



Health Service

OF THE
Canadian Medical Association

Edited by

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DRINK WATER!

Most people, without much effort, can secure all the water they require for drinking. Nevertheless, many persons suffer from a lack of the full measure of the health they could enjoy, because they fail to use plenty of water.

We cannot enjoy good health if we deprive our bodies of the water which they need. Water is an essential part of every tissue of the body. The blood is mostly water, and even such hard tissues as the teeth and the bones contain water.

Without sufficient water the body functions become disturbed. There may be headaches, the digestive system may be upset, or other symptoms of faulty functioning may appear. We can live for many days without food; life can continue for only a few days without water.

The regular daily use of plenty of water is necessary to replace the water which our bodies lose each day we live. Water is lost in every breath. Breath on a cold glass and you will see, collected on the glass, the droplets of water which are contained in the breath.

The skin gets rid of a large amount of water in the form of perspiration. This is obvious in summer. It goes on, to a lesser degree, in cold weather when—because it is not noticeable—it is called "insensible" perspiration.

Quantities of water are passed from the kidneys and in the movements of the bowels.

All told, we lose on an average about five pints of water daily through the various channels mentioned. We must take into our bodies an amount of water at least equal to what we lose if

we are to keep our bodies healthy.

Many people used to go to some mineral springs when they felt "below par." The benefits received from their stay at the springs were due in large measure to the increased quantities of water they drank.

Much of the water we require is taken into our bodies in our foods, many of which contain a large percentage of water. Green vegetables and fruits contain much water; about 87% of milk is water.

Moderate amounts of fluids with meals is desirable, provided they are not used to take the place of thorough chewing of the food. The time to drink at meals is when the mouth is empty and never to wash down the food.

A glass or two of water upon rising in the morning, between meals, together with the moderate use of fluids at meals, will assure the regular daily use of plenty of water which is essential to good health.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

The relief committee of the town of Kapuskasing spent a total of \$767.99 during the past year, \$448.76 of which was for food, according to a report published last week in the Northern Tribune. Total receipts, most of which were from private subscriptions, reached the sum of \$1025.57.

House building in Kirkland Lake reached a new high peak this year, a total of 416 new homes having been erected.



First Aid in Poisoning

By DR. WILLIAM J. SCHOLES

In any case of poisoning, the services of a physician should be obtained as quickly as possible. But, in the meantime, the patient should not be neglected. A knowledge of how to give first aid to the poisoned may be the means of saving a life that would otherwise be lost before a doctor can be reached.

The first thing to do in a case of poisoning is to give an antidote. This neutralizes or combines the poison in such a way as to render it less harmful.

Then, except when mineral acids or alkalis have been swallowed, vomiting should be induced by giving an emetic. (Mineral acids are such acids as sulphuric, nitric and hydrochloric. Strong alkalis are lye, caustic soda, and caustic potash.) Mustard water makes a good emetic. It is made by stirring a tablespoonful of mustard in a glassful of warm water.

Except in morphine or opium poisoning, the patient should be kept warm and quiet.

Diluted vinegar may be used to neutralize lye or other alkalis.

For Acid Poisoning

Soap may be eaten for acid poisoning. Remember that no attempt should be made to induce vomiting in either alkali or acid poisoning. The gas liberated by the interaction of the soda and the acid which has been swallowed would probably tear the tissues.

For strychnine or preparations containing it, strong tea should be given. Strong tea is usually the most available antidote for poisoning with alkaloidal drugs. These are such drugs as strychnine and atropine.

Raw eggs and milk may be given for poisoning by bichloride of mercury. Antiseptic tablets often contain this or

some other salt of mercury.

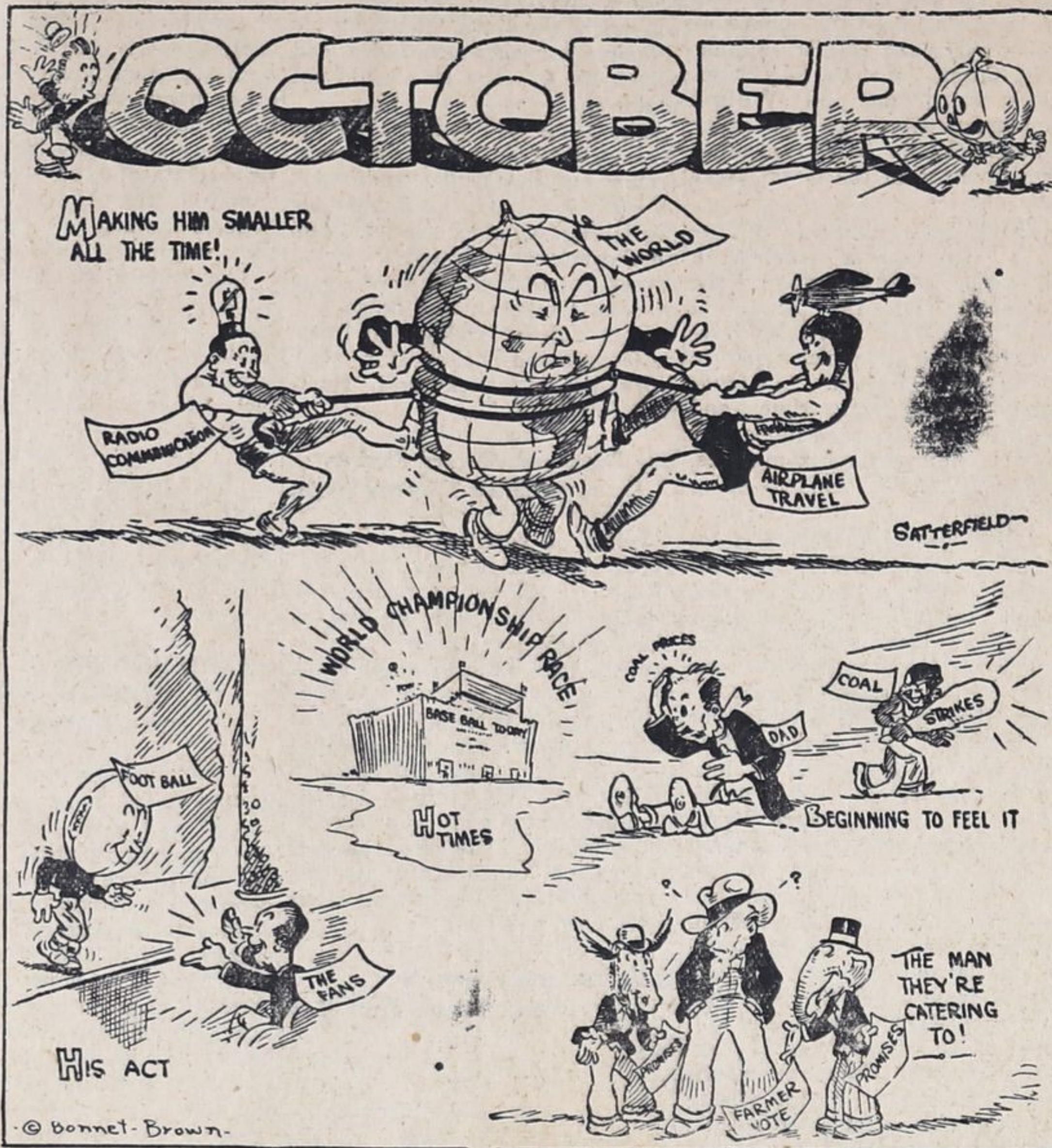
A solution of sodium sulphate is regarded as the best antidote for carbolic acid (phenol). Unfortunately, it is not always on hand when needed. Glauber's salt is another name for sodium

