

TALKS ON HEALTH

By A FAMILY DOCTOR.

LIFE-GIVING LIGHT

Once upon a time there lived a potato. And the potato was thrown into a dark cellar lighted only by the few dismal rays that straggled through a grating in the corner. When the warm spring came the potato threw out a shoot, and every day, in spite of the absence of light and sunshine, it grew a little bit. It wanted to live, even in its unnatural surroundings, but it was a pale, limp, feeble little plant, and after a few weeks of brave effort it died. Then the house was pulled down by some workmen, and when they opened up the cellar they found the poor little potato plant, stark and stiff and cold—dead. But, stay! my story is not finished. Look at the pathetic little plant and study it carefully. In which direction did it grow? Did it grow upwards, or to the north or to the south, the east, the west? No, it grew towards the light. Alone in the cellar, untaught by any teacher, guided by no human touch, impelled only by its God-given instinct, and obedient to the grand immutable law of Creation, it had striven towards the light. And if there has been a hundred more brothers and sisters of this potato scattered around the floor of the cellar, they would all have grown towards the light. Potatoes have eyes, but they cannot read this column. They require no instruction; they have an innate perception that life without light is a poor thing; and so my little potato plant struggled towards the grating, feeling that if only it could reach the light all would be well. And it was only when it found that it was striving towards an unattainable ideal that its potato-soul fled.

A PLACE IN THE SUN

If you live in a basement you must get out of it; if you are a cook and live in dismal quarters, inquire if there is not a vacancy where the servants' rooms are brighter. When you move into a new house (and I suppose you will get one some day), choose it because it is on the lighter side of the street, not because it is next door to a public-house. If you work as a clerk in an office where artificial light has to be used on a summer's day, spend every available moment out of doors. You have a right to a place in the sun. Raise your thoughts; think of the glorious blazing sun, the majestic king of the heavens pouring forth his rays of heat and light in unstinted splendour, and then think of your own poky room. If you do not put up a fight to reach the light you have not the pluck of a potato.

PITY THE KIDDIES.

If I were not a Christian I should be a sun worshipper, and I should be very proud of my religion. And all that I have written applies with double force to your children. They have not the instinct of the animal or vegetable kingdom—an all-wise Providence has substituted for instinct the guidance of a wise father, a loving mother. Give your children a chance. Try to live near a park or open space where they can find the light that is denied them in their own homes. If you wish your son and heir to be a credit to you, give him sun and air. Ah! teach your little children that the sunbeams love them, and let your lessons take the practical form of giving them a house full of light. Do your best; make the best of things. I know it is difficult, but think of the potato and put up a fight.

PILES AND THEIR TREATMENT.

The principal cause of piles is constipation, which is generally due to bad habits acquired in childhood. Any mother who takes care to see that her child has a regular evacuation is taking steps to prevent piles in after-life. When once they have begun to appear they get steadily worse, unless remedial measures are adopted. The usual precautions against constipation must be rigorously enforced. Straining is the very worst thing for piles. A useful aperient for piles is made by mixing equal portions of confection of senna and confection of sulphur. A teaspoonful or more may be taken at night. Some simple antiseptic ointment should be applied, such as nitrate of mercury ointment. The injection of a few ounces of ice-cold water is often useful. If the piles are painful and protrude, it is a good plan to lie down for some hours and apply constantly some lead lotion on a piece of lint. When the hemorrhoids have been allowed to develop to such an extent that they make life a burden, an operation may be safely recommended. The patient must be in the hospital for about three weeks, and take life very quietly for another fortnight after he returns home. I must add that every case should be carefully examined by a surgeon, as there have been a number of cases reported in which the patient was mistaken.

IMAGINARY ILLS.

