Woman's Realm / Social and Personal / Fashions / Literature

Healthful Homes And Public Hygiene

By Uncle Joe

Someone put it very aptly when he said: "The home is the nursery of the nation." So it is; and unless its inmates are provided with the conditions requisite for health, the nation as well as the families must languish and deteriorate in physical stamina.

This point seems to have been overlooked by many writers on general hygiene, and a disproportionate stress has been laid upon what is termed "public hygiene", a subject of great importance and worthy of all the attention it has received in the past; but still, in this writer's opinion, of secondary importance when compared with that branch of the great subject of hygiene which we shall call **domestic hygiene.**

The advocates who cry loudly for sanitary reforms in towns large enough to require sewerage and water, cite with great confidence, as a conclusive evidence of the crying need for public sanitation, the fact that in countries where statistical records have been kept over a number of years, it is possible to show an increase in the average length of life which is commensurate with the improvement made in the general sanitary arrangement of cities during the same length of time. It is claimed that the average length of life thus has been increased from around 25 to 45 years. Some claim about 60 years.

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This at first appears to be a conclusive showing; but further investigation will disclose that this increase in average longevity is wholly the result of the lessened frequency of such contagious diseases as smallpox, cholera, plague, etc., which a century ago wiped out entire sections of country that was thickly settled.

While these epidemics are not wholly exterminated, they now hold a less conspicuous place in the mortality records. But on the other hand, cancer and other constitutional disorders have marched to the front as leading causes of human mortality—a great increase over the death rate from these causes half a century ago.

Another noticeable fact which bears directly upon this question is the lessened number of centenarians to be found in the cities and towns. While it is true that the average length of life has been increased, it also is a fact that the chances for the average individual to live a hundred years has been diminished. The average age has been increased by extending the life span of the weaklings, rather than by adding to the lifetime of the strong and vigorous. Indeed, records prove that there has been a material lessening of the average longevity of the strong, although this loss is more than made up by the additions to the lease of life of the feeble.

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According to a longevity census compiled in 1941, we had in Canada nonagenarians as follows:

	Between 90 & 95	Over 95
P. E. I.	146	25
N. B.	346	174
N. S.	639	74
Quebec	1,507	285
Ontario	2,679	525
Manitoba	351	96
Sask.	343	76
Alberta	260	43
Brit. Col.	453	36

While complete records will not be available until the next census is taken, recent research by a Maritime writer reveals the fact that Prince Edward Island now has but 90 persons between 90 and 95, and only 20 between 95 and 100—five are over 100. For Nova Scotia the record today lists only 540 persons 90-95, and 120 over 95. It is quite probable that, when the next census is taken, a similar finding will prevail in the other eight provinces.

A century ago, when quarantine and sanitary methods were inefficient and lax, epidemics weeded out most of the inferior individuals, thus preserving a better physical standard; whereas today the natural operation of epidemics being largely prevented, the feeble are preserved, to mingle and intermarry with the rugged, in this manner lowering the vital stamina and lessening chances for a ripe old age.

This appears to be the natural effect of those sanitary measures which come under the heading, "Public Hygiene." So, unless something can be done for the physical health of individuals, the final outcome of public sanitary measures will be to lower rather than raise the standard of the human race.

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Public hygiene certainly is a humanitarian and philanthropic movement; but it does not necessarily follow that its result to the race, considering man as an animal merely, are, in the long run, wholly beneficial.

Hygenic care must be brought to the individual as well as to the community. By this means the weak will be given a chance to outgrow their feebleness, the hereditary tendency to disease may be overcome, the seeds of transmitted disorders may be kept in check until they finally are obliterated, thus improving the masses by and large.

Perhaps the first step in this direction is a healthy home.

Mrs. Gerhart Eisler, wife of the alleged Communist leader who escaped by stowing away, boards a plane in New York, bound for Poland. Mrs. Eisler was deported by the Immigration Department. She said she was sorry to leave, and had no bad feeling for the American people.

That Body Of Yours

By James W. Barton, M. D.

MORE ABOUT PAIN IN THE NECK AND SHOULDER

When pain occurs at the back of the neck and in the shoulder and arm, we naturally think it is rheumatism, caused by sitting by an open window or in a draft of some kind.

Applying heat or taking aspirin gives relief for a time, but the pain returns. That this neck and shoulder pain often is caused by pressure on the nerve from the spinal cord is now known, and if the pain cannot be relieved by alcohol injections, surgery to remove pressure is necessary.

I have written before of the number of cases of painful neck and shoulder caused by the pressure of an extra rib or spur on the neck bones of the spine. By surgical removal of this piece of bone, relief from pain immediately occurs. Sometimes a part of one of the shoulder muscles is causing pressure on the nerve and is responsible for the pain.

