

HOME HEALTH CLUB

By Dr. David H. Reeder

Diphtheria—Diphtheria is a highly infectious, contagious and profoundly toxic (poisonous) disease of childhood, due to the *Klas Bacter bacillus*, or germ (named after the discoverers), characterized by the development of a false membrane in the nasal cavity, in the post-nasal cavity and in the throat. It usually develops on the mucus membrane of these parts. The disease is spread by direct contact, contagion (cough dissemination), clothing, drinking utensils, pencils, school books, and intermediaries such as parents, nurses and physicians. All so-food stuffs, pet cats and dogs room or street dust may convey it. We do not believe that a perfectly healthy child will contract the disease, but an acute cold, even eating or some other disease may lower the resistance of the mucous membrane of the nose and throat, allowing the germs to gain a foothold.

It will be impossible to give you any definite, early symptoms of the disease, since many cases show but little fever and appear to be a comparatively mild attack of tonsillitis with no marked throat symptoms, while on the other hand what appears to be a true membrane upon the tonsils and the throat, may prove upon microscopic examination to be non-diphtheritic. Ordinarily, however, there is a general feeling of illness accompanied by chilliness, followed by a fever running from 100 to 103 degrees F. during the first day, and there is always sore throat and what is far more important as an early sign, enlargement of the glands at the angle of the jaw. A true membrane of diphtheria is grey or drab (mouse color), dirty and usually sluggy and if removed leaves raw bleeding surface. One prominent medical authority says, "Membranous croup has properly been shelved by modern methods of diagnosis and replaced by laryngeal (throat) diphtheria which in 99 per cent of such cases is the proper descriptive term."

We do not wish to discuss the treatment of diphtheria, but always advise the faculty to call a competent physician, and abide by his decision. We will say this much, however, in regard to treatment that should you suspect that one of your children has diphtheria you can do these things until the physician arrives: First get the child's feet warm by giving a hot foot bath and put him to bed with hot water bottles to his feet. After you have equalized the circulation give a high rectal injection or enema to cleanse the bowels. Next you may clean out the mouth and the throat with some antiseptic solution such as listerine, glycothymoline, or if you haven't these you may use white vinegar (not too strong) or a solution of salt. To get these down in the throat, prepare a swab by wrapping a small stick with soft cloth. It is wise to have on hand Schuessler's elements for diphtheria, and if a physician cannot be had promptly, use them vigorously.

As to whether immunizing treatment may be given the other members of the family, must be left to the decision of the parents, and the attending physician.

According to the bulletin of mortality statistics, for the year 1910 the death rate from diphtheria was 21.4 per 100,000 population, being an increase over the preceding year, which was 20.4. Even with the use of an antitoxin, which we are told is a specific, diphtheria continues to cause about twice as many deaths as either measles, scarlet fever, or whooping cough.

CLUB NOTES

Dear Doctor:—Can Sciatica be cured by buttermilk treatment which was published some time ago? If not, what can? Kindly answer through the columns of this paper and oblige.

H. W.

Whether buttermilk diet will cure sciatica or not, depends upon the cause of the disease. The diet will aid in the treatment of any case.

If the disease is due to a poisoned and generally run-down condition of the system, or to muscular strain, cleansing the

system, using hot fomentations and massage, with diet, ought to cure it. If it is due to a bony lesion or slip between the bones of the spine or of the pelvis, then the services of a physician should be employed.

All readers of this publication are at liberty at all times to write for information pertaining to the subject of health. Address all communications to the Home Health Club, 5039 Cottage Grove Ave., Chicago, Ill. with name and address in full and at least four cents in postage.

DAILY FOOD

Monday—God never wrought miracles to convince atheism, because His ordinary works convince it.—Bacon.

Tuesday—In activity we must find our joy as well as glory; and labor like everything else that is good is its own reward.—Whipple.

Wednesday—Far away there in the sunshine are my highest aspirations. I cannot reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.—Louisa May Alcott.

Thursday—He that studies only men will get the body of knowledge without the soul and he that studies only books, the soul without the body. He that to what he sees adds observation and to what he reads reflection is in the right road to knowledge provided that in scrutinizing the charts of others he neglects not his own.—Colton.

Friday—A man must not choose his neighbor. He must take the neighbor that God sends him. In him, whoever he be, lies hidden or revealed a beautiful brother. The neighbor is just the man who is next you at the moment. The love of our neighbor is the only door out of the dungeon of self.—George MacDonald.

Saturday—To suffer and be silent, that a divine art. There is weakness in the excessive craving for sympathy. You think that you are having a harder time than your neighbor, from whose lips no complaint ever escapes; but if you knew what

his lot is, you might deem yourself fortunate in comparison with him.—The Watchman.

Sunday—God hears us in our prayers, but He does so in proportion as we admit His aid in the rest of our life. We cannot pray as we ought, unless we live as we ought. Our prayers will partake of our infirmities. We cannot at once collect ourselves and become other men in the presence of God from what we were just before.—Selected.

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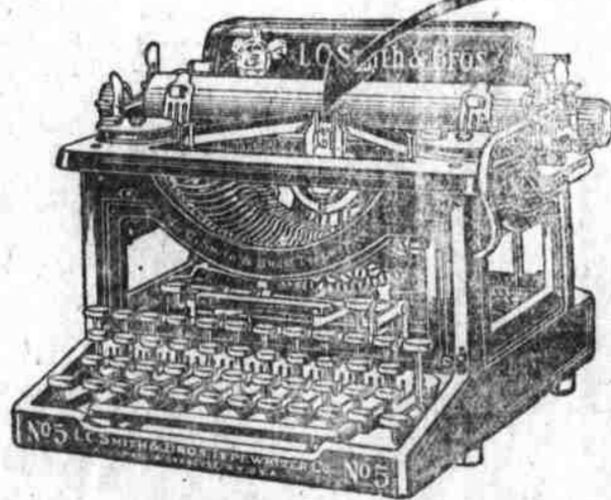
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