

Best Treatment For Backache Is Complete Rest

Exercise Is Likely To Make Condition Worse, Says Doctor.

By LOGAN CLENDENING, M.D.
Cleveland College, Western Reserve University.

One form of arthritis which is likely to come on after middle age involves particularly the back. It may cause a great deal of pain, not only in the back itself, but by impingement on nerves of the abdomen, down the leg, and in the region of the sciatic nerve. This is a chronic disease which may last for several years. The pain eventually disappears, leaving a certain amount of stiffness of the spine.



Dr. Clendenin

People in this condition, however, may have the entire process lighted up again by an injury or by heavy lifting or a strain of the back. In a series of several thousand cases of lower-back pain, it was found that 30 per cent. of them could be classified in this way.

The usual history of these cases is somewhat as follows: A person of about 50 will have a fall or strain the back while lifting. One patient that I know of, aged 54, dated her pain from a day on which she was doing some aesthetic dancing. While I applaud the spirit of anyone 54 years old who does aesthetic dancing, I feel that a warning should be sounded against such enthusiasms.

Rest Important

The proper treatment is rest, with support of the spine as on a fracture bed and immobility for several weeks.

In fact, this form of treatment is valuable for many cases of backache and sciatica. All too frequently patients believe that movement and exercise and manipulation will cure them when, as a matter of fact, these procedures really make them worse and the one outstanding obvious thing, which is rest, is forgotten.

QUESTIONS FROM READERS

H. C. R.: "(1) A neighbor of ours gave my father a cedar chest that belonged to a relative of theirs who has just died of a cancer of the nose. The neighbor is a particular person in matters of health and washed the chest with lysol and aired it a day before giving it to my father. Is there any danger of us getting cancer from this? (2) My father does not seem to believe in the existence of germs. He makes a salt water mouth wash when he gets up in the morning and uses his fingers to get the salt from the salt bowl. Is there any danger of us getting disease from this practice?"

Answer: (1) There is no danger of catching cancer either from an article of furniture or in any other way. Cancer is definitely not a contagious disease. There is no instance out of the many thousand examples of people who have lived with, slept with, attended and handled cancer patients, of contagion occurring. In fact, many experimenters have attempted to remove cancer tissue and inject it into their own persons with the idea of producing cancer, but none ever has occurred. (2) I do not believe there is any danger in the practice which you speak of. Salt has some antiseptic power. While I do not approve of the practice as an ideal sanitary measure, I doubt whether it will cause any actual disease.

Wash Blonde Hair Often, Says Alice Or Give It Frequent Dry Shampoos

By GLADYS GLAD
"America's Most Famous Beauty"

The blonde and winsome Alice Faye, whose lovely warbling and graceful dancing have catapulted her into cinema stardom, takes very excellent care of her platinum blonde tresses. Alice shampoos her hair quite frequently, or she claims that blonde hair cannot be permitted to become oily ever. Blonde hair must be soft and fluffy to be attractive, she says, and often, therefore, when she hasn't time for a regular shampoo, Alice uses a dry shampoo.

It's true that when a girl's hair is afflicted with excess oiliness she can't conceal its dankness very easily, and dank, greasy hair certainly isn't attractive. The only thing for a lass to do is to attempt to correct that excess oiliness, if her hair is thus afflicted. And until it is corrected, she must use some method of allaying the oiliness and of making her hair look more presentable.

For such girls, the best in-use is cornmeal and salt shampoo. This type of shampoo is also useful to women who are susceptible to colds during the winter. An excellent dry shampoo for home use is cornmeal and salt shampoo. To prepare this, mix one cup of ordinary cornmeal thoroughly with one tablespoonful of salt. Shake this mixture through your entire head of hair generously, and then massage it through your hair and over your scalp with your fingertips. After the massaging, brush your hair vigorously with a long-bristled brush, in order to remove all of the mixture. Then part your hair at intervals, take a slightly dampened towel, and rub your scalp at each parting, in order to cleanse it.

Another dry shampoo that is simple to use is composed solely of egg whites. To prepare it, take the whites of two eggs and beat them to a stiff consistency. Then apply the egg whites to your hair, and massage your scalp well with your fingertips. After this massaging, permit the egg whites to dry thoroughly on the hair. When thoroughly dry, brush your hair briskly, in order to remove all the flakes of egg white. And as in the previous routine, part your hair and cleanse your scalp with a dampened cloth. This procedure will remove all accumulated dirt, dust and oil from your hair, and will leave it clean, soft and lustrous.

