A GUIDE TO HEALTH.

A Word to my Brother Professionals-"Sanitas" and Health Among Domestic

CHAPTER VII. In this brief and final chapter, I wish to draw the attention of those medical men, who reside in tar-off country districts, and who have but little time even for reading the organs devoted to their profession, to the advantages that accrue from the use of "Sanitas" in various forms, to the healing

and prevention of diseases. I should like to bring before the notice of those who have not seen it, this "SANI-TAS" GAUZE. It is greatly used now by many members of our profession in anti-septic surgery, and really seems to possess all the virtues and qualities claimed for it by the makers. It is used with much success in the after treatment of abscesses. Dr. J. T. Windle remarking "that it is invaluable, and that no other dressing keeps the parts so free from unpleasant

If the germ theory of infectious diseases be correct, and I believe few doubt this, a plan of treatment of the sick who suffer from such ailments readily suggests itself.

In chapter IX. of Kingzett's work, "Nature's Hygiene," he gives in array the various infectious and contagious disorders in which preparations of "Sanitas" may be used with advantage to check the spread of such disorders and hasten the recovery of the patient.

I must admit that his suggestions are eminently practical, and having reason

Talking of small pox for instance—the most loathsome probably of all ailmentshe calls attention to the fact that the scales and powder that come off the patient's skin are highly infectious, and to guard against their general diffusion, he recommends that the body be anointed once a day with a mixture of "Sanitas" oil and vase line or olive oil, 1 part to 7. Could anything be more sensible

In scarlatina, again, the same anointing process is recommended to commence as soon as the disease has been diagnosed, and continued till cured. After a time baths once in two days to be permitted. In severe cases the skin to be sponged with tepid water containing "Sanitas." Inhalation of mixed vapor of "Sanitas" oil and water is advocated in throat and lung affections. This is to destroy the organisms-micrococci and bacteria-which no doubt exist in the ulcerations, and to oxidise and thus break up the diseased tissues or membranes.

In typhoid fever, the contagion is of course eliminated in the stools, and it is absolutely necessary that plenty of crude "Sanitas" or "Sanitas" oil or powder should be used to disinfect them, while soiled linen must also be disinfected at once. An antiseptic mouth wash must also be used. Plenty of ventilation and aerial disinfection are also necessary in typhoid.

In both cholera and diarrhea of whatever sort, too much attention can hardly be paid to the disinfection of the alvine discharges, and the "Sanitas" fluid may be administered in regulated doses with great

Diphtheria is a species of contagious sore throat, very often epidemic. The local application of "Sanitas" fluid diluted 1 part to 5 of water should be made by means of a spray producer, while the mouth itself and all discharges therefrom, soiled linen, etc., require constant disinfec-

The same may be said of the discharges in measles, and general isolation is recom-

In whooping cough the matter expectorated should be collected and disinfected; and before they are sent to the laundry, all handkerchiefs should be treated with "Sanitas." The inhalation of the vapor of "Sanitas" oil is also highly recommended as giving relief in that tedious and trouble-

Chicken pox and erysipelas are both benefited and led to a happy termination by means of general and judicious disinfection by "Sanitas."

As regards phthisis or consumption, my mind is not quite made up. If it, as some believe, depends upon the multiplication of bacilli, then inhalations of the vapor of "Sanitas" oil should undoubtedly do good, and tend to arrest their development. At all events such inhalations can do no harm, while the sputa of consumptive patients, whether in handkerchiefs or spittoons, should invariably be disinfected. These are but a few of the many ail-

in which disinfection "Sanitas" is recommended; others suggest themselves to the practitioner; but, undoubtedly, we have in "Sanitas" an adjunct in the treatment of and stamping out of infectious and contagious ailments, that we should not only recognise, but trust to in every case we are called upon to treat.

In this same chapter IX., excellent advice is given as to the general management of the sick room in cases of infectious ailments. Of course such instruction to medical practitioners is quite unnecessary, but if I give a few simple rules concerning this matter, the lay reader cannot be otherwise

than benefited. I. When a patient is attacked by an infection or contagious ailment, he should at once be isolated, a nurse told off to him, and this nurse must be the only person permitted to visit him, with the exception of the doctor. To allow friends and relations to enter promiscuously is a certain

and sure means of spreading the infection.

II. If possible, the sick room should be at the top of the house. It ought to be a large airy-not draughty-room, with a pleasant outlook, but quiet withal.

III. In this room there must be no carpets, curtains, books, or pictures, and only the othing that is absolutely neces-

burn anything that is necessary or desirable, such as dressings, and food left by

the patient. V. A sheet wet with "Sanitas" solution should hang outside the door. The Seawater "Sanitas" is probably best for the

purpose of wetting the sheet, as it is deli-VI. The air should be kept disinfected by means of a spray producer and "Sanitas," or the use of a "Sanitas" Fumigator, using therewith a pyramid night light.

