

# That Body of Yours

By  
JAMES W. BARTON, M. D.

### Treating Rheumatism

IT IS naturally hard for the average rheumatic to understand why he does not get better when his infected teeth or tonsils have been satisfactorily removed.

What he does not understand is that the infection from any source—teeth, tonsils, gall bladder, large intestine—has been poisoning his system for years and that some of the damage done to joints either by the removal of some of the surface of the bones, or by the depositing of fibrous or bony growths about the joints, may never be repaired.

And the reason that the rheumatic condition continues is because wastes are remaining too long in the large intestine.

By the use of X-rays it has been shown that the large intestine in some of these rheumatic cases has more bends than normal, thus allowing wastes to remain longer in the system; in fact, products of the infection may remain in the large intestine for months after the infection has been removed.

What are the methods that physicians are using now to correct this condition in the intestine, and cure or relieve the patient from rheumatism?

One method is by use of high enemas which help to clean the surfaces of the large intestine, thus ridding the system of the wastes and of the products of infection which are still being absorbed into the system.

These high enemas, or colonic irrigations, as they are called, are being used with great success in private practice and in institutions.

The second method of treatment is by diet.

The diet treatment consists in cutting down the total amount of food; the patient getting perhaps only half of his usual amount of food. In fact, it is something like the treatment of epilepsy, where, as you know, as long as the epileptic receives no food he has no epileptic attacks.

However, food must be eaten to live, but instead of cutting down on the proteins—meat and eggs—as in former years, it is the starches—potatoes, bread, pastries, sugar—that are reduced in amount.

Dr. A. A. Fletcher, Toronto, has been able to show that the large bowel actually becomes normal or nearly normal in shape, by cutting down this starchy food in the diet.

Less food then, particularly starchy food, is the method of treating rheumatism after the infection itself has been removed.

### The Value of Lime

A FEW years ago, in a hospital clinic it was found that the blood in one of the patients did not coagulate or thicken quickly enough, and chloride of lime (not the chloride of lime used for disinfecting), was given in 15 grain doses in a sirup three times a day.

The blood then coagulated in normal time, but the physician was surprised to see that an old varicose ulcer on the leg, which had resisted treatment for a long time, had healed. He immediately gave the lime to a number of cases with varicose ulcer and had very satisfactory results.

A short time ago it was found that while lime would not cure cancer it greatly relieved the pain. It was given in the form of lime or calcium gluconate, 5 to 7 grain doses three times a day.

Recently Dr. F. Fabry, Munich, reported a case where calcium chloride was injected into the veins in cocaine poisoning. He states that the convulsions ceased, the rapid shallow breathing became slow and deep, the rigid hands and feet relaxed, and the pulse grew stronger.

In other cases physicians have been using the calcium gluconate in cocaine poisoning. Recently, also, calcium has been shown to be of great value in cases of pronounced lead poisoning.

As you know poisoning by lead can continue in the body for a long time without apparently showing any symptoms, but if the system becomes too acid some of the lead in the system becomes free and gets into the blood. Where the symptoms become acute the use of calcium gluconate gives relief to the colic and other painful symptoms.

Research men are of the opinion that calcium or lime may soon be proven to be of service in the treatment of poisoning by mercury.

Dr. J. H. Stokes, in the Journal of American Medical Association, says that lime is of great help in preventing poisoning and irritation by arsenic when this treatment must be given for certain diseases.

But you do not need lime for any poisoning or other ailment in the body; of what use then is the above knowledge to you?

If you will take plenty of lime daily in your food you will not only maintain the structure of the tissues, ward off various ailments, and any sore or irritation will heal more rapidly.

The foods rich in lime are milk, green vegetables, eggs and cheese.

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## Hitler Youth in Their Training Camp



ONE of the achievements of the Nazi regime in Germany is the organization of the boys and girls into a body known as the "Hitler Youth." A big group of these young folk are here seen at the kitchen of their training camp on the Tempelhof field.

