

That Body Of Yours

By James W. Barton, M.D.

EPIDEMICS OF PLEURODYNIA—FALSE PLEURISY

I have written before about the outbreak of what is called pleurodynia (pain in the chest while breathing) that occurred in a village in England a few years ago. It is called Bornholm disease, but it is better known as false pleurisy because it so greatly resembles the symptoms of pleurisy, particularly pain on breathing. This same pain, if located elsewhere in the body, that is in muscles, tendons and ligaments, would be given the old-fashioned name of muscular rheumatism, but because it is in the chest it is called pleurodynia—painful difficult breathing, or false pleurisy.

While physicians have occasional patients with pleurodynia, an epidemic of pleurodynia is a different matter as it attacks a large percentage of individuals in a small area. Thus an epidemic of pleurodynia similar to the one that occurred in the English village occurred in a region of northwest Germany. Most of the patients were children. In some cases, several children in the same family become ill one after the other, and numbers of children in the same classroom were sometimes affected. Dr. H. Prenzel, who reported the epidemic, made close examination of 19 children averaging in age from 2 to 14 years and looked over a number of others who remained on their feet during their attack.

The symptoms were usually like those of an attack of influenza of moderate severity, with rise in temperature, typical sharp pains in the chest and side, headache, vomiting, and brain disturbance. Meningitis, inflammation of brain, with myalgia (pain in muscles) was the most outstanding symptom in those requiring hospital treatment; this often occurred during the second phase of the disease.

As this disease has symptoms resembling infantile paralysis (polio), parents are likely to be alarmed until physicians have examined these cases and can report the symptoms as painful but not dangerous. As a matter of fact, a virus (a very small organism) is considered the cause of pleurodynia just as a virus is considered the cause of polio.

While pleurodynia, as in other epidemics, runs its course, there can be complications so that the usual treatment of diseases where prostration is present should be given in pleurodynia; that is, complete rest, quieting drugs—pain-killing drugs if necessary.

The fact that so many children, some in same home or classroom were struck down by these same symptoms gives a clue to parents and physicians as to the non-dangerous nature of pleurodynia, although, as stated above, complications may occur which should receive the care of the physician.

Better English

By D. C. Williams

1. What is wrong with this sentence? "If I was you, I'd let the book lie."
2. What is the correct pronunciation of "really"?
3. Which one of these words is misspelled? Apathy, apostle, apologetic, apertain.
4. What does the word "sanctimonious" mean?
5. What is a word beginning with nu that means "insignificant"?

ANSWERS

1. Say, "If I were you, I'd let the book lie." 2. Pronounce re-ally. Three syllables, and not reel-ly. 3. Appearlain. 4. Making a show of sanctity. "He was a sanctimonious hypocrite." 5. Nugatory.

ELLEN'S DIARY

By An Island Farmer's Wife

And so quite entrancing to us—if somewhat busy, are these days of the haying. Now from the doorway we can see great loads drawn down the farm-lane from some near or far field. They may come in sight on a distant rise to be presently lost awhile in some dip of these rolling farmlands, only to reappear on nearer approach to the buildings.

Now do we come to watch again, though it may be only briefly, the magic of the unloading; see the tidy forkfuls swing in at a high door to drop at a signal to new mows below. Because now, roof almost shingled, the building, with gapping windows and doorways, though a most satisfying structure to Rob and the Family, was officially opened on a recent day in this very act.

Who did the honors, we may wonder? Was it given to James who had tidied the mows in readiness, having inveigled us and the broom—and the children to join him one dusk in ridding these places of the clutter and discards of carpentry? Or maybe it was left to Mr. D., so faithful in his attendance, whom rainy days only, kept away from his work.

Or was the honor left to Rob himself, who had cherished the vision of his building for some years and who has worked so steadily and unsparringly toward the fulfillment of his long dream? Or to maybe a dozen others—among them the New Englander, vacationing in the community with "kin of the wife," who left his angling one morning to lend a good hand at the boarding-in?