CROOKED TEETH

Rita: Braces are not always necessary to straighten teeth. I would advise you to consult a dentist about having your teeth straightened.

BLEACH

C. M. S.: Lemon juice or peroxide may be used to whiten the skin. Permit either bleach to dry on the skin, and then apply a bit of cold cream to counteract any drying effects.

EYEBROWS

Bella: If your eyebrows have begun to grow in the space between your eyes, you should pluck out the stray hairs. Your brows may also be thinned by plucking, if they are too bushy.

Gardening

DEAN HALLIDAY
Garden Expert for Central Press and "The Maritime Broadcaster."

NEW PERENNIAL BORDERS

Have you decided as yet where the new perennial bed or border is to be placed? A sunny spot should be decided upon, and if possible one that can be viewed from the house to give the fullest degree of pleasure.

The perennial border seems to



ALICE FAYE—SHOWN ABOVE, OFTEN USES A DRY SHAMPOO FOR HER BLOND TRESSES.

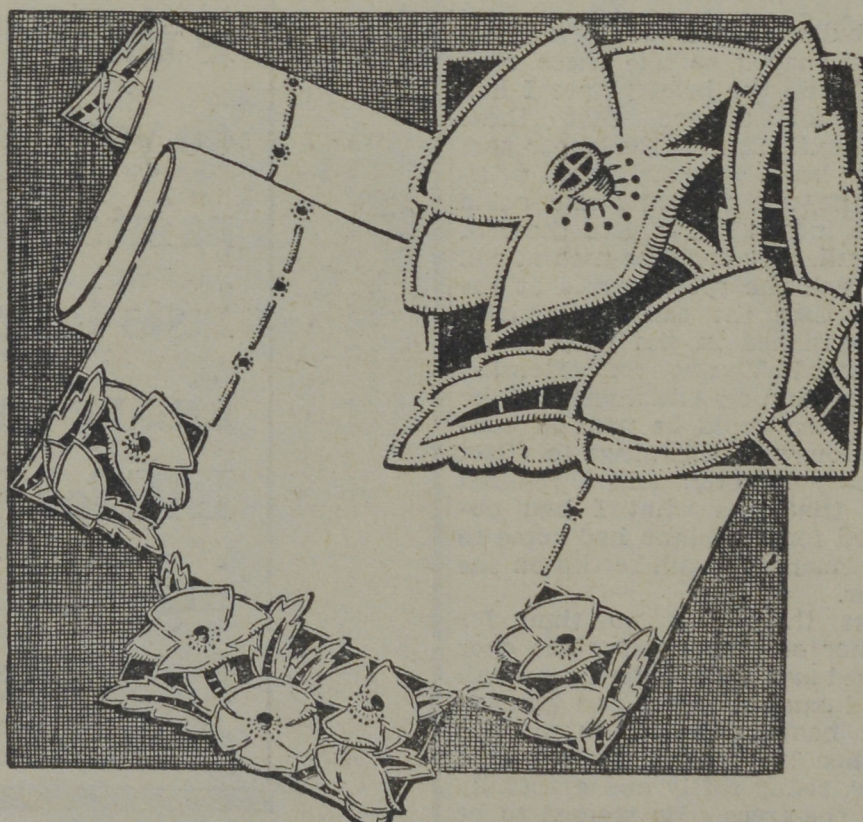
be the simplest and most convenient border. It may be used in front of a shrubby border in either a graceful curved effect, or a straight line, or in masses between groups of shrubbery.

This perennial border often is really a mixed border using annuals to fill in. This gives an opportunity to use the tall and rank growing types in the back and the lower more delicate varieties in the foreground.

After you have decided on the location for your perennials the next step is to look into the drainage, especially if you have a clay soil. Sandy soil drains away without extra drainage provided. The drainage can very often be taken care of by digging a trench and laying tile or sometimes only broken bricks and stones will suffice.

The next step is to check your soil. If the top loam is deep enough you surely need to give it a good turning over. But if the top soil is only a few inches deep, gather it in a pile and break up with manure.

This Cutwork Is Smart In Color Or White Says Laura Wheeler



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