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That Body of Yours

(by James W. Barton, M.D.)

Migraine—One-Sided Headache

I write frequently about migraine—one-sided headache—because thousands suffer with it and the only relief usually obtained is by going to bed for two or three days to a week by which time the attack passes. As the cause has been believed to be due to overwork, mental and physical—rest would thus seem to be the logical treatment.

Perhaps the most efficient treatment discovered is that of ergotamine tartrate, full details of which were given by Dr. Mary O'Sullivan some months ago in the Journal of the American Medical Association. The ergotamine tartrate is given by injection into the muscles by a physician or may be taken in tablet form by mouth. Even when taken by mouth however the size of the dose should be as ordered by the physician. The dose usually depending upon the severity of the attack. This drug is given different names by the different drug man-

ufacturers but druggists know these names.

Physicians have found that migraine occurs in families and in individuals who work hard or do things in the hard or "tense" way. In other words individuals of this type need only an exciting cause to bring on an attack.

Some further information on migraine is given by Dr. W. H. Riley, Battle Creek, in the Michigan State Medical Society Journal, who, among other points, mentions the following: or migraine are depressive emotions such as those associated with worry, anxiety, fear, anger, fatigue, exhaustion, loss of sleep, eyestrain, excessive use of the eyes, using the eyes in a bright light.

2. Being sensitive to certain foods—eggs, fat rich foods, milk, cream, ice cream, wheat and others.

3. Increased alkalinity of the blood. These individuals often work so hard they starve themselves and often do not eat enough meat and fish.

4. Spasm in the blood vessels in the brain. In the opinion of Dr. Riley this spasm of the arteries of the brain which of course prevents a proper supply of blood from reaching the brain for many other symptoms besides the headaches, such as temporary loss of sight and speech, and also dizziness.

These individuals who have this tendency to migraine should learn them that it is tenseness that causes the spasm of the bloodvessels, and thus the migraine.

MIGRAINE

Migraine—one-sided headache is one of the commonest results of food allergy. Other ailments due to over-sensitiveness to certain foods are described and diet suggestions to overcome these ailments are given in Dr. Barton's helpful booklet "No. 106" entitled "Food Allergy". Send Ten Cents to cover cost of service and mailing to The Bell Library, 247 West 43rd St., New York, N. Y., mentioning The Advance, Timmins.

Globe and Mail: President Roosevelt's toast to Their Majesties and the King's reply were masterpieces of restrained oratory, each revealing what may be done with the English language by those who know the value of words.

