

## That Body Of Yours

By James W. Barton, M.D.

### ALCOHOLISM AND THE FAMILY'S ATTITUDE

Now that alcoholism is considered a disease, it is only natural that various cures for this disease are being published by physicians and others who wish to help their fellow man. I have written about the use of antabuse, which is effective if the alcoholic really wants to be cured. As long as he is willing to take antabuse, he will not drink alcohol; it is this willingness, this wanting to be cured, that is necessary for success in the treatment of alcoholism by any method of cure.

What is naturally considered a more effective cure for alcoholism is that used by Alcoholics Anonymous, in which each individual prays daily for help from a Higher Power, as he admits to himself, his family, and others that he needs something or someone stronger than himself to cure his alcoholism.

Some years ago I asked a psychiatrist about a cure for alcoholism in a young professional man. The psychiatrist replied that if his love for his family was not strong enough to cause him to give up alcohol, he could not do anything about it.

In The Journal of the American Medical Association, Dr. Edward A. Strecker, the noted Philadelphia psychiatrist, professor of psychiatry, University of Pennsylvania, states that the attitude of the family toward the alcoholic is most important when the psychiatrist tries to bring about a cure. Dr. Strecker says that to secure the cooperation of the family is far from an easy task. "It is hard to convince an emotionally possessive mother that her plan of watching, following, protecting, bribing and punishing her alcoholic son is not feasible. Some wives however good their intent, are born to be sniffers. It is discouraging for someone who is sincerely trying to get well to be sniffed for odor of alcohol as soon as he comes home. The plan of treatment, which is being nurtured so that it will grow and flower into maturity, will wither and die if the home atmosphere continues to favor childish emotional dependency and immaturity in the patient."

The treatment of alcoholism by the psychiatrist then consists in having the family back him up in his method of treatment. This method consists of regular talks or interviews in the psychiatrist's office in which the patient's desire for alcohol is shown to be rooted in his failure to achieve maturity, his failure to grow up and be the man he can be. He turns to alcohol to help himself face his problems; this immaturity is not a matter of lack of mental or physical strength. He is shown that he can develop to full maturity if he really wants to do so.

## ELLEN'S DIARY

By an Island Farmer's Wife

In a rural spot like ours, what activity follows the close of a winter storm! When clouds have lifted at last and gusty winds have withdrawn; when restless drifts of days lie still and comes the bright rift of clearing, then do the farm folks hasten to pick up the threads in their pattern of living.

"Then do we do those things we ought to have done, but of necessity rested in a spell of weather. Now do we 'dig out' in truth! James recalling with respect the deep snows of boyhood winters, and anticipating the worst in a storm likes to leave a shovel in some sheltered nook of yard to have it in hand when he approaches first doors of morning. . . . "When folks are building they should allow for a door on that side — or end less likely to be drifted" James commented at breakfast. By some fortunate turn of circumstance there are some of these at Alderlea at the moment.

But this morning found supplies ebbing; a scarcity loomed. And last night we had seen the same hands that help welcome newcomers in fold and stay and stable, tip a tobacco tin to survey intently the contents. Then put it down, the pipe beside it and sigh. And offer quietly, "reckon I may as well go to bed."

So, happy to have a good excuse for prowling and wishing most of all to look upon our world about after a storm, we adjusted "wings" to boots and walked the mile to the corner-store.

James professed against it at first. But then when we set out we were entrusted with more than one masculine mission. "Remember to take your time" he advised. "You might take a heart attack at your age, Ellen. With some display of interest, "How old are you now? Well, as I recall it, that was the age of the woman I was reading about. Yes, exactly. . . . she was out walking — and that was her last walk! And mind you don't fall and break a limb, Ellen. . . . homes get fairly brittle, you know. And dear knows we don't want

