



# HEALTH TALKS.

## LESSONS ON TUBERCULOSIS.

CONDITIONS THAT FAVOR THE DEVELOPMENT OF CONSUMPTION.

Disease germs, like the seed a farmer plants, need a suitable soil and favorable conditions for their growth and there are no germs of which this is more certainly true than those of tuberculosis.

Among the common conditions that prepare the body for the growth of the tubercle bacillus within it, the following may be named:

1. Living in poorly lighted, poorly ventilated, or damp houses.
2. Lack of plain, nourishing food.
3. Lack of cleanliness.
4. Lack of outdoor exercise.
5. Loss of sleep.
6. Cramping the lungs and organs of digestion by habitually standing, walking or sitting in a bent or stooped position.
7. Neglected colds, coughs, and other disorders, and long-continued catarrhs of the nose and throat which may be caused by breathing air laden with dust.
8. House dust in general, from carpets, hangings, etc.
9. Intemperance and indulgence in alcoholic drinks.
10. Vicious personal habits, including the use of tobacco by growing boys.

An abundant supply of pure, fresh air is a powerful natural agent for the prevention and cure of consumption.

We should be in the open air as much as possible; we should sleep in well ventilated bedrooms, preferably with windows wide open; we should avoid crowded and poorly ventilated places, and we should make sure that the rooms in which we live and work are properly supplied with fresh air. There is less danger that we will be injured by a little draft than by breathing stale air. When the weather is cold we should keep our bodies warm by clothing them properly and not by shutting out the fresh, pure air. If all persons breathed the full amount of pure air their bodies require, the frequency with which consumption occurs would be reduced.

Crowded, overheated, damp, improperly ventilated houses, workshops, bed-rooms, living rooms, and places of assembly are among the important conditions that favor the spread of consumption.

When the windows of a room are opened, the stale air passes out above and the fresh air in below; hence, to secure proper ventilation, the windows should be open both from above and below. On a calm cool day, when there seems to be no current of air, the direction in which the air moves in a room can be shown by holding a lighted candle before an open window or door; when the candle is held near the bottom the flame will point into the room, and when held near the top it will point out. This simple experiment shows that we should have openings high and low in our rooms to secure a constantly incoming supply of pure air, and to provide a passage for the outgoing stale air.

Disease germs that cannot live more than a few hours in the bright sunshine remain alive and dangerous many months in dark places. Tubercle bacilli soon die when the sun shines on them. Even diffused sunlight acts as a germicide.

### SUNLIGHT FATAL TO TUBERCULOSIS.

We need sunlight to keep the color of health in our cheeks. We cannot have too much sunshine in our houses even though it may fade the colors of wall papers and carpets.

Eating poorly cooked and otherwise unwholesome food causes various troubles of the digestion. This is one of the ways through which the natural power of the body to resist disease is weakened.

Wholesome, nourishing food does not mean high priced delicacies, which are often more harmful than nutritious; it means the ordinary simple articles of food that can be obtained in abundant quantities for the price most people are able to pay.

Some member of every family should understand how to prepare food so that it will taste good and be easily digestible. Be sure that the kitchen is at all times a thoroughly clean place, and that the cook is a healthy, cleanly, careful and competent person.

The education of a girl is incomplete until she has learned how to prepare plain, palatable dishes. There is a close relationship between food and air. The best food, properly prepared, often cannot be digested and used by the body in quantities sufficient for the preservation of health unless a sufficient amount of pure air is breathed.

Cleanliness of the body, of clothing, habitation and food and of everything with which we come in contact is an important means of protection against tuberculosis and other infectious diseases. No better hiding places can be found for tubercle bacilli and other disease germs than dirt and rubbish.

The use of soap destroys many more than it destroys and thus makes them harmless. One of the relatively few things in which persons differ from the lower animals is the use of soap. Soap is an emblem of civilization.

Disease germs may be transferred from unwashed hands to food and with such food into the mouth; hence as we never know what filth may have been in contact with the numerous articles we handle, our hands should always be washed before we touch food, either to prepare it or to eat it. Raw fruit, especially the kind we do not peel, should be washed before it is eaten.

