

That Body Of Yours

By James W. Barton, M.D.

NEEDLE BIOPSY

With tuberculosis of the lung there are usually some signs that the patient and family can observe—cough, loss of weight, asthenia. However, with cancer of the lung there are few or no symptoms except a light wheeze at first, but this is practically always present. In Paris Medical, Drs. G. Girard, P. Cazal, and F. Boyer state that needle biopsy—inserting a needle into the lung and examining contents withdrawn by the needle—offers considerable aid in discovering the differences in cancer, tuberculosis, and syphilis in the lung in patients whose X-ray findings are not clear enough to distinguish between these diseases. When there is an abscess or cyst present or signs of bleeding, a needle biopsy should not be made. An injection of 50 mg. of vitamin K should be given twelve hours before the puncture with the needle. The needle biopsy should be performed under a local anaesthetic. The patient is asked to breathe out all the air in his lungs and not breathe in again until the needle and its lung tissue has been withdrawn. This means that as much air as possible is out of the lungs and the lung is drawn as near as possible to the wall of the chest. The needle then passes through the pleura (lining of chest wall and outer covering of the lung) directly into the spot already revealed by X-ray. The needle is directed to this spot by means of the fluoroscope.

By needle biopsy, in a great many cases, the condition present—cancer, tuberculosis, syphilis—can be recognized, which means that some of the extensive surgical operations—removal of ribs and a lobe of the lung—may not be needed to recognize the disease present. We can see the great value of needle biopsy in helping the physician to diagnose a disease. Early discovery of cancer is a long step forward in its treatment.

CANCER: ITS SYMPTOMS AND TREATMENT

We should never forget that cancer is curable if discovered early. Write today for Dr. Barton's informative booklet entitled "Cancer: Its Symptoms and Treatment." To obtain it, send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

The Stars Say --

By Genevieve Kemble

For Thursday, August 10

AN extremely lively, exciting and dynamic state of affairs with all matters moving at high tempo, under exhilarated feelings, emotional stress and physical energy is forecast. Ambitious projects, sound judgment, vital influence with capital and prestige, aggressively attacked, and pursued with stimulated courage, endurance and impetus could advance objectives with desired fulfillment. However, it may be as well to be ready for some strange or sudden switch or event that could block the works or demolish plans. Be patient, hold on to constructive ideas and purpose until the tide turns.

For the Birthday

Those whose birthday it is, may find themselves on the way to attainment of high goals, under enhanced impetus, dynamic purpose and aggressive attack, all engineered by determination backed by sound judgment and vital energies. The collaboration of influential persons or combines are assured and all seem well on the road to highly productive and gratifying climax. Suddenly a "big black bear" bounds into the picture, arresting and frightening. It might be as well to take a deep breath to analyse the commotion. Postpone action until the wind blows the other way. Be as poised as possible; calmly await the inevitable change.

A child born on this day, while subject to sudden reverse in life will vanquish these by its sound judgment, skill, endurance, determination and practical attack.

How Can I!!!

By Anne Ashley

Q. How can I remove spots of paint more readily from the knobs, locks, and hinges of a door or window when I am painting?

A. Before painting, coat all the hardware with paraffin or petroleum ointment. The spots of paint can then be very readily removed.

Q. How can I furnish coffee to my guests at a party if they outnumber the cups I can obtain from my percolator?

A. Make the coffee doubly strong and when pouring, add boiling water to each cup. This will prove very satisfactory in an emergency.

Q. How can I successfully darn a woolen piece of many colors?

A. Try using a strand of each color in the needle.

ELLEN'S DIARY

By An Island Farmer's Wife

Granddaughter came in this morning with the bright glory of a bouquet of Nasturtiums in her hands to have us at the housework recall old gardens of memory—quiet, peaceful sanctuaries of the long ago. Where days of golden and unending, and life moved about and by at a leisurely pace. No busy noisy tractors passed, nor lumbering truck or transport, nor flashing car. Odd vehicles—a farm cart, or perhaps a horse and wagon driven by a mi-lady on her way to pick up groceries or mail at the corner-store. A few pedestrians would be abroad: a sun-hatted or bonnetted housewife to an afternoon "Kale" skirts sweeping the ground, moving sedately as behoved her sex and station; a barefoot lad of the farm or lass, a basket at hand—eggs to exchange for an errand of buying, eagerly anticipating the cent left over for abundant purchases of sweets; guests from the seaside hotel with letters to mail, or the Minister perhaps, walking "reverend" by, in his clerical black, on some pastoral visitation.

