

## HEALTH IN THE HOME

### How to Drop Pain

A man once grasped a very hot poker with his hand, and although he cried out with pain, held on to the poker. His friend called out to him to drop it, whereupon the man indignantly cried out the more. "Drop it? How can you expect me to think of dropping it with pain like this. I tell you when a man is suffering as I am, he can think of nothing but the pain." And the more indignant he was, the tighter he held on to the poker, and the more he cried out with pain.

In the same way people resist pain and hold on to it; when they are attacked with severe pain, they at once devote their entire attention to the sensation of pain, instead of devoting it to the best means of getting relief. They double themselves up tight and hold on to the place that hurts. Then all the nervous force tends towards the sore place and the tension increases circulation and makes it difficult for Nature to cure the pain, as she would spontaneously if she were only allowed to have her own way.

### Teeth and Digestion

There is a close connection between decayed teeth and diseases of the digestion. The presence of decayed teeth in the mouth is particularly harmful. These may come from various sources, but most commonly from the acid fermentation of the carbohydrate food lodged on or between the teeth at the gums, and due to the action of micro-organisms present in the mouth.

Normally the saliva is alkaline, and any acids produced in the crevices of the teeth are thus neutralized and decay prevented. There are two conditions under which the saliva is unable to neutralize the acids produced locally, namely: (1) when it is deficient in alkalinity, and (2) when it is deficient in quantity. As to the former, it is well known that the saliva becomes less alkaline or even acid in any condition of prolonged gastric digestion, a phenomenon which occurs in nearly all cases of dyspepsia. Moreover, the teeth when decayed further tend to keep up the state of chronic dyspepsia by rendering mastication imperfect. A vicious circle is thus established.

To obviate this form of dental disease, the teeth should be washed frequently with a solution of which one of the ingredients is bicarbonate of soda. This may prevent one of the most disagreeable results of the disease—facial neuralgia.

### A Choking Baby

Coming in out of the next room I thought I heard the baby making such a peculiar gurgling noise, and I picked her up in alarm, seeing her face

was turning blue. I looked into her throat and saw what I thought was the small end of a black collar button, and it was almost out of sight. My first thought was, could I reach the doctor's in time with her? Then I decided it was too far, that I must do something myself immediately, and I laid her on my lap, on her face, and gave her several hard slaps on the back. This proving ineffectual in dislodging the obstruction, I turned her over and thrust my finger down her throat. I had read of this treatment for choking several days before. She gagged and vomited up, not a collar button, but an iron jackstone, with a quantity of blood. She was a very limp and pale little creature for the rest of the day, but soon recovered. I often thought that if it had gone an eighth of an inch farther down her throat, she would have been a goner. Having a good memory for retaining everything I read in connection with the treatment of accidents, sudden sickness, etc., among babies, has helped me out wonderfully in raising my two wee lassies through the babyhood stage.

### Hot Sandbag

A sandbag is said to be greatly superior to a hot water bag, which many people prize so highly. Get some clean, fine sand; dry it thoroughly in a kettle on the stove; make a bag about eight inches square of flannel; fill it with dry sand, sew the opening carefully together, and cover the bag with cotton or linen cloth. This will prevent the sand from sifting out, and also enable you to heat the bag quickly by placing it in the oven or on top of the stove. After once using this you will never again attempt to warm the feet or hands of a sick person with a bottle or a brick. The sand holds the heat for a long time.

### Changing an Invalid's Bed

When the bed of a helpless invalid is to be changed, the fresh clothing should first be well aired, before an open fire, when practicable. The soiled under sheet should be rolled lengthwise from the edge of the bed to where the person lies. The clean sheet, rolled in like manner, is tucked in at one side, and unrolled on the space from which the first was taken until the two are side by side. The patient may then turn, or be lifted over the rolls on to the clean sheet, the soiled one removed, and the clean one stretched tightly over the mattress and tucked firmly in place. The upper sheet may be changed by freeing all of the clothes at the foot of the bed and spreading the clean sheet over all; put a blanket over this and turn the patient securely in at the foot. The soiled ones may then be slipped from under.

For the sickroom a pleasant disinfectant is made by putting in a saucer some freshly ground coffee and lighting a piece of camphor gum on top of it. As this gum burns it emits the odor of roasting coffee, an aroma that is agreeable to most people. This perfume has the advantage of being healthful, and is to be preferred to the pastilles and incense powders, which to some are very sickening. The odor of the coffee will counteract any bad aroma in the room, and the fumes of the camphor will kill ordinary disease germs that may be floating around.

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