# Health Department.

[A certain space in each number of this journal will be devoted to questions and answers of correspondents on all subjects pertaining to health and hygiene. This department is now in change of an experienced Medical Practitioner, and it is believed that it will be found practically useful. Questions under this department should be as brief as possible and clear in expression. They should be addressed to the editor of this journal and have the words "Health Pepartment" written in the lower left corner on the face of the envelope. – Etc.]

### Lodging Houses and Lodgers.

BY ROBT. SPROULE, M. D., M.A., TORONTO.

The good results which have followed the efforts of many philouthropic persons, as well as the action of the State in regard to the dwollings of the working classes, such as mill operatives, small tradesmen, and the laboring classes generally, induce me to say a fow words to a class of men and women, mostly young, who occupy a very important position in our midst. I refer to those omployed in the larger factories and various light trades, such as dressmaking, tailoring, millinery, clerks in stores and offices, etc., etc., in short the lodging and boarding classes, who have sometimes inadequate wage and no home near to go to, in fact, who are more or less compelled to live from hand to mouth as best they can, and who, though often educated and highly in, telligent, give little thought to their personal health or even comfort. Cheapness in living and especially in the matter of sleepingaccomodation being the only desideratum Before these young men and nomen now l will lay a tew physiological facts, and the deductions which experience has forced us to draw from them, and I think that many little illnesses and inconveniences from which they have suffered, or noticed others suffer, may more, many severe diseases and even deaths, with their accommuniments of expense and beravement will be explained, and I trust some others which might have occurred prevented, by taking heed to the

timely warning.
The lungs of a man of medium size will contain, after a usual inhalation, about eight pints of air, and during this inspiration he will have taken in between twenty and thirty cubic inches of air, that is the quanthirty cubic inches of air, that is the quantity of pure air that he requires to carry on healthy life. During perfect rest he breathes from thirteen to to afteen times a minute, in that time changing the whole quantity of air in the lungs, for we can never breathe out all the air in our lungs; there are from 75 to 100 cubic inches of air remaining in the lungs after each inspira-tion, which physiologists call the resulu-al air. Then there is about as much al air. Then there is about as much more called supplemental air, or greatest quantity of air that can be taken into the lungs. The tidal air is the pure air taken in at each inspiration, and mingled in the lungs with the resulual air, supplying oxygen and carrying away at each inspiration carbonic acid gas and other deliterious substances, just as the opening of a door in a crowded room will permit the pure air to rush in from without and mix with the foul air, refreshing the whole room, and driving air, refreshing the whole room, and driving out some of the foul air.

out some of the foul air.

To give an idea of the amount of carbon in the form principally of carbonic acid gas exhaled from the lungs every twenty four hours: weigh half a pound of charcoal or pure carbon, and that will just about represent it. We will find that half a pound of charcoal is no small piece and if we add pure carbon, and that will just about represent it. We will find that half a pound of charcoal is no small piece, and if we add to this the quantity of water, about half a pint, thrown off in the same time, we will get an approximate idea of the amount of hurtful material which is daily burned up in the system and cast off in the lungs, by simple exchange for fresh oxygen with the air breathed in to carry on the process of burning. Were such poisonous material retained in the system or its entire elimination interrupted or retarded, it is easy to conceive the disastrous consequences, and which we have, alas? only too frequently before our eyes in the office, the store, and the workshop. Young men and young women who are during the most of the day in the house, should endeavor during the hours of day.

But we can all make the effort toward peace of mind, and the effort toward peace of mind is not to be prescribed like a liniment. But we can all make the effort toward peace of mind is not to be prescribed like a liniment. Our thin lady, then, must give up the habit of worrying. From which are agist to aid it. I well know that peace of mind is not to be prescribed like a liniment. But we can all make the effort toward peace of mind is not to be prescribed like a liniment. Our thin lady, then, must give up the habit of worrying. From which see and morals to be offers toward peace of mind is not to be prescribed like a liniment. But we can all make the effort toward peace of mind is not to be prescribed like a liniment. But we can all make the effort toward peace of mind is not to be prescribed like a liniment. But we can all make the effort toward peace of mind. In the habit which makes more women thin, pale and nervous, a distress to themselves and to their families, than any other ail. This is often the habit of the more leasured a

they should sleep in well ventilated and sufficiently large bodrooms especially, and on no account should these bedrooms be on to account should these bedrooms be over-crowded, as they very frequently are by two, three, or even four persons—yes, and sometimes six sleeping in a room which in justice could hardly accomodate one. It is far better to pay a trifle more and sleep in a room alone; it can in most cases be easily saved from some little indulgence or other. A healthy man five feet eight inches in height should be able to expire from his lungs between 230 and 240 cubic inches of air, and he should be able to count twenty-three slowly and without effort after one full inspiration. And these are fair tests of the capacity of the lungs.

(TO BE CONTINUED.)

