

The Home Doctor.

Pneumonia.

One of our health specialists has been prophesying two hundred thousand cases of pneumonia this season. He says that statistics carefully kept for nearly a thousand years prove this.

If this is true, and we will suppose it is, it will be necessary to give much attention to preventive measures. No baby or young child that is in fairly good general health is in much danger of developing pneumonia. The conditions have to be favorable, a low vitality, a sluggish circulation of the blood, stomach and bowels not quite normal. Not sleeping well and a disordered nervous system will increase the dangers of disease attacks.

Pneumonia is a disease of all seasons and climates, but it is usually associated with cold weather. It reaches its greatest number of victims during the winter months. There are a few cases in July and August. A sudden chill will probably end in pneumonia, no matter what the weather may be.

A baby that was weak from an attack of summer complaint was in a draft in a street car, the result was a chill, and it took most faithful care to tide the child over the threatened attack of pneumonia. This happened in a Southern city.

The baby or older child seems to have a severe cold or influenza. The chill is succeeded by a high fever. There are darting pains in the chest. They may seem like neuralgia to the uninitiated. The breathing is quick and catchy, the cough dry with blood-stained sputum. This is very infectious. The child must be kept in a light, airy, well-ventilated room. A physician must be called as soon as the disease is suspected. The patient can have all the water he wants. Lemonade can be given. The foods must be light and easily digested. Meat juices, milk, egg albumen, drybread and butter.

Liquid vaseline sprayed into nostrils and throat will reduce the inflammation of the membranes. A sip of cold water whenever the child begins to cough will give relief.

It is better not to give stimulants. If the general health of the child is good and the proper care is taken when the child seems to take cold, the disease is pretty certain not to develop. It is well to give a physic immediately, a dose of syrup of rhubarb or of bitter cascara. A hot bath with a vigorous rub-down will break the chill and establish a normal circulation.

Only a little liquid food should be given with quantities of cold water. Of course the child is put in bed after the bath is given, and the room is flooded with fresh air.

The Process of Digestion.

Digestion is changing food into blood for the repair and nourishment of the body. Many people are under the impression that digestion does not begin until the food has reached the stomach; but this is entirely erroneous. Digestion begins in the mouth by the mastication or breaking down of the food by the teeth. The exertion necessary for this purpose causes a flow of saliva, or spittle, a fluid which is secreted in the salivary glands that lie embedded in the mouth and jaws. This fluid mixes with the food, moistening it, and changing the starch it contains to sugar. When the food is swallowed it is carried by the muscular contraction of the gullet into the stomach, where it is operated on by another solvent fluid known as gastric juice, which has the power of dissolving the chief components of the food, and reducing the varied items of a meal into a uniform mass known as chyme. From the stomach the semi-liquid chyme passes into the small intestines, where it mingles with the bile from the liver and the juice from the pancreas. Slowly the mass is carried through the small intestines, and all the way the nutriment it contains is absorbed by the system, till it passes into the large bowel, where digestion occurs in a very small degree.

This, then, is the natural process by which the food we eat is changed into blood, bone, flesh, and muscle, and the whole human machine kept in repair and good working order.

Only too often, however, it happens that this process is interfered with, and the result is indigestion or dyspepsia, which may not unfittingly be termed the root of all the ills that flesh is heir to. The causes of this frequent and distressing disorder are many, perhaps the most common being hurried eating. Every day we see business men and others bolt their food, and the moment they have finished rush off again to work. The food having been swallowed without being sufficiently subjected to the action of the saliva, enters the stomach in a more or less solid state, and gives that organ a heavy task to perform in dissolving the half-masticated mass—a task under which its usefulness will certainly be seriously impaired sooner or later. Similarly, he who rushes off to business the moment the last mouthful is swallowed is laying up for himself a store of trouble, for by so doing he robs the stomach of the blood which it requires for carrying on the work of digestion. Robbing Peter to pay Paul will

no more answer physically than commercially. To maintain the digestive organs in an active and healthy state a brief rest after meals is imperative. Hurry is inseparable from modern life, and it is not always possible "after dinner to sit awhile." Under such circumstances a light meal without meat should be taken. Those whose teeth are not sound, and have difficulty in masticating, will find great benefit from having their food cut up fine or minced.