Human nature is very susceptible, and in spite of natural will-power we are too often so obsessed with our own troubles that we forget to use due discrimination. Never let your will-power leave you, however queer you may feel. Those who use their will-power have no use for miracles or holy wells. They just live a natural, healthy life, and when illness in reality does come upon them they go to their medical adviser with cheerful heart, knowing full well that what science can do to restore them to health will be done. So keep cheerful and the sprits up!

WATCH THE MOUTH'S ROOF.

If you have children you might be interested to look at the roofs of their mouths. Some roofs are broad and low; some are very highly arched and narrow. If you were a dental surgeon attached to a school clinic you would see thousands of mouths in the course of a year. The roof of the mouth is called the palate, and it is made of bone. Next time you go to the museum you will look at the skeleton and note the shape of the bony palate. On examining the skeleton you will note that the roof of the mouth is the floor of the nose, just as the ceiling of the parlour is the floor of the bedroom above. Now a careful record of the examination of thousands of school children brings out this interesting discovery: the children who are always having colds have mis-shapen palates; the bone is so highly arched that the free airway

is obstructed. Frequent catarrh leads to bronchitis and to unhealthy palates. Here, then, is a fact to make you think.

A PARENT'S DUTY.

If we all made an effort we could abolish all the ills (and they are many) that arise from deformed noses and palates. They ought to disappear from the face of the earth for ever. The duty falls on the parents first; the children never asked to be born, but the parents dragged them into the world, and it is only fair that the innocent and the helpless should be cared for. The parents must avail themselves of the facilities for treatment, and must co-operate with the teachers and the nurses and the doctors. Some diseases we cannot prevent, but we ought not to stand by and watch a child grow up with a perpetually stuffy nose, knowing, as we do, that week by week the bones of the face are being fixed in a bad position. Never let a young woman grow up to think that she might not have been such a sufferer if only her parents had taken a little more care. Of all sad words of tongue or pen the saddest are these: "It might have been."

ANSWERS TO CORRESPONDENTS.

Will correspondents please note that replies cannot be sent by post? All letters will be carefully considered, and answered in this column in due course.

Berry.—For the greasy skin and pimples take frequent hot baths and use coal tar soap freely. Take some salts and magnesia first thing every morning. Take ordinary digestible food, with plenty of vegetables and fruit.

Instep.—You should attend the orthopaedic department of a large hospital for treatment for the painful instep. You cannot treat yourself.

A.T.S. ENTHUSIASM.

GIRLS TRAIN TO BRING DOWN ENEMY BOMBERS.

(By PATRICIA DOCKSEY.)

"... And there's just one more thing I want to say: We're very proud to have had you here with us, and we wish you all the very best of good luck. Good-bye."

The "Chief," who bears the rank badge of Lieutenant-Colonel on her shoulders, leaves the platform, and the rigid lines of girls relax and scatter into groups round the hall to await their final instructions on train times and destinations.

A month ago these girls straggled in at the big gates of a Northern Command training depot round-eyed, bewildered, and not a little scared. To-morrow they will march out again, rank upon rank of them, swinging along like young goddesses, chin held high and brass buttons shining, confident and eager to start the next stage of their training for the A.T.S.

What has happened to them during this month? They've learnt to wear and care for the King's uniform; they've learnt to walk, to drill, to give a smart salute; they've been "groomed" like film stars; they've been taught the rudiments of army discipline and army law; they have, through first hand knowledge and with expert help, discovered the particular branch of the A.T.S. in which they are most suited to serve; they've worked extremely hard, but they've had enormous fun. In short, they've "found their feet."

They've come from all over the North, these girls; from Staindrop, Middlesbrough, Newcastle-upon-Tyne, Berwick, Consett, Barnard Castle, the Hartlepoons, Scarborough, Morpeth, and a score of small North-country villages. You'll know some of them; you're sure to know everyone knows someone in the A.T.S. these days. Maybe you've seen some of them when they've left the Northern Command A.T.S. Depot and come home on their "half days," looking a bit gauche and self-conscious in their brand new uniforms. You should see them now! But if you don't want to join the A.T.S., don't talk to them. Enthusiasm is catching.

