

BEWARE OF PNEUMONIA

A PHYSICIAN TELLS HOW TO WARD OFF THE DISEASE.

Don't Get Run Down or Fatigued—And if a Sudden Chill Comes on Take Some Quinine, a Hot Foot Bath and Keep Warm in Bed.

Although more or less prevalent throughout the year, pneumonia is peculiarly dangerous during the opening months of winter. With the first frosts a very marked increase takes place in the number of cases, and during this cold, damp weather extra precautions should be taken.

Pneumonia is probably produced by an earth germ, and when it prevails the soil beneath the house is the only ground which is not frozen. The germs gradually work towards the warm, moist earth and the house really acts as a sort of flu, which forms a ready mode of ingress for them. The proper ventilation of rooms is therefore an important factor in guarding against pneumonia, one, however, which is too often overlooked.

Lack of personal hygiene is the chief predisposing cause of the disease. Irregular hours, insufficient nourishment, dyspepsia, excessive smoking or some disease which has lowered the general tone of the system, all weaken the power of resisting the pneumonic germ. When the system is run down, a sudden exposure to cold may prove fatal, while in a normal condition of body it would be thrown off. An instance which recently came under my observation will serve to illustrate the importance of regularity in meals as a safeguard against disease.

Two young ladies of my acquaintance were traveling in a railway car, next to a man just recovered from smallpox, as was afterwards found out. One of the ladies had risen early and had breakfast; the other had risen late and had not. The one who had not eaten caught the disease and the other escaped. The ladies were twins and almost exactly similar in physique and temperament, and, in my opinion, the temporary weakening of the system, caused by the omission of the morning meal, accounted for the disease being able to obtain a foothold.

There are three periods during which the susceptibility to pneumonia is greatest. They are early childhood, that from up to seven years of age, between the ages of twenty and forty and after sixty. The power of resistance against pneumonia grows much weaker after sixty years of age, and nine-tenths of the cases prove fatal.

In New York we have a good deal of northeast wind during November and December and the cold, damp weather it generally brings is very favorable to the contraction of colds and the subsequent development of pneumonia. The grip lets its victims very predisposed to pneumonia and it exists to some extent in a modified form. This is the disease with which pneumonia most readily combines, but it is found in combination with diphtheria, typhoid fever, measles, scarlet fever and many others.

When a severe or sudden chill has been contracted the main thing is to act quickly, and a more serious illness can be averted and valuable life saved by a little intelligence coupled with promptitude. If possible, send for a doctor immediately, and meanwhile take some grains of quinine and five or six spirits of camphor in a little water or on a lump of sugar. These doses are for an adult. Then soak the feet in hot water and jump into bed. Simple as these remedies are, they are slipped in the bud many prospective cases of pneumonia.

While soaking the feet, the body should be warmly wrapped in a blanket which should be kept on all night, and after the person has entered the bed, in order that free perspiration be continued and not checked.

A good thing to prevent "colds" is to wear wool next the skin. When this is not possible on account of the irritation sometimes caused, a mixture of wool and silk will generally be found satisfactory. I would not recommend cotton in any form for underwear, as it is frequently the cause of a dangerous cold by becoming wet and keeping the temperature of the skin below the normal. Care should be taken that the feet do not get wet, or, if so that prompt measures are taken to dry them and a change of hose made.

The care taken of the outside of the body must be supplemented by the same care of the inside. A moderate diet, wholesome food, plenty of rest, regular hours, will keep the whole system in good order and enable it to throw off the germs of disease, which can only obtain a footing when debilitation affords an entrance for the disease and as a result of its development, as Cyrus Edison, Commissioner of Health for New York.

Effects of Deep-Sea Pressure. It is not unusual for bottles of champagne to be dipped and trolled in salt water, when there is no ice on ship-board, in order to get the wine to a moderate temperature, and never to allow salt water to cause contact between the salt water and the wine. We can hardly tell what the effect upon champagne is if the bottle were immersed at a great depth for any considerable time. It is a fact, however, that if an ordinary glass bottle, tightly corked and sealed, be sunk in, say, fifty fathoms of salt water and left there for about ten minutes, it may, when brought to the surface, be found partly full of water. We say "may," because the pressure of the superincumbent mass of water will either force the water through the porous glass, force the cork into the bottle, or break the bottle.

By a law of hydrostatics the pressure of water is in proportion to its vertical height, and its area at the base. It is reckoned that the pressure of water on any body plunged into it is about one pound to the square inch for every two feet of the depth. Bottles filled with fresh water, tightly corked and sealed, have been sunk to great depths in the sea, and where the enormous pressure has not burst the bottles it has driven in the cork and displaced the fresh water with salt water. Pieces of wood have been weighed and sunk in the sea, with the result that the pieces have become so condensed that the wood has lost its buoyancy and will never float again. It could not even be burned, when apparently quite dry. Home Journal.

For the Army. Recruiting sergeant—You won't do for a soldier. Applicant—Why not? Recruiting sergeant—The front fingers are off your right hand, and you can't pull a trigger. Applicant—Oh, that'll be all right, I'd just as lief be an officer and carry a sword.

Excellence in a breed does not indicate that all animals of that breed are up to the highest standard. Individuals differ, and some will excel others of the same breed.

PERIL IN EASING PAIN.

Many Women Become Slave to Drugs and Wake up too Late.

A view of the statistics of a noted scientific medicine cure for inebriety and the opium habit discloses the appalling facts that a large percentage of the patients applying for treatment are women.

