

That Body Of Yours

By James W. Barton, M.D.

GOITER — OVERACTIVE THYROID GLAND

I have written before of a physician friend who came into my office, sat down, and asked me to take his pulse rate. His heart was beating a steady 72 beats to the minute (normal). He stated that he had just walked from his office, three blocks away, and his heart rate had been very much higher (over 100 to the minute) on previous occasions. He calmly explained that he had just come out of the hospital the day before after having his thyroid gland removed (operation for goiter). We were both pleased at the immediate satisfactory results obtained by operation.

Other methods of removing goiters, particularly X-ray treatment, give satisfactory results but it takes about an average of nine months to a year to complete the cure. There are, of course, some cases of exophthalmic goiter in which operation is not advisable. Some idea of the satisfactory and immediate results obtained by surgical removal of the thyroid gland—thyroidectomy—may be obtained in a report by Dr. M. P. Kelsey in Postgraduate Medicine. "Thyroidectomy is still the method of choice for patients with uncomplicated hyperthyroidism (overactive thyroid gland—goiter). Operation is the only one with a proved record of long-term, high success and it still has the best record for immediate results. The disease is readily controlled; the patient is in the hospital four to six days and returns to work in two to four weeks. There are few complications and there is a minimum (very small amount) of following treatment after the operation."

While iodine is always helpful in the treatment of goiter, it rarely cures and is used as a supplementary agent in treating hyperthyroidism. After operation, iodine is useful to protect against recurrence of hyperthyroidism in the toxic or poisonous type of goiter.

"Radio-iodine controls hyperthyroidism in a manner similar to X-ray treatment but larger dose may be given by radio-iodine. Radio-iodine is most useful in patients who are poor surgical risks—in complicated exophthalmic goiter—bulging eyes, rapid heart beat, trembling—surgical removal is the method of choice or prolonged medical management if radio-iodine is not available and surgery is too risky," says Dr. Kelsey. When the family physician ad-

Modern Etiquette

By Roberta Lee

Q. Certain friends are always saying, "You must come to see us soon," but do not set a time or date. What should be our reactions to this?

A. If you really want to visit them, you have a perfect right to phone and say, "If you are going to be home this evening, we should like to see you for awhile." If they agree, all well and good. If they are going to be out and do not name another definite evening, then you can assume their previous invitations were insincere.

Q. Is it necessary to write a "thank you" letter, when one has been entertained informally at dinner?

A. No. When leaving, be sure to tell your hostess how much you have enjoyed the evening, and then in a few weeks invite her to your home.

Q. Is it proper to say, "I am glad to have seen you," when leaving an acquaintance one has met on the street?

A. If you can say this sincerely, yes.

Cook's Corner

BAKED PEACH MERINGUE

2 cups of milk, 1 1/4 tablespoons cornstarch, 1/4 cup cold milk, 1/4 cup granulated sugar, 3 egg yolks, beaten, 1 tablespoon butter, 3 egg whites, stiffly beaten, 1 teaspoon lemon juice. Peeled and quartered peaches. Granulated sugar to sweeten.

Scald the 2 cups of milk and thicken with cornstarch mixed to a paste with the quarter cup of cold milk. Add the granulated sugar and cook over boiling water 10 minutes, stirring frequently. Remove from the range and fold in the well-beaten egg yolks, and a tablespoon of butter, stir well then fold in the stiffly whipped egg whites and lemon juice. Arrange a layer of peeled and quartered peaches in a well buttered baking dish, and pour the cornstarch mixture over them. Sprinkle the top with granulated sugar and bake in moderate oven. Serve very cold with cream.

When the family physician advises that the thyroid gland be removed, he takes into consideration the above facts and is in the best position to advise the form of treatment in any particular case.

Alice Brooks Designs

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How Can I...

By Anne Ashley

Q. How can I acquire soft hands?

A. Before retiring each night, rub pure olive oil into the hands and then don a pair of gloves and leave them on until morning.

Q. What can I do if there is not enough pastry to make an upper crust for a pie?

A. Cut it into strips and make a lattice-work top. No one will know the reason for your doing so.

BIRMINGHAM, Ala., Aug. 8 (AP)—Borden Burr, 76, a lawyer who claims to have invented the football huddle, died yesterday. He

Summerside Wedding Of Wide Interest



Flying Officer and Mrs. Robert Baxter are seen above with their attendants following their wedding which took place on Saturday, August 2nd, in St. Paul's Church, Summerside. From left to right are Donald MacPhee, Roy Grant, Barry Baxter, F.O. and Mrs. Baxter, Dorothy MacPhee, Janet MacPhee, Zita Silliphant. The bride is the former Miss Joan MacPhee, daughter of Lieut.-Col. J. A. MacPhee, M.D., E.D., and Mrs. MacPhee, Summerside; while the groom is the son of Mr. and Mrs. Allan Baxter, of Ottawa—S.

