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... OF ... Interest to Women INTELLIGENT DIET NECESSARY TO CUT WEIGHT HARMLESSLY

Treatment is Different for Various Types of Con-
ditions, Experienced Medical Practitioners Find

(By Dr. James W. Barton)
A physician treating a case of high
blood pressure and beginning or early
heart failure is naturally anxious not
to have too much work put on the
blood vessels and the heart muscle.
And one of the discouraging things
he has to face in many patients is
overweight.

Overweight in itself is not believed
to be the cause of high blood pres-
sure and beginning heart failure but
it adds to the burden of the already
overburdened blood vessels and heart
muscle.

Naturally it is desirable, to rid the
body of this excess fat, and to do so
as quickly as possible so as to light-
en the burden.

However, the first thought in every
ailment now is to try to maintain or
increase the strength of the patient
and as this is best done by the proper
diet, reducing weight must be done
slowly from the standpoint of safety.

Many Handicaps

The withdrawal of body building
foods and trying to give the patient a
"full" feeling by the use of cabbage,
cauliflower, lettuce, celery, may leave
him weak and faint. And the use of
foods such as onions, turnips, cabbage
and beans may cause gas formation
and digestive disturbances that em-
barrass heart action.

Dr. Thomas Lewis, physician in
charge of the department of clinical
research, University College, London,
tells us in his book, 'Diseases of the
Heart, 'Overweight, in heart ailments
should be treated by withdrawing
first of all any excess of starch foods
—potatoes, bread, sugar, pastry—or
fats—butter, cream, fat meats, nuts,
egg yolks—from the ordinary diet, and
later by a general reduction in the
amount of food to about half the amount
required by a normal healthy adult.

Start Gradually

"Rigid dieting is not often well
withstood by the patient as it causes
undue weakness. Sudden reductions
in weight should not be attempted.

Regular exercise tends to reduce the
weight; so does massage. Turkish
baths are not advised."

You can readily understand that if
the food taken is to be reduced to
one-half or perhaps a little more than
one-half of the amount previously
eaten, the reduction should not be too
sudden or great at first, and the food
that is eaten must be most carefully
selected.

In fact there are what are known as
cardiac (heart) diets, just as there
are stomach or intestinal ulcer diets.
Their purpose is to give the body the
necessary food or nourishment with-
out putting too much work upon the
heart.

After Illness

The diet is what physicians give
their patients when they have come
safely through an illness and are on
their way to recovery. Eggs, milk, dry
toast, strained fruit (seeds may irri-
tate), jelly.

In these cases of high blood pres-
sure and early heart failure it is be-
lieved that, generally speaking, stim-
ulants, tea, coffee and tobacco should
be used in but small amounts. Beer
or excessive quantities of fluids of
any kind should not be drunk.

A sample diet outlined by Kath-
erine Mitchell Thoma in her book, 'Food
in Health and Disease' as used at the
Michael Reese hospital, Chicago, for
high blood pressure in overweight
individuals is as follows:

Sample Diet

Breakfast—Orange juice, bran flakes
half glass of milk, sugar, boiled egg,
one slice toast, coffee.

Noon—Lamb chop, fat removed;
small baked potato, peas, lettuce salad
with mineral oil dressing, baked apple
Supper—Poached egg on toast,
stewed tomato, fruit salad with min-
eral oil dressing; one glass of milk.

In treating overweight in those in
good health the patient is encouraged
to get outdoors and walk, to take vig-
orous exercise in addition to cutting
down on food, and is advised, perhaps
to use purgative medicines.

UNDERSTOOD CHILD PROGRESSES WELL IN ANY SCHOOL

If I were back in the school busi-
ness I'd have several kinds of teach-
ers. 1. Teachers who were experts
in their particular subjects and had
ability to teach their specialties. 2.
Teachers who knew something about
a subject and had the ability to get
pupils very much interested in school.
3. Teachers who didn't know a lot, but
who could interest their pupils in
what they did know and who were es-
pecially human and sympathetic.

I know a teacher who is called Bill
inside the class and outside. It sounds
disrespectful to call a teacher by his
first name. But in this case the word
'Bill' stands for absolute admiration
and respect for a most popular and
efficient teacher.

