

## Health Department.

### Mother and Infant.

Of every two children born into the world, one dies before ten years have passed away.

Of every three children born, one dies before five years.

Of every five children born, one dies within a year.

With intelligent care, instead of half of all the children who come into the world dying within ten years, four-fifths of them ought to live, and would live.

That so many die is owing to the fact, in part, that mothers do not know soon enough that anything is the matter with their children, and the time is past for them to be saved; but they can know, they ought to know; and it is proposed here to show the mother how to know promptly that her child is not well, and to determine at once what part of the body suffers or is threatened.

If an infant is well its tongue is white, its eyes are bright, its flesh plump and full, and its skin soft and cool; the breathing is regular and easy and natural; when awake it is lively, cheerful, always disposed to laugh, always pleased to be played with; and, when asleep, it rests quietly, the countenance is composed, and conveys an expression of happy enjoyment.

### SIGNS OF DISEASE.

1. If the brow is contracted, there is pain in the head; if the head is hot; and turned restlessly from side to side, and the eyes stare or there is a glare in them, there is inflammation, and

### WATER ON THE BRAIN

is threatened. Relief must be promptly had or the child is doomed. Put cold compresses or ice-pads on the head, and keep them there; compel the feet to keep warm, give warm sitz-bath, and keep at these until the symptoms have abated, and the child sleeps quietly, or is disposed to eat or play.

2. If the lips are apart, with a kind of gritting, there is pain in the belly, and most certainly it has been fed too much or too often.

3. If the nostrils are drawn upward and there is quick breathing, there is pain in the chest; something is the matter with the lungs.

4. If there is a squinting in the eye, or bluish tint about the lips, and a kind of rotating movement of the eyeballs, convulsions will soon follow; there is indigestion, and a warm water emetic must be resorted to.

5. If the eyes are unusually dull, or there is an unnatural quickness, with a pearly look of the whites, brain-disease is approaching; give an enema and a dose of castor oil, and feed with regularity. [Instead of an enema, use "Nelson's Suppositories for Children."

6. If a child, usually sprightly, holding itself up straight, is noticed to drop the head and seem languid and sleepy, or if it usually goes about from chair to chair, or is disposed to climb, but suddenly shows no disposition to do anything but lie down on the floor, there is something wrong in the stomach or bowels.

7. If there is crying and the legs are drawn up, there is indigestion, and the bowels are disordered.

8. In health, a child seldom carries the hands above the mouth; if that is observed repeatedly, there is something wrong in the head; the feet are cold, and they must be kept warm; if the bowels have not acted within ten hours, give an enema or a teaspoonful of castor-oil every hour until there is an action.

9. A healthy child, especially if not over two years old, is often carrying the hand to the mouth; but if it stops at the throat, croup is most likely forming; notice instantly if the feet or hands are cold, and turn to the article on croup.

10. In the first months of infancy, if the little one is well, it nurses, plays awhile, and then falls into a gentle, easy,

good sleep; if it is restless, especially if it starts up in its sleep, or wakes and whines, there is disturbance in the brain, and it should be seen to that the bowels are regular, feet warm, and food given at proper intervals, and of a suitable quality.

11. The first passages of an infant are dark colored, called the *meconium*; to bring this away is essential; if this is not done the child will suffer. But the first milk secreted, called the *colostrum*, acts as purgative and carries the *meconium* before it; but if it does not come away oil must be given; sometimes warm water will answer; and in first confinements no milk appears sometimes for several days, hence any uneasiness of the first-born for the first few days may be caused by costiveness.

12. In health young children go to sleep at once, and sleep quietly and soundly; if they are not well they do not lie down willingly at the regular hour for sleep, nor do they fall asleep at once, nor do they sleep continuously; there are frequent turnings and changings and wakings or startings up, often in alarm—then the bowels or head are out of order.

