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Let me talk to you about Anaemia

Our blood is composed of red and white corpuscles—the red to nourish the body, the white to fight disease. In Anaemia, the red corpuscles are more or less deficient. Thus the blood cannot properly sustain and nourish the body. The eyes become dull, the face white, and a feeling of intense weariness pervades the whole system. There is nothing so effective in Anaemia as "Wincarnis." Because "Wincarnis" floods the body with new, rich, red blood, which gives a sparkle to the eyes, brings the roses into the cheeks, and gives new vigour, new vitality and new life to the whole body. Will you try it?

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The Woman's World

THE Women's department of the Standard is conducted by Miss Hazel Winter of Fredericton, supervisor of the Women's Institutes of New Brunswick, and all matter for publication in this page must be submitted to Miss Winter for approval.

THE DANGERS OF DUST AND HOW THEY MAY BE AVOIDED

Written by Miss E. Winter, supervisor of Women's Institutes for the Province of New Brunswick.

The dictionary tells us that "dust" is the fine dry particles of earth or other matter, so pulverized that they may be raised and wafted by the wind.

There are many kinds of dust, but the one which we wish to deal with is the simple, common, everyday dust, which the particular housekeeper as well as the cleanly citizen has to battle with.

We shall leave the citizen to fight his own battles and just help the housekeeper to overcome what she considers almost as difficult a problem as the fly, the household pest.

The dust which I wish to write about, may be divided into two classes; firstly, to larger bodies consisting of small bits of sand, fine hairs, ashes, particles of soil, plaster and many other which I shall not take the space to mention; secondly, the tiny particles which show up most clearly when strongly illuminated. For instance, if they are in considerable quantities they may be seen quite plainly when the sun's rays strike "motes in the sunbeams."

These smaller particles we breathe in unconsciously. They are also laden with dried bacteria which quickly settle, leaving the finer dust made up of other forms of superfluous matter and different species of molds.

The search for bacteria by the aid of the microscope is almost useless, but the living elements of the air are studied by means of the "culture method." Thus, mix a small quantity of fluid with some form of gelatin which serves as a food on which the germs will readily grow. Pour a thin layer of this substance into a shallow dish and allow it to cool. Leave it exposed to the dust for five minutes, and after leaving it in a warm place for a few days you will notice bacteria and molds which have developed on the surface.

Knowing the unlimited number of bacteria and molds which are present everywhere, it is natural to conclude that the number of germs in the dust out-of-doors would be very great, but this is not so. Nearly everywhere, except in very filthy places, the currents of air so dilute the air as to make the average number to the cubic foot, very small, and then again when the ground is wet the number of germs are still further diminished.

The still air of a room contains only a few light spores or micro-organisms, because the heavier parts of dust gradually sink to the floor, shelves, furniture, etc. Ventilation unless very complete does not carry off the dust particles and bacteria. Air said to be pure, while a room is perfectly still, the germs mostly all settle, but when disturbed by strong currents of air, or people moving about, the germs are stirred up.

This air, full of dust and bacteria, we breathe into our bodies. T. Mitchell Prudden, book on "Dust and its Dangers," tells us that the average amount of air which a healthy grown-up person takes in each breath has been estimated to be about thirty cubic inches, thus with every twenty breaths one may take into his body, depending upon where he is, the way from eleven to three hundred and seventy-six living micro-organisms together with a variable amount of inorganic dust.

Some large particles found in the air are caught up by the very tiny delicate hairs of the nose, called Cilia. If very small foreign bodies are breathed in, there are certain cells called Phagocytes which are supposed to contain curative properties. Although the lungs may be crowded with dust, these lymph glands very seldom allow any dust to get into the blood or other parts of the body.

Remember, most of the bacteria or living germs do not grow in the body, simply because they do not find in the human body the necessary food or conditions which they need, and are thus soon carried away.

Considering all these methods of keeping dust from entering the body, if some dust particles do happen to enter, they do serious harm to human beings. They sometimes cause disease, and a few forms of bacteria will multiply in the body and also cause disease, but many of the common bacteria are harmless.

The most important disease caused by bacteria is tuberculosis. These tubercle bacteria are often taken in with the food, but as the seat of consumption is generally in the lungs, we come to the conclusion, and has been proven as well, that the bacteria producing this disease are inhaled in the air. Germs are conveyed to other people by carelessness in cleanliness and allowing sputum from the lungs to dry and mix with the air.

The breath of a consumptive contains no germs and is therefore not harmful, but the sputum is dangerous. A consumptive who coughs and fails to hold a handkerchief over the mouth, is very liable to spread the disease, for if germs are coughed into the air they will dry and then be scattered about and either get on our clothing or light on the food which we eat.