Or the village merchant, who gave up his buyings and sellings on more than one occasion to lend Rob assistance? Or Mr. A., one of the best of Rob's right hands, until the haying-season recalled him to his farming? Or another neighboring farmer and his two lads, whose joy is in such endeavours, to whom to climb to any height is only a pleasant experience, without hazard though not without thrill? Or others whose names are inscribed in their personal touches in concrete and stone, in sill and beam and support?

Or was it given to one of the Grandchildren, who stood wide-eyed to see the first hay swing

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Morning Smile

There is a story that tells of a rabbit being chased by a dog, and the people following and telling the rabbit to run hard and escape. "Thank you for your kind encouragement," said the rabbit, "but for goodness sake shoot the dog!"

Household Scrapbook

By Roberta Lee

Easy Stitching
Before stitching such materials as khaki and heavy duck or canvas, rub the hems and seams with hard yellow soap and the needle will easily penetrate.

Indelible Pencil
To remove indelible pencil marks from fabrics, soak the fabrics in denatured alcohol, and then wash.

Jelly Roll
Turn the roll out of the baking tin upon a cloth wrung out of cold water. Then spread with jelly, and as it is rolled the steam from the wet cloth will prevent the shrinking and consequent cracking of the top crust.

Is Your 'Beginner' Ready For School?

(Public Health Nursing)

Thousands of young P. E. Island residents will shortly meet a new experience—going to school. Among them may be your young hopeful, and with him or her will go everything that his parents have been able to give him in the first few years of his life.

Your dreams have been built around this child. Will he be a good student? Will he grow up into a fine young man—perhaps a future prime minister, scientist or teacher? Will she be your pride and joy on some distant graduation day, beautiful and immaculate in a nurse's uniform? Time will tell.

Your child's chances of growing up into a wholesome, mature, healthy and likeable young man or woman will depend a good deal upon the care you have given him, on the training you have supplied as his first teachers—and on the kind of mind and body with which he enters into the great world. A lot will depend on his first teachers in school too.

Should Correct Defects

This is the time of year when, in all well-organized communities, the new "crop" of beginners are being given a check by family physicians.

Your child's ability to learn successfully, to adjust happily in his new environment, to grow physically, intellectually and spiritually will depend on his health and vigor at this time. Eyes that cannot see well, ears that do not hear, blemishes that embarrass him, legs that will not run—may go against his chances of remediable defects should be attended to now, and that may include a visit to the dentist.

For his own protection and for the protection of others, he should long ago have been immunized for preventable communicable diseases. If he hasn't received this protection, you can get it done now.

The Teacher As A Partner

Of course, there are some things which the doctor cannot do for you. Nor should the teacher be expected to do such things as toilet training, taking off and putting on out-door clothing, simply keeping reasonably clean. If you have brought up your child to get anything he wants by crying, if he hasn't learned how to get along with others, if he hasn't been allowed to rough-house and play, if he still goes in for baby talk, we're sorry for the teacher. She has to make up for the shortcomings of the parents.

Starting in September, the development and education of your child will be a job for you in partnership with the teacher. He'll get health education at school but his example and teaching of his parents, and the actual practices in the home will determine whether the health education will take.

Mr. and Mrs. Joseph Gallant



Married on August 8 in Toronto, Ont., at St. Vincent DePaul Catholic Church were Enmaline Almon, daughter of Mr. and Mrs. Wm. Almon of Georges River, N. S., to Joseph Gallant, son of Mr. and Mrs. Larry Gallant, of St. Peter's Bay. Mr. and Mrs. Joseph Gallant motored to Buffalo for honeymoon. They will reside in Toronto. (Photo by Kingscourt Studios).

