

## That Body Of Yours

By James W. Barton, M.D.

### CAUSES AND TREATMENT OF ASTHMA

Anyone who suffers attacks of asthma, and those who have seen patients undergoing an attack, know how near to collapse many patients appear to be. Yet, as few if any patients die during an attack, many of us do not consider asthma a serious disease.

Much of the worry to patients and physicians disappeared when it was found that most cases of asthma appeared to be caused by one of two conditions, namely allergy—being sensitive to various substances—and nose and throat defects. Patient and physician did not look further for the cause and used injections of adrenalin (epinephrine) during and to prevent attacks.

However, some months ago we referred to other conditions that were factors, or possible factors, in causing asthmatic attacks, and stated that where the asthma occurred before the age of forty it was due to something outside the body, (extrinsic) usually allergy, whereas if it occurred after the age of forty it was due to something inside the body, something within the patient, in his makeup or personality (intrinsic).

In Postgraduate Medicine, is a report from research workers of the Allergy Clinic and Laboratory, Massachusetts General Hospital, Boston, Drs. Francis M. Rackemann, Walter S. Burridge, and John W. Irwin.

Intrinsic asthma develops only in patients who are predisposed, who have inherited the asthmatic state. In such people somatic (body) factors such as infections of bronchial tubes and lungs or focal infections, the menopause, or merely chronic fatigue with loss of weight, are the cause. In others, psychic (emotional) factors seem to explain the asthmatic attacks. Mixed causes are almost the rule.

With the above two types and causes of asthma, what is the treatment?

These physicians of the Massachusetts General Hospital state that treatment of asthma has two parts—relief of the acute attack and basic or underlying cause.

"Many patients are frightened by their asthma. Confidence must be restored. Each must learn how to control his asthma and not let asthma control him."

The treatment during an attack is 10 to 15 minims (drops) of ad-

## Household Scrapbook

By Roberta Lee

### Glossy Woolens

Gloss can be removed from linens by wringing a piece of cheese-cloth out of water containing a few drops of ammonia and sponging the fabric thoroughly with long, straight sweeps of the arm. Press under a damp cloth.

### Cleaning Tinware

Common soda is one of the best cleansers for tinware. Dip a pot cloth into the soda, rub the tinware briskly, and wipe dry.

### Care of Books

Keep the books on shelves or in cases in good condition by sprinkling them occasionally with powdered camphor.

## Modern Etiquette

By Roberta Lee

Q. When you are a member of a little group of friends, and someone begins a story you have already heard, is it proper to interject, "I've heard that one before?"

A. This is exceedingly rude, as you are not only throwing the story-teller off balance, but you are also spoiling the story for the other listeners. It is much better to appear interested and act as though you had not already heard the story.

Q. To whom should a bride show preference, if any, in choosing her maid-of-honor?

A. The bride's sister usually has preference. If there is no sister, then the bride chooses her most intimate friend.

Q. What would be an appropriate toast for a guest to offer to his host?

A. "To a real friend, a royal entertainer, a sterling companion, and a regular fellow—our host."

Q. Is it ever permissible to leave the spoon standing in the coffee cup?

A. Never; the spoon should always be placed in the saucer.

rerallin (epinephrine) injected under the skin. The underlying or basic treatment consists of a complete physical examination to look for other factors and other diseases. Encouragement and general care and management of the patient as a whole are all important.

## ELLEN'S DIARY

By An Island Farmer's Wife

Christmas cards are commencing to appear, in spite of the balmy unseasonable weather, to remind folks of the season at hand. Granddaughter skipped along the path from the house across the lane after mail-time this morning, with a first one, to display it with much interest. "Merry Christmas!" she quoted nodding her head to emphasize each word "that's what it says." She sighed blissfully. "It's a great time of year. Isn't it? . . . Christmas!" A pretty one, suggestive of the days of long ago, with its old spinning wheel by the fireside, came to us from an ex-Islander in the States, in whose recollections after long years of absence, remain, we are sure, many scenes of "Home." Pictures of winding paths and a country school, of a church pointing one to heavenly items and a store at cross-roads, where one came for the mail, and it might be, the tea and sugar, and other necessities of living in that era, some of which have long since disappeared from the shelves.

She is one who has been successful in her profession of nursing, but has had her share of sorrow and discouragement. Yet as we rise by virtue of "the vanquished" she is able to continue towards better and happier days. By her initiative and courage her children were well reared and educated, for they were left fatherless and she a young widow. Courageous indeed were those women who accepting the trying and sometimes despairing challenge that fate — and affection had brought them took up again the threads of life and as gallantly as ever a soldier performed on the field of battle, wove into a drab and commonplace woof a design that was admirable and lovely. These are among the valiant of earth who merit if anyone, the "Well done, good and faithful" at the journey's end.

