

HEALTH

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NOTHING SERIOUS

The lives of thousands of Canadian children have been lost because parents have thought that measles is "nothing serious", and that "it is better to have it and be done with it."

We all know that practically everyone has measles during his life. The disease is very common and, as obviously nearly everyone recovers from an attack, it is apt to be looked upon more as a nuisance than anything else.

A small percentage of all who contract measles do not recover. However, the number of cases is so great that hundreds of deaths in Canada, each year, from measles are represented by this small percentage.

Measles is always serious because of the number of deaths which occur, and because it causes permanent damage to the bodies of some of those who recover. The younger the child, the more likely it is that the disease will prove fatal.

When recovering from measles, the body is less able to withstand the attack of the germs of other diseases. The result of this lack of resistance is that pneumonia often develops during convalescence, and is not infrequently followed by tuberculosis.

There are certain practical applications of this knowledge which all parents should understand. The first is that every effort should be made to keep the young child away from existing cases of measles. A child should never come in contact with other children who have measles or who are suspected of having the disease.

Nine-tenths of all deaths from measles occur during the first five years of life. After five years of age, the child

is much less likely to suffer a severe attack. Parents will accomplish a great deal in safeguarding the lives of their children when they succeed in protecting them from measles during their first years of life.

The second point of importance is that the child who has measles requires good care. He must be kept in bed, no matter how well he may seem to be, until the doctor allows him to get up. Getting up too soon is the usual way in which the child catches cold; then pneumonia may follow.

The child who has measles is suffering from an acute infection. It is a serious condition for the child and it should be treated as such. He should be isolated so that he will not spread the disease, and he himself should be under medical care. The attack itself may appear to be mild, but unless the proper care is given, the results may be serious. No one can tell, so the only safe way is to give proper care to every case.

If your young child has been exposed to measles, ask your doctor at once about protecting him through the use of convalescent serum or adult whole blood.

NORTHLAND MODES GIVE HAPPY SIGN

Feathered Logs and Well-Coned Limbs Assure Indians of Abundant Snowfall Coming

If the fall mode of the North Country is any indication, and many Indians swear it is, then we are to have a winter of abundant snow. Last winter was remarkably snowless, as predicted by the same Indians listening to the same oracles.

Here's the secret: It all depends upon the legs of birds and the limbs of trees. This autumn the partridge of Northern Quebec are appearing in heavily feathered legs. The pine trees are adorned with an especially good show of cones. Last winter feathers and cones were not nearly so fashion-



Two Life-Savers

One of the diseases that increases with the opening of schools in the fall is diphtheria. For, although it is a preventable disease, it continues to occur with a fair degree of frequency.

Most cases of diphtheria occur among school children. Most of the deaths from diphtheria occur among children below school age. It seems probable that the younger children are often infected by their older brothers and sisters who attend school.

Any sore throat occurring in a child should be regarded with suspicion. A physician should be called the very first day that the child complains of soreness or pain on swallowing. There is always a chance that the sore throat may be diphtheritic. If it does happen to be diphtheritic, the sooner antitoxin is given the better are the chances for recovery. Almost all cases of diphtheria that receive adequate amounts of antitoxin on the first day of the disease recover. The death-rate increases with each day's delay in treatment. Antitoxin will cure diphtheria if given early enough and in sufficient doses.

Test Will Reveal Immunity

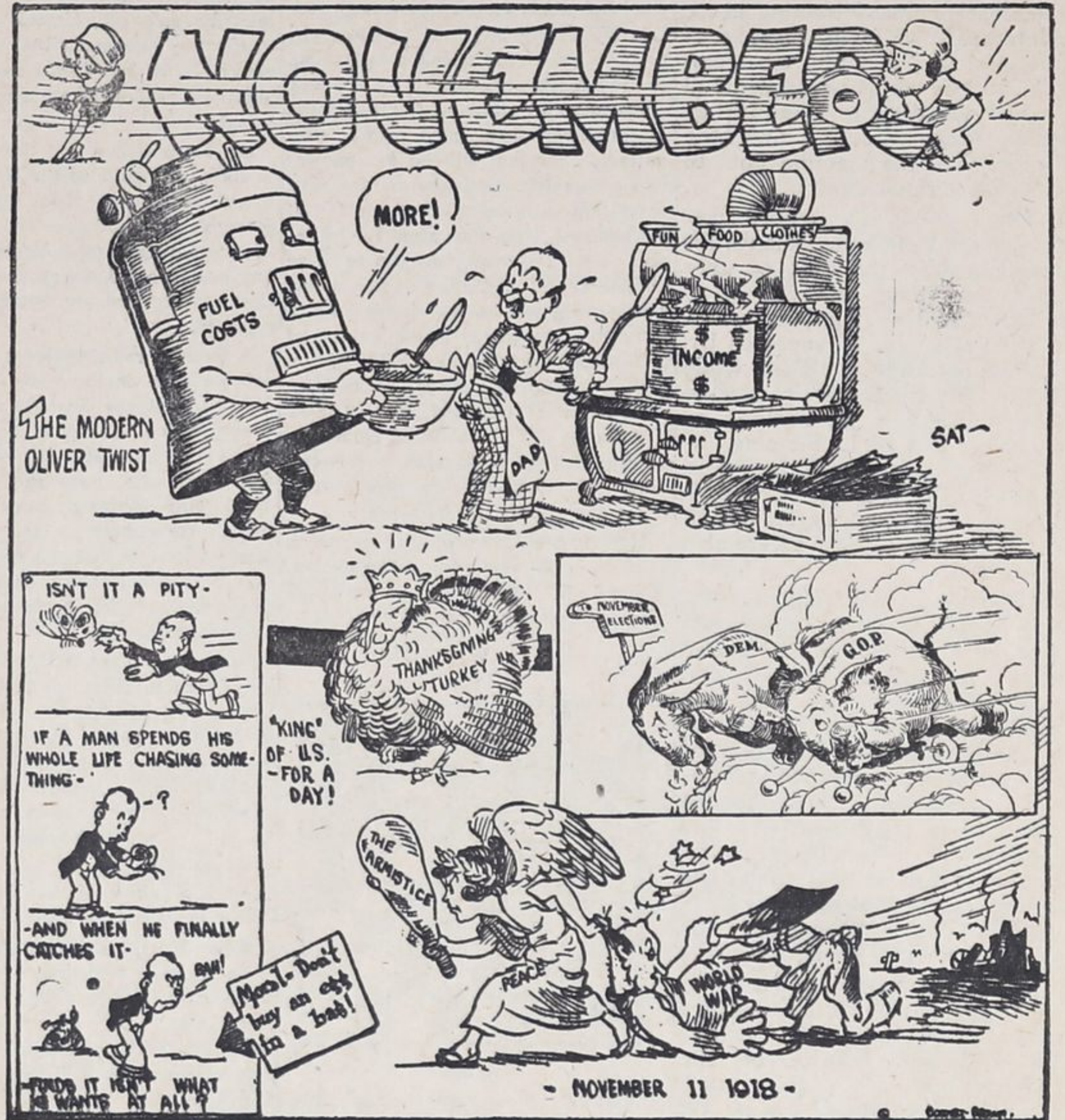
But it is much more desirable to prevent diphtheria than to cure it. Some people are readily susceptible to the disease. Others have some degree of immunity to it. The Schick test will show whether or not one is susceptible. Those who are found to be susceptible can be made immune by the

