



HEART DISEASE

When we speak of heart disease, we do not refer to one single disease, as is the case when we mention tuberculosis. The term "heart disease" embraces a number of abnormal conditions of the heart which may be temporary or permanent, mild or severe.

There are many different causes for and many different kinds of heart disease. Heart disease may be divided into two groups, the one functional, the other organic. When the heart does not do its work properly, even though there is no change in the walls or valves of the organ, the condition is known as functional heart disease. This functional disturbance gives rise to a wide variety of symptoms. We may, for example, become conscious of the beating of the heart; we have palpitations. The cause may lie in the abnormal condition of other organs, such as the stomach or kidneys. All organs work in conjunction and are connected with each other by nerves, so the disturbance of one organ affects the others.

Fatigue and emotional upsets are also causes of abnormal heart conditions. The heart may be pushed out of place by a distended stomach and so be unable to work properly. The uncomfortable symptoms are blamed on the heart, when, in reality, the distension of the stomach is responsible.

Organic heart disease includes all forms of heart disease which are brought about by changes in the structure of the heart itself. Some of these are congenital; one child may be born with a heart that is improperly formed, just as another child may have a harelip.

Most organic heart disease is the

result of infections. By infections we mean the condition which results from the action of germs living inside the body. This includes the general diseases due to germs, such as pneumonia, typhoid fever, measles, diphtheria and scarlet fever. Two infections which have a particular tendency to cause injury to the heart are syphilis and rheumatic fever.

Disease of other organs may throw such an added strain upon the heart as to cause changes in the heart. So it is that not infrequently patients are found to be suffering from a combination of diseases of the kidneys, the heart and the arteries.

Failure to take reasonable care of the body, and excessive physical exertion on the part of persons untrained for such efforts lead to damaged hearts. Old age is accompanied by changes in the structure of the heart.

The prevention of heart disease begins with living a hygienic life, the prevention or, at least, the proper treatment of infectious conditions, particularly syphilis and rheumatism, the removal of infections, such as diseased teeth and tonsils and avoidance of undue physical effort.

A YOUNG FACE

Time has written no lines here,
Life has scrawled no tale;
Only slightest hints appear,
Forecasts vague and pale.

Tokens still of infancy
Lie on lip and brow,
Eyes that gleam with careless glee,
Lightly-spoken vow!

Ruthless pride and swift disdain,
Fiery thought and deed;
Youth has still to learn of pain,
Any eye can read.

Time has left no message yet
On this eager face;
Not one whisper of life's debt,
Not one trouble's trace.

Not one shadow cast by fear,
Not one hope grown cold;
Time has written no line here,
Life no tale has told.



By DR. WILLIAM J. SCHOLES

There are some people who have an inherited tendency to serious or even fatal hemorrhages. Slight wounds or abrasions are accompanied by a disproportionate amount of bleeding which is extremely difficult to control. These people are called bleeders. The abnormal tendency is called hemophilia.

Hemophilia affects the male, but is transmitted through the female. Neither the sons of a bleeder nor their children inherit the tendency. The daughters, however, while they themselves are not affected, transmit the hemorrhagic tendency to their male children.

The blood of hemophiliacs is very slow in clotting, and the clots which finally do form are imperfect and fail to completely stop the flow of blood. There seems to be a lack of certain substances in the blood which are essential to a normal rapidity and completeness of clotting.

Boys Should Be Protected

The knowledge that there have been bleeders in one's family is extremely valuable if it is applied in protecting the males against the causes of hemorrhage. Until the child reaches an

District Ore Shipments

Two cars of ore, with a total weight of 164,970 pounds, were shipped by the O'Brien mine at Cobalt during the week ending November 18th. This was the only shipment from the camp.

During the same period, the Miller Lake-O'Brien shipped two cars from EIR Lake, with 122,603 pounds of ore, and W. C. Young sent a car containing 50,000 pounds of ore to Ottawa.