"And, Ellen, tell me now, how is James?" another wrote adding in a post script "And are you sure that you are good to him, Ellen?" If we sometimes find we are "found wanting" in this respect even by our own standards and ideals, he nevertheless was the picture of the perfect host as he dispensed hospitality under his own "Vine and fig-tree" this evening to a number of visitors. One was a connection of the family, though not long come to it. A woman, she, fair haired and blue eyed. Longfellow's description of Evangeline came to mind. . . Fair-

## Better English

By B. C. Williams

1. What is wrong with this sentence "He talked to Robert and myself, but found that neither of us were particularly interested." 2. What is the correct pronunciation of "quagmire"? 3. Which one of these words is misspelled? Refractory, referendum, referred, referee. 4. What does the word "expedite" mean? 5. What is a word beginning with "t" that means "firmness of mind in meeting danger"?

### ANSWERS

1. Say, "He talked with Robert and me, but found that neither of us was particularly interested." 2. Pronounce kwag-mir, a as in add, i as in ice, accent first syllable. 3. Referred. 4. To hasten the progress of. "He made an effort to expedite the shipment." 5. Fortitude.

## Morning Smile

### Crushing

The tall dignified man joined the crowd in front of a bargain counter in an attempt to get a very special pair of stockings for his wife. He inched his way patiently but was buffeted here and there by women, and made no progress.

Suddenly he lowered his head and barged through the crowd. "Can't you act like a gentleman?" inquired a cold feminine voice at his elbow. "I've been acting like a gentleman for the past hour," replied the man, still charging forward. "From now on I'm going to act like a lady."

was she to behold, that maiden of seventeen summers. And her eyes "How they gleamed beneath the brown shade of her tresses." Gentle and composed and clever. No maiden however, but mother to a wee lad, whose dark eyes reflected those of his sterner parent—a veteran of World War II, he that is big and broad and nephew to us. . . And one guest was a versatile woman, a nurse by profession, older but not ageing, who knows well "the stately homes of England." Her Canadian son, a soldier in World War II was able to spend his leaves with his kin over there and thus "came to know them very well." She is a gifted musician and indeed a lady o' parts, her talents contributing in no small measure to benefit the Island community she now claims. (Continued on page 10)

## The Stars Say --

By Genevieve Kemble

### For Tomorrow

UNDER greatly stimulated energies and quickened initiative it is in order to attack all pending plans and operations with vigor, determination and confidence. All labors, projects and ventures should be pushed with vim and proper preparation. In order to bring to full materialization all practical efforts and with tangible benefits and rewards.

### It Is Your Birthday

Those whose birthday it is are urged to assemble all their forces and faculties in putting over practical ventures, plans and operations, especially by pushing ahead on full steam and with due preparedness. Practical and tangible benefits are in sight for enterprise, initiative, confidence and a determination to succeed through proper promotion, skill and the will to win.

A child born on this day is splendidly endowed with energy, initiative and practical skills for a successful career, perhaps thrilling adventure.

## How Can I!!!

By Anne Ashley

Q. How can I clean embroidery satisfactorily?

A. Put into cold water, blued but not deep, and add to the water the juice of one lemon. Boil for about thirty minutes, rinse in cold water, and then dry in the open air.

Q. How can I make a good tuna sandwich for an informal gathering?

A. Try mixing tuna fish and celery in equal parts with mayonnaise dressing. Chopped green pepper will add to the flavor.

Q. How can I quickly remove smoke which has filled a room?

A. Dip a towel into equal parts of vinegar and hot water, wring it, and then wave it gently overhead and around the room.

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## Tomorrow's Promise

By Temple Bally

### Continued

XXI They were still standing and Anne said now, uncertainly, "Shall we sit down?" She felt faint and unsteady. She wanted to answer Margot strongly and sternly — to tell her that Charles would never take her back. That he belonged to her, Anne, and wanted no other.

She said, "You gave Charles up and made him unhappy. What right have you to ask anything of him now?" "I should not ask it as a right. But I might remind him that my ghost would haunt him—forever—"

Garry had said that, about ghosts. Was it true, Anne asked herself? would she, on that honeymoon trip on the Baltimore boat in Brittany, everywhere, find the wraith of Margot travelling with them?

She sat very still looking out over the quiet water and at last she said, "If he is willing to take you back, you may have him. I shall write tonight releasing him. I shall tell him that I can't be sure of myself, that the past would always come between us."

Margot said incredulously, "You will do that?" "Yes."

"Give him back to me?" Anne shook her head. "I can't give him back. I can only go out of his life. And now I think we have said all there is to be said, haven't we?"

And Margot said, "Yes" and went down through the rose-scented garden and left Anne standing pale and still on the wide porch.