I shall soon be getting a letter like
this: "My boy is not understood by
his teacher. Last year he had a per-
fectly lovely teacher and she under-
stood him. His former teacher said
he had great ability and an interest-
ing mind. His present teacher says
he is dreamy, disagreeable and ir-
responsible. Which is right?"

We are all apt to love some one
who loves us—at least we like them.
We are always seeking people who
'understand' us, and when we are un-
derstood we think the person who
does the understanding is perfectly
lovely. This is true whether we are
in a business office, a classroom or
at the dinner table.

It is most important that parents or
teachers should not only recognize
their children as belonging to dis-
tinctive types, but they should have
an understanding of their own type in
order that they may overcome a per-
sonal bias and be able to do what is
best for each particular child.

It is when a child is 'understood'
or thinks he is understood, that he
gets along well in school. The pupil
thinks the teacher is 'lovely' if she
'understands' him. The teacher thinks
the pupil is lovely if the child under-
stands her.

Which in simple terms is: Love be-
gets Love.

YOU HAVE TO GET DOWN IN JAPAN

Most of Us Would Have to Take Exercises to Be
Graceful at Table

KYOTO, Japan—In a charming
Japanese home which I have been
visiting meals were served on indi-
vidual trays that had legs about six
inches high. These were placed on
the floor with a cushion before each
tray.

There was never a service place
on a tray. Instead there would be an
assortment of china bowls, not match-
ing but all harmonious in design and
then for contrast a black, red and
gold lacquer bowl. Then, of course,
chop sticks which by then we'd learned
to manage fairly well.

Everything looked delicious as the
things in each bowl were arranged
like pictures, with a little yellow flow-
er to decorate the salad and gay red
pieces of ginger cut in blossom shape
to brighten the entree. The only catch

was that everything we got to eat was
fish, rice, seaweed or pickle. There
were usually five kinds of fish at
each meal, including raw fish salad
and fancy fish desserts.

For one meal we had an omelet that
we'd have liked a lot only it had lay-
ers of seaweed folded into the egg—
a rare delicacy! And we'd have man-
aged very well for breakfast on sweet
bean soup and eggs, if the egg hadn't
been totally raw."—Elizabeth MacRae
Boykin.

REVOLT OF RIFFS CRUSHED

TANGIER, Switzerland, Sept. 23—
Reports from Spanish Morocco said
the Riff tribe of Beni Uriaguel had
revolted against Fascist authorities in
protest against forced recruiting, but
the movement had been put down.



BROKEN ROUTINES APPRECIATED BY LITTLE CHILDREN

"And be sure to wear your hat,
Peter."

"Yes, mother. Can I have your
sugar scoop? It holds more sand
than mine."

"Yes. Remember to bring it in
when you come, that's all. It's such
a nice day. Hurry along now and
don't miss a minute of it. This sun-
shine is just what little boys need."

In a few minutes, just as mother
had settled down to work, congrat-
ulating herself upon having such a
day of sunshine for her boy's en-
joyment and health, Peter comes un-
der the window.

"Mother, can I go with Sim to
see his new water boat swim in the
bathtub? Sim isn't coming out. He
is going to swim his boat. Can't I,
mother?"

Mother looked at the sunlit yard,
then at the earnest, pleading face
of the little boy at the window.
"Well, I suppose if that is the way
you want to play, you'd better go.
I did hope—"

"O, thank you, thank you, mother.
You're the best in the world. Sim-
mie-e-e, she says I can come, Sim-
mie, I'm coming."

When children reach the place
where they want to play their own
way, with chosen friends, such oc-
casions arise. All their lives they
have followed a strict routine, and
play in the open air was always an
item on the programme. Now, when
some high occasion demands it, the
routine can be broken with no
harm, and much profit.

As children grow wise, mothers
allow these happy lapses in the
routine. Granted when they seem
in order, they keep the children
from hating the strict programme
they have to endure, and send the
children back willing and cheerful
and co-operative.

There is no fear of breakdown, of
training and habits by such lapses
because the children have been ac-
customed to the schedule from
birth. They look upon these breaks
in the routine as favors from on
high, expressions of their parents'
love and understanding and appre-
ciate them as such.

TRADE LINKS URGED BETWEEN THE PROVINCES

MONTREAL, Sept. 23—Canadians
must work together if this country is
to be "such as Providence meant it
to be, as indicated by the vastness
of its natural resources," Hon. Mich-
ael Dwyer, Nova Scotia Minister of
Mines, told a Montreal service club
recently.

