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Cure for Stammering

(By Mrs. Leonora Eyles.)
One of the unpleasant, smaller aftermaths of the war is the great crop of stammerers produced by war shock, not only among soldiers, but in the case of children who suffered from raids and from their parents' illness and lack of balance.
The stammer, whether dating from childhood or the war shock, a railway accident, or anything of that sort, is always the symptom of anxiety and embarrassment. Quacks cure it by teaching a sing-song method of speech not much pleasanter than the stammer itself. The reason that this sing-song method does improve the stammer is that most stammerers can sing once they have got a start. They can usually talk when in a room alone. In many cases they can telephone; a doctor tells me that a patient of his with a very bad stammer could always speak to him on the house telephone without stammering at all.
Often Caused by Fear.
Obviously, the important thing is to find out the reason for the anxiety and embarrassment. In the case of a stammer persisting from childhood it is often traceable to childish fear of the stern father.
A child who is found doing anything naughty is told, "I shall tell your father of you," and is sometimes sent to wait his father-in his bedroom. Perhaps for an hour-the little one waits in terror of what is coming, terror quite out of proportion to what really does come.

When the father enters the room and says, "Now, what is this I hear about you?" the child is unable to speak from sheer fright. This fear remains; every time he has to wait for anything to happen; every time he has to face a strange person or circumstance the same fear occurs and he is in an agony of anxiety.
This kind of fear producing a stammer is often seen among the poor children rescued by various institutions. They stammer at the sight of any adult person, thinking that all adults must be brutal. As soon as the health of such children improves and as soon as they begin to realize that most adults are reasonably kind to little children, the stammer disappears.
Shell-Shock Stammerer.
In the case of war shock the tremors and spasmodic movements that often accompany a stammer have been of the utmost help in finding out its cause. Thus a man stammered at the letter "d," and his doctor found that the "d" sound symbolized the dug-out in which he was sheltering when he was blown up and buried.
As soon as this was explained to him and he realized that, though he had once been blown up and buried in a dug-out, but was not likely to suffer again, he lost the stammer in one sitting.
Stammerers at the letter "d" are often associated with "doctor." A child or a neuritic has been frightened by the atmosphere of sickness with which a doctor is associated; some-

times he has been unavoidably hurt by a doctor when he was ill and the fear remains.
Stammerers and tremors will, of course, in adults and children both be much lessened by an atmosphere of security and friendliness, but they will only be completely cured by the method of direct abstraction, that is, by living again in imagination through the terrifying experience that caused the shock and realizing that it is no longer terrifying.
As long as such errors are repeated they will keep jerking up, like a Jack-in-the box with a very strong spring, the moment the lid is not pressed down as tightly as before by conscious will-power. The only way to peace of mind is to open the box, take out the bogey, and shut the lid down again.



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SIDE TALKS.

By Ruth Cameron.

ANOTHER AWKWARD AGE.



There is a certain age in childhood which is generally recognized as the awkward age, when boys' voices change and girls giggle on the slightest provocation, when childhood's charm has departed and the charm of youth has not yet come to take its place. Everyone has heard of this awkward age and easily recognizes it. But there is another awkward age which I have never heard spoken of. This, too, is an age of transition, the transition from babyhood to childhood.

From Babyhood to Childhood.

A small neighbor of mine is passing through it. She has been a very adorable baby and perhaps some day she will be an adorable child. But she isn't just now. She has lost the appeal of babyhood but she still has its tyrannies, its lack of control. And while her family of course adore her, outsiders who once worshipped at her shrine are inclined to get up and wipe the dust off their knees.

I think this period comes to most children between babyhood and school

days. This is the time when they start to whine, whenever they ask for anything. The plaintive baby notes that were so sweet have degenerated into that most disagreeable sound.

"Do You Want to Make Him Cry?"