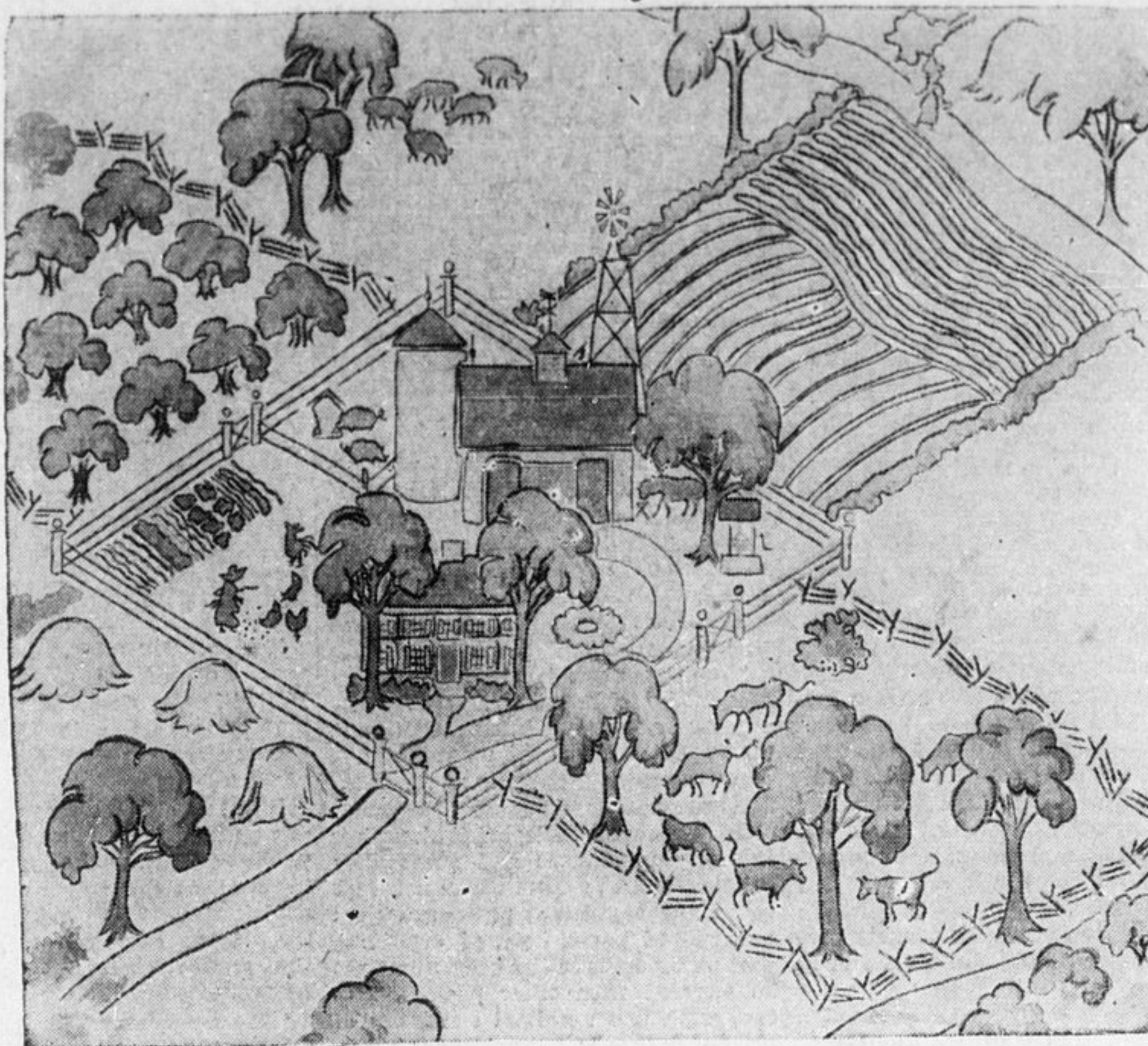


PLEASANT HOMES

by Elizabeth MacRea Boykin

THE RURAL NOTE IN CURRENT DECORATIONS

Farm Designs and Garden Vegetables Take Precedent in New Summer Decorative Arts—It Must be All a Part of the Back-to-the-Land Movement



A hand blocked Finnish design was the source for this bright linen recently presented by a leading American manufacturer. Farm yard animals, trees, windmills and barns contribute an attractive

motif. The colourings are splashy and bright—the one we liked best was a natural ground with pattern in brown and orange tones.

It's no insult to be called a hick these days—in fact it's quite the style to be going back to the farm. This trend to the country isn't just a play-time idea of the wealthy. It has become a practical and pleasant way of life for many people of ordinary means who have discovered that, with modern means of quick transportation and communication life in the country can be far more satisfying and secure than city life with its uncertainties and crowded living conditions.

THE HAYSEED MOTIF

Naturally as we turn our eyes speculatively toward the rural scene, we are creating a vogue for country things. For everything that goes on in the world has its influence on the way we

live and on the things we use in our homes. When the designers got wind of this rather sudden widespread interest in rusticity, they turned with gusto to their drawing boards and dashed off all sorts of savvy hayseedy designs, suitable for use in town as well as out.



One of the newer wall papers has a farm yard design for its motif with orchard and field, windmill and haystacks making a pleasant pattern.

Shocks of Wheat

Speaking of wheat—it is one of the most popular motifs just now, even in sophisticated rooms and decorative details. At the Golden Gate Exposition in San Francisco, a pair of tables of white plaster in the shapes of shocks



A picnic in the country is the subject of this new wall paper in clear pastel colourings.

Some of the wall papers are the nicest of the group. There's one that takes a bird's eye-view of a farm house with barn, fields, fences stock all laid out neatly, which makes a grand wall paper to use with most any forthright unpretentious furniture such as maple or painted pieces or even with some modern furniture. We'd probably want to have the plainest of white muslin curtains used with this paper, and braided rugs. Or it would also be quite stunning in combination with some of the new textural fabrics.