## BEDTIME STORY FOR CHILDREN

By THORNTON W. BURGESS

### PETER RABBIT CALLS ON MELODY

YOU know what a great hand Peter Rabbit is to stay out all night. He did just that thing that night after listening to the twilight song of Melody the Wood Thrush. Just before it was time for jolly, round, red Mr. Sun to kick off his rosy blankets and begin his daily climb up in the blue, blue sky, Peter started for home in the dear Old Briar Patch. Everywhere, in the Old Orchard, the Green Forest, on the Green Meadows, his feathered friends were awakening. As he hopped along, lipperty-lip, he heard those beautiful flute-like notes of Melody the Wood Thrush. Turning, he scampered over to where he had spent such a peaceful hour the evening before. Melody saw him at once, and hopped down on the ground for a little gossip while he scratched among the leaves in search of his breakfast.

"I just love to hear you sing, Melody," cried Peter, rather breathlessly. "I don't know of any other song that makes me feel quite as yours does, so sort of perfectly contented and free of care and worry."

"Thank you," replied Melody. "I'm glad you like to hear me sing, for there is nothing I like to do better. It is the one way in which I can express my feelings. I love all the great world, and I just have to tell it. I do not mean to boast when I say that all the Thrush family have good voices."

"But you have the best of all," cried Peter.

Melody shook his brown head. "I wouldn't say that," said he modestly. "I think the song of my cousin Hermit

is even more beautiful than mine. Then there is my cousin Veery. His song is wonderful, I think."

But just then Peter's curiosity was greater than his interest in songs. "Have you built your nest yet?" Melody nodded. "It is in a little tree not far from here," said he, "and Mrs. Wood Thrush is sitting on five eggs this blessed minute. Isn't that perfectly lovely?"

It was Peter's turn to nod. "What is your nest built of?" he inquired.

"Rootlets and tiny twigs and weed stalks and leaves and mud," replied Melody.

"Mud!" exclaimed Peter. "Why, that's what Welcome Robin uses in his nest."

"Well, Welcome Robin is my own cousin, so I don't know as there's anything so surprising in that," retorted Melody. "Now, if you'll excuse me, Peter, I'll get my breakfast and give Mrs. Wood Thrush a chance to get hers."

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## QUESTION BOX

By ED WYNN...  
The Perfect Fool

Dear Mr. Wynn:

Why is it that "tramps" are so popular?

Sincerely,  
R. R. TIES.

Answer—Because they never start any labor disputes.

Dear Mr. Wynn:

Can you tell me the origin of the old adage about "Father Makes Hay," etc., etc.?

Yours truly,  
A. CORNFIELD.

Answer: It originated in the year 1803. A very wealthy farmer, who raised hay and wheat on a farm in Minnesota, had a son about eighteen years of age who was tired of working for his father, raising hay and wheat, and decided to go to New York city. His father gave him some money, and on the son's arrival in New York he had about \$24 left. Realizing he could only live for a day on that in New York, the boy invested his money immediately.

He bought a bootblack stand and started to shine shoes for a living. There's the whole story. The son stayed in New York city, shining shoes for his living, and the father continued to earn his living, out in Minnesota, raising hay and wheat, so you see, "The Father Made Hay While the 'Son' Shined."

Dear Mr. Wynn:

I borrowed three hundred dollars from a friend of mine last July and I am unable to pay him back. He doesn't know it yet. I would like to return it but it doesn't look as if I will ever give him his three hundred dollars. What shall I do? I haven't been able to sleep on account of this.

Sincerely,  
A. PAUPER.

Answer: The first thing you should do is to go to your friend and tell him you will not be able to return his three hundred dollars. Then he won't be able to sleep, either.

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### Cotton Sports Coat



Easy to slip on is this sports coat of red and white striped cotton, embroidered in red. There are enormous pockets in the front and an inverted box pleat for extra roominess in the back.

## Egypt Junks Hand Looms to Hold Trade; Japan in Field With Strong Competition

Egypt has joined the nations which are trying to develop home industry. In many places the old-fashioned hand looms, which have been used from time immemorial to weave Egypt's fine cotton into cloth, are being replaced by modern machinery. The object is to enable Egyptians to supply the type of cotton best suited to Egyptian needs.

