HOME HEALTH CLUB

By Dr. David Reeder, La Porte, Ind.

Whooping Cough—This affliction, peculiar to children as a rule, is so called because of a peculiar "whoop" in the paroxyms of the second stage of the disease. It is contagious and usually occurs epidemically and is self-limited. One attack of it generally immunes the subject from having it again. It has three distinct stages, if proper treatment does not conquer it in the first stage. The patient may show evidence of the disease, in 48 hours, or it may not become palpable for eight weeks after exposure.

Whooping cough is a much more dangerous disease than is generally supposed and is liable to serious complications under improper treatment that bring about other afflictions very distressing and at time ruinous to a child's general health, or the wreck of some special function. Its first stage is more catarrhal than otherwise, the onset being caused by a common cold and lasts from one to five weeks, many of the symptoms being those of hay fever and acute catarrh, such as sneezing, watery eyes, headaches, slight fevers, or chilliness, indisposition and frequent coughing.

Treatment should be applied in the first stage and if carefully and sensibly given, will generally ward off the second stage. The patient should be warmly clothed, seasonably, and especially the feet should be kept warm and dry. After a diluted acetic acid bath and a good rubbing with olive oil, or almond oil, put the child to bed and apply dry heat to the feet. Give a cup of hot ginger tea with ½ grain of cayenne pepper added. To relieve the paroxyms of coughing, give from the twelve tissue elements (obtained in a Homeopathic drug store) Kali Mur in tablet form of about the 6th trituration, 2 to 4 tablets according to the age of the patient, 6 times daily. Generally this will suffice to check the disease.

The second stage—if it has not been turned aside—is extremely distressing to the child and alarming to inexperienced attendants. More severe paroxyms are preceded by a peculiar sensation in the throat and chest., Air expelled from the lungs by several rapid and violent expirations, followed by a rush of air to the lungs, producing the peculiar "whoop" from which the disease takes its name. This is weakening, the veins of the neck enlarge, the heart throbs energetically, the eyeballs protrude, the face becomes purple, the forehead yields profuse perspiration and it seems as if the child would suffocate. This is followed by expectorations of mucus and sometimes by vomiting, and often by evacuations of bladder and bowels. This stage of the disease usually lasts about ten days, if it is successfully handled.

The same treatment as to the giving of the Kali Mur, as in the first stage, is about all that can be done, though close care to do everything to keep the child comfortable should be given to shorten the duration of the disease; protection from all draughts and dampness and the administration of plain, nutritious diet.

The third stage is only that of convalescence, but it is a critical period. The child wishes to be active, to over-eat, and to seek exposure. All these should be strenuously prevented, not only to promote normal health rapidly, but to avoid complications that are insistently seeking to attack the patient, in the weakened state that the whooping cough superinduces.

With prompt care and attention in the first stage, whooping cough passes away with less danger than acute catarrh, and handled with this care and attention, is often quite simple and comparatively harmless. But, as before mentioned, it is an extremely dangerous disease and carries off more children in proportion to its prevalence than almost any other disease. Often it is very stubborn and is something that should be especially guarded against and particularly cared for and fought against, upon its first appearance.

Paste this in the school books

Every child that goes to school—or anywhere else—should cut out these rules and paste them in every school book. Parents who would have their children healthy, will see that they do it.

Take a clean handkerchief every morning and use it if needed.

Never pick your nose and rub it on your sleeve or hand. Use your handkerchief.

Never turn the leaves of a book with wet fingers. You can learn a beetter way. Your teacher or parents will show you.

To wet pencils with your tongue or lips is dangerous to you and hardens the pencil. If the pencil is not soft enough, get another.

To put money in your mouth is awful, especially small money such as children are liable to have. You cannot know whose dirty mouth or hands it has been in. It probably has germs of disease on it, so small that they can only be seen with the strongest microscope.

To put pins in your mouth is dangerous in many ways. Nothing should go in your mouth except food, drink and your toothbrush.

