

GARBER'S PHARMACY

Health

WEEKLY ARTICLES BY AN EXPERT ON THE SUBJECT

Dr. David H. Reeder, of La Porte, Ind., Who Established the Home Health Club, Has Been Engaged to Write Us An Article Every Week.

Pneumonia: This is the time of the year when pneumonia—commonly known as lung fever prevails to the greatest extent and is most severe. It is an alarming affliction and yet under simple treatment is readily cured in the average case. It is most dangerous to those persons who have been addicted to intemperate habits, of any kind, though the individual may seemingly be very strong and generally healthy. In cases of persons who are constitutionally frail any disease is proportionally more dangerous, and pneumonia, of course, is no exception.

Always the very best advice that can be given concerning any disease is to avoid it, which may be done—everything else being equal by steadfast precaution, which, for the most part, is careful living; the avoidance of intemperance in all things; not only intemperance in the use of stimulants and narcotics, but in that of heedless and unnecessary exposure to bad weather; over-eating, or the foods that are notoriously hard on the stomach; to any sort of unnecessary overdoings.

The Home Health Club method of treatment is simple and practical and may be used with equal success far out in the wilderness, in the humblest cabin, or in the mansion of the millionaire. It has been successfully tried in almost all conditions of life, and has been adopted by many able physicians, who heretofore relied often disastrously upon the more complicated methods. And yet the method of the Home Health Club is from the oldest of all the school's, being Nature's simple method. This remedy is Water, Hydrotherapy is the big word by which it is known, scientifically but simple Water Cure is a better name.

The crisis in pneumonia may appear either at the third, fifth, seventh or even as late as in the ninth day, and must be remembered when treating it, so as to be prepared to meet it. The greatest danger at this period is the liability of heart failure and nervous break-down. The temperature of the patient must also be carefully watched, because persistent high fever is a great tax on the heart power, demanding of it extra action, and it also increases the discomfort of the patient at a time when discomfort decreases his ability to withstand his other sufferings. If the patient's temperature is more than 102, Fahrenheit, efforts should be made to reduce it.

Previously, certain drugs derived from coal-tar were used as the means of reducing fever temperature. They were known as anti-febrile agents meaning "against fever." To some extent these coal-tar products are still used, but not nearly so much. The best remedy to reduce temperature in the patient without distressing him, is to place a hot water bottle at his feet, and when we say hot, that is just what is meant, HOT. Then apply a cold compress—a cold water pack—to the base of the brain—in the back of the head, renewing it as soon as it becomes the least bit warm. In this manner of reducing the temperature a too sudden reduction must be carefully avoided. This can be done by simply using the treatment with less vigor.

Of course, it is absolutely necessary that those in charge of a pneumonia patient must have a clinical thermometer. The temperature is to be taken every three or four hours, while there is any fever, and while the treatment for reducing the temperature is proceeding, as directed above, it should be taken very frequently. Sometimes it runs to 108, and even to 110 degrees, but from 102 to 106 is the average. It is safe to reduce this at the rate of two or three degrees per hour.

A highly important matter in this treatment is the ventilation of the sick-room. Keep it well supplied with pure, fresh air, even at the expense of the room's temperature. It is a great mistake to think that patients suffering pneumonia must not be allowed to breathe a particle of cold air, on account of the weakened condition of the lungs. Cold air is not desirable, but when it must be either cold or impure, choose the cold and pure by all means. Pure air, and lots of it, should be the watchword.

The temperature may, at any time after the third day be found very high, and the overburdened heart unequal to its task. Unless relieved, and that quickly, it will soon become exhausted and cease its efforts. What to do under such circumstances, and before it is possible to obtain the services of a physician, is of vital importance. The skillful use of cold water is now imperative, and the person in charge must not only employ cold water but common sense and good judgment. First see that the hot applications have been carefully placed at the feet—a hot fomentation well up to the knees—preceded by a sponging with hot vinegar. Then have a bowl of cold water handy, and two cloths, about the size of a handkerchief, folded

chief, folding them to about six inches square. Wring one of them out of the cold water and lay it over the heart next the skin. Then place over this an ordinary towel to protect the clothing from moisture.

