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HAY FEVER CAN BE ABOLISHED BY USE OF WHITE CLOVER

(By Dr. James W. Barton)

I sometimes wonder why hay fever sufferers do not get together and demand that all the rag-weed throughout the country be destroyed because the other plants or pollen causing hay fever are insignificant in amount (rag-weed causes about 98 per cent of hay fever cases.)

Dr. F. A. Wier, Racine, Wisconsin, in Clinical Medicine and Surgery says, "The natural enemy of rag-weed is white clover. White clover will produce three crops a year and, if sowed along highways and waste places and cut regularly, it will be a valuable crop and put ragweed out of business, to say nothing of reclaiming the land for useful purposes. Make a government appropriation to the state or provincial and county highway commissions to plow up the roadsides from the road to the fences and sow it with white clover. This would remove the commonest source of ragweed and beautify the highway."

"If this project were made permanent it would only be a short time until the hay fever problem would be solved."

The only other method of preventing hay fever in a general way will not arrive until all our homes, factories and office buildings are air-conditioned. The buildings of the future then will have no windows, be air-conditioned, lighted by artificial sunlight, and will admit no pollens.

Now, while this is all good sense and when established will mean few if any hay fever cases, the problem now is what to do about or how to treat hay fever cases.

That the use of the pollen vaccine is helpful before the hay fever season comes in has been proved in many cases, that it helps some cases even during the hay fever season is also true, but some local treatment to the nose to give relief during the season itself is of real practical help.

There are many so-called "cures" for hay fever, and it is true that they give temporary relief, and until the highways and fields are cleared of ragweed, any sufferer is justified in using these remedies.

The base of all these remedies is something that shrinks up the lining of the nose, especially that part of the lining covering the turbinate bones which stand out in the canal or cavity of the nose and allow the ragweed pollen to settle on them or on their pedicles.

And the substance that best shrinks the membrane or lining of the nose thus removing much of the "stuffedness" is adrenalin, the juice manufactured by the adrenal glands situated one on top of each kidney. A mixture of that other substance, the Chinese drug ephedrine, with the adrenal extract is considered best as it prolongs the shrinking process.

... OF ...

Interest to Women**WHICH GETS THE MORE OUT OF LIFE?****Interesting Viewpoints Revealed in Extracts From the Letters of Two Friends**

"Sometimes I wonder," said the man past fifty who is 'pumped' into New York with thousands of other commuters in the morning and out to the suburbs again in the evening, "if the friend of mine who lives the year around just over the ridge from us on a mountain, where I spend a month's vacation every year, isn't getting much more out of life, at this stage of the journey, than I am."

"I make a comfortable living and have no financial worries at the moment. My friend barely 'gets by' with a little business in the nearby village. Yet, he is always happy, while I at times worry over the wear and tear of today's pressure and confusion and the future's apparent complexities and uncertainties. I am part of a big business machine that grinds on inexorably demanding almost all of my time and thought."

"This friend and I correspond regularly, and it's in rereading his letters and comparing them with mine that I found myself envying him. Here are paragraphs from two of them:

"I wrote: 'Spent last week in Detroit. The automobile business is going full blast and leading all other industries out of the depression, although one does not know what is going to happen overnight in Washington.'

"He writes: 'The same pair of phoebes that left us last fall and went south have flown back over the great expanse of land and found the same nest again. They have made repairs with mud and replaced the old moss with new and are preparing for family responsibilities. The fact that the nest is only about twelve inches above the top of my car when I run it into the shed seems to be no serious objection to the location, though the pair always fly out when I go in.'

"Youth may not get my point of view when I say my friend saw more in his shed than I saw in the automobile factories. I may be put down as a tired old man at 50 unable to keep up with the procession. But many men who are my own age—a time in life when one is likely to reappraise values—will know what I am getting at and not charge it up to weakness."

"There was a day when I thought it was heroic to die with your boots on, but this no longer appeals to me. The close friends I have seen topple over suddenly in the killing pace of today have not looked heroic to me, but just a little bit foolish. Each one of them, sometime before the end, knew he should ease up and even talked about retiring, but couldn't 'let go.' My friend on the mountain eased up several years ago. He knew once what it was to earn a good salary and live up to it. Now he knows the joy and peace of simple, inexpensive living, and it has made a new

man of him physically and mentally and even spiritually."

"Nature in its rarest beauty is right at this man's doorstep, and he understands and appreciates its values. He is a better than average oil painter, musician and photographer, but does not commercialize these gifts. They are his recreation. And then, there is reading—plenty of it—a radio, a small car and the daily small town newspaper. Through these media he sees and hears a nervous world rush by and sometimes reluctantly becomes a part of it temporarily when necessity demands a trip in the car. But most of the time he keeps his feet firmly planted on the mountainside from which he gets his strength."

"There, you have his life. He has had his exciting years and now he craves and gets peaceful ones. It is all very alluring to one like myself who is past 50, and who, too, has been 'through the mill.' Time and again he has tried to persuade me to do as he has done, but I cannot 'let go.' I know he is getting much out of life that I cannot enjoy while I remain shackled to the city, and yet I cannot bring myself to making the break for liberty. So the correspondence goes on between us."

"I write: 'Attended a local political meeting last night and heard Gov. Hoffman defend his actions in the Hauptmann case. There were several other speakers who tore into Hoffman's critics. Politics is always a noisy business and often not at all polite.'

"He writes: 'I have just come in at dark from painting the back of the house. Over in the woods two horned owls have been calling to each other; one calling in a deep full minor tone, the other answering in a high, savage major key ending with a chilling scream. Such vocal power within a creature of its size is astonishing.'

