

Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author.)

Adenoids and Running Nose.

From somewhere in New England, the place where refinement and manners are manufactured, comes the news that it is bores and vulgar to sneeze, or at any rate to sneeze with honest gusto. This pronouncement, which is an actual reading in the editorial columns of a New England newspaper, will discourage the application of what Dr. Hickling, a writer in the British Medical Journal, describes as the nasal drill as a means of relieving the ill effects of adenoids. When I sneeze I like to put pop in it, and I feel that the uncouth indulgence has done me no harm; and if I sneeze I sneeze I can't see where anybody has any kick coming.

Children with adenoids and the more or less marked nasal obstruction that usually accompanies adenoids are usually poor sneezers and very poor blowers. An adenoid child just seems to hate to blow his nose thoroughly.

Hickling's drill as carried out weakly by a class of twenty children for a period of six months, was thus described:

In a room with the windows wide open, the children are placed as far apart as possible, standing and sitting. A given soft paper handkerchief, at the command "One!" all stand erect. It is well to teach children just what the erect posture means, as regards the head, the eyes, the chin, the chest, the shoulders, the hands, the knees and the feet. Few children, and indeed few adults, know what a normal, erect posture is. The slouch has been the fashion for several years. "Two"—hold paper ready spread out in the left hand beneath the nostrils. "Three"—sniff the paper under the eye with right thumb and forefinger, but not compressing the nostrils, and keeping the right elbow to the side of the shoulder. "Four"—blow down the nose, bowing the head forward and down somewhat, at the same time depressing the elbow to the side and still holding the top of the nose with the fingers. "Five"—breathe in, with mouth closed if possible. Repeat three, four and five rhythmically for ten minutes. All the handkerchiefs are deposited in a paper bag or other receptacle to be burned. Following this drill Hickling irrigates the nose by inducing sneezing with mild, warm, saline stuff, such as menthol and soap powder which is flicked on the septum just within the nostrils. After a good sneeze—and the children should be encouraged to make a thorough job of it—the nose pumping is resumed as before, and so on until there is little or no discharge. Finally a few slow long breaths are taken through first one and then the other nostril and then through both. All this the children are persuaded to carry out at home night and morning, as a regular nasal toilet.

The drill has diminished the nasal discharge, improved the children's general condition, sleep, appetite, made them less susceptible to nose and throat infections, bettered their speech, and diminished mouth breathing. Some of these procedures are unquestionably beneficial, whether the adenoids are surgically removed or not.

NEURITIS.

Neuritis is inflammation of a nerve or nerves, characterized by pain in the course of the nerve, and in the parts to which the nerve is distributed. It is a condition which the nerve is distributed. It is a condition which the nerve is distributed.

Hardening of Arteries

A serious condition which is relieved when you bowels to action by using Dr. Chases' K & L Liver Pills. One pill a dose. 25 a box, all dealers.

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A friend of mine writes from billous attacks for which she has always taken calomel and found relief. When I told her that calomel does not increase the flow of bile or produce any particular effect on the liver she said she could not be so, as calomel had been prescribed for her biliousness by her family physician.

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man, who is a physician in good standing, did I misunderstand, or what? (E.) ANSWER.—The science of medicine is what you told your friend. The art is what her doctor prescribed. In the science of medicine, calomel has no effect on the liver, and there is no such thing as biliousness—but in practice I've often prescribed calomel for biliousness. Frankly (as this is print, not practice) possibly your friend's calomel habit is a factor of her attacks. Overuse is the common cause of the periodic rebellions called "biliousness"—and it is easy to understand how one so inclined might be aided and abetted by the thought that if necessary a charge of calomel could be sent down to force matters. There is really no justification for the use of calomel as a physic, as I know from years of practice with and without such use. But calomel is a valuable medicine for certain conditions in which it is really indicated, as doctors say.

The Shining Morning Face.
Which is best, for health's sake alone, to wash your face in cold water alone in the morning, or to wash with hot water and follow with cold, or to use just hot water? (Anxious.)
ANSWER.—A general rule it is best to bathe the face with cool or tepid water, and as little as possible of that. If, for some exceptional reason, hot water is employed, it should be followed by cool water.

Your Doctor's Advice.
Please tell me the best time to remove the bellband from a baby. Our physician says not till the second year, but our first baby's was removed at the end of the first month, and she has always been strong and healthy. (Mrs. H. F. F.)
ANSWER.—Follow your physician's advice—he has a particular reason for it. The baby's head is so tender that it should be discarded as soon as the navel heals.

January and April.
A boy, aged 5, sleeps with his grandfather, who smokes and smokes much through the night for the sake of asthma. (1) Does it reduce the boy's vitality to sleep with the old man? (2) Is the air laden with tobacco smoke injurious to the boy's health? (X.)
ANSWER.—(1) Only in the extent that the boy is disturbed by the smoke. (2) The foul air unquestionably injures the boy's health.

WHAT'S IN A NAME?
Facts about your name; its history; its meaning; whence it was lucky day and lucky time.

