

The Home Doctor.

Sore Mouth.

This is a condition that frequently disturbs the peace and happiness not only of the child but of others. It may be avoided by giving care to the diet and keeping the mouth cleansed. If the lips, gums, and tongue are sore, wash the mouth with a solution of 10 grains potassium chlorate to an ounce of water before and after eating. For a very young child this may be done by using a clean cloth on the end of the finger. A saturated solution of boracic acid is also excellent.—Dr. Rossiter, in Good Health.

Ice in the Sick Room.

A saucerful of shaved ice may be preserved for twenty-four hours with the thermometer in the room at 90 deg. F., if the following precautions are observed: Put the saucer containing the ice in a soup plate and cover it with another. Place the soup plate thus arranged on a good, heavy pillow and cover it with another pillow, pressing the pillows so that the plates are completely embedded in them. An old jack plane, set deep, is a most excellent thing with which to shave ice. It should be turned bottom upward and the ice shoved backward and forward over the cutter.—Medical Summary.

Colds.

From the point of view of the ordinary observer it is often from the seemingly most insignificant causes that the greatest events and greatest disasters spring. By disregarding proper sanitary precautions, by rearing a child in an in-

judicious manner, or by neglect of an apparently slight ailment, seeds of disease are allowed frequently to be sown, which in some constitutions, if not leading directly to fatal results, are never afterwards completely eradicated. Parents do not, as a rule, sufficiently appreciate the immense importance of bringing up their children so that they may be enabled to successfully withstand the assaults of sickness, and do not fully recognize the fact that a delicate frame may be, by intelligent means, built up and rendered strong. Undoubtedly upon the early training of children and upon the habits of life formed during youth depend their attainment of a vigorous maturity. These remarks especially apply to what is usually referred to as catching cold. It is a matter of general belief that the greater number of illnesses commence with a cold. This belief is to a great extent correct. Again, the view of the majority is that all colds are occasioned by exposure to some kind of draughts, damp, cold, or wet. The result is that parents and nurses, in their fear that children should be the sufferers from these exposures, are apt to coddle them tenderly. This treatment has, in many cases, a contrary effect to that hoped for, tending to make the little ones more and more delicate, more and more susceptible to exposure, and less and less capable of reacting against the depressing effects of cold, and what is worse, confirms parents in the belief that fresh air and ventilation are harmful. Many authorities are now of the opinion that colds are really catching, and can be directly communicated from one person to another. Whether an ordinary cold is contagious is, however, a point that has not up to the present

been definitely decided. Acute catarrhs are probably mutually contagious, and Dr. Moore, of Dublin, says that "cold in the head is notoriously infectious and the means of communication is the discharge from the nostrils." He further states that he is satisfied, from repeated observations, that this troublesome affection spreads through a family of children and then through an entire household through the pernicious use of the pocket handkerchief. When the fact is taken into consideration that a cold in the head more frequently than not attacks most members of a household, this opinion would seem to be warranted by experience. Influenza is undoubtedly contagious, and the same may be said in a lesser degree of whooping-cough. But whether colds are catching or not, will, doubtless, be settled in the course of time. The point with which we would particularly wish to impress our readers is, first, the importance of preventing children from taking cold, and, secondly, the necessity of regarding a cold, when contracted, in a serious light. It does not, by any means, follow that because a healthy child will quickly shake off the effects of a cold that this will happen in all cases, and every step should be taken to stop such attacks in the bud and to prevent further complications. For instance, if a cold habitually flies to the chest, the parents of children with such a predisposition may be certain that there exists a weakness of the lungs, and should use their utmost endeavors to overcome this tendency. The old motto, "prevention is better than cure," may be applied to the treatment of colds with special emphasis, and it should be remembered that if proper care is taken of children when young, and if their bringing-up is conducted more with the view of hardening them, the need of sanatoriums for consumptives would be much less than is at present the case. Cold water bathing is often of benefit in preventing colds, but in this practice discretion must be observed. Such a

course should not be pursued with delicate children; the use of warm or lukewarm water should be substituted, and in both instances should be followed by energetic rubbing. It also goes without saying that healthy exercise in moderation tends to increase the resisting powers of children to withstand disease. Suitable clothing is another important point to be considered, especially with children of marked catarrhal predisposition. Such children should wear woolen underclothing throughout the year, varying in thickness with the change of the seasons.

How to Treat Measles.

This is a very simple matter. The disease itself requires no treatment. There is no antidote for measles; and in spite of drugs and medicines it will run its course. The chief thing to be aimed at is to take care that while the child is suffering from measles it takes no harm. The patient should be kept in a warm, well-ventilated room, and is probably safer in bed than running about. Happily the patient often prefers being in bed, so that there is no difficulty in keeping him there. The light should be partially excluded from the room if there is much soreness of the eyes, and these, as well as the nose and mouth, should be kept scrupulously clean by occasional washing with warm water. If thirst is complained of, toast and water or lemonade, made without or with very little sugar, may be given to drink. The skin should be sponged once a day with warm water, to which a little vinegar has been added. This should be done with the greatest care, since any undue exposure to the risk of catching cold is above all things to be avoided. The food should be bland, nourishing, and simple, and should vary according to the age of the patient. Milk, barley water, soft puddings of custard and farinaceous articles, beef tea, mutton or chicken

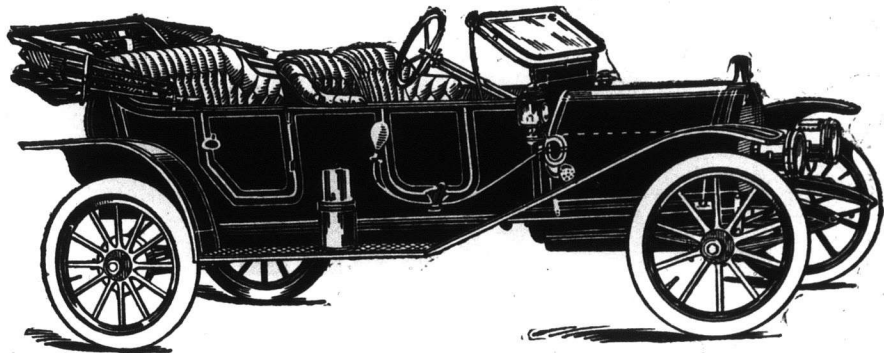
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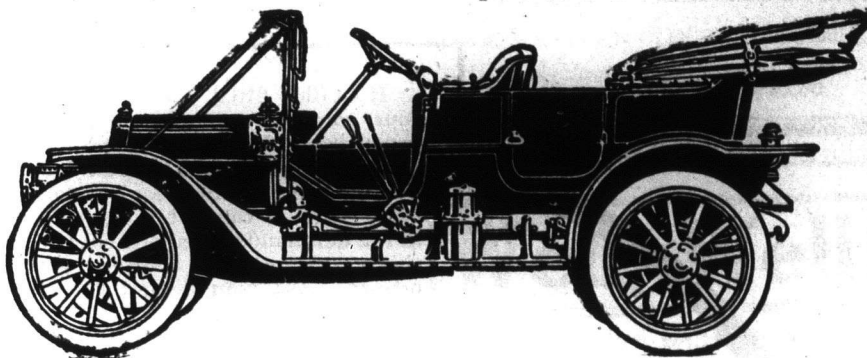
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