## Lean People.

There are four chief causes of fatness: to wit, too much cating, drinking, and sleep, and too little exercise. These lead to overassimilation, or an excess of supply over the waste of the body, and obesity is the result. If the healthy equation between supply and waste be disturbed in the converse way, leanness is the result. Excessive labor, whether of body or mind, too little food, drink, and rest, lead to under-assimi-

Within limits, leanness, like fatness is a ealthy condition. But in many cases leanness is also a symptom of more or less grave disease. as in thronic or exhausting ailments of nearly every kind. With such emaciation we are not now concerned; it is a matter for medical treatment; and the first thing in such a case is to seek the cause of the uctinite disease which causes it. The healthy leanness of youth or middle age need not trouble anyone, at least on the score of physical well-being. It is an advantage to keep clear of obesity until age arrives, when in many cases it is mevitable, for then the nceded exercise can no longer be taken as formerly, and physical exercise is, a main preventive of fatness. There is, indeed, unless when it is caused by serious disease hardl; more than one case of leanness that requires treatment to ten cases of obesity. I speak of our own community; in China, I believe, a person is looked upon as the more fortunate in proportion to his fatness. It would be curious to know whether the felicity of the Chinese banker Han Qua, of Canton, who is said to be worth a billion tacks, or fourteen headred millions of dollars, in in any way expressible in terms of

obesity.

But with us there is only one consider able class who have much desire to be fatter than they are, and these are neither the poor nor the old. It is especially by young women that "the rounded limb, the grace-ful curve," are desired. Many of them find luctures, are desired. Many of them find leanness saying No to their natural desire to be beautiful. A moderate degree of plumpness in one community, an excessive degree in some others, as in many of the l'olynesian islands, is thought by the men to be an essential condition of attractiveness in women. What shall a young lady do when she discovers that nature has stinted

in women. What shall a young lady do when she discovers that nature has stinted her in plumpness?

Any person who has a good digestion may be fattened. But before examining the diet y regimen for fattening, let our candidate for plumpness ask about some other condition of physical well-being. Is she given to worrying? Does she sleep well and sufficiently? Has she a good temper? Does she worry? If any dietary system is to help her, she must bring hygiene and morals to aid it. I well know that peace of mind is not to be prescribed like a liniment. But we can all make the effort toward peace of mind, and the effort itself is tonic. Our thin lady, then, must give up the habit of worrying, from which she often suffers; it is a habit which makes more women thin, pale and nervous, a distress to themselves and to their families, than any other ailment. Let our sufferer bring all her philosophy to bear upon this destructive mental state. This is often the hardest part of the prescription, for melancholy and repining are often dear to the sufferer from leanness. But when a good resolve has been taken.

1. Most articles of food that are easily digestible, excepting lean meat and salads, are fattening, and one will hardly go wrong in choosing a fattening diet from the wide range of excellent materials.

2. There is, however, some choice. Vege-

tables as a class are more fattening than meats, because they contain more starch and

sugar.

3. In detail, white bread and potatoes should form a part of every meal; soups and broths are also important. For breakand broths are also important. For break-fast eat eggs, either bolled prached or in omelet; cutlets or petits pates are almost as fattening. The coffee or chocolate should be well "extended" with milk and sugar. Pople with a "sweet tooth" are rarely

At dinner cat fish, meat, and vegetables, but more abundantly, if the digestion per-mits it, of the latter. Macaroni and rice are mits it, of the latter. Macaroni and rice are saluable adjuncts towards the end in view. Make much of the dessert; creams, pastry, pies, and puddings, and other preparations which contain much sugar, are to be chosen.—Titus Munson Coan.

#### Burns and Scalds.

There are very few homes whose inmates have not at some time or other suffered more or less severely from the effects of a burn; there are few persons who ever forget the severity of the pain that succeeds a bad burn; and yet there are very few who make any provision for the proper treatment of such wounds. This neglect arises from indifference or from ignorance, but chiefly the latter. A burn treated in time does not take nearly so long to heal, and generally heals better than it otherwise would. The object of the present paper is to make familiar a few of the remedies which are generally applied to burns-remedies so simple in themselves that they can be applied by any person.

The best thing to apply to a burned or scalded part is Carron oil spread on lint or linen. The main object in the treatment of a burn is to keep the affected part out of contact with the air; but the part of the treatment to which our attention should be first directed is that which will lessen or remove the pain. Ice or cold water is sometimes used; and sometimes water moderately warm, or a gentle heat, gires relief. Carron oil-so called from the famous Car ron ironworks, where it is extensively used -- not only lessens the immediate pain, but covers the part with a film which effectually shuts out the air and prevents the

tually shuts out the air and prevents the skin getting dry.

