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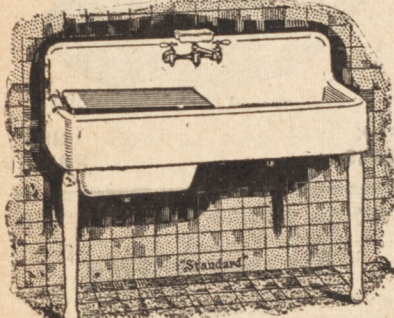
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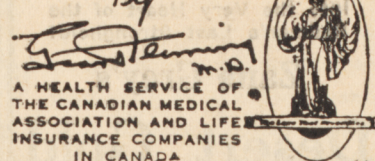
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HEALTH



SUMMER COLDS

So many people wonder why there should be such things as summer colds. Colds are associated with wintry blasts and driving sleet, yet we get colds on the hottest days in summer and often find such harder to shake than winter colds? Why should this be?

We must first remember that the so-called "cold" is misnamed. It might better be called a "hot." The as yet unknown germ that causes a cold develops in the body when our "resistance" to infection is lowered, and a frequent cause of colds in the winter is our custom of submitting to overheated dry air in our offices and houses and to crowding together in improperly ventilated rooms. Winter cold is a factor only when we get thoroughly chilled, perhaps with wet feet.

In the summertime our resistance is lowered in a somewhat different way. Because of the heat our skin is very active; pores are open and the skin is moist. In our efforts to cool off we sit in a cool draughty place; it does not matter if that be beside an open office window, in a speeding motor car with the top down, or on a porch between dances—the effect is the same.

Unfortunately, this finds our skin unprepared. The sudden surface chilling upsets the heat regulating apparatus and before we know it, the way has been paved for another cold. Sudden chilling is not in itself dangerous to normal healthy individuals, provided a "reaction" is set up by vigorous exercise. In swimming the use of the arms and legs restores the circulation, automatically checked by the initial chill. In winter one is usually active on going outside, and, of course, the skin is usually protected. But in summertime we know that exercise means more heat, so we choose the most draughty, therefore the most dangerous, place and do the worst possible thing—just sit.

A breeze does little if any harm if the skin be dry. Nor is there objection to a minimum of clothing in hot weather. We would probably be healthier with less clothing, but do the shedding when you are exercising, not when you are "cooling off."

Summer colds last a long while too because we never give ourselves a chance to get completely over them. Without thinking we again sit by the open window, or seek the open road on a hot night, and again the heat-regulating mechanism of the skin is upset.

G. I. NUGENT, M. D.

333 BRUNSWICK STREET

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FREDERICTON, N. B.

Interest to Women

NEW DRUGS ARE LAST RESORT IN REDUCING EXCESS WEIGHT

Barton Warns Against Use Without First Trying Normal Diet-Exercise Methods

When insurance figures definitely show that in North America about two in every five of the adult population are overweight and that overweight is a handicap to good health, it is only natural that trying to prevent and reduce the overweight condition should be a matter of importance to a great many people.

Practically every overweight knows that the proper or scientific way to reduce weight is to eat less food and do more work. This simple method gives in return for the fat lost real healthy or vigorous muscle tissue which not only gives strength of body but actually invites work or exercise thus giving further strength.

However those of normal weight cannot grasp what cutting down on food and performing more work means to the overweight individual. He has been given this great desire for food and up to a certain point he has been given this dislike for work or exercise.

Doubles Work

Further, every time he performs a simple action like walking or running he is doing perhaps 50 per cent more work than when this walking or running is done by one of normal weight.

Thus to those of us of normal weight, if we wish to eat an extra slice of bread, an extra square of butter or a second dessert, we don't give this extra food a second thought. To those who are overweight it means just that much extra fat added to their weight.

Of course there are those who cannot take exercise for various reasons, but every overweight can reduce his or her food intake and every one of these will continue to reduce weight gradually for a number of months, the rate of loss being in proportion to the amount by which they reduce their food intake.

Consult Doctor

However, food can only be reduced to a certain point, and only for a certain length of time. When the time arrives when no more weight is being lost, and the individual is eating just the amount of food that should be eaten if he were of normal weight for his build, then if he is still a number of pounds overweight he would be justified in asking his physician about the use of thyroid, pituitary or other gland extract, or perhaps the new drug dinitrophenol.

