

HEALTH AND DISEASE.

Mens sana in corpore sano.

Some Uses of Salt.

Half a teaspoonful of common table salt dissolved in a little cold water, and drank, will instantly relieve dyspepsia. If taken every morning before breakfast, increasing the quantity gradually to a teaspoonful of salt and a tumbler of water, it will in a few days cure any ordinary case of dyspepsia, if, at the same time, due attention is paid to the diet. There is no better remedy than the above for constipation. As a gargle for sore throat it is equal to chlorate of potash, and is entirely safe. It may be used as often as desired, and if a little is swallowed each time it will have a beneficial effect on the throat by cleansing it and by allaying the irritation. In doses of one to four teaspoonfuls in half-pint to a pint of tepid water, it acts promptly as an emetic; and in cases of poisoning is always at hand. It is an excellent remedy for bites and stings of insects. It is a valuable astringent in hemorrhages, particularly for bleeding after the extraction of teeth. It has both cleansing and healing properties, and is therefore a most excellent application for superficial ulcerations.

Bad Teeth and Disease.

In commenting upon the importance of taking care of the teeth, an exchange says:—

"Had we the means, we would endow a charity, the great aim of which should be to prevent disease by establishing an institution for the treatment of decayed and imperfect teeth. There are more cases of disease of various kinds and various degrees of severity emanating from bad teeth than from almost any other cause. The trouble is easily remedied if taken in time; but those who suffer most are they who have not the means to employ competent dentists. It is pitiful to see the children of the poor as they grow up, gradually losing their teeth by decay and neglect, and becoming dyspeptic at twenty, and old and haggard at thirty. If there is a nobler charity than that which would supply free dentistry to the poor, and dentistry at cost to those who are able to pay no more, we know not what it is. But there are persons of ample means who pay no attention to their own teeth or those of their children. They should be taught the importance of attending to this matter, and if they then refused they should be punished for the neglect of an important duty towards their families. There is no excuse for any person's having bad teeth. A child can be taught the importance of attending to the teeth, and every child that has his second front teeth should be provided with a tooth-brush, and be required to use it at least once every day using castile soap. Once in six months, at furthest, a dentist should be employed to examine the teeth and properly fill any that may be found decayed. Were this plan generally adopted we should see no more toothless men and women."

Some Health Rules

Never sleep in a room, if there is no fire, with all of the windows and doors closed. The average room does not contain more than one-third the air needed by the sleeper.

Never sleep in the same clothes worn by day, but hang them where they can air.

Never drink water, that has stood in the sleeping room all night in open vessels.

Never go to bed with cold feet, but first soak them in hot water, then dash on cold water, followed by thorough friction.

Care of the Hair.

The scalp, when in a healthy state, is soft and thick and warm with goodly blood-vessels able to afford ample nourishment from which secretion shall be elaborated, and space for the working of all that delicate machinery which exists at the roots of the hair. As the circulation decreases, the scalp spreads, so to say, the glands and capsules are unable to fulfil their functions. Or, again, the too free use of pomades and dressings causes the head to catch dust, excludes air, clogs the perspiratory pores, relaxes the skin, and deranges

all its processes; while, in addition, the oils are frequently rancid, however, the rancidity may be disguised by perfumes, and when this is the case they corrode and irritate everything, and change the normal production of sebum to an excess that becomes disease.

One of the first things requisite to regain the beauty of the hair with those who have suffered a deterioration, either from the use of chemicals or of pomades, or from the wearing of too much weight and its consequent heat, is perfect cleanliness of the scalp. Many people are afraid of washing the head, fearing to take cold. They never dream of taking cold by wetting their heads in bay-rum or cologne, forgetting that the quicker evaporation of alcoholic mixtures on the surface is liable to give cold in greater and speedier degree by far than soap and water can. Cold is seldom taken in a brisk washing of the head and as brisk a drying, the friction occasioning a reaction and warmth that are sufficient protection, while the cleansing of the vessels from dust and dead skin and the rest of their extrinsic accumulations is a positive addition to health.

This friction of a gentle and persistent sort is more than half the secret of the recovery of the hair and its beauty. It promotes the circulation of the blood in the scalp, without which there can be no growth or gloss; and its mild excitation has a tonic effect, whose good results are soon seen. Sometimes a slight stimulant, such as a very small amount of ammonia in water, or of tincture of cantharides, is of advantage, applied outwardly, especially when the scalp has become loose, and often in that contingency a wash of strong black tea proves an excellent astringent. If the hair is unnaturally stiff a slight addition of glycerine to the lotion whatever it may be, is advised. It is occasionally wise, also, the hair still remaining impoverished or obstinate, to have recourse to a medical treatment, such as the taking of quinine, iron, the water of chalybeate springs, and other tonics, and a course of hypophosphite of soda—half a dozen grains of the latter in water three times a day; but for this it is proper that a physician should be consulted, as otherwise one is liable to receive more harm than good. But in most cases it will be found that perfect cleanliness through soap and water, the use of mild external stimulants, even of John Wesley's rubbing with a raw onion till the skin reddens, and then with an emollient trifle of honey, will, in conjunction with brushing, be quite sufficient to do all that can be done, as it makes miracles to bring the dead to life, and when the hair is really dead there is an end of it. But the brushing must be regular and repeated till the hair glows, not given with the least roughness of motion, but with a gentle constancy that produces no strain at the roots, and with a generous discretion that gives the thicker-growing portions as much as the thin ones and the partings, never use a scratching brush, and always brushing in the direction of the hair's growth.

And, with the rest, let us say that the brushes must be kept as clean as the head if healthy hair is wanted. They must be beaten to liberate dust and all dry particles and rubbed with a coarse dry cloth, then washed in borax and water to take away all foulness, and afterward rinsed in weak alum water to stiffen the bristles, shaken free from spray, and left to dry, but not wiped.

Remedy for Cold Feet.

The following remedy for cold feet is recommended by the *Fireman's Journal* for sedentary sufferers, as well as policemen, car drivers, and others who are exposed to the cold:—All that is necessary is to stand erect and very gradually to lift one's self up upon the tips of the toes, so as to put all the tendons of the foot at full strain. This is not to hop or jump up and down, but simply to rise—the slower the better—upon tiptoe, and to remain standing on the point of the toes as long as possible, then gradually coming to the natural position. Repeat this several times, and, by the amount of work the tips of the toes are made to do in sustaining the body's weight, a sufficient and lively circulation is set up. A heavy pair of woollen stockings drawn over thin cotton ones is also a recommendation for keeping the feet warm, and at the same time preventing their becoming tender and sore.

It is said that the fresh juice of limes will cure diphtheria.