sulphate. No fats or oils should be given.

Bicarbonate of soda may be given for so-called coal-tar drugs, such as are often contained in headache tablets or powders. Give artificial respiration, the same as for drowning.

In poisoning by morphine or opium, give strong tea or coffee. Walk the patient to keep him awake. Slap him with cold wet towels if necessary, but be sure to keep him aroused and awake

Little Pen-o-grams



ODD—But TRUE

THE BALL,
MORE THAN ANY OTHER THING, HAS SERVED MAN AS A PLAYTHING IN PLEASURE AND SPORT

ANDERSON—

THE HUMAN BRAIN IS INSENSITIVE TO PAIN TO ITSELF

NOW, WE WANT YOUNG MEAT!

CANNIBALS DO NOT CARE TO EAT MEN OVER 50 YEARS OLD

HUH? WHU ZAT?

THERE ARE NEARLY 135,000 BANKS IN AMERICA THAT HAVE NOT CLOSED



Hints for the Household



HOUSEHOLD HINTS

Serving Tea Daintily

To give a touch of daintiness and temptation in serving beverages should naturally be the aim of every hostess. Especially is that true when serving tea.

There are still some warm days this month when a glass of iced tea can be appreciated. And to serve it prettily—just add a little mint to each glass. Get fresh mint if you can and sprinkle it with powdered sugar. Colored sugar can also be used—the kind that comes in red and green and can be purchased at most any confectioner's.

Scale for Cooking for Large Numbers

Coffee for 6 helpings—allow half a cup of coffee to 1 quart water.

Coffee for 50 helpings—allow 1 lb. coffee.

Ice cream for 6-10 helpings—allow 1 quart.

Ham for 50 helpings—all 20 pounds.

Meat for 1 helping—allow one-third pound raw meat.

Butter for 2 dozen helpings—allow 1 pound.

Butter for 6 dozen rolls—allow one pound.

Loaf sugar for 50 helpings—allow 2 pounds.

Cream for coffee for 50 helpings—allow one and a half to two quarts.

To Clean Spots on Rubber Raincoats

Slice a raw potato. Rub well the spots to be cleaned—with pieces of this raw potato.

COOKING HINTS

Chili Con Carne for 30 people

- 5 pounds of ground beef.
- 3 pounds of ground pork.
- 4 pounds of onions.
- 5 cans of kidney beans.
- 3 cans of tomatoes.
- ½ cup of butter.

Seasonings.
Method: Fry the onions in butter until brown. Remove from pan, then fry meat until brown and crisp. Put all ingredients into a kettle. Add water and simmer for 4 hours.

Date Tort for 25

- 1½ cups of walnuts.
- 3 cups of dates
- 2 cups of sugar.
- 2 tablespoons of flour
- 12 egg whites.
- 3 cups of crumbs.
- One-third cup of lemon juice, or 1 tablespoon of vanilla.
- ¼ cup of water.
- 1 tablespoon of baking powder.

Method: Cut up dates and nuts. Mix dry ingredients with dates and

nuts. Add liquids and last fold in stiffly beaten whites. Pour into greased pan to ½ inch thickness. Bake ¾ of an hour. Serve with whipped cream.

BAKING HINTS

Ham Loaf

(By Request)

- 1 pound of fresh ham (ground).
 - 1 pound of pork.
 - 1 cup of bread crumbs.
 - 1 or 2 eggs.
 - Onion.
 - Pepper.
 - No salt.
 - 1 cup of milk.
- Method: Mix meat, bread crumbs and seasoning. Add liquids. Put in greased loaf pan. Bake 1 hour in a slow oven.

Sausage Loaf

An ideal way to make sausage serve many.
Mix a large quantity of breadcrumbs with sausage meat. Bake in a loaf pan. Add a little water. Serve on platter surrounded with creamed carrots and peas.

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The Family Next Door



Oh-oh That's Different