Now the length of time that is tak-

en to get the point where there is no further weight loss on the reduced diet may take 6, 9, 12, or even 18 months. The length of time varies according to the rate which the physician considers safe for the individual, and also the rate itself varies with different individuals.

The average weight loss when reduction of food is the only method is from 2 to 8 pounds per month, and the average length of time taken to reach the point where there is no further loss of weight from dieting is usually about five to six months.

Treated by Diet

Drs. Leona M. Bayer and H. Gray, in the American Journal of Medical Science reports the methods used in 106 unselected overweight patients treated in an outpatient clinic. "One hundred were treated by diet alone at first. Then 51 were given thyroid treatment and 23 dinitrophenol. Better weight losses would have been achieved if the patients had cut down more conscientiously on their food, but, of course, when the patients only report once a week or once a month this is to be expected. The results accomplished show that diet alone will take off an average of 15 pounds in less than three and one-half months. When dieting fails to get results, either thyroid extract or dinitrophenol appears to be effective in causing a further loss in weight."

When there was no loss shown for a whole month, the patient continued for one month on the reduced diet. If, at the end of this time (two whole months), there had been no loss of weight then thyroid extract was given as long as the patients continued to lose weight.

Drugs Worked

When the weight remained the same then dinitrophenol was used until there was no further loss; at which time it was felt that the limit of the reduction in weight had been reached.

It was found that when 20 pounds had been lost by diet alone, another 5 to 6 pounds could be taken off by the use of thyroid extract or dinitrophenol.

While these figures show that thyroid and dinitrophenol can reduce weight past the point reached by diet alone, there is always danger when drugs are used.

Drs. Bayer and Gray emphasize the importance of medical supervision by patients taking either thyroid extract or dinitrophenol.

HARVESTING OPERATIONS IN WEST ADVANCED

WINNIPEG, Aug. 14—Harvesting operations in Western Canada, advanced about two weeks as against last year because of dry weather, are 85 percent completed in Manitoba, 59 percent completed in Saskatchewan and in Alberta, apart from the Peace River section, 40 percent, according to the weekly report of the Canadian Pacific Railway's agricultural department, published today.

With clear to cloudy weather generally and heavy showers in parts of central and southern Central Alberta, harvesting proceeded practically uninterrupted during the week, the report said. Some sections of Western Manitoba, Southern Saskatchewan and few areas in Southern and Northern Alberta received scattered light showers beneficial to fodder crops and pasturage.

Out-turns of wheat in various districts are: Manitoba—Portage la Prairie, Carberry sub-division, 14 to 24 bushels No. 1 northern; Brookdale, Vario sub-division, 15 to 20 bushels No. 1 northern; Peleersfield, Winnipeg Beach sub-division, 20 bushels No. 1 northern; Morris, La Riviere sub-division, 12 bushels No. 2; Russell, Russell sub-division, 26 bushels No. 1 northern; Reston, Arcola sub-division 7 to 10 bushels.

Saskatchewan—Grenfell, Indian Head sub-division, 10 to 25 bushels No. 1 northern; Earl Grey, Bulyea sub-division, 15 to 17 bushels; Duval, Langan sub-division, 15 bushels No. 1 northern; Howard, Tynan sub-division, 5 to 13 bushels No. 1 northern; Loredurn, Outlook sub-division, 3 to 8 bushels No. 1 to 3 grade; Prelate, Empress sub-division, 4 to 5 bushels grade 4; Springdale, Wynward sub-division, 28 bushels, No. 2 and 3 grades; Codette, Tisdale sub-division, 10 to 15 bushels; Sutherland, 8 to 15 bushels, grades 2 and 3.

A CLEAN COFFEE POT THOROUGHLY IMPROVES TASTE

If you have been of the opinion that it doesn't make any difference to the taste of your next pot of coffee whether or not you give the pot a good thorough washing or a slipshod rinsing, then you should immediately change your mind. Don't take the chance of giving that breakfast cup "a flavor strangely reminiscent of old shoe leather," as a well known food authority has aptly expressed it.

Wash the pot in soap and water each time it is used, and then scald it out afterward. Be sure to dry it well instead of letting nature do the job for you as the pot sits on the back of the stove.