In the "Pennsylvania Medical Journal," Dr. A. F. Jonas points out that pain in the shoulder and upper arm frequently is dismissed as "neuritis," or treated by heat or salicylates with indifferent or poor results, whereas the pain often is caused by a condition that can be removed by surgery.

In some cases, exercises that "lift" the shoulders upward and back give relief without the need for surgery. Two cases are reported—one of an extra or cervical rib, and the other of a crushed disk (cushion between two of the spine bones of the neck). In both these cases, treatment for other conditions had been given without obtaining relief from the pain.

In addition to the extra rib and crushed disk being found to be causing neck, shoulder and arm pain, a more recently found cause is poor posture and a slouchy way of carrying the shoulders. Poor posture may be caused by general tiredness or weakness, or by working in a bent or stooped position for long periods of time. In these cases, relief from pain is obtained during the day by standing and sitting tall, at night lying with arms outstretched in line with the shoulder. This keeping the shoulders raised lifts the pressure off the nerve or nerves and relieves the pain.

ANEMIA

Send today for Dr. Barton's leaflet on the two types of anemia. Just enclose 5 cents, coin preferred, and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Post Office Box 99, Station G, New York 19, N. Y., and ask for leaflet "Anemia."

Morning Smile

Mrs. Vanderdam was giving a bridge party when the patter of tiny feet was heard from the head of the stair.

"Hush," she said, softly. "The children are going to give their good-night message. It always gives me such a sentimental feeling to hear them."

There was a moment of tense silence; then, shrilly: "Mamma! Percy found a bedbug!"

DOROTHY DIX SAYS—

Too Much Sacrifice

Working Girl's Mother Demands Most Of Her Spare Time

DEAR MISS DIX: I am in my early 20's. Have been at work for four years. Pay board at home and am always buying something for the house and for every member of the family, yet no matter how tired I am, when I come home any mother expects me to stay at home and take care of a younger sister who has been something of an invalid of her, though she is amply able to do anything she wants to do. I often have to break my dates to stay at home with this sister because mother wants to go out. If I object to anything mother flies into a rage and tells me how ungrateful I am and how sorry I will be when I see her cold face lying in her coffin. This nearly kills me. I love my parents. That is why I have put up with being sacrificed to my sister all my life, but can you say a word to help me?

PUZZLED DAUGHTER.

ANSWER: I certainly can, but I doubt whether you will have the courage to try it. The only remedy for the situation is for you to leave home for a while. Get a job in another city if you possibly can. You and your mother and your sister have got on one another's nerves and you will end up by hating one another unless you have the good sense to part.

Probably there is no other one thing in the world that has brought about so much misery and wrecked so many lives as the old superstition that families had to live together, no matter how uncongenial they were and that children, especially daughters, must stay under their parents' roof until they got married no matter how badly they got along with their brothers and sisters or how tyrannically their parents treated them.

Fortunately, we are acquiring more sense and looking at this problem from a saner viewpoint. We perceive that not all parents and children are congenial, for many an old hen hatches out a swan and pecks the very life out of it trying to keep it out of the water for which nature destined it. Also, many brothers and sisters are so temperamentally different that they fight by instinct like cats and dogs.

SEPARATION IS SALVATION

So now, when families are at odds and live in perpetual strife, we see that their only salvation is to separate and go their separate ways. This does not kill family affection. It strengthens it, because when mother and Julia are separated by a thousand miles they forget each other's maddening little ways and remember only the good points.

You can see the beneficial effect of separation by noting how much better mothers love their daughters after they are married than they did before and how fond brothers and sisters are of each other when they meet once or twice a year instead of three times a day at the family table.

Certainly your mother is very unjust in sacrificing you to your younger sister, but lots of mothers play favorites and especially are they prone to spoil a child who has been sickly.

The old parable of the prodigal son is the truest story ever told. Practically no parents appreciate their good children who work and slave for them and do their duty as children. Always fathers' and mothers' hearts go out to the renegade, the selfish, predatory one who takes the best of everything and who never even gives a thought to the heartaches that he or she is causing father and mother.

I do not think that any girl who works and who pays her board should be expected to do any more housework than any other boarder would.

DEAR DOROTHY DIX: I am married to the best man on earth

(Continued on page 9)

How Can I !!!

By Anne Ashley

Q. How can I clean straw matting?

A. Wash the straw matting with a cloth dampened in hot salt water, using a handful of salt to a bucket of hot water. Wash only a small space at a time and wipe dry at once. This also prevents the matting from turning yellow.

