

That Body Of Yours

By James W. Barton, M.D.

FOCAL INFECTION NOW AN ACCEPTED PRINCIPLE IN MEDICINE AND DENTISTRY

Notwithstanding that practically all our physicians and dentists of middle age have accepted the theory of focal infection—where an infection begins in a certain tissue, sets up signs and symptoms, and organisms from this focus or foci pass into the blood stream, through the blood vessels and lymph channels to other parts of the body—there are late graduates who tell their patients that the theory of focal infection has been cast aside.

As some patients (dental and medical) may be influenced by such statements, it is well at this time to get authoritative information by way of the Journal of the American Medical Association from Dr. George H. Coleman, a co-worker of the famous Dr. Billings from 1912 on, during the period of his notable clinical research on the concept of focal infection. Dr. Billings proposed that focal infection was a principle factor in causing certain forms of disease in the system.

Fortunately, physicians and especially research workers have shown that certain accepted facts, such as focal infection, can prove themselves. Dr. Coleman states that many physicians abandoned the theory of focal infection because too much was claimed for it, but they have now accepted the theory by agreeing that the concept of focal infection in regard to systemic disease is firmly established.

Another firmly established fact is that when the defensive forces of the body are decreased by injury, fatigue, exposure, mental stress, and thin blood, secondary disease results far more readily when a focus of infection is present.

The dental profession has every reason to believe in the focal infection theory. Some years ago I heard a lecture by the famous Dr. Weston Price, Cleveland, who showed pictures of crippled patients, whose crippling was caused by his failure to remove infected teeth over which he had placed gold crowns. By removal of these crowns and cleaning up some and removing other teeth, great improvement was shown in the condition of the patients. Other diseases besides arthritis are now being reported by eye, skin, and heart specialists as being cured by the removal of focal infections.

Still another and dramatic result of investigating the focal in-

How Can I!!!

By Anne Ashley

Q. How can I treat scratches on furniture?

A. One of the best remedies is a mixture of turpentine and beeswax, the latter being melted into the turpentine until the mixture is as thick as syrup. Pour a little of this onto a piece of woolen cloth and rub well into the scratched parts of the furniture. Then polish quickly with a dry flannel and the marks will usually disappear.

Q. How can I remove gasoline odor from my hands?

A. Rub the hands with moistened salt.

Q. How can I toughen china and glass articles?

A. By placing the new articles in cold water and slowly bringing to a boil. Allow it to boil for three or four hours, then let stand until cool. If this is done, hot water will never crack it.

Morning Smile

Get It Over With

Gunman: "Get ready to die; I'm going to shoot you."

Man: "Why?"

Gunman: "I've always said I'd shoot anyone who looked like me."

Man: "Do I look like you?"

Gunman: "Yes."

Man: "Then shoot!"

One Consolation

Customer: "It's tough to pay \$1.10 a pound for meat."

Butcher: "Yes, and it's tougher when you pay less."

fection theory is that the antibiotics (germ or organism killers) are being used now before, during, and after operations on mouth, ear, throat and other organs, as it has been found that this treatment, by killing the organisms before they move to distant parts of the body, prevents infection. Diseases that are prevented or decreased in severity include valvular heart disease, especially rheumatic diseases; removal of tonsils where there is "strep" throat; removal of teeth. Penicillin injection is usual method.

In conclusion Dr. Coleman states, "After much controversy and as a consequence of continued research and clinical study by physicians, dentists, and other scientists, the concept of focal infection has become an accepted principle in the practice of medicine and dentistry."

1953 Graduates Notre Dame Academy



(Photo by Myers)

Pictured above in their gowns and caps are 1953 graduates of Notre Dame Academy who received diplomas Tuesday evening. They are first row (left to right) Helen Creed, Marjorie Trainer, Velma Bernard, Mary MacDonald, Marie Burge, Maureen Doyle, Esther Clarkin, Priscilla Gillis, Eileen Lacey, Frances Gallant and Anne McQuaid.

Second row: Margaret Zakem, Mary Praught, Jean Bevan, Lorraine Sherry, Mildred Mullen, Mary Somers, Anne Bradley and Shirley Perry.

Third row: Yvonne Gardiner, Lorraine Sinnott, Catherine MacDonald, Phyllis Mullen, Eileen Murray, Paula Raymond and Irene MacIntyre.