MYRA.
[By Mildred Marshall.]
Taken from an evolutionary standpoint, Myra represents the eternal eternal question. It is said to mean "she who weeps," but where it comes from and how it reached its present form is lost in mystery.

The consensus of opinion seems to be that it comes from the word *marah*, meaning "bitterness," which was applied to the bitter gum, myrrh. The same term was used to designate the trackless springs in the desert, which the desolate widow of Bethlehem referred when she cried "Call me Naomi (pleasant), call me Marah (bitter)." It is on the whole the most satisfactory derivation of Myra, sometimes Myrrh of the Sea. Myra was frequently used in the early days of Biblical history, and the heritage of sorrow which names suggest seems generally to have accompanied its progress. It has been a great English favorite, and has likewise widespread use in this country, its popularity, curiously enough, being confined largely to the South.

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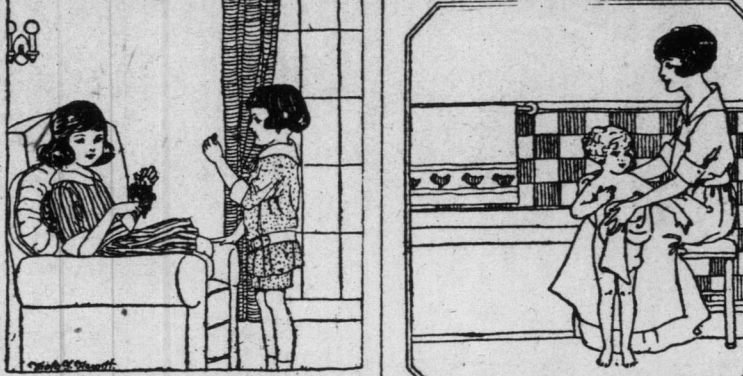
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HOME ECONOMICS

MRS. ELIZABETH KENT, MACDONALD COLLEGE.

RAISINS.

MORAL VALUE OF SENSE TRAINING.



By Mrs. Elizabeth Kent.]
Of all the dried fruits, raisins are the most generally used, but at that they are not used half enough. A cup of raisins contains 600 calories; it is rich in sugar in a most digestible form; and it has a distinctly laxative effect upon the digestion. Raisins, therefore, are nutritious and digestible, and they are, moreover, palatable and cheap. During winter months an average family should use a pound of raisins a week, at least, and it is wise, therefore, to buy them in quantity. They are moist and good in small covered stone crocks. Raisins are an excellent substitute for sugar in a most digestible form; and they are, moreover, palatable and cheap. During winter months an average family should use a pound of raisins a week, at least, and it is wise, therefore, to buy them in quantity. They are moist and good in small covered stone crocks.

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Man's glory is his strength

M. AN'S ability to perform feats of strength to do things other men could not do has always been his stepping stone to power and position.

Every man wants to be a leader in his own line of work or sphere in life.

Unless a man is a genius or superman he can only attain his objective when he has strength—to have strength he must have health—to have health he must be full blooded, his heart strong and his nerves steady.

Milburn's Heart and Nerve Pills have assisted many a man who was facing a crucial test and was not at the moment just feeling his best.

How about yourself? Are you facing some task requiring all your strength and "Your Nerve"?

Do as hundreds of others have done, have a box of Milburn's Heart and Nerve Pills at hand and take them according to directions.

They have helped other men past the trying or testing time and may enable you to carry on and win and keep the position you so much desire.

Mr. Stephen Croome, East Clifford, N.S., writes: "I suffered for five years with heart trouble. I could hardly walk from the house to the barn without resting, as I used to get so short of breath. Doctors could not help me. My wife told me to get a box of Milburn's Heart and Nerve Pills and I felt better after taking them; three boxes made me quite well. I am now helping my son to work the farm and can truthfully say I feel like a different man."

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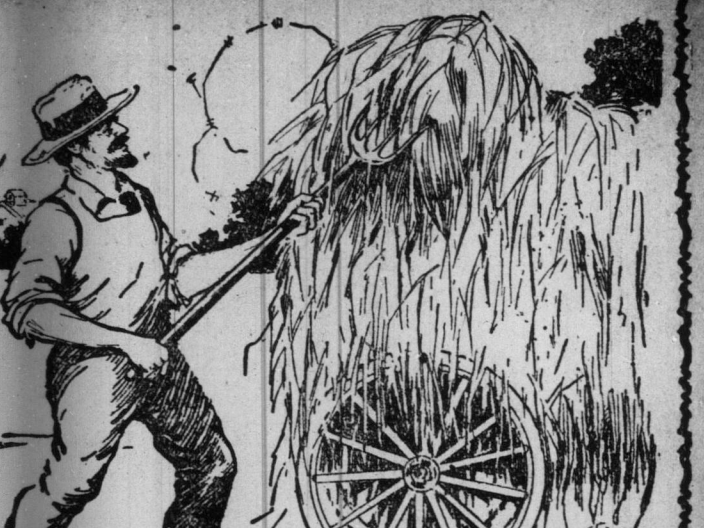
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