

## That Body Of Yours

By James W. Barton, M.D.

### HEART DISEASE HITS DOCTORS

Insurance statistics and other reliable sources of information show that, as a class, physicians themselves are sufferers with heart disease, especially coronary thrombosis (heart stroke).

As coronary thrombosis is associated with high blood pressure and high blood pressure in the majority of cases is associated with or related to tension of nerves and muscles and emotional disturbances, it can be seen how the hard life of the physician with its irregularity of meals and sleep can upset not only the heart but the workings of all the body processes. Life is indeed difficult for the busy general practitioner or the specialist engaged in performing dangerous operations and giving decisions on cases that mean life or death.

It is interesting to read of the findings of two New York physicians, Drs. Arthur M. Master and Kenneth Chesky. In the Canadian Doctor we read that heart disease was classified as an occupational hazard of the medical profession. Stating that coronary heart disease is the greatest killer of doctors, these two physicians told the New York State Medical Society that heart and blood vessel examinations of 200 doctors at Mt. Sinai Hospital, New York City, showed that nearly 65 per cent (about 2 of every 3) had the disease or were potential victims. The doctors ranged in age from 40 to 81.

The report disclosed that the great majority of the examined physicians were overweight, leading to the conclusion that "there is probably a definite relationship between obesity and the development of coronary thrombosis."

Our life insurance physicians are well aware of the relationship of

## Household Scrapbook

By Roberta Lee

### Broken Marble

To mend broken marble, make a stiff paste by mixing Portland cement with water. Clean edges of the marble thoroughly, then put cement on both edges, press together tightly and let together until the cement has set.

### Spilled Water

If water is spilled on the sick bed, it can be quickly dried by slipping a hot-water bag between the bed covers over the wet spot and leaving it there for a while.

### Polished Wood

When paper has become stuck to a polished wood surface, put a few drops of sweet oil on the paper and then rub with a soft cloth. Finish with a good furniture polish.

obesity to coronary thrombosis as they reject those applying for life insurance if they are more than 10 per cent overweight for their build or, if they do accept them, they charge them a premium which is charged those who are 5 to 10 years older but of normal weight. However, they point out to the overweight applicant that if he will reduce his weight to normal, they will give him the insurance at the regular rate for his age, if he keeps his weight down to normal, but if he allows his weight to increase, the contract does not hold. "The doctor's life is a hard one," said Dr. Master, "without enough time and energy or opportunity to lead a very healthful life."

If you wish to reduce, continue to eat protein—meat, eggs, fish—but cut down by 25 per cent on all liquids, fats and starches.

## ELLEN'S DIARY

By an Island Farmers Wife

But now holidaying past, Jamie is back to the routine of school days and the farm-wives at Alderlea to a more orderly schedule of their time. Back too, we fear, folks have come to more earthy affairs with less emphasis now on the spiritual side that provided the solemnity and wonder and unselfishness of the Christmas Season.

"If we could only carry over some of our goodwill into the new year!" a young matron observed as we sat about the room-stove on a recent evening. "We don't mind letting people have glimpses of our hearts then or being guided by our better impulses in the way of helping others; we have thought then for those not so fortunate as we, and we think it nothing to go out of our way to do a good turn, but once we take down the tree, put by the trimmings and last touches of Christmas, on go our old indifferent cloaks again! And we go back to our own selfish careless paces."

"Oh, I wouldn't say that!" her husband commented, "as a rule, humans are neither selfish nor careless." "I don't mean entirely careless," she explained. "We remember to pay our just dues; we give our alms and pray our prayers but most of the spiritual fervor and warmth we experience at Christmas is gone. The Manger and its significance is far away now—then it was so near you just had to reach out a hand to touch it. But 'she shrugged, 'I suppose it was intended to be thus. If we were set down in a perfect world, why we would have no ideal to work towards! So, I guess it's the lot of humans to run in a sort of unpredictable race, one which says, 'Every one for himself! . . . 'And the devil take the hindmost!" James replied smiling.

"And no matter how many resolutions have been made to contribute their part in bettering this old world" her husband teased, "no matter how kind or unselfish we promise the new year we'll be, once we get into the heat and burden of something . . . say at some bargain sale of the month, the resolve is torn to shreds and tossed to the wind!" "But only temporarily, dear," she laughed, "one slip or two won't count against the good intention that was there." "In other words," James chuckled, "it's better to have tried and failed than never to have tried at all. It's an encouraging theory at any rate . . . and I'm all for honoring a good intention."