Spray producers may be bought at any chemist's shop. VII. Ventilation may be secured thus: raise the lower sash of the window a few inches, and insert a board to exactly fit the

space. The air then blows upwards between the overlapping portion of the sash. This plan is very simple, and it is also efficacious and safe.

VIII. The most perfect cleanliness of the patient and all his surroundings must be insisted on, and the water intended for ablution should be rendered antiseptic with the "Sanitas" ordinary or Toilet

IX. All plates, spoons, cups, &c., must be disinfected ere they are taken from the room. This may be done by immersing them for a time in a solution (20 per cent.) of "Sanitas" Fluid and water.

X. Linen, &c., must also be disintected in the sick-room with a similar solution. XI. Food left should be treated as the excreta, and mixed with Crude "Sanitas"

Fluid before removing, or else burnt. XII. Do not give handkerchiefs but rags to the patient, and these should be burned in the fire in the room.

XIII. Warn the nurse, if a novice, not to inhale the breath of the patient.

In convalescence or recovery, bedding and clothing should all be fumigated, furniture and paintwork, &c., all cleaned and disinfected by means of some or several of the very effective preparations of "San-

In my capacity as assistant editor to some very influential London Magazines, devoted among other matters to the rearing and breeding of domestic animals, it is my duty to give weekly advice for the cure of their ailments.

This is often unsatisfactory, for the simple reason that pets, especially feathered pets, make the worst of patients. I am, therefore, never weary of pointing out to my readers the truth of the old adage: prevention is better than cure. I am convinced that if they would but take my advice, and attend to the cleanliness, dryness and disinfection of the places where the live stock live, I should be appealed to but seldom for advice in sickness.

"Sanitas" I heartily recommend, because it is effective and not poisonous. In the poultry run, disease is often bred by wet in the yards, by leakage in the poultry house, and from masses of decaying vegetable matter thrown in and left to rot. The cure suggests itself-keep all clean and dry, and use "Sanitas" Sawdust

In pigeon lofts, and in poultry houses and runs, we often find huge aggregations of filth of every sort. From year's end to year's end some of these are not cleaned out, and then when diarrhea, canker, and other troubles arise, the owners affect to wonder what the cause can be.

Rabbit hutches are, as a rule, shockingly neglected, and, as a consequence, all kinds of distressing complaints are initiated, and end in the death of the stock.

Birds' cages, too, often swarm with vermin, from neglect of cleanliness and disinfection, while dogs' kennels are also neglected, often till too late. In fact no animal suffers more from unkind treatment than our noble friend the dog.

I could multiply cases, but there is little need. Good feed regularly given, cleanliness, dryness of bedding, fresh air, exercise, and disinfection with the nonpoisonous disinfectant "Sanitas," these measures, I say, and these alone, are to be relied upon for the purpose of keeping our domestic pets as healthy and happy as the summer days are long.

#### Ankle-Sprains.

An ankle-sprain is a stretching or tearing of the ligaments of the joint, caused by a sudden twist, the weight of the body being unexpectedly applied to the ligaments, as if by a lever. In most cases the foot is turned inward, and hence it is the external ligaments that suffer.

If the pain is slight, simple rest of the foot for a few days may be sufficient. The more absolute rest, the better. But an apparently slight sprain, causing, beyond the first pain, no discomfort for perhaps twenty-four hours, may, without proper care become sorely troublesome for

Sprains may result from the most trivial accidents. Some persons are more liable to them than others, but no one is exempt from the liability. All may be interested in the main points of an article on the subject in the "Journal of the American Assoiation of Railroad Surgeons.

Severe sprains require elevation of the limb, support to the toot, and a local bath, as hot as can be borne, to be repeated every three hours. After each bath the ankle should be wrapped generously in cotton batting, over which should be applied a tight flannel bandage, or a loose rubber bandage.

After the third day, the stage of active hyperaemia (excess of blood) having passed, massage may be used on the parts, and when the swelling has somewhat

subsided, a starch bandage may be applied. The splint should include the entire toot, except the toes, and extend one-half or two-thirds up the leg, and when hardened, should be cut open down the front and thus made removable. The hot bath should be repeated several times a day, from ten to twenty minutes at a time, the limb being dried and then well massaged during the

Precaution should be used in working the foot not to turn it in, otherwise the external lateral ligament fibres which were torn and stretched—now undergoing repair slowly because of their low vitality or meagre blood-supply—may be re-torn, the tender parts bruised, pain caused, and repair delayed.

The Legend Glorified. "I deem that God is not disquieted"-This in a mighty poet's rhymes I read; And blazoned so forever doth abide, Within my soul, the legend glorified.

sary.

IV. There should be a fire in the room for the sake of ventilation, and in order to

Bleak winters, when the naked spirit hears
The break of hearts, through stinging sleet of tears,
I deem that God is not disquieted;
Against all stresses am I clothed and fed.

Nay, even with fixed eyes and broken breath My feet dip down into the tides of death, Nor any friend be left nor prayer be said, deem that God is not disquieted. -James Whitcomb Riley.