Relief is almost instantaneous, and perhaps in five minutes, or sooner, in some cases, after the second compress is applied, the pulse beats will be found much nearer normal. In two acute cases these compresses were applied every two minutes for six or eight times, with the best results. There may be serious danger in applying a large com-

press in this way, and changing it too frequently, but a linen handkerchief is comparatively safe.

After the fever has been broken it is necessary to prepare the vitality for the collapse that is sure to come. It is very difficult to get pneumonia patients to take nourishment. If caution is not exercised the collapse finds them so weak as to be unable to withstand it. Nothing but liquid nourishment should be given while the case is serious. Pure milk is excellent but malted milk is preferable, because it contains more nutriment and is more readily assimilated.

The patient will probably not take more than a few swallows at a time, but it should be repeated every two hours or so.

The feet should be kept moist and warm. If they become dry or cold, or both, they should be immediately bathed with a solution of acetic acid and made very warm. This acetic acid bath should be continued, even to the whole body, as it will open the pores and keep the eliminating process vigorous, thus maintaining the general vitality.

On the whole this treatment may be simmered down to the following:

Keep the temperature of the room at about 70 degrees Fahrenheit; keep it well ventilated, even at the expense of heat; keep the feet well warmed with hot-water bottles, flat irons, or flannels, have all the quiet possible and in no case allow visitors into the sick-room. Then, when the fever heat reaches much above 100 apply increased heat to the feet and a cold compress to the head, being very careful to reduce the temperature slowly enough. Maintain the vitality by administering liquid nourishment. During the convalescence (Continued on page 4)

Best Food for Babies

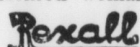
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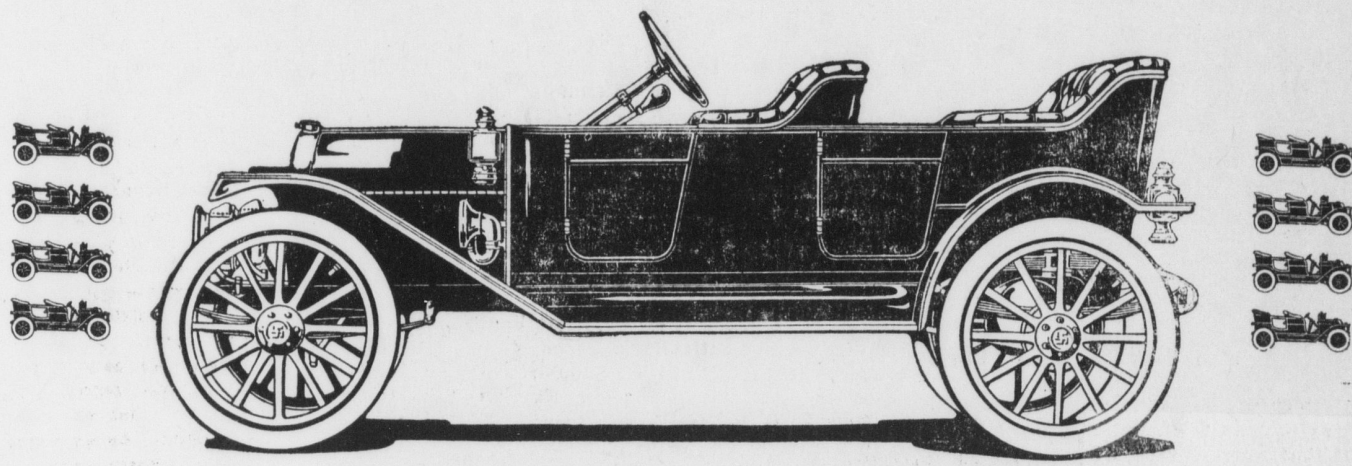
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