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## The Stars Say --

By Genevieve Kemble

**For Tomorrow**

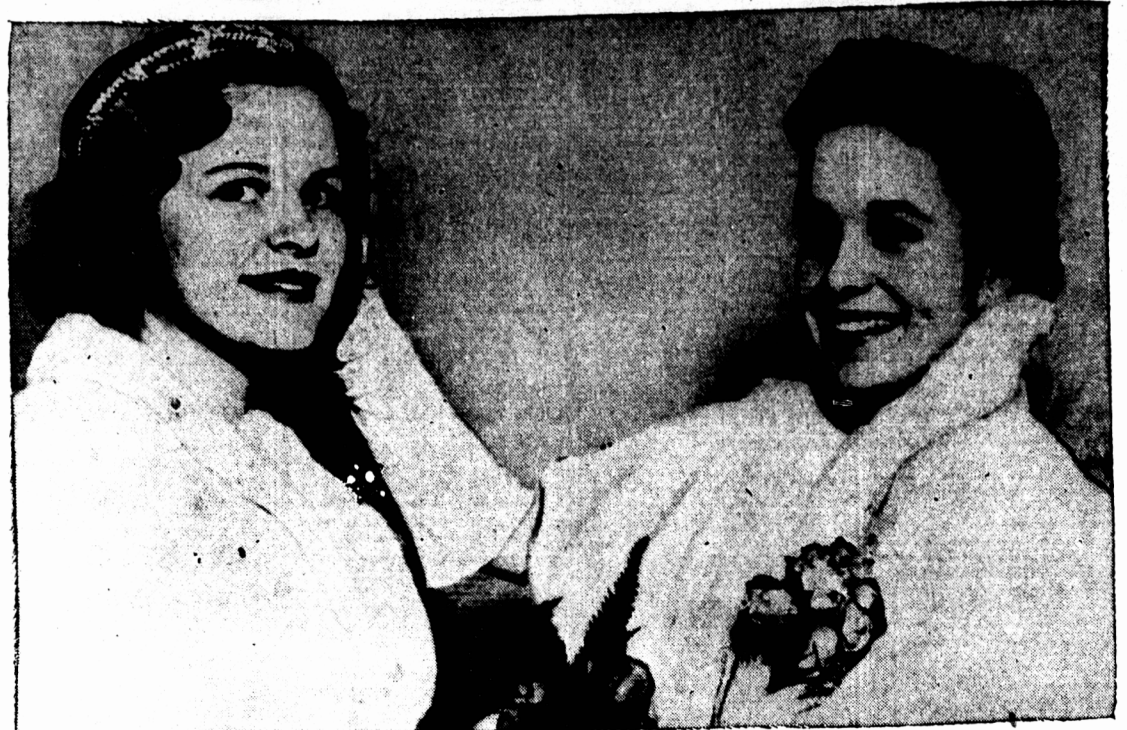
IT may be difficult to make much headway on the most cherished and promising objectives during this day. Not only are conditions static and stubborn, but a tricky or insidious situation seems to bore from within. Patience and endurance, with a strategic understanding of the menaced situation, might reveal a program for future efforts on worth-while premises.

**For the Birthday**

Those whose birthday it is, while imbued with ideas and plans for important projects, with keen desire and insight to forge ahead, may find themselves in a sort of impasse where a static or congested situation may suggest the wisdom of postponement. Or a treacherous or baffling episode, a strange hunch or instinct, might show the wisdom of postponement while matters incubate, or the air clarifies.

A child born on this day, while

## Prime Minister And Granddaughter Honoured At Laval University



## Economical Meals

DIVISION OF NUTRITION, DEPARTMENT OF HEALTH AND WELFARE

Make eggs a favorite dish for your family during the Lenten season. There are dozens of ways in which eggs can make a tasty meal. Besides, they are one of our best foods for health and are a good substitute for expensive meats.

Eggs must be a good food for they contain everything that is required to grow a healthy chick. Eggs are especially valuable for good protein, for iron, for fat and for vitamin A, thiamine and riboflavin. All of these substances are needed by our body every day.

Two eggs will give the same amount of protein as a small serving of meat — and will cost only half as much. These same two eggs will give a quarter of your day's supply of iron which is so badly needed by many people.

Since hens eat plenty of whole grains, eggs contain thiamine which comes from whole grains. We need a great deal of thiamine to help us sugar and starch completely, and if we are not eating whole grain cereal ourselves eggs are even more valuable in our meals.

