WHY CONSUMPTION GETS COUNTRY FOLKS

People Who Live on Farms Are Just as Apt to Fall Victims to it as Anyone Else if They Don't Take Care of Themselves.

By John B. Huber, M.D.

The doctor advises in every case possible that the sufferer from consumption shall be sent to the country, because the sunshine and the pure air, rest and nutritious food, offer the patient the best chance of recovery.

This course was deemed best even twenty centuries ago. Celsus, Nedo's physician—the same Nero who fiddled when Rome burned—who wrote that if a man have a consumption the best thing for him to do is to buy a cow, take his purchase up to the top of a hill, and live on the fruit—that is, the milk. And, of course, the consumptive does stand the best chance of recovery under such healthful conditions.

Yet many natives of rural districts die of tuberculosis. The reason has puzzled many doctors. I for my part have got some pretty good light on the subject. When I was sixteen I taught school in the backwoods district, and "boarded round." This was for sixteen weeks, and in the summer time, because the children could not get to school through the winter drifts.

I recall that the food was very bad. Although a fair farming country and a very good dairy country, meats other than bacon were almost never seen during the summer. Most of the butter, milk, and eggs were sold in urban markets. What milk I got was weak, and I got it mostly with weaker tea. The food was poorly cooked, indigestible, and for the most part did me no good.

That was nearly forty years ago. Of course, so primitive a rural district is rarely come upon in our day. Even at that time, no doubt, my experience was unusual. Whether there are any such communities to-day I am not sure; yet, if there are, there need be no wonder if tuberculosis is rife in them.

There was much dyspepsia among those rural folk, who should have had the digestion of ostriches. And for the relief of it they took what seemed to them a harmless procedure—all sorts of stomach bitters, some brands of which contained as much alcohol as whisky does. Even people who held the drinking of whisky in abhorrence consumed doses out of bottles highly charged with alcohol, which were labelled "Take a tablespoonful to a wineglass, or more as needed. How was this different from the whiskey-drinking which all too often lays the foundation of consumption? Hard cider does the same thing.

Also, there had been in that region, through several generations, intermarriages between families living within a few miles of each other. And, say what we will, such marriages result oftentimes—though, let us thankfully observe, not always—in "poor stock," weakened, non-resistant bodies, which all too easily become good soil for the tuberculosis germ to thrive and multiply in.

Such things explain how many of our country folk contract tuberculosis; why also, many do not get well of this disease, but die of it in the country. We may indeed observe with Doctor Oliver Wendell Holmes:

God lent His creatures light and air,
And water open to the skies;
Man locks him in his stifling lair,
And wonders why his brother dies.

The great pioneer of the modern treamtment of tuberculosis, Dr. Brehmer, who was himself a consumptive, declared that tuberculosis in its early stages is always curable. What may we consider the first or the early, the incipient stages of tuberculosis? These exist when one complains of the following symptoms:

1. A cough lasting more than a month—except whooping cough, which lasts six weeks, and oftentimes more. Such a cough may not, of course, mean tuberculosis, but it certainly calls for a thorough medical examination. No household remedies, no kindly suggestions of one's neighbors, will do in such a case. 2. Hoarseness that has lasted several weeks. 3. Poor appetite, especially in the morning; indigestion—with the "stomach cough," though I know of no stomach ailment that has a cough for a symptom—loss of weight and strength, paleness and generally run-down condition, which is so often spoken of as "that tired feeling." 4. Hawking and spitting, especially with a cough in the morning. 5. Night sweats. 6. A streak of blood in the sputum. This sign should not frighten one unduly, for such bleeding may come from many other things than consumption, and yet such a sign calls for a careful investigation by a reliable doctor. 7. Afternoon fever, showing by the flushed face, alternating with chilly sensations. The spittle has to be examined for the tuberculosis germ, which is the essential cause of consumption. But it must not be concluded that there is no tuberculosis if this germ is not present, even after several examinations. The test is absolute if it is "positive," not so if it is "negative." When the doctor, after a thorough examination, remains in doubt, an X-ray of the chest should be taken; and this will surely reveal any latent tuberculosis process in the lungs.

By the principles of the so-called modern treatment of tuberculosis most early cases are curable. Also many even advanced cases are arrested in their development, so that the sufferer may live as long as his neighbors if he will observe clean habits, be temperate, avoid stress and strain, and will remain free of the unhealthful condition in which his disease began. And by this treatment comfort and relief from suffering can always be assured even the incurable.

