

## The Home Doctor

### Hot Water vs. Medicine

Faye N. Merriman

The average child is dosed too much, both for its future and its present welfare. More often than not the delicate little stomach suffers more in attempting to throw off the effects of the drug administered than it does with the trifling disorder which disturbs the little one. Preventative measures keep a child well, but if these have been neglected hot water will usually set the child's system right.

Hot water is an excellent physic and corrective of stomach trouble in any form, and with a little lemon juice it is an excellent cure for colds. A cup of hot water night and morning will keep the child's bowels regular, the little stomach clean and healthy and the liver active. When actual sickness occurs the hot water is better given in small quantities at regular intervals during the day and very little food allowed. It is often surprising how quickly the disordered condition will be remedied.

Most children that have been accustomed to hot water from the time of birth drink it eagerly and learn to ask for it, but it is often difficult to induce a child that has not the habit, to taste of it. Some mothers sweeten the water or add flavoring but it is best taken in its pure clear state. I have known enthusiastic mothers to add so much sweetening to the water that the medicinal value was destroyed.

Care should be taken that the water is not too hot as a child that has been burned once will rebel at tasting the hot water again. The better way is to coax the child to taste it, comparing it with the unpalatable medicine usually given. If given the choice between a dose of castor oil and a cup of hot water, the child will naturally choose the latter.

Much of the colic of early infancy which many mothers seem to consider a necessary evil may be avoided by the generous use

of hot water. Fill a nursing bottle half full and when the child cries give it to him, taking care that it is not too hot. He will be as contented with it as with a bottle of warm milk and the little stomach will feel much better. To the mother who over-feeds her infant the hot water bottle will prove a godsend, keeping the child as quiet as the bottle he cries for, and being much safer. I do not think the value of hot water can be much overrated.

My own child, three years old, has had the hot water habit since he was three months old and I often wish he had had its benefit earlier. He never has had a touch of colic or stomach trouble since, excepting during his second summer when he had a light touch of inflammation of the bowels brought on by eating grapes.

The same year he had a touch of measles during which I kept giving him hot water, as much as he could be induced to swallow, and very little food. In five days he was all over the attack and although friends who hooted at my hot water treatment told me that no child could get over an attack of measles in that time and not suffer for it later on, I have never seen any after effects. With the measles the child's private organs became blistered, and I was assured that that was an unfailing symptom of a complication of measles and chicken pox and the advice hurled at my head would fill a volume. Through it all I continued my simple treatment and in five days he was well. Before taking it, he was exposed to the disease in its dreaded "black" form as it swept through a family of five, all adults but one. He did not sicken until the last one was upon the road to recovery and has never been ill since.

If he seems ailing or "out of sorts" I increase the amount of hot water and decrease the amount of food until he is in perfect condition again. He has learned to ask for his cup of hot water if he does not feel well, but it is only under unusual circumstances, such as an over amount of sweets, that he ever feels indisposed.

Hot water should be the family doctor in the home, both for children and adults and should be well recommended as such for he charges no exorbitant fee and if called in early enough will prevent diseases as well as cure them. Try him.

### Clean Hands

Most persons who take any pride at all in the preservation of habits of ordinary cleanliness take it for granted that their hands are clean, for this would seem to be the very foundation of personal decency. In all cities the large department-stores, as well as the drug-stores, are fitted with a vast assortment of things that are solely for the care of the hands,—manicuring tools, files, polishers and whiteners,—leading one to suppose that much thought and care are directed to the beautification of the hands, and as a natural deduction that here, at least, cleanliness might come even before godliness.

It is sad to be obliged to suggest, nevertheless, that most persons have hands that are not washed often enough and not washed thoroughly enough.

The bacteriologists tell us that if half a dozen people simply dip their hands into a basin of water, and then remove them without any effort at cleansing, the water will be found to swarm with bacilli. One shudders to think what would happen to that water if a few of the average cooks or bakers or handlers of fruit should dip their hands in it.

It is the food question that makes this matter of clean hands so vital. All the food we eat must first pass through human hands, and sometimes through many of them. It has been proved that typhoid fever can be transmitted to others by a person who has long ago recovered from the attack, and that it may be and is done through the agency of dirty hands. A case has been reported where a cook infected member after member of the families she worked for, although she had been a well woman herself for years.