"Do Ministers ever take off their clothes?" younger sister of an exploratory turn of mind once queried. "Sure, they do!" a sophisticated child-of-the-corner spoke up. "Their collars, and long black coats?" she queried. "Uh-huh!" the other nodded. "Hat and boots too?" "Yes" the worldly-wise one said, "and puts on a long night-shirt! It's striped flannelette. I saw it on the line. He has two" she confided with a chuckle "and they're both striped!" "striped!" our small one gasped, amazed to think of the like in connection with one who talked always of the gold and silver glories of Heavenly places. Then "I don't believe you!" she declared "he just takes off his hat and boots, doesn't he?" she appealed to us. Our knowledge was quite inadequate for the occasion. True, it was a matter to which we had never given much thought. We had been taught to respect The Cloth which gave Ministers a place in life, neither of earth nor Heaven, but nevertheless their words were to be heeded and remembered by children. But whether or not they disrobed—that was something we were not clear about. "I guess" sister settled the matter to her own satisfaction, "if he only had one collar clean, he might take that off, and perhaps if he was uncomfortable, he'd loosen his coat." She lowered her voice to a whisper, amazed at the very thought of a clergyman without his "black".

"Ha!" the other scoffed! he does take them off! I know! Biddy, that was for them, says he's a regular divil on white shirts—three a week sometimes. It's not the same one he wears all the time, stupid! If you don't believe me ask your father or mother, they'll tell you! But parents were not to be asked like this. That would be sheer sacrilege. Better to let the matter rest.

There was the delightful old garden we knew where we came many a time to keep tryst with a friend. To chat quietly about those items of mutual interest to school-girls and to plan very surely for the years to come. With never a thought or allowance for time or circumstances, center of small importance, weavers of dreams. There Nasturtiums grew and spilled over the sides of an old iron pot to laugh with their sisters in the bed below. Close by a bush gave off the fragrance of numbers of blown pinky roses while scores of lean and fat buds awaited their turn to blossom. A gnarled Damson tree sheltered it westward and in the old orchard beyond twisted and bent from the neighboring winds of sea the pliant bitter-sweets fruited for potato-picking time.

Granddaughter's gift of blossoms returned to an old house of memory. There stately rows of Nasturtiums edged the walk, welcoming young and older to the door, and yielding colorful scented pickings to grace the parlor table. And the Minister's voice, that now must surely sing and preach and talk with those "Saints in glory" he knew of so well, asked again: "Are you God's child today, Ellen? Ay!" he would smile whimsically, "not with this day, but every day—Praise His Name!" All of these undying memories came back to us today while at granddaughter's fancy we "put them in a glass so the stems will show through"—the posy of Nasturtiums, she brought us this morning.

And no having today—that is, none to mention. Only a bit of raking. Until tomorrow—Diary—Good-night.

Household Scrapbook

By Roberta Lee

Pear Salad

Something different in the way of pear salad can be made as follows: To 2 cups of sliced pears take 1 cup sliced red plums. Mix lightly together and serve with a sweet boiled dressing, lightened with a little whipped cream.

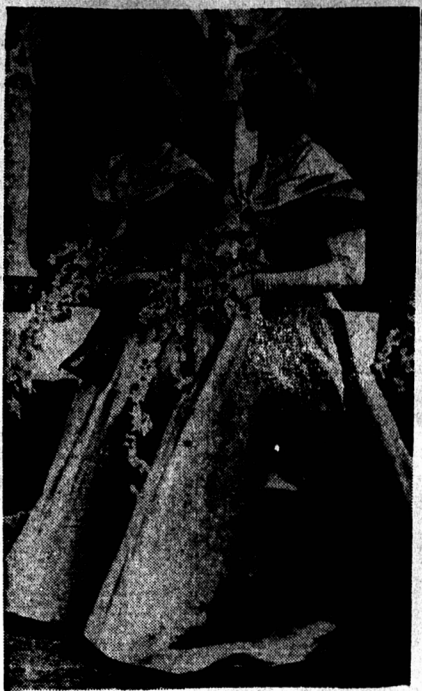
Linen Closet

An unused bookcase makes an excellent linen closet. It contains are fastened inside the glass doors, it will add to the appearance.

Files

The kitchen can be rid of flies or mosquitoes by placing a cup of vinegar on the stove where it will simmer enough to make an odor. Or burn camphor gum on the stove.

Bridesmaid Princess



Princess Margaret leaves St. Margaret's Church at Westminster with friend after being bridesmaid at cousin's wedding.

DOROTHY DIX SAYS -

Fair Chance

Parents Can't Shield Children From All Life's Difficulties

DEAR MISS DIX: Is it fair to bring children into the world when everything is so uncertain? Some people, through no fault of their own have such unhappy lives. Is it worth while having children from the parents' standpoint?



ANSWER: It is certainly as serious a matter to give as it is to take it, and men and women should consider long and thoughtfully what sort of chance they are giving a child before they bring it into the world. Certainly no one has the right to give a child such a rotten deal as to handicap it with the stigma of illegitimacy, or to doom it to a lifetime of suffering by inflicting on it hereditary diseases.