You risk your life when you swap chewing gum, candy, whistles, beanblowers, etc., or bite an apple that has been bitten by another. Be exclusive about such things. It is far nicer, as well as safer.

Wash or peel any whole fruit that you are to eat—except at the table. There your mother has seen to that.

It is very, very bad to cough or sneeze in another's face. Turn your face aside and hold your handkerchief to your mouth and nose.

Wash your hands and face before each meal and keep your fingernails clean.

Do not kiss anyone on the mouth or allow it from others.

When you have cut or bruised yourself, tell your parents or teachers.

Be always as cleanly as possible about your person, everywhere you are, at home, school or abroad.

These rules will help to make the girls sweet, lovable and wholesome and the boys strong, vigorous and manly. The observance of them will be good for you and your companions.

These rules are written by one who wishes you well and who knows.

All readers of this publication are at liberty to write for information pertaining to the subject of health at any time. Address all communications to the Home Health Club, La Porte, Indiana, with name and address in full and at least four cents in postage.

MORE DIAMONDS IN BRAZIL

Excitement Caused By New Discovery of Great Field in the State of Goyaz.

Newspapers just received from Rio de Janeiro show symptoms of excitement over reports of the recent discovery of a great diamond field in the state of Goyaz, republic of Brazil, in a little stream called the Garcas, one of the minor affluents of the Araguaya, which flows north toward the Amazon. The state of Goyaz is directly west of the state of Bahia and lies near the center of Brazil. It is a wild and thinly settled region, the scant population about the diamond fields being composed of Indians.

The news of this find has already, it is said, brought to the diamond country a thousand eager "garimpeiros" (diamond hunters). The first finds in the field indicate that the stream of Garcas contains prodigious riches which may be secured without extreme labor. The exact location and course of this stream are scarcely known, as it appears on few maps. The states that are even within three or four hundred miles of the field are now interested in exploring their own rivers in the hope of finding like diamond deposits.

But in Her Case—

Woman's wit readily adapts itself to all places and all occasions. A woman lecturer was delivering a practical talk on beauty and the beauty cult for the entertainment of the Woman's Professional league of New York at an interesting session one afternoon.

In the course of her lecture the speaker emphasized the point that certain measurements were fundamentally important. Unhappily, however, the lecturer herself had a form—if her unusual bulk could be dignified by such a term—that was fashioned on anything but the lines of the Kellermann type.

Proceeding with her dissertation on measurements, she held up a very fat, round wrist, and said: "Now, twice around my wrist, once around my throat. Twice around my throat, once around my waist. Twice around my waist——"

"Once around Central Park!" exploded an irrepressible young thing out in the audience, and the storm of laughter that followed was altogether immeasurable.—Sunday Magazine.

Something Missing.

Life guards at a Jersey seaside resort tell with great glee of an incident that happened there last summer. A German, with his boy of ten, was standing at the rail of one of the piers, quite at the end thereof, when suddenly the youngster toppled through into the water. As no life guards were out that far at the time a well dressed young collegian on the pier, without waiting to divest himself of shoes or clothing, jumped in and after battling with the waves for some minutes got the half-drowned boy to the beach. In the meantime the father had hastened from the pier.

The parent, however, bore himself with great coolness. As the rescuer placed the dripping lad at his parent's feet, the German calmly inquired:

"Many tanks, but vot haf you done mit his hat?"

In Rushing Boston.

He stood in the thickest of the rush at Park street subway station, tall, lean, lank—typical comical supplement ruralite, even to the "comfortable handful" of tobacco-stained beard. By him surged the 5:30 crush of the homeward bound. Jostled, elbowed, squeezed and trampled, he worked his way to the rim of the crush. Wiping his perspiring brow he exclaimed: "Gosh! Wher'd they all come from? Where be they goin'? And, why, in tunket don't they get thar?"—Boston Post.

Long Enough, Says George

After a service of 27 years as postmaster at Falmouth, Mr. George W. Walton tendered his resignation to take effect April 1st.

