

## HEALTH AND DISEASE.

Dr. Searles, of Warsaw, Wis., says in the *Chicago Medical Examiner*: "I have come to prefer tea leaves above all other remedies in the first stage of burns and scalds. I think it must recommend itself to the profession, not only on account of its intrinsic worth, but also by reason of its great convenience, being so readily obtained."

The New Haven doctors have recently shown such partiality for lemon juice in prescriptions that the large drug stores now buy lemons by the box. In one prescription, weighing eight ounces, prepared a day or two ago, there were six ounces of lemon juice.

Dr. Clouston, of Edinburgh, says: "All acute mental diseases, like most nervous diseases, tend to thinness of body; and, therefore, all foods and all medicines and all treatments that fatten are good. To my assistants and nurses and patients I preach the gospel of fitness as the great antidote to the exhausting tendencies of the diseases we have to treat; and it would be well if all people of nervous constitution would obey this gospel."

An excellent authority in medicine recommends a little common sugar as a remedy for a dry, hacking cough, and gives scientific reasons for it. If troubled at night or on first waking in the morning, have a little cup on a stand close by the bed, and take half a teaspoonful, this will be of benefit when cough syrups fail.

The New-York *Medical Journal* publishes an account of the treatment of one hundred and fifty cases of acute dysentery by a Dr. Owen, who employed only a very weak solution of aconite, of which he administered about one drop an hour. This treatment was substituted for the regulation treatment, with ipecac. The Doctor commends the treatment very highly, and says that patients like it very much better than the nauseating doses of ipecac.

## Vegetarianism.

A physician who has been living a year on the vegetarianism plan gives the results as follows: At first the vegetables seemed insipid, and required sauces and pickles to get them down. Soon all condiments were put aside except a little salt. The desire for tobacco and alcohol disappeared spontaneously. Then the digestive functions became regular, and he was wholly free from headaches and bilious attacks. After three months a troublesome rheumatism left him, and at the end of a year he had gained eight pounds in weight. He believes he can do more mental labor than before, and that all his senses are more acute. For breakfast he has brown-bread, apples and coffee; dinner consists of two vegetables, brown-bread, and pie or pudding, for tea he rejoices in bread and jam, with milk and water, and for supper bread and onions. Eggs, milk, butter and cheese are used only in very small quantities. The dietist is a doctor and his statement is drawing out many similar ones from medical men.

## How to Treat a Sprain.

The treatment should be applied immediately after the accident occurs, or as soon thereafter as possible, the sooner the better. The neglect of this precaution has frequently resulted in the loss of the use of a limb for months or years, and in several instances which have come under our observation, has disabled the person for a lifetime. If taken in hand promptly, nothing is easier than the cure of a simple sprain. Hot water is a panacea for sprains and bruises. This fact has been long known to hydropathists, but is recently announced as a new discovery by an eminent Philadelphia physician, who directs that the injured limb be placed in hot water, and boiling water slowly added until the highest endurable temperature is reached. The limb is to be retained in the water a quarter of an hour, when the pain will have gradually disappeared.

## How to Avoid Infection.

The best way is, of course, to keep away from its source; but as this cannot always be done, it is useful to know what precautions may be taken to avoid contracting such dangerous maladies as small-pox, scarlet fever, diphtheria, typhus

fever, and similar diseases. The popular notion that medical men possess some sort of charm by means of which they are protected from the contraction of disease, has long prevailed among the ignorant classes, but is, of course, without foundation. Medical men are as liable as others to contract contagious diseases, and not infrequently fall at their post while attending patients suffering with this class of maladies.

An English physician who has had a large experience especially with typhus fever, a most infectious malady, offers the following useful rules to be observed by physicians. With one or two exceptions, they may also be observed to advantage by nurses in attendance upon patients suffering with contagious diseases, although so far as possible nurses for such patients should be selected from those who are protected from the disease by having had it previously.

1. Always have the window open before entering the patient's room or ward.
2. Never stand between the patient and the fire, but always between him and the open window.
3. If possible, change your coat before entering the room.
4. Do not go in for any unnecessary auscultation or other physical examination.
5. Stay as short a time as possible in the room.
6. Never, while in the room, swallow any saliva.
7. After leaving the sick-room, wash the hands with water containing an antiseptic.
8. Rinse out the mouth with diluted 'toilet Sanitas' or Condy's fluid, also gargle the throat with it, and bathe the eyes, mouth, and nostrils.
9. Expectorate and blow the nose immediately on leaving the sick-room.
10. Keep up the general health by good food, exercise, and temperance.
11. In addition to the above recommendations, which are all pretty generally known, I would suggest another, which is, in my opinion, the most important of all. This is to filter all the air you breathe while in the sick-room or ward through an antiseptic medium."

A convenient method of filtering the air is to tie a pocket handkerchief over the mouth and nose. The same thing may also be accomplished, though not quite so effectually by placing tufts of cotton in the nostrils, and taking care to breathe through the nose, and removing the cotton immediately after leaving the room. These methods are not so effective as though the regular inhaler were employed, as the latter provides a receptacle into which can be placed cotton saturated with carbolic acid or some other strongly antiseptic substance.

## How Colds are Taken.

A person in good health, with fair play, says the *Lancet*, easily resists cold. But when the health flags a little, and liberties are taken with the stomach, or the nervous system, a chill is easily taken, and according to the weak spot of the individual, assumes the form of a cold, or pneumonia, or it may be jaundice. Of all causes of "cold," probably fatigue is the most efficient. A jaded man coming home at night from a long day's work, a growing youth losing two hours' sleep over evening parties two or three times a week, or a young lady heavily "doing the season," young children overfed and with a short allowance of sleep, are common instances of the victims of "cold." Luxury is favorable to chill-taking; very hot rooms, soft chairs, feather beds, create a sensitiveness that leads to catarrhs. It is not, after all, the "cold" that is so much to be feared as the antecedent conditions that give the attack a chance of doing harm. Some of the worst "colds" happen to those who do not leave their house or even their bed, and those who are most invulnerable are often those who are most exposed to changes of temperature, and who by good sleep, cold bathing, and regular habits preserve the tone of their nervous system and circulation.

Probably many chills are contracted at night or at the end of day, when tired people get the equilibrium of their heated sitting-rooms or overheated bedrooms and beds. This is especially the case with elderly people. In such cases the mischief is done always instantaneously, or in a single night. It often takes place insidiously, extending over days or even weeks. It thus appears that "taking cold" is not by any means a simple result of a lower temperature, but depends largely on personal conditions and habits, affecting especially the nervous and muscular energy of the body.