Remember also that clean and noble thoughts as well as cheerfulness help to keep us well.

The clerk, the lawyer, the merchant and the mechanic, as well as the teacher and the scholar, spend many hours in rooms where the air may become stale and impure; hence they should take daily walks in the open air and make frequent excursions into the country.

The best results are obtained from exercise when it is taken in the open air. Exercise should be moderate and of a kind that uses all parts of the body.

One of the evils of our modern athletics is the strife to break records. Overtraining does more harm than good.

Sufficient sleep is a necessary for the maintenance of health as wholesome food and pure air.

One-third of our lives is spent in bed; hence the importance of proper bedrooms.

A thoroughly satisfactory bedroom must be well ventilated, and must be so constructed that the sun can shine into it during at least a part of the day. Damp rooms or rooms with moist walls, and interior dark rooms or rooms without windows (no matter how well they are ventilated through air-shafts or otherwise), should not be used as bedrooms.

Young people should always make up for loss of sleep, and should not take so-called nerve tonics to correct the feeling of discomfort caused by insufficient sleep.

The normal position of the body is erect; the head should be carried high, with its weight supported on the backbone. A stooped position, a curved back, an open mouth and a hanging chin are conditions that favor the development of consumption.

Cramping the chest by stooped walking or by sitting in a stooped position prevents the lungs from expanding as fully as they should, and under this condition the blood does not receive an abundant supply of air.

### COLDS, CATARRHS, AND OTHER DISORDERS.

We are all liable at times to become affected with colds, coughs, catarrhs and other disorders, which may help the tubercle bacillus to enter and grow in our bodies and thus cause consumption. Hence these little disorders should not be neglected or treated as unimportant. While they continue they have a similar relation to our bodies that an unguarded, open door bears to a strong house. The longer the door is open the more time a thief has to enter; likewise the longer the little disorders remain the more time the tubercle bacillus has to get in.

Tubercle bacilli may remain alive and dangerous many months in house dust when shielded from sunlight. But this is not the only reason why house dust favors the development of consumption and other diseases.

When air that contains dust is breathed, the dust is deposited on the lining of the nose and throat, this delicate lining is irritated and injured in a way that aids the passage of disease germs through it in-sage to the body.

We should therefore avoid dust, and house dust especially, and to do so we should have no unnecessary draperies and hangings and no nailed-down carpets.

Carpets and rugs should be swept with a carpet-sweeper and not with a hard broom, and bare floors should be swept with a soft broom or wiped with a moist cloth. Dusting with dry cloths, brushes, and feather dusters stirs up dust, and the more dust is stirred up the more dangerous it is. Removing dust with a damp cloth is more hygienic.

During sweeping the windows of a room should be lowered from the top

dows open at the bottom let air and kept closed at the bottom. Wind-blow in and not out, and therefore cause the dust that rises during sweeping to be blown farther into the house and not out of it.

The habitual use of alcoholic drinks, even in moderate quantities, is regarded by high medical authorities as a condition that favors the development of consumption that few habitual drunkards escape the disease.

Vicious habits, among which the use of tobacco by growing boys may be included, rob the body of strength and prepare it for the growth of the tubercle bacillus and the development of consumption.

Viciousness and intemperance are the constant aids to ill health, and disease is mostly the fine we pay for living improper lives and neglecting the laws of health.