As to food, we are perhaps more at the mercy of our cooks than of any one else. The food may be, and probably is, not really clean when it is delivered at the kitchen door, and it rests with the cook herself so to handle it and clean it that it shall be free from germs when served to the family.

Some dirty hands are harmless, and some apparently clean hands are dangerous. A hand covered with the soil of gardening may be a terrible sight, and yet there may not be a dangerous germ on it, whereas the pretty hand of the girl who goes out without gloves and holds a car strap or touches a railing may be invisibly soiled with teeming multitudes of germs, some of which she will convey to her mouth with the next piece of candy she eats.

Hands should always be most carefully washed before food is touched, never mind how harmless the previous occupation may seem; and gloves should always be worn when one is outdoors.

### Facts About Yourself

The average number of teeth is 32.

The weight of the circulating blood is 29 pounds.

The average weight of an adult is 150 pounds 6 ounces.

The brain of a man exceeds twice that of any animal.

A man breathes about 20 times a minute or 1,200 times in an hour.

The average weight of the brain of a man is 3½ pounds; of a woman, 2 pounds 11 ounces.

Five hundred and forty pounds, or one hoghead and one and a quarter pints of blood pass through the heart in one hour.

The average of the pulse in infancy is 120 per minute; in manhood, 80; at sixty years, 60. The pulse of females is more rapid than that of males.

There may be other corn cures, but Holloway's Corn Cure stands at the head of the list so far as results are concerned.

# JUST A FRAME OF BONES

Thought he would die.--Still more proof of the amazing powers of Dr. Cassell's Tablets, the All-British remedy of world-wide popularity

"Had it not been for Dr. Cassell's Tablets I believe I should never have worked again; I hardly think I could have lived." These are the words of Mr. Ernest W. Barrett, of 32, Cecil Road, Gloucester, England, a young man now in the perfection of health and vigor. And he goes on: "The Tablets cured me of a long and serious illness when all methods I tried had failed, and now I am as well and fit as anyone could wish to be."

"It is eight years since the trouble came on. I caught a cold, which turned to pleurisy and rheumatic fever, and for nine weeks I lay between life and death. When at length I could be taken downstairs I was a wreck of my former self. One side was all drawn up, and if I tried to straighten myself the pain was intense. I used to hobble about on sticks, or get my father to take me out just a little way leaning on him all the time. But instead of getting better I got worse, all the medicine I took proved quite useless. It was thought I was going in a rapid decline, and that nothing could save me. I was just a frame of bones by this time, and I can't tell you how weak and miserable I felt.

"However, my father chanced to read about Dr. Cassell's Tablets, and got me some. I shall never cease to be grateful for the result. I began to mend almost at once. Slowly my strength returned, I brightened up, got an appetite, and it was just wonderful how I built up flesh. At the present time I am a little over the weight for my height, and in the very pink of condition. I have never had a day's illness since Dr. Cassell's Tablets cured me."



Mr. Ernest W. Barrett.



## Dr. Cassell's Tablets

This is a recovery complete and genuine, and the account related, true beyond all question, is given out of sheer gratitude for new health, strength, and vitality brought about by Dr. Cassell's Tablets. This reliable and thoroughly tested remedy is now in world-wide repute for

Nervous Breakdown, Neurasthenia, Kidney Trouble, Malnutrition, Nerve Failure, Sleeplessness, Dyspepsia, Wasting, Infantile Weakness, Anaemia, Stomach Disorder, Palpitation, and they are specially valuable for nursing mothers and young girls approaching womanhood. All Druggists and storekeepers throughout the Dominion sell Dr. Cassell's Tablets at 50 cents. People in outlying districts should keep Dr. Cassell's Tablets by them in case of emergency.

### SEND FOR A FREE BOX

A free sample box will be sent you on receipt of 6 cents for mailing and packing, by the sole agents for Canada, Harold F. Ritchie and Co., Ltd., 10, McCaul-street, Toronto, Ont. Dr. Cassell's Tablets are manufactured solely by Dr. Cassell's Co., Ltd., Manchester, England.