

HEALTH HINTS FOR TODAY

Use of Toothbrush.

The regular use of the toothbrush is necessary not only to remove the acid incrustations that eat holes in the teeth, but also to sweep away the germs of many diseases. These find the necks of the teeth an ideal nesting place. They multiply a millionfold in a few hours unless washed away, then they go down the throat, enter the lungs, the stomach, the esophageal tubes and the passages behind the nose. There they cause consumption, diphtheria, earache, catarrh, bronchitis, tonsillitis; in fact, it would be difficult to say with certainty what diseases may not arise from the germs that have grown upon the teeth. It is now considered almost certain that many cases of appendicitis have this as their origin. Hence there is no process of the toilet so important as that of brushing the teeth.

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Cure For Quinsy.

It is stated that the juice of the fresh pineapple has been successfully used in quinsy. When the abscess has formed and the overlying tissues have become damaged the juice readily digests them, opens the abscess without pain, obviates the use of a surgeon's knife and shortens by several hours or days the period of misery often endured by the timid person who is afraid of a surgical operation. In cases where a boil has come to a head and the patient is afraid of the knife the application of fresh pineapple pulp will cause the tissues to dissolve and give relief in a short time.

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Treatment of Anaemia.

In the treatment of anaemia there is need for a complete change of environment. The means to be adopted to insure recovery are that the patient should live in fresh country air and have a generous diet, including a little meat daily. A little Burgundy wine may be taken once or twice daily at meals. The remedy upon which reliance is placed by physicians is, of course, iron, this being administered by way of adding to the red corpuscles of the blood an element in which they are deficient. This iron may be given in the shape of the tincture of perchloride of iron or similar preparations to the extent of from ten to fifteen drops twice or thrice daily in water after meals. Dialyzed iron is also given in similar doses. In taking any tonic which contains iron it must be remembered that iron has a very bad effect on the teeth, tending to turn them black, and for this reason the medicine or tonic should be taken through a glass tube. There is no especial diet for anaemia, but those suffering from it should eat nourishing foods, such as red meats, rare roast beef, potatoes, peas, corn, plenty of bread and butter and drink milk and other fattening substances.

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Concerning Lumbago.

A very common form of backache is lumbago. The sufferer must be somewhat careful in his use of sweet foods, meats and alcohol. He should also avoid wearing damp clothing, staying out too long in his garden digging or of remaining for too long a period in a bending or stooping posture when planting, etc. If he be wise he will always wear a warm woolen undershirt next to his skin during the winter season and until the warm days of summer are in full sway. Then he may safely don a thinner woolen garment without fear of taking a nasty pain in the back. It is far more sensible to take a little extra care to avoid lumbago and other back troubles than to be careless and, as the result of such carelessness, to be compelled to suffer as so many people do.

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Suggestions For Sleep.

The bedroom should be well ventilated, a window being kept open all night, if that can be managed without a draft playing upon the sleeper. Where there is a chance of drafts ventilation may be safely accomplished by inserting a board six inches broad so as to raise the lower sash and fill the gap completely. Air then enters between the sashes in an upward direction and becomes diffused in a harmless fashion. About his bed, bedclothes and pillow the sufferer from insomnia must not dogmatize, but try experiments. Sometimes an extra high pillow does the trick. The covering should not be excessive, but the feet must be kept warm—by an elderdown across them, a hot bottle or bed socks—since chilly extremities are fatal to sleep. The same latitude must be allowed in regard to supper. Sometimes no supper is best, sometimes a light supper rather more than an hour before retiring, sometimes a glass of hot milk or hot gruel when one is actually in bed. A short, smart walk before bedtime enables many folks to slip into dreamland. For others a hot footbath is better. Still more obstinate cases will yield to the soothing effect of a complete hot bath, with or without some mustard.

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Operation Not Always Needed In Appendicitis.

The best opinion now is that an operation is not necessary in every case of appendicitis. Jurgens says in International Textbook of Surgery, "The dictum that every case of appendicitis should be operated upon as soon as a diagnosis is made is not to be accepted." Treves, an eminent English authority, says: "In a fair proportion of cases no surgical interference is called for, and in many of these cases much can be done by diet, attention to elimination and by placing the patient under favorable conditions. Rinders, a well known authority, records more than 90 per cent of recoveries from appendicitis without operation." Appendicitis should be prevented by proper diet and exercise. The diet that most favors appendicitis is fine, fresh white bread and cake with meat. A liberal use of powdered charcoal and bran will aid materially in preventing it. When appendicitis is suspected the stomach and bowels should be promptly evacuated, followed by a fast from twenty-four to thirty-six hours, followed by an exclusive fruit diet for several days. The practice of removing the appendix whenever the opportunity occurs is not advisable, for good authority holds that the appendix has an important use.

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