Cook's Corner

MUSTARD PICKLE

2 quarts cucumbers cut fine
2 quarts tomatoes
2 quarts cauliflower
1 cup salt, soak in brine overnight.
Drain add cut onions (2 quarts).
Sauce
½ gallon or 3 quarts vinegar
6 cups white sugar or more if desired. Sift together.
1 cup flour, ½ lb. mustard, ¼ cup turmeric. Mix with vinegar to a paste.
Heat vinegar, add sauce and 4 teaspoons celery seed. Cook till thick, add 3 green peppers, 1 red pepper cut fine.
¼ cup pickling spice put in a cheesecloth bag.
Add drained cucumbers and cook for ½ hour.
Bottle when cool.

—Mrs. Doris Howatt, Victoria W. I.

Modern Etiquette

By Roberta Lee

Q When one is a guest at a small dinner, should one accept a helping of every dish offered?

A. Yes. We all have our likes and dislikes, but at a small dinner it is embarrassing to the hostess when a guest refuses a dish. One can always manage at least a small quantity.

Q Is it all right for an overnight guest to ask the hostess for an extra blanket?

How Can I!!!

By Anne Ashley

Q How can I remove finger marks from polished furniture?
A. Use a piece of chamois wrung out of cold water, and then polish with a dry chamois.

Q How can I remove grease spots from a wood floor?
A. Sprinkle with dry soda, pour over this boiling water. Let stand a short while, and then scrub, and the spot should be gone.

Q How can I best keep sponges clean and fresh?
A. Wash them occasionally in warm water to which a few drops of lemon juice have been added.

Q How can I remove a wine stain from a tablecloth?
A. Sprinkle salt on it immediately. After it dries, if the cloth is linen, flush the spot with boiling water. Launder other washables in water that's as hot as possible. Sponge non-washables with a damp cloth.

For the Birthday

If tomorrow is your birthday, the months ahead promise much in the way of career advancement and financial betterment. There is a strong possibility of promotion and increased prestige in business and in the main, your progress will be the result of personal effort. Do not count too greatly on the cooperation of others.

In domestic and social matters the influences were never better, and year's end should find you enjoying all the benefits of enhanced popularity and prestige. Travel plans and romance are also under excellent auspices during the next six months. So take advantage of all opportunities offered. In that way you can carry your period of expansion well over into 1954.

A child born on this day will be romantic, self-reliant and domestically inclined.

Skinny men, women gain 5, 10, 15 lbs.

Get New Pop, Too. Be Thrilled With Results—Or Pay Nothing

What a thrill! Bony arms, legs all out, ugly hollows fill up, neck no longer crazy; body loses half-starved, sickly look. Thousands, who never could gain before, are now proud of their shapely, healthy-looking bodies. They thank the special vigor-building and flesh-building tonic, Ostrex. Its tonic, stimulants, invigorator, iron, vitamin B₁₂, calcium, enrich blood, improve appetite and digestion so food gives you more strength and nourishment. But best of all, it's safe. Mrs. L. Savard, Mattagami Heights, Ont., writes, "I gained 16 lbs. Tired, sluggish, nervousness gone, too." Another user, Mrs. Marc Gagnon, Cap Chat, P.Q., writes, "I gained 13 lbs. Health fine. My rundown husband gained 15 lbs." Don't fear getting really fat. Stop when you've gained the 5, 10, 15 or 20 lbs. you wish. Money back if you're not delighted. Costs little. New "get-acquainted" size only 60¢. Refuse substitutes. Ostrex has given real results when other tonics failed. Try famous Ostrex Tonic Tablets for new vigor and added pounds, this very day. At all drugstores.

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from the Country Women--

Today we quote another excerpt from the opening address from A. C. W. W., president, Mrs. Raymond Sayre during the world convention being held this week in Toronto. From the Island these five delegates are attending the sessions: Mrs. H. Laird, Kelvin Grove; Mrs. N. Matheson, Southport; Mrs. W. E. MacKinnon, Uigg; Mrs. M. Doyle, North Rustico and Mrs. Malcolm MacLeod, Lorne Valley. The following is an excerpt from the address they heard—

"The theme for this Seventh Triennial Conference of the Associated Country Women of the World is stated as a question, 'How can I as an individual, and through my society, contribute to better international relations?'"