Fourth row: Elaine Brown, Marina Gallant, Lorraine Hammill, Genevieve Rossiter, Annette Blaquiere, Marion Smith, Shirley Daley, Alberta Atkins, Thelma Cameron, Mary Elizabeth Murphy, Clarice MacEachern and Margaret Murphy. (absent — Florence Murphy)

ELLEN'S DIARY

By An Island Farmer's Wife

There is, we fancy, a lonely timbre in the sigh of tonight's wind as laden with distilled scent of June it comes in to stir gently the curtains at our window.

How far it has come! Past town and village and sleeping farmstead, stealing down from the clear of hilltops into the peace of island valleys below—lingering, we think, in old gardens to recount quiet tales to peonies now spilling their scarlet; chuckling with the ribbon-grass, of those days "when we were young," taking toll in fragrance from the southernwood to bear it away for bestowal on one who had all but forgotten its sweetness, caressing with a strange reverence the faces of dewy velvet pansies because these mean "for thought." And what are thoughts but remembrances to warm folks' hearts though sometimes it is to cause them a tear?

Yes, past old memorized gardens, gathering sweet incense of lilac; by orchards where the trees, stark and gaunt no longer ago, stand now beautifully arrayed in pink and white, their finery jewelled by the gems of gleaming wings which these days serve to make them even more lovely.

By the orchard of "the other farm" where it may be, beneath the serene moonlit sky of tonight, one of the kin-of-place walks old paths... one who full of years, a bit weary and lonely with that alone-ness of the aged, who in their pilgrimage have seen many a comrade and loved one falter and vanish on the way, but now, body-free, comes in spirit we think to enjoy haunts he once knew... Will he catch the glory of the reaching blades which carpet now "the road-field" of grain? And come to the rustic bridge which gives passage to the far meadows to hear again the familiar music of the millstream as it flows? Will he stop to revel in the scent of the hawthorn hedge at a line? And returning listen to the cooing of the doves in a barn-eave?

"There were, I remember it well, pigeons always about the old place," he has told us. "They say it's a good omen to have them about... Well, as I recall it, we as a family did have our happy days—many of them, there."

Another farmstead too, mourns tonight the sudden and, as we will have it, the untimely passing of a loved one, knowing at the same time that there is neither set time nor season for our goings... It comes... bereavement—often unexpectedly to have us realize how exceedingly good our lot had

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DOROTHY DIX'S COLUMN—

A Gremlin May Be Busy

Charming, Intelligent Woman Of 28 Sees All Her Beaux Fade Away

DEAR MISS DIX: My single daughter, who is 28, is working at a fine position in a distant city. She is a charming, intelligent, well-dressed girl. Yet, when she meets a young man, he'll date her several times—sometimes for months—then when she begins to consider him seriously, he fades out of the picture. Could it be that she's too sincere, or too proper?

ANSWER: Sincerity and propriety are not qualities that would drive away a man of serious intent. The fault must be sought elsewhere. Perhaps your daughter has a subconscious desire to retain her independence, and actually discourages her beaux when they approach the proposal stage. Or, she may be overbearing, and, again perhaps subconsciously, tries too hard to make an impression. Since she has no difficulty whatever in attracting young men, the snag comes with the fact that she can't keep them. The trouble, therefore, is within herself, and calls for a little analysis from both herself and you; the assistance of a third person in unraveling her problem would be helpful, but the third party obviously must be someone who knows her quite well. To make the proper impression on altar bound young men, it's a good thing to have domestic abilities, too.

DEAR MISS DIX: I'm going with a boy for two years; we are both 30 and very much in love. There is only one thing I don't like about him; he's too flirty. Whenever we go out he likes to look at all the girls and comment on them. Does this mean that I couldn't trust him?

ANSWER: You unconsciously summed up your own problem when you referred to your friend as a "boy"—and he's 30 years of age! The trouble is, of course, that he hasn't grown up to the status of his years, and still indulges in adolescent ogling and wisecracking. You can trust him—as far as you can see him. In any case, he appears very dependable and certainly not ready for the rigors of married life.

DEAR MISS DIX: My problem concerns my four-year-old step-daughter. Her mother has custody of her, with visiting privileges for her father two days a month. The mother is teaching the child to call her father by his first name, is telling her all sorts of untruths about us, and certainly isn't taking proper care of the youngster. The child is never neatly dressed. When we send gifts at Christmas or for birthdays, they are returned to us. The girl never wants to go home after visiting us. My husband and I would love to have her with us permanently. What can be done about it?