I am going more into detail than I intended to, but it is well to mention here that the sputum cup, which is a small cup made of paper, is much preferred and far safer than the handkerchief or cloth, and should be used

in contagious diseases, such as consumption. All handkerchiefs and cups should be burned as soon after using as possible, as the sputum dries quickly and a current of air will carry germs in all directions, thus spreading the dreaded disease.

To go back to our main subject—the dust of out-door air is not of much danger unless the place is extremely filthy. Indoors conditions are different. Carpets and heavy hangings retain the dust, thus the carpeted floors are being done away with and more hardwood floors are being used. The rugs and even linoleums are much more sanitary, and it is better to have few and light hangings and plain furniture.

In furnishing a home the housekeeper should take these things into consideration and one who is remodeling her home should do likewise. By adopting the more up-to-date methods, it not only makes housework lighter, but it prevents disease and sickness.

When dusting your rooms, open wide the windows so that there is a good current of air circulating through the room, and instead of just "sweeping up" the dust, as it is often done, the good circulation will carry away the dust and germs. It will be well to use moist dusting.

To avoid raising much dust when sweeping, the housekeeper may sprinkle her carpets with scraps of damp newspaper or moist tea-leaves. Some use slightly dampened coarse salt, but this is difficult to get thorough, and my carpets and rug have been soiled by this method.

Of course there are more up-to-date methods for cleaning carpets, by the use of the vacuum-cleaner and carpet-sweeper, and these are real labor-saving devices and no housekeeper should be without them, but said one mother, "For spring cleaning, give me the pure air, a windy day, and plenty of sunshine, and my carpets and rug will not only be cleaner but the sunlight will have killed any germs lurking in them."

It is well to put a clean piece of cheese-cloth, or cotton for that matter, over the nose and mouth, when sweeping and dusting, as the dust irritates the membranes of the nose, causing a smarting sensation, and if taken into the throat it irritates the bronchial tubes, making one feel dry and chokey and often causing a hoarseness.

We all know the hair is a great place for germs to lurk in, thus the tidy housekeeper never fails to wear a dust-cap, on sweeping and dusting.

In reading this article over, perhaps many of you are thinking, "What is being said so particular about things which we can't see. Years ago people knew nothing about bacteria and why worry about it now? Don't you think people who view it in this light, are inclined to be narrow-minded and selfish? Let them remember that the throat is the seat of all the people who die are carried off by tuberculosis before their time, and the majority of these just through dustiness which can be prevented. This death-rate should not be laid to the hands of Providence or fate, but at the door of human ignorance and in the majority of cases, human carelessness.

Therefore, let each housekeeper do her part towards preventing the spread of germs, and on her shoulders rest the responsibility of not only making use in her everyday life of those methods which prevent bacteria distribution, but she must instruct all in her home to take the necessary precautions, and surely if we all do our share in this great battle, in time the ignorant as well as the careless may overcome the dangers of dust.

Written especially for the New Brunswick Women's Institutes.

MUSIC IN THE HOME

This paper was written by Mrs. A. C. Bell, Andover, N. B., and read by her at a meeting of the Andover Branch of the New Brunswick Women's Institutes.

Music originally was defined "an art over which the Muses presided." Terpischore being the particular muse of music. Webster says, "Music is a succession of sounds modulated so as to be pleasing to the ear." Music, by the combination of sounds arranged with such connection and mutual relation, expresses to the ear some distinct train of thought, or awakens certain corresponding emotions. Thus the mind is affected through the ear in a way similar to what a painting or fine piece of sculpture may affect the mind through the eye.

We speak of music as one of the fine arts, and the study of music must then be one of the ways in which we are educated through the ear. Why then should we encourage music in the home? A few of the reasons suggested to me are:

(1) Music is a source of education. In our homes our education begins. Whether it is in the training of the hands, training the mind to think, educating through the eye, ear or any of the other senses, we generally receive our first lessons in the home. As music develops our minds through the ear, it is a part of our education, and as well as the reason suggested to me are:

(2) Music has a refining influence. In this age, when we are looking for pleasures of some kind and various kinds of entertainments, we may sometimes find ourselves in places where the amusements are of a questionable character, and the finer sensibilities are blunted, and things which at first appeared coarse and vulgar, become a matter of course. By listening to music of the right kind and participating in it, noble thoughts will be aroused, lofty ambitions will be developed and good resolutions formed, which will be of help to all young people.

(3) Music will promote order in the younger years. We all have noticed how a company of young children will seem to respond to martial music or march music, as we may call it, and will quickly come into file and march away. It seems to be something innate in them. The sense of order developed through the music is brought to the surface through this kind of music. Why is it soldiers are under orders through the notes of the bugle? Their ears are developed through the exercise of music. I read the following item the other day. "The warden of a prison in Ohio conceived the idea of having the orchestra play in the dining-hall during meal times. Previous to this the fights among the convicts had started in the dining-room. After the music was begun there had never been an infraction of dining-hall rules." We all remember, two years ago, how the band of the ill-fated steamer "Titanic" played 'till the vessel sank, and the survivors tell us perfect order was maintained by passengers and crew.

