

Health Department.

Treatment of Diarrhea and Cholera.

The following instructions issued to local authorities in Scotland by the Board of Supervision, and certified by Dr. Littlejohn, Medical Officer of the city of Edinburgh, may be useful in the event of cholera occurring in this country:

Local authorities, where there are either no medical men, or only a few scattered over the country, should provide themselves with a supply of suitable remedies. Among these may be mentioned—(1) elixir of vitriol; (2) the lead and opium pill; (3) the aromatic powder of chalk and opium; (4) ordinary mustard.

It is, however, not only of importance that an attack of cholera should be properly treated before medical assistance is procured, but also that the diarrhoea which may be present for some days before the serious symptoms present themselves should be checked at once. This may generally be effectually accomplished by causing persons so affected, and who are usually very thirsty, to drink freely of cold water to which elixir of vitriol has been added in the proportion of half a teaspoonful of elixir to the tumbler of water. Should the diarrhoea, in spite of the above treatment, continue for, say, two hours, a lead and opium pill should be given, and the dose should be repeated every time after the patient has been affected by the diarrhoea. If the patient, from weakness, be unable to follow his usual employment, he should be put to bed—care being taken that the limbs are kept warm, and that the bed is kept dry by means of a sheet of oilcloth, gutta-percha, or mackintosh between the sheet and the mattress. Should the discharge present the appearance of rice-water, and should there be urgent vomiting, cramps of the limbs, together with general sinking or collapse, the case should be regarded as most serious; and in the absence of a medical man, mustard poultices should be applied to the stomach and chest for half an hour at a time, and should be followed either by fomentations with warm water, or by bran or porridge poultices on the same parts of the body. These mustard and soft poultices should be alternated from time to time. Meanwhile the limbs should be well rubbed with warm clothes, and the lead and opium pills regularly administered as directed above.

This treatment may be advantageously employed for all persons above fifteen years of age. From ten to fifteen years, the only change recommended in the treatment is that half a lead and opium pill, instead of an entire pill, should be given as a dose. Below ten years of age, the aromatic powder of chalk and opium should be substituted for the pill, and may be administered in doses of one grain for each year of life. Thus, an infant of one year should have one grain for a dose; and under one year, half a grain; while a child of six years should have six grains. The treatment otherwise is the same—care, however, being taken in the case of children not to allow the mustard to remain beyond ten minutes in contact with the skin.

Should there be no hospital at the disposal of the local authority, and should the loss of the patient consist of one or two apartments, the other members of the household should be at once removed. The room in which the sick person is lying should as far as possible be cleared of furniture; and the other apartment, if any, should be devoted to the preparation of articles of food and to the residence of the attendants, limited in number to a day and a night nurse.

Sneezing and Shivering

Nature's provision against the consequences of a "chill," and for the prevention of a "cold" are sneezing and shivering. A violent fit of sneezing often saves a chilled body the consequences of

the nerve depression or "shock" to which it has been subjected, and this shock may in its first impression be very limited in its area; for example, the small extent covered by a draught or cold air rushing through the crevices of a door or window. The nerve centres are roused from their "collapse" by the commotion or explosive influence of the sneeze. If sneezing fails nature will try a shiver, which acts mechanically in this way. If this fails, the effects are likely to be very serious and had consequences may ensue. The cold is slight when sneezing suffices to recover the nervous system quickly from its depression; and grave when even strong shivering fails to do so. In case of chill, with threatened cold, sneezing may be produced by a pinch of snuff of any kind. This is how some of the vaunted "cures" of colds are brought about. Brisk exercise may also ward off the attack.—*London Lancet.*

Prevention of Disease.