Always buy eggs that are graded. Grade A medium are the best buy for boiling or poaching. Grade B, if you can buy them, are perfectly alright for cooking, and so are the "cracks."

There is no difference in food value between brown or white shelled eggs, or between pale or dark yolks.

Always cook eggs at a low temperature and begin now to try new egg recipes: — Fluffy omelets, soufflé, scrambled eggs with cheese or tomatoes, eggs in tomato jelly, egg salad sandwich on whole wheat bread, egg and bacon sandwich, poached egg with tomato sauce, devilled eggs, and many other delicious combinations that will give your family a meal that you know to be nourishing and economical.

ambitious and capable, may find a peculiar or difficult force holding it back from major activities or aims.

Granddaughter of Prime Minister St. Laurent, Louise Samson was runner-up to Louise Gailpeau, left, as queen of the sports festival of Laval University centennial in

Quebec City. And while she was being honored, the Prime minister was receiving, from University Chancellor Archbishop Roy, a university doctorate as one of Laval's most illustrious graduates.

## DOROTHY DIX'S COLUMN—

### Belittling Wives

#### Public Criticism Of Mate Shows Lack Of Character

DEAR MISS DIX: Is it becoming a popular fad to make sport of your husband—to make, trifling, belittling, even hateful remarks about him? Or am I just a victim of a few cantankerous neighbors? I think a lot of my husband and never hesitate to leave that impression, but I find myself in the minority. If a man is not good enough for a woman, why did she marry him? If she says he was good when he married her, then she must have ruined him, so for my money she might as well quit beefing. I am very proud of my husband and am repaid a hundred times a day for my pride in him.



Muriel Nissen

ANSWER: Hurray for you, Roberta! You arrive at a very accurate conclusion when you say a woman who belittles her husband is, in the end, belittling her own good judgment in marrying him. Your husband should be proud of you for not yielding to this contemptible practice.

**THEY THINK IT'S FUNNY**

Most of the time the nasty remarks are meant as nothing more than wisecracks. Many, many women have an idea that the font of wit and humor is an erroneous notion is beyond me. The exact opposite, of course, is true. Nothing is so witless as a cutting, sarcastic remark, whether its victim is present company or not. People who make a practice of intentionally hurting another's feelings, or casting aspersions on another's characteristics, brand themselves as the lowest of the ill-bred. Even their conferees, who may pretend to find their peculiar style of humor funny, are seldom really impressed by it.

When a woman has chosen a man for her husband, and accepts him as such in the presence of God, she is making the most important decision of her life. To let the world know that she is proud of that choice should be her aim from then on. When he achieves the further dignity of becoming the father of her children, she has further cause for pride, and a happy home life is founded on the premise that husband, wife and children take mutual joy in each other's endeavors.

It is a curious anomaly that wives who do the most belittling are those who have the least cause. A wife will tear to pieces, over the bridge table, a husband who is a devoted spouse, kind father, exemplary church member and citizen. Her reason is readily seen: attributing shortcomings to another that she is ashamed of in herself. By tearing down his reputation, she believes she is building up her own. A contemptible practice of contemptible females! A woman of dignity would never lower herself to such a practice.

Let the world continue to know, Roberta, in what esteem you hold your mate and be not impressed with the pettiness of your neighbors.

DEAR MISS DIX: I am a girl of 17, and a senior in high school. I'll graduate in June, but have no idea what I will be when I am out of school. One day I want one thing, the next another and I don't have much time.

ANSWER: You're smart, Diane, to give this important problem some thought before graduation. Due consideration of the question now may keep you from starting out on a job you won't like. Why not take the matter up with a faculty advisor in your school? A teacher who is acquainted with your ability, and knows the job situation in your town, can best help you.

DEAR MISS DIX: Is it the place of grandparents to discipline

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## Household Scrapbook

By Roberta Lee

### Giving Medicine

Sometimes it is difficult to give baby medicine. Try wrapping him in a blanket with his hands down by his sides. In all probability he will be crying by that time; so just hold his nose for a second and pour the medicine into the open mouth. The operation will be over in a minute and baby will have received the full benefit of the medicine.