When all the Hewitts came home Vicky, going upstairs, found Anne face downward on the bed. She knelt beside her. "My darling, what is it?"

And Anne, white and distraught, told her, "I've given him up, Vicky. It isn't because she asked me to do it, but because the things she said were just an echo of all the things I've been thinking. If he loves me he won't take her back, but that won't make any difference. He told me once he would always think of her as his wife. He loved her Vicky, and then thought he didn't. And how do I know that some day he won't stop loving me? You see there are Daddy and Mother, and David and Charles, all loving the wrong person. Continued on page 13

## Cook's Corner

### FANCY BUTTONS

¼ cup butter  
1 cup brown sugar  
1 egg  
¼ teaspoon vanilla  
2 cups sifted pastry flour or 1½ cups all-purpose flour  
1 teaspoon baking powder  
¼ teaspoon baking soda  
¼ teaspoon salt  
¼ cup shredded coconut  
¼ cup shredded almonds  
¼ cup chopped candied cherries  
Cream butter. Blend in sugar. Add unbeaten egg and vanilla. Beat well. Add sifted dry ingredients. Lastly add fruit and nuts dredged with some of the flour. Drop by spoonfuls on an ungreased cookie sheet and bake in a moderately hot oven, 375 degrees F., 12 to 15 minutes or until delicately browned. Yield: 4 to 5 dozen.

## DOROTHY DIX SAYS—

### Message To Husbands

#### Man Who Chose Freedom Misses Marriage Bonds

DEAR MISS DIX: This is a message to married men from a man who has been through the mill. If there is anything that gives me a pain in the neck, it is the squawking of married men over the slavery of marriage and the joys of single life. It's the bunk. I have been married and divorced, and believe me, I am getting married again as soon as I can afford it.

The trouble with these dissatisfied men is that they want their cake and to eat it, too. They want the security and spiritual satisfaction of marriage without the responsibility of a home and having to support a wife. They think that if they were single again life would be one long gay party. I thought the same way and that I would be happier with the bonds of marriage broken, but I was wrong. Many a lonely evening do I spend in my room, too tired to call up a girl for a date; wishing for a home dinner instead of restaurant food, a real companion at my side to talk to and feel comfortable with and whom I would not have to exert myself to keep entertained and amused for fear she would think I was a dead one. I've tried both and it is the married life for me.

EX-HUSBAND ANSWER: There are a lot of other ex-husbands whose experiences match this man's and who have found that divorce has not brought them the happiness they expected. For whether a marriage is happy or unhappy, it somehow unfits a man for single blessedness.

LONGS FOR LOST SHELTER Certain it is that many a man who has regarded his home as a jail, out of which he was crazy to break finds after he has smashed his way out of it and torn it down with his own hands that there is nothing he longs for so much as to be back again in its safety, shelter and comfort.

The trouble with most of the disgruntled husbands who have got fed up on domestic life is that they think that if they could only get free of their wives and their responsibilities that they would be gay. Light-hearted lads again.

But when they get their divorces they find that after the first wild rapture of freedom has subsided that the calendar hasn't been turned back. They can't arouse all night and work all day as they once did, and they have to pay for their fun with too many headaches. And they begin to think regretfully of the homes they have wrecked. Of the peace and quiet of their own firesides. They think of the good home cooking and of the women who loved them and were faithful to them and who have helped them save their money. And there are mighty few of them who don't wish that they hadn't broken their marriage bonds.

DEAR MISS DIX: I have a friend who is planning to be married this summer. She works and will continue to do so after marriage, but the serious part of the situation is that she plans to continue clothing her two sisters, aged 12 and 15, until they are self-supporting, as their parents are dead. The man knows about this and it is all right with him now, but won't he get tired of her going without things she needs, as she now does, and spending her money on her sisters? Should she take the risk?

MOLLY ANSWER: The only particular risk I see in this marriage is the risk of the man turning out to be a tightwad who will feel that he has a right to every penny his wife earns. As she seems to have taken the precaution of finding out his views on the subject before she marries. Continued on page 13

## Dumplings—light and fluffy with MAGIC!

### MUSTARD-PICKLE DUMPLINGS

Mix and sift into a bowl, 1½ c. once-sifted pastry flour (or 1½ c. once-sifted hard-wheat flour), 3 tabs. Magic Baking Powder, ¼ tsp. salt. Cut in finely 2 lbs. chilled shortening. Make a well in dry ingredients and add ¼ c. finely-chopped mustard pickle in sauce and ¼ c. milk; mix lightly with a fork, adding milk if necessary, to make a drop dough. Drop in 6 portions, over hot cooked stew. Cover closely and simmer (never lifting the cover) for 15 mins. Yield—6 servings.



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