

## Health in the Home

### Useful Herbs.

A warm infusion of elder flowers is gently stimulating to a weak stomach, given in small doses, say a wine glass for a year-old child twice or three times a day. The inner bark of the elder, shaved fine and boiled down in cream, makes a very healing salve for burns and abrasions.

Hops hold a worthy place on our list, and their uses are manifold. An infusion is an excellent sedative for "children of a larger growth," and the dry hop pillow will prove no less grateful to the restless baby, while his older brother, screaming with pain from an ulcerated tooth, will find immediate help from a small bag of hops dipped in vinegar and placed between his cheek and a hot water bag or flat-iron.

For young babies often troubled with colic, nothing brings up the wind and soothes the screaming child better than anise tea, weak, slightly sweetened, and given in small spoonfuls till the wind begins to move, no longer, for it is better to reserve its powers, even though "baby is so fond of it." And here let me say I do not mean essence of anise or anisette, but the infusion of the simple herb, which it is as well to wash in bulk, putting into a strainer, and allowing cold water to drain through it, then spreading upon paper to dry.

Sage is also useful in colic, and warm, as a safeguard against suspected cold, care being taken as to exposure afterwards. But the virtues of sage are its effect upon a sty, which will soon disappear, indeed, often fail to appear, after a lukewarm bath of it.

### Home Remedies

Every mother should understand the ills to which all babies are subject and know how to cure them without calling on a doctor. This knowledge is especially useful to those who live on the farm, where the nearest physician is often several miles distant. A slight ailment often becomes serious if neglected, hence the necessity of knowing what to do and of doing it at the proper time.

Smart weed has great value as a medicine in various kinds of illness. A poultice is made by boiling the leaves and stems until tender, then thickening with meal or bran and put between two cloths. If a child is suffering with cholera infantum, bind the poultice across the stomach and bowels, changing it frequently and it will soon afford relief. In cases of dysentery apply the poultice and give a tea made of unswayed. It will relieve the pain and drive it away.

Anise is a simple and harmless remedy for colic. Put a few drops into a teaspoon, add a little sugar, fill the spoon with boiling water and give it to the baby. Many professional nurses use it, and prefer it to anything else for this purpose.

Babies are often troubled with inflamed eyes. Make a weak solution of boric acid and water and bathe them every day, it will soothe and strengthen them. Baby's eyes should be shielded from the direct rays of the sunshine or lamp light to keep them strong and bright.

Disturbances of the stomach and indigestion are the most common troubles with children, and are usu-



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ally caused by giving them improper food. They do not need calomel, pie, beef, cabbage and other indigestible food. Milk is nourishing, strengthening and sustaining, and should form the principal article of the diet for the first three years. Quinell with cream and sugar is a splendid laxative, so is bread made of whole wheat flour. A change of diet often effects a cure in child ailments and is much better than giving strong drugs.

Sore mouths, or thrush, as it is often called, may be prevented by washing the tongue, roof of the mouth and gums every day, until all traces of milk are gone.

### Pampered Stomachs

Even though it takes pork four hours to leave the stomach and six more to be dissolved and absorbed in the small intestine, what does it matter so long as it is completely assimilated by the end of that time, digestive canals? It is the slowest but also one of the surest foods that we have to give off all its energy to the body. Its very slowness is what gives it its splendid staying powers for hard work, whether muscular or mental.

As a matter of fact, I have seen more cases of dyspepsia cured by the use of breakfast bacon than by any kind of drug or restricted diet.

An adult alimentary canal which cannot digest bacon or ham is not to be regarded as healthy, and instead of humoring and giving in to a weak digestion, it should be braced up and under skilled supervision educated to take what is given it and make no giving them too little to do almost as easily as by giving them too much. A healthy stomach fit to cope with the emergencies of life must be able to digest not only that which is digestible, but much that is indigestible, and that is the standard which should be aimed at in dietetic therapeutics.

### Acute Indigestion

The old advice to quit a meal before a feeling of satiety has been obtained is still good; one should cease at least before a sense of discomfort has been produced and room should always be allowed for the secretion of gastric juice, which in an adult often amounts to nearly a quart. When the walls of the stomach have been distended to their utmost capacity by food, the addition of so much fluid would seem of itself enough to induce the attack; or if the distension prevents the secretion of the fluid, as it does normal muscular movements, the process of digestion is delayed, the food is retained too long in the stomach, it undergoes abnormal decomposition, inflammation is induced, and this extending to the small intestine may lead to more protracted illness.

In the treatment of acute indigestion, the production of nausea should be favored. When vomiting occurs, it should not be checked until the stomach has been relieved of its burden. If it does not occur spontaneously, it should generally be induced.

If unconsciousness or a convulsion has supervened, a physician must be called without delay, for it may be necessary to administer an emetic subcutaneously.

Following this, a laxative is generally given, and the diet for a few days is limited to easily digestible, unirritating food. Milk, of course, is the safest form of nourishment.