ELLEN'S DIARY

By An Island Farmer's Wife

And what besides is there so fascinating about this succession of days that is Old Home Week on The Island? The air of excitement and happiness prevailing; the divided loyalties between its interests and home... bitter-sweet, we always fancy as the apples we once knew and sampled on a still, hazy day of Autumn in an old orchard of the long ago—the sea wide and sparkling beyond the laden branches and above screened by them the mellow sky of blue.

We like to stand by while Jamie and Granddaughter and others of their kind ride, "Mind you on real live ponies!"—sleepy-eyed, wide fellows of measured tread; on Merry-go rounds or similar units of amusement provided for the entertainment of such youngsters... We like to stop a minute at night to look up towards the stars to see those caught in space while a Ferris Wheel pauses to take on its fares. There, hands locked in young gestures... The old, old story of the ages being told.

Though not now the ardent race-fan of once we like to hear the beat of the horses' hoofs as they pass—to catch the poetry of motion, the winsome grace or the handsome lines of a pictured animal; to be a little concerned sometimes and tense, it is true, over the apparent stress and strain of the competition and then relax, remembering it is only part of the sport.

We respect ribbons won with entries in the Agricultural section of the show, especially if they be earned with some esteemed, but "ordinary" animal of the farm. And we much enjoy then watching the expressions of the respective recipients when the Judge indicates the honors... the assumed modest air which only half-hides to us the satisfaction and pride of possession, and reward for work well done, beneath.

We like (is this best of all, we wonder?) the hail and farewell of old friends and acquaintances... for those whom we had not met for the brief interval of meeting something of the time lost between, to catch again warm smiles, a hint of a tear perhaps for the carefree days that were; to be surprised with James that even as the years have given us our silver threads, children and grandchildren, "Why can you believe it, Ellen, there eldest daughter is married! Seems as though they themselves are still so young."

To be glad and sorry and happy... and in the starlight of the evening when the car's going, "Ellen!" of homing, be extremely weary. But refreshed by a dreamless slumber, smile and mentally select from the rest those tasks which will not bear further postponement, as our immediate duty when some one of the Family offers at breakfast: "Well, who's ready for The Fair today? We may as well make the week of it! Besides" with a chuckle, "it would be too much of a strain to take up farming today!"

And James, hushing any faint stirrings of conscience over days lost from it, will offer with resignation: "Yes... may as well throw the tall after the rest of it!" Until tomorrow... Diary... Good-night... . . . . .

Better English

By G. C. Williams

- 1. What is wrong with this sentence: "I meant to have seen you while stopping in Detroit."
2. What is the correct pronunciation of "fecund"?
3. Which one of these words is misspelled: Neuritis, neuralgia, neuronitis, neurosis.
4. What does the word "poignant" mean?
5. What is a word beginning with fl that means "wreckage of a ship"?

- ANSWERS
1. Say, "I meant (or, intended) to see you while staying in Detroit."
2. Pronounce fe-kund, e as in fee, u as in rut, accent first syllable.
3. Pneumonia.
4. Keen; piercingly effective. "He tells a story of poignant sorrow."
5. Flotsam.

The Stars Say - -

By Genevieve Kemble

For Tomorrow THE indications are for a day of revamping and reconstruction, perhaps a rebuilding of fences following recent regretted blunders or false steps, with a better understanding of hidden factors, perhaps a clearer insight into misleading conditions could make way for very concrete efforts in the right direction. While some intuitive flash or "hunch" could be valuable, in the long run the shrewd and mature judgment of an elderly or experienced person is of value. Excellent prospects develop from keen and tried sources, although the intervention of the young and friendly is certain.

For the Birthday Those whose birthday it is have excellent promise of forging ahead, especially in the direction of mending broken bridges or reconstructing on new, experimental tactics, in which initiative, keen insight and boldly experimental ideas should have the sturdy support and endorsement of the elderly or well-established. This aid is offered in recognition of the merit and practical shrewdness of novel, creative ideas or bold initiative. Young ideas and impulses also clamor for the limelight for solid expression. Substantial tokens of preferment are in the making. A child born on this day is bountifully endowed with creative talents and initiative for a vivid and perhaps spectacular career, with high endorsement and gracious emoluments.

Household Scrapbook

By Roberta Lee

Mildew To remove mildew from white clothes, put a teaspoon of chloride of lime in a gallon of water. Dissolve thoroughly, put the garment in and stir until the mildew disappears. Rinse thoroughly. Chloride of lime bleaches so do not use on colored fabrics.

Pot Mats Use the unworn parts of oilcloth or linoleum for making mats for pots containing plants and flowers. If these mats are enameled, the water will not soak into them.

