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The Home Doctor.

Medicinal Uses of Fruit.

Fruit is a perfect food when fully ripe, and if it were in daily use from youth to old age there would be less of the many minor ailments that are so common these days.

Encourage the children to eat more fruit and less candy. The skins are the protection of the delicate fruit from the dust and germs and are not intended to be eaten.

The apple is one of the best of fruits and the most generally useful. But it is so common that very few persons are familiar with its remarkable medicinal properties. An old Scandinavian legend has it that the apple was the favorite food of the gods; that to it they owed their perpetual youth. Whenever they found themselves growing old and infirm in body and mind they ate of the apple and were once again strong, young and active. The apple is excellent brain food because it has more phosphoric acid in easily digested shape than any other fruit.

It excites the action of the liver, promotes sound and healthy sleep, and thoroughly disinfects the mouth. This is not all; the apple prevents indigestion and throat diseases, and is valuable in rheumatism, insomnia, liver troubles and nervous dyspepsia. Baked or stewed apples will generally agree with the most delicate person, and are an excellent medicine in many cases of sickness. Green or half-ripe apples stewed and sweetened are pleasant to the taste, cooling, nourishing and medicinal. An apple contains as much nutriment as a potato.

The lemon is next esteemed for medicinal value. It is very useful either in health or sickness. Lemons and tomatoes should be used daily in warm weather, as they have a cooling effect. Lemonade is the best drink in fevers, and when thickened with sugar is better than syrup of squilla, and other nauseous drugs in many cases of cough. Hot lemonade is one of the best remedies for a cold. It is also excellent in case of biliousness. The juice of half a lemon in a teaspoonful of strong, black coffee, without sugar, will often cure a headache.

They are also of great value in cases of rheumatism and gout. The old Roman remedy for malaria is to cut a lemon into a pint of water, peel and all, boil down to one-half. Take one teaspoonful before meals. Better than quinine.

Oranges are invaluable as complexion beautifiers. The women of Italy and Spain are said to have the finest complexions in the world and they live largely on coarse grained food, nuts, oranges, and other fruits. Sour oranges are said to be good in cases of rheumatism. Oranges and pineapple make fine drinks. Use saccharine in place of sugar for sweetening them. The juice of pineapple is good in cases of sore throat.

Pomegranates are good for a relaxed sore throat.

Grape fruit is an admirable tonic and a most appetizing breakfast or luncheon relish. Its medicinal value is better obtained without much sugar.

Watermelons are useful in epilepsy and in yellow fever. The banana is one of the most nourishing of all fruits, and is recommended as a useful food for typhoid fever patients, inasmuch as though a solid food for all practical purposes, containing as it does some 95 per cent. of nutritive matter, it does not possess sufficient waste to irritate the ulcerated mucous membrane. Nearly the whole amount taken into the stomach is absorbed.

The banana contains much iron, and is highly recommended to anaemic patients who are also advised to eat strawberries by the quart. The banana is the daily bread of the inhabitants of the tropics, providing an abundance of nutrition. It is said that a given space of ground planted to bananas would produce one hundred and thirty-three times as much food substance as the same area sowed to wheat.

Peaches are both meat and medicine. They are good for the digestion and the blood, and are almost as good as the orange for beautifying the complexion.

Pears in some cases are more easily digested than apples.

Plums are of special hygienic value and even a preventive of gout and some forms of rheumatism.

Figs are aperient and wholesome. They are said to be valuable as food for those suffering from cancer; they are used externally as well as internally. Green figs are excellent food.

Prunes supply the highest nerve or brain food, and dried figs contain heat, nerve and muscle food, so both are good in cold weather.

Dates can be obtained in every place; they are cheap, delicious, healthy and most excellent for the children's lunch. They can be made into puddings, sandwiches, jam, cake, candy, or eaten as they come from the store. Figs can be used in the same way.

