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Interest to Women**OUR SPIRITS RISE AND
FALL LIKE THE TIDES**Colgate Scientist Discovers Truth of Old - Time
Notion That We Have Days When We Feel
'Blue' -- And Supplies Possible Reasons

(By Ruth Cameron)

It is always interesting to me to see how things that have been recognized as facts by the wise people of old are rediscovered as scientific truths with a definite, scientific reason by the scientists of today.

Sometimes old wives' remedies that have been laughed at by an intermediate generation, come into their own again that way.

And here is the latest such discovery. Maybe you saw it in your paper. Dr. Donald Laird of Colgate University says that blue spells come and go with calendar-like regularity, that we all have cycles when our spirits rise and fall—like the tides.

The length of the cycle varies in various people and the cause of it is 'the ebb and flow of the energies associated with the solar plexus, the ductless glands, and particularly the four tiny parathyroid glands on each side of your windpipe.'

As a result of the action of these we pass from moods when we feel that we are being overwhelmed by life, that we simply cannot cope with it, to others when we feel on top of the world, able to deal with anything. From moments when we hate ourselves with a profound hatred to others when we think astonishingly well of ourselves.

He says we needn't worry so much about the future when we are down, because we can know that we are coming up again.

I don't suppose the wise philosopher who once made, "This too shall pass," his motto, ever heard of glands. But he was giving us pretty close to the same truth.

"This too shall pass." Hang it on your wall, engrave it in your heart. Nothing is ever as bad as it seems in your dark moments. "This too shall pass."

And that still more ancient philosopher who said, "Weeping may endure for a night but joy cometh in the morning," wasn't he also thinking of such cycles though he expressing it in terms of night and morning?

What particularly pleased me about the affirmation by the scientist of this ancient truth, was that he not only offers us the thought, "This too shall pass," but he gives us some suggestions for making the down spells less deadly.

Avoid nervous fatigue.
Avoid inflammation of the ambition (restlessness).Avoid chronic irritation of the conscience (let bygones be bygones).
Don't expect yourself or other persons to be perfect.

Four good rules, Dr. Laird, Armed with them and the remainder, "This too shall pass," we ought to be able to climb more quickly out of our 'sloughs of despond' (another old philosopher, by the way, who knew what parathyroids could do even if he didn't know that they existed).

HOW TO KEEP YOUR HEALTH

Varicose Veins and Their Treatment

(By Dr. Herman N. Bundesen, Former President American Public Health Association)

Think of a thin rubber tube stretched by liquid, under pressure. For a long time the tube will spring back into shape when the pressure is taken off. Then gradually the tube loses its spring and will not come back. That is just what happens when varicose veins develop.

People who stand on their feet for hours at a time; soldiers who make long marches; pregnant women who carry the burden of a child without getting proper rest and care; overweight persons—all may easily get varicose veins.

These enlarged veins occur most often in the legs, but sometimes are found in the arms. Of course, the veins carry the blood from the tissues toward the heart. When they are enlarged the normal circulation of the blood is slowed, so that waste materials are not properly removed. Thus some of the tissues of the body which are not supplied with enough blood, may die and ulcers or sores may form.

It is important when varicose veins develop that they be treated. As a rule, if a pregnant woman has varicose veins, it may be best not to treat the veins until after the baby has been born. Instead, she should wear a rubber stocking to hold the veins in place and support the walls of the veins. Many times these enlarged veins in pregnant women become smaller by the time the baby is born.

Dr. Henry H. Faxon, assistant surgeon at the Massachusetts General Hospital, believes, however, that very badly stretched veins which may occur during the first seven months of pregnancy should be treated. He thinks this treatment will help prevent inflammation of the veins. This inflamed condition of the varicose veins may occur at the time the baby is born.

One of the forms of treatment that is carried out is to inject certain substances into the veins. This is a simple operation, which hardens or collapses the vein. When this happens, other veins take the place of the collapsed ones in the circulation of the blood, so that no harm is done.

Besides injecting substances into these veins, it is suggested that certain of the main or larger veins be cut and the ends tied. This gets rid of the varicose veins which cannot be removed by the injection treatments. In other instances, it may be well to remove all the varicose veins. When this is done, the blood is carried to the tissues by other veins which gradually enlarge to meet the demands made on them. The substance which Dr. Faxon uses for injecting the veins is known as quinine hydrochloride and urethane.

Sometimes tiny, stretched blood

vessels, that look like a spider web, occur in the skin of the legs. Dr. Faxon calls these 'flares.' Treatment of such flares is not always successful. Sometimes, even after a large vein in the leg has become inflamed and then blocked off, other varicose veins develop. This is caused by these veins having extra work to

TEMPER IS NO CHARM ASSETThose Who Think 'Temperament' Suits Great
One Are In Error

TEMPER IS NO woman's page

We had the misfortune to view an exhibition of bad tempered charmlessness recently in a certain professional woman aspiring to a movie career.

We are tempered a little in our judgment by the possibility that she may have been ill advised in her ill-tempered display on the ground that temperament is a good trait in stardom. She's old enough to be earning her living, but not yet mentally old enough to realize that greatness is not built up on mean, petty traits and exhibitions.

Garbo may be elusive, mysterious, aloof, but it's never been written of her that she's rude.

The truly big ones of the screen and stage, in my experiences, are

women of great charm, such as Madeleine Carroll, Grace Moore, Claudette Colbert, countless others of top-notch fame. Although I've seen some of the big ones under circumstances when they might have been justified in indulging a tantrum, a quiet, fine restraint marked their conduct.

Coming to a photographic studio of her own free will, to be asked to smile a little seemed not an insulting request, as one young vixen's reply implied: "Why should I smile when I don't feel like it?"

Well, the little moral of our tale is merely that one bad public exhibition of ill tempered mannerism damages its exponent forever and aye in most of our eyes. It's particularly revolting today in a newcomer in face of so much fine restraint, poise and charm practiced by bigger and better stars and women.

**VELVET AND
ORGANDY IN
EVENING GOWN**

French Designer Combines Them in Black and White

PARIS—Paquin uses the unusual combination of black velvet and white organdy to make an effective evening gown in the new collection.

The principal part of the dress is a black velvet sheath which is fitted closely to the body. The front neckline is slightly draped and is supported by straps of twisted velvet caught in at the back with twisted white organdy. A fan-like train of white organdy is inserted in the back of the skirt. The white organdy insertion is cut on the bias in extreme fullness and is bordered by two narrow bands of black velvet.

More summery is the gown in pink organza trimmed with bands of puffed ruching stitched flat on both edges. Those puffed bands of organza outline the low-cut decollete and form a halter strap at the neck that supports the front bodice. The same trimming is used as a band six inches above the hem of the full skirt. There is an accompanying bolero jacket which is trimmed with the same banding at the edge of the short sleeves and at the hem. A wide-brimmed hat of pink organza is worn on the back of the head.

Paquin makes an attractive beach costume in bluish lavender linen trimmed with biscuit-colored linen. There is a sun suit worn with shorts in the bluish lavender and a longfitted coat to wear over it.

The coat, which is made with short puffed sleeves, is edged with a band of biscuit linen, applied in scallops, down the front opening at the hem.

do. They must have time to get adjusted to their new work. Dr. Faxon says that such varicose veins should not be treated by any method but should be left alone. Even to wear a rubber supporting bandage or stocking often will only interfere with the flow of the blood from the leg and cause great difficulty.

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