-weather dish for your darling Gerber Junior Chicken Noodle Dinner. This hearty casserole combines chicken, light fluffy egg noodles, pickled carrot tidbits and natural chicken broth. Just right for a junior appetite...and just right for tots with a few teeth. Gerber Junior Chicken Noodle Dinner is a tasty member to the Gerber family of fine Junior Foods. Over 22 fruits, vegetables, dinners, meats and desserts, make mealtime planning easy.



There's plenty of eye-appeal in a Bluestone Shirt!

The lady approves his handsome Bluestone Shirt. She knows Bluestone shirts are completely washable. The fabrics soft and luxurious to the touch...but built to lead a rugged life. Bluestone sports shirts are styled for the well-dressed man who appreciates his comfort—indoors and out.

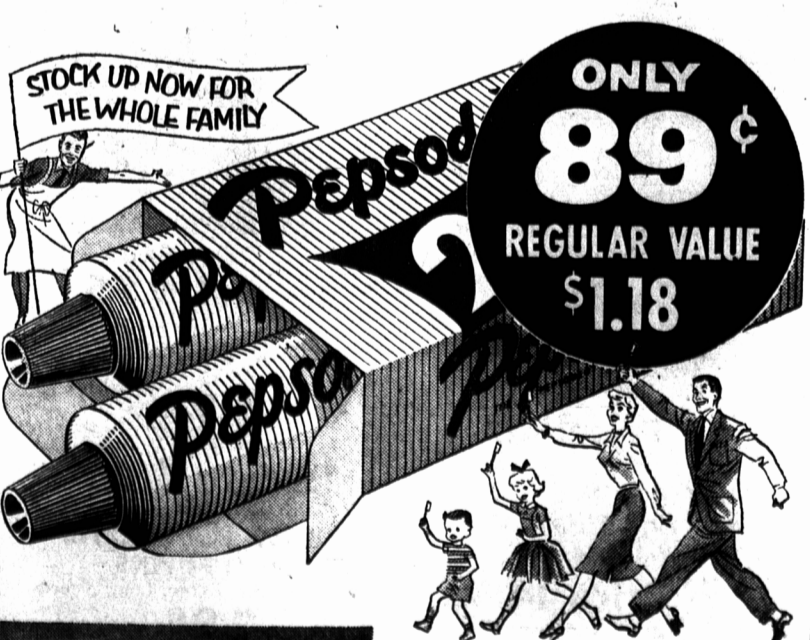


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MEN'S WEAR

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If you like bargains, here's wonderful news! Now Pepsodent—the only toothpaste that gives whitest teeth and sweetest breath—is yours at a big saving. But... DON'T WAIT! Pepsodent's offer of two giant 59¢ tubes for just 89¢ is good for a limited time only. So get Pepsodent today at this special low price!

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