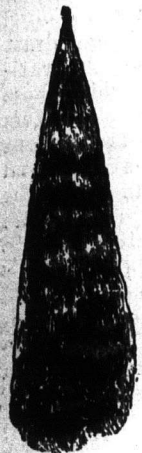


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thoroughly for fifteen minutes—is more thoroughly digested than either Pasteurized or fresh milk.

Thus its constipating effects are explained. The baby digests it so completely that there is nothing left to pass from her. A little orange-juice, milk of magnesia, or sweet oil compensates for this, and keeps the bowels active.

Little more need here be said. If boiling cow's milk kills the malady-producing germs which gather around the child's festive board; if boiling cow's milk aids digestion; then despite a few minor troubles, such as constipation—which is remedied in the manner suggested before—on the warm days of spring and throughout the torrid months of destructive summer, when practically all infant sickness and death comes from bacteria infested milk—boil your milk for fifteen minutes, place it at once on ice, and thus save a future lord or queen of America.

Home Nursing

An elderly lady who lived with her married daughter was greatly annoyed by the noise and confusion of the daughter's town home, where children and company and pets made life a nightmare for her. She therefore begged permission to stay on in the farmhouse where she had been a boarder during the summer, and offered the daughter of the house a fair salary if she would be a sort of nurse-companion to her during the winter.

The girl undertook the task rather doubtfully, but she soon found the work delightful. In the long, quiet hours she read to her patient, played for her, played games with her, cooked savory dishes for her, and petted her as if she had been her own grandmother, instead of a stranger.

Meanwhile, the daughter in town was relieved to know that her mother was happy and comfortable; the mother, for the first winter in many years, was content, and the young girl received a fair compensation for her work as nurse, and gained in training and cultivation, for her patient was an educated and refined woman.

Parents of defective children often wish them to have quiet, with personal attention, but are not able to send them to an expensive sanitarium. The young girl who can meet their wishes is sure of good pay. In summer the parents can look after the children themselves at quiet resorts and in the country; but in winter, business and school and other necessary occupations and activities often make that impossible. There are many deficient children who are quiet, lovable and easy to care for, but who cannot stand the noise and confusion of the city.

The girl who undertakes this work must see that the child is regularly fed and cared for in every way; that it is amused and nursed and petted as much as is good for it, and that it is in the open air as much as possible. Many girls in charge of such children are able to do fancy-work, plain sewing or other things at the same time with the nursing, and thereby earn two incomes at once; but the second task must never be permitted to interfere with the real work.

Occasionally a tuberculous patient wishes to be cared for in a farmhouse, but such a case is too dangerous for the untrained nurse. Persons suffering from overwork, children who need the outdoor life, elderly people to whom town is a burden in winter, and delicate young girls who have broken down in business or social life are the best patients. No one suffering from infectious diseases should be taken, nor should a young nurse have the sole care of a hopeless invalid. Only those who are seeking cheerful company, long hours of sleep and rest, regular hours and simple food should be taken, and even then a single patient is enough for a nurse.

Mouth-Breathing

A correspondent writes to ask, "Why do I wake in the morning with a dry, uncomfortable throat and a bad taste in my mouth, in spite of the fact that I scrupulously obey all the laws of bedroom ventilation?" The question must be answered with another: "Do you sleep with your mouth open?" If you do, you are sure to feel wretched when you wake, for all night long you have been doing yourself harm instead of good.

The air you breathe should reach your lungs warmed and purified and moistened; instead of that, it has entered them cold and harsh and germ-laden. Can you wonder, then, that you wake tired and unrefreshed, that your throat is sore and hoarse, or that the night was made fearful by nightmares?

Mouth-breathing means a poor complexion, a seriously-altered expression of the face, and injured teeth. Many a young girl, once she has come to realize these facts, has cured herself in a few weeks or months. An appeal to her reasonable human vanity has accomplished speedily what years of nagging might have failed to bring about.

In some cases the cure depends upon the removal of mechanical obstructions to proper breathing. If the whole nasal cavity is filled with growths that only the surgeon can deal with, breathing except through the mouth, becomes impossible. But when a mouth-breather has learned that the nasal passages are not impeded, he must address himself patiently to correcting his bad habit.

He must take breathing exercises at regular intervals, and keep his mouth firmly closed except while eating or talking. To assist in breaking up the habit during sleep, he will sometimes find it a good plan to pass a light bandage under his chin and fasten it at the top of his head, or to close his lips with a little strip of surgeon's plaster.

Lateral Curvature

The spinal column follows the curved line of beauty; no part of it is perfectly straight. The neck curves slightly forward, the part of the spine to which the ribs are attached bends in the opposite direction, and the lower portion curves forward once more. There are curves also to right or left, but these are normally very slight. When they are so great as to be noticeable, they constitute the deformity called lateral curvature of the spine, or scoliosis.

The curve usually begins to form in childhood and increases very slowly, without pain, so that it often exists a considerable time without being discovered.

The absence of pain has its unfortunate side, since it is naturally in the early stages, before the bones of the spine have changed their shape, that treatment is most successful. First of all, it is necessary to determine the cause, and remove it if possible, for the disease can never be cured while the cause continues to act.

The curvature may be due to a wrong sitting position in school—the result of bad lighting, defective eyesight, or badly constructed desks; to the carrying of heavy weights on one arm, as in the case of school children who take a dozen books home for study every day, or of the "little mothers" of the poor, who, themselves hardly more than infants, carry baby brothers and sisters round all day, or to the shortening of one leg, which throws the body to one side, and makes the child lean sideways in order to keep erect. Other causes, such as disease of the lungs, which produces a falling of one side of the chest, have to be considered as affecting the results of treatment although they may be themselves incurable.

The treatment of lateral curvature, if begun early, offers much hope of permanent improvement, but it must be systematic and persevering if it is to be successful. It consists chiefly of systematic exercises that twist the spine in a direction opposite to that of the abnormal curvature. They tend to make the spine elastic, and strengthen the muscles so that they are able to hold the body erect after it has been straightened.

A story is told by the Chicago News of a Chinese mandarin who went to his doctor for advice. He could not sleep, had no appetite, suffered greatly from depression, and nevertheless was taking on fat at an alarming rate.

"We'll soon put you in condition again," said the physician. "What you need is exercise, good, hard exercise. Four times a week you may come here and put in the morning polishing my floors."

"But why not my own floors?" the mandarin inquired.

"Mine are larger," responded the doctor, smilingly.



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