Improved Corkscrew Two safety pins stuck through a cork in a crosswise position will often prove an excellent substitute for the missing corkscrew.

played quarterback on the University of Alabama's team of 1899. Once he recalled that he was knocked dizzy and, unable to remember signals, called the team around him to talk it over. "That," he said, "was the first huddle in the sport."

DOROTHY DIX'S COLUMN

Unstable Husband

He Won't Live With Family But Doesn't Want Divorce



Muriel Nissen

DEAR MISS DIX: I was married fifteen years ago at the age of 18. Our marriage got off to a bad start because we were so young. We were married secretly for two years. When finally we did make it known, we made another mistake by moving in with his parents. Three years later, our baby was born and, upon my insistence, we set up our own little home. We had lived by ourselves for a year when my husband asked for a divorce because he was in love with someone else.

It was a terrific shock, as we had always been close companions, hunting and fishing together, enjoying the same friends, etc. I didn't grant the divorce, and he joined the service. After the war, we decided to try again and, there being nothing else available, went to live with my folks. We never seemed to get the money for a home, though my husband denied himself no pleasure. He had a new car, went fishing, hunting and had lots of fun. Then I had a chance to work elsewhere, and took it, hoping to earn enough money for our home. My husband was quite content to let me go—which hurt me a lot. Now I find there is someone else again. However, he doesn't want a divorce, but neither does he want me to go back to live with him. Yet he says he loves me. I simply am so bewildered I don't know what to do. FLORENCE V.

WANTS NO INTERFERENCE

While a wife and child hovering unobtrusively in the background is endurable, he wants you no closer, and under no circumstances must you intrude on his life to the point of interfering with the way he wants to live. While you are, of course, equally responsible for the initial mistakes of your marriage, your efforts since to establish and maintain a home show that you have grown up in the intervening

Continued on page 14

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S. A. McDONALD

Islander Weds In Ontario



MR. AND MRS. COOK

—Photo by Rooney's Studio.

Trinity United Church, Port Arthur, Ontario, was the scene of a candle light ceremony on July 17th at 7:30 p.m. when Hilda Mae Lank, R.N., daughter of Mr. and Mrs. Willard Lank, Charlottetown, P. E. I., became the bride of George Earl Cook, son of Mrs. Mary Cook, Kyle, Saskatchewan, and the late Mr. John L. Cook.

The church was decorated with bouquets of gladioli, peonies and roses and was lighted by white candles. The guest pews were marked with ribbons and flowers. The Rev. Russell A. Peden performed the double ring ceremony, Alan Vickers was at the organ and Malcolm Faddick sang "The Lord's Prayer" and "I'll Walk Beside You."

The bride, given in marriage by her father, wore a Victorian gown of white lace and nylon net with a double nylon net skirt featuring a three quarter length lace overskirt. The fitted bodice was made with a sheer net yoke and long sleeves, a Juliet cap of matching lace trimmed with pearls and sequins held her finger tip veil of French illusion. Her shower bouquet was of Johanna Hill roses and pink Sweetheart roses.

The bride was attended by her sister, Mrs. Alton Horne as matron of honour, who wore yellow nylon sheer over taffeta. Miss Anne MacLean, R. N., bridesmaid, was gowned in pale green nylon sheer over taffeta. Both carried colonial bouquets of pink Sweetheart roses and white gardenia. Sandra Horne, niece of the bride, was flower girl, and she wore mauve nylon sheer over satin. She carried a basket of Sweetheart roses. Maurice Boyd was the groomsmen, while ushers were Al Thompson and Martin Faust.

A reception was held at the Port Arthur Country Club where sixty guests were received by the bride's mother who wore a grey corded silk dress with navy accessories and a corsage of red sweetheart roses. The bridegroom's mother assisted in a frock of mauve nylon mesh with grey accessories and a corsage of white carnations. A three tier wedding cake topped with tiny pink rose buds and offset by silver vases of pink Sweetheart roses centred the bride's table. A toast to the bride was proposed by the Rev. Russell A. Peden, the bridegroom responding.

Attending the wedding from out of town were Mr. and Mrs. Willard Lank, Mr. and Mrs. Alton Horne and daughter Sandra, from Charlottetown, P. E. I.; Mrs. Mary Cook, from Kyle, Sask.; Mr. and Mrs. H. F. Lank and son Robert, of Moose Jaw, Sask., and Douglas Marshall of Winnipeg.

Morning Smile

Saw Extra Well

A man came down out of the mountains to the little nearby village and went into the local general store for a pair of cheap spectacles. Trying on pair after pair, he finally found some that suited him perfectly. He paid for them, put them on and went out into the street. The first thing he saw sitting outside was a boy eating from a bunch of grapes he was carrying. "I think I'll surprise the kids," said the man. "I think I'll take a bunch of those balloons home to them."

When Children's Eyes Are Bigger Than Their Stomachs...

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