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# 'TIREDNESS' WILL **VOICE RUTHLESS** COMPLAINTS

People Are Sometimes Disposed to Say Things When Weary That They Never Would Under Other Circumstances.

(By Ruth Cameron)

Do you always remember to distinguish between the things tiredness says and the things people say them-

A few days ago I had the painful experience of being present when two sisters were having a pretty acrimonious discussion.

One of them, the younger one, was the less controlled of the two, and said some very caustic things to her by wearing insufficient or unsuitable the house, evidently in a very offend- thus causing the body to be colder

asily do that sort of thing.

ternoon we were at Helen's," she said. in warmth and comfort, to affect your It must have been horrid for you. I enjoy the warmth and comfort of your "I don't know how we got started so. was ashamed of myself and I know sister was afterwards. I was awfully sore when I left, but I've got all over it now. I wish I'd held my temper better at the time. I should have, for I know perfectly well it wasn't Helen who was saying those things at all; it was just her tiredness."

And then she went on to tell me how Helen's children had had the whoopng cough and she had been up night after night, and also she has had to do a lot of work for her husband, to copy, and how she was just at the stay in bed in his own room until the most colds would be prevented. end of her rope. "She wouldn't any more say those things ordinarily, I know perfectly well. It was just her iredness talking."

"Just her tiredness talking." What a kind and clever phrase! How often speaking for his absent self.

And to take that tiredness seriously to let us wound us unduly, to act as

thing caustic to us.

"GO HOLLYWOOD"

#### ABOUT SPOTS!

Everyone agrees that spots can be either good or bad—it all depends where they are located. For instance, they look fine on a leopard - but on that suit or dress, it's just too bad. But everyone agrees that

Fashion Plate

LICENSE EXTRA

Cleaners is a GOOD SPOT to have them taken out. Cor. Regent and King Streets Phone 945

# ... OF ... Interest to Women

## AVOID CHILLING IF YOU WOULD ESCAPE COLD - WEAR SUFFICIENT, SUITABLE CLOTHES

What do we know about the cause | symptoms subside. This is the best

of colds? The name "cold" shows that we have an idea that a chill has something to do with causing it. When an idea jasts for hundreds of years,

there is sure to be some truth in it.

A chill, however caused, whether sister. The older sister finally left clothing, or by sitting in a draught in one part than in another, or by Yesterday I met her and she brought getting your feet wet, or by getting up the subject, somewhat to my sur- some other part of your body wet and orise. But it was evident that she felt by that wetting being prolonged, as he owed me an apology, for they are when you sit in wet clothes—such a not the sort of underbred people who chill is not the cause of a cold, All the chill does is to lessen your res-"I've been so ashamed of that af. istance, to pull you down below par circulation, so that your skin does not whole body warm, from the centre to the skin. The good circulation of blood in your skin is particularly important. By all means, then, if you want to prevent colds, avoid chilling and keep yourself comfortable. If you get wet, keep moving, walking smartget to where you can take off your wet clothing, rub yourself hard all over with a bath-towel till your skin is in a glow and put on dry warm

hing for him and it is necessary in order to protect others. A cold is a general infection. It affects the whole body. The cause of a cold is a germ or perhaps it is something that is like a germ, called a virus. Any discharge from the nose or throat, all of the patient's secretions are full of this infection. It is thus easily transmissible by hands, handkerchiefs, doorknobs, etc., or by coughing and sneezng, and the only way to avoid spreadng the infection is that the patient hould stay in bed in his own room till the period of infection is over.

Children take any disease, includng colds, more easily than grown-up Children with a cold, however slight, should never be allowed o go to school. A child with a cold comes to school, exchanges pencils r books or touches hands, or drinks out of a common cup, etc., so that the infection passes from one child to another and in short time nearly all the children in the class may be infected and carry the infection home with them. The infection is carried further next day by the members of their families and so the Common ly, or running if you can, until you Cold becomes epidemic in the com-

No one with a cold should be allow-If symptoms of a cold or other ill- where else. If the first case were carwho brought stuff home nights for her ness develop, then the patient should ed for safely and comfortably in bed,

### ON UNDERSTANDING MOTHERS

we hear tiredness talking! Only ing relationship, the most important Grandmother. The Doctor had failed sometimes we don't realize it. We of all relationships, and the one to convince the Grandmother but, as don't recognize the voice. We think which means most in understanding might be expected, he had evidently we are just listening to the person, Mothers. It is more lasting than the succeeded in impressing the Grandwhen it isn't the person at all. The maternal relationship for our children daughter, whose gifts were great. person is beside himself (I like that grow up, and leave us when they old way of expressing it) with ner- make their own homes. "Can a womvous exhaustion and the tiredness is an forget her child?" Surely it is im- an nature. And when one of the little life's difficulties or obligations. er seen a Mother forget.