WITH BIG WHITE TABLECLOTH

Another wall paper recently introduced has a picnic for its theme, a real old-fashioned picnic, the kind where you spread a big white tablecloth on the ground and lay out the lunch on it. Rather modern in feeling, for all of that, this paper is in clear fresh colors, so you could use it with furniture of some dignity or with some brightly painted furniture.

CHICKENS AND COWS

Among the rustic fabrics, there is a blocked linen that has great style about it. In cream with a design in brown and orange it is copied after a handblocked pattern from a Finnish farmhouse with chickens and cows, windmill and silo. This would be grand material to use with oak furniture, or with straight forward types of walnut or with most any maple. Men would like it for its coloring—the design is conventional so you needn't get too worried over its country flavor if you wouldn't want to go in for anything too obvious. Those charming pastoral fabrics from France, the toile de Jours, are coming back into style too. Even rugs are feeling the pull of the

great open spaces. One of the most dramatic rugs at the World's Fair is shown in the Polish pavilion—woven into its design are fields, gardens, streams. And in the Norwegian pavilion there is a large round rug in the main lobby which has mountains and fjords, rivers and Viking ships. In the American building, a handwoven, hand-carved rug in semi-circular shape represents the industries and products of each of the states while two smaller matching rugs represent the products respectively of the Pacific possessions and the Atlantic possessions. You'd be surprised how decorative are pineapples, sheaves of wheat and other farm products.

Pottery has for quite some time recognized the charm of rural themes. Kitchen garden vegetables and fruits are popular and decorative on plates and platters and the same designs are used to decorate wooden salad bowls and grand big cheese and buffet trays. There's a fine interesting wood from Hawaii that is being made into those handsome salad bowls carved in deep leaf shapes.

Naturally you would want table linen to go with these back-to-nature accessories, and you can find plenty of it. Printed clothes with fruits and kitchen vegetables are shown all around and in addition it is the vogue to do a bit of individual applique in rural motifs. We've seen checked gingham table mats applied on one side with barnyard animals, and a coarse white linen crash is stunning with Tyrolean country dancing figures appliqued in checked gingham. Plaid fruit, applied on a plain white cloth, is amusing too. So is the pie cloth—this is round and made with pie shaped wedges of cherry patterned cotton alternated with wedges of plain white.

All of which just goes to show how the world goes from one extreme to the other. Here it's been no time at all since it was the thing to move "in" and now it's the thing to move "out". And so we warn you, as you get interested in the decorative rural designs for your home, you'll be joining the ranks of those who are country-bound. Whether you mean to or not, the urge will creep up on you as you contemplate the fresh simplicity of the vegetables on your plates which match, day by day, the well ordered life on your wall paper farm. For now that the novelty of

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town life has worn off, life looks pretty comfortable and secure down on the farm.

Six Banks in Rouyn and Noranda for 20,000 People

The Rouyn-Noranda Press on Thursday last had the following:—"At the close of business to-day, there will be three banks in Rouyn instead of four. Customers of the Imperial Bank received notices on Friday that the business was being transferred to the Dominion Bank and that the Dominion Bank is closing its Larder Lake branch on the same date and transferring its business to the Imperial Bank here. The Imperial Bank has been in operation in Rouyn since May 8th, 1937, when J. R. Bunn was appointed manager. Mr. Bunn was transferred to the bank inspection staff and in January, 1938, Mr. Scott replaced him. The Dominion Bank had opened a branch three months earlier, when only the Canadienne Nationale were established in town. As reported last week, Mr. Scott will go to Toronto, as relieving manager of Toronto branches, for the summer. Donat Houle, teller, goes to Noranda branch of Imperial Bank, relieving; for summer months. Louis Beland, ledger-keeper, goes to the Tim-

mins branch. For their size, the twin cities together have as much banking accommodation as any place in Canada. In addition to the three in Rouyn, there are the Imperial, Royal and Commerce in Noranda, six banks, to serve a population of under 20,000 in the towns."

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