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#### MEN AND WOMEN TALKED ABOUT.

Prince Bismarck pockets \$1,000 a week as the profits of his little poultry business. The Duke of Cambridge, commander-in chief of her majesty's army, is known as "Umbrella George.

Mrs. Tom Thumb, who is one of the most popular "freaks" in America, is paid \$500 a week by her managers. She has a handsome home in Bridgeport, Ct., and when not under an engagement lives there in luxury and ease.

Sir Charles Dilke is a broad-shouldered, square-built man with clear gray eyes and full grizzled beard. His manner is serious and dignified and direct almost to abrupt-

The Duke of Edinburgh is a good fiddler. He is also considered the handsomest man in London, being over six feet in height, muscular in build, ruddy complexion, and regular features.

The German emperor, when a boy, was not noted for any unusual proficiency in his studies. He was very democratic in his manner as a youth, and during the three years he spent at school at the Cassel Gymnasium he met the other boys on terms of

King Alfonso of Spain has been taken from his governess and placed in charge of a tutor. The youngster got a squirt gun and squirted water on the woman which made a change necessary. The man is supposed to be able to stand Alfonso's playfulness.

Whenever Queen Victoria goes on her travels her mattresses accompany her. Instead of being stuffed with hair, in accordance with American ladies of comfort, the royal mattresses are filled with the softest wool, and must all be of uniform weight and thickness.

The legal profession of the present day will be surprised to learn that Mr. Daniel Webster, the greatest American lawyer of his time, made but \$15,000 a year by his practice. But the fees of counsel between 1840 and 1850 were not what they have been since.

The empress of Austria's latest fads are climbing mountains and learning Greek. She also hunts for palaces in remote places. For the next few weeks she will be at Corfu, where she has discovered a very spacious two-story habitation, built and furnished after a Pompeiian model.

Margaret Mather, who has just returned from Europe, relates with great gusto that she visited Melrose Abbey at midnight, rousing up the dingy old keeper to let her in, and that she is the only American who ever made so curious a demand and succeeded in accomplishing her purpose.

Mrs. Henry Ward Beecher's pet "fad" is the keeping of birds, and Java sparrows, cockatoos, canaries, love birds and goldfinches are to be numbered in her collection. They dwell together peacefully in a big cage set in a sunny window, and are surrounded by a choice assortment of

The house which Benedict Arnold occupied when a young man in New Haven, Conn., is still standing. He compounded drugs at the time, and the sign which hung before his little shop is preserved by the New Haven Historical Society. It bears, besides the usual announcement, the words "from London," which shows that the apothecary was not averse to practis-ing the tricks of his business.

Queen Victoria possesses the oldest watches in the world. She has two beautiful little gold ones by Bregnet, that are supposed to be a hundred years old. They have silver dials and are about the size of a two-shilling piece. One is a blind man's watch, the other is a repeater. Both go perfectly and are in constant use. Her majesty's favorite watch is a large plain gold one by Mudge, the English maker. It is about twice as big as an ordinary

The Czar is a hard-working monarch. He is out of bed at 7 o'clock, and his entire day is a busy one. He has a mania for learning even the smallest details of the operations of the government. In disposition he is melancholy and disinclined to society. The Empress, in her tondness for dancing, has evening parties that bore her royal husband, and it is related that on one or two occasions he has sent the guests home betimes by touching an electric button and extinguishing all the lights in the

Mrs. Emma Bostwick, once known as the American Jenny Lind, has probably retained her voice to a greater age than any other public singer. She is now 77 years old, but her voice is still pure and fresh and she sings in admirable time and tune. She is the daughter of an English violinist, named Gillingham, and began her career on the concert stage when only 12 years of age. By the time she was 20 she was widely and favorably known. Her voice has a range of three octaves.

"Injun Jo," the original of one of the characters in Mark Twain's "Tom Sawyer," still lives in Hannibal, near where the scenes in the book are laid. He is now a tough old man of 75, and hauls trunks from the depot on a red express wagon drawn by a white horse. He has accumulated a modest fortune, owning twelve small dwelling houses, but his clothes grow shabbier and more ragged every year. He has always been displeased with the notoriety Twain gave him, and considers himself insulted when the subject is men-

Prime Minister Delyannis of Greece is known for his love for dogs. He used to own one which was as dear to him as the famous Reichshund was to Prince Bismarck, the ex-Chancellor of the German Empire. When he was crossing from the Piræus to Constantinople on board an English steamer, some years ago, the dog fell overboard. Delyannis entreated the captain to stop the vessel in order that he might secure his canine pet. "Impossible," replied the Englishman. "My orders are very strict. I dare not stop, even if it were a man instead of a dog drowning." "Good!" laconically answered the Greek, and at the same time he sprang over the ship's side and swam towards his dog. The sequel may be guessed. The English captain could not resist such a spectacle of bravery, and, in spite of his strict orders, he stopped the ship and saved both man

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