Of course it's natural for us to sibly this is even more true of girls great opportunity it is for the doctor. spring to the defence of our wounded than boys. Here is a girl, an adoles- "A man only knows what he is boy-often because she sees, or at

> true ecstacy of happiness in the first the advent of the first-born. doll and here is this other girl, (she lived in Saskatchewan), who at the He was asking for the hand of the ter," she told you, "and this is Sam- iso," said the surprised parent. "Why, my's brother." She set them all in a man, you were caddying for me only row against the baseboard and lec- a year or so back. tured them (it is almost incredible!) "Oh, there's not much in that," said

Marriage is a growing, living, last- | Doctor discuss that subject with her

possible-yet it may be possible, al- girls grows up and passes through the thought the writer, for one, has nev- great experience of life and love-What would Doctors give to know home and in due time, one hopes with small. Very few are found in mental if it were the person himself speaking the earlier history of maternity pati- her husband's help, chooses the Doc- institutions. is to lack tolerance and understand- ents! Children are so various, so rich tor whom she needs and goes to him In character and development. Pos. for help and understanding, what a

says some- cent, who wishes she had been born a told," said a politician, referring to least used to see in Victorian and in Mothers. As Dickens allows one of Perhaps we can't prevent that in- pre-Victorian ages that boys have his characters to remark: "When I It Swims By Rapidly What do you think it is?—J. McN., stinctive action. But we can follow it more chances and more prizes in life say that I know women, I mean that up with tolerance and understanding. than girls-more strength-more pos- I know that I don't know anything "It's just tiredness speaking"-how ition and prospects. She thinks so about them." True. Women remain many quarrers could be prevented if because she has not yet awakened to perennially attractive to men, men we'd only be willing to say that of the glories of womanhood and the never quite understand them. One vast possibilities of compensation for has a fair idea under given circumlesser strength in nobler, if fewer, stances, of what a man will do. But prospects, and in more significant never can you really tell what a woand give more comfort. She will make understand the Mother. But he needs that is so highly regarded by the epi-ancer vibrations. a good mother by and by-give her her help in trying to understand her, or he never will succeed. There is so Here is a little girl who enjoys a much to consider, especially before

on the importance of having their the applicant. "I don't see why a milk boiled "If you don't you will poor golfer shouldn't make a decent die," she said! She had heard the sort of father-in-law."



# **GAMES PROMOTE** HEALTH OF MIND AS WELL AS BODY

(By Dr. James W. Barton)

It is only natural that parents boys and girls, young men and women tion, the voltage to 110. are "wondering" about everything- This same condition applies to elecing all responsibilities.

girl, young man and young woman.

excel, not the individual, and unself- is called the volt. ishness becomes the natural, the ev- So, one ampere pushed along a ceropposing team has rights, and each volt pressure equals nil, or in other ed to spread the infection to others and every player has rights, and each words, the entire force and quantity in the house, school, office, factory, and every player respects the rights is used up in resistance. street-car, church, theatre, or any- of others and just as naturally demands his own rights.

> ed' at times, win victories at other rent of air through the tunnel must and victories as a part of the game. tubes of the same size to feed differ-And he learns to be unselfish, to con- ent appliances. trol his temper, and to stick to the It would not be possible, using this game despite the fact that he is analogy, to drill holes in the pipe worked up to the highest possible along the top and put appliances in

The percentage of moody, queer, it perform. irrational, very irritable adults among marries and helps husband to make a those who have played games is very

### **Opening and Shutting** Valves of Its Shell

among fish foods. It is a shellfish. crankshaft. The noise you hear is the While the whole scallop is edible, it balancer on the front end of the crank is the adductor muscle which opens shaft trying to absorb oscillations, and closes the two valves of the shell and in doing so, causing inherent balwhich is not what one would expect NOVEL PRIZE GOES a muscle to be.

