

That Body Of Yours

By James W. Barton, M.D.

ELLEN'S DIARY

By an Island Farmer's Wife

A NEW DRUG FOR BRONCHIAL ASTHMA

I have written recently about the drug khellin, used in controlling high blood pressure. It is obtained from a plant known in Arabic as khella and in English as bishop's weed. It belongs to the carrot family, which also includes parsley, turnip, celery, anise, carrot, and dill. That this drug has other uses is now apparent.

In Annals of Allergy, Minneapolis, Drs. V. J. Derbes, R. J. White, J. Tevibaugh and others record two recent reports on the use of khellin in asthma and describe their own observations on the use of khellin in 45 asthmatic patients.

Khellin was administered in 100 mg. doses to 20 patients by injection into the muscles and to 25 patients by mouth. Good or excellent results were obtained in 12 and slight or no benefit in eight of those receiving intramuscular injection of the drug. Similarly, of the 25 patients who were given khellin by mouth, 14 had good or excellent results and 11 slight or no benefit.

Pain at the site of the reaction, headache and nausea were observed in some patients. One advantage of khellin is its prolonged action. Also, khellin should be particularly useful in asthmatics who always have high blood pressure.

As stated before, there is no known drug that will permanently reduce high blood pressure. There are, of course, a number of drugs that will temporarily reduce high blood pressure and many sedatives (quieting drugs) which reduce tension in the patient and reduce the reaction. The fact, then, that the action of khellin is "prolonged" is of great help to the physician who is treating an asthmatic who has also high blood pressure.

While there are a number of drugs that will stop an attack of asthma within a few minutes, adrenalin being the one most commonly used, there are some cases of asthma in which the cause—reaction, emotional disturbances, nose and throat defects—cannot be found. Physicians find these cases stubborn to treat.

These physicians reviewing khellin therefore state that from the results obtained with these 45 patients and in other patients now under observation, it is felt that khellin will have a useful place in the treatment of bronchial asthma.

Today's continued spell of falling weather, which forecast James had suspected from tokens revealed in yesterday's whispering wind or shadowy pond, will afford the farmers better hauling along the fields, of late patchily bare. Saving that stored in lofts and mows for the stormy days, as zealously as a good housewife husbands her stores, ours in this convenient season brings hay for the stock from the stacks up a rise by a line. Down the decline it is drawn, coming to rest before a door of the new barn, where it remains to be fed from the sleigh. If one wishes she may come to a stable to enjoy a sight of the feeding—indeed it is usual to continue it while she finishes her stint of milking in the morning.

A crisp morning is best when from the eastern door the slopes already touched rosily by it, glow and sparkle in the path of the rising sun. Yes, a bright winter morning fresh and clear, calm and beautiful... is it not cold in the stable now that they have opened a door? Oh no, it has been warmed up to this by a number of breaths.

The dog wanders in aimlessly, but why does he make it a point to enter only at milking time? The cats too, arrive from their different haunts to sit calmly washing faces and primping whiskers. Above are the shining new beams and on our milk-stool, we sit amid straw surroundings. And rather hurriedly we draw the milk to the pail, conscious that the farmers are leaving the feeding of those in this stall only until one's work here is done.

That pleasant air of expectancy prevails among the animals here and in the adjoining stable, a restlessness... There is a rattle of the chains and odd plaintive lows. Like so many hungry children we think, awaiting eagerly the coming of food, fidgeting and even fretful.

Then out of the sunshine, golden in the doorway, the hay is brought in, in tidy forks. And catching the rustle of it in passing, one may easily fancy a lulling haying-breeze on one's cheek and hear again the nostalgic notes of the crickets' tunes. Carefully it is stowed in respective mangers and often in a funny way he has, James will pause between them to survey the two he has fed... perhaps running a hand along a back, smoothing a roughened coat

Island Nurse Returns From Korea



Capt. S. Katharine MacDonald, (above), who has recently returned from the Far East is spending Christmas holidays at her home at Kilmuir. Capt. MacDonald, flight nurse, with U.S. Airforce, Medical Air Evacuation Squadron has served continually for the past fourteen months evacuating wounded from the Korean combat area. Her sister and brother, Anne and J. K. MacDonald, reside at Kilmuir. Another sister, Mrs. W. A. Bruce resides with her husband and family at Valleyfield.

or appraising the depth of gain in the flesh; letting fall such remarks as, "It's amazing how well this pair has gained! Say what you like, but a bit of breeding counts... in animals or humans!"

He is bound to find one of the number that "Could do with an extra bite of grain," and "Can it be" he will say finding some dismaying evidence in the new day "that this one you last bought is in need of a good powdering!"

Along stalls where the fattening ones are confined, where the hopes of next winter grow, where calves become accustomed to the feel of tying-chains, the feeding continues to this neighborhood where the milk cows wait.

