

Health Department.

Headaches.

A number of ladies having recently addressed us as to the cause of the oft-recurring headaches to which they are subjected, we submit the following reply by a well-known physician:—

"Of the 'cause' of your headache it is not an easy matter to determine, at least until I know more about your personal habits. During the cold weather, however, when our women really get so little pure air, we may refer those difficulties to derangements of the stomach oftener than otherwise. While the invigoration of the cold weather naturally increases the appetite, if one indulges such an appetite to the full extent, at the same time avoiding all exposure to the bracing cold air, taking about one third more food than would satisfy them in hot weather, these stomach derangements will surely follow. These results are particularly aggravated by the fact that our foods differ from those eaten in the hot weather, as the summer appetite demands the more juicy, succulent, cooling, and less nourishing articles, instead of the fats, oils, and foods particularly rich in starch, intended for the mere heating of the body, while those who are deprived of the natural temperature of the winter, almost constantly confined to rooms far warmer than would be tolerated in the summer, cannot thrive on such heating foods. Again, such 'housed' persons have much less exercise than is usual when they are permitted to roam at large, of course demanding less food on that account, to say nothing of the fact that cool and bracing air stimulates the digestive processes, keeping the stomach more nearly in its natural condition. It is also true that the free use of rich pastry, that made of the constipating fine flour, has much to do with the production of headaches, not only from their constipating effects, but from their indigestibility. Some of the richest of these cake abominations, with the average mince-pie, are too difficult of digestion to be eaten by an ordinary female, though it may be possible for the more hardy manual laborer, with but little brain power, to dispose of them, having but little headache, for the reason specified. The habitual use of strong tea has a tendency to induce headaches, in part from the action of such tea in deranging digestion. It is safer to drink nothing with the meals, taking a simple drink at the close of the meal or when thirsty. The 'cure' may be sought in a plain and simple style of living, avoiding pastry—of the richer kinds—all of the preparations of pork and lard, and fried foods of all kinds, using only a few articles at the same meal, taking the meals with great regularity, the last meal to be very light and simple, with no lunches. If the head is hot, apply cold, wet cloths till the heat becomes natural, at the same time soaking the feet in hot water, dashing on a little cold water, as they are removed, rubbing them with a coarse crash till a glow of heat returns. If the appetite flags, pass over an occasional meal."

Hygienic Hints.

Mustard is an old-fashioned cure, and its healing virtues can hardly be over-estimated. It has saved many a doctor's bill.

If there is one rule about eating in which all are agreed, it is that our meals should be taken at stated and regular periods.

Galvanized iron pails for drinking water should not be used. The zinc coating is readily acted upon by water, forming a poisonous oxide of zinc.

Bathe a sprain with arnica diluted with water, and bandage with soft flannel moist-

ened with the same. A sprained wrist thus treated will grow well and strong in a few days.

It is the unqualified result of my experience with the sick, that second only to their need of fresh air is their need of light; that, after a close room, what hurts them most is a dark room, and that it is not only light but direct sunlight they want.—*Florence Nightingale.*

Sore Throat.—Soak a small piece of bread about the size of a hazel nut, and then take a pinch of cayenne pepper, mix and roll up in the form of a pill, which the patient must swallow, and in about three hours he will be relieved. In a severe case a second dose may be requisite, which is said to never fail.

Sleep, if taken in the right moment, will prevent an attack of nervous headache. If the subjects of such headaches will watch the symptoms of its coming they will notice that it begins with a feeling of weariness or heaviness. This is the time a sleep of an hour, or even two, as nature guides, will effectually prevent the headache.

The new German mode of treating pneumonia, consisting of six grains of iodide of potassium every two hours, and the application of an ice bag over the seat of the lesion, is one of the leading topics just now in medical circles—in which, by the way, that disease has earned the appellation of the brain-workers' enemy, so deadly have been its ravages among professional men.

A mother, whose infant was troubled with sleeplessness took a piece of cotton flannel, large enough when doubled to cover the whole head, and wrung it rather dry out of warm water, then put it closely over the baby's head so as to cover both ears and eyes. The effect was wonderful. There was a brief struggle, then perfect quiet, and in less than five minutes the little fellow was sound asleep. Since then she has tried it again and again, and always with the same quick result.

Acute Bright's Disease.

Every particle of the body is constantly passing from a state of life to that of death. The waste, if left to accumulate in the system, would soon fatally poison it. The kidneys are among the chief organs for eliminating it. The proper continuous action of the kidneys is fundamentally essential to health. But they are subject to many disorders, among which is inflammation. This inflammation may effect only one of them, or only portions of one. In Bright's disease both are affected, and all the constituent parts of each.

Bright's disease may be either acute or chronic, the latter being much the more fatal. The former may be very mild, the inflammation being marked only in certain capillaries, which, however, become so far changed that they allow the escape of albumen and blood corpuscles. As a general thing, this form does not terminate fatally.

In graver forms, among the earliest symptoms are a dropsical swelling of the face, particularly on the eyelids and around the eyes, and then in the lower limbs, feverishness, some pain and tenderness over the kidneys, vomiting. The dropsy tends to increase, and to extend to the cavities of the abdomen and chest. Sometimes it is very excessive, and causes great difficulty of breathing. The urine is scanty, contains much albumen, more or less of red blood corpuscles, considerable sediment, and hollow "casts" of the straight tubes of the kidney.

