

## Notes on Health and Sanitation

### HOW TO KEEP WELL.

WHILE it is necessary for everybody to guard his health, it is especially necessary for the people who are located on farms several miles from a doctor. Not only is there danger of delay in case of need, but the extra distance calls for extra fees.

Barring most accidents and unavoidable contagion, the larger portion of sickness from which we suffer is preventable provided good common sense is used. The point is to know the right course to pursue and then to pursue it.

Many a farm maid aims to dress like her foolish town or city cousin, who in turn blindly follows fashion, forgetting that Paris styles are not adapted to our rigorous winter climate and that thin hosiery, peek-a-boo waists and light weight garments are unfit for town wear in the winter, not to mention for the clothing of the country girl who must ride to and from her church or shopping trip.

Of late years thin winter underwear is worn by many of the younger people and head coverings which expose the ears sadly. A prominent physician who has been a valued State Grange lecturer is authority for the statement that both health and hearing are bound to suffer sooner or later from this undue exposure.

### Changing With Seasons.

Then there are people who change their winter underwear the first day of May regardless of the climatic suitability, and not infrequently, altogether unnecessary colds result. Many times these are the beginning of serious lung trouble.

The clothing should be suited to the weather as it is, not as it is supposed it ought to be. If it remains cold defer the change to lighter wear until discomfort calls for action.

When warm from washing or cooking, do not go out of doors into the chill, fresh air, especially without a warm wrap. Better to wait until a normal temperature of the body has been reached than to contract a cold or pneumonia. What if the basket of clothes does wait or the dinner is delayed. Better so than a delay of months and perhaps the cost of a life.

### Attend to the Teeth.

Many people will call a doctor when necessary but will defer having necessary dental work done. Often unhealthy teeth are the cause of ill health, indigestion, malnutrition, nervousness and debility; medicine is taken when it can do little good because the cause remains.

Poor teeth, especially decayed ones are a fine breeding ground for disease germs and so the owner is more liable to contagion than his neighbor with a healthy mouth.

Poor teeth prevent thorough mastication and poison the food taken into the stomach, causing indigestion and preventing assimilation. Headaches often come from teeth in which the nerves have died, caused by the absorption of unhealthy secretions.

Use a tooth brush once at least, during the day and on going to bed. Use a good tooth powder or paste and rinse the mouth every day with a solution of soda water. It sweetens and neutralizes the acids which destroy the enamel.

### New Diseases Caused By New Products.

The list of new diseases seems to keep step with the list of inventions. One of the very latest of these pathological newcomers is a disease (still too young to be properly christened) which attacks the workmen engaged in making artificial fertilizer to compete with the natural Chilean saltpeter.

The symptoms of this disease are described technically as follows: "The head is flushed, the limbs shiver as if with cold, there is dyspnea, and sense of pressure on the chest. . . . The attacks last an hour or two and are followed by great prostration."

The new fertilizer is made in an electric furnace, and differs from the Chile saltpeter in being a product of calcium instead of potassium. It is known as cyanimid of calcium. So "cyanimid poisoning" has now been added to the official list of industrial poisons.

It is not absolutely necessary to have elaborate fittings and accessories in order to keep clean. The farm man or maid may have the softest and purest of water, abundance of soap, towels and a small zinc bath pan that can be purchased for 50 cents. This is ample if no other con-

veniences are at hand, to keep sweet and wholesome.

The hands should be washed before every meal as dangerous germs are often conveyed to the mouth by means of soiled or half washed hands. Individual towels really make no more work because they do not have to be changed so often. The kitchen sink wash basin should be scalded after each meal and not allowed to collect a collar of grime.

### Pure Air and Water.

Neither cost money, but both cost a little effort. They are worth it. A yellow dry skin and dull eyes are the price of sleeping in a close, stuffy room.

Drink plenty of pure, fresh water and keep the liver active. As soon as the whites of the eyes show a yellow tinge or you get up with a dark brown taste in the mouth, it is time to eat plentifully of onions and take something of an hepatic nature.

Tired out, grouchy people are never efficient in the highest degree. Do something for somebody. Plan a long anticipated visit. Go to church and get some new ideas on your duty to yourself, your home, and your neighbor. Avoid late hours, excesses of any kind, and cultivate a spirit of cheerfulness. Then indeed need you have small thought of the black cloud of sickness resting upon the home and crippling its inmates.

Let us hasten the day when good health shall be as catching as disease and disease a reproach to any household.

### Sanitation and Wealth.

There is a direct connection between cleanliness and prosperity, and between filth and poverty. The farmer who keeps his hogs wallowing in filth has every right to dread the coming of hog cholera into the neighborhood, while he who has everything spick and span around the place, with hogs in good health through proper feeding, has little to fear.

There is a doctor in California who has consumed by mouth and has injected into his blood the germs of all kinds of disease and never been sick from them. He challenges the medical world to find a disease germ that can hurt him. Why? He is in perfect health, which goes to prove that the body in perfect health is proof against disease.

Every hog raiser knows of cases where one man loses by supposed cholera and the neighbor across the wire fence does not lose a hog. The hogs rub noses through the fence, and the filth of the diseased herd may wash for a time upon the land of the other man, yet by proper feeding and sanitation the one prospers without loss and the other suffers great loss.

Whatever may be the outcome of the debated vaccination question, one thing must always be borne in mind, that filth tends towards disease and cleanliness towards health. And of almost as great importance is the proper feed and feeding of hogs to insure health. These two things every hog man can do—and by doing them he increases his chances of avoiding loss by sickness.

### Same Here.

Little Jack Stout was visiting a ranch and was out at the barn one morning watching his uncle feed the horses hay. It troubled him to see them given only dry hay and oats. Finally he said in a tone of sympathy: "Never mind, old horses, we have to eat breakfast food ourselves."

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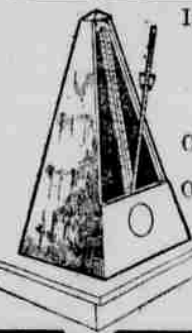
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