But if people refrained from having children until they could assure them a perfectly safe and prosperous journey through life there would never be another baby born, because there has never been a safe world and there will never be one.

LIFE ALWAYS AN ADVENTURE

Always, and to every child, life will be an adventure, full of dangers and difficulties through which he must fight his way, and no provisions of the parents can safeguard him. No man knows what fate may befall his children. And that is what makes life interesting and exciting, and probably no baby, if given its choice, would prefer to come into a cut and dried world, no matter how safe.

As to your question whether it is worth while having children from the parents' standpoint, I should say yes, if the parents are normal human beings. Possibly people who are selfish, self-centered egotists do not find children worth the trouble they cost, but most men and women get the purest happiness they ever have out of their babies. As we grow older our interest in ourself wanes. We don't care so much about ourselves and our personal hopes. We don't believe in ourselves so much. We know that nothing much awaits us in the future. What was in us to do, we have done, and it wasn't so hot. And so if we have no children we have no keen interest in the future.

But if we have children we still have a stake in the game. What we haven't done we expect them to do. Where we have failed we look to them to succeed. We live again in them and it keeps us keyed up, alert and young ourselves.

DEAR MISS DIX: What is the difference between an intelligent wife and an ignorant one? Are consideration and truthfulness the keys to happiness? If either the husband or the wife is a gossip, does it make for unhappiness in marriage? Does keeping mum about one's affairs show superior intellect? These subjects have been matters of discussion in our circle and we would like to know what you think.

ANSWER: First, I am tempted to say that the difference between an intelligent wife and an ignorant one is the difference between success or failure in a marriage. An intelligent woman is better fitted in every way to be a helpmeet to her husband than a stupid one.

Second, consideration, whether we apply it to other people or they apply it to us, certainly makes for happiness, since we all love to have our little peculiarities respected and deferred to and object to having people tread on our toes. But I doubt if any of us could speak the truth, the whole truth and nothing but the truth to our fellow creatures without making wholesale enemies and being avoided as if we had the plague.

Third, Stevenson rated being a good gossip as one of the most desirable qualifications that a wife could have. I agree with him. A gossip need not be a scandal-monger. Certainly the wife who cannot go two blocks to the grocery store without seeing and hearing something interesting makes a dinner table a far pleasanter place than is the one presided over by a silent woman who never says a word except to correct Junior about the way he eats.

Fourth, Keeping mum about one's affairs is a bar to friendship, but it is no indication of profundity of intellect. People who don't talk are generally empty-headed ones who have nothing to say. We used to fall for the great silent men, but now we know them for what they are. Just stuffed shirts.

DEAR MISS DIX: If a man has done wrong and paid the penalty and is determined to come back and go straight, is it best for him to return to the town in which he has always lived when he is let out of prison? Is it possible for him to ever entirely come back?

ANSWER: Of course, he can come back if he wishes to do so. Many have gone back to the old home town and made good there, but I think it is far easier for them to do so in some strange place in which they will not be continually reminded of their past and have it held against them.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

Year in year out quality has always been and will always be the first consideration with "SALADA" TEA

True Success Story

By F. H. MacArthur

For today's true success story I have chosen the name of Jean Rousseau, pronounced Roo so, who was born in France in 1712 and died in 1787. With only a desultory education he was to become the most celebrated and most influential French writer of the eighteenth century.

His youth gave little promise of his future eminence and his first work, "Confessions", published in 1782 did not set the world on fire.

Early in life he was apprenticed to an engraver, from whose real or fancied severity he ran away. He next fell under the notice of Madame de Warens, who sent him to a Roman Catholic institution at Turin. Jean did not prove an apt student, and next we learn of him taking up residence with Madame de Warens after a bit of eccentric wandering that took him all over Europe.

For nearly three years Rousseau lived the life of Riley. In 1741, he went to Paris, and in 1743 he filled the post of secretary to the French Ambassador at Venice. This office he resigned to return to the French Capital where he led a precarious life, copying music and studying science.

About this time he became acquainted with such prominent men as Grimm, Diderot, etc., and he did a bit of writing on the side.

From this period also dated his love affair with Therese Lenasseur, with whom twenty-five years later he went through some form of marriage ceremony.

In 1750 his essay in which he adopted the negative side of the question whether civilization has contributed to purify morals, won a prize offered by the Academy of Dijon and brought the struggling author for the first time into the general notice.

In 1754 he revisited Geneva, where he was admitted as a free citizen on once more embracing the Protestant faith. When he returned to Paris he wrote a sort of novel, "Julia, or the New Heloise", which was quickly followed by "Social Contract", a political work. Later he did a vast work on Education, which on the framework of a story builds up an elaborate system of education. Later French writers drew much of their inspiration from this book, and some say it laid the foundation of modern elementary education.