"We have in Canada the type of
people who, if something has to be
done, will do it, but in some parts
of the Dominion they are having a
hard struggle," Mr. Dwyer said. "It
is the duty of every Canadian to look
into the future and act, not as indi-
viduals, but as Canadians thinking in
terms of Empire for what is neces-
sary in the future."

Closer reciprocal trade arrange-
ments among the provinces were
needed and desired, the Maritime
Minister said. Some things could be
bought cheaper from other places,
but in doing business within the Do-
minion and within the Empire, Can-
adians were helping to build up
trade within the borders of their
country and providing a livelihood
for Canadian people.

Wins Five Years in Succession

A recent telegram received by
Robin Hood Mills from Elwood
Hghes, General Manager of the Can-
adian National Exhibition reads as
follows:

"Robin Hood Flour wins first
prize for white bread 57 other
prizes out of possible 89 at Can-
adian National Exhibition stop
Robin Hood wins first prize for
white bread fifth year in suc-
cession congratulations"

The Canadian National Exhibition is
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Baking Contest is a year rendezvous
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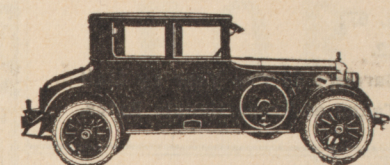
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HIGH TENSION CURRENT

Yesterday, in our article referring
to the explosion of gasses, we men-
tioned a coil. Usually, in automobile
mechanics, the electrical system of a
car causes more perplexity than any
other part of the car, and yet, in
reality, it is the simplest of all the
systems. In future articles, we will
discuss in detail the electrical sys-
tem of a car, more for the interest
of the trade than for the owner, but
for the moment we will analyze the
coil.

A coil is simply a transformer. It
is constructed in the following man-
ner. The core is a bundle of wire,
or a bundle of lengths of wire, per-
haps 5-8 of an inch in diameter. This
wire is made of iron, because of its
ability to discharge its magnetic con-
dition upon the cessation of electric-
al contact.

Around this core is wound a length
of thick insulated copper wire. The
two ends of which are considered ter-
minals. One end may be grounded
to the coil case, leaving one terminal
only for the battery wire. Around
this primary winding is wound a
mile or two of secondary winding of
copper wire, insulated, as fine as
one's hair. The effect of saturation
of the primary winding when an open
circuit is momentarily made, is to
have this current induced into the
secondary winding and leave the ter-
minal to which one end of the sec-
ondary winding is attached, to ground,
which is its natural course. In doing
this, however, the multiple windings
of the secondary coil step up the vol-
tage by induction and its inherent
potential strives to reach its circuit,
which, of course, is ground.

This circuit of 18,000 volts, being
trapped by a wire leading to the
spark plug, the base of the plug be-
ing grounded, and its potential high
enough to jump the gap of .025 at the
plug, returns to ground via this
channel.

Questions and Answers

Q. I have a 1932 car, and when
I put the brake on, it pulls over to
the left. These are hydraulic brakes,
and I have lots of fluid.
—S. L., Nashua Bridge.

A. The trouble with your brakes
is doubtless a condition of grease
leaking on to the brake lining. This
cannot be cured by simply washing
the brake drum and brakes. Brakes
must be relined, and the grease leak
corrected by a new grease seal. Have
a competent man diagnose this
trouble, and ascertain which wheel or
brake is giving the trouble.

Q. I have no power in my car at
all. It is a car, and I bought it
from — and they can't seem to fix
it. I am all right when I am going
along at about 35 miles an hour, but
when I get to 50, the engine splutters
and the car slows down to 35 miles
again. I would sure be glad to get
some information. —J. L., McAdam.

A. Your trouble can be divided as
follows: (a) Worn-out fuel pump not
delivering enough gas to the carbure-
tor at high speed; (b) Broken-down
coil; (c) Broken-down condenser;
(d) Spark plug gaps considerably too
wide; (e) Distributor points burnt
out, or too widely spaced; (f) Sticky
valves; (g) Weak valve springs.
Probably you have corrected some of
these conditions, but you will find
that if all these factors are corrected
your car will perform properly.

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HE has no half-frozen, shuddering look on his face when he
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