

## That Body Of Yours

By James W. Barton, M.D.

### SIMPLE METHOD OF CURING PAIN FROM RUPTURED DISC IN SPINAL NECK REGION

Until about five years ago, when speaking of injury to nerves issuing from the spinal cord, we were reading about damage to lower back nerves, rupture of disc or cushion between bones of spine, caused by falls or blows and resulting in low back pain and sciatica.

In more recent years we have been reading and hearing about injuries to nerves issuing from upper part of the spinal column, that is in the cervical or neck region—pain in lower part of neck, followed by more severe pain in the shoulder and arm, and sometimes in region of collarbone and breastbone.

In the Journal of the American Medical Association, Drs. Glen Spurling and Ludwig H. Segerberg, Louisville, Ky., describes this pain as aching and boring in quality and is usually most intense in the deep tissues of the arm, midway between the shoulder and the elbow. Occasionally the pain radiates into the forearm but more often there is numbness and tingling below the elbow on the thumb side of the hand and fingers.

The pain is usually increased by movements of the neck, by coughing, sneezing and straining. It is worse at night and often interferes with sleep. Pain is often relieved by the upright position and walking. Placing the arm above the head sometimes brings relief.

I have written before of the relief obtained in these cases of injury to the discs or cushions between bones of neck—spinal bones—by wearing a high cardboard collar which lifts or keeps head high above shoulders and, when sleeping, to sleep with arm of painful side stretched out side-world beckons! One full of "bird-song and beauty and bloom" of laughing streams and flower-set fields of delights past reckoning.

And now there is silver of moonlight along the dewy fields. So still the night is and serene we can fancy nothing stir, unless it be a breathless whisper among the restless leaves of the poplar not far from our window. How good this calm... this rest at eventide!

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



## How Can I!!!

By Anne Ashley

Q. How can I clean the edges of books?

A. When the books have become soiled on the edges (unless they are gilt-edged), close the book tightly and erase the soiled places with an ink eraser.

Q. How can I give a faint delicate scent to my handkerchiefs?

A. Moisten a blotter with perfume and place it in the handkerchief box. It will impart to the handkerchiefs just the delicate scent desired.

Q. How can I prevent oil from soiling any fabric, after a sewing machine has been oiled?

A. Tie a small piece of ribbon, cotton string or narrow strip of absorbent cotton, tightly around the needlebar near the point where it grips the needle.

## Morning Smile

Missed Something

Boss: You should have been here at New employee: Why? What happened?

What a Language

A Frenchman was relating his experience in studying the English language. He said—

"When I first discovered that if I was quick I was fast; that if I was tired I was fast; that if I was free I was fast, and that not to eat was to fast, I was discouraged. But when I came across the sentence, 'The first one won one dollar prize. I gave up trying.'"

## Cook's Corner

CORN FRITTERS

One cup canned corn (canned corn should be drained before measuring), 1 cup unsifted flour, 1 teaspoon baking powder, 1/2 teaspoon salt, 1/2 teaspoon paprika, shake of cayenne pepper, 2 eggs. Sift flour with baking powder and seasonings and stir it into the corn and beaten egg yolks. Beat egg whites until stiff and fold in. Drop by spoonfuls into hot fat at 375 degrees F. (will brown cube of bread in 40 seconds). Cook until golden and well puffed, turning once. Drain on crumpled paper towels. Serve at once.

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"from Contented Cows"

## ELLEN'S DIARY

By An Island Farmer's Wife

Now beneath sunny blue skies does this red road of ours wind enticingly by—over bridges, beneath the shadows of which comes the stream in a be-jewelled flow; by ferny roadsides, and fields never more enchanting unless it be when presently the clover and daisies blossoming, shall offer their sips of nectar to visiting bees. So it beckons—and should we not like to follow it and a-gyping go as far as Island's end!

But we must stay to watch the white of apple-snow drift down on breaths of winds like we think so much confetti upon recent newly-weds showered in good token of the future, by friends.

"And so you're..." we began to a fair young maiden of our acquaintance the other day, one who up to this has been making her way in the world and doing it creditably and with nice cash reward.

"Yes," she laughed happily, "I'm not going to work no more; I'm getting my freedom. No more 'yakyaking' from a boss, nor punching a time-clock either! What a glorious time I shall have doing as I please—and besides just think of it! A man and a home of my own!"

"All that in a smallish wedding ring," we chuckled. Only we of the two were aware that marriage instead of lessening responsibility actually increases it, often imposing on young shoulders undreamed-of problems and cares. What remains to be seen, and could be written on "How to Make Marriage a Success," and still much would be left unrecorded. It's prime requisite as we see it? We heard it mentioned nicely by one qualified to speak when recently a brisk young teen-ager commented on an older friend's approaching nuptials. "Catch me ever marrying a man!" she offered with a scornful smile. "Getting his meals, washing his clothes, sewing on patches, knitting his socks and 'for entertainment' helping with the chores! Not I!" she said. "Why I couldn't be hired to do it—not for a bundle of money."

"But, dear," her mother rejoined gently, "You must remember that people don't marry for money; they marry for love."

In many directions we are reminded that these summer days are full of it; they overflow with affection and happiness... wedding days, engagements, anniversaries. May those who now vow their vows so happily remember to cherish and nurture this love and so enjoy perpetual honeymoon all down their years together!