Though well received by the public, his books were condemned by the Government of Paris, and the resulting persecution, exaggerated by his own morbid outlook, forced Rousseau to flee to the island of St. Pierre in the Lake of Biene, and finally to England, where he was welcomed by Hume, Boswell, and other noted writers of that day. After a bitter quarrel with Hume, he returned to Paris, where the old feud seems to have died out. He lived in great poverty, supporting himself by copying music and publishing occasional stories.

In May of 1778, he retired to Ermenouville, just outside of the French Capital where he died the same year. The chief importance of his writings lies in the fact that they held the germ of the doctrines which were carried out with such ruthless consistency in the French Revolution.

Modern Etiquette

By Roberta Lee

Q. What is the proper length of time for a young woman to wear mourning for her father?

A. This would depend entirely upon her personal feelings. The custom of wearing mourning is not so strict as it formerly was. Many people do not consider it necessary at all.

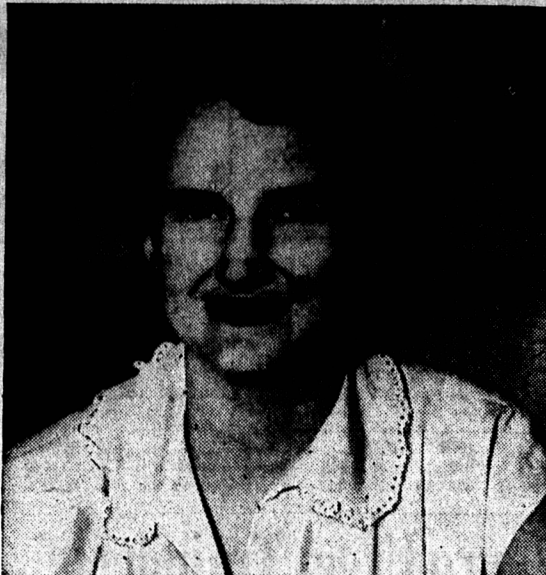
Q. Is an unmarried woman presented to a married one when making an introduction?

A. Ordinarily, this is the correct procedure. However, if the single woman is considerably older, then the married woman is presented to her.

Q. In seating one's self at the dinner table, should the chair be approached from the left or right?

A. From either side, whichever side is more convenient.

Advertisement for Moodies Vanta Baby Garments, featuring a large illustration of a baby in a dress and text describing the quality and availability of the clothing.



PRIZE-WINNING COOK at ANNAPOLIS COUNTY FAIR

There are a lot of keen home bakers in Annapolis County, N.S., and you have to be a whiz to be among the winners in the bakery exhibition at the annual fair at Lawrencetown. One consistent prize winner is Mrs. J. E. Shaffner, of Bridgetown, N.S. "They say that practice makes perfect," says Mrs. Shaffner, "but you have to work with the finest ingredients, too. Take yeast now. I learned a long time ago that there's none better than Fleischmann's. So Fleischmann's Yeast is my choice. It's always lively and dependable." Yes, it's certainly a fact! The majority of prize-winning cooks prefer Fleischmann's Yeast—famous for 83 years.

Cook's Corner

MULLED JUICE DRINK

(A specialty for cold days)

About a quart of grape juice add to 6 whole cloves and a few sticks of cinnamon. Let mixture simmer about 20 minutes. Remove spices and serve deliciously hot in heavy mugs.

BLACK COW

One cup evaporated milk, 2 cups cold root beer. Chlll evaporated milk, whip frothy, stir in root beer. Serve at once over ice cubes.

Better English

By B. C. Williams

1. What is wrong with this sentence? "That is a very unique ring you are wearing."

2. What is the correct pronunciation of "transack"?

3. Which one of these words is misspelled? Eulogize, enterprise, chastise, criticize.

4. What does the word "repository" mean?

5. What is a word beginning with ap that means "sanction"?

ANSWERS 1. Omit very. 2. Pronounce as spelled, not ram-sack; accent first syllable. 3. Eulogize. 4. A place where anything is stored for safe-keeping. "Books are faithful repositories of knowledge." 5. Approval.

Morning Smile

Cutting it Short

Brewer, the boxer, was preparing for the big fight at the local hall that night. "How shall I know if you win?" asked his wife. "Ring up my manager in about an hour," the husband advised. An hour went by. "How's my husband?" came on the phone from Mrs. Brewer. "O. K." was the answer.

-Needlecraft-

FOR THE HOME

Advertisement for Needlecraft featuring a pattern for a summer's shirtwaist, including a detailed illustration of the garment and instructions for purchase and use.

Large advertisement for French's Instant Potato Mashed Potato, featuring a woman's face, a bowl of potatoes, and a box of the product, with text emphasizing ease and speed.