

HANDKERCHIEFS AND HEALTH

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WE are told by authorities on the subject that, long ago, handkerchiefs were articles of personal equipment which were considered essential to possess and to use, "to have and to hold" and, it might also be added, "for better or worse," "in sickness and in health."

Persons laying any claim to respectability, for many centuries, have been found to affect the handkerchief. This is sometimes an article of great plainness, unpretentious because of its intended usefulness, sometimes a combination of various sorts of fine art needlework on account of its designation as an ornament. In a day recently gone by, the gaudy silk coquettishly peeped from the heart region of the front of le beau's coat. The day is still with us, in which perspiring swains find in a handkerchief what its name often involves, a neck cloth, more comfortable than any other collar.

The writer of this does not wish to say anything against the healthy wholesome use of this useful article. It is only desired to show there is a time when its use is "for worse" and this is in certain times "of sickness." There are times when the task of washing the handkerchiefs that are sent to the weekly wash, is one which demands a great deal of fortitude and self denial on the part of the laundryman, washerwoman or housewife. There are times when the use of the handkerchief is very nearly attempted suicide or manslaughter, if not one degree worse. The use of handkerchiefs by those suffering from consumption is discouraged by sanitaria. Time was when it was considered very right and proper to expectorate in a handkerchief; perhaps in certain localities it is still considered proper, just as in certain other localities, the floor, carpeted or not is regarded as the proper receptacle of expectorations. There is a sect of transcaucasus Russians in Canada, which is on this level of culture, and whose woman excel in making drawn-work handkerchiefs, supplying a considerable demand from the

stratum of society that uses the handkerchief as an expectoration receptacle.

There ought to be more use of paper as a receptacle of expectorations. Either the elaborate paper boxes in use in the consumption sanatoria, or paper cones folded funnel wise, as a pharmacist folds his filter paper. It seems that a large part of the expectorations of ordinary people in fair health, are confined to such times that privacy is in order in the bedroom or other home quarters. This would make it easy to form the newspaper cuspidore habit.

For nasal clearing at such time, also it is possible to relieve the wash tub of a large part of the weekly disagreeables by the use of tissue paper, Japanese handkerchiefs etc., which ought to be immediately destroyed with fire.

In health, it is normally the function of the cilia and fine hairs in the nostrils to do police duty, to arrest the dust in the inhaled air, and this dust being held in the naturally antiseptic mucous secretion of the nostrils is expelled in the act of blowing the nose. Where this act is relegated to privacy, as it could be with a great lessening of its offensiveness, the use of tissue paper is self-evidently desirable.

What is here said to convince healthy people that they might find use for paper handkerchiefs instead of linen, ought to appeal with much greater force to those who are suffering with influenza, expectorant coughs, pneumonia, or catarrh whether incipient, acute or chronic.

Form the habit of regarding expectorations and nasal emanations as so much dangerous excreta, to be summarily destroyed, instead of being left for the pathological inspection of your washer woman, who may be blissfully unconscious of the pathogenic possibilities of her contract, and who will attribute to the inscrutable work of Providence the ill results of breathing the dust from dried up handkerchief filth.

LOST TWO DAUGHTERS

MR. WM. SWAFFIELD, Goderich, Ont., writes the Muskoka Free Hospital for Consumptives: "Please accept \$5.00 from Wm. Swaffield and family to assist the poor sufferers at Gravenhurst. I have lost two daughters with this disease and I well know how to feel for others."