

RHACHITIS.

Rhachitis, or rickets, as commonly called, is a disease of infancy and early childhood. It is much more frequent than is generally supposed. It is associated with impaired nutrition and unhygienic surroundings, although it may occur in the wealthiest families. Infants nursed by a mother who furnishes a poor, watery, imperfectly organized milk may become rickety. Babies fed upon artificially prepared foods from the beginning are the ones who are prone to develop rickets early. Seldom do the symptoms show, however, until after the sixth month.

Early symptoms are marked. There may be marked perspiration about the head during sleep, with the fontanelles remaining open. Stomach and intestinal troubles are apt to be frequent. Later the ends of the long bones begin to show a tenderness and increase perceptibly in size. In acute cases slight fever is present, dentition is difficult, the child cries when fondled by nurse or mother, headache is shown by continued frowning and contraction of the brows, convulsions may occur. In these cases the children are very difficult to manage. A recent case under my observation was a very distressing one. The parents were passing through the city when the baby, ten months old, developed such marked irritability and cried so pathetically when touched or moved that they were forced to remain here for treatment. The child was a beautiful blue-eyed, fair-haired little fellow. There was considerable fever; perspiration poured from his head, touching or raising an arm or leg caused great pain and piteous cries. The bones of the wrists and ankles were very prominent and swollen. Changing his clothes or lifting him in any way caused pain. Diarrhoea and vomiting had been a very prominent symptom a month since, and undoubtedly was the commencement of rhachitis. The child was failing rapidly and the parents were in despair. Having been recommended to try homeopathy, they were able to see the little fellow restored to health in less than a month. Proper attention was paid to correcting the diet. The remedies found most useful in this case were Calc. Phos. Sulphur and Ars. Iod.

Very often rickets will affect children in a different manner. The case will gradually assume a chronic form. The teeth are late in appearing and decay early, or the child is unable to support itself in a sitting posture. There is

marked distention of the abdomen flabbiness of the limbs and nodulations in the ribs. Rickety children are late in standing or walking. The head is unusually large in proportion to the neck. The bones of the breast are deformed or the arms and legs may be twisted all out of shape. Children showing these symptoms require treatment, although they might not appear very ill. Homeopathy offers a wide range of remedies to cover different cases. Each child must be treated according to the symptoms developed. The remedies most likely to be found suitable are Phosphorus, Calcarea Carbonica, Calcarea Phosphorica, Silicia, Fluoric acid, Baryta Carb. Arsenic Xodide, Sulphur, and a large number of others for individual cures.

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SICK-ROOM COOKERY.

BROWN SOUP.—Take 1 small table spoonful of flour and brown it; put in a bowl and mix with it 1 ounce butter; stir them together to a smooth paste, then add $\frac{1}{2}$ pint of boiling water, with a slice of toasted bread, cut into small pieces, and just enough salt to taste; if approved, a little black pepper may be added.

When animal food is forbidden, this may be used as a substitute for a richer soup.

CHICKEN BROTH.—Wash half the breast and one wing of a tender chicken; put it in a saucepan with three half pints of water, a little salt, and 1 tablespoon of rice or pearl barley. Cover and let it simmer slowly, and then skim it. When the chicken is thoroughly done, strain the broth; serve it in a bowl with light bread or a fresh cracker.

ARROWROOT.—Break an egg; separate the yolk and white; whip each to a stiff froth. Add a tablespoon of arrowroot and a little water to the yolk; rub til smooth and free from lumps. Pour slowly into half a pint of boiling water, stirring all the time; let it simmer till jelly-like. Sweeten to the taste and add flavoring if desired. Stir in the frothed white and take hot in winter. In summer, set first on ice, then stir in the beaten white. Milk may be used instead of water.

Boiled milk in coffee is more easily digested than cream.