Some of them are going on to be trained for Ack-Ack work and Radiolocation, the newest and possibly the most exciting work a girl can do in this war. Imagine yourself directing the firing of an A.A. gun. Imagine what it would be like if, through your own particular skill and good judgment and accuracy another Jerry came tumbling out of the sky. It can be done. Very soon it will be done. And the point is that girls can do this job better than men. The Ack-Ack Officer who tests the girls for their suitability for this work was insistent about this. "Education," he said, "doesn't matter, and you don't need any knowledge of maths. What you do need is good eyesight, a delicate touch, and quick perception. These are necessary, because Ack-Ack work is done so quickly and hurriedly. But if you have these qualities you can certainly be trained for this work. We want girls to work as spotters, height finders and predictors, while the men work the guns."

Other girls are being posted for training as drivers, or clerks or telephonists. Others stay behind at this same depot for further training as cooks, and some are ready to go straight into action as orderlies. Read through that list of jobs again: what do you plan to do after the war? Doesn't it look as if your A.T.S. training would stand you in good stead for that post-war job you will want?

And quite apart from your future job of work, the training you get in grooming, in walking and standing and how to wear your clothes will last you the rest of your life. This is the sort of knowledge that, up to now, has only been taught in expensive finishing schools.

Yes, I'm enthusiastic, aren't I? I've just spent twenty-four hours with the A.T.S. and well enthusiasm is catching!

PROBLEM CORNER.

FREE ADVICE FOR OUR READERS.

Below we give a selection from the enquiries dealt with by our FREE ADVICE AND ENQUIRY BUREAU. In each case an individual reply has been forwarded. Our experts are prepared to advise readers on problems of every description. Each enquiry should be clearly stated, and with a stamped addressed reply envelope sent to ENQUIRY, c/o the Editor. No original letters or documents should be forwarded unless subsequently asked for.

Landlord and Tenant.

"Curious."—If the house was brought within control on 2nd September, 1939, it is controlled, and the maximum permissible rent is the rent charged at that date, therefore, unless rates are included in the rent it cannot be increased until after the war.

"F.B.W."—If the owners gave you permission to let the house furnished you are entitled to the rent, and the rent collector of the company is not entitled to collect the rent from the person who occupies the house.

"A.B.C."—(1) In the absence of a specific agreement to that effect the tenant has no liability for repairs. (2) All rates are payable by the tenant and are either paid direct or included in the rent.

Insurance.

"Hoping."—As you did not pay the arrears at the end of 1940 you are not entitled to benefit during the present benefit year.

"Worried."—As soon as you are medically certified able to resume employment disablement benefit will cease. If you again fall sick before the period of twelve months has elapsed disablement benefit will again be payable.

"Reader."—If the girl receives payment she is insurably employed, and the cards must be stamped.

Old Age Pensions.

"F.M.H."—An insured woman is entitled to pension at seventy provided total income, which must be calculated according to the provisions of the Old Age Pensions Act, does not exceed £65 a year. If you have given us correct particulars about total income we think the claim is quite good. An application form with a leaflet showing in detail how income is calculated for this purpose can be got at the Post Office.

"Anxious."—Persons not in receipt of a supplementary pension who think they may be qualified under the new provisions should immediately apply on a form to be got at the post office. Persons who are getting a supplementary pension should take no steps in the matter, as their cases will be reviewed by the Assistance Board and those eligible for an increase will be notified on or before 2nd August next.

Military.

"Answer."—The reserved age for a wireless mechanic is raised to 35 under Stage B, but he will be called up for service only in a trade capacity.

"Mrs P.D."—No deferment will be granted after an enlistment notice has been issued.

Income Tax.

"Tax."—For the tax year 1941-42 the marriage allowance is £140, the earned income relief, including your wife's earned income, is one-tenth, and nine-tenths of your wife's earned income, but this is limited to £45. You are not entitled to deduct the amount paid to your daughter. If, therefore, total combined income, including the annual value of the property, exceeds the allowances, the remainder is taxable.