### Starch

Starch colored clothes and overalls thoroughly at the first washing and each time thereafter. It keeps much dirt from getting into the fabric, and prevents fading.

### Eggs

Eggs will keep fresh for a month if immersed for one minute in boiling water.

## Morning Smile

**Wife's Present**

Old Tom Moore had had a good week and thought he would buy his wife a present so he picked up the table, carried it out of the house, put it on top of his head, and trotted off down the road with it. Old Bill Brown met him.

"Allo, Tom. Moving?"

"No," said Tom. "I'm just off to buy the missus a tablecloth."

**Reasonable**

Policeman: If his wife shot him, it must have been at close range. Detective: Then there'd be powder marks on him. Policeman: Sure. That's why she shot him.

**Taking No Chances**

Soph: Say, why do you make copies of the letters you write your gal? Is it to avoid repeating yourself? Senior: Nope . . . to avoid contradicting myself.

## Anne Adams Patterns

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## Modern Etiquette

By Roberta Lee

Q. Is it proper to repeat a person's name when you are acknowledging an introduction?

A. It is not only proper, but practical, too—because too many people fail to remember the names of people to whom they are introduced. Repeating the name, as "How do you do, Mrs. Johnson," helps to print the name in your memory.

Q. When writing a letter or note to a brother and sister, may one address the envelope, "Miss Mary Morgan and brother?"

A. Never. The envelope should be addressed either to the sister or the brother, never to both. Q. Who provides the ushers and best man at a wedding with their ties and boutonnières? A. The bridegroom.

## Cook's Corner

### HAM SQUARES WITH EGG SAUCE

(6 servings)

One cup finely chopped cooked ham, 2 cups sifted all-purpose flour, 1 tablespoon double-acting baking powder, 1 teaspoon salt, 1 tablespoon sugar, 1/2 cup melted shortening, 1 egg, well beaten, 1 cup tomato juice.

Sift together all dry ingredients. Stir in ham. Combine remaining ingredients. Add all at once to flour mixture, stirring quickly until just mixed and of a lumpy appearance. Spread into a square baking pan (8x8x2-inches, bottom rubbed with shortening.)

Bake in a hot oven (425 degrees F.) for 25 minutes. Cut in 6 squares. Top with Golden Egg Sauce.

### Golden Egg Sauce

Two hard cooked eggs, sliced, chopped parsley, 1/2 pound cheese food, 1/2 cup milk, 1 teaspoon prepared mustard, teaspoon salt. Combine cheese milk, mustard and salt in a saucepan. Cook over low heat until cheese is melted. Add eggs and parsley. Serve hot.

## HISTORIC TITLES

Lower Canada and Upper Canada were respectively known as "Canada East" and "Canada West" after the union of 1841.

## BABY'S BOTTLE

Free it safely with Baking Soda. Clean folder on request. Check & Bright Lines. See List, M-100.



4524 SIZES 1-5 yrs. by Anne Adams

## How Can I!!!

By Anne Ashley

Q. How can I shrink dress goods?

A. Dress goods may be very easily shrunk by placing in a tub of cold water, to which a few handfuls of salt have been added. After a few hours, hang on the line without folding. The weight of the water prevents wrinkles drying in, and the salt sets the color.

Q. How can I render wood waterproof?

A. Soak it in a mixture consisting of 6 parts boracic acid, 5 parts ammonium chloride, 3 parts sodium borate, and 100 parts water.

Q. What can I do when cream refuses to whip?

A. Try adding the white of an egg to it. Let both cream and egg be thoroughly chilled before attempting to whip.

## Better English

By G. C. Williams

1. What is wrong with this sentence? "I suspect that she is away from home, and we'll miss her terribly."
2. What is the correct pronunciation of "herb"?
3. Which one of these words is misspelled? Abbreviate, abdomen, abdominal, abdication.
4. What does the word "modicum" mean?
5. What is a word beginning with je that means "to expose to loss or injury"?

ANSWERS

1. Say, "I suppose that she is away from home, and we'll miss her very much." 2. Pronounce with the h silent. 3. Abdominal. 4. A little; small quantity. "There was not even a modicum of truth in what he said." 5. Jeopardize.

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