This Carron oil can be prepared in a very simple way. It consists of equal parts of clive oil and hime-water. Olive oil, or salad or Lucca oil, is the oil best suited for the purpose; but if not easily obtainable, limseed oil answers the purpose very well. Lime-water can be easily made by any one, if it cannot be prepared when with the purpose. if it cannot be procured otherwise. About a teaspoonful of the lime used by builders if the purer kind is not obtainable—added to a pint of water and well shaken, is all that is required. It is then allowed to settle, and the water when required is drawn off without dusturbing the sediment at the off without disturbing the sediment at the bottom. Pour the oil on the lime-water, atir or shake well, and the mixture is ready for use. It is poured freely between two folds of lint, or the lint dipped in the mixture; the lint applied to the wound, and held in position by a bandage. The wound may be dressed twice a day; but in dressing, the wound should be exposed to the air the shortest possible time. If the lint adheres to the wound, it must not be pulled off, but first moistened thoroughly with the oil, when it comes off easily. In some cases, it is not advisable to remove the lint. it is not advisable to remove the lint. Under such circumstances, the best way to proceed is to lift up one fold of the lint, drop the oil within the folds, replace the fold as before, and secure the bandage. Carron oil is one of those things that belowable about the secure the secure that no household should be at any time with-

Considering the simplicity of the cure, how easily olive oil and lime water can be obtained, let us hope that for the sake of relieving even a few minutes pain. no reader of this paper will be in the future without a bottle of Carron oil.

#### MEDICAL QUERIES.

J. C., BELLEVILLE.—Q. Stoady pain across kidneys and back, etc. A. Use same as H. T., Toronto,

H. T., TORONTO.—Q. Sediment in urine, pain in region of kidneys, etc., are the kidneys affected and what course of treatment neys affected and what course of treatment should beadopted? A. The kidneys are affected and you should consult a doctor at once and follow his advice. The follong mixture will be found useful in the meantime. Sweet spirits of nitre, ½ oz.; infusion of dwarfelder, 7½ oz. One tablespoca ful three time daily. 2. Q. Are flauncle colored red injurious to be worn next the skin? A. No

J. B. P. Hill.-What causes small J. B. P. Hill.—What causes small white scales to appear on persons' skin; Skin very hard and dry. What can be done? A. Caused by an unhealthy state of the skin. Use the following wash night and morning. Crange flavour water 10 ounces. Glycerine I ounce. Borax i ounce. Mix. F, S., Pont Hore.—Q. I am greatly troubled with morning sickness and acidity of stomach. What can I do to relieve it? A. Take Ingluyin ar. 3 every morning on it.

Take Ingluvin gr. 3, every morning on ris-

WM. S., LANDSDOWNE. -Q. I have a son WM. S., LANDSDOWNE.—Q. I have a sea, three years old who complains of pain in his stomach at times. He falls down 20 or 3 times daily with something like a faint let recovers as soon as he falls. He sleeps well at night and looks healthy. Please let me know what is wrong and what you would recommend for a cure. The child is suffering from intestinal worms. A. Give the following rowder in a desent account of certains. ing powder in a dessert spoonful of caster oil at bedtime. Santonin gr. 3, Calonnel gr. 2, and another spoonful of caster on in the morning.

T. L., Tononto,—Q. Since having trephoid fover about eight years ago, I have been troubled with a stiffness and achies especially in the legs, with poor circulation, and cold extremities and somewhat deated. Is it the effect of fever or of the medicine I took? What is best for me to do medicine I took? to regain usual health? A. You are suffi-ing from chronic rheumatism. It is this de-fect of cold from improper precautions being

taken when recovering from typhoid feret. To regain your usual health you should take voyage or spend a season at one of the hot springs. If you cannot after cithers these try electricity and tonics.

"I think," says O. W. Holmes, "you vil find it true that before any vice can fasts on a man, body, mind, and moral virts on a man, body, mind, and moral summust be debilitated. The mosses and fing gather on sickly trees, not thriving one and the odious parasites which fasten on human frame, choose that which is alrest enfective. There is no fancy in saying the leasting of tired out operations and it the lassitude of tired out operations ar langour of imaginative natures in the periods of collapse, and the vacuity of minutes in the labour and discipline, fit is soul and body for the comments. untrained to labour and discipline, ft is soul and body for the germination of it seeds of intemperance. Whenever it wandering demon of drunkenness much ship adrift, no steady wind in the sails, thoughtful pilot directing its course, is steps on board, takes the helm, and steps the direction."

IN-GROWING NAIL.—in a note to it Union Medicale, Juno 20, M. Monod sus that during the last twenty years he's treated in-growing nails by a very size and effectual method, which does not recommencement of the nail. He make free application of nitrate of silver at commencement of the affection, with isolating the nail. If the cauterization isolating the nail. If the cauterization carried deeply into the discased furrow, patient has usually, even by the next of derived considerable relief, and is even thus early, to walk in moderation of the an easy shoe. Extirpation of the should be reserved for quite excepts

INTESTINAL HEMORRHAGE IN TVIN FIVER.-At a recent clinical let Profeser: Ds Costa exhibited specifrom a case of typhoid fever in which had occurred from peritonitis, with a recent perforations of the howel. The tient for days before his death had be profuse intestinal hemorrhage. The tinguished teacher took the opportunite endorsing the ergot treatment of endorsing the ergot treatment of hemorrhage, but insisted upon the imance of following it up with decided of opium in order to prevent perform to limit its effects.

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