

# This Disease Called Rheumatism Etc.

Rheumatism is the name given to a dozen disease, which 20 years hence may be grouped in different ways, writes Dr. Elizabeth Sloan, M.D., of the Glasgow Herald. Even the experts are doubtful as to its cause, and most physicians are sad, often, about their inability to cure this illness, which pains and stiffens different parts of the skeleton.

We can alleviate the pains and swellings, and the stiffness also in many cases, especially if the patient has sufficient money for treatment at spas, for hydrotherapy, electrotherapy, "rays" such as ultra-violet infra-red, and deep X-ray therapy.

## VARIOUS CAUSES

Of the various manifestations of this strange and devastating disease: acute rheumatism, a febrile state with inflamed joints, heart complications as chorea, St. Vitus dance, is often preceded by tonsillitis; and in medical circles we associate rheumatism with some local sepsis, which we call the etiology or cause of the disease. So, also, in the various forms of chronic muscular rheumatism—fibrositis of neck muscles, back muscles, lumbago, sciatica—we search, diligently for septic teeth and advise that they should be removed.

Yet, many men and women go through life with teeth one can only call frightful, without a twinge of rheumatism. It may be that sepsis is only one factor.

Then there is rheumatoid arthritis—the term so frightens many people that certain physicians dread to pronounce it—which is associated with swelling and some pain of joints, which begins often in the fingers and feet. Osteoarthritis, a similar condition, at a later age wears and distorts the cartilages and the bone of the affected joints—spine, jaw, hip joint, etc. There is also the rheumatoid arthritis of children. But let us for the moment consider rheumatism in middle life—i.e., chronic rheumatism.

## IN THE FIFTIES

This chronic rheumatism which many of us suffer in twinges after 50 is a slow inflammatory reaction in the fibrous tissue round the muscles or in the joints. The term includes fibrositis (inflammation of the fibrous tissue), myositis (muscle inflammation), arthritis (bone inflammation). The inflamed tissue contracts, there is muscular spasm, and so we get pain, limitation of movement, deformity and ugliness of the

body. If we knew the cause and were able to prevent this disease we could conserve the body supple and straight up to 70 years or more. But what is the cause?

It is all very well, declares the psychologist interested in rheumatism, to prate about infected tooth sockets, septic tonsils, and grumbling appendix. You can only discover this sepsis in one quarter of cases of rheumatism they maintain. Well, there is such a thing as auto-intoxication, self-poisoning from the intestines. If your digestive system is sluggish, from too sedentary a life, over-feeding, lack of exercise, constipation, you deserve to have rheumatism.

There are other factors operating in rheumatism. There is a hereditary idiosyncrasy, in that some of us are endowed by our ancestors with physiological weakness of the excretory organs, more especially the skin, which is supersensitive to cold and chill. Such people are apt to over-dress in cold weather and so make matters worse by lessening the skin's power of reacting to cold by contraction.

We know very little of the nervous and chemical reactions of the cutaneous covering of our vital organs and locomotive system. The skin protects us from the invasion of germs, maintains body temperature, excretes poisons which are one factor in the diseases grouped under rheumatism.

## SUPERSENSITIVENESS

I will only touch here upon a new theory of the causation of rheumatism. Is this "disease," like asthma and urticaria, and allergic manifestation? Are those of us who are prone to rheumatism supersensitive to certain germs which have no power to hurt our next door neighbors? We are all supersensitive to some things—strawberries, shell fish, cat's fur, the smell of a rose.

In association with this supersensitive theory of the causation of rheumatism let me say one word on the psychology of those who suffer from this group of diseases. There are physicians who declare that certain people show a neurotic, defensive attitude to life, because of their incapacity to adjust to their environment. The result may be "nervous breakdown," which is better labelled "emotional breakdown," or it may be "rheumatism." Think of rheumatism as a manifestation of social or sexual maladjustment! It may sound ridiculous, but serious workers in medical-psychological research are advocating the theory that rheumatism is a consequence of special psychological strain, mental conflict, personality conflict.

Those who are unconsciously dissatisfied in the love life, in work, and in social contacts, are more liable to rheumatism in one or other of its manifestations. It is perhaps as important to straighten kinks of the mind as it is to part with septic teeth and tonsils.

After traveling 1,600,000 miles in its 53 years of service, the first cable street car of Melbourne, Australia, is to be placed in Melbourne Museum.

