

## Advice on Your HEALTH

By HERMAN N. BUNDESEN, M.D.

Nearly everybody is familiar with what is ordinarily called fainting. This temporary loss of consciousness is due to a lack of circulation of blood to the brain, a condition which may be brought about under various circumstances and by a number of different disorders. These include fatigue, prolonged standing, severe pain, certain surgical operations, emotional disturbance, severe infection, high blood pressure, heart trouble, and getting up after a long period of bed rest.

Fainting may occur suddenly but, when it follows some physical injury, there are usually warning signs. The person may feel giddy, aquenched, and begin to sweat. The pulse rate is usually rapid. If unrelieved at the stage, the blood pressure falls and true fainting occurs.

### True Fainting

True fainting is accompanied by paleness, sweating, a thin, rapid pulse, loss of consciousness, and a fall in blood pressure. If the condition persists for more than a few minutes convulsions may occur.

In the warning stage, when the patient has mild symptoms of faintness, lowering the patient's head between his knees for a minute or two, so that the circulation to the brain may be increased, may suffice as treatment.

### Feet Elevated

If the patient has lost consciousness, he should be put to bed, usually with the feet elevated. This is best done by putting a chair under the foot of the bed. The clothing should be loosened.

If consciousness is not regained promptly, certain stimulants may be necessary, but should only be used under the direction of a physician. The inhalation of aromatic spirits of ammonia or cold water on the face may be of help.

Once the patient has regained consciousness, he should remain lying down for at least ten to thirty minutes and then should get up gradually.

### Difficulty in Breathing

Artificial respiration should not be used unless there is evidence of difficulty in breathing during a fainting attack.

Of course, there are all only emergency measures. They will relieve the immediate attack but will do nothing to get at its cause. This must be sought by a thorough examination, in which consideration is given to such possibilities as brain tumor, hemorrhage into the brain, meningitis, high blood pressure, and the presence of heart disease.

### QUESTIONS AND ANSWERS

**Q.** Do you think an inside goiter could affect the nerves and cause the heart to beat fast at times?

**A.** Answer. It is possible for a goitre which is not visible to outward appearance to cause symptoms of nervousness and rapid heart beat.

## Fix It Yourself By HUBBARD COBB (The Handy Man)

### LEAKY BASEMENTS

 "Well, here I am three years later, seriously considering another separation. Bill hasn't turned back to drinking but it's almost as bad. He spends his time brooding. Never makes an attempt at conversation, never goes anywhere, etc. I am still working to help meet the mount of bills. We never talk of the future or plan for anything. I didn't even go away on my vacation this year because Bill wanted to get any time off and I wanted to be tactful. Yet, I believe he resented the fact that I had a vacation at all because he acted surly all the time."

### Mother Critical

"To top it all off, my mother lives with us. She's a fine person but she criticizes every move I make. I don't invite people to our house any more because when I do, she sulks in her room, or even worse, criticizes me or makes fun of something I do. She has hysterics if I try to tell her she might be wrong."

"Do you think I should strike out on my own? I'm just 30 and have done very well in the business world considering I had no training. At this point my health is at stake. I am so unhappy I wake up in the middle of the night sobbing. I love my little girl but I won't be any good to her if things don't change."

**ANSWER:** We most certainly do advise some changes in your domestic set-up, but not necessarily separation from your husband. First, the presence of your mother

## Look Your Best

By Colette

*If less than 5 ft. 4 in. tall—*



**DO keep fur  
piece above or  
not too much below waistline.**

**DON'T go for too  
long, too much scarf.**

**IF LESS THAN 5 FT. 4 IN. TALL**—The long-haired furs are again fashionable and this requires extra precaution not to over-power the short figure. For chic, the short girl looks her best in the cape or stole that ends above or near the waistline.

## Your Marriage

By SAMUEL G. and ESTHER B. KLING

### A Husband And Mother Possess Unbearable Situation

**Dear Mr. and Mrs. Kling:**

"Twelve years ago I married a man who should have been an outstanding person, or at least, a person who earned the respect of family and friends. He has two daughters. But five years ago we separated due to his excess drinking and his complete indifference to his home and family, though we have a lovely 10-year-old little girl who is a real joy.

"After our separation I went to work—something that was extremely difficult because I had never worked before."

### No Drinking

"After two years of separation, my husband and I talked things over and decided to make up, with the understanding that there wouldn't be any more drinking. I continued to work until my husband could find a better position.

Naturally, his reputation had suffered, and I knew it would take time and patience to rebuild our life together.

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### QUESTIONS & ANSWERS

**Q.** How do birds know what time to start singing in the morning?

**A.** Apparently they begin when the light reaches a certain intensity. However, some sudden disturbance in the middle of the night, such as thunderstorm, may start them.

**Q.** Why is the letter "Q" missing from telephone dials?

**A.** Because of the difficulty of distinguishing it from the letter "O."

**Q.** Can the new moon be seen?

**A.** The moon is said to be new when it is between the earth and the sun, and is then invisible, since the dark unilluminated side is turned earthward. In a day or two, however, it has moved around far enough for us to see a small part of the bright surface, and it appears as a slender crescent.

**Q.** Did the Hanging Gardens of Babylon actually hang?

**A.** These so-called hanging gardens were not suspended in any way. According to legend there were five terraces, each 50 feet above the other.

**Q.** Which of Gertrude Atherton's novels is about Alexander Hamilton?

**A.** "The Conqueror," one of her greatest books, is based on the life and character of Hamilton.

## Understanding CHILDREN

By ANGELO PATRI

Fathers who came up the hard way, working against great odds, unaided by family or friends, are likely to look at their carefree sons grudgingly and perhaps with jealousy. "When I was your age—You know the story."

This is not fair. Father had no school, no splendid school such as this boy was born in. Father had no leisure time, no band to play in, no dance to go to, no team to play on. His son has all these things. His father gave them to him. Why blame the boy because he enjoys them?

Think a bit about the boy. He gets good ratings from his teachers. His schoolmates like him, so do the neighbors. He works after school hours and cheerfully agrees to save part of his funds for his education, part for his clothes, the rest for spending, all under father's supervision. Is that bad? I think it is very good.

"But when he is given a job he hurries through it and does not do his best. When he has to clean the garage he just sweeps it. He doesn't dust anything. The corners are none too clean, either. He is in too much of a hurry to get off to his own business."

I can't be excited about that either. A boy in high school today is a busy boy. When, added to that, he works after school and in vacation time, uses his money wisely, he ought to have some free time. If he hurries his chores a bit, skimping a little, it is to be expected. Nobody, not even the good man who earned his place against heavy odds and wants his son to be strong, sturdy and enduring, can expect one hundred per cent of a child. Better settle for less, less we lose what we have by discouraging the child completely.

When a child does well, praise him. When he shows responsibility, let him know he is trusted more.

When he fails to reach a high standard, praise him for what he did and wait for an opportune time to praise a thorough job someone else did. That will register more than faultfinding.

The years bring changes. The boy-and-girl of today are born into a world of speed; time is measured in terms of electric power and it is our speeded life that affords us leisure. Father rose at dawn to walk miles to his job. Son goes to high school and college, has a car and does not have to do what father did.

Changes come, but the fundamentals of character do not change. It is with these that fathers and mothers should be concerned. Any young person whose character is sound will arrive at a standard that even the self-made father can approve.

Sniffing is only one of the annoying habits discussed in Dr. Patri's booklet No. 302, "Annoying Habits." To obtain a copy send 10 cents (coin preferred) and a 3-cent stamp to him, care of The Bridgeport Telegram, P. O. Box 98, Station G, New York 18, N. Y.

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