"Reader."—For the tax year 1941-42 a single person is entitled to an allowance of £80 plus the earned income relief of one-tenth. The remainder is taxable. Your employer will send particulars of your earnings to the Inspector of Taxes.

"Mick."—A wage-earner is assessed half-yearly, and half the allowances to which he is entitled is deducted in each period. Where necessary an adjustment is made for the second half-year, so that a man has not to pay more than is due on the year.

General.

"Wondering."—The codical must be signed and witnessed in the same way as a will. If the codical is not signed it is worthless.

"Robin."—A full-time A.R.P. warden can only resign on giving notice if the authorities agree to release him.

"Inquirer."—The price of coal is about 131 per cent. and gas 89 per cent. higher than the level of July, 1914.

"Miss M.K."—Not every woman who has registered will be required to attend for interview. Women with young children will not be asked to attend. The first group to be interviewed are women who are not in full-time paid employment.

"Miss H.G.L."—There is no statutory rate of pay for the job, but you ought to do very much better, as there is a great demand for capable women. We advise you to inquire at the Employment Exchange.

"Victim of Coupons."—We think you have been treated in a most unbusinesslike way, but as you did not pay a deposit, and we assume you did not give up any coupons, nothing can be done in the matter. The best thing to do in the future is to give your order to a reliable firm.

"A 25 Years Reader."—The costume must be made to your satisfaction or the deposit returned. In default you can sue the firm in the County Court.

HAVE YOU A PROBLEM?

Send your problem to INFORMATION, c/o The Editor, enclosing a stamped addressed envelope for reply.

TAIL-WAGGERS' CHAT.

BARKERS FOR BRITAIN.

APPEAL BY AMERICAN DOGS.

By PHILOKON.

WHAT'S in a name? Since Shakespeare assured us that a rose by any other name would smell as sweet we have come to understand a lot more about the art of publicity, and to know that a snappy title is of inestimable value to any movement. The Tail-Waggers' Club attracted the attention of the public immediately, thanks to the aptness of the name. Now I understand that "Barkers for Britain" is a movement that is likely to run through the length and breadth of the United States.

Barkers for Britain is the offshoot of another organisation that has also an alliterative title—Bundlers for Britain. That is the body set up by kindly American women with the object of aiding sufferers in this country from war damages. Dogs that are made members of Barkers for Britain wear a badge, the cost of which to the owner is 50 cents, and the proceeds of the sale of these medallions will augment the funds of the parent organisation. Good luck to them! The idea is a splendid one, and the movement had a rare send-off when Mr Roosevelt's special pet and constant companion, Fala, the Scottish terrier, was solemnly elected President of the association at the White House, which is now the official residence of two Presidents.

Mrs Paul White, Executive Director of Branches, performed the ceremony recently, by doing so giving wide publicity to Barkers for Britain. This information is sent us by Mrs George Bach, of Cincinnati, some of whose dogs hold high office in the Tail-Waggers' Club on account of the number of recruits they have obtained for us in the United States. Mrs Balch has already made a dozen dog Barkers.

There are no collectors like dogs. The doggy community in this country, through the efforts of the Kennel Club, "Our Dogs," and the "Dog World," have already raised £7,000 for the purchase of a Dogs' Fighter Aircraft for the nation. Dogs are also now working to augment the funds of the Royal Air Force Benevolent organisation. A good deal more could be done if they were allowed to wear boxes and collect in the streets, but this form of raising money is prohibited by the police on account of the manner in which it has been abused by unscrupulous persons who belong to the Help Myself Society.