In spite of comparatively cheap labor, which can be obtained in Egypt, the government has found it necessary to put a tariff on all imported cotton goods. This is said not to affect British goods, which, because of their grade and price, are not suited to the Egyptian market. It is aimed primarily at Japanese competition.

The Japanese, it is stated, can pro-

## WITTY KITTY

By NINA WILCOX PUTNAM



The girl chum says an ideal doctor would be one who would not only prescribe a winter vacation but would knock the price of the ticket off his fee.

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## Mother's Cook Book

INSTEAD OF MEAT

IN MANY homes where the use of meat must be restricted a vegetable plate will be a most welcome addition; here is one:

In center of the platter hot stuffed peppers, at each end halves of new cabbage cooked, and a white sauce with cheese poured over it, sliced buttered beets on one side and browned potatoes on the other.

**Tapioca Omelet.**

Stir two tablespoonfuls of tapioca into three-fourths of a cupful of scalded milk; one-half teaspoonful of salt. Cook for ten minutes in a double boiler. Remove from the fire, stir in four well-beaten egg yolks and a tablespoonful of butter. Fold in the stiffly beaten whites of the eggs and pour into a well-buttered hot omelet pan. Cook as usual; brown under the gas or in the oven.

Souffles are such pretty dishes to

## When Mother Calls

By ANNE CAMPBELL

PATTY is not used to treatment which is anything but kind. But when Mother calls: "Patricia!" Patty knows she has to mind!

It is "Patty, dear!" and "Darling!" When our little girl is good, But when Mother calls: "Patricia!" Things aren't going as they should!

When you see her running homeward, Then most likely you will find Mother sternly called: "Patricia!" So she knows she has to mind!

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serve, but like omelets, will not wait without falling. Here is one that will stand up even during the serving:

**Custard Souffle.**

Cream two tablespoonfuls of butter and one and one-half tablespoonfuls of flour. Pour on gradually one cupful of hot milk in which one tablespoonful of tapioca has been cooked for 15 minutes. Cook eight minutes in a double boiler. Separate four eggs, beat yolks, add two tablespoonfuls of sugar and add to the milk mixture. Cool, add the stiffly beaten whites and bake 30 minutes in a moderate oven.

**Casserole of Salmon.**

Take two cupfuls of cooked, shredded salmon, two tablespoonfuls of tapioca uncooked, one cupful of milk, two tablespoonfuls of butter, one-fourth teaspoonful of salt, a dash each of pepper and paprika. Mix in the order given and bake ten minutes, then cover with small baking powder biscuit and finish baking.

**Fruit Omelet.**

Beat the yolks of six eggs, add two tablespoonfuls of sugar and one-half cupful of orange juice. Fold in the stiffly beaten whites of the eggs and pour into a hot, well-buttered omelet pan. Cook slowly, lifting the edges until a golden brown on the bottom. Spread one-half thickly with orange marmalade, and fold. Serve at once.