There is a fenseness now in the shooftays. Lads tear themselves away from the fascinating interests and pleasant evenings without, to review this or that assignment of homework, a bothersome old question uppermost in mind: "I wonder if I shall grade?" What tantalizing scenes must thrust themselves between them and the page! How extremely difficult to concentrate on lessons when out of doors a brand new and lovely

Continued on page 9

## DOROTHY DIX'S COLUMN-

### That Old Romance

#### Young Widow Has Hopes To Rewed, But Man Can't Forget First Love

DEAR MISS DIX: After seven years of widowhood, I find myself, at the age of 37, in love with a man five years older than I am. I have known him for many years. He has never been married, though at one time I know he was deeply in love. We have been seeing each other quite a bit, and when I asked him about this romance, he said the girl had finally married someone else after going with my friend for several years. I know he still loves her, that he will probably never love me, yet I can't stop hoping.



Marjell Nissen

DEAR MISS DIX: I have made a very foolish mistake and hope you can tell me how to straighten it out. A boy I go with told me some unpleasant things about his cousin Hope. Hope goes to my school, and when I saw her the next day, I repeated what I had been told. She told her mother, who had an argument with the boy, during which he denied everything. Now the boy won't speak to me, neither will Hope.

ANSWER: You clearly have a chance of winning the man on the rebound—but is he worth it? You also face the certainty that if the other woman ever is free again, you will be left in the lurch while your swain goes a courtin' her again. This romance holds promise of much more unhappiness for you than it does happiness. Better to have no husband at all than a reluctant one who'll strain at the leash.

DEAR MISS DIX: I am 40 years old, have a good job at a fine salary, and would like to get married. Recently I met a lady my own age and fell in love with her after a couple of dates. However, she tells me she can't get interested in men, and told me to stop calling her.

ANSWER: Since the lady has been so very definite in her assertion that she isn't interested in you, or any other man, you would certainly be wasting time to pursue her. I'm sure you'll have no trouble finding more agreeable companionship.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

## Household Scrapbook

By Roberta Leo

### Re-Sizing Rugs

To re-size rugs dissolve one pound of granulated glue in one gallon of boiling water. Tack the rug down on the floor, face down, and apply the hot glue to the back with a whitewash brush, taking care that the glue does not soak through the rug.

### Furniture Marks

It is often possible to remove the white marks on furniture that are caused by heat or water, by holding a hot iron near the spots, but not near enough to burn or scorch.

### Lemons

In order to make a lemon juice nearly double the quantity of yield that would be otherwise obtainable, heat it thoroughly before squeezing.

## Better English

By D. C. Williams

1. What is wrong with this sentence? "It is just like I thought; they wouldn't speak to neither of us."  
2. What is the correct pronunciation of "comatose"?  
3. Which one of these words is misspelled? Marital, pedestal, instal, oriental.  
4. What does the word "roseate" mean?  
5. What is a word beginning with ex that means "state of requiring immediate action"?

### ANSWERS

1. Say, "It is just as I thought; they wouldn't speak to either of us."  
2. Pronounce kom-a-toe, first o as in on, an unstressed, second o as in toe, accent first syllable.  
3. Install. 4. Tinged with rose color. "The roseate glow of fame inspired him."  
5. Exigency.

## Re-elected



Mrs. Fred Gates, above, was re-elected

honorary secretary of the national board of directors of the Canadian Foundation for Polio-myelitis, at the annual meeting which concluded this week in Winnipeg. Mrs. Gates is also widely known for her keen interest and active participation in the promotion of both music and drama festivals in this Province. She resides at West Royalty. During the business sessions of the Foundation meeting there was considerable discussion on finances and fund raising techniques. Mr. Percy A. White, Vancouver, was re-elected chairman and it was decided to hold the 1954 annual meeting in Ottawa.

—Photo by Garnhum.

## The Stars Say --

By Genevieve Kumble

### For Tomorrow

THE Moon enters Capricorn this day, which augurs well for home and real estate plans. It is an excellent period in which to invest in new properties or to start improvements and renovations on your home.

In carrying out such programs, you may be inclined to consider the financial problems involved a bit beyond your depth, but you will find, especially if you consult an expert, that they can be handled without difficulty. Use good judgment, of course.

During the evening hours you may find it more pleasurable to adapt yourself to the plans of others than to insist on having your own way.

### For the Birthday

If tomorrow is your birthday, you may find yourself up against some domestic problems at present, but there is no reason why you cannot cope with them successfully. Do your best in the knowledge that, with the entrance of Saturn into the sign Scorpio in October, you should be completely freed from this pressure.

In other directions, your horoscope indicates excellent aspects. Business and financial matters should prosper and there are opportunities for travel and romance. There is also the prospect of added prestige through the good offices of someone in authority. By year's end you should have achieved complete compatibility in both personal and business affairs.

A child born on this day will be home-loving, sympathetic and sentimental.

## Modern Etiquette

By Roberta Leo

### Q. If you are walking along the street with a friend and that friend stops to exchange a few words with an acquaintance, what should you do?

A. Don't hang about as if waiting to be introduced. Walk on slowly until your friend rejoins you. You should not join the other two persons unless specifically asked.

Q. When mailing wedding announcements, is it all right to include a card bearing the future address of the couple?

A. Yes, it may say: "Mr. and Mrs. John R. McLean. After the first of October—2241 Madison Street, Fair City, Ohio."

Q. When a girl is dining out with a young man, and the food is not very good, is she privileged to criticize it?

A. Never under any circumstances. This would be the same as criticizing the cooking in a private home, and is just as ill-bred.

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