

EVERYBODY

Nies Secrets of Health

What Heatstroke Really Is--How to Treat the Sufferer

By DR. L. K. HIRSHBERG

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COME now the days when some of the ill, the weak and the physically unbalanced fall victims to the torrid temperatures of mid-summer. The humid, oppressively "hot" spells sometimes remain so long, at other times they appear so suddenly, again the thermometer rises so high that tissues of the feeble, the old and those with defective blood pressure cannot always withstand the strain.

Heatstroke is a much more common condition than sunstroke. Indeed, it is doubtful at times whether or not the magnetic or luminous radiations of the sun affect the human fabric. Rather, it is the heat rays and not the light rays which produce what is called a "stroke."

But call it heatstroke or sunstroke the origin of the trouble is to be found in the sun. It may lay low its victim at night, it may strike like an assassin on a dark or dinky day. Yet the fact remains that the solar radiations are at the bottom of the mischief.

Savants are alive without splitting hairs a real intrinsic difference between heat exhaustion and sunstroke. The latter shows its sharp darts of ultra-violet rays--with powerful chemical effects--into the human structure. In this as it may, the heat is from the sun as well as the light and chemical. The sufferers may be men with heavy work in the shade of high blood pressure at work in the shade of the old apple tree or seated comfortably indoors, or they may be hardy soldiers on the march. Yet it is old Sol, who has climbed above the equator, that probably deserves the blame.

Heatstroke is the name given to the condition suffered by the suddenly exhausted individual, who falls very abruptly without warning on hot, humid days. As if shot or stricken with apoplexy, the poor fellow sinks unconscious to the ground. At times he is mistaken for a drunk or to the hospital under the mistaken belief that it is an apoplectic attack. He may be comatose, snoring, gasping for breath with hot, dry flesh and a purplish flush on his face.

Sometimes the victim is bathed in a profuse perspiration, with pulse bounding at his temples and throat or so feeble as to be unfeel at his wrist. The face may, on the other hand, be pale and clammy, the skin so hot that a thermometer in the mouth registers 110 to 115 degrees--if the thermometer registers that high. Nausea, vomiting, twitching of the muscles or delirium may be present.

Treatment must be aimed at the reduction of the extremely high fever. Absolute quiet, the application of ice water to the head, hands, wrists and neck, vigorous massage and nibbling of the feet and legs, and the sprinkling of water over the exposed flesh are all to be tried.

As soon as the patient rounds to and begins to move both arms, both legs and both eyes, he should be gently and carefully put to bed under a physician's slightest observation.

Answers to Health Questions

1. B. V. Q. Please advise a remedy for gums which shrink from the teeth.

2. How can small white spots be removed from the skin?

A. Have a dentist examine the teeth thoroughly, and if pyorrhea is present the following treatment must be begun. Hypodermic treatments with 1/2-grain of emetine are used, but a vaccine injection of staphylococcus and streptococcus bacteria is more rational. Iodide of potash saturated in water taken after meals helps. Start with 12 drops and increase a drop at a time until 25 drops or so are taken. Have a dentist scrape the teeth. Take 5 grains each of hexamethylene-tetramine and citrate of lithia every four hours in water.

3. One kind of these spots is incurable, others are merely temporary from sickness, anemia, indoor life and need of fresh meats. Outdoor life in the sunlight assists in the treatment. Rub a little of the following into the white spots each night: Bland's mass, 1 dram; yellow vaseline, 1/2 ounce; lanolin, 1/2 ounce.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, care this office.

Uses of Street Crows.



BOSS--That guy in the yellow shirt's a nut. See him turn to the crowd and see and then go right on pointing again. HELPER--Not? Nope--he used to be an actor but never played to such a large and attentive audience before.

Children

Everywhere, seeing up the path he some lovely dream

Mer Days

OBEL BRANDS

substantial meats and the dessert would be welcome contrast to the that preceded it. Included rich cake we see preserved fruit, or, perhaps cheese and crackers.

is not necessary. From a point, for any woman to in spending an hour, having an elaborate dressing or what not. Try change, and see if the welcome it more than lions dish. Or combine with lettuce or endive. It suited to suit the meal, freshening and will ward feeling that comes when tops an otherwise substantial.

most sensible to train preferring the simpler of dates or a few figs, juicy and unweetened an ideal dessert for the moderate craving for the For it is the extreme children dealer, not necessary. Whipped cream can be made so very long to make, of fact, whipped cream already run in eggs, but to be positively harmful of an otherwise substantial. Whipped cream can be made non-fatty food, and it such a dish part of the luncheon or light supper. Her desserts on your family. Even please them more often. Will be more whole. Heavens, saving you a great many labor in the kitchen.



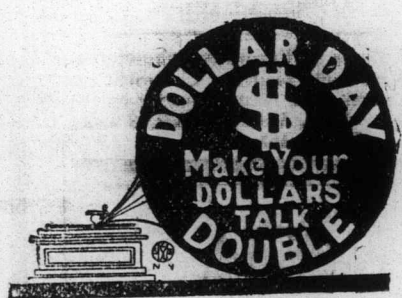
BRANTFORD MERCHANTS \$-DOLLAR DAY-\$



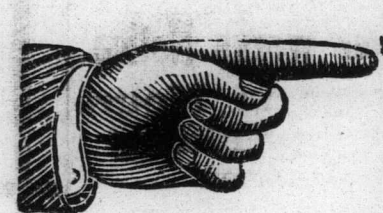
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