ANSWER: Your husband should take action to have the custody order changed. A lawyer will arrange the details. If the facts are as presented by you it's quite likely that consideration will be given his petition. You have the makings of a conscientious, loving stepmother, and I hope your cause succeeds.

DEAR MISS DIX: I'm engaged to a very nice young man I've known for nearly a year. He assures me he loves me, but his actions make me doubtful. He has an awful habit of lying, and is not dependable as

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DRINK THIS MUCH

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4519 by Anne Adams

Seven Days A Week

(By Anne Shannon)

1. MONDAY: Beautiful June days and the Island countryside is brimming over with beauty and loveliness! Purple lilac clusters cover almost every inch of the two big bushes in the front yard and the heady scent is wafted on every little breeze. What a pity they can't last forever! Old, old apple trees, at the upper line fence have deep pink buds one moment and the next it seems, are covered with misty banks of white and pink bloom. Was it only a few weeks ago that these same trees with their gnarled limbs, wouldn't merit a passing glance?

I walked across the fields in the purple dusk and as I turned the woods corner, there in all its proud array stood a huge apple tree. Hitherto unnoticed, it must have bloomed other years, and then suddenly decided to don a gown of white this June. A blue jay, with wings like a summer sky, and a jaunty top hat, perched amongst the topmost branches and I thought—"You lucky little guy—you're on top of the world and you don't know it!"

2. TUESDAY: How many teenagers made a Year Board last year? Remember you buy an ordinary checker board and a tube of Glue. A pair of scissors is us-

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Cook's Corner

LUNCHEON MEAT CASSEROLE

Yield—5 servings.

2 tablespoons shortening

1 cup chopped onion

1/2 cup diced celery

2 tablespoons corn starch

1/4 teaspoon pepper

2 cups tomato juice

2 bouillon cubes (or 2 teaspoons fluid meat extract)

1/4 teaspoon granulated sugar

1 can (12 ounces) luncheon meat, cut into 1/2-inch cubes

2 tablespoons butter or margarine

1 1/2 cups coarse soft bread crumbs

Heat the shortening; add the onion and celery and fry gently, stirring often, until onion is tender and golden.

Remove from heat and sprinkle with the corn starch and pepper; blend smoothly.

Gradually stir in the tomato juice; add bouillon cubes or fluid meat extract. Cook, stirring constantly, until sauce is smoothly thickened; cover and cook over very low heat; stirring occasionally, until no raw flavor of starch remains.

Stir in sugar and luncheon meat and turn into a greased baking dish.

Melt the butter or margarine, add bread crumbs and toss to combine; sprinkle over meat mixture.

Bake in a hot oven, 400 degrees, covered, until crumbs are golden and meat heated through—about 20 minutes.

Modern Etiquette

By Roberta Lee

Q. I am a widow and about to marry for the second time. White is my best color and I should like very much to wear it for my wedding. Would this be proper?

A. No. White is not properly worn by a bride marrying for the second time.

Q. Is it proper to blow your nose at the dinner table?

A. Yes, but be sure to do it quietly and as quickly as possible.

Q. When your home is being used for a reception by the club to which you belong, should you head the receiving line?

A. The president of the club should receive officially as hostess. You can greet the guests at the door, and also circulate about to see that they are receiving the proper attention.

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4 HANDY SIZES

Household Scrapbook

By Roberta Lee

Better English

By D. C. Williams

Cut Glass

One of the most satisfactory methods of washing cut glass articles is to use spirits of ammonia in hot water. Then polish with a chamol.

Poached Eggs

To prevent eggs from breaking when poaching, place a teaspoonful of vinegar, or salt, in the water.

Rust Spots

To remove rust stains from clothing, soak them in boiling rhu-barb juice. It is claimed that the most stubborn spots will yield to this treatment, without injuring the material.

1. What is wrong with this sentence? "There aren't but five books on the shelf, and I can't seem to find the right one."
2. What is the correct pronunciation of "nucleus"?
3. Which one of these words is misspelled? Antenna, antecedent, anteseptic, antecessor.
4. What does the word "roundity" mean?
5. What is a word beginning with or that means "inclined to believe, especially on slight evidence"?

ANSWERS

1. Say, "There are but five books on the shelf, and it seems I can't find the right one."
2. Pronounce first u as in use, not as in rude.
3. Antiseptic.
4. Roundness; of speech full and flowing.
5. The boldness and roundness of his speech held his audience spellbound.
5. Credulous

The word "physics" is of Greek origin, meaning "the knowledge of nature."

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