As the disease arrests the proper functions of the kidneys, the poisons which accumulate in the blood give rise to vomitings, impaired vision, or even temporary blindness,

and in some cases to coma (lethargy) and convulsions. It may also give rise to bronchitis, pleurisy, pneumonia, pericarditis (inflammation of the heart sack) and peritonitis.

The disease often proves fatal where these complications occur. If the patient is not cut off by blood poisoning, or by some of these complicating diseases, he is likely to recover, and that, too, within a month or two at the longest—the dropsy rapidly disappearing, the fever symptoms ceasing and the appetite returning, though the albumen and the casts may continue for some time longer. The recovery is generally complete. Acute Bright's disease is often due to various other diseases, especially to scarlet fever.

The physician must treat the disease, but during convalescence the patient must be very careful in regard to diet, exercise and exposure to cold.

Health and Ability to Work.

This is a working age. The merciless law of the survival of the fittest is driving the weak and incapable to the wall. The strong body and the strong brain are uppermost, and in this enlightened time no one is so dull as to deny that a sane mind is surest to dwell in a sane body. Sane bodies—that is, strong and healthy bodies—are the *sine qua non* of success in work. It is fashionable to work. Even many of the rich and lazy are being driven by the sheer force of public opinion into some sort of work. The vast and complex systems of charities now in vogue; the innumerable classes of students who are meeting every winter in our finest houses to study art, literature, language, science; the enormous amount of fine embroidery in every parlor, largely the work of the ladies of the household—these and a score of other signs point to the fact that we are living in a country and period where activity is the rule and sloth the exception. The competition in all sorts of labor and traffic is enormous. The strength demanded to excel in any trade or profession is very great.

Women too have their livings to earn must enter this severe competition, and they will never receive consideration because they are women. They must excel in order to be successful. Excellence implies strength—not the spasmodic, nervous strength which makes an effort once in awhile under extraordinary pressure, but the strength which can turn off daily work without excessive fatigue—the strength which leaves the eye still bright and the step elastic after a long day behind the counter, over the sewing-machine, at the desk, at the easel, in the kitchen, in the school-room. Such strength as this does not go with a small waist. From the nature of things, it can never—unless, as has been pointed out, in exceptional cases—be found in women with small waists. Strong back and abdominal muscles—muscles which can do their work without the deadly props of steel and whalebone now so universally worn—a large digestive capacity, a rapid and utterly unobstructed flow of the blood in the veins and the arteries—these are some of the requirements of health and strength. And these things take up room. In most women God has given room for these organs and their processes, but it is reduced and contracted in order to make the waist appear small. In the name of honorable labor; of healthy and happy infancy and childhood; of intelligent, high-minded womanhood; of everything that is beautiful and worth having for women in this world, we plead for the scorned, maligned, the condemned large waist. Give

your body room. It is a sin against humanity and its Maker to compress your waist.

Salt for the Throat.

In these days, when diseases of the throat are so universally prevalent, and in so many cases fatal, we feel it our duty to say a word in behalf of a most effectual, if not positive cure for sore throat. For many years past, indeed, we may say during the whole of a life of more than forty years, we have been subject to a dry, hacking cough, which is not only distressing to ourselves, but to our friends and those with whom we are brought into business contact. Last fall we were induced to try what virtue there was in common salt. We commenced by using it three times a day—morning, noon, and night. We dissolved a large tablespoonful of pure table salt in about half a small tumblerful of water. With this we gargled the throat thoroughly just before meal-time. The result has been that during the entire winter we were not only free from coughs and colds, but the dry, hacking cough had entirely disappeared. We attribute these satisfactory results solely to the use of salt gargle, and most cordially recommend a trial of it to those who are subject to disease of the throat. Many persons who have not tried the salt gargle have the impression that it is unpleasant, but after a few days' use no person who loves a nice, clean mouth and a first-rate sharpener of the appetite will abandon it.

SCIENTIFIC AND USEFUL.

The camphor laurel, a native of China, and the tree from which most of the camphor of commerce is obtained, has been successfully introduced into California.

Dr. R. Von Lendenfeld found traces of glacial action on the highest peaks of the Australian mountains. No evidence of ice action was found at less than 5,500 feet above the sea.

A Bavarian chemist is reported to have invented an enameling liquid which renders any species of stone or cement harder than granite, and gives it the indelible appearance of any mineral that may be desired.

An English writer points out the probability that a smoky atmosphere is not a wholly unmitigated evil, since its carbon and sulphur most absorb many germs of disease, and tend to prevent the spread of epidemics.

A concentrated solution of bichromate of potash and glue makes a cement for articles of broken glass which will resist boiling water. It is carefully applied to the surface, and when the broken glass parts are brought together the whole is exposed to the action of the sun.

Many soft timbers, especially walnut, are more destructive to the cutting edge of planes than harder wood, such as oak. The reason is the presence of extremely minute crystals of silica in these soft woods. These particles are of uniform size and evenly distributed through the tissue of the wood.

Prevention Better Than Cure.

Many of the diseases so prevalent in these days are caused by using soap containing impure and infectious matter. Avoid all risk by using PERFECTION Laundry Soap, which is absolutely pure. Ask your grocer for PERFECTION. Manufactured only by the Toronto Soap Co.

Exchange Department.

Six dollars and four dollars cash will be paid to the persons sending me the largest and second largest list of words made from the word "Davenport," before Sept. 1st, ten cents to accompany each list of words. G. E. SMITH, Walcott, Iowa, U.S.A.