

HEALTH IN THE HOME

For Chapped Hands and Lips

These are the days when chapped hands and lips begin to be in evidence. One of the best remedies for chaps is quite simple, and any one could compound it in their own home. Take ten grains of tragacanth and place these in three ounces of moderately warm, not hot, water. It must then be allowed to stand for several hours, when one ounce of glycerine should be added. If it is desired to give the preparation a pleasant perfume, this may be obtained by adding a small quantity of oil of roses at the same time. The whole compound should then be mixed thoroughly, either by shaking it up well or stirring with a spoon, after which it is ready for use. This remedy is soothing, pleasant and an almost infallible cure after two or three applications. As a rule, unless the cracks in the skin are very much inflamed, an application of the compound just before retiring at night and another in the morning will generally have the desired result of healing them. It is also a fine preventive, and few will be troubled with chapped hands who rub it on the skin in the morning after washing.

Celery for Rheumatism

Ho, all ye rheumatics! Celery is now in season. Chop up the stalks in pieces an inch and a half in length, boil them in water until soft, then drink the water. Or stew them in milk and butter, thicken with a little flour and eat warm with toast or potatoes. Rheumatism is impossible, it is said, if the vegetable be cooked and freely eaten. Besides, there is no greater delicacy than stewed celery. The value of the plant lies in the apiol or parsley-camphor it contains. This dilates the blood vessels and has few equals as a diaphoretic and diuretic. Anything that produces a profuse perspiration is good for the rheumatic patient. All the world knows that celery is the best absorbent a drinking man can take, and its action on the kidneys and viscera is most healthful.

Protect the Back

People are most likely to catch cold in the back, the part generally aware of, and if neglected it may prove a serious matter. The back, especially between the shoulders, should always be kept well covered, and never lean with your back against anything that is cold. Never sit with the back in a direct draft, and when warming it by the fire do not continue to keep the back exposed to the heat after it has become comfortably warm. To do so is debilitating.

Drink Water

Drink a glass of water when you get out of bed in the morning. Never mind the size of the glass. Let the water be cold if you will. Some people prescribe hot water, but that isn't necessary. You may have washed your face already and relished the experience. You may have taken a cold plunge into the tub and delighted in the shock and its reaction. The brisk use of the toothbrush has left your mouth clean and the breath sweet, but you are dirty still.

Drink a glass of cold water and enjoy the sensation of being clean inside. All that is luxurious in the cold bath cleansing the outside is artificial. That which should prompt the glass of water after sleeping is natural.

Drink a glass of cold water in the name of cleanliness. It becomes one of the shortest and easiest of toilet duties. It is swallowed in a second, and in five minutes it has passed from the stomach, taking with it the clogging secretions of the alimentary tracts. It has left behind the stimulus that goes with cold water, and, by filling the artificial system to the normal, it puts a spur to the circulation that has grown sluggish in the night.

Children's Teeth

Young children, as soon as the first teeth appear, should be given little toothbrushes with very soft bristles, and should be taught to use them, and then watched to see that they always do use them. But as to infants, the toilet of the mouth must be performed for them and should never be neglected. For this purpose a little wad of sterilized absorbent cotton should be used, and then thrown away or rather burned. When the baby has its bath the mouth should as a matter of routine be washed very gently with a pledget of cotton wet in a solution of boracic acid or any other mild disinfecting liquid. If the little gums are soft and spongy and bleeding, dabbing them with a tincture of myrrh will help them.

Hot Water as a Cure

No domestic remedy can equal hot water in cases of congestion of the lungs, rheumatism or sore throat if tried promptly and thoroughly. An acute attack of croup will be usually relieved in ten minutes if a towel or strip of flannel folded lengthwise and dipped in hot water, then slightly wrung out, be placed around the neck of the sufferer and covered so as to retain the heat. The same placed over the seat of pain will in most cases quickly give relief in neuralgia and toothache and laid over the stomach acts like magic in attacks of colic. Headache almost always yields to the simultaneous application of hot water to the back of the neck and to the feet.

A Hammock for Cradle

If all the mothers knew how nice a hammock would be for baby, there would be few cradles in use, I think. A small one can be bought for seventy-five cents, and it really takes up but little room in the house; when not in use it can be taken down. I made a mattress for mine out of cotton batting, one yard long and seventeen inches wide, and covered it with red calico. My little boy is eighteen months old. When it is time for his nap I put him in the hammock with a cookie in his hand, and he is soon asleep. When he was younger I would put him in, set it swinging a little, and he would be all right. He likes his hammock very much. In summer they are cooler to sleep in, and in winter, by using a comforter, they are warm enough.



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