Further inquiry by The Boston Transcript shows that housekeepers and those employed in various businesses labor constantly with a great number of these unfortunate beings, whose lives are wrecked by continuous indulgence in narcotics. Those who have spent years in studying this subject agree that the victims in nearly every case have begun with drugs, merely to ease when it was too late that the habit had become established.

A farmer, who has suffered from periodical sick headaches; a society woman on the verge of nervous collapse; a train wreck, unaccountable to the task she has undertaken. A small dose of morphia, a third of a grain of quinine, a drink of alcohol, Florida water and perfume, is a quick but dangerous stimulant. The next day, at the same hour, she is in a state of insupportable agony, both mental and physical, of attempts to do without it. Three grains of morphia are generally considered a fatal dose, yet many women who apply for treatment are taking enough every day to kill 50 persons.

One of the most distressing phases of the drug habit is its effect on the moral sense of its victims. Investigators are authority for the statement that women—and of course men as well—are absolutely untruthful, even regarding the most trivial affairs, when they have acquired the habit. In this particular, opium is much more to be dreaded than liquor. The intensity of the craving is most horrible to witness, as was shown by a recent instance. A woman was arrested on some minor charge and locked up. She sent a friend to bring her her accustomed dose of opium. Instead of removing the cork, which would have taken but an instant, she clutched the bottle tightly between her hands and tossed broken glass and powder into her mouth. Then her calmness returned. Those who know confirmed opium eaters believe they would walk barefooted over live coals or face any horrors for the sake of appeasing their craving. So saturated does the body become after years of opium eating that its crystals exude through the skin and about the joints.

Those who use the hypodermic needle are enabled to take much larger quantities than by swallowing the powder. The desire for any of these drugs and also for liquor is periodical, and the late cavalryman in England, the field telegraph accompanied the cavalry at a trot, the wire being laid as fast as the cavalry advanced. When the cavalry retired it was reeled up with equal rapidity. It is understood that this demonstration of the possibility of the telegraph wire being used with cavalry will lead to an extension of the scope of the telegraph organization in the British army.

In telephone work, an interesting experiment between Berlin and Potsdam is reported. A telephone line was laid on the march by two cavalry patrols, each consisting of an officer and two privates. One patrol started from Berlin, the other from Potsdam, very early in the morning. Each patrol was furnished with a complete telephone set and a supply of reels, each reel contained about a mile of steel wire. The end of the wire was connected to the town circuits in Berlin and Potsdam, respectively, and the reel was fixed on a carrier that the wire could unroll as the cavalry rode along. A second man rode behind, catching the wire with a sort of fork on the end of his lance, by which it was made about half an inch again, threw it into the upper branches of the trees lining the road. The officer went first, and the two men running the wire were about thirty paces apart. When the first reel was emptied they halted. The telephone was connected, and a horn blown to signal the starting point, from which an answering signal was sounded. After a talk over the wire the reel was rolled up, and the process continued. Midway between the cities the patrols met, the wires were joined together, and speech was found to be perfect. The order was then given to take up all the way, worked back to its starting point. The laying of over thirty miles of wire took only four hours.

The French are also alive to the importance of the telephone in army maneuvering. Each regiment of French infantry is now supplied with two portable telephone instruments, between three and four miles of wire, carried on bobbins, by men, a light bamboo ladder and two forked poles. By the use of these appliances the communication is instantly established in billets between regimental and brigade headquarters, or from any of the outposts to the rear.

The German army has long been notorious for the brutal manner in which the private soldiers were treated by the non-commissioned and other officers. The system was inaugurated by the great Frederick, and the military authorities since his day seem unwilling to allow it to die out. Happily, the present emperor seems determined to have none of it. His imperial rescript on the subject of forbidding any officer to strike his men made some sensation when it was issued, though it was commonly said in army circles that it would soon be a dead letter. A few recent cases prove the contrary. A well-known officer was recently dismissed the service with ignominy for the offence of striking a man in his ranks—the emperor personally endorsing the order for his dismissal with a severe and cutting remark. At Breslau, a sergeant who was charged with ill-treating a soldier, was tried for the offence by a council of war, was sentenced to two years' imprisonment in a fortress and, when his sentence has expired to rejoin his regiment as a soldier of the second class. Scientific American.

He Was Slow. He (who has just been rejected)—You don't dare say "no" again. She—Why not? He—Because two negatives make an affirmative. She—Not with a woman. He—How many does it take with a woman? She—One.—Life.

Throwing Pharo to the Dog. Young Wife (sobbing)—Oh, mamma, I shall get a divorce! I can stand it no longer. Her Mother (who has just been served with a divorce)—I'm glad you've got it. Young Wife—Vorse than that; he gave it to poor dear little Fido—and Fido died.—Judge.

A Condition. Kate—I don't think men are so bad as some women would have them. Ruth—I don't know about that. [Some women would have them a good deal worse than they are.]

Justice to Mr. E. M. C. Matheson. There was published in The Daily World of Monday, Oct. 22, and The Sunday World of Oct. 21, an article condensed from a local evening paper, headed "Dummy Matheson sued—proceedings against a former resident of Toronto by the World." The article was published without notice, but The World regrets that further enquiries were not instituted before the clipping was inserted, as it is now informed that the article was untrue in many respects. The World cheerfully retracts the statements made and expresses regret at its publication.

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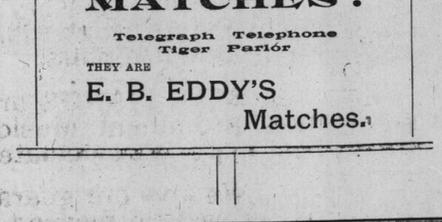
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