

Health and Home.

WORTH REMEMBERING.

1. Child two years old has an attack of croup at night. Doctor at a distance. What is to be done?

The child should be immediately undressed and put in a warm bath. Then give an emetic composed of one part of antimony wine to two of ipecac. The dose is a teaspoonful. If the antimony is not handy, give warm water, mustard and water, or any other simple emetic; dry the child and wrap it carefully in a warm blanket.

2. Some one's nose bleeds and cannot be stopped.

Take a plug of lint, moisten, dip in equal parts of powdered alum and gum arabic and insert in the nose. Bathe the forehead in cold water.

3. Child eats a piece of bread on which arsenic has been spread for killing rats.

Give plenty of warm water, new milk in large quantities, gruel and linseed tea; foment the bowels. Scrape iron rust of anything, mix with warm water and give in large draughts frequently. Never give large drafts of fluids until those given before have been vomited, because the stomach will not contract properly if filled, and the object is to get rid of the poison as quickly as possible.

4. A young lady sits in a draft and comes home with a bad sore throat.

Wrap flannel around the throat, keeping out of draft and sudden changes of atmosphere, and every half hour take a pinch of chloride of potash, place it on the tongue and allow it to dissolve in the mouth.

5. Child falls backward in a tub of water and is much scalded.

Carefully undress the child, lay it on a bed, on its breast if the back is scalded; be sure all drafts are excluded; then dust over the parts scalded with bi-carbonate of soda; lay muslin over it; then make a tent by placing two boxes with a board over them in the bed, to prevent the covering from pressing on the scald; cover up warmly.

Mower cuts driver's legs as he is thrown from seat. Put a tight bandage around the limb above the cut, slip a cork under it in the direction of a line drawn from the inner part of the knee to a little outside of the groin. Draw the edges of the cut together with sticking plaster.

6. Child has a bad earache. Dip a plug of cotton wool in olive oil, warm it and place it in the ear. Wrap up the head and keep it out of drafts.

A WORD TO INSURANCE OFFICERS.—The *Plumber and Sanitary Engineer* suggests to life insurance companies, that instead of merely hammering at a man's chest to find if he has a tendency to any disease, would it not be well for the medical examiners of life insurance companies to inquire if he has not got a cesspool leaking into his well, or untrapped pipes beneath his basins and closets? More persons die of zymotic diseases in New York than from almost any other malady, yet a man living in the midst of contagious influences, and hence daily liable to take diphtheria or typhoid fever, would yet find little trouble in getting a heavy policy on his life. If insurance officers would give this subject their attention they might save many losses to their companies, and also benefit the public generally; for if men found that their homes were rated as "hazardous," they would soon begin to think of finding a remedy for the difficulty.

ALUM IN BREAD.—Alum is sometimes used by bakers to make a good-looking loaf from an inferior quality of flour. The danger to health of using it freely has often been adverted to, and we notice that eminent English medical authority says that the general use of alum by bakers is one of the most fertile causes of dyspepsia, liver and bowell complaints in adults, and of debility and rickets in children. Bad teeth and their early decay is another consequence of the daily use of alum in food. It is claimed by physiologists that when there is alum in flour, the bone matter of the bread (phosphate of lime) instead of becoming assimilated by the system, is either wholly or in part converted into a salt of alumina, which is useless and incapable of appropriation.

TREATMENT FOR DISTEMPER.—It will be interesting to lovers of the canine species to hear of a simple remedy for distemper. At the quarterly meeting of the Scottish Metropolitan Veterinary Medical Society, Mr. Baird mentioned the case of a colly dog in the last stage of the disease, and which its owner had determined

to destroy. Shortly after being treated with doses of strong coffee and a little sweet milk, the animal, however, so far recovered as to be able to stand and walk. The chairman of the meeting said the case seemed almost unique.—*London Lancet*.

A CURE FOR POISON OAK.—Now that the picnic season attracts thousands of people into the country, we reprint the following cure for "oak poison," which several persons claim to have used with complete success: Dilute sweet spirits of niter with the same quantity of cold water; apply with a white cloth every ten minutes until cured. When of a few hours' contraction it seldom requires more than one application.

MILK AND LIME WATER IN NERVOUS DISORDERS.

In a paper on "Milk with Lime Water as Food and Medicine in Nervous Disorders," presented by E. N. Chapman to the Medical Society of the State of New York, at its recent annual meeting, the author deprecates the warfare of drugs against disease which is now being waged by specialists more vigorously and systematically than ever before. Digestion and assimilation, he asserts, are ignored, and the attention is absorbed by one or more prominent symptoms in a part remote from the primary source of morbid action. Consequently the efforts of the physician to cure his patient are too often unavailing.

He states that having used, the last few years, milk with lime water almost exclusively as the diet of his patients, he has attained a success unknown to him when he depended more on medicine and less on food. To illustrate the ready assimilation, the nutritive quality and the remedial power of milk, when rendered digestible by lime, he presented notes of a number of cases treated by him, embracing a class involving the nerve centres, and that are acknowledged to be little under the command of accepted modes of treatment; such, for instance, as marasmus, anæmia, paralysis, indigestion, neuralgia, chorea, dementia, and alcoholism.

In concluding his paper, Dr. Chapman remarks that the efficacy of milk with lime water in the illustrative cases brought forward by him is equally observable in others whenever, either primarily or secondarily, the nutritive functions are much at fault. The milk (with a pinch of salt) being rendered very acceptable to the stomach by the lime, may almost always with advantage be made the prime article of diet in the sick room, however diverse the conditions. It is the most digestible and at the same time the most nourishing food that can be given. It allays gastric and intestinal irritability, offers a duly prepared chyle to the absorbents, supplies the blood with all the elements of nutrition, institutes healthful tissue changes, stimulates the secreting and excreting glands, and, in a word, provides nature with the material required to sustain herself in her contest with disease. If it be conceded that nature always accomplishes the cure whenever it is secured, and that drugs merely aid, direct, or modify her efforts to this end, it will be self-evident that the food which supplies the vital forces with all the power of resistance they possess is a matter of the first importance, and that milk acted upon by lime, provided it contains all the essential properties of other articles epitomized, and is more friendly than any or all of them, has a range of application almost as extensive as the disease itself, whatever its character and whoever the patient.

CONSTIPATION.

It is doubtful if consumption numbers as many victims that are stricken down by the various diseases that result from habitual constipation. True consumption is an inherited disease. It may remain always dormant, but when aroused to action, decay commences at a point circumscribed, and gradually extends—unless arrested—until so much of the lungs become involved that vital action ceases. The evils of constipation result from inattention to the calls of nature, and usually commence with children whose habits are not closely looked to by their parents. The processes of nature are always active while life lasts. When effete matter is retained a moment beyond the time its expulsion is demanded, the system commences its efforts to get rid of it. When the natural egress is checked, the absorbents carry the more fluid portions of the poisonous mass into the circulation, and it becomes diffused throughout the body. The more solid or clay-like portion is forced into the lower rectum where it becomes firmly impacted, thus cutting off the circulation in the small blood vessels, causing painful engorgement known as piles and hemorrhoids. A continuance of these troubles often results in