

## M. D. Says Usual Idea Of Neuritis Is Far Too Limited

Irritation of Nerve, Degeneration and Inflammation Are Considered.

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

Neuritis, as the term is used by most people, is a pain in some muscular or bony part of the body. It is hardly distinguishable from arthritis.



Dr. Clendening

Such a conception is quite true, but it does not include enough. In its broad sense neuritis is a degeneration, or an irritation, or an inflammation of a nerve. The three terms do not mean the same thing. An irritation is simply a strong stimulation produced usually by some substance circulating in the blood and affecting, usually the sensory side of the nerve. Thus an abscess in an old tooth will throw enough poison into the blood to cause a pain, such as sciatica. But not enough to destroy the nerve. When the infection is removed, the pain disappears and the nerve resumes its function.

Degeneration, on the contrary, really destroys the nerve so that it cannot function again. Such degenerations are caused by many things—such chemical substances as mercury, arsenic, phosphorus, alcohol, lead, and triethocresyl phosphate, which latter was the cause of ginger paralysis.

It may be caused by food deficiencies—such as beri-beri and pellagra, and some very interesting researches have been reported on this line.

### Inflammation

Inflammation occurs when germs invade the substance of the nerve tissue itself. One of the best-known examples of this is infantile paralysis, in which the germ destroys the cell on the motor side of the spinal cord.

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## IT PAYS TO BE CAREFUL OF THE SOAP YOU USE

By **GLADYS GLAD**  
"America's Most Famous Beauty"

Over in the ruins of Pompeii, that famous Italian city that was buried by an eruption of Mt. Vesuvius centuries ago, and was only rediscovered in the eighteenth century, a complete soap-making establishment, stocked with well-preserved cakes of soap, recently was found. Of course, I don't imagine that the soaps manufactured in that era were any too good. They probably were crude products, when compared with the large variety of fine-milled soaps that are produced today. Yet there are crude soaps in existence even today. And for that reason, I insist that every damsel who values her skin should learn to select her soaps wisely.

Any woman whose skin is flawless, has her own particular skin cleansing method. I would stress the importance of using only a soap that is pure and bland for cleansing the face. It is surprising how careless some women are concerning the soap they use on their faces. Never choose a soap unless you know it to be a pure, mild, reliable product. Constant use of a poor grade of soap may lead to irreparable injury to your skin.

### Soap Contains Oil, Alkali

Soap is a combination of oil and Alkali. The alkali does not assist in cleansing the skin. It merely is a preservative used to keep the soap from turning rancid. When too much alkali is put into a soap, all of it does not combine with oil, and the excess is left in the preparation in the form of "free alkali." In its this "free alkali" that, because of its caustic action, dries and cracks the skin.

The really good soap must be free from this excess of alkali. It must be a neutral product in which the oil and alkali are completely combined. A high grade of pure, castile soap is ordinarily excellent, and there are many pure vegetable oil soaps that can be safely used. But the average woman may have to do a bit of experimenting before she finds the ideal soap for her own particular skin. And what she should search for is a soap that lathers smoothly and creamily, that removes dirt and grime from the skin effectively, and that leaves her skin feeling soft, smooth and velvety, not dry and chapped.



CLAUDETTE COLBERT, SCREEN ACTRESS HAS LOVELY SKIN

## Users Of Lipstick No Communion Bar In Great Britain

### Clergy May Be Severely Punished For Refusing Rites of Church.

London, Eng.—Clergymen who refuse communion to women who use lipstick are breaking ecclesiastical law, according to several legal experts questioned recently after two vicars and a priest intimated their plans in this regard.

"However pure the motives of an incumbent may be, there is no doubt that he not only has no legal right to refuse the sacrament in such circumstances, but refusal is an offence against ecclesiastical law, and under express statute, by which it is specifically described as a felony, and punishable as such," said a diocesan law officer.

"The grounds on which an Anglican clergyman may withhold

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the Communion are that the intending communicant does not kneel (except for some good cause); refuses to be present at public prayer; is a 'notorious depraver' of the prayer book; or is 'a person of notorious evil life,' or has wronged his neighbor by word or deed, and has not 'openly declared his repentance.'

"A person not coming within

any of the prohibited groups, being otherwise 'qualified,' is entitled as a matter of law to receive the Sacrament; and if it be refused, he may take appropriate steps to have instituted against the clergyman concerned proceedings provided for such a case.

"The punishment following a conviction for the offence may be extremely heavy."

## Women's Problems

By **VIRGINIA LEE**

Many young girls complain that they are much abused because their parents won't let them go with the boys. I often agree

What happens when young girls go freely with boys without supervision is told by a girl who with them that it would be better if their dads and mothers would allow them a little more liberty and at least welcome the boys to their homes, where they can get to know them and approve.

signs herself "Not So Dumb Blonde." She does not say that that is the reason she got a bad reputation, although she has done nothing wrong, but I deduce that from what she tells me. For how could she go with boys that were not high class and the type to treat a young girl properly if her parents had known them and they had visited at her home?