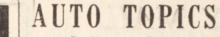
There are about two hundred species of scallop throughout the world. The valves of the shell are more or less fan-shaped and are winged at the Foldes, Hungarian author of "The age of little more than three years wealthy man's daughter, and certain- hinge. One valve is often curved had seventeen dolls, and divided them off into families. "This is Susie's sis- "You want to marry my girl, Dor- luses can swim with considerable luses can swim with considerable speed by rapidly opening and shutting the valves of the shell.

S'callops occur in certain New Brunswick and Quebec waters and they are also found on Prince Edward Island, but it is from Digby, Annapolis and Lunenburg Counties in Nova motion picture company. Scotia that the largest catches are made. Out of the total landings of over 133,000 gallons made in Canada last year, more than 126,000 gallons came from these three counties of Nova Scotia, mainly Digby and Anna-

There are some sixty scallop boats engaged in that special industry in western Nova Scotia. The fish were taken by means of a dredge-like apparatus. The Nova Scotian catch alone was valued at about \$200,000. The total catch at \$208,000 was nearly three times what it was in 1932. It has been increasing every year re-

COURT FINDS COW IS TEMPERAMENTAL

TORONTO, Oct. 19-He was a victim of a temperamental cow, said Joe McDermott, charged in court yesterday with cruelty to the animal. Mc-Dermott was dismissed when witness es testified that the cow "shammed" and "flopped" at most inopportune times. The cow was finally found dead, after it had refused to get on its feet to eat.



By Harry E. Porter

Former Technical Lecturer with Gen Motors and Chrysler

- Now With -



ELECTRICITY (Continued)

Electric current can therefore be should do a little hard thinking or considered as a column of air, inaserhaps some worrying about letting much as its energy is dissipated along their boy play football or other hard its path of travel. Therefore, if 110 competitive group games. There is volt lamp will light brightly in your always the chance of a broken bone, house, and the same two wires carand sometimes even of a head injury, ried the current to a house twenty On the other hand throughout the five miles away, the light in the latter world today is a mental unrest, the house would burn very dimly. So to ike of which has never been known compensate for this lack of pressure, before. It isn't just a matter of phys- or added resistance, a transformer is ical or financial safety, but our young put in the line to step up, by induc-

religion, science, industry. Sometimes tricity or current, or current flow, the demands of life-school, society, wherever it is harnessed, and I be their business or professional plans or lieve that it is easily understood by needs-are difficult to face, so it is the air tunnel analogy. It is believed, not to be wondered at if some of our at this time, that this mysterious powpeople seek 'easier' ways of doing er flows along a wire between the things, or a means of actually avoid- insulation and the wire itself, which seems very hard to understand when That is why I recommend group one considers that the insulation is ames of all kinds. I have played almost integral with the wire. Curames, directed games, and have been rent is known in its entirety, or as a able to see the unselfishness, the self- unit, by an "ampere," its power by control, the stick-to-it-iveness that be- the Watt, which multiplied by 746 come an actual part of the boy and equals one eletcrical horsepower. The irl, young man and young woman.

In the game the 'team' must win or ampere, as it is pushed along its path

eryday, the expected thing to do. The tain path of a certain length, equalthers on the team have rights, the ling one Ohm of resistance by one

That is why we can only use lights of the one voltage or "line" voltage, The player and his team get 'lick- in parallel. In other words, the curtimes and just learn to take defeats have tributaries taken from it by

ension (more so than at any time in series with the current of air, behis later business or professional life) cause each appliance would only take A thoughtful parent can, I believe a certain amount of air, and the rest see how games will train his boy or would go through the channel. If this girl to face life, and not be looking were done, using the series system for an easy way (becoming neurotic each appliance would have to be made or acquiring a psychosis) to avoil on a certain standard to use only the amount of air that it requires to make

We will go further into this electrically in our next article.

Questions and Answers

Q.-I have a terrific rattling noise in my --- engine when I speed her up to equivalent to about sixty miles an hour. It makes you think that the whole insides are going to fly out of ket. This seems very hard to locate. Fredericton.

A .- You will find your trouble due to loose main bearings or connecting The scallop is one of the delicacies rods causing vibration along the

TO FACTORY GIRL

NEW YORK, Oct. 19-The \$19,000 prize in the all nations novel contest was awarded yesterday to Jolanda Street of the Fishing Cat."

It is her first noval, but she has had a play produced in Hungary. Miss Foldes worked as a factory girl in Paris for some time and then taught French to foreigners.

The contest was sponsored by American and foreign publishers and by a

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BECAUSE they have a wood burning

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