Raisins are stimulating in proportion

to their quality. An easy way to keep raisins, figs and dates away from inquisitive little ants and roaches is accomplished by putting them in paper bags that have been well brushed over with strong borax water and dried before the fruit is put in. The little pests do not like borax and will not gnaw through the sack when thus prepared. Try cranberries for malaria and nervous prostration. Cranberries are used for erysipelas externally in a poultice as well as internally.

The small seeded fruits, such as blackberries, figs, raspberries, currants and strawberries, may be classed among the best foods and medicines. The sugar in them is nutritious, the acid is cooling and purifying. It is sweet, ripe fruit in prime condition only, that is recommended.

Some doctors are ardent advocates of what in Europe is called the grape cure. In this cure grapes form the exclusive diet for several days. The patient commences with the consumption of from one to two pounds daily, with a gradual increase to eight or ten pounds. After a few days of this diet, a marked improvement in the general health is noticeable. The appetite improves, the digestion becomes easy and rapid, and increased capacity to withstand the fatigue of outdoor exercise is noticeable. The grape cure is particularly recommended to the anaemic, dyspeptic, consumptive, and in cases of liver trouble and gout.

The Care of the Child Through the Second Summer.

The second summer is looked upon by most mothers as a dreadful season for babies. Often, during this heated term, double teeth are making their appearance, and the pain and feverishness induced by this process, even though a natural one, may be the cause of stomach and bowel trouble, through the ignorance or neglect of those in charge of the children.

To be forewarned is to be forearmed and with a little special care much suffering can be avoided and many lives saved.

Diet.

As the diseases are principally of the digestive tract, the diet of the child is of the utmost importance. A child one or two years old should have eight to twelve or fourteen teeth. He has passed the period where the mother's milk supplies nourishment enough for his rapidly growing body, and yet the glands and juices of the stomach and bowels are not sufficiently developed to digest the solid food used by adults, so that the diet throughout the second summer should be semi-solid, plain and easily digested.

Children at this age should have a regularly prepared meal about every four hours, and nothing at all between meals.

Bread and butter and a glass of milk, or a bowl of bread and milk, thoroughly cooked rice, or any of the cereals found to agree with the child, soft boiled eggs, beef juice, apple sauce, orange juice, the pulp of cooked prunes, make a good list from which to select. If candy is given it should be at the meal, a little peppermint or chocolate, the best and purest.

Be sure that all the food is wholesome and pure. Stale or slightly sour milk can cause an attack of dysentery or cholera infantum which may prove fatal. Keep all indigestible food out of the reach of these irresponsible little people, who find the way to their mouths with everything that comes into their hands.

Clothing.

Children should be dressed to suit the changes in temperature. As few garments as possible during the heat of the day, with the addition of a sack or a thin wool shirt which will cover the abdomen during the cool mornings and evenings will be a necessary precaution. Children disposed to diarrhoea should wear a soft flannel band around the abdomen all through this critical period as a preventive measure against the rapid changes of our climate.

Hives is an affection of the skin usually coming as a symptom of a run down condition of the system and indigestion. Use strong salt water to quiet the intolerable itching. Sulphur and cream of tartar are considered specifics to purify the blood after which a tonic of iron or some vegetable bitter, taken after meals, will build up the system. It will be very necessary to diet rigidly until the Hives disappears. Take no meat, rich pastry, spices nor any food difficult to digest.

Stop Being Sick!

Why suffer longer when there is help and health for you? Vita-Ocures where others fail and you can try it without any risk for one whole month. Read the advertisement on page 25 and send for it.

BEWARE OF CONSTIPATION

It is one of the most common sources of disease, because it fills your blood with impurities and poisons every organ of your body. Its effects are seen and felt in dull eyes, offensive breath, skin rashes, headache. Take Mother Seigel's Syrup; it strengthens the bowels, and makes constipation impossible.

WHICH POISONS YOUR WHOLE SYSTEM

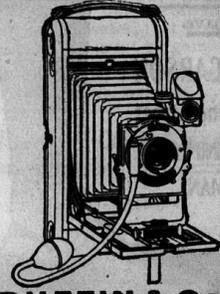
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