"The answer is not easy. We live in the midst of a world divided. The ideology of the supreme importance of the individual struggles with the ideology of the supreme importance of the state. A rising tide of nationalism, with its deep feelings of national pride, tends to divide rather than unite us."

"No magic formula will bring peace to this tense and fearful world. The problems are too deep for that. We must face up to the fact that there is . . . no pat answer. It would not be difficult to declare in abstract terms our determination to seek peace. It is vastly more difficult to apply our principles. As an association and as individuals we are committed to doing something about what we believe. We must translate our idealism into concrete terms."

"The attributes of unity are patience and a willingness to see the viewpoint of others, sympathy and respect for people other than 'our own.'"

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DOROTHY DIX'S COLUMN

A Vacillating Youth

Girl Ponders Return To Inconstant Boy Despite Mother's Warning

DEAR MISS DIX: For three years, ever since I was 14 and the boy left me, telling me he likes another girl. After every other break, we've gone back together again. In between I have had other dates, but they just don't interest me too much. My problem is: should I go back to Terry, when, and if, he wants to go with me again? My mother says I've lost all pride, but I do care for him.

KEEP YOUR PRIDE



Muriel Nissen

ANSWER: The right sort of pride, the kind that goes hand-in-hand with self-respect, is a precious possession, not to be relinquished lightly. Terry obviously has concluded that you lack it entirely. He can beckon you to come, or cast you aside, and you will comply humbly. Apparently, he has found no other girl quite so amenable, or else he wouldn't be constantly coming back to you. The possibility that he might care for you sincerely isn't worth considering. His treatment belies any idea of tenderness or affection. Perhaps he isn't mature enough to be capable of deep emotion. This might develop in time, if you're prepared to sit out a long waiting game. I doubt very much, however, if he will ever regard you other than as a girl handy to have around in case of emergency. Finally, face the fact squarely that, if he does come back, and if he ultimately marries you, the pattern almost certainly will never change. He's a conceited selfish boy, and probably never will be the kind, considerate person you want. Do try to interest yourself in other dates and activities.

DEAR MISS DIX: My parents have just bought a beautiful new car. When my brother asks my father if he can use it, Dad always tells him to ask Mom. She says no, because she's afraid of accidents. Then I'll three get into an argument, and my brother says it's Mom's fault that he can't use the car, which hurts her. Who is right?

ANSWER: Both your parents are very much at fault, but apparently their system of ducking issues is nothing new. The question of when and how your brother gets the car should have been settled among them when the car was acquired. Disunity between parents can be most

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CLEARANCE

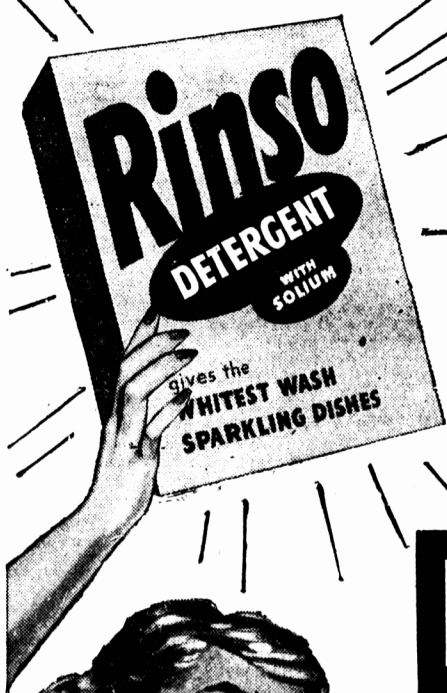
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Miracle Whip
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GLOBE PEARS, 15 oz., 2 for 33c
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COLGATE'S SOAP, 4 cakes 29c
SWIFT'S PURE LARD, lb. 21c
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