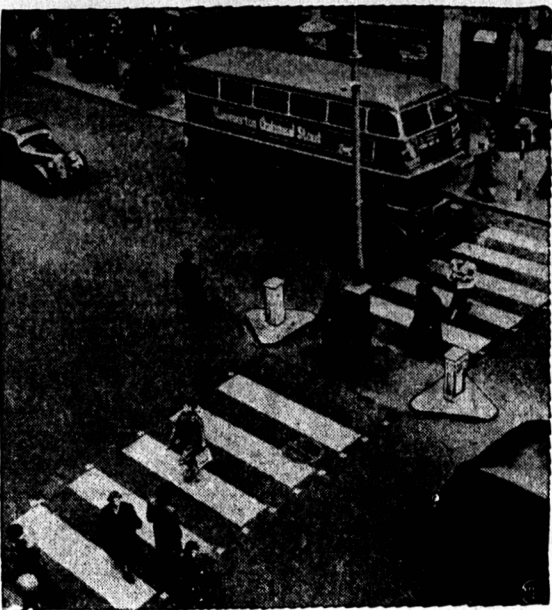
"But I have a notion" the husband continued gravely "and I think that deep down you will agree with me, that even in unsuspected places, down along the year '52, we shall still find, if we remember to practice it ourselves, many a proof of existing kindness and goodwill."

By this at Alderlea we have plucked up the threads of our familiar round to bind together again the pattern of our days. What it shall present when finally the piece has been turned to reveal our workmanship, we can only conjecture. Will the thin threads of our negligences mar the fabric? Will the selfish lengths be gay and beautiful and the selfish drab and colorless in contrast? Whether or not, we go a-weaving and adventuring into the epic and span days ahead!

Until tomorrow — Diary — Good-night. . . .

### SOLID FOOTING

Almost all of the city of Amsterdam is built on piles driven 50 feet through soft peat to the firm clay substratum.



**THE WAY IS BARRED**—This "zebra-walk" of broad white bars across a London cross-walk is one of the stunts England's Road Research Laboratory is using in working out safety measures for big-city traffic. The striped zone is reported not fully satisfactory as a safety measure.

## DOROTHY DIX SAYS—

### Minister's Wife

Perfect Understanding, Infinite Patience Essential To Her Role

DEAR MISS DIX: My husband is a pastor in a small town where the exemplary life of the minister and his family is a must. There are some women in this church who claim to love us, yet make our lives utterly miserable. They are fine people in many ways, but inconsiderate to a great extent. For instance, they call my husband on the flimsiest excuse, and expect him to drop everything to listen to their petty troubles. Two women, in particular, are continually vying with each other for his sympathy and attention. They are, as such people usually are, unhappy wives, or women frustrated in their ambitions. They keep me busy protecting my husband against petty gossip.



Now, no minister's wife resents the help her husband extends in a distressing situation, or to people really deserving of his time. She does, however, resent the time taken away from her and the children to be spent soothing another woman's injured feelings.

MARIANNE

ANSWER: Few roles in contemporary life require the assortment of perfections that are needed by the woman who presides over a parsonage. She must achieve the happy medium in all things, maintain the proper demeanor towards each person in the congregation, run a perfectly ordered home yet have limitless time to spend on parish activities. It would seem utterly impossible for one woman to accomplish so much—yet every minister's wife I have ever known achieves this perfection.

Most parishioners appreciate fully the difficulties encompassing the life of their pastor's family, but always there are a few who ignore them.

**SOME PARISHIONERS DIFFICULT**

A handful of women—usually frustrated in one way or another, as you suggest—feel that their minister's time and attention belong entirely to them. They are hurt if he refuses an invitation to tea or lunch; if said invitation conflicts with plans of his own, why naturally he should disregard previous commitments and accept their bids.

Of course, the very nature of his work precludes very much personal life for a minister, but it shouldn't deprive him altogether of time with his family.

However, no matter how irritated you become, Marianne, at the intrusion of others into your family life, it is something you must face with unflinching good humor. Never, never, can you show annoyance or impatience, and above all, the very human fault of jealousy is one you must particularly eschew. You are not supposed to have human frailties, so at least don't let them show!