This is the time when it is the habit to make the older children give in to the baby no matter what the rights of the case, "because if you don't he'll cry," they exercise that tyranny to a maddening degree. I know it takes a Solomon to decide all the disputes between children fairly, but I do hate to see a mother who doesn't make the slightest effort to be fair but simply pounces on the older child who is defending his toy from the baby's grabbing hands and says sharply: "Why don't you give it to him? Don't you see he wants it? Do you want to make him cry?"

Of course a baby's crying is a very wearying sound, but there are other ways of preventing a child of three or four from crying besides giving him his way all the time.

This is the age, too, when the baby's naive little ways so easily become the child's freshness. You expect a baby to reach for his toy when a guest picks it up, but you don't expect a child of four to throw himself at the

guest and kick and bite if the toy is not instantly handed over. You laugh when the baby calls everyone by their first names, but when the child, with the air of expecting to be laughed at, does the same, you are not at all amused.

School Days Discipline Him.

It usually takes the discipline of school days to make the baby over into the child who recognizes, however imperfectly, the rights of others, and who develops a child's companionability to take the place of the lost charm of babyhood.

In the meantime the awkward age, awkward to behold and doubtless awkward and uncomfortable for the child too, must be gotten through. It's a time when outsiders need tolerance and mothers need infinite patience. As it were ever a time when they didn't!



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Pinchot is a Candidate in Presidential Election

Washington.—Recent developments in the political situation indicate that the republicans are likely to have a first class contest over the nomination of a president in 1924. So far as the democrats are concerned, the activity already of different aspirants assures a sharp and probably bitter contest. The latest information here is that Governor Gifford Pinchot of Pennsylvania is a candidate and will make a fight for the Pennsylvania delegation. This doubtless means his name will be put into the primaries in other states and that he will compete in these primaries with Mr. Coolidge.

Senator Pepper of Pennsylvania may become a candidate in order to keep the Pennsylvania delegation from Tipchot. Senator Hiram Johnson is engaged in getting a California delegation and is likely at any time to avow himself a candidate. Senator Watson of Indiana, one of the Old Guard leaders, is engaged in "watchful waiting" and in the meantime taking care to consult a lot of his political friends in different states. Former Governor Lowden of Illinois is surveying the field and may run. On the surface, it looks as if President Coolidge had much advantage for the nomination. However, it is widely felt here that his friends do not have the nomination actually clinched and that there is yet time for a struggle which may have uncertain results. Senator La Follette, as usual, will lead a big revolt against the Old Guard and will command over a hundred delegates in

the republican convention. He is an important factor. Pinchot, an old Roosevelt, lieutenant, has settled the coal strike and is popular with the progressive republicans, especially in the west. It will happen if he jumps into the presidential primaries against Mr. Coolidge is a subject of much speculation by the politicians.

When a Woman Loves

Every woman loves to provide good dinner for her family. As well as impossible to provide a dinner without good green peas. Star Brand Green Peas are more good; they are tender succulent, not expensive. They are sold in better class grocery shops, grocer sells them. You will see Star Brand Green Peas. Please can to-day for Sunday's dinner. oct. 12, 1923.

The Advantages of a Substitute

Washington.—A new use for artificial legs has been reported by Veterans' Bureau, which implies at least one advantage over the variety. A claim has just been made from an Indian veteran for payment of a cork leg destroyed in an emergency. The claimant said that while he was hauling coal hill it became necessary to break wheel. Lacking a brake, he took his leg and stuck it in the wheel wagon was stopped, but the leg destroyed.

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Whenever you buy unknown inferior soap you always lose money
Stick to **Sunlight** and you won't be stuck, **Sunlight sells itself**
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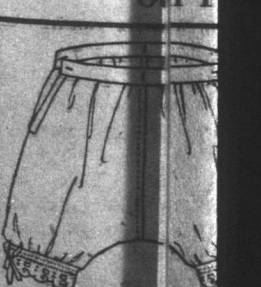
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