## Higher Education.

### Ottawa Critics Forced to the Opinion that Some of it is Dangerous.

Is Higher Education dangerous? asks the University of Ottawa Review and then proceeds to answer: We are forced to the reluctant conclusion that some of it, as provided in the modern American University, undoubtedly is. A writer in the May number of the Cosmopolitan has produced startling revelations regarding the philosophic, sociological and religious teaching in the principal universities of the United States. He has taken special courses, or been present at lectures as a visitor, or interviewed members of the faculty or consulted the printed records of what is taught in Harvard, Yale, Princeton, Pennsylvania, George Washington, Chicago, Columbia, Syracuse, California, New York, Iowa, Wisconsin, Nebraska, Cornell, Brown and Leland Stanford. What has he discovered? That in hundreds of class-rooms the future leaders of the nation, both men and women, are being daily taught these revolutionary doctrines: The Decalogue is no more sacred than a syllabus; the home as an institution is doomed; immorality is merely an act in contravention of society's accepted standards; the change from one religion to another is like getting a new hat; moral precepts are passing shibboleths; conceptions of right and wrong are as unstable as styles of dress; wide stairways are open between social levels, but to the climber children are encumbrances; the sole effect of profraternity is to fill tiny graves; there can be and are holier alliances without the marriage bond than with it. Olympus and Mount Sinai are twin peaks beautiful but not made sacred by mythology. There are no God-established covenants—what happens at elections is more important than what took place in Palestine those who defy the moral code do not offend any deity but simply arouse the venom of the majority that has not yet grasped the new idea. Theology is breaking down; conscience is a false guide and there are no abiding standards of right and wrong. These, we are told by the author, are the doctrines commonly taught by leading professors in the great Universities, and he quotes their own words as proof of his assertions. What a startling state of affairs, when we consider that there are in the States 493 institutions of higher education in which 229,000 students receive instruction from 21,000 professors! If this scientific godlessness is, as we are told, the tendency of modern education, may we not justly fear that it is creeping into the Universities of Canada? Signs are not wanting that such indeed is the case. What then must be the feelings of all truly Christian, and especially Catholic, parents, when they reflect that students in at least some of our own great Universities may freely absorb what society condemns as tainted ethics unless the professor, seeking publicity or inexpert at dodging it, arouses the wrath of the community. As far as Catholics are concerned, the remedy is obvious, though, in sooth, very difficult of realization.

## Conversion of England.

### Father Vaughan Discusses Needs of the Great Work.

According to Amos Braithwaite, in The Missionary, Father Vaughan when in Washington was interviewed as to the plans for the conversion of England.

What we want now, in the first place, is an able and energetic head. We want also every Catholic in England to recognize as a matter of conscience that he has a duty to his non-Catholic neighbours, and that he has a part to play in England's Conversion. It will take some time, I imagine, to arouse all the Catholics in England to a sense of their obligation in this regard. Though we have been giving these missions now for five years, there are a great many Catholics who look on our work as an experiment. They want to know what the Bishops think of it. They want to see for themselves if the people attend and if converts are really made. Some still make that old remark which strikes me as often only an excuse for laziness, "that it is much better to leave outsiders alone and look after our own." The Catholic Church is, as you know, a missionary church. We have the commission "to teach all nations," to preach the gospel to every creature. Who, then, pray, are "our own," and who the "outsiders"? Are those who are not "our own" the devil's own? God forbid. Did not

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Jesus Christ die to save all? We must not be exclusive. Of course, we have to save our own, but what does that mean? It means instructing well our Catholic children. It means helping Catholic schools. It means that more than anything else, but is that going to hinder us from speaking of religion to others, disabusing their minds of the false notions they have of the Church, and, in fact, going out after them gathering them together wherever we may, and giving missions to them?"

### A Good Sligo Man.

A striking personality in the social, commercial and political life of Sligo county has passed away in the person of Mr. Nicholas H. Devine, Tubbercurry, whose death occurred after a short illness at the patriarchal age of 88 years.

From the days when, on the 21st November, 1868, the manhood of Tubbercurry and district succeeded in asserting their right to public meeting during the progress of the famous O'Connor election, and proclaimed their allegiance to democracy at the poet's bayonet, Mr. Devine has been a striking figure in all the agitations and popular movements for the betterment of the Irish peasantry. A member of the Repeal movement, he stood beside Isaac Butt when the late leader of the Irish party inaugurated the Home Rule movement. He was present at the concourse of world-renowned men who attended the O'Connell Centenary, and was present in the Land League rooms in Dublin when the famous No. 10 manifesto was issued a few days subsequently. He was incarcerated in Armagh prison as a "malcontent" under the Forster regime, and the occasion of his re-

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