13. The passages of a healthy child are yellowish, and thicker than thick syrup, and are of uniform appearance, from three to four times a day; less than two is costiveness. It should be rectified with an enema or castor oil. More than three or four, and as thin as milk and as light colored, show diarrhea, and are rapidly debilitating. Keep the belly warm, especially the feet and hands. Do not feed at oftener than five hours' interval, and let the food be boiled rice, sago, tapioca, exclusively, with a little boiled milk, until there is a reduction in frequency, and greater consistency is manifested. If the stools are curdy, or green, or smell badly, or come out with considerable force, there is disease to be treated as just named.

14. Crying: Young children never cry if all is well. If an infant cries, it is suffering. Each mother should notice the different cries of her child, for they mean different things, a cry from hunger is very different from a cry from hurt. A sticking pin causes a quick, instantaneous cry; a string or fastening which is too tight causes a fret at first, gradually increasing as the blood accumulates. The hunger cry does not come on suddenly, for the little thing begins to turn its head or face about, or makes motions with the tongue or lips; if it cannot find the breast it begins to make a noise, gets more and more impatient, and finally breaks out into a fierce, mad cry. The wisdom of the mother, then, should be called into requisition in deciding what cries mean, but in all cases attend to them; in a young infant it often means that a change of position is needed, or that it is too warm or too cold or thirsty, and wants a drink of cold water. A good plan always is when a child is fretful, notice at once if the feet and hands are warm. If the children are regularly fed as advised elsewhere they will never cry from hunger, unless their food is not sufficiently nourishing. A tearless cry means pain or suffering. When tears are abundant it is the cry of anger, and should always be disregarded; very young children will soon find out as to such crying, "It's no use knocking at the door any more."

A moaning cry always indicates suffering, and should never be neglected.

Breathing in a healthy child is regular, slow, easy, and full; in proportion as it is different in any case there is disease.—*Hall's Journal of Health.*

### Foreign Bodies.

A contemporary offers the following excellent suggestions respecting the removal of foreign bodies from the throat, nose, ear, and eye:—

*In the Throat.*—When anything has lodged in the throat, causing choking or suffocation, a smart blow on the back between the shoulders will in many cases send the substance out of

the mouth. Should this fail, hold up the body by the feet (in the case of a child) and let another person strike between the shoulders with the open hand. This process should only last for a moment. Look in the throat, and see if the substance can be reached; seize hold of it with the thumb and finger, or a pair of blunt-pointed scissors, and pull it out. If there is only a small substance in the throat, causing a troublesome, tickling cough, give bread, followed by a drink of water; and if this is not sufficient, give a little mustard and warm water as an emetic, and after vomiting there will probably be no further trouble.

*In the Nose.*—When any small article, as a pea, or pebble, has been pushed into the nose, it may often be removed by snuff, or any other substance which will produce sneezing, being introduced into the opposite nostril, or by the use of a pair of forceps or blunt-pointed scissors, care being taken not to push the substance back into the throat. Peas and beans are the more dangerous as they increase in size by the absorption of moisture.

*In the Ear.*—Insects in the ear are removed by plugging the external opening with a piece of cotton saturated with a solution of salt or vinegar, so as to prevent the admission of air. Then let the patient lie on the affected side, and press the hand firmly on the ear. After a few minutes, the insect may be found imbedded in the cotton. Or lay the patient on the opposite side, and fill the ear with oil. A small stream of water from a syringe will often remove small bodies or sand. If any substance can be readily seized with the forceps, they may be used for this purpose; but very little force must be used, or the substance will be pushed still further in, rupturing the drum of the ear, and permanent deafness will be the result.

*In the Eye.*—For the removal of dirt, sand, etc., from the eye, it will often suffice to lift the upper lid away from the eyeball by taking hold of the lashes, drawing it down over the lower lid, and allowing it to slide slowly back. Then wipe the edges with a handkerchief to remove the foreign body from the lashes. Or, take something hard, like a knitting-needle or pencil, and press it across the outside of the upper lid, then take hold of the lashes and make the lid turn over the pencil, and the substance will generally be seen sticking to the delicate membrane which lines the lids, when it can be gently washed or rubbed off.

