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THE FAMILY DOCTOR



Whooping-Cough.

Whooping-cough, or pertussis, is essentially a children's disease, although an attack may be suffered at almost any age. As with some other so-called children's disorders, it is not a dangerous disease in its uncomplicated state. It is annoying, often running through an entire family, breaking up the school year, besides being a most distressing type of cough to have, but it is generally greeted with a resigned shrug and smile as something good to get done with, especially as the attack generally confers immunity.

Whooping-cough is usually passed on from the sick to the well in the form of the spray which the cougher throws into the air in the wild paroxysms of coughing that overtake him. These paroxysms, with the crowing whoop with which they terminate, are so unmistakable that a child could make the diagnosis.

When the disease has reached the "whooping" stage, the merest trifle will serve to precipitate an attack—a drink of cold water, a laugh, a sneeze.

The cough is so violent and so rapid that there is no chance to draw a breath, in consequence of which the face becomes congested, the eyes bulge, the tongue hangs out, and for a moment the sense of choking is agonizing. Finally, with the exhaustion of the muscles of expiration, the muscles of inspiration get a chance, and the air is drawn in with the long crowing "whoop" that gives the disorder its name. Most children vomit at the end of a paroxysm.

Strong, healthy children do not seem to be ill between these paroxysms, but go at once to their games, until something brings on the next attack. Weakly children, however, often lose ground and suffer in their general condition. Their attacks are likely to be more violent, they sweat profusely, and the nutrition suffers by reason of the constant vomiting. They are naturally also more prone to the serious complications, such as bronchitis or pneumonia, which may turn whooping-cough from a simple disorder of the nursery into a fatal illness.

Attempts have been made to discover some serum treatment for the prevention or cure of this trouble, but so far without success, because the nature of the infection is not yet sufficiently understood.

The best treatment that has been devised is to give whooping-cough patients the very best possible hygienic surroundings and treat symptoms as they arise. In cases where children appear to be losing flesh and strength because of persistent vomiting, it is well to feed them at the end of each attack. Drug treatment is for the physician to prescribe.—Youth's Companion.

FORGET IT—GOOD ADVICE.

Only Thing That Keeps Married Man Out of Sanitarium.

Over the desk of a busy man is a flaming red motto framed with equal brilliancy, so there is no escaping it. That motto has but two words—"Forget it"—but it speaks volumes to those who know that man's life.

His business is a harassing one that deals with keeping people warm and seeing that the ranges and furnaces are in order. Beneath the motto is a telephone that clangs from morning until night, all too often giving forth unreasonable complaints from fussy women who think their rights paramount.

Those who know him have often wondered at that man's philosophical temper, an exchange says. To a friend he revealed that the reason he does not go into a sanitarium of take to bad language from the fretting annoyance of his business is the silent preachment of the motto.

"I used to be a terrible worrier," said the man. "Every time a woman rowed me, or a man tore me to pieces because the furnace would not draw, I would go home looking as though life were a bursted tire, that nothing could repair. My poor wife bore the brunt of my gloom and the children came in for many an undeserved scolding because of office grievances.

"One day when I was particularly down on my luck, my small son, aged 10, burst out with, 'Say, dad, forget it.' It was slang and not what you would call reverential or well trained, but it went home. I realized how I was letting my work ruin my disposition, therefore my life.

"That day I bought that motto you see and had it framed. There is scarcely an hour in the day that I do not look to it for help—and get it. I have trained myself, no matter what goes wrong, not to hold it as a grievance, but straightway 'forget it.'"

That slangy phrase which would

cause Addison to ask for a translation, or Stanley Hall to take to print on the decadence of modern English, has a rich, meaty kernel that most of us could well digest. There are few women in this crooked-going world who cannot profitably take to slang as when inclined to hold a grievance, and "forget it."

As a cureall for the nagger let her live by that rule, "forget it." Then if husband will smoke in the drawing room and the kiddies neglect to wash faces, put on overshoes or courtesy gracefully when strangers address them, instead of making these delinquencies the subject of endless harangue, she will make life pleasant all around, and forbear to hang on indefinitely to her grievances.

The girl who is always being "put upon," or slighted, instead of passing on her troubles to the boredom of all who are caught listening, should make this motto her own. The next time she is inclined to think herself the one and only abused one, let her whisper to herself that magic phrase, "forget it."

There is the girl whose sole topic of conversation is the meanness of father and mother, the partiality of teachers and the cattiness of friends. Every one lives for her special undoing and she becomes soured and discontented with no cause.

What must she do, nurse her wrongs into corroding wounds and adopt for herself the Ishmael role through life? There is a simpler and quicker way to happiness. Let her but learn to say, "forget it."

IN A NEW COUNTRY.