The Not So Dumb Blonde's letter is long, but this is the substance of it:

She admits she is good looking and a blonde, and her first woe is that people are inclined to think she's "dizzy" just because she is blonde and pretty. She went with a boy last summer who was "fresh," and when she told him to "scram," he and another boy, his pal, who used to go with Blondes' girl friend, spread some low stories about both of them.

Our Not So Dumb Blonde is not the kind of a girl to take such things calmly, so she slapped the boy who spread the story about her friend and blacked his eye, for which I can't help cheering, although I am a peace loving per-

son and am not, as a general thing, very fond of fighting females.

These stories have spread, and when Blonde goes through town the street corner loafers make remarks which make her feel very embarrassed. She is going with a very nice boy and she does so want to keep his love, and at times she feels like committing suicide, she says.

Which all goes to show that a young girl cannot be too careful with whom she goes. Did your parents know this boy you went with last summer, and did they approve of him? Don't go out with any boy you cannot bring to your home and introduce to your parents, and tell your mother and father about any trouble you have with such people. They are the ones to protect you.

As a general thing, a girl's own conduct is what people judge her by—that and the company she keeps. Try to have some one with you when you walk through town—especially an older person. What street loafers say does not matter so much, as their talk is idle. Behave yourself and forget about the suicide business. The stories soon die down if there is no truth to support them. Folk take for granted that a pretty blonde girl hasn't much brains, so it is up to such a girl to prove that she has, and I admire you for standing up for your rights.

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## Household Hints

By **MRS. MARY MORTON**

### RECIPES

**Lamb and Peas in Mint Jelly**—Pour 1 cup boiling bouillon over ½ bunch finely chopped mint leaves and let stand for five minutes. Sprinkle 1 tablespoon gelatin on ¼ cup cold water, soak for five minutes, add to hot broth, from which mint leaves have been removed; stir until dissolved, add 1 cup cubed lamb and 1 cup highly seasoned cooked peas to gelatin mixture. Pour into mold that has first been dipped in cold water. When firm unmold on a bed of crisp lettuce and garnish with sprigs of fresh mint.

**Pineapple Coffee Cake**—2 cups flour, 4 teaspoons Barbour's Acadia baking powder, ½ teaspoon salt, 2 tablespoons sugar, 3 tablespoons shortening, 1 egg, ¾ cup milk, ¾ cup drained, crushed pineapple, butter, brown sugar, cinnamon. Mix and sift the flour, baking powder, salt and sugar, and work in the shortening. Beat the egg until light, add the milk, and combine with the first mixture. Spread the batter in a shallow pan, brush over with melted butter, and cover with the pineapple. Sprinkle with brown sugar and cinnamon, and make in a hot oven (400 degrees) for 25 to 30 minutes.

**Inexpensive Sponge Cake**—3 eggs, 1 cup sugar, 1 cup cake flour, 1 teaspoon baking powder, salt, ¼ cup cold water. Break the eggs into a bowl, add the sugar and beat together 10 minutes. Add the dry ingredients, which have been sifted together, alternately with the water. Bake in cake pan in slow oven, 325 degrees F., for about one hour.

**Apricot Whip**—1 cup thick fruit pulp, ¾ cup sugar, 2 tablespoons lemon juice, 2 egg whites, few grains salt. Force apricots through a strainer, after draining off as much of the syrup as possible. Stir in sugar and lemon juice. Beat egg white stiff, add salt and fold in apricot pulp. Line sherbert glasses with small ginger snaps. Fill with apricot whip and chill several hours before serving.

**Fruited Oatmeal Drops**—1½ cups (one can) sweetened condensed milk, ¼ cup molasses, 2 cups rolled oats, ½ cup nut meats, chopped; ½ cup seedless raisins. Thoroughly blend sweetened condensed milk, molasses and rolled oats in top of double boiler. Cook over boiling water ten minutes, or until mixture thickens, stirring constantly. Cool. Add nut meats and raisins. Mix



A piece of glass cut the size of the pages of the cook book you are using will protect the book from spattered food and will also hold it flat so that you can comfortably read the recipe. Have the edges of the glass smoothed.

well. Drop by spoonfuls on a buttered pan. Bake 15 minutes in a moderate oven (350 degrees F.). Makes three dozen.

**Grape Juice Pie**—2 cups grape juice (add sugar to taste), 2 egg yolks, 3 tablespoons cornstarch. Cook the grape juice and cornstarch over hot water for 15 minutes. Add the beaten egg yolks and cook five minutes longer. Pour into baked pastry shell. Make a meringue of the two egg whites with four tablespoons of sugar. Cover pie and bake 20 minutes in slow oven 300 degrees.