### Tea as a Stimulant.

Some good literary work has been done under the influence of tea. Kant's breakfast, it is reported, consisted of a cup of tea and a pipe of tobacco, and on these he worked eight hours. Do Quincey who was no revolutionist, usually drank tea from eight o'clock at night to four in the morning. Victor Hugo, who is revolutionary, drinks tea it is true, but then he fortifies it with a drop of rum. Buckle was a most fastidious tea-drinker. No woman, he declared, could make tea until he had taught her; the great thing, he believed, was to have the cups and even the spoons warmed. Most of the writing men of our day drink tea. Most of our busy men, however, find some stimulant essential. One uses alcohol, another tobacco, a third tea.

Sir Charles Dilke's usual stimulant in London is tea, but when leading a healthy out-door life he abstains almost absolutely from stimulants of every kind. Commenting upon William Cullen Bryant's confession that he never touched tea or coffee, William Howitt said,—

"I regularly take both, find the greatest refreshment in both, and never experienced any deleterious effects from either, except in one instance, when by mistake I took a cup of tea strong enough for ten men. On the contrary, tea is to me a wonderful refresher and revivor. But people should learn to take such things as suit them, and avoid such as do not."

This, perhaps, is the essence of the whole matter. "What is one man's meat is another man's poison," says the homely proverb; and it is as true of tea as of everything else. That tea may produce nervous irritability is no doubt true, but it is also the most potent rival of the gin bottle. As for the accusation that it dissatisfies men with the existing order and predisposes them to seek after the impossible, that is hardly a reproach, when there is so much that is wrong in the existing order.

### Contagious Baldness.

A German physician contends that premature baldness is usually a result of contagion. He claims that the hair is destroyed by a fungus which communicated from one head to the other by means of combs and hair-brushes. The remedy recommended is washing the scalp daily with tar soap, afterward bathing it with warm water for some time, and then drying the hair, and applying a weak solution of carbolic acid. A one or two percent solution is of sufficient strength. The wash should be continued six or eight weeks, and is said to be successfully employed when the hair first begins to fall out.

### Ear Disease in Children.

A German specialist has been examining the ears of school children, and finds so large a number as 1,392 in 6,905 children affected by some form of disease of the ear, or nearly one fifth of the total number examined. Children are often accused of stupidity, when the real difficulty is defective hearing. This is a matter which every parent should look after; and as soon as any evidence of disease is discovered, such as discharge from the ear, frequent ear-ache, tenderness about the ear, noises in the ear, or defective hearing, a competent specialist should be consulted.

### Health Maxims.

To sleep well a man must work hard.

Cold is the greatest enemy of old age.

A hearty meal taken while excessively fatigued has often destroyed life.

A finger that has been bruised or crushed will pain less after dipping in ice-cold water. When first put in the pain is intensified but soon passes away.

A celebrated physician says: "There is nothing from which infants and children suffer so much as from thirst. They require water usually ten times where they get it once. Infants should have a teaspoonful or more of cold water every hour, commencing when they are a week old. Infants often cry so as to disturb every one present. If a sip of water is given to a child who seems to be crying without cause it will stop instantly in nine cases out of ten. Thirst causes more bad tempers in children than anything else. We speak of anything being 'as free as water,' let the children share this freedom and they will be better and healthier for it."

A well-known doctor says women require more sleep than men, other things being equal. "Their nervous system being more active in blowing up their husbands, studying how to marry off their daughters," etc. Healthy children under ten should have ten hours' sleep, school girls from 12 to 18 ought to sleep at least nine hours and other mortals eight. The four hours' sleep from 10 o'clock until 2 is worth six hours' sleep after 12. If persons have force of will enough to keep from going to sleep a second time, and also if they have time, it is best to remain in bed for ten or fifteen minutes after waking up to enjoy the feeling of pleasurable tiredness which comes over us on waking. Jumping up immediately on waking often causes headache.