

The Home Doctor.

Measles.

Measles is a disease which, very frequently, is not taken as seriously as it should be. It is highly contagious, so every mother should know how to recognize it at once. Symptoms of a cold on the head usually begin an attack. The running at the nose, redness of the eyes, etc., are followed within twenty-four hours by a slight cough. The temperature begins to go up noticeably on the second or third day. The curious blotchy red rash commonly appears on the fourth day, when the cold and fever symptoms are at their height. The rash, appearing first on the cheeks and forehead, often quickly spreads over the trunk and neck. By remembering these few symptoms the observant mother can recognize the disease. The only treatment necessary is rest in bed in a well ventilated room, a light milk diet, and complete isolation from the other children.

Towards the child's recovery exposure to draughts must be strictly avoided, as the system after measles is very subject to bronchitis and pneumonia.

Pale Cheeks.

If your cheeks are too pale, let me strongly advise you in the first place against putting rouge on them.

A good color is caused by a healthy supply of blood in the vessels immediately underneath the skin. A sensible treatment for pale cheeks, then, is to increase the blood supply. The following method will help to do this. Three times a week steam the face for ten minutes over a jug of boiling water; then rinse thoroughly in cold water, and, after drying, massage the cheeks well for five minutes with a pure cold cream. Next mix a little oatmeal into a paste with some rosewater, and rub this in well until the oatmeal comes off almost dry in shreds. Then sponge the face with a solution of ordinary rosewater to which a few drops of tincture of benzoin has been added.

Headaches

A headache is not, strictly speaking, an ailment in itself, but a symptom that something is wrong in some other part of the body. In many homes a headache is always attacked by the same line of treatment—usually a pill which acts directly on the liver. Other people pin their faith on some nerve sedative which quiets the brain. Naturally, these methods are often totally unsuccessful, because frequently the headache is a symptom that the body is suffering from something quite unconnected with a sluggish liver or an over-excited brain.

Below are some of the commonest headaches with their probable causes:

1. A dull pain across the forehead, usually due to dyspepsia.
2. A throbbing pain in both temples, common in anaemia.
3. A pain in centre of the head, coming on late in the morning, due to constipation.
4. The headache like a weight pressing on the skull, due to over-work.
5. The migraine, an excruciating pain directly above one or both eyes. This is usually accompanied by complete prostration, nausea, and peculiar vision symptoms. This variety is frequently due to eyestrain.

Remember that every headache is a symptom, and try to find out and correct the deranged part of the body which is causing the trouble. If a sluggish liver is the cause, the pill will probably cure the headache. If, however, the headache is caused by eyestrain, anaemia, or kidney trouble, both of the above remedies will, of course, fail.

Don't give your case up as hopeless just because a liver pill won't help you. You will find it true economy

in such a case to consult a competent physician.

Headaches, then, are an example of that kind of ailments which may often be treated successfully at home if a little common sense, judgment, and observation are used.

Health Notes.

It is not what one eats, but what he digests and assimilates that strengthens.

A glass of hot water, taken in the morning as hot as can be sipped, washes out the stomach and aids digestion.

Cheese is an excellent substitute for meat; it never overtaxes the digestive system and is a muscle maker. Take time to masticate your food; five minutes more at dinner may give you better use of the rest of the day.

Burning paper, sugar or coffee in a room removes the odor, but does not destroy the germs of filth and disease.

A raw apple and a cup of hot water taken regularly at bed time generally regulate the bowels and prevent constipation.

Avoid the habitual use of stimulants of any kind. The boy who begins the use of tobacco or liquor is physically ruined.

Rub the body as vigorously as you please with a coarse towel, but wipe the face gently if you wish to keep the skin unwrinkled.

The smallest pin scratch has sometimes caused blood poisoning. Bathe all wounds where the skin is broken with a strong solution of boric acid or listerine.

When tired with the day's work select food for the evening meal which is easily digested and will nourish as well as stimulate. Hot soup will be found very refreshing.

A man can exist for days without food, but when the breath is cut off, life ceases. Train your lungs to full, vigorous action, for the habitual use of all the lung tissue promotes vitality.

A nervous headache can be much relieved and often cured by applying a cloth wrung out of very hot water to the back of the neck. Loosen the clothing, knot the hair on the back of the head and put the cloth on the nape of the neck and back of the ears, dipping it in very hot water again, when it begins to cool, until the tension of muscles and nerves becomes relaxed.

To prepare limewater for the baby's bottle, slack a lump of lime the size of an orange in a granite pan, and pour it into a two-quart jar, filling up the jar with water that has been boiled. When the lime settles it is ready for use. Keep the jar covered, stirring occasionally. A tablespoonful of this limewater in a six-ounce bottle of milk is generally prescribed.

Rules for the Sick Room.

Never hurry or bustle.
Never allow monotony in anything.
Never sit where your patient cannot see you.

Never confine a patient to one room, if you can obtain the use of two.

Never require a patient to repeat a message or request. Attend at once.

Never read fast to a sick person. The way to make a story seem short is to tell it slowly.

Never allow a patient to be waked out of his first sleep, either intentionally or accidentally.

Never judge the condition of your patient from his appearance during conversation. See how he looks an hour afterward.

Never put a hot water bottle next the skin. Its efficiency and the patient's safety are both enhanced by surrounding the bottle with flannel.

Never imagine that a patient who sleeps during the day will not sleep during the night. The more he sleeps the better he will be able to sleep. Never stand and fidget when a sick person is talking to you. Sit down.

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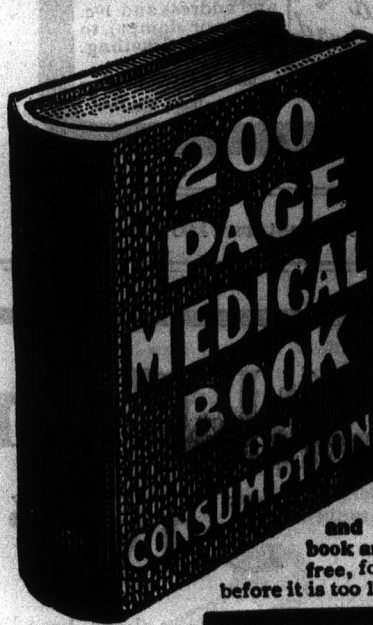
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