

Health Department.

Some Good Rules For Dyspeptics.

We published recently a quite lengthy article on the above subject, but some of our dyspeptic patrons complained that its prohibitive nature was too sweeping and left them a too scanty regimen. We take the following simple rules from the *Phrenological Journal*, which, if followed out, will do much towards relieving the distress occasioned by this quite prevalent malady.

1. Eat two meals a day.
2. Eat slowly, masticate the food very thoroughly, even more so, if possible, than is required in health.
3. Avoid drinking at meals; at most take a few sips of warm, unstimulating drink at the close of the meal, if the food is very dry in character.
4. In general dyspeptic stomachs manage dry food better than that containing much fluid; so avoid light soups.
5. Eat neither very hot nor cold food. The best temperature is about that of the body. Avoid exposure to cold soon after eating.
6. Be careful to avoid excess in eating. Eat no more than the wants of the system require. Strength depends not on what is eaten, but on what is digested.
7. Never take violent exercise of any sort, either mental or physical, just before or just after a meal. It is not good to sleep immediately after eating.
8. If it is thought necessary to eat three times a day make the last meal very light. For most dyspeptics two meals are better than more.
9. Never eat a morsel of any sort between meals.
10. Never eat when very tired, whether exhausted from mental or physical labor.
11. Never eat when the mind is worried or the temper is ruffled, if it is possible to avoid doing so.
12. Eat only food that is easy of digestion, avoiding complicated and indigestible dishes, and take but two or three kinds at a meal.
13. Most persons will be benefited by the use of oatmeal, wheat meal, or graham flour, cracked wheat, and other whole grain preparations, though many will find it necessary to avoid vegetables, especially when fruits are taken.
14. Some kind of fruit, ripe, fresh or in the simple form of stewed or canned, should be eaten at breakfast, as fruit promotes digestion. The use of fruit obviates the necessity of drinking while eating, and for those who have been habituated to drinking, a dish of stewed apples or prunes will serve as well.

Cod Liver Oil.

Cod liver oil is, as its name indicates, obtained from the livers of codfish. It is an agent which could hardly be dispensed with, being a nourishing tonic of exceeding value. Many people have an idea that consumption is the one disease for which it is peculiarly adapted, and they fail to recognize the fact that it is equally efficient in many other affections. Hence, when physicians prescribe it, patients at once assume that they have trouble with their lungs, says the *Boston Herald*.

The accepted list of diseases in which cod liver oil is of special efficacy is much larger than it was a score of years ago. Undoubtedly, physicians in olden times, in attempting to combat disease, often used drugs which depressed and reduced the vital powers, doing thereby more harm than good. All that is changed now. Physicians of the present may be said to ignore to a certain extent, the disease, but nourish and keep up "restore the life that is being drained, build up the tissues being wasted." Cod liver oil is practically a food, and a such only, does it act. It nourishes and fattens wasted and wasting bodies, and in that way it often checks the progress of pulmonary consumption.

Among the many affections in which it is given, is nervous debility. In some coughs, too, even where the lungs are perfectly sound, it proves admirable and often cures the same. Its taste is so disagreeable that comparatively few patients can take it, a fact much to be deplored. Many are the ways

devised to make it less unpleasant, flavoring it with peppermint, mixing it with coffee, rinsing the mouth first with brandy or whiskey, pouring it into the froth of the beer. Some recommend that it be salted and peppered and then "bolted down," afterward the mouth, to be rinsed with tincture of myrrh and water. Lately, it has been suggested that a few grains of salt be dropped on the tongue before taking cod liver oil, as by that means it will be rendered palatable. Or a bite of pickle before and after taking the oil, will render it more acceptable.

To Disinfect a Room.

The best means to disinfect a room which has been occupied by a person suffering from any infectious disease, is to burn sulphur in the room. To do this, take a dish pan, and place a flat plate in the bottom of it, and on this plate set a kettle containing the proper amount of sulphur mixture equal quantities of sulphur and charcoal. Fill the pan with water so that it will come half way up on the kettle. Then turn alcohol or benzine on the mixture, ignite, and get out of the room as speedily as possible. Alcohol is much the best to use, and two or three ounces will be sufficient for several pounds of sulphur. Let the room remain closed for twenty-four hours. The room should be left open for another twenty-four hours, and then thoroughly cleansed, the furniture washed with disinfectant solution, the walls newly kalsomined or papered, and the wood work covered with fresh paint.

The room should be prepared previously by having every crack about doors and windows tightly pasted or stopped up. The object of using water is that the heat of the kettle will cause evaporation and send moisture out into the room; for, the spores being very tenacious of life, dry sulphur fumes are not sufficient to kill them all. In the dry state, the product is simply oxide of sulphur, but when water is added we have sulphurous acid, which is powerful enough to kill all the spores as well as the germs.

Roughly speaking, colic is due to irregular, violent, and usually very painful contractions of the great intestine. The causes of this complaint are very numerous. In some cases the disease is due to constipation and consequent distention of the colon. Sometimes over fatigue will bring it on; occasionally eating some food which does not agree with the constitution. Many positively awful cases in which the sufferer longed for death as a relief from his agony, have been due, in my experience, to such trifling causes as eating a bit of plum cake or plum pudding, a few cherries, currants, gooseberries, grapes, an unripe apple or pear. Water contaminated with lead or some other metal is one of the most frequent of all causes, one form, "colic," having gained a very unenviable notoriety. Exposure to cold is a frequent cause, while many sufferers know, to their cost, that the slightest anxiety or overwork will give them a sharp attack. Middle aged and elderly women of rather full habit, are more liable to colic than men. Careful regimen is valuable as far as it goes, but it is very far from being all-sufficient, for in many cases the keenest scrutiny will not detect any errors of diet, although worry, overwork, and cold, combined with constitutional predisposition, account for most cases.

Trephining for Insanity.

Brain surgery has taken a wonderful stride, even in the last five years, and the operation of trephining is now often performed and in quite a variety of diseases. One of its latest applications was in a case of general paralysis, which, when it starts, as a rule, goes on as relentlessly as fate. The patient was a man in whom the disease had made considerable progress, and death seemed not far away. He was trephined, and an opening made in his skull one and one half inches long by three-quarters of an inch wide. This was made with a view of relieving the tension due to the pressure of fluid present in the brain; also to arrest the irritative changes going on. The man was insane before the operation, but his mind cleared up after it, and at last reports were doing well. Not improbably the time is coming when certain forms of insanity will be numbered among the surgical diseases.

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Bridging the Bosphorus

Encouraged, no doubt, by the success of the bridge across the Forth, engineers are now considering the equally great bridge across the Bosphorus, connecting Europe and Asia and their future railway systems. The paper *Hakikat* gives some project approved of an offer by Anatolia to build a bridge of 500 meters and 70 meters high between the bridge.