

HEALTH IN THE HOME

Care of the Feet

People who suffer from tired feet may note that a good deal of their discomfort is caused by the fact that they wear stockings that do not fit. Indeed, the fit of the stockings is almost as important as that of shoes, and if they are ill-fitting it is necessary that they shall have a right and left to the pair. They should have as few seams as possible, as these cause corns. The feet should be bathed at night, and this treatment will remove the cause of the trouble. The water should be salted. The feet should be scrubbed all over with a nail brush, which will often prevent the formation of corns; whilst hard spots on the soles may be reduced with a piece of fine emery paper or fine sand before the feet are placed in water.

Chronic Rheumatism

The term rheumatism has been, and is even yet, so loosely employed not only by the general public, but by physicians themselves, that it is impossible to determine just what is meant by it.

Almost any painful affection of the muscles or joints, whether acute or chronic, is popularly termed rheumatism. Certainly two or three distinct diseases, and perhaps more, are thus confused, but there seems to be one painful affection of muscles and joints, chronic in character, and not producing distortion of the limbs, which is distinct from the other rheumatic troubles, and which is called chronic rheumatism.

The trouble may come on after one or several previous attacks of acute inflammatory rheumatism, the last of these never entirely disappearing. More or less pain, stiffness and swelling persist in one or more of the joints, or the disease may come on gradually without any preceding acute attack. This is the more common way.

A tendency to suffer from this form of rheumatism seems not infrequently to be inherited, for it is seen to run in families. Exposure to cold and dampness may also precipitate the disease. Only one, or at most two or three joints are usually affected, and the changes in these are not very noticeable. The chief symptoms are pain, usually dull, throbbing, and stiffness of the joint. Pressure, particularly at certain points, also causes pain. Sometimes manipulation of the joint may give rise to a crackling noise, or crackles. There may be some swelling of the affected joint, but this is seldom very marked, and it is sometimes only stimulated by a wasting of the surrounding muscles.

If proper treatment is not prompt and persistent there is danger of fibrous adhesions forming which result in a permanently stiffened joint, or one which can be loosened only by an operation of more or less gravity.

A strange peculiarity of chronic rheumatism, in its early stages before adhesions have formed, is that although pain is at first increased by motion, both pain and stiffness may be made to disappear by persistent and methodical movements of the joint. This indicates one of the best

modes of treatment, namely, massage and passive motion.

Sometimes much relief is obtained by exposing the joint to a very high temperature in an apparatus devised for the purpose. Hot baths, electricity, blistering and painting with iodine, are also of value. Drugs are of limited service in most cases. Residence in a warm, dry climate is often curative.

Health Hints

It is said that a pinch of salt placed on the tongue and allowed to dissolve slowly, is a certain cure for sick headache.

The use of plenty of milk with tea is a wise precaution, and must be regarded as a sound and physiological proceeding, since the proteids of milk destroy astringency and probably prevent the otherwise injurious action of tannin on the mucous membrane of the stomach. In the intestinal juice the proteids are separated and the tannin probably combines with the sodium salts.

The British Medical Journal says that the best and most effective remedy for warts and corns is sea water. When sea bathing is not possible, warm footbaths of sea salt will take its place. If used daily, at the end of a fortnight the corns will peel off. Warts are treated by soaking the hands in warm sea water twice a day for ten minutes. Cauliflower warts on the scalp yield to a compress of sea water left on all night each night for two weeks.

Cramp in the Legs

People who are subject to cramp in the legs should always be provided with a good strong piece of cord, especially in their bedrooms. When the cramp comes on take the cord, wind it round the leg over the place where it is cramped, take an end in each hand and give it a sharp pull, one that will hurt a little, and the cramp will cease instantly. People much subject to cramp in bed have found great relief from wearing on each leg a garter of wide tape which has several thin slices of cork stitched on to it.

"Advice," said Uncle Eben, "is like mos' ev'rythin' else. If it's any good, you doesn't have to give it away. You kin giner'ly sell it."

The New Bell

(Continued from Page 178.)

Near the close of the exercise Squire Holman, who was in the happy audience,—greatly to the wonder of many of his neighbors—modestly arose.

"With the dedication of our church—for I wish to share its blessings—I dedicate also to God's service my life—what little there is left. Unless there is something in one's religion, I shouldn't have been treated as I recently have by my neighbors," many eyes turned to Martha Lockwood, "after the way I've acted regarding what was no more nor less than a sacred obligation!"

All knew then the secret of the bell and the act that had prompted its giving.



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