"Done, Ellen?" James will question, and causing no break in the task we rise, a supply of milk for the houses, in our shining pail, and set aside our milk-stool carefully against the coming of another day. And where minutes ago there was a restless expectancy, now is a content as all about even to the youngest red calf in the group that picks up her dainty morsels of hay, the cattle-kind are into their breakfast obviously relishing that which came to them by sleigh from the stacks up the rise by a line... Snowflakes tonight in the yard-lights, but indoors firelight—and James! Until tomorrow—Diary—Good-night...

DOROTHY DIX SAYS—

Bad Family Background

Generous Woman Would Rehabilitate Girl

DEAR MISS DIX: A young girl lives in our town. Her father is a habitual drunkard and thief, lazy and mean to his family. His wife has the reputation of being a good person, but his sons have very bad records. It is the daughter of the family, however, with whom I am primarily concerned. She goes to school with my children and most of the other youngsters at school won't associate with her. She tries to be friendly but gets a very cold reception. Do you think if my girls were to become friendly with her, it would give her a lift along life's way? I don't want my children to become snobs, yet I don't want them looked down upon. The Bible says, "Do unto others as you would have them do unto you." I'm sure this girl doesn't like being left out of things. She has clean clothes but doesn't know how to "fix up." These are the things that I think a friendly school chum could help out with.

I am truly concerned about this girl and would like to extend whatever help I or my daughters could to help her overcome an unfortunate family background. MRS. IDA K. ANSWER: What a warm, friendly world we'd live in if every one took as much interest in the less fortunate as you do, Ida! May your humanity always meet the right response.

The rehabilitation of a girl with a background as drab as this is not a job for one person. To accomplish your purpose, you should enlist the aid of other mothers and schoolgirls. You'll meet opposition—plenty of it—but if you can find some who will co-operate it may be the means of building a fine character and creating an admirable woman from material that could just as easily become a hopeless, wretched creature.

Since the girl's mother is a good person, she has a 50 per cent heritage of stability behind her, and probably only needs a helping hand to overcome the undesirable half.

ENLIST OTHERS Why not talk to the parents of other girls in the class, tell them how you feel and what you'd like to accomplish? Suggest that they encourage their daughters to be friendly with the less fortunate youngster, perhaps sharing their lunch with her, especially if there is a possibility that she needs food. They could plan their own conversation around the things that would help her—for instance, conversation about grooming, skin care, hair setting and the like. A girl anxious to improve herself will take in and apply every suggestion they make.

Invite her into your own homes; by careful observation you can judge her character, and with a more complete picture in mind, other means of assistance will be suggested to you.

If it becomes apparent that she will not profit by your good will, drop the whole thing. I think such an eventually, however, most unlikely. Practically every young girl is keen for the possibility of self-improvement, and will deeply appreciate a lift. Give your assistance in a kindly, not condescending, manner. You will be amply blessed for your compassion.

DEAR MISS DIX: I am a young bride expecting a baby this winter. My husband and I are very happy, so my problem does not concern my marriage. I have a young brother, 11 years old, who will have lunch with me every day this winter. He is bright and curious. I have told him of the coming event. How can I explain nicely to him what is happening? He is too old to believe in the stork, and too young to be told the facts of life. BIG SISTER ANSWER: You are laboring under a grave misapprehension if you consider your brother too young to know the "facts of life." An 11-year-old in this so-called enlightened age probably already knows much more than you think. Your concern for him is admirable, and you are very right in letting him know of the baby. Be alert to answer any questions that may come up, or to take advantage of an opportunity to discover for yourself just how far little brother's knowledge goes, and to supplement it with your own information.

DEAR MISS DIX: Why do middle-aged men in their conscious and subconscious minds resent the fact that their wives are no longer young and attractive? Why do they demand and expect youth and beauty when they themselves are far from young and handsome? JANE W. ANSWER: Your premise is, I think, quite wrong. Most men accept rather gracefully the fact that their wives are aging in accord with the dictates of nature. Women, of course, are no longer bound to become unattractive simply because they reach middle age, but even if they do slip in looks, hubby seems content. Dissatisfied men would probably be discontented with any wife!

Cook's Corner

ONION SOUP

Two tablespoons butter, 4 large onions, sliced thin, 1 teaspoon flour, 2 quarts strong soup stock, salt and pepper, toast rounds, grated Parmesan cheese. Melt butter in a large saucepan. Add onion slices and cook until onions are golden but not brown. Sprinkle in flour and stir until lightly brown. Add soup stock and boil gently about 10 minutes. Season to taste with salt and pepper. Serve garnished with toast rounds and grated Parmesan cheese. Use French bread or regular approved white bread for the toast rounds. Bouillon cubes and water or diluted canned bouillon may be substituted for soup stock.

How Can I!!!

By Anne Ashley

Q. How can I prepare a mustard foot bath so that it will not stick to the skin and cause a blister? A. This bath should be prepared by dissolving the mustard in cold water first, then adding it to the hot water. If the mustard is merely poured into the hot water, it is liable to stick and cause blisters. Q. How can I prevent decorative candles from drooping? A. Give them a coat of shellac. Then all that is necessary to clean them is to wipe them with a damp cloth. Q. How can I improve the wear and appearance of my overshoes? A. Wipe them occasionally with a cloth wrung out of ammonia water.