# Doing the... World's Fair at New York

After having returned to Oslo from the villages where the sun shines all night, we determined to set sail for Denmark, in view of the fact that the boundary of Sweden was temporarily closed. (The Swedish Pavilion had just opened and during the first day invited guests only were allowed to inspect it). Eventually we sighted Copenhagen on the "Paris of the North," and having successfully run the gauntlet of the customs officials, began our tour of this charming little country.

Well, perhaps we didn't, if you're determined to keep us tied to actual facts. But it was fun imagining the missing details in our "World Tour" as we entered the Danish exhibit, which is housed in a section of one of the large buildings flanking the Court of Peace.

Art, expressed in porcelain, stoneware and bronze, is the key note of the Danish offerings. Stoneware, incidentally, consists of ornamental figures of amazingly intricate design, vases, flower pots and other additions for the home beautiful, which are fashioned from clay, painted, then burned in a kiln and finished with a glaze which manufacturers outside of Denmark have never been able to copy. The completed material is much harder and more permanent than porcelain, hence its name of "stoneware." Animal life seemed to be the favorite subject of the artists who fashion the original moulds, and some of their designs caused us to marvel when we realized that those moulds first received shape by the human hand, working with clay. For example, one portrayed a realistic representation of a lion in mortal combat with a huge snake. Another showed two ducks having a tiff and pulling each other's feathers. In another a tiger was launching himself through the air.

The exhibits of porcelain ornaments were equally as interesting. Again animals were predominant, but a piece that we coveted showed a Danish farmer in the fading years of life, standing between his team of work horses. There was a special exhibit of figures illustrating scenes from the fairy tales of that great Danish writer, Hans Christian Andersen. Lifelike little figures represented episodes from the familiar stories of "The Tinder Box," "Little Claus and Big Claus," "The Little Chimney Sweep," "Ole Lukoe," and others.

Danish silverware occupied a complete exhibit in itself, next to the restaurant where only Danish foods and liqueurs are served. Denmark is famous for its silverware throughout the world.

A few of the lesser manufactures were displayed in individual corners—cutlery made from whalebone, mittens knitted by the peasants, dolls in Danish costumes, shoes made from catfish skin, Danish furniture constructed of Cuban mahogany, wooden toys manufactured in Copenhagen, examples of bookbinding, and so on.

At one end of the building are two intriguing models illustrating where and how Danes live. One is a block diagram of Copenhagen, showing it to be a city of parks and shade trees, of high towers—hence its title, Paris of the North—and of countless canals and lakes. Incidentally, 1,000,000 of the nation's 3,500,000 population live in the capital. Opposite is a detailed model of a Danish rural village. Farm buildings form a perfect square. On one side is the low, rambling farm house and opposite it the "cow stable" with its large gate leading to the pasture outside. On the flanks are buildings used for swine and poultry and for the storing of crops. Nearby is the co-operative dairy—Denmark is famous for its rural co-operative movement—and the privately owned grist mill. In the rear are two Viking tombs, centuries old. These tombs are numerous in some parts of the country.

During our examination of these exhibits our guide was called away momentarily. When he had gone a young visitor volunteered his services, explaining that he was a Dane. He turned out to be Prof. Sven Kohning of Dalhousie University in Halifax.

There were many other interesting presentations in the Danish building but you know how editors are with space. See you in Sweden. Note—Anyone desiring to ask questions concerning the Fair, to make suggestions or offer comments



Byron M. Fisher

# WINNING CONTRACT

By the Four Aces

(David Bruce Burnstone, Merwin D. Maier, Oswald Jacoby, Howard Schenken, world's leading team of four, inventors of the system that has beaten every other system in existence.)

VOID SUIT NOT ALWAYS USEFUL described in the following answer to yesterday's question.

Yesterday you were Merwin Maier's partner and held:

♠ A J x x  
♥ —  
♦ K Q x x  
♣ 10 x x

With neither side vulnerable, the bidding went:

Maier Schenken You Jacoby  
1♣ Pass 1♦ 1♥  
2NT Pass (7)

Answer: Your correct bid is three hearts. This cue-bid in your opponent's suit is a game-forcing bid that shows (a) a good hand that includes support for your partner's club suit; (b) a void in hearts.

Score 100% for three hearts, 80% for three spades or three clubs, 50% for four clubs, 30% for five clubs, 0 for any other bid.