In addition to scrubbing the coffee pot regularly with soap and water, it is a good practice also to boil fresh water in it once a week, adding one or two teaspoons of baking soda. The alkali action of the soda will thoroughly cleanse the coffee pot and make it sweet and clean.

material. Stitch closely. When attaching the lining to the cuff, let the lining sleeve be a little longer inside the sleeve. This allows for the play of the elbow. When you are ripping out the old lining watch carefully where it is stitched and you can easily copy when you come to adjust your lining. Sometimes the worn place under the arm can be patched by applying a semi-circular piece of heavy sateen and stitching it like an applique.

A fairly good suit of father's can be fitted to the growing boy if you have had a little experience with sewing. Rip the back, underarm and armhole seams. Fit and sew carefully. Press each seam with a wet rag and a hot iron before you join it to another. Sometimes it is necessary to trim a little off the back of the armhole before replacing the seam, but generally this fullness is taken up in the centre back seam. The trousers can be lengthened several inches by ripping the cuff and pressing flat the full length. Then cut off 1 1/2 inches from the bottom. Face one side of this with black bias tape and join the other side to the bottom of the pant leg, turning it up to form the cuff. By this method one can add about four inches to the length.

SAYS QUINTUPLETS NOT PRETTY

"The Dionne quintuplets aren't as pretty as their pictures," Miss Helen Rottenburgh of Pintry, near Scotland, said, after visiting the babies at Calander. "When they grow up I'm sure they will be ugly," the markswoman, attending the annual meeting of the Dominion of Canada Rifle Association, continued. "They have strong, sturdy bodies, however," she added, "and are well developed."

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CARE OF MAN'S CLOTHES IS NOT AS HARD AS IT LOOKS

One woman says: The care of a man's clothes is a difficult task to the most experienced housekeeper, but to the bride it seems an almost insurmountable task. In reality it is not such a difficult one if done regularly. In family where there are growing sons it is realized as a problem that needs systematic handling like all other household tasks, says Mary Kennedy in the Christian Science Monitor.

On a day that is not full with other duties I collect all the suits and odd trousers, shake and brush them well, sponge any food spots off with a little water. For the grease spots and the necks of the coats I keep a small can of non-inflammable cleaner that can be bought at any drug store. If the garment does not freshen with brushing I sometimes lightly sponge with this cleaner also, using a light touch.

Lay the trousers, one leg at a time, on the ironing board, cover with a long narrow cloth that has been wrung out of water tightly, and press with a hot iron. Lift the iron up and down, be careful not to iron the trousers. Sometimes there appears a decided bag at the knee. This can be easily shrunk out using the wet cloth and hot iron before the trousers are laid flat with the creases at the sides.

With the coats, press the crease in the sleeve, the back and the armhole. For the latter, wad up a bath towel with the left hand and place it inside the armhole. With the right hand cover the sleeve with the wet cloth. Then take the hot iron and quickly pass it over the place. This should be all the pressing necessary

if it is done at regular intervals. Ties can be sponged with the cleaner, then pressed very lightly with a warm iron on the wrong side. If the crease still persists, press with a damp cloth on the right side, lightly.

Freshness can be stored to a light overcoat by sponging with a cloth that has been wrung out of a pan of warm water in which a tablespoon of water softener has been dissolved. For the heavy winter coats, give them a frequent vacuum cleaning with the small attachment to your sweeper.

Sponging a felt hat with a wadded rag dipped into the liquid cleanser (noninflammable) will give it quite a rejuvenated air. Frequently shake and hang in the air sweaters and bathrobes. Brush angora sweaters and scarfs with a stiff brush and they will appear as new. A sweater that has stretched beyond all recognition of its original size can be brought back into shape with very little work. Rip the underarm seam, fit to the body, seam with matching darning cotton. Press the seam flat, trim to 3-4 inch width and catstitch flat.

It is not a difficult task to reline an overcoat. Carefully rip the old lining, press flat and lay on new material. It is best to buy a good quality lining. Sew all the seams on the sewing machine. Pin the body into the inside of the coat with a generous piece turned under. With a strong thread catch it to the coat with close stitches. When the armhole and all parts are firmly attached to the coat, slip the lining sleeve inside the coat sleeve, pin into armhole easing the