There has been much time and labor wasted in endeavoring to teach men how to avoid disease. As a rule, it is only the "burnt child that dreads the fire." We persons who are the most constantly mere wrecks of their former selves, through imprudence and diseases that were avoidable. Does anyone suppose that these serene admonitions that many others will profit by? Have not the sufferers themselves had timely warnings without number of the inevitable results of wrong living? As "men think all men moral but themselves," so in their strength they seem to think as a rule, that evil will come to others sooner than to themselves. It is this self-confidence inspired by years of uninterrupted health, that often induces recklessness. We sometimes look with admiration at the working of a machine; perhaps a steam engine. It seems like a thing of life. How quickly it responds to the various movements of the valves, worked by the skillful engineer: with what precision does it run; not a jar or a creak is to be heard. Soon, what we at first watched with so much interest seems monotonous, and even tiresome;—just as the most faultless weather becomes almost unendurable if it continues for weeks and months without interruption. Whether it be a steam engine, or that more wonderful mechanism the human frame, that depends for safety on our watchfulness, an incautious move, a slight neglect of duty, and it soon becomes a wreck. Extremists are responsible for half the mischief that is wrought among those who strive to maintain health by proper living. There are some who in particular prove their faith in good living by eating and drinking too much, habitually; a much larger class of so-called reformers starve body and mind by efforts to live without substantial nourishment. Some one has invented a method of utilizing the waste from coal mines by mixing it with clay. Such fuel gives out a moderate heat, and answers certain purposes; but no one seems to have succeeded in burning clay without the coal dust. And thus it is in nourishing the body. Man can not live on crackers and water, and be of any use to himself, or service to others; but let him mix the clay and the coal—that is let him live on a mixed diet and avoid all excesses, and he will attain the full measure of health and usefulness, so far as foods are concerned. But there is something else a person must have a constant supply of or health will not remain long with him; that is pure, fresh air. No one should remain an hour in any room where there is not an ample and unobstructed avenue to the air outside. There is still another element that is indispensable to health—water. Pure water is the best and most wholesome of all solvents. A copious draft of cold water is the best of laxatives; and when taken half an hour before or after meals, is a promoter of digestion. Its value as a detergent has been recognized from the earliest ages. The bath marked a high civilization; and although "cleanliness

is next to Godliness" is not a scriptural quotation, it was the sentiment of one of the greatest Christian reformers.

A single word gives expression to a golden rule. That word is—*MODERATION*. It is of more general application than a volume of rules of life with that word left out. It is applicable to food, dress, sleep, exercise, and to all the affairs of life. There is one other rule, not inconsistent with it—"When you don't know what to do, Do NOTHING." When you are ill do nothing until you ascertain the nature of the illness and can be treated by a competent physician. There is greater safety in rest—in doing nothing for a time—than in hap-hazard treatment. It is easier and safer to do nothing until you know what to do then to rectify mistakes.

Resources of Hygienic Diet.

When hygienists speak of having an elaborate bill of fare from which to choose what they may eat, the flesh-eaters laugh cynically, as if to leave their traditional beef, mutton, and pork were to be launched upon an ocean of uncertain speculation with regard to one's diet. On this point a correspondent of the *New York Tribune* has something to say that shows in a manner the large resources of the reform diet. He writes in a vein of discretion that should win general favor when he says:

"In food, as in medicine, new prescriptions are offered and old advice discarded constantly; and this is unavoidable while the science of human life is involved in obscurity, and empiricism is our only guide. Probably we err in jumping to conclusions too readily, and trying to make a test of individual experience, or that of nations, allowing too little for modifying circumstances. Rules for diet, therefore, may properly be dispensed with much diffidence, knowing how readily they may be controverted. The effort to teach the best physical condition and conform to the highest authority is creditable, and we do well to notice what seems to agree with us best, which gives us most buoyancy and strength, though it serves only as a rule for ourselves, not for others."

"But one can live well on vegetables, and set a beautiful and appetizing table. Vegetarianism implies abstinence from flesh and blood, leaving us milk, cream, eggs, with all the fruit and vegetable abundance that our seasons produce. I am spring until late in fall we can have substantial food from our own gardens, as potatoes in variety, early and late peas, beans of various kinds, corn of several sorts with all the dishes made of it, and all through these months we can have relishes in greens, spinach, dandelions, mustard, with lettuces and other salads, cucumbers, beets, tomatoes, etc., etc. Indeed I think that housewife a very unskilled server of tables who can not make her family forget the flesh-pots during this period."