A short time ago the corner-stone was laid of a magnificent provincial legislative building at Regina, capital of Saskatchewan, Canada. The rapid settlement and development of the country has been remarkable. That the region is not, as yet, overpopulated, but still offers room for the would-be settler, is shown by two incidents, quoted from an article by Agnes C. Laut in Scribner's Magazine. The author traveled 1,500 miles down the Saskatchewan river, mostly by canoe.

At Cedar Lake we found one white family.

"Isn't it lonely and dangerous for your little family so far from a doctor?" I asked.

"Oh, yes," he answered. "It is lonely, but not dangerous in case of illness. Why, last winter, when my little boy was ill, I had to take the dog train only fifty-five miles for a doctor."

Paddling up to Cedar Lake post, the ducks flew so low overhead that we could have hit them with the paddle, and the old ganders did not bother to honk a "get-up" when we came on big flocks bobbing and wading among the reeds.

Suddenly all of us gasped and dropped our paddles.

"What on earth is that?" asked some one.

I have heard old-timers tell stories, and have lived many years in the West, but I never heard of anything equal to what I now saw with my own eyes. It seemed like the dream of delirium tremens of some old hunter. I thought it was a shallow of small drift until the sticks began to move.

"There are millions! there are millions!" exclaimed Sessmith. "I've lived twenty years in this country, and I've never seen anything like that!"

We drifted close to the reeds and looked. Then some one hit the water with a paddle, and the whole surface lifted, a live mass of wild fowl, ganders, honking in confused circles, white duck, black duck, young teal, old mallards—the air was a quiver with a whistling of wings—the creatures did not know enough to be afraid.

It would not have been sport, it would have been slaughter to hunt them there. You could have waded out and caught them in your hands. Our wanderings had brought us into a secluded and primeval haunt of wild fowl.

The Scotch Covenanters.

The Scotch Covenanters are so religious that the male members of the church are not allowed to vote in any election in our country because the name of God is omitted from the constitution of the United States. They are opposed to ceremonial to the point that no organ, piano, flute or violin or any musical instrument is allowed in the church. Psalms are the only singing permitted. The aversion to instrumental harmony is based on the belief that it is too much of a concession to Roman Catholicism. The Covenanters class the Episcopal Church as separated only by a gauze veil from Catholicity.

Love Answer Postponed.

"One more question, dear."

"Angel face, I am listening."

"Will you love me when I'm old?"

"Well, I'll tell you. This is a practical age; I'll see that you get adequate alimony."—Pittsburg Post.

Many a man is useful to provide a roof for his wife to give pink teas and bridge whist parties under.

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"The whole area of this lonely little nation is something less than half that of Greater New York," says a writer in the Metropolitan, "and its entire population does not equal that of one of New York's great office buildings."

"For want of a better name the geographers have called it a republic, but the Andorrans part their allegiance carefully in the middle, as they do their hair, dividing it (the allegiance, not the hair), between the pope and the French President.

"If Tolstoy himself had framed his government he could not have built anything more after his own heart. The heads of families—the patriarchs of Scripture—elect representatives who several times each year saddle their mules and go riding down to the 400-year-old Parliament House, where it nestles cozily in the mountain valley of Andorra la Vella, to make such few and simple laws as the well-being of none is needed.

"So slight are the expenses of government in Andorra, for all told there are but four salaried officials, that a small poll tax on goats and sheep amply meets them all. There is no army, even of the smallest—for who is there to fight? There are no police.

"When I was in Andorra," the writer says, "the prison—there is but one—was used as a poultry house. There is no fire department, for the houses are all of stone. There is no college, for the people pay in kind. No postal system is there either, for when an Andorran writes a letter, which rarely happens, he entrusts it to some accommodating person who is going over the border into France or Spain."

A Cautious Game.

"Does Biligina ever bluff when he plays cards?"

"Never until he gets home and explains where he has been."

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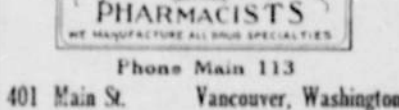
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An old doctor was operated on in a hospital in Berlin. On leaving he was sympathized with and pitied by all his old friends who met him, for his hair had suddenly turned white as snow. The truth of the matter was that Foxey Grandpa had no chance to dye his hair in the hospital. So when he got out he made the most of the matter with the first person he met, and became so famous that he was appointed one of the king's physicians and died rich, and his name, like the prisoner of Chillon, became a household word.—New York Press.

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A Use for Clairvoyants.

Visitor—Can you read the past?
Fortune Teller—Certainly; that's my business.

Visitor—Then I wish you'd tell me what it was my wife told me to get for her.—Ladies' Home Journal.

PIMPLES

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