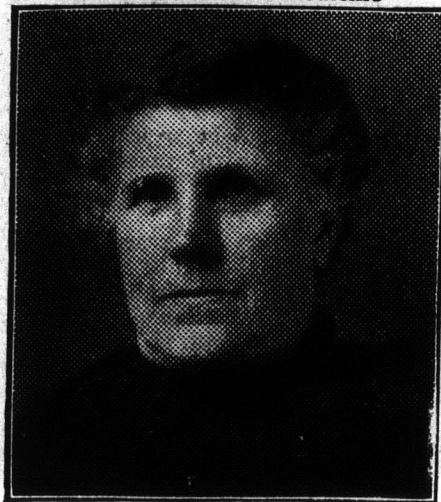


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MDE. ROCHON

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The Home Doctor

Faddism

We wonder if that day will ever dawn when we shall be free from the faddist. One of the most glaring evidences of his presence amongst us, was found in a report of an address given by one of our dental friends to a company of teachers. The dentist told the teachers that porridge was not a good food because the eating of it did not exercise the teeth sufficiently. What a shattering of settled convictions is this! We have looked to Scotland as the nurturing ground of a superior race and to porridge as their staple diet. We have heard how Scottish students startled the world with their brain prowess;

the action of lead that poisoning occasionally originates in seemingly the most unaccountable manner.

Sometimes it follows such obscure accidents as the drinking of water or other beverage that has passed through new lead pipes, or that has been stored in casks lined with lead; the eating of food that has been cooked in lead-enamelled vessels, or the use of cosmetics containing the metal. It has resulted also from the wearing of artificial teeth in the manufacture of which lead had been wrongfully used, and even from the repeated biting of lead-dyed silk thread. In a few instances, too, lead pigments have been used to improve the color of food preparations, and large



General Luigi Caneva, Commander-in-Chief of the Italian Armies, who will personally direct Italy's Campaign against Austria

we have always understood that porridge did it. Surely, we shall not have to forego the facts of centuries because a dental surgeon propounds such a preposterous proposition. No, we shall not do so. We are, indeed, sorry that in this age of specialism certain members of all trades and professions get such a close and narrow view of some one idea that all else is excluded. Porridge is not a good food because it doesn't exercise the teeth! Gad-zooks!

Chronic Lead Poisoning

Most cases of chronic poisoning by lead are those of smelters, painters, glaziers, and other artisans of this class, who inhale the metal in the form of fine dust, or swallow it with their food, indeed, as a result of their own carelessness.

In such cases the nature of the illness is immediately recognizable, as a rule, for the attack is always expected. But some persons are so sensitive to

quantities of flour have been rendered poisonous by the use of lead to fill defects in the millstones.

The distinctive symptoms of chronic lead-poisoning are derangement of the digestion, lassitude, aching of the muscles, and dull abdominal pains, or severe colic of a peculiarly agonizing character. In most cases there is a narrow indigo-blue line in the gums close to the margin. The sufferer loses flesh rapidly, his skin becomes sallow, and in the worst cases the nervous system becomes affected.

Such violent evidences of brain-poisoning as convulsions or acute mania are less frequently produced than the form of paralysis known as "wrist-drop," in which the hands droop from loss of power to extend the wrists and fingers.

In the treatment of chronic cases, physicians generally administer laxatives, which form insoluble compounds with the lead that remains in the intestines and remove it; and later they endeavor, by the use of other remedies,

Many Troubles Arise From Wrong Action Of The Liver.

Unless the liver is working properly you may look forward to a great many troubles arising such as biliousness, constipation, heartburn, the rising and souring of food which leaves a nasty taste in the mouth, sick headache, jaundice, etc.,

Mr. Howard Newcomb, Pleasant Harbor, N.S., writes: "I have had sick headache, been bilious, and have had pains after eating and was also troubled with a bad taste in my mouth every morning. I used four vials of your Milburn's Laxa-Liver Pills, and they cured me. The best praise I can give is not enough for them."

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