

Modern Hygiene Was Originated In Ancient Italy

Salerno Has Given Much To People of Present Generation.

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

This article will not be useful in the way of health hints. It simply describes a part of the travels I am now making.

This week I visited the city where many of our modern ideas of hygiene originated. It is the city of Salerno, about twenty miles south of Naples.

It takes no stretch of the imagination to see why people came here for their health. The city is situated on a beautiful bay with the clear blue water of the Mediterranean at its feet, and the soft and invigorating atmosphere of that region all about.

There are two mineral springs and medicinal baths, and undoubtedly many sick persons in former days came here to experience their healing powers. A Benedictine monastery founded in 794 took these invalids in and established a kind of hospital. Some of the Brothers began to read the medical works of the ancients, and others to cultivate in the monastery garden medicinal plants and herbs with which they supplemented the effects of the waters and baths. It was in this way that much of our knowledge of drugs originated. The Brothers of some order would hear of the healing powers of a certain plant, and would begin to cultivate it in their garden and try it out. They wrote accounts of the plant and its effects: When copied out and bound (this was before the days of printing) these accounts were called "herbals."

All Materials for Treatment

So in Salerno, they had all the materials of a place for the treatment of the sick—pleasant climate, sea bathing, sunshine, the members of the Benedictine order to nurse and to treat the patients, and to cultivate medicinal plants to apply to the illnesses.

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Hair Needs Care in Summer

Extra Attention Offsets Effects of Illness

By GLADYS GLAD
"America's Most Famous Beauty"

Over in Vienna, that Mecca of beautiful women, there is a girl with hair four and one-half feet long. Not inches, mind you, but feet. Can you imagine shampooing and arranging a head of hair like that? The length and heaviness of her hair doesn't seem to bother this young lady. But she believes that by the close of the winter season, with its accompanying ills, her scalp may have become devitalized. So she takes steps to rehabilitate her scalp and restore it to normal, perfect condition.

It is my contention that every woman should give her hair extra care at the beginning of summer. So many women suffer from severe colds, nerve strain, influenza and like illnesses during the winter and spring that the hair generally needs reconditioning. And now is the time that such illnesses begin to reflect themselves in the condition of the hair.

Hair Depends on Health

The loveliness of the hair depends primarily upon the strength and vitality of the body. You probably know that as well as I. But the hair responds slowly to changes in physical condition. Do not think, because your hair does not appear any the worse after an illness, that it is in perfect condition. For it may be months after your heavy cold, your influenza, your nervous breakdown, before you observe the resultant ill health of your hair. Authorities say that even from three to six months may pass before the effects of influenza appear on the hair. And they also contend that if proper measures are taken loss of hair can be checked, and sometimes can be prevented entirely.

Now, at the start of warm weather, is the time to begin giving the hair extra care. Give it regular and thorough brushing treatments to cleanse and polish it. Administer frequent scalp massages to rouse the circulation in the scalp. Give your hair oil treatments if it needs reconditioning, salt water treatments if it is oily and falls out in large quantities, ointment applications if it is subject to dandruff, and air and sun it frequently. These treatments are all described in my "Beauty Culture" booklet. Use them, treat your hair, make it bright and beautiful as all things should be in the glorious summer season.



Ann Harding
Whose lovely hair attests good care she gives it.

MAKE THIS HEIRLOOM QUILT SUGGESTS LAURA WHEELER



SPRING FANCY—PATTERN 969

Even though this quilt's name is Spring Fancy and it does indeed look like something joyous that the Spring brings us, it is not something to be lightly passed by. It is so lovely that it will be cherished as an heirloom by those fortunate enough to possess it. The block looks like a flower—perhaps a budding windflower, a magnolia or some other choice Spring posy inspired the quilt-maker! You can do each flower in two shades of one color, and you can use different colors in each block if you have some scraps you would like to use up. You will be surprised at the gay color effect you will get.

Pattern 969 comes to you with complete, simple instructions for cutting, sewing and finishing, together with yardage chart, diagram of quilt to help arrange the blocks for single and double bed size, and a diagram of block which serves as a guide for placing the patches and suggests contrasting materials.

Send 20 cents in stamps or coin (coin preferred) for this pattern to "The Maritime Broadcaster," 22 Canterbury Street, Saint John, N. B. (It will take about ten days to fill orders).

this period of your life. Let it make you sympathetic to men and women who are in similar positions. And above all, make up your mind that you will do your bit to work toward a more equitable social order where men and women who can and want to work and be self-supporting and self-respecting, can get that work. Not through revolution, which destroys almost more than it creates, but through orderly planning to evolve more just laws.

Mae's in a "tough spot," she states. Her boy friend gave her an engagement ring which was too small. When she took it to a jeweller to have it made larger he said it was a very cheap ring and he couldn't alter it. In her rage she wrote the boy a letter in which she scolded good and plenty. He wrote back saying that he was not working, so could not buy her a good ring, and he thought she knew it was a cheap trinket.

After that, although they continued going together, she did not care as much for him, and finally broke with him. When her

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Women's Problems

By VIRGINIA LEE

Recently I attended a luncheon at which a report was given of a survey made showing how high school graduates have fared since graduation from 1929 on.

The reports showed that too many have no jobs and many were unable to go on with their educations.

Now you who are graduating from the high schools and colleges these days, I know you have been lectured and advised to death. But let me add just a word of advice and sympathy that will not tax your good nature or your credulity. They may help you when you get very much discouraged.

If you do not get work for some time, try hard to have faith that things gradually will be better and eventually you will get a job. Say it to yourself, when your case

seems dreariest: "No matter how discouraging things seem I will win out in the end." If you only can keep from worrying it will help you to win and keep you sane. Worrying only saps your powers, so why worry?

Keep your self-respect. I know how hard that is, under those circumstances. When your friends who may have jobs ask you if you are working, hide the natural cringing you feel and say, "Not yet," as if you are sure you will in a day or so. It may be true, and your attitude toward the situation will help your morale.

There are so many hateful little things that try to take your courage away when you are out of a job. One of the meanest is the suspicion—just or unfounded—that your family or friends think you are not trying hard enough to get work. That about gets your goat. Whether they think so or not, YOU know you are doing all in your power to land a job, and so don't let it get you down.

And one thing more: When prosperity comes, never forget



Virginia Lee



Dr. Clending

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Questions concerning health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

CONSTIPATION
Constipation means delay in the passage of the contents of the intestines. A regular evacuation once a day is apparently a desirable health habit for most people. Failure to secure regular bowel action leads to various disturbances of the body. In some cases, these are marked and rather severe; in others, they are but slight.

The most common symptoms of constipation are headache, foul breath, loss of appetite and a sense of weakness or depression. Continued constipation is apt to lead to an irritation of the bowel and to the occurrence of haemorrhoids.

Constipation may itself be a symptom of some diseased or abnormal condition of the body. It occurs most commonly when any of the abdominal organs, such as the stomach, appendix or gall-bladder are diseased.

Constipation, as it usually occurs in a chronic form, is the result of neglect. It is failure to heed the impulse to evacuate the bowel, or, as it is often expressed,

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