

Advice on Your HEALTH

By HERMAN N. BUNDESEN, M.D. Good nutrition and the use of a well-balanced diet are as important for the aged as for the younger person.

In the first place, he is likely to be subject to greater emotional strains than the younger man. Often he has to cope with disturbing economic and social problems and, in many cases, is dependent for support either upon his family, his friends or public charity.

Nutrition Upset The feeling of insecurity in the aged acts as a mental handicap to eating and, this in turn, may cause many conditions that upset the nutrition. Severe loss of appetite due to a depressed feeling of despair, many depressions, many times the anxiety or worry manifests itself in excessive indulgence in certain foods.

The aged person may suffer from long-established faulty eating habits. Food fads, the over-eating of certain foods, and intolerance of other foods may play an important part in determining what the aged person will eat.

Difficulty in Chewing An added factor is difficulty in chewing food because of dental dentures; thus eating may become a painful process instead of a pleasure.

It is important for the older person to accept himself as the changes that occur during life and to the changes needed in his diet so that he can live properly.

The aged person should have a balanced diet which contains among other things a sufficient amount of vitamins, minerals and proteins. He should be encouraged to eat the importance of eating correctly should be impressed upon him, and the cooking should be prepared nutritious meals should not be considered an unnecessary bother.

Stimulating Appetite Moderation in eating is also essential. Only foods which are well tolerated and easily digested should be used by the older person. Flavoursome foods which stimulate the disappearing appetite are important.

A sufficient intake of salt, as well as vitamin B-complex, is often helpful in increasing the appetite of the aged. However, the most important thing is that tact be used when introducing needed changes in the diet to which the habit-bound aged person has been accustomed for a long time.

QUESTIONS AND ANSWERS L. M. C.: Is there any cure for spastic colitis, or is diet always necessary? Answer: Usually diet is very important in the treatment of spastic colitis and should be adhered to strictly.

Literary Guidepost By W. G. ROGERS PHOTOGRAPHY, by Cecil Beaton (Doubleday). The list of distinguished personages photographed by Beaton, and proud to be, too, is staggering; some of them even staggered him.

It all began, he tells us, when at eight or nine he became fascinated by photographs of actresses. This must have been about 1915. He acquired a box camera, a Brownie; he dressed up his compliant sisters Nancy and Babs, arranged roccoco backgrounds, kept them posing for hours; he even enlisted the services of his mother, though it was sometimes difficult to persuade her to mid-morning to stop what she was doing and put on evening dress.

The sisters' nurse, an amateur photographer, gave him some hints, the only instruction he ever had. But he copied Octavius Hill, studied Baron De Meyer, Curtis Moffat, Francis Granger, and above all saw Russian ballet, Laurencin paintings, other new things in the creative field, and met people of fashion. His second camera was a No. 3 folding pocket Kodak; later, at the insistence of Conde Nast, he used a Rolleiflex; after some years by work in the dark (that's room he left developing and retouching to experts. All he does is pull the trigger.

Look Your Best By Colette

If suburban party—



DO dress smartly casual—elegance in fabric, simplicity in design.

IF SUBURBAN PARTY—Casual, this is the look for those of us who live in less cosmopolitan communities or even in rural areas.

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India-United Kingdom freight rates have just had a 25 per cent increase, their first in 10 years.

Understanding CHILDREN

By ANGELO PATRI

Let us start at the beginning. No child should feel in debt to his father or mother. The feeling of debt is akin to the feeling of guilt and children feel under such a burden. The only feeling children should have toward their parents is affection, the assurance that in them they have the most loyal and faithful of friends. Money should not have any weight in that relationship.

A father has, for some unknown reason, a feeling of resentment toward his young son, aged nine years. He is very affectionate toward his daughter and overlooks things that would bring down immediate punishment upon the boy. He is very stern with him and holds him to strict account for anything and everything he does and the result is constant friction between them.

The father is athletic, and an ex-soldier. He demands soldierly behavior of his boy. He teaches him to play games and to be a sportsman. During a game of golf the boy, under pressure, lost his temper and smashed his driver. "All right," said father. "You owe me ten dollars for that driver. That added to the eight you owe for the broken tennis racket makes eighteen dollars. You'll work it off by doing the chores."