I think this objection could be overcome by a little ingenuity, and one would like to see some relaxation of the regulation for exceptional circumstances. Collectors would have to carry an official authorisation, which would only be issued to such as could produce satisfactory credentials. We could raise a lot of money for the Red Cross in this way. The Tail-Waggers' Club has already sent a fair amount to the Red Cross Agriculture Fund Committee for the purchase of Utility Cars, but much more is required by this organisation for various purposes.

OBITUARY.

MRS ANNIE BIRD.

Mrs Annie Bird, of Wooler, whose death we recently announced, was the wife of Mr James B. Bird, of that town, but she will be remembered best by old friends in Barnard Castle as the second daughter of the late Mr and Mrs J. T. Pearson, who had a boot and shoe shop in the Horsemarket, and as the widow of Mr J. E. Noton. Mrs Bird's illness was very short.

Of a very bright and happy disposition, says the Berwick Journal, Mrs Bird was loved by all who knew her. The heartfelt sympathy of the whole community goes out to the bereaved husband, who has had a heavy burden to bear. His mother, who passed away on the Friday, was interred at Alderton Churchyard on the Sunday. Mr Bird had just returned from the funeral when his wife passed away.

Prior to the interment a service was held in St. Mary's Parish Church, conducted by the Vicar of Wooler, Rev. M. Fairhurst. There was a very large congregation representative of the whole of Glendale to pay a last tribute to a loving friend of all. The hymns sung were, "Rock of Ages," "Abide with me," and the 23rd Psalm. Miss Edith Atkinson presided at the organ. Mr Fairhurst also officiated at the graveside.

Chief mourners were Mr James B. Bird, husband; Mrs T. Blenkinsopp, sister; Miss M. Blenkinsopp, niece; Miss G. Bird, sister-in-law; Mr T. Blenkinsopp, Mr and Mrs B. Harvey, Mr W. Bird (Bedlington), Mr and Mrs A. Bird (Acklington), Mr and Mrs H. Bird (Seaham Harbour), brothers-in-law and sisters-in-law; Mr and Mrs F. Thompson (Brownside), uncle and aunt; Miss Pringle (Amble), aunt; Mr G. Pringle (Amble), cousin; Mr and Mrs Clark Selby, cousin; and Nurse Parker.

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LADIES' MEDICAL SPECIALISTS.

BARNARD

The Town hall against the 15 School.

Next Saturday most attractive rivals in Cocker at its strongest. F. T. White will be as follows: BARNARD CA...

The Town hall and the game ping play 15 minutes batted first on when the limit the loss of played another while Tyers a some quick so 20 respectively losing a wicket a stylish inning altered the school had stopped play.

L. Cummings, C. Hart b South, R. W. Scott b E. Wilkinson, E. Watson b W. Winstanley, T. Parkin st R. Watson b A. S. Bean c S. J. Tyers not out Major Graham Extras

Total

Stephenson b Normau b Ma Wilkinson run Veitch c Cumm Riddell not out Wheatley not Extras

Total

Wilson, We and Danby d Bowling: F 39; Riddell, 3 For the Town Stanley, 1 for

BARNARD

BARNARD

The Town 2 finish by the Walker was the Town side. bowled well for 17 runs.

Barker b Low Gibson b Sm Capt. Denton Walker c Bill Dubarf c Da Maughan lbw Roe c Brown Layfield c Kil Wilkinson not Deacon b Lov Sayer b Smith Extras

Total

Barnard Coxon c Bark Breckon run Billson b Bay Smith c Wilks Wears lbw b Logan hb b Brown c Dea Brewis run o Lewis c Mau Knox not out Davidson c D Extras

Total

Yorkshire Pen The report shire Penny June 30th sta has been at amount due to £41,544,466 highest since 1859. The ca bankers has a and the im funds ensure withdrawals British Gove increased £2 the outbreak chased thro £8,000,000 Na Defence Bond business hav for the sum calling-up of staff for ser become nece hours of bus of the Ban given of any number of suffered dan in all cases made availa temporary p tors of the ever diffic vice will be The manage is Mr J. W.