

Health and Home.

CARBOLATE OF SODA FOR WHOOPING COUGH.

Dr. Pernot describes in the *Lyons Medical Record* a very successful treatment of whooping cough with carbolate of soda. He places the carbolate of soda in a small porcelain crucible held above the flame of a spirit lamp, which keeps it in an unvarying temperature as long as wished. As the carbolate of soda becomes volatilized, the atmosphere of the sick room is impregnated with the vapor of carbolic acid.

When the crucible and lamp are not at hand, a satisfactory substitute is found in a fire-brick heated enough to vaporize the carbolate. In numerous cases the following results have been obtained:—

1. A notable diminution of the paroxysms of coughing after from two to ten days' treatment. 2. Less laboured and painful respiration. 3. Shorter duration of the paroxysms of coughing. 4. The most confirmed attack of whooping cough remains *in statu quo* from the commencement, and it always appeared to him to diminish more or less rapidly, but always in a time relatively short to its usual duration.

The vapors of carbolate of soda have valuable disinfecting and antiseptic properties.

It is worthy of note in this connection that the fungoid origin of whooping cough, asserted some years since by M. Svetzerich, seems to be confirmed by the recent researches of M. Yschamar, who says he has found certain lower organisms in the spittle of whooping cough patients—organisms not met with in any other disease accompanied by cough and expectoration. He claims, further, that the organisms in question are identical with those which, by their agglomeration, form the black points on the skins of oranges and the parings of certain fruits, especially apples. Thus, M. Yschamar, by inoculating rabbits with this dark matter, or even causing it to be inhaled by men, produced fits of coughing several days in duration, and presenting all the characteristics of the convulsive whooping cough.

POISONOUS COLORS.

According to the *Chemical Review*, energetic steps are being taken in Switzerland against the use of poisonous colors. The Governing Council of Zurich has prohibited the use of all coloring matters prepared from the compounds of the metals lead, arsenic, copper, chrome, zinc, antimony, bismuth, and mercury, for decorating articles of consumption or of clothing, or their materials; also paper for wrapping up chocolate, coffee, tea, chicory, tobacco, and eatables in general; toys, covers and cushions of children's carriages, carpets, curtains and window blinds, lamp screens, wafers, and table services. Poisonous organic matters, such as gamboge, picric acid, the aniline colors, especially magenta, are not to be used for coloring articles of food or drink, such as confectionery, jams, sirups, wines, &c. The same rule applies to the phenol colors. Imported articles containing such poisons may not be sold.

WHAT TO DO IN CASE OF DIPHTHERIA.

(From the Circular of the Massachusetts State Board of Health.)

In the first place, as diphtheria is a contagious disease, and under certain circumstances not entirely known, very highly so, it is important that all practical means should be taken to separate the sick from the well. As it is also infectious, woolen clothes, carpets, curtains, hangings, &c., should be avoided in the sick room, and only such materials used as can be readily washed.

All clothes, when removed from the patient, should be at once placed in hot water. Pocket-handkerchiefs should be laid aside, and in their stead soft pieces of linen or cotton cloth should be used, and at once burned.

Disinfectants should always be placed in the vessel containing the expectoration, and may be used somewhat freely in the sick room; those being especially useful which destroy bad odors without causing others (nitrate of lead, chloride of zinc, &c.) In schools there should be especial supervision, as the disease is often so mild in its early stages as not to attract common attention; and no child should be allowed to attend school from an infected house, until allowed to do so by a competent physician. In the case of young children, all reasonable care should be taken to prevent undue exposure to the cold.

Pure water for drinking should be used, avoiding contaminated

sources for supply; ventilation should be insisted on, and local drainage must be carefully attended to. Privies and cesspools, where they exist, should be frequently emptied and disinfected; slop water should not be allowed to soak into the surface of the ground near dwelling houses, and the cellars should be kept dry and sweet. In cities, especially in tidal districts, basins, baths, &c., as now connected with drains, should never communicate directly with sleeping rooms.

In all cases of diphtheria, fully as great care should be taken in disinfecting the sick room, after use, as in scarlet fever. After a death from diphtheria, the clothing disused should be burned or exposed to nearly or quite a heat of boiling water; the body should be placed as early as practicable in the coffin, with disinfectants, and the coffin should be tightly closed. Children, at least, and better adults also in most cases, should not attend a funeral from a house in which a death from diphtheria has occurred. But with suitable precautions, it is not necessary that the funeral should be private, provided the corpse be not in any way exposed.

Although it is not at present possible to remove at once all sources of epidemic disease, yet the frequent visitation of such disease, and especially its continued prevalence, may be taken as sufficient evidence of insanitary surroundings, and of sources of sickness to a certain extent preventable.

It should be distinctly understood that no amount of artificial "disinfection" can ever take the place of pure air, good water, and proper drainage, which cannot be gained without prompt and efficient removal of all filth, whether from slaughter houses, &c., public buildings, crowded tenements, or private residences.

THE ORANGE.—The orange is very easily digested, admissible in health and disease, and one before breakfast will often prepare the delicate stomach for a good meal better than anything else.

FALLING HAIR.—A correspondent of the *Medical and Surgical Reporter* asks: "What will prevent the falling of hair?" I have used for the past ten years, in my own case, and prescribed frequently for others, the following with complete satisfaction: Glycerine and tincture capsicum, each 2 ozs., oil of bergamot, 1 drachm; mix and perfume to suit. This is to be the only dressing for the hair. Wash the head occasionally with soft water and fine soap.

LIME JUICE FOR RHEUMATISM.—In the *Canada Lancet*, Dr. A. H. Chandler calls attention anew to the use of an old remedy, and reports several severe cases in which good results followed its use. Without regard to the condition of the bowels,—unless previously much constipated—he begins with at least ten ounces of lime juice, increasing rapidly to eighteen or twenty-four per diem—from half an ounce to one ounce or more every hour, with not less than double or treble the quantity of cold water, usually diluted and sweetened to the patient's taste. He finds that even on the second day the amendment is decided, and the disease, in acute cases, more particular sthenic or asthenic, generally subsides on the fourth or fifth day of treatment. He usually prescribes one grain of opium, with or without lead and tannin, night and morning, in order to restrain the bowels which the juice has a tendency to relax. The effects of this treatment are, he says, rapid diminution of joint swelling, diminished perspiration, steady fall of pulse, which often becomes quite slow, with a slight tendency to syncope, the majority of cases requiring quinine and supporting food about the sixth day. Such vigorous treatment should evidently be undertaken only under the supervision of a competent physician.

SOMETHING WORTH KNOWING FOR PIECING BELTS.—I have received great practical benefit from reading your excellent paper, and can only wish it had more of practical mechanics and less of star-gazing in it. Our musical friends appear to have had a good benefit. Let us hope that it will be the cotton spinners and general mechanic's turn some day. The science of cotton-spinning has yet to be written, and it would be a capital thing if some of your many readers in that large industry would state the difficulties they have met with in the working of material, in machinery, and what may appear trifling manipulations, and how they overcame them.

As a very little thing, I send my quota about piecing belts. Belts breaking are a daily nuisance, and I have tried all sorts of things from Helvetia laces to patent fasteners, but find nothing so good or so cheap as nails. If you want a belt to last whilst there is a bit of good leather in it, for spinning looms or bleaching, nail it. The best kind of nail is one with a countersink head, about $\frac{3}{4}$ in. long. Nail it diagonally. Of course narrow belts want lighter nails. B.