able in the North Country. In Ottawa, at Grand Mere and throughout the Laurentian hills, where winter sports are paramount, there is much enthusiasm over these auguries and the Canadian National Railways report that prospects are bright at all Canadian winter resorts.

administration of toxin-antitoxin. While this has already been said many times, it cannot be repeated too often. Not as long as several thousand deaths due to diphtheria continue to occur each year.

The lives of thousands of children would be saved if a general practical application were made of the means of prevention. It is largely up to the parents to decide to prevent their children from having diphtheria. Antitoxin and toxin-antitoxin are life-savers.

Little Pen-o-grams



Hints for the Household



HOUSEHOLD HINTS

Well Planned Housework

Do all possible cleaning, ironing, washing or baking in the morning. Make possible preparations for dinner in the morning, leaving just the finishing to be done at dinner time. Save sewing, mending, writing and such tasks for afternoon or evening. These can be done after one is dressed for the evening. It allows the housewife a chance to be off her feet and thus — gives her a rest worth while.

Save Starch

Do not throw away starch left in a bowl. Put bowl aside until starch has settled to the bottom. Pour off water. Place bowl with starch in the oven for a few minutes until the starch cakes. Then it can be put away and used another day.

The Proper Way to Hang Clothes

Hang clothes up to dry in as near the position they are worn as possible.

COOKING HINTS

Turnip in Potato Cases

Cook turnips and mash them when done. Bake potatoes. When done, scrape out middle. Mix equal amount of potato and turnip together. Mash and season with butter, pepper and salt and little milk or cream. Pile in the potato shells. Place in oven and brown. Serve hot.

Puffed Rice Brittle

(The kind children like most).
1/2 box of Puffed Rice.
1 large cup brown sugar.
1/2 cup of water.
1 tablespoon of vinegar.
1/4 teaspoon of cream tartar.
Butter size of walnut.
Vanilla.
Method: Butter a deep cake pan. Put rice into it to one-inch depth. Then make a taffy. Cook together the sugar, water, vinegar and cream tartar. Boil until it hardens when dropped into cold water. Add butter and flavoring. Pour over puffed rice.

Red Cabbage and Apples

1 red cabbage.
1 cup of boiling water.
3 tablespoons of butter or bacon grease.
2 tablespoons of vinegar.
1 small onion.
5 tart apples.
2 tablespoons of sugar.
1 tablespoon of flour.
Salt.
Method: Chop up onion. Melt the grease. Cook onions in fat until tender. Shred cabbage and add to onions. Mix well. Add water, cover, cook until cabbage is almost done. Then a half hour before serving add chopped apples, sugar, vinegar, salt and flour. Cover and cook until apples are tender. Serve hot.

BAKING HINTS

Boiled Raisin Cake

2 cups of sugar.
2 cups of hot water.
1/2 cup of butter and 1/2 cup of lard
2 teaspoons of cinnamon.
1 teaspoon of cloves.
1/2 package or 1 whole package of seeded raisins.
Salt.
2 teaspoons of soda.
3 1/2 cups of flour.
Method: Cook altogether — sugar, water, butter and lard, cinnamon, cloves, raisins, salt. Bring to a boil and boil 1 minute. Then add soda. Beat hard and let cool. When cool, add flour which has been sifted twice. Bake in a slow oven for 1 hour.

Baked Calves' Hearts

4 hearts.
Stuffing.
1/2 loaf of bread.
1 onion.
Sage if desired.
Seasoning.
Boiling water.
Method: Wash hearts and remove all fibrous tissue. Fill with stuffing made as follows: Break up bread. Cut up onion. Add seasoning. Pour in enough boiling water to mix well. Place stuffed hearts in roasting pan. Pour 1 pint boiling water over hearts. Bake 2 or 3 hours and baste frequently.

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ODD—But TRUE



The Family Next Door



In The Same Boat