(4) Music has a soothing effect. A Russian Professor of music has said, "Music is a powerful medicine of the soul and the medical science of the future will not fail to exploit its therapeutic value." Napoleon said, "Music has the greatest influence over the passions and is that which the legislator ought to give the greatest encouragement." Congreve said, "Music hath charms to soothe the savage breast," and we are all familiar with the Bible story of Saul. That when the evil spirit was upon him his servants asked that they might seek out a man who is a cunning player on the harp and when the evil spirit was upon Saul the player should play and he would be well. And it was as the harp and when the evil spirit departed from him. Ancient writers also tell us that music was one of the first recorded remedies for madness and was strongly recommended by Asclepiades. It is said "there is no better cure for mad than music." Music and no medicine more pleasant to take. Music is to the ear what luscious fruits are to the taste.

(5) Music is a great factor in the worship of God. Carlyle says, "Nothing among the utterances allowed to man is felt to be divine as music. It brings us nearer the infinite. We look for moments across the cloudy elements into the eternal sea of light, when song leads us into the presence of the Infinite." Serious nations—all nations that can still listen to the mandate of nature have prized song as music as the highest vehicle for worship, for prophecy and for whatever in them was divine." In Bible times music was regarded as a gift sacred to the worship of God. Today the grandest music we have owes its inspiration to the religion. Handel, who has been designated the Milton of music has given us the Messiah, which is regarded as the greatest of human compositions. Music soothes, uplifts and it is just possible that at times "A song is as good as a prayer."

(6) Music is a source of entertainment and amusement. We all look to be entertained and amused. Wherever we are and wherever we go we look for something to please or while away the time. To those who are fond of home life, and where the spirit of home life is fostered, you will generally find that music plays a prominent part in that household. The family may not all understand the classics, but they will all know enough to enjoy the songs that please, the old household melodies and the tunes of sacred song. If I was talking with a mother a short time ago. The parents had brought into the home an organ and the only daughter had learned to play a little. The mother said, "I do not know whether we should have gotten this instrument or not, but the music we have keeps our family together in the evenings and on Sundays." I thought how wise to invest in something to keep the family at home and together. Where there is so much to attract the youth from the home, what more beautiful picture can be imagined than a family household enjoying an hour of song and music. Certainly no harm can befall such so occupied and with the enjoyment comes the knowledge we are developing faculties entrusted to us. No family can afford to do without music. It is a luxury and also an economy. When rightly used, its effects physically, intellectually and morally are good and only good.

Music makes home attractive, contributes friendly feeling, and where the family cultivates good music, peace, harmony and love prevail and the greatest vices have no abiding place. A writer has said: "The world needs music; the touching domestic song that tells in few words the loves, the trials, or the blisses of life; the more sacred music that leads the soul to communion with God." The poor cry aloud for music, they are tired of the inharmonious din of toll, and a few sweet notes bring with them hours of pleasure to the weary and world-forsaken. Parents should not fail to consider the great value of home music. When children have been taught music they have something to produce amusement at home and very often when the amusement is provided in the home, the young will not look elsewhere for it and will not be led into places of vice and immorality. Very often the reason young people become dissipated and have the desire to be away from home is the lack of amusement and entertainment in the home.

Outside Job.

First Chauffeur—"I had an unusual experience last night."

Second Chauffeur—"What was it?"

First Chauffeur—"Carried a guy to the hospital that I hadn't run over!"

Heard at a Party.

Hostess—"Won't you sing something for us Clara?"

Young woman (moderately)—"Well, I'll try."

Hostess—"Yes, do try, at any rate."

LISTEN TO ME

"I would like to bear testimony to the wonderful healing properties of Zam-Buk," says Constable R. B. Nunn of Vernon, B.C., "For over two years I suffered acutely with a sore on my leg which, despite all treatment, turned into an open ulcer. I tried all kinds of medicines, ointments, liniments, etc., but the wound seemed only to get worse. Finally it became so bad that I was at the point of going into a hospital, when a friend persuaded me to try Zam-Buk. I did so, and the first few applications made the ulcer less painful. I continued the treatment, and in a short time was completely cured. This was a year ago and there has been no sign of the ulcer returning. It seems to me wonderful that the cure could be effected in such a short space of time. I shall be glad if you will publish my statement for the benefit of other sufferers who do not know of Zam-Buk."

The Constable's report was accompanied by permission form for its publication which was witnessed by the Chief of Police of Vernon.

Zam-Buk is equally good for piles, eczema, cuts, bruises, sores, blood poisoning, pimples, etc. It is unexcelled as a First Aid. 50c. per box at all druggists and stores, or from Zam-Buk Co., Toronto, on receipt of price.

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