Q. How can I clean the stains of iced tea or milk from glass straws?

A. Use pipe cleaners. Keep a package on hand for this purpose. Then your straws will be bright on the inside as well as the outside.

Dragging Back Pains Got Quick Relief

From Prince Edward Island comes the following interesting letter:

"Dragging back-pains gave me plenty of trouble. My system was irregular and out of rhythm. Many things were wrong inside of me. My wasted system picked up from the day I first used **Dr. Hamilton's Pills.**

"Today I am able to rejoice in good spirits, good appetite, good digestion, I sleep well, feel strong and give to **Dr. Hamilton's Pills** all the praise."

Why not start today to enjoy the better health that comes from **Dr. Hamilton's Pills?** Sold by all druggists.

Household Scrapbook

By Roberta Lee

Wall Paper

When doing your own paper hanging, allow the paper to lay on the basement floor for a few days before beginning the work. The paper will not be brittle because it will absorb moisture and will be easier to handle.

Tar

Tar can be removed from the hands by rubbing with a slice of orange or lemon peel. The volantile oils in the skin dissolve the tar so that it can be wiped off.

Coil Bed Springs

Probably the best way to remove dust and dirt from coil springs is to place the springs in the sun and turn the hose on them. The sun will dry them within a very short time.

Better English

B. C. Williams

1. What is wrong with this sentence? "Let us refer back to the preceding paragraph."
2. What is the correct pronunciation of "history"?
3. Which one of these words is misspelled? Chesnut, chaperon, chiffonier.
4. What does the word "retrospect" (noun) mean?
5. What is a word beginning with er that means "having no certain course"?

ANSWERS

1. Omit back. 2. Pronounce all three syllables, and not his-tri. 3. Chestnut. 4. A looking back; review of the past. "She viewed her life in retrospect." 5. Erratic.

Ellen's Diary

By an Island Farmer's Wife

An event fraught with a measure of apprehension to us—for as James had pointed out: "You never can tell, Ellen!"—was the reading of the results of the recent bovine test, which was set for this morning. So the rounding-up of the cattle must be done in the dampness prevailing, and today with little feminine assistance. However we were careful to be within sight in the yard when the procession, with the farmers and Pard a bedraggled white dog in the last of it, appeared in the near meadow. It is meet (a fascinating word the old minister in the church at home was wont to use in our childhood, with certain meaning) to be abroad at such a time.

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It shows a respectful interest on the part of the women-kind in the immediate farm-work at hand. If such important work were in progress, and missing us, James were to come indoors to find us at a piece of embroidery, or perhaps trying to secure a rear view of a new hat in a mirror; turning up the hem of a gown or playing the piano, and more especially if one were trying to reach a high note in voice the reaction would be, we fear, nothing short of disastrous to James. The idea of such triviality in the face of great doings out of doors! Not that we cannot see and respect his point of view on such matters.

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After all how could a farm-wife become engaged so, when the welfare of the crops, or as this morning at Alderlea, a herd of cattle was the concern of the time? It so happened that fortune smiled favorably at us this grey morning, and presently with steps that indicated all was well with the world these stock were turned once more to their pasture.

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Uttering odd squeals of protest, which promptly sent grand-daughter, hands to her ears, indoors, weanlings were sorted out this morning and carried to their new-bedded permanent quarters. Some are privileged to have the run of an adjoining outdoor pen, and it will be interesting to see if there is any advantage to be gained by this. "Store" feed is being used entirely in this Summer feeding and looking into a sty we agreed with the farmers that: "It will be surprising how soon those of the first litter will reach the weight."

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"And now," we suggested to James this afternoon, "don't you think that with the crop in, and all, we are entitled to a nap?" Dinner was past then, and the somnolence which seems to follow that hour—and a quiet cloud-hung day was abroad. "A nap, Ellen!" James repeated, "what an absurd proposition, and so much waiting to be done. Don't fancy that all work stops at the end of the cropping! Then it is, that much begins." And with mention of axes and the saw, soon they were off to a period of lumbering, which took them to the edge of the woodlands. Planking is required for a stable floor and it was to report good progress, and with the tangy fragrance of spruce about them that the supper hour brought them home.

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In response to grand-daughter's entreaties, she has been their guest in the evening hours, she anticipating much the enjoyment of watching the flames of their clearing fire, which these years attends any labor in the woodlands. We can see it now from our study-of-sorts, glowing bright in the dimness of approaching twilight, smoke lingering in a cloud about in the dampness. Night is already dropping its friendly dark over the distant fields, and near at hand the orchard trees and the old spruces are awaiting its silent mantle. So still they are, against the gray of this evening's sky. - - - And we remember now, something that the leisure at the end of our day had almost taken from our mind—we must wind a skein of sheeps' grey, and come to a spell of mending by lamplight.