## Question No. 130

You are Oswald Jacoby's partner. Both sides are vulnerable and you hold:

♠ x x  
♥ 10 9 8 x x x  
♦ J 10 x x x  
♣ —

The bidding has gone:

Burnstone You Schenken Jacoby  
1♣ Pass 3♦ Pass  
3♥ Pass 3♠ Pass  
4♣ Pass 6♠ Pass  
7♠ Pass Pass Pass

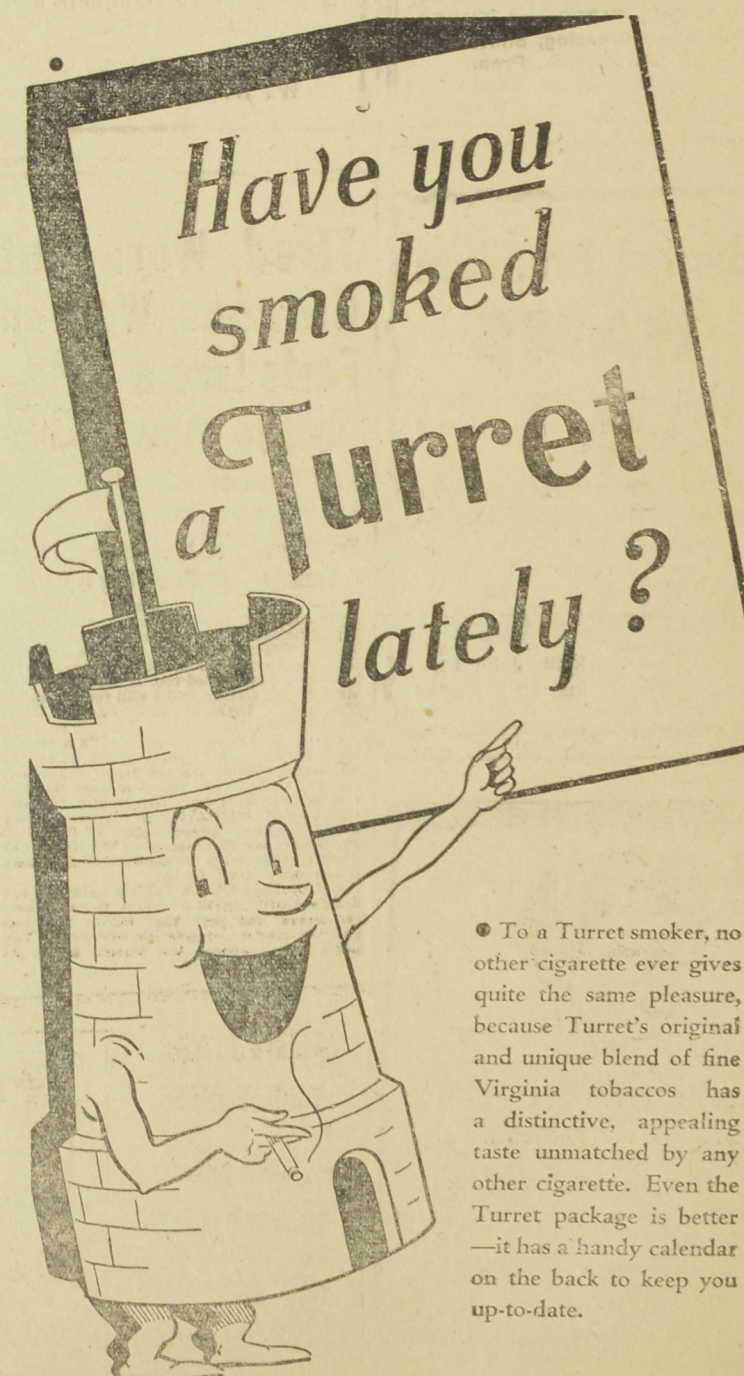
What do you lead? (Answer tomorrow.)

The Four Aces will be pleased to answer letters from readers if a stamped (3c), self-addressed envelope is enclosed with each communication addressed to The Four Aces, c/o The Daily Mail.

If you desire the pocket outline of The Four Aces system of Contract Bridge, send with your request to The Four Aces, c/o The Daily Mail a stamped (3c), self-addressed large size envelope and you will receive an outline without any charge.



on this column, will please address D. W. Griffiths, Director, New Brunswick Bureau of Information, The New Brunswick Exhibit, Canada Pavilion, The World's Fair, New York.



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For roll-your-owners we suggest Turret Fine Cut

# HEADACHE Eased Quickly

Simple Method Shown Here Often Brings Relief in Few Minutes Time



Many Doctors Advise This Easy Way to Relieve Pains of Headache, Neuritis and Rheumatism

Here is how to get speedy relief from common pains—rheumatism, neuritis, neuralgia—in the very way advised by thousands of doctors—at the cost of only a few cents.

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Demand and Get — "ASPIRIN" TRADE-MARK REG.

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FOR COUGHS, Colds, Bronchitis Mathieu's Syrup

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