DEAR MISS DIX: Some time ago, after a quarrel with my boy friend, I moved to another city. He doesn't know my address. The quarrel was silly and I would like very much to make up with him. I feel he would like to renew our friendship, too. Should I call or write him, or would it be best to wait and hope that someday we will meet?

ANSWER: Nothing ventured, nothing gained, Pat! Why not send a friendly holiday or birthday card, putting your new address on the envelope? If that produces no results, your cause is lost. If you were at fault, a note of apology might do the trick. A friendly note is never amiss, and is in much better taste than a telephone call in this case.

DEAR MISS DIX: I am a girl of 14 with a comfortable home in which I like to entertain my friends. The drawback is my grand-

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## A Country Garden

By ROSE BERRIES

The green pine-needles shiver glassily. Each cased in ice. Harsh winter, gray and dun. Shut out the sun. But with live, scarlet fire. Enfolding seed of sweet June yet to be.

Rose-berries melt the snow, and burn above The thorny briar. Like beauty with its deathless seed of love.

—Mary Webb.

"Hearts-Ease" is the title of a very interesting and different book written by Mrs. C. F. Leyer who is a Fellow of the Royal Institution of Great Britain and this book can be procured from our Prince Edward Island Libraries.

In the introduction Mrs. Leyer writes: "Even twenty years ago the idea that non-poisonous herbs could strengthen and improve the rhythm of a heart would have been ridiculed in orthodox circles, but a great change has taken place in medical thought since the recognition of the importance of ductless glands."

Though Harvey discovered the mechanism of the heart's action as long ago as 1600, no further light had been thrown on it for over three hundred years.

A heart-regulating hormone of the liver has also been discovered and what is still more interesting in relation to herbs that it is now thought that the potassium of the tissues. All heretofore course contain potassium in large quantities.

Foxglove has been used for the heart ever since its introduction by Dr. Withering, of Birmingham, more than 150 years ago. He became interested in the plant because of the country reputation of foxglove tea for curing dropsy. After experimenting with it, he found that it had a strengthening effect on the heart, and he introduced it into the Edinburgh Pharmacopoeia in 1783, and wrote a book on its medicinal properties.

Dr. Withering was a very interesting man, a musician, a writer and a great medical botanist, and he has gone down to history as "the flower of physicians." When he died the foxglove was engraved on his tombstone. Since then, scientists wishing to improve on the Creator's work have isolated as many as seven alkaloids from the plant, and foxglove tea, which was made from foxglove growing in their natural habitat, the wood and among the shade of trees—has degenerated into a dangerous and poisonous drug.

All cordial herbs, like Balm and Borage, have a reputation thousand of years old, for cheering the heart, and undoubtedly they have an exhilarating effect. One day they may be found to contain a hormone that influences the heart's rhythm, or irradiates its mother substance.

Among other carminative herbs like the rose, the clove carnation and the marigold—the pansy, like its close relation, the violet, has been found when used medicinally, to soothe and bring comfort to an irritable heart.

The flowers of the English people for this flower can be measured by its familiar names—Heart's Pansy, Call me to you, Kiss me at the garden gate.

Shakespeare called it Love in Idleness, and Cupid's Flower, and in Elizabethan days there seems to have been a prevalent idea that a pansy actually carried the dart of Cupid.

The pansy, though only a herbal simple, has gained the name of Heart's-ease, because it tranquilizes and puts the Heart at Ease.

### Deep Are My Roots

First, gardening gives me a chance to create both beauty and food. I know we need more of both in this world. But I know I would not be satisfied to raise crops alone. Man does not live by bread alone, and one of life's most difficult lessons for many of us is to learn that basic fact. You cannot put a price tag on a sunset, nor assay in money the beauty of one perfect flower.

Gardening to me is the feel of good humor in my hands; it's the placing of seeds in the earth's breast and watching slender spikes of green develop into full-grown plants. It is the peace of dawn when garden soil is moist and dark; it is the good, pervading warmth at midday. It is the lengthening shadows when day is done, and dusk steals down from the hill across my fields. It is the brooding beauty of a summer's evening when stars light the streets of the sky, and the fragrance of soil is rich and satisfying.