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Until tomorrow - - - Diary - - -
Good-night. - - -

The Stars Say--

By Genevieve Kemble

For Thursday, June 30

THERE is excellent augury for some sudden and quite unpredictable event or development, that may move the interests and objectives into strange or unfamiliar channels. Or new ways and means or techniques may be brought to bear upon old established routines or circumstances, in which a concentrated, persistent and diligent course of action may evolve fresh tactics better qualified for success and progress. Solid growth may arise from hard work applied to experimental ideas.

For the Birthday

Those whose birthday it is are encouraged to concentrate their efforts, abilities and diligent attack upon unusual or novel plans or objectives, which may lag in an experimental condition or want of sound tactics or earnest efforts. The prospects are excellent for pushing new ideas or projects by sound study of basic factors, carefully organized, and executed with far vision and earnest attention to details or minor impediments. In the long run, disconcerting and critical situations may be turned into profitable channels by creative efforts.

Those whose birthday it is may have the ability to put over novel or unique programs, by study, sound and enduring efforts to make them go by sheer determination and resolve.

Maj.-Gen. A. E. Walford, CB, CBE, MM, ED, accompanied by Mrs. Walford took off from Montreal Airport, Dorval, by B.O.A.C. aircraft bound for London, England.

Gen. Walford, former adjutant-general in the Canadian Army, will be officer-in-charge of 28 representatives of Canadian Army units which participated in the Dieppe raid of August, 1942.

Living & Leisure

THE WOMAN'S REALM

SO LONG AS THERE ARE HOMES

So long as there are homes to which men turn
At the close of day,
So long as there are homes where children are—
Where women stay,
If loyalty and faith be found
Across these sills,
A stricken nation can recover from
Its gravest ills.
So long as there are homes where fires burn
And there is bread,
So long as there are homes where lamps are lit
And prayers are said;
Although a people falter through the dark
And nations grope,
With God Himself back of these little homes
We still can hope.

—GRACE NOLL CROWELL.

"I've got a little job I'm dreading," remarked a genealogist to a friend. "Rich Mrs. Williams engaged me to look up her family tree and I find that one of her family was electrocuted for murder."

"Aw, don't let that bother you," comforted the friend. "Just describe the man as having occupied the chair of applied electricity at one of our large public institutions."

There's a way to perk up that cane chair with the sagging bottom. You turn the chair upside down and wash the underside of the cane seat with a sponge and hot water until it's well soaked.

If the cane is dirty and dusty, add soap to the water. After the soaking, set the chair out in the air to dry. And if the seat isn't actually broken, it'll tighten up and be as firm and taut as when it was new.

And did you know that before cleaning out the fireplace for the place for the summer, it's a good summer, it's a good idea to sprinkle damp tea leaves over the ashes? That way you'll be able to keep a lot of dust from flying out into the room as you clean. And don't throw wood ashes away—mixed with garden soil they sweeten the earth.

Whether you are a housewife or a career woman, your hands are always noticed, wherever you go. So don't neglect them! Hands need year-round care, not just special attention in the winter-time when they become chapped and red! A hand beauty treatment of creamy consistency, is rich with lanolin and works well into the skin.

If you are a busy housewife, you should keep some handy for a quick treatment whenever you put your hands in water. If you are a career woman you would be smart to keep a bottle at the office.

Modern Etiquette

By Roberta Lee

Q. If a man brings a gift when calling on a girl, should she open it immediately, or lay it aside until he has gone

A. She would most certainly show more appreciation by opening it at once.

Q. Does the family of the bride or that of the bridegroom mail out the invitations and announcements?

A. This is always the duty of the bride's family.

Q. When the hands are not being used at the dinner table, where should one place them?

A. In the lap.

Cook's Corner

PRINCE CHARMING SANDWICHES

½ cup seedless raisins
1 package cream cheese
½ cup chopped, stuffed olives
1 chopped, hard-cooked egg
1 teaspoon onion juice
Dash of pepper or paprika
½ teaspoon salt
Mayonnaise

Chop raisins, mash cheese, add other ingredients and enough mayonnaise to make good spreading consistency. Store until thoroughly blended. Spread between buttered slices of whole wheat bread.

These are very tasty and easily made.

Needlecraft

FOR THE HOME

COVER-UP CAPE

Here's a sun-dress introducing the new form of cover-up—a swirling, scalloped cape to match! This is a style that is equally nice topped with shoulder straps or boned for strapless wear.

No. 3005 is cut in sizes 12, 14, 16, 18, 20, 36, 38, 40 and 42. Size 18 dress, 3⅜ yards 35-inch; cape, 1¼ yards 35-inch.

Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

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