"I write: 'Well, spring is here. We have had our first real warm week end. All the bathing beaches were crowded, and a few hardy persons went into the water. At Coney Island alone on Sunday there were nearly one million people sitting in the sun or shoving one another around on the boardwalk. I wanted to get down to the shore, but all the main highways are so crowded on Sunday that one can get no pleasure from driving. So we remained home.'

"He writes: 'I have so enjoyed the birds returning and the unfolding of spring. The natural beauty of bird and animal life and the seasons interest me constantly. Spring is particularly alluring. I like to enjoy it to the full, to roll it under my tongue, as it were, and take plenty of time to taste the flavor and digest it in a way that gives me its fullest nourishment.'

EVEN NIGHTGOWNS TAKE TO 'SWING'**Music Influences Lingerie — One French House Makes Especially Designed Panties—Much Satin Shown**

A "swing skirt" for your nightgown, inspired by the new spring music, and a new color called "Lovebird," for slinky pajamas are the latest style note in "these and those-ies."

What's even more important in this field of apparel, also known as "undies," "lingerie" and "unmentionables" is the fact that frail-looking expensive underwear is back in the picture.

The gay days when women sometimes slipped down \$79 for a nightgown and \$49 for a slip—and husband liked it—are slowly but surely returning, lingerie-makers said today.

One said a Texas oil man's daughter had bought a \$3,000 negligee and underwear trousseau this year, and that "we get orders for the luxury type of thing every day."

The "swing-skirted" nighties in which you may wish to bed often have a three-yard circumference below the knee.

Even nightgowns have empire lines this season—accented bust, slim, fitted waist and diaphragm. Women could get by with some of them at formal parties. (Lingerie-makers say some women have been appearing in public in their nightgowns occasionally for several years.)

Specially Designed Panties

A smart lingerie house, where even panties are specially designed, further describes the mode:

"Lingerie is 95 per cent satin. 'It is very lacy, but never 'plastered' with lace, as it was two years ago. The laces are val, binche and fine, hand-run Alencon."

"American women are wearing many more sheer nightgowns, such as French women always have worn, of high colors; lipstick red, black, citron, which is like chaireuse, and French blue."

"Most lingerie, however, is lustrous satin in pale pink and the 'off-white' shades, which are more flattering than dead white. New colors are 'opaline,' a white with a delicate pink tinge; 'honey,' 'lamp-light' and 'crushed rose.'

Those "love bird" color pajamas, which one house is showing in satin, are, in plain English, green. Another new shade of green approved for pajamas is "spinach."

G. I. NUGENT, M. D.

333 BRUNSWICK STREET

Phone 808

FREDERICTON, N. B.

MODERN TEACHING BLAMED FOR LACK OF GOOD ENGLISH

(By Dr. Philip Becker Goetz)

Possibly no group of educators have more to answer for in present day methods and results than the psychologists. They did a thorough job when they attacked the teaching of formal grammar in English and so completely emancipated the young from this drudgery that nowadays a student who has not been compelled to get the rudiments of a foreign language does not know the parts of speech from one another and cannot construct a sentence properly. All the more honor to this experimental science when one of its teachers comes forward with an indictment of present ways of teaching English. Prof. A. S. Edwards of the University of Georgia declares that students fail in college "because of lack of training in English as a tool more than for any other reason."

Superintendents of education are largely responsible for slighting English in primary and secondary schools at the dictation of faddists; but even this blunder ought not to be carried on by college instructors who think the teaching of composition beneath them. For although great writers of English cannot be created by professors, the students can be taught what to avoid in faulty syntax, how to enrich their vocabulary, and how to express their thoughts in clear and readable form. The present ignorance of which is good and reputable English and the inability of most college graduates to write their own language is characteristic of a generation which has been denied the elementary lessons of English grammar.

Bermudas World's Most Northerly Coral Islands

Among the important resources of Bermuda, or to give the correct name, "The Bermudas," a group of small coral islands, the most northerly in the world, situated in the Western Atlantic Ocean about 713 miles south from Halifax, Nova Scotia, and 677 miles southeast of New York City, are climate and scenery. These, in addition to fresh vegetables, onions, potatoes and lily bulbs, constitute the principal exports with Canada and the United States the principal markets. The total area of the islands is estimated at 19 1/4 square miles and the climate is free from extremes of heat or oppressive humidity, from frost and snow. The average temperature is 70 degrees, seldom exceeding 90 degrees in the summer, and rarely falling below 50 degrees in the winter. Bermuda has always been noted as a winter resort for the more northerly climes but is increasing in popularity for summer cruises, particularly since the inauguration of the direct services by the Canadian National Steamships from Halifax, Nova Scotia, with arrival in Saint John, N. B., the year round and also from and to Montreal during the summer season. In addition to tourists, Canada supplies Bermuda with oats, hay, bran, mixed grain, and cattle feeds; beef (fresh, smoked and canned); pork (fresh and lard); mutton; fish (fresh, canned and pickled or smoked); milk and cream (canned); cheese; butter; vegetables (canned and fresh); potatoes (seed and Irish); fruit (fresh and canned); groceries; lumber; paints; furniture; fancy goods and stationery.

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MOONLIGHT INN
DUMFRIES, R. R. 2

Wet Weather in Britain Boosts Sales of Rubber Boots

It is an ill wind that blows nobody good. Over in Great Britain they have been experiencing considerable weather in consequence of which there has been a big demand for rubber boots which was supplied almost entirely by Canada, according to the Industrial Department of the Canadian National Railways.

A LADY SCOUTMASTER

Lady Scoutmasters are rare. New Brunswick now has one, in the person of Mrs. E. O. Thompson, of the 1st Rexton Troop, and formerly of Moncton. At a recent Moncton Scout display Mrs. Thompson was presented with the keys of the city by His Worship Mayor King.

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