**Consistent Advertising in
The Haileyburian will
Bring Business**

age when he can understand his condition, he must be carefully protected from wounds and abrasions. After that, active games and occupations involving the risk of injury should be avoided.

Fortunately, modern medical science

offers certain methods which are fairly satisfactory in controlling the bleeding in these cases. These include blood transfusions and the injection of serum and other substances which hasten the clotting of blood.

Osler said that the women of bleeder

families should not marry, or, if they do marry, should not bear children. As the men of such families do not transmit the tendency, it is safe for them to marry. If this rule were followed, apparently hemophilia would be bred out of these families.

Always Something to be Thankful For



Hints for the Household



HOUSEHOLD HINTS

To Make Milk Sour

Add 1 teaspoon of vinegar to 1 cup of sweet milk and let stand in a warm place for a few minutes.

To Cut Marshmallows Easily

Butter the blades of scissors. Then cut marshmallows with the buttered scissors.

Hint for Washing Greasy Dishes

Wipe greasy dishes with a paper before washing and they will wash much easier.

COOKING HINTS

Butter Scotch Rice Pudding

First Mixture

1-3 cup of rice.
2 cups of milk.
Little salt.

Second Mixture

1 cup of brown sugar.
2 tablespoons of butter.

Third Mixture

1 envelope of gelatin.
½ cup of cold water.
1 cup of hot milk.

Method: Wash rice and cook in a double boiler with milk and salt. Cook until nearly tender. Cook sugar and butter together until quite brown—not burned. Add this to rice and cook un-

til rice is done and the caramel dissolved. Soak gelatin in cold water. Dissolve this in hot milk. Strain this into the rice mixture. Pour all into a mold and chill. Serve cold with whipped cream.

Orange Frosting

2 tablespoons of butter.
½ or 2 cups of confectioners' sugar
1 egg yolk.
Juice and grated rind of 1 orange.
Method: Mix butter and sugar. Cream to a paste. Add beaten egg yolk and orange. Spread.

Boiled Salad Dressing

2 egg yolks.
½, teaspoons of melted butter.
¼ cup of milk.
¼ cup of vinegar.
½, tablespoons of flour.
Little salt.
1 teaspoon of mustard.
½, tablespoons of sugar.
Little Cayenne pepper.

Method: Cook in a double boiler. Mix dry ingredients first. Add eggs beaten slightly. Then slowly add butter, milk and vinegar. Cook until the mixture thickens. Strain to make it real smooth. Keep in ice box. For fruit salad, add whipped cream to it.

BAKING HINTS

Date Sticks

2 cups of brown sugar.
½ cup of butter.
3 eggs.
½ cup of milk.
3 cups of flour.
1 teaspoon of soda.
Little salt.
2 scant teaspoons of nutmeg.
Vanilla.
1 cup of nut meats.
1 package of dates.
Method: Cream the sugar and butter. Beat in eggs—one at a time. Sift soda in flour. Add nutmeg. Then add to sugar, butter and eggs. Then the milk, followed by the remaining ingredients. Pour into a greased shallow pan. Bake. When cool cut in strips. Make strips ¼ in. thick and frost.

Frosting

1 cup of sugar.
1-3 cup of milk.
Boil as for candy. Let cool. Then beat. If it thickens too rapidly, add a little cream and continue to beat until frosting is thick and creamy.

To Test Cake

Instead of using a broom straw to test cake you will find tooth picks more satisfactory, cleaner and cheaper.

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ODD—But TRUE

A NEW LEG WILL GROW ON A LOBSTER IF ONE IS LOST

VITAMIN "A" SMELLS LIKE VIOLETS

I COULDN'T GET NO VIOLETS SO I BRUNG ' THIS!

TOM HYDE, A TAILOR, ABOUT TO BE HANGED MADE THIS LAST STATEMENT— "TELL THE TAILORS TO REMEMBER TO MAKE A KNOT IN THEIR THREAD BEFORE TAKING THE FIRST STITCH"

The Family Next Door



We're Thankful