Gardening means work and planning; it means disappointment as well as triumph. But if a man delights in gardening, nothing else satisfies him. It is physical labor, but it is also pleasant dreaming; it is working with the great and fundamental forces of our planet. And while it may be a bit old-fashioned to say it, I also believe that a man can find a part of life's meaning as he gardens. It requires faith to garden—and life without faith is meaningless. I think a true gardener catches glimpses of the eternal verities when he is in communion with the soil which gives him both food and beauty.

—H. S. Pearson.

### Long Time

The soprano, seeking an engagement, was a trifle dubious. "How many years in grand opera, did you say?" he queried. "Forty."

"My word, you must have known Madame Butterfly when she was a caterpillar."

## Anne Adams Patterns

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## Better English

By G. C. Williams

1. What is wrong with this sentence? "I am equally as pleased you that he was able to show up."
2. What is the correct pronunciation of "bade"?
3. Which one of these words is misspelled? Scandal, scalop, scavenger, Scandinavian.
4. What does the word "erudition" mean?
5. What is a word beginning with imp that means "to invoke a curse upon some one"?

### ANSWERS

1. Say, "I am equally (omit first a) pleased as you that he was able to come (or, appear)." 2. Pronounce as though spelled bad, and not as bald. 3. Scallop. 4. The result of thorough instruction. "He was a man of profound erudition."
5. Imprecate.

## Morning Smile

Afraid

"My wife says that if I died she would remain a widow."

"Evidently she thinks there's no other man like you."

"No, she's afraid there is."

Quiet

Wife: "Did you get any applause?"

Actor: "Yes. It sounded like a caterpillar, wearing rubber shoes, crawling over a Persian carpet."

### Making Sure

An employer, on leaving his office, was instructing his new secretary what to say if anyone called while he was out.

"I may be back this afternoon," he told her. "And then again, I may not."

The girl nodded brightly. "Yes, sir," she said. "Is that definite?"

## The Stars Say - -

By Genevieve Kemble

### For Tomorrow

A PARTICULARLY lively and propitious state of affairs exists, with the accent on heart and home activities. Family, cultural, social and romantic celebrations and functions claim the attention. All pertaining to these should flourish, giving much inner satisfaction and stimulus. Keen insight and quick action should point the eyes to real enjoyment, but keep free from petty annoyances, trivialities.

### For the Birthday

Those whose birthday it is may prepare for a very lively, pleasant and happy year, with much to inspire and stimulate in the realm of heart and home. Domestic, social, intellectual and romantic pursuits may prove exciting, although petty annoyances or disappointments should be discounted. Those business affairs connected with all that embellishes the home should thrive, with the wherewithal for improvements in gracious living forthcoming. Mentality is keen to grasp advantages, as well as pleasures. Creative thinking is stimulated. Act quickly for gain and advantage.

A child born on this day is generously endowed with talents, energies and aspirations for a progressive, pleasant and rich life. Intellectual and cultural accomplishments may be notable.

### SKIMPY COVER

Plant life in the Arctic consists mainly of Arctic willows, mosses and grasses.

## COLDS DO MATTER

There is no such thing as "Just a little cold" because the cold itself is a symptom of lowered vitality. To stave off colds, or to deal with them once they have started, keep warm and dry, get plenty of rest and take FATHER JOHN'S MEDICINE.

For nearly 90 years careful parents have been giving Father John's Medicine to their children, and have been taking it themselves. This is a wonderful proof of the value of this famous medicine.

## FOR COUGHS AND COLDS



Made in Canada

## Alice Brooks Designs

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## Cook's Corner

### FAVORITE RAISIN COOKIES

One cup seedless raisins, 1/4 cup shortening, 1 cup granulated sugar, 2 eggs, 1/4 cup milk, 1 2/3 cups quick-cooking oats, 1 1/2 cups sifted all-purpose flour, 1 teaspoon soda, 1/2 teaspoon salt, 1 teaspoon cinnamon.

Rinse raisins in hot water and drain. Cream shortening with sugar. Blend in beaten eggs and milk. Stir in oatmeal and raisins. Sift flour with soda, salt and spice and add to creamed mixture. Beat thoroughly. Drop by spoonfuls onto greased cookie sheet. Bake in moderate oven (350 to 375 degrees F.) 12 to 15 minutes.

Makes about 3 dozen medium-sized cookies.



7313

by Alice Brooks



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