First, there must be careful disposal of the sputum, which is practically the only means by which this disease is conveyed from the sick to the well. A handkerchief or cloth must always be held before the patient's face when he coughs or sneezes or spits, for thus is a droplet, or a spraying, or an atomizing infection avoided. The patient's handkerchiefs, towels, linen, and the like must be boiled by themselves before being added to the general wash. Whatever can be must be burned. The cuspidor must contain some fluid (water will suffice) so the sputum may not dry and become incorporated with the dust of the atmosphere. And the spittoon must be scalded to destroy all the tubercle bacilli. This is unpleasant but very necessary reading, and it applies equally to all infections from the upper air passages, such as pneumonia, whooping cough, grippe and diphtheria.

Secondly, there must be rest. There is otherwise no hope for the sufferer's emaciated body, an organism on the verge of bankruptcy. It is a grave error for such a sufferer to go out into the fields and work, as would any farmhand. Rest there must be, especially when there is fever, and at least until the patient has recovered from the exhaustion which has all too often been the prime predisposition of the disease. For the consumption germ fattens on exhausted tissues.

In any family where there is a consumptive a clinical thermometer must be bought, and the use of it learned from the family doctor. The rest has got to be absolute if the body temperature reaches 100 degrees by the thermomenter, and the patient must go to bed if the fever has gone beyond this.

The rest should if possible be outdoors—at least with open windows. And when the air is cold, warm headgear is to be worn, or the woollen helmet which comes down over the collar-bone. The footgear must at least be warm and comfortable as the headgear. The body must always be warmly clothed, and then any amount of cold weather can be endured. Tuberculosis patients properly taken care of get well more surely in the winter than in the summer.

Sleep is an important part of the rest. Nowhere else should "nature's soft nurse" be so sedulously wooed. Insomnia is most exhausting in such a disease as this, when it is so necessary to build up the strength. Nor has any restorative, any tonic, ever been invented that will compare with sleep. Insomnia, with fatigue and overexertion, has brought on tuberculosis in many a case. We try to induce sleep without pills and powders if possible. It may be induced by drinking hot milk after the patient has been tucked in—with hot water bottles at his feet—for the night.

The patient should breathe fresh air, and be in the blessed sunshine so long as there is a ray of it. At night, no matter how cold, the windows must be open. The colder the air the surer the cure. Patients have done well at a temperature of forty below zero. Drafts are to be avoided by means of a screen or a blanket-draped clothes horse, appropriately placed. Only twice, from day to day, should the patient's windows be closed. A member of the family shuts the window half an hour before dressing time, and opens it again when the dressing is completed. And at bedtime the same thing is done.

Tuberculosis calls for plenty of nutritious food and good digestion, so that all the fuel taken into the body can be converted into healthy, germ-resisting tissue. The doctor must decide upon details for individual cases. But, in general, we try for the most nourishment with the least labor for the digestion. The patient should eat roasted or broiled meat (beef, mutton or lamb), fowl, fresh vegetables and fruits, cereals with cream, plenty of sugar, good butter, table salt, and at or between meals six eggs and a quart of milk a day. Sweets, pastries, and dainties must be avoided. Between meals plenty of water should be drunk.

Use no medicines without the doctor's prescription. Cut out the patent medicines.

No one must imagine that the cure is easy. All the principles above mentioned must be rigorously followed. Above all, the patient must be obedient to his physician; must be persistent in every detail of the treatment enjoined upon him. The patient will generally be confident of his recovery; that is a state of mind happily common among such sufferers. Yet this must not make the patient careless; he must ever realize that his improvement and ultimate recovery depend largely upon his own determination to get well. He must not converse with any one except his physician or his nurse about his disease, nor adopt the suggestions, however well meant, of his friends.

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INTERNATIONAL LESSON
MARCH 9.

Lesson X. Joshua, Patriot and Leader—Joshua 1: 1-9. Golden Text, Joshua 1: 9.

"The Lord spake unto Joshua." That which we describe as the call of God, or as the conviction of a duty to be performed, or as a high trust or commission in the service of the nation, is often spoken of in the Old Testament as the voice of God. God does not speak in audible tones to the ears of men, but to the inward sense, the hearing of the heart. What is here presented to us is a real and profound experience. The effect of it is to assure Joshua that his appointment to be Moses' successor is in harmony with God's will, that God will be with him as He was with Moses, and will give him success in his great undertaking.

"Go over this Jordan." The country east of Jordan was already in Israel's hands (see Num. 21). The people now looked westward across the deep Jordan valley to the great range of hills extending northward to the crowning peaks of Lebanon and Hermon. There lay the real land of promise, the land made sacred to them by the memories of Abraham, of Isaac, and of Jacob. But there also lay the chief difficulties which had to be overcome, mountain passes, fortified cities and strongholds, and several warlike tribes. Joshua is to go forward in the confident assurance of victory, for God has promised to give him that land. Its boundaries are to extend (v. 4) from "the wilderness" of northern Arabia in the east, and from Mount Lebanon, even as far north as the "river Euphrates" and west to "the great sea," the Mediterranean.