Modern Etiquette

By Roberta Lee

Q. When attending a wedding reception, should a guest pause in the reception line for a talk with the bride and bridegroom? A. No; this would be inconsiderate of the other guests behind him in line. He should extend congratulations to the bridegroom, best wishes to the bride, make a cordial remark or two, and then leave them to the other guests. Q. When a hostess knows that her week-end guest is very strict about attending church, what should she do? A. She should arrange her schedule and make such arrangements as will permit her guest to attend services. Q. Is it permissible for one's social calling cards to have any kind of decorations on them? A. No. The cards should be plain white, of good quality, engraved in black, and without decoration.

Better English

By G. C. Williams

1. What is wrong with this sentence? "He was enamoured of the girl's beauty." 2. What is the correct pronunciation of "strata" and "stratum"? 3. Which one of these words is misspelled? Kimono, kindergarten, kleptomaniac, kinnetics. 4. What does the word "transitory" mean? 5. What is a word beginning with os that means "apparent"? ANSWERS 1. Say, "He was enamoured of the girl's beauty." 2. Pronounce the first a as in straight, not as in strap. 3. Kinetics. 4. Existing for a short time only; fleeting. "Some pleasures are only transitory." 5. Ostensible.

Those Crazy Bartletts

By Peggy Dern

CHAPTER THREE Part Two

"Oh, sure," he said, and strode down the path to the orchard and was lost among the trees. She was too restless just to settle herself somewhere with a book, and so she went out of the house and down the weed-grown drive carefully avoiding the path through the orchard along which Rusty had disappeared. She crossed a little wooden bridge and went up the hill beyond and around the curve where it joined the highway. And then she stopped, startled. For across the road a very handsome and expensive station wagon, all shining blond wood and maroon fenders and hood lay helplessly on its side in the ditch like an insect that has fallen and can't turn on its feet again. Celia stood staring at the overturned station wagon. It lay helplessly on its side in the ditch. A girl came out from behind the car as Celia emerged into the highway. She was in her late twenties; a thick tawny mane of ruddy brown hair hung about her shoulders and her lovely face was wreathed with anger, her brown eyes blazing.

"Hello," said Celia, and added swiftly, "Are you hurt?" "Only in my pride," admitted the other girl. "I fixed the steering knuckle on the darned thing myself yesterday afternoon, and then when I turned into the highway here, something snapped, and the next thing I knew there I was on the bank and the darned wagon in the ditch." She looked at Celia as though seeing her for the first time, and said curiously, "You're new in these parts, aren't you? I don't remember seeing you around—before. I'm Catherine Mallory." "I'm Celia Bartlett," answered Celia, smiling. "I only arrived yesterday." "Bartlett?" she repeated quickly. Celia colored a little and her chin went up, her eyes frosting over so little. "Yes, one of the 'Crazy Bartletts,'" she said curtly. Catherine eyed her curiously and smiled. "Take that chip off your shoulder, gal," she ordered sternly. "You evidently didn't hear me

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Household Scrapbook

By Roberta Lee

Saves Work

Floor-cleaning can be made much easier by the following method: Take a piece of 2-inch board large enough to set a pail upon. Bore holes 1 1/2 inch from each corner and insert casters. The pail can then be pushed from place to place with the foot and save a great deal of unnecessary lifting.

Ecu Curtains

White curtains can be made ecru by dipping them into a solution made by boiling one tablespoon of black tea in one quart of water. Strain this solution before using. Silver-Backed Brushes Do not put silver-backed brushes into water. To clean, rub the bristles well in flour until they are clean; then use soft paper to remove all the flour. Polish with silver polish.

The Stars Say

By Genevieve Kemble

For Tomorrow

UNDER conflicting auguries it is advisable to take time out for consideration before putting over bold plans for forging ahead on ambitious projects. While skill and ingenuity may be stimulated along forthright and constructive lines, under an uncertain and confused state of mind it might be difficult to gain much desired headway. It could be easy to blunder, or come when I said my name was Catherine Mallory—or haven't you been here long enough to recognize the name? It's a symbol of horns and cloven hooves." Celia relaxed a little and now her own curiosity was lively. "I'm afraid I haven't heard the name before," she admitted. Catherine nodded, drew smoke

to wrong conclusions, inciting and ingenuity may be high and the drive to constructive effort eager and bold, at the same time bad judgment might complicate matters. Give profound thought before acting. A child born on this day may be disposed to be active, energetic and skilful, but its judgment may be faulty or misleading.

Anne Adams Patterns

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Morning Smile

Forgetful

The young plumber had proposed and had been accepted. Several hours later the couple parted and he went home. At three o'clock the next morning a loud ringing of the front door bell of the girl's house was heard. Her father, roused from sleep, went to the window and sticking out his head, inquired who was there. "It's John," said the voice from below. "I asked Dorothy to marry me and she said she would, but I forgot to kiss her."



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