Another common cause of indigestion is too much food, either at one meal, or owing to the meals being too numerous. In such cases a greater quantity of food is partaken of than the stomach can supply gastric juice to dissolve, with the result that the food is either imperfectly digested or undigested. In the latter case it ferments, and gives rise to pain, "wind," and a host of other disagreeable feelings and sensations.

Of course, food and individual peculiarity play no unimportant part in this matter. The digestive organs of many persons are naturally weak, while those of others are abnormally strong. One man's meat is another's poison, and the diet that nourishes the laborer will not necessarily be beneficial to the brain worker. For the enjoyment of good health it is imperative that the supply of food be proportionate to the requirements of the individual both as regards his constitution and employment.

Treatment of the Apparently Dead,

The method usually adopted for restoring natural breathing to those who appear dead from drowning, suffocation or poisoning, is that which bears the name of Dr. Sylvester, and which has been recommended and practised by the Royal Humane Society with such signal success. The following are the instructions:—

A messenger should at once be despatched for the doctor, and to bring blankets, dry clothing, and other restoratives. Immediate attention must be given to the sufferer. Unless the weather is wet, or exceptionally cold, it is better to treat him in the open air. The points to be aimed at are:—

1st. The restoration of breathing.

2nd. When breathing has been restored, the promotion of warmth and circulation.

These efforts must be persevered in till the doctor arrives, or until the pulse and breathing have ceased for an hour.

To adjust the Patient's Position.—Place the patient on his back on a flat surface, inclined a little from the feet upwards; raise and support the head and shoulders on a small, firm cushion or folded article of dress placed under the shoulder-blades. Remove all tight clothing about the neck and chest.

When there is proof of returning respiration, the individual may be placed in a warm bath, the movements of the arms above described being continued until respiration is fully restored. Raise the body in twenty seconds to a sitting position, dash cold water against the chest and face and pass ammonia under the nose. Should a galvanic apparatus be at hand, apply the sponges to the region of the diaphragm and heart.

When natural breathing has been restored, the next duty is to restore circulation and warmth in the following manner:—

Wrap the patient in dry blankets, and rub the limbs upwards energetically. Promote the warmth of the body by hot flannels, bottles or bladders of hot water, heated bricks to the pit of the stomach, the armpits, and to the soles of the feet.

On the restoration of life, when the power of swallowing has returned, a teaspoonful of warm water, small quantities of wine, warm brandy and water, or coffee should be given. The patient should be kept in bed, and a disposition to sleep encouraged. During reaction large mustard-plasters to the chest and below the shoulders will greatly relieve the distressed breathing.

In all cases of prolonged immersion in cold water, when the breathing continues, a warm bath should be employed to restore the temperature.



A Peaceful scene in the Scottish Highlands

One for the Judge.

Many are the stories yet told at Oxford of Master Jowett's abrupt and formidable wit. On one occasion, at one of his own dinner parties, when the ladies had retired and a guest began at once upon that vein of indecent talk which is perhaps less infrequent among educated men in England than in America, or is at least more easily tolerated there, Master Jowett is said to have asked: "Which is the greater a judge or a bishop?" Prof. Henry Smith, famous in his day for his brilliance, pronounced the bishop to be the greater man of the two for this reason: "A judge, at the most, can only say 'You be hanged,' whereas a bishop can say 'You be damned.'" "Yes," said Master Jowett, "but if the judge says 'You be hanged,' you are hanged."

Jerome K. Jerome: There is far too big a tendency in these days for a lad to desire to go through life with a big collar on and starched cuffs.

If you are a sufferer from colds get a bottle of Bickle's Anti-Consumptive Syrup and test its qualities. It will be found that no praise bestowed on it is too high. It does all that is claimed for it, and does it thoroughly. Do not take any substitute for Bickle's Syrup, because it is the best, having stood the test of years. All the best dealers sell it.