Now the battle raged between them. The boy asked the chores and his father kept strict account of the debt which was whittled down very slowly. The longer the contest, the worse the relationship became until there was a deadlock.

No child should feel in debt to his parents no matter what he breaks, destroys or wastes. If they think it wise to punish him for their children and should be done in such a way as to make it possible for the child to pay his way out of purgatory and start afresh. To set the stage so as to make restitution and forgiveness impossible is to destroy the spirit of the child. That is something no thinking person would consider for a moment.

To teach a child, to lead him, to live comfortably with him, one must like him. If liking is impossible, then get on with someone who does like him and let him do his way for certainly you cannot do anything worth while with him. No decent parent wants to make his child's life miserable. The other sort should not be permitted to do so.

COMMITTEE ANNOUNCED FOR BEACH CLUB PARTY

Mrs. Lyman Pierce Hammond, chairman of the tea at the Fairfield Beach club Saturday afternoon at 4 o'clock has announced her committee as follows. Mrs. Fred Atwater, Mrs. Percy P. Anderson, Mrs. David S. Day, Mrs. Charles E. Weeks, Mrs. Richard L. Chatterer, and Mrs. Robert M. Eames.

ON TELEVISION TODAY

Table listing television programs by time slot (5:30 AM to 11:30 PM) and station (WABW, WJZ, WJLA, etc.).

TODAY'S RADIO PROGRAM

Table listing radio programs by time slot (5:30 AM to 11:30 PM) and station (WABW, WJZ, WJLA, etc.).

Notes (*) indicates program is heard on WJZ and WELI.

Advertisement for Gabriel Heatter TONIGHT at 7:30 Over WICC. Includes text: 'Has an important Belmont message of hope to the Hard-of-hearing of Fairfield County. NO BUTTON NEED SHOW IN EAR. Also SMART NEW HEARING JEWELRY - beautiful Pins and Brooches for Women, handsome styled tie-clasps for men which helps you Hear Better! Investigate! Come in or Write to VAN'S BELTONE 1115 MAIN ST. (Security Bldg.) TEL. 5-5055'

Advertisement for 'Pair of Prayer Panels' by Mrs. Anne Cabot. Includes text: 'Any child will memorize these prayers easily with the help of the delightful designs. Embroider the panels in bright colors and sturdy stitchery. Set each in a 11 by 14 inch frame and present them to your favorite youngster at gift-giving time. Pattern No. 2085 contains hot iron transfer for 2 designs, material requirements, stitch illustrations, color chart and finishing directions. Send 25c in COINS, your name, address and the PATTERN NUMBER to ANNE CABOT The Bridgeport Telegram, 1180 Ave. Americas, New York 19, N. Y. NEEDLEWORK PANS - Anne Cabot's BIG ALBUM is here. Dozens of fascinating designs, gifts, decorations and special features. PLUS 4 gift patterns and directions. 25 cents.'

Advertisement for WE BUY OLD GOLD AND DIAMONDS CASH - LOANED! Includes list of items: DIAMONDS, CAMERAS, WATCHES, PROJECTORS, JEWELRY, BINOCULARS, SILVER, TYPEWRITERS, RADIOS, MUSICAL INSTRUMENTS.

Advertisement for PAINTS WALLPAPER TILEBOARD FLOOR SANDERS (Free Delivery) MEADE-SEMON 'The Paint People' 250 MIDDLE STREET

Advertisement for LOANS ON DIAMONDS, CAMERAS, JEWELRY. INTEREST LOW AS 1 1/2% IMMEDIATE CONFIDENTIAL WIRED PROTECTION. CAPITAL Loan Office 100 WALL ST. TEL. 4-1245

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Advertisement for NOBODY - But NOBODY UNDERSELLS ZEMEL BROS. and nobody but Zemel Bros. says NO SALE IS FINAL until you are COMPLETELY SATISFIED. ZEMEL BROS. 243 FAIRFIELD AVE.