

HEALTH IN THE HOME

Health and Beauty

Pure, unadulterated cream, sweet and fresh, is excellent for softening and smoothing roughened skin.

Bran or starch sewed into bags and put in the bath water for a short while before using it will render the water soft.

Drinking a glass of water in which a tablespoonful of cornmeal has been allowed to soak for a few minutes regularly three times a day will help to clear the complexion.

When the hands are dirty try adding a little sugar to the soap with which they are washed. The sugar increases the lather and also the cleansing power of the soap and soon removes dirt.

A delightful complexion powder is made thus. Two ounces each of zinc oxide and precipitated chalk, seven ounces of rice powder, one ounce each of talcum andorris root. Tint with carmine and perfume with oil of rose.

Sweets

Many mothers think nature must have erred in giving children a sweet tooth, but children, on the other hand, regard the depositories of all that is most delectable. Neither side is quite right and neither quite wrong.

Sugar is not the poison and the spoiler of digestion that the careful mother thinks it is; neither is it better as a food than roast beef and bread and butter, as the hearty youngster thinks. There was a book printed many years ago, in which the tale was told of some shipwrecked sailors who lived for weeks on some hogheads of sugar and a little water, which was all they had saved from the wreck. They did not have so good a time as boys thought they ought to have had, but they lived, and were not so badly off at the end of the period as most persons would think they should have been.

The truth is, that sugar is a food and a necessary one, but it may easily be taken to too great amount. Foods are divided into two great classes—the proteids (meat, eggs and legumes), which contain nitrogen as their most important element, and the sugars, starches and fats, composed chiefly of carbon. Both of these are necessary—the proteids to build up the framework of the body, and the others to supply energy; the proteids are the iron of the boiler and machinery, the fats are the packing, and the sugars are the fuel, all are necessary to the perfect working of the human machinery.

The danger in taking sweets is in overdoing. The world's consumption of sugar has increased enormously in the last half century, although the necessity for muscular exertion (and therefore the need of fuel) has, through the introduction of labor-saving machinery, decreased. Much of this sugar has gone into the stom-

achs, not of rollicking boys and toiling men, who can use up a lot of it, but of girls and young women, who are using it to saturate their blood with unnecessary fuel, to load their livers with sugar, and to spoil their complexions.

Children may, and often do, eat too much candy; but they will not suffer as long as they are in the active state of existence, for while they romp they are expending a vast amount of energy, and their little machines consume a vast amount of fuel. The danger is in forming a habit that may be carried on into a sedentary form of life.

The Tonsils

The tonsils are two collections of gland-like structures at the back part of the mouth, one on each side between the pillars of the palate. It is not known what purpose they serve. Some have supposed that they arrest the germs of disease which may be inhaled or taken in with the food, but they evidently can catch very few of the germs which rapidly pass them in the food or water or in the air which is inhaled, and it is well they cannot, for they are themselves very susceptible to disease, and sufferers know to their sorrow. Others have thought they serve an evil purpose, acting as portals of entry for many disease germs into the body.

The tonsils are very liable to become inflamed. This condition constitutes tonsillitis, or, when an abscess forms, quinsy. Young persons, over fifteen and under thirty, are most subject to inflammation of the tonsils, although children and even those well along in life may suffer. It occurs with special frequency in those whose tonsils are enlarged and usually in persons who are run down in general health or in whom the power of resistance has been lowered as a result of worry or over-exertion.

The extra study in preparing for a difficult examination in school or college and the anxiety concerning the result not uncommonly bring on an attack of quinsy, especially in those of a so-called rheumatic tendency.

There are various kinds of tonsillitis, but the symptoms of all are quite similar in the beginning. The patient feels ill, has chilly sensations, loss of appetite, more or less headache perhaps, constipation, feverishness and a feeling of discomfort or actual pain in the throat. Soon the fever becomes high, the throat is dry, swallowing is painful, there is often more or less earache, and the patient seems seriously ill.

The disease is almost always serious enough to require the physician's care, for the treatment calls for internal remedies as well as local applications. Whatever else is done, the bowels should be kept open from the beginning of the attack.

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