A statistician has discovered that there are more diverces in April than in any other month. And yet house cleaning comes in October also.

POULTRY

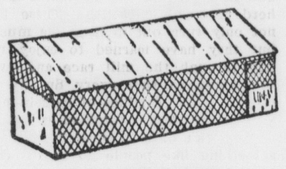
EXCELLENT HOUSE FOR HENS

Arkansas Woman Gives Instructions for Constructing Building for 75 to 90 Fowls.

An excellent house for poultry is described and illustrated by Mrs. W. T. Walters of Siloam Springs, Ark., in Farmers' Mail and Breeze, as follows:

One end of the henhouse is to the south, the door opening on the east. The upper part of south end and all of the east side is of wire protected by a curtain, and the upper half of the door is also wire screening. Here in Arkansas this is necessary to insure good ventilation and avoid dampness. In case of rain or snow we lower the curtain. In Kansas and Nebraska it will be necessary to line north end and west side of house with tar or felt paper. The house is 12 by 18 feet and will accommodate from 75 to 90 fowls.

If roosts and nests are made movable the cleaning will be an easy matter. The roosts in our house are 14 feet long and 1½ inches square and rest on trestles. The nests are light,



Sketch of the House.

loose boxes. Everything can be carried out into the sunshine, and if need be left out for days.

We filled up the dirt floor with fine coal ashes, then mixed sand and lime well together, wet it well and tamped it down until it was five or six inches thick. This makes a floor that is always dry. If dry earth is sprinkled under the roots the floor can be cleaned more easily.

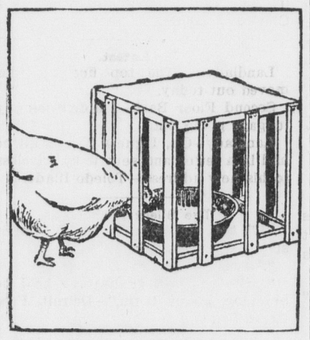
Finish by giving the building a good coat of paint outside and whitewash inside and the house will be neat, comfortable and cleanly. Use coal oil and carbolic acid on roosts, trestles and nests and also on the floor to keep down the mites.

FEED FOR HENS AND CHICKS

Should Not Be Compelled to Hustle for All of Their Living—Home-Made Feed Protector.

The fowls should not be compelled to get all of their living, even if they have a large run, but should have at least their morning meal. Where confined in yards they must, of course, be well fed and cared for if satisfactory results are expected. A feed of green stuff every day will be much relished and helpful.

An excellent method of protecting the feed and water is shown in the



Home-Made Feed Protector.

illustration. It is easy of construction and inexpensive, says a writer in an exchange.

The writer has frequently noticed a village physician, a very busy man, who on his return from visiting his patients, past midday, will go at once to his henyard, b ackof the barn, take a look at the biddies, and then gather them an armful of green stuff from the adjoining garden and give it to them before going to his own dinner.

No doubt he was himself a good liver, and in thus caring for his hens expected they, in return, would liberally contribute to his own wants, which, of course, they did.

At this time of year there will be numerous broods of chickens, and these will require more or less attention from the time of hatching until ready for the table or market. They should be kept healthy and growing from the first, as these are prime conditions for success.

Start Moderately.

It is best to begin keeping poultry in a small way and to keep the best of stock. As you learn, the flock may be enlarged with your experience. Always remember that a large flock requires a large sheltering place and large feeding grounds. Where many fowls are kept on one farm there should be more than one poultry house and they should be widely separated. The more houses you have and the more widely separated they are the less trouble you will have with dis- [illegible] the more profit in the [illegible].

Will There be Base Ball?

As yet, we haven't heard a thing about a base ball team in Mount Joy this summer. We hope the matter will not be left go by default as was the case last year. What's the matter with the Richland Club doing something.

Passenger rates for flying trips across the British Channel will no doubt be way up.