In winter we still have vegetables if we raise them and put them in the cellar, while the dried beans, peas, and corn, the canned goods, with foreign-grown vegetables, and luscious fruits from tropical climes, abundant in our markets, all serve to increase our supply and make variety on our tables. All through the year we have the breakfast cereals—steam cooked white oats shredded maize, and prepared wheat—diminishing labor and improving the bill of fare. We are told of more than twenty ways of cooking eggs, and the combination dishes of vegetables and fruit with milk, cream, and eggs are almost numberless. There is plenty to eat, and good eating too, if one wishes to abstain from flesh and blood; to abjure the slaughter of animals and avoid the effect of their diseases.

"One of the essentials in the experiment is not only good, but delicate cooking. No matter what the food may be a want of attention or a want of knowledge, may spoil it. Many a woman, however, is blamed for poor cooking, when the fault is entirely in the supplies."

Whether vegetarians or not, we do well to have vegetables early and late, and of the best kinds, to give variety to our tables, and help us to avoid the excessive use of a concentrated and animalized diet, which, I fancy, will hardly be shown to be good for us. Dr. Andrew Combe thought "all that can be sensibly said in regard to diet relates to quality and quantity—the quality should be plain, the quantity moderate."

Sleep.

Great workers must be great resters.

Men who are the fastest asleep when they are asleep are the widest awake when they are awake.

Every man who has clerks in his employ ought to know what their sleeping habits are. The young man who is up till 2, 3, and 4 o'clock in the morning, and must put in his appearance at the bank or store at 9 or 10 o'clock and work all the day, cannot repeat this process many days without a certain shakiness coming into his system, which he will endeavor to steady by some delusive stimulus. It is in this way that many a young man begins his career for ruin. He need not necessarily have been in bad company. He has lost his sleep, and losing strength and grace.—*Hull's Journal of Health.*

Suture of Nerves.

The report that has just appeared to the effect that M. Tillaux has communicated to the Academy of Sciences the successful suture of a nerve in two cases, and that in one case function has been restored in a nerve divided for a period of fifteen years, is, if confirmed, one of the most important facts we have had presented to us in our day. The physiologist, not less than the surgeon, will be led to important work by this event, and fresh fields of inquiry relative to nerve conduction may open new and unexpected advances in the theory as well as the practice of the medical art.

BITES AND STINGS.—Apply spirits of hartshorn with a soft rag, if that is not at hand, use soda, saleratus or wood ashes. The venom of bites and stings, being an acid, is neutralized by an alkali.

Fan in a Horse.

Rather a singular series of interruptions occurred on the train due here on a Saturday morning from the West. When leaving Syracuse, a car laden with horses on route from the west to Saratoga was connected with the train. The train had scarcely got under way when the bell cord was jerked, and the engineer warned to stop. The brakes were shut down, and inquiry made along the train as to what was the matter. The trainmen all denied pulling the cord, and after an examination as to the cause, without result, the train got under way. Scarcely 500 yards had been gone over, however, before the bell cord was again pulled and the train brought to a stop. Another inquiry and examination along the line failed to reveal the cause, and another start was made, when, for a third time, the mysterious signal was sounded. This time another thorough investigation was made, which was equally fruitless. Once more was the train started up, and again the warning signal was sent to the engine. This time, when a stop was made, it was determined to ascertain whether any other than human agency was responsible for the signal, and the train was carefully gone over. When the car containing the horses was reached, a jerking of the bell rope was noticeable, and on further examination it was found that one of the animals in the car, finding that the bell rope was within reach, had amused himself by seizing it with his teeth and jerking it to and fro. The mystery of the signals being thus satisfactorily explained, the bell rope was hitched out of the animal's reach, and the train continued on its way.