

## Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

One of the more common illnesses I see in clinic is diarrhea.

The most common cause of diarrhea is a viral infection of the intestines. The symptoms of diarrhea usually last about 3 days, but may last up to 7 days. The frequent diaper changes can be a hassle, but most cases of diarrhea are uncomplicated and do not cause a threat to the health of the child. If lots of fluids are lost during a bad diarrheal attack, however, a child may run the risk of dehydration. Dehydration can have serious medical consequences, but it is relatively easy to prevent by making sure that the child drinks enough of the right kinds of liquids.

A good choice of fluids for infants with diarrhea includes the oral rehydration solutions, such as Pedialyte or Infalye. These have a combination of salt, sugar and water to replace that which is lost in the bowel movements. These solutions will work much better than plain water, or fluids that have a lot of sugar in them, such as soft drinks or juices. Lots of sugar tends to make diarrhea worse. If you use these liquids, make sure they are diluted with water.

Children with diarrhea need about twice as much to drink as they normally need. For instance, a one year old with diarrhea should drink about 6 to 8 ounces every 2 hours. It is good to not allow a child to stay on an oral hydration solution only for more than 24 hours. It is important that your child returns to a regular diet as soon as possible.

Although your child may not be interested in solid foods during the first 24 hours of their illness, it is important to begin feeding again as soon as possible especially after 12 hours without food or formula. At that point, continue with breast-feeding or the same formula the baby is on. If the child is eating solids, try bland foods such as noodles, crackers, oatmeal, rice, vegetables, bananas or yogurt. Avoid fried, fatty foods or foods with a lot of sugar, such as ice cream or sweet cereals.

Well, that's all on diarrhea. Take care and we'll talk again next week.

## Search For Truth

by Elder Joseph Bullard

### CHRIST IN 1 CORINTHIANS 13

Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. 1 Cor. 13:4-6.

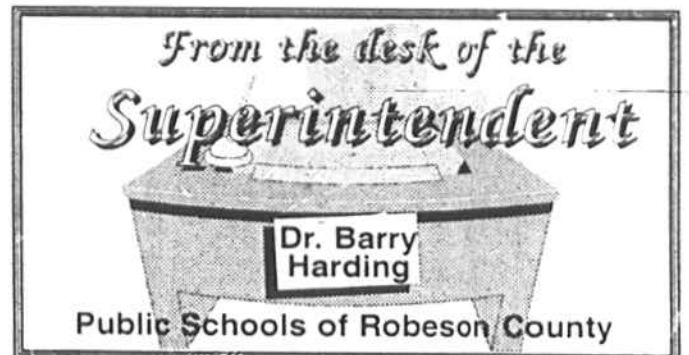
Perhaps at some point in your life you memorized this chapter. (If you haven't, may I suggest you commit it to memory soon?) Try substituting the name of Jesus for the word "love" (or "charity" in the King James Version).

"If I speak in the tongues of men and of angels, but have not [Jesus], I am a noisy gong or a clanging cymbal." Have you heard of Edward Everett? He was the orator who spoke for two hours at Gettysburg. Yet the world remembers better Abraham Lincoln's few words because they were moved by his spirit of love for his country and countrymen. Few people could say what Demosthenes or other great orators talked about, but many know the Sermon on the Mount. Jesus spoke as never man spoke, and His words are remembered because of His love.

"And if I have prophetic powers . . . but have not . . . [Jesus], I am nothing." Like meteors in the night, seers and seeresses, mediums, clairvoyants, pass across the scene, make a brief splash in the news with some well-publicized predictions, some of which come true and many of which do not, and are forgotten. But the Bible is still the favorite Book, and the prophecies of Jesus are favorite passages, especially such words as in John 14:1-3: "In my Father's house are many mansions. . . I will come again, and receive you unto myself" (K.J.V.).

"If I give away all I have, . . . but have not . . . [Jesus], I gain nothing." The world has had many martyrs. In Saigon men set themselves afire, but how many remember their names? In Paris a young man gave away seven hundred dollars in one-dollar bills and called for disciples, but no one followed him after his money was gone. But millions of Christians have been prepared to lay down their lives as a testimony to their love for Jesus Christ.

"[Jesus] . . . is patient and kind; [Jesus] . . . is not jealous or boastful; [He] . . . is not arrogant or rude. [Jesus] . . . does not insist on . . . [His] own way; [He] . . . is not irritable or resentful; [He] . . . does not rejoice at wrong, but rejoices in the right. [Jesus] . . . bears all things, believes all things, hopes all things, endures all things."



The observance of Thanksgiving tomorrow signals the beginning of the holiday season that commences with the big turkey feast and culminates with the ham hocks and black eyed peas of New Year's Day. In the middle of the season, of course, is the holy day of Christmas. The season is one which everyone, including all of our students as well as our employees, look forward to not just because of the time they get off from school but also because of the meanings these special days have for us.

Except for Christmas and Easter, no holiday on our calendar more embodies the spirit of brotherhood. The Fourth of July, Presidents' Day and Veterans' Day, among others, have more of a patriotic theme but Thanksgiving Day is the one which focuses on the brotherhood of man. Who, after all, isn't familiar with the story of that first Thanksgiving when the Native Americans and pilgrims sat down together for a meal which, while not comparable to what most of us will have on our tables tomorrow, was a symbol of the ability of men of good will to come together and break bread in the spirit of friendship. It was an important concept - one that has resulted in a country that has been able to exist for centuries with a relative minimum of strife considering the multitudes and diversities which make up our United States.

The diversities that exist today are a far cry from that first Thanksgiving when it was essentially just a meeting of two cultures. Today, this nation is made up of people from many countries who have brought their own cultures and religions with them in the hopes of making a better life for themselves and their families here than they knew in their homelands. Some were greeted with open arms. Others were often greeted with suspicion or outright hostility because of being different from their neighbors. Still a willingness on the part of many on both sides to understand those differences and to deal with them helped to allay suspicions and lessen any existing hostility.

There is no doubt that tomorrow's holiday reminds us of a simpler time that dealt with a small group in a small area but it was the attitude of the participants that made the event noteworthy. They looked beyond their differences and considered, instead, how they could help each other - the sort of thing which would be appropriate even today.

It is my hope that, as we observe this holiday tomorrow, our students as well as their parents and everyone else have come to understand that it's not a time to merely sit down to a special meal but a time to reflect on the brotherhood that permeated that first Thanksgiving. If they can do that, then it is possible that we are closer to the day when that feeling will be a universal one throughout the country.

My wish for all young people and their families, our educators and their families and everyone else in the county a most enjoyable and most healthy Thanksgiving.

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