The promise that ranks first and chiefest in importance is that of verse 5, "I will be with thee: I will not fail thee, nor forsake thee." Compare similar promises in Gen. 28:15; Exod. 3: 12; 33: 14; Jud. 6: 16; Isaiah 41: 10; Jerem. 1: 8; Matt. 28: 20.

"Be strong and of a good courage." It is God's way to require of a man that he shall do his part steadfastly and faithfully. While it is true that He gives strength and that He is "a very present help," it is equally true that He demands that the man shall use his own strength, shall do his own work, bear his own burden, fight as bravely as he may his own battle. "Quit you like men, be strong," is the apostle's injunction, and again, "Be strong in the Lord, and in the strength of His might." (1 Cor. 16: 13; Eph. 6: 10).

The "book of the law," referred to here (v. 8), is either the "book of the covenant," which contained the laws of Exod. 20-23 (see Exod. 24. 7), or the Deuteronomic laws (Deut. 12-16), spoken of in Deut. 31: 24-26 as laid up "by the side of the ark of the covenant." The observance of the law is the condition of the abiding presence of God. He will not abide with the evil doer. The man who is just and honorable, kind and generous, is the man with whom God can dwell. Or, as Psalm 24 puts it, he who shall stand in His holy place will be the man "that hath clean hands and a pure heart."

Whether in war or peace, the same law holds, and will always hold, good—the law of justice, and with it, perfecting and glorifying it, the law of love. These two laws are fundamentally one and the same. They have their origin and their authority in God. It is of this "everlasting law" that Alfred Noyes writes:

"The law that rules the stars, our stay,
Our compass through the world's wide sea,
The one sure light, the one sure way,
The one firm base of liberty;
The one firm road that men have trod
Through chaos to the throne of God."

Poultry

Until comparatively recently the chicks on the average farm were hatched whenever a hen desired to sit—sometimes when she stole her nest, laid her eggs and brought off a hatch before her owner knew anything about it. This always stocked the farm with late-hatched chicks which did not do particularly well during the hot weather, and which were overtaken by cold weather while they were yet young and without their proper growth and without their mature plumage. Chicks of this type could not lay in winter because they were not mature enough, and the set-back that cold weather gave them prevented their laying until spring, often until the weather was warmer. Therefore, the owner had to feed them, house them and care for them during cold weather when eggs were high in price, without getting any revenue to speak of. Under such conditions it is no wonder that farm poultry got a reputation for profit killing instead of profit making.

Early hatching means chicks that are past the danger point before hot weather sets in.

Early hatching means chicks less troubled by lice and disease.

Early hatching means more chicks raised.

Early hatching means a longer growing season.

Early hatching means better grown chicks.

Early hatching means higher prices for the surplus cockerels marketed as broilers.

Early hatching means well matured pullets which begin to lay in the fa'

Early hatching means eggs from the pullets while the hens are moulting.

Early hatching means eggs in the fall and winter when prices are highest.

Early hatching means early maturing pullets that become broody earlier the following spring.

Early hatching means greater profit

Bedtime Stories

THE SCRAPBOOK FARM

Edith gazed out of the window of her aunt's apartment and wished that in a whole cityful of little girls she could find one to play with. At home in the country, she thought to herself, there was not a hundredth so many little girls, yet she could always find a playmate.

Edith started to sigh, but at that very moment the doorbell rang, and the sigh stopped short. Perhaps her wish was coming true.

But it was only Miss Baird, after all, and Edith's spirits dropped again. Miss Baird was a trained nurse, and she was always in a tremendous hurry.

"Where is your Aunt Mary?" she asked as she hurried in. "I want to know if she will lend you to me for an hour."

"Lend me?" said Edith, astonished.

"Certainly," Miss Baird replied briskly. "There's a lonesome, cross little girl down at the hospital, and I simply must have somebody to play with her."

"Oh!" said Edith. "I'll take my doll and her new dresses and my box of paints and my new book." She hurried away to find Aunt Mary, and ten minutes later she started off with Miss Baird for the hospital.

The little lonesome girl was named Helen. She had golden hair and a sweet face, but her mouth drooped, and Edith soon saw that it was going to be a hard matter to amuse her. She did not want to paint, and she did not seem to admire the pretty new dresses of Edith's doll.

"I want to go outdoors," she said.

