

The Woman's World



THE Woman's department of the Standard is conducted by Miss Hazel Winter of Fredericton, supervisor of the Women's Institute of New Brunswick, and all matter for publication in this page must be submitted to Miss Winter for approval.

Beware of the Deadly Fly

I can almost see our readers giving their shoulders a shrug when reading the title of this paper and saying, "Why write about flies that are old stories?" Possibly many excellent articles have been written on this subject, and much valuable advice given, but it is well to bring this important matter before the public, especially this time of year, when flies have made their debut.

Though we have been particular in the past, let us say so in the future and carefully live up to what Mrs. N. N. Paddington tells the members in her paper, read before the Clifton Branch of the Women's Institute. Let us keep "swatting" the fly until our strength has become so exhausted we cannot possibly swat anything.

The Deadly House-Fly.

The fly, he lights on our arm, He lights on you and me, Though reared within the stable foul He's swimming in my tea. His little legs, they wiggle fast All covered with bacilli. I do not wish him in my tea, Nor will I drink it, if I see.

But when we consider that the fly is guilty of transmitting typhoid fever, and is even suspected of carrying the acute contagious diseases, such as small-pox, diphtheria, scarlet fever, chicken-pox and measles; in fact that all the germs known to produce disease have been discovered on the fly's body and in the fly specks, it seems archaic to accept the theory that flies cannot be cured and therefore must be endured.

The fly is built to carry germs both inside and out, and the number of germs that have actually been found on and in him have amounted to millions, incredible as it may seem. His body and legs are covered with fine hairs, and his feet are especially adapted for collecting germs. He eats constantly, consuming more than his own weight every day, the more filthy the food, the better he likes it. Germs lose nothing of their virulence in passing through his digestive tract.

The Fly's Routine

The programme is this—every female fly lays about one hundred and twenty eggs during the season, and she selects a place, if possible, where there is accumulated filth, any decaying animal or vegetable matter that will furnish food for her larvae. The eggs mature in about ten days, and in a season there may be ten or twelve generations; which means that under favorable conditions untold millions of flies may result from the eggs of a single fly.

As it takes ten days for the eggs to hatch, it will be seen that if all vegetable or animal matter liable to decay or ferment, is removed every five days and properly disposed of, the breeding places will be eliminated, and, secondly, if we protect all food and destroy all refuse, the fly will starve. Although it is impossible for many of us to follow these rules, yet we may be able to do something towards reducing the number of flies and thus help to keep down the diseases which they carry into our homes.

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SOME OF THE DANGERS THAT THREATEN US

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HAVE YOU A CHILD?

Many women long for children, but because of some curable physical derangement are deprived of this greatest of all happiness.

The women whose names follow were restored to normal health by Lydia E. Pinkham's Vegetable Compound. Write and ask them about it.

"I took your Compound and have a fine, strong baby."—Mrs. JOHN MITCHELL, Massena, N. Y.

"Lydia E. Pinkham's Vegetable Compound is a wonderful medicine for expectant mothers."—Mrs. A. M. MYERS, Gorhamville, Me.

"I highly recommend Lydia E. Pinkham's Vegetable Compound before child-birth, it has done so much for me."—Mrs. E. M. DORRIS, R. R. 1, Conshohocken, Pa.

"I took Lydia E. Pinkham's Vegetable Compound to build up my system and have the dearest baby girl in the world."—Mrs. MOSS BLAKLEY, Imperial, Pa.

"I praise the Compound whenever I have a chance. It did so much for me before my little girl was born."—Mrs. E. W. SANDERS, Bowieburg, W. Va.

"I took your Compound before baby was born and feel I owe my life to it."—Mrs. WYNN TOLSON, Winter Haven, Florida.

and windows, for the frequent opening and shutting of doors, especially where there are children, allow the flies to steal in. Though bred in filth, and spending most of his time in filth, he enters the house with every tiny hair and sticky little pads of his feet covered with germs. He makes at once for food or the warm human body.

Have you ever noticed how when he lights on a piece of sugar, he will stay there for a long time without moving any part of his body but his legs? This is done to clean them of the filth from which he has come. Or perhaps he visits the sleeping child and crawls over the warm little face and especially the moist little mouth. It is surprising that summer is a terrible season for babies? Is it any wonder that in New York City alone seven thousand children die each year of diarrheal diseases?

Dr. L. O. Howard, Chief Entomologist of the United States Department of Agriculture, declares that "The insect we now call the house fly should in future be termed the typhoid fly, in order to call attention to the danger of allowing it to breed unchecked."

HOW THE HOUSE MAY BE FREED OF THE PESTS

There are some good ways to kill flies. One way is to heat a shovel and drop thereon twenty drops of carbolic acid. The vapor kills the flies, but to make this effective, see that

all door and windows are closed beforehand.

Another cheap and perfectly reliable fly poison, and one which is not dangerous to human life, is a solution of one dram of bicarbonate of potash, in two ounces of water, and add a little sugar. Put some of this solution in shallow dishes and distribute them about the house.

The latest, cheapest and best fly poison is a solution of formalin or formaldehyde in water. A spoonful of this liquid put into half a cupful of water and exposed in the room will kill all the flies. And beside this, we have the sticky fly paper, which when suspended from the ceiling, are ready to catch and to hold every fly that chances to come a little too close.

In a Nut-Shell. It is now an accepted fact that the fly is the cause of spreading many diseases, therefore we would call our readers attention to the following rules:

1. Keep the flies from the sick, especially those with contagious diseases. Kill every fly that enters the sick-room. His body is covered with germs.

2. Do not allow decaying material of any kind to accumulate near the house.

3. Screen all food.

4. Screen all windows and doors, especially the kitchen and dining room.

5. Keep all receptacles for garbage carefully covered with a lid, as possible by laying the person full length on the floor, or if he is sitting in a chair, bend the head forcibly forward to the ground. Give warm stimulant.

Convolutions in children may be due to the flies. They are the cause of many diseases, and the doctor should be sent for.

Anything getting into the nose or ear should not be meddled with, but the doctor should be sent for, as they are often difficult and dangerous to remove.

A few Remedies for Cuts and Wounds. There are a great many kinds of cuts, but I will give you a few general rules in the care and dressing of cuts and burns in emergencies.

In treating cuts it is well to remember to let them bleed freely for a few minutes as there is less danger of blood poisoning if allowed to bleed freely. If you have a deep cut that does not bleed it is well to bathe the part with warm water or an antiseptic to start the bleeding. Next stop the bleeding by applying cold, as Boracic solution or Carbolic. If chloride is used, in fact the best, but as it is in tablet form there is more danger in having it around. Boracic is very good and perfectly harmless.

Wash with this thoroughly to remove any dirt or blood clots. When you have done this, and it is a simple cut, bandage the part neatly, always keeping it clean. "Surgically clean," you have probably heard that phrase. A nurse's success depends largely on her cleanliness and neatness in all things pertaining to the patient and the sick room.

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In redressing a wound, always use old dressing until it comes off easily. In removing adhesive plaster, pull from both sides as there is less danger of disturbing the wound. Never leave old dressings around; destroy at once, burn them. Do not leave a wound exposed, cover with clean gauze or compress.

Bruises. Apply compresses wrung out of hot boracic solution until swollen area gone—1 oz. to 1 pt. of water.

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