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## Do YOU Know—



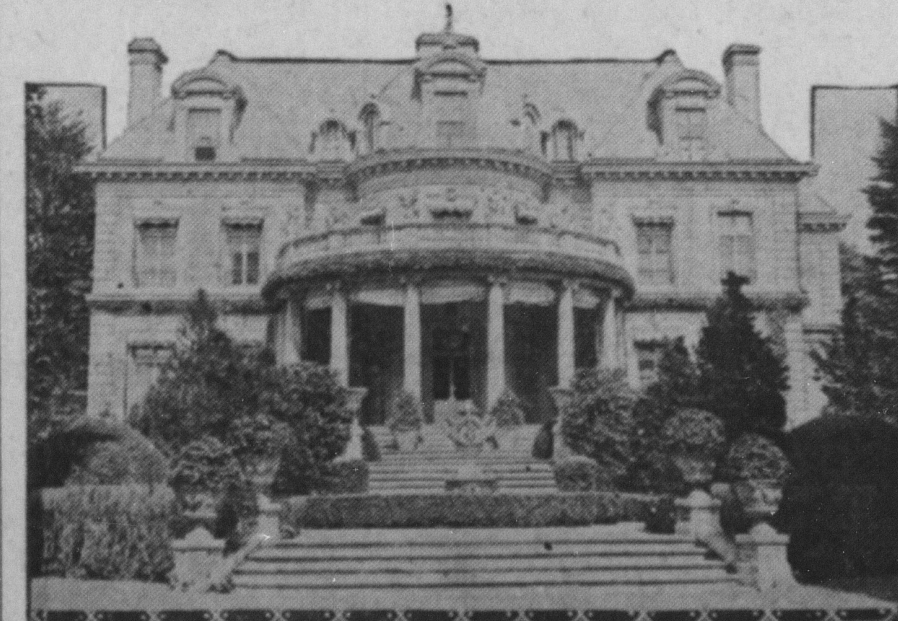
It is estimated, that every minute during the day and night a fire occurs somewhere in the United States. Each year 15,000 persons are burned to death and many thousands injured. Fires destroy property worth \$750,000,000 annually.

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**Volcanic Eruptions**

Volcanic eruptions, drought and unusually severe winters are sufficiently striking to be recorded in the history of the world long before the establishment of weather organizations by the nations to make a systematic record of the daily variations. If records of volcanic eruptions are traced back through the ages, it will be seen that in many instances dry periods and severe winters followed such occurrences.

## Bought by Young Astor for His Bride



VIEW of Chetwode, one of the show pieces of Newport, R. I., which was purchased by young John Jacob Astor for his bride, who was Ellen Tuck French.

duce exactly the grade of cotton material required by Egypt at a price which, despite the expense of transportation, makes it impossible for even comparatively cheaply produced cotton to hold its own. Hence the expansion of the local industry.

Enormous progress in the industry is reported. For the moment efforts are being made merely to make Egypt self-sufficient in so far as her cotton goods needs are concerned. Palestine, Iraq and Arabia are situated geographically so as to make it more to their

advantage economically speaking to buy Egyptian cotton if available. Apart from the fact that the Egyptian cotton has a reputation for unequalled fineness, it is considered that Egyptians are better able to produce the type of goods required by their neighbors than other nations.

**Always Room at the Table**

When guests came for a meal to an Ohio pioneer cabin the owners would frequently take the door off its hinges to make an addition to the table.

## Warm-Weather Frock

Cleverly Designed

PATTERN 9921



A belt that ends on each side of the front just where the slenderizing point begins is a clever device for making a woman who has to consider lines, look her best. With warm weather, a few light-colored frocks must be put in work—and light colors make a woman look larger unless her pattern is designed—like this one—to offset that effect. This frock is a safe and satisfactory choice for a print with a light ground, or a plain fabric in a lovely summer coloring.

Pattern 9921 may be ordered only in sizes, 36, 38, 40, 42, 44 and 46. Size 36 requires 3 3/4 yards, 39-inch fabric and 3/4 yard 9-inch lace.

Complete diagrammed sew chart included.

Send FIFTEEN CENTS in coins or stamps (coins preferred) for this pattern. Be sure to write plainly your NAME, ADDRESS, the STYLE NUMBER AND SIZE.

Send your order to Sewing Circle Pattern Department, 232 West Eighteenth Street, New York, N. Y.

## SMILES

HAD GRADUATED

A golf professional, hired by a big departmental store to give golf lessons, was approached by two women. "Do you wish to learn to play golf, madam?" he asked one.

"Oh, no," she said; "it's my friend who wants to learn. I learned yesterday."

Glass Arm

Golfer—There goes little Binks and Miss Munny. I thought she threw him over.

Partner—So she did. But you know how a girl throws.—New York Sun.

Feared the Worst

"He said you were what?"

"Laoaic."

"What does that mean?"

"Dunno. But I gave him one on the nose to be on the safe side."—Gazzettino Illustrato.

Show Him Out

"Is your young man popular with your people?"

"I should say so. Dad comes downstairs every night at twelve o'clock to see him off."—London Tit-Bits.

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