"Well, you can when you're well," Edith answered.

"But I'd rather live in the big, wide country," Helen went on, "where I can pick all the flowers I want."

Edith's eyes brightened. "I live in the country when I am at home," she said.

"Why didn't you say so before," complained Helen. "I thought you lived in an apartment, as I do. Tell me about your home."

Edith was willing enough to do that. As she told about her father's farm, Helen's little face cleared; the corners of her lips straightened out. "I wish I could see it all!" she said.

"I wish you could," Edith answered. She thought a long time. "I might show you some pictures in the magazines that look like things at home."

Then all at once she thought of a plan.

"Let's put our farm in your new scrapbook."

Helen looked bewildered. "I'll show you what I mean," Edith said.

Miss Baird gladly brought magazines, scissors and paste, and Edith set to work while Helen looked on at first. Soon, however, Helen was working as hard as Edith. On the first page they pasted a railway train; this train, they pretended, was carrying them away from the city. It was harder to find a suitable station, but they turned over the leaves until they came to one. The station was put on the next page and labelled Radford, after Edith's home station. Then they found a man in a buggy who looked like Edith's father coming to meet them.

It was all great fun. When the time came to come back to Aunt Mary's, Edith had just found a house exactly like her own, and Helen was looking for a brown-and-white collie and for a bay pony with two white feet. Edith promised faithfully to return the next afternoon.

When she came again, Helen reported that she had found many ponies but none of them had two white feet. At last they chose a dark pony and painted two of his feet. Then they made him more than ever like the farm pony by painting a white star on his forehead.

Edith pasted a small photograph of her mother by the gate of the picture house. "Because she would come to the gate to meet us, you know," she explained.

Then they gave a page to each room in the house. After the rooms were completely furnished, they went on to the barn, and from the barn to the orchard, to the garden, and then to the barnyard.

It was not easy for Helen to find just the right kind of picture, but she always kept on searching patiently until she came to one that suited Edith. And she laughed and chatted the whole time.

The book was not quite finished when one day the doctor told Helen that she could get up and dress if she wanted to. A few minutes later Aunt Mary came in with a message for Edith; her mother and father had come home and wanted their little girl again.

Helen stopped smiling. "Oh, don't go away!" she said. "We haven't nearly finished putting the farm in the book."

"I must go," Edith answered. "But just as soon as you get strong enough you're to come down to the real farm, and that will be even more fun than what we are doing now."

When Helen did come, a short time afterwards, she declared that the real farm was exactly like the farm in the scrapbook.

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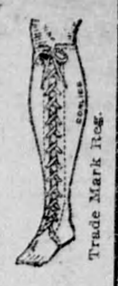

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Horse Sense

Do you give your farm horses a square deal? They will labor for you from ten to twelve hours a day, six days in the week, and feel amply repaid if given a good meal and plenty of cool, fresh water.

Perhaps you don't, but many owners often consider themselves overworked if they have to throw a harness on the team, dump a little manure out of the barn window, and hitch up. And to furnish the work horses a bracing feed, give them a good currying, or a bed of straw is extravagance. It is done for fast-trotting stock and pure-bred horses, why not for the average work horse?

The horses that do the heavy work about the farm should be conditioned. It is as necessary for them as for other stock, and more so. The farm horse has a hearty appetite, a vigorous digestion, and responds, as does no other animal, to intelligent care. To condition horses does not mean that they must be put on a training table. Start a regular, businesslike method of feeding, watering, handling, and caring for them.

A bushel of corn or oats for one meal and a pint at another time has a bad effect upon a horse's wind, digestion, and working ability. Give the preparation of the farm horse's feed much attention. Two pounds of provender daily to every hundred pounds the horse weighs is a good plan. Always grind the grain; and, as most hay is usually dusty, sprinkle it with water. If the horse's work is very hard, decrease the hay and increase the grain. Place four or five egg-size lumps of rock salt in the feed box. These the horses like to lick, and they also prevent hasty eating.

Give the horse a long, full drink of water the first thing in the morning. Then place a third of the day's grain and a fourth of the hay ration before them, at least an hour before starting to work. Throw in the manger just a small amount of hay.

While the horse is eating its grain, vigorously apply, for about five minutes, a heavy brush. While the breakfast in the farmhouse is keeping you busy, the horse will have eaten all the hay. Then throw on the harness and give the animals another chance at the water tank or creek. Good work will be done until noon by a team so cared for.

Give the animals a hurried rub-down as they take a short drink. Supply another third of the grain and the hay ration, and let an hour, at least, lapse while you and your horses rest. Another cooling drink before you start encourages the horses to do their best in the afternoon.