

SUN BATHS.

Sun baths, I verily believe, should be more frequently used in the treatment of diseases than they are. In strumous and rachitic children, in anemic adults, in consumptive cases and in many other types of disease it is, I verily believe, the best recuperative agent we can make use of. No drug or medicine can take its place, no remedy can compare with it. I believe one of our most powerful tonics is the sunshine. A sun bath for an hour or two a day is very strengthening, revivifying and more exhilarating than old wine. Put your feeble patients in a room where the sun can reach them, strip them naked and let them absorb the sun in every pore of the surface, and health will be restored and life renewed. We will find this more efficacious in making the old young and the feeble strong than all the Brown Sequard's elixirs or any other means which have been discovered.—Dr. Geo. J. Monroe in Medical Summary, Nov. 9, 1898.

"POPULAR INSTRUCTION."

A "Professor of Diseases of Children" instructs the readers of November *Babyhood* in the matter of the treatment of whooping cough. This is his treatment:

"The moment the disease is recognized, I order an average dose of tincture of belladonna, given once every eight hours, the dose to be increased by one drop daily until the full physiological effect is obtained, viz., widely dilated pupils, flushed cheeks, dry fauces, etc., the maximum dose being reached in five or six days. The maximum dose is continued until there is a decided lessening of the severity of the cough, which may be confidently expected within ten days from the beginning of treatment. In addition to the belladonna I give every three hours during the night full doses of potash, bromide combined with phenacetine, which insures prolonged, tranquil sleep and fewer coughing 'spells.'"

Exactly how "tranquil sleep" can come to the *Belladonna* poisoned little one with its "widely dilated pupils, flushed cheeks, dry fauces, etc.," is something that only the very learned can find out. To a common, every day sort o' person it looks as though the baby who could stand the whooping cough and that load of drugs all at the same time must have an admirable constitution.

SOME CANDIES FOR CHILDREN.

Yes, indeed, there is candy for the children. The real craving for sweets that almost every child has is a normal one and can be satisfied by a vastly smaller amount of candy than most parents imagine. Explain to the small person that his stomach cannot make good blood and strong muscles out of much sweet stuff, and he will learn to accept his one malt bonbon or lump of cut loaf sugar directly after the noon meal, and ask for no more.

Here is a list of some wholesome candies—not a long one, to be sure—but by using one kind several days and then changing to another the children will enjoy these simple sweets for years. First come the Malted Milk Lunch Tablets, which are a food, and which the child will value all the more if only a small number are allowed each day.

Honey candy may be made by letting a square of honey boil in a small granite iron pan until, when it is set aside to cool, it is hard. The wax can be scraped off when hard. One small boy whose mother tried this simple sweet, said: "It isn't like real candy; it is real candy."

Cut loaf sugar is recommended because the pressed is not so pure, having glutinous substances used in the pressing.

Malt extract bonbons are made by Boericke & Tafel. These are a more expensive candy, costing 75 cents a pound, but they are delicious and pure, contain 25 per cent. of malt, and are much cheaper in the end than the "unknown quantities" eaten under the name of candy.—F. A. W., in November *Babyhood*.

Blatta orientalis is an unproved remedy, but it has made many cures of the worst cases of asthma—of cases where the patient was very near to death.

For "distressed" stomach, or indigestion, with sore throat and general malaise, *Homarus* 4x trit., will prove a useful remedy. Proved by Dr. A. M. Cushing.

Horrible itching of the anus may be promptly cured with *Ratanhia* suppositories and *Ratanhia* 3x internally.

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