

HEALTH

by *Dr. William J. Scholes*
A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

C OLDS AND PNEUMONIA

We are entering the season of the year when colds are most prevalent. Colds, if neglected, may result in the serious condition called pneumonia. It is well to consider what we may do to guard against colds, and, if we do contract them, how to prevent serious consequences.

In order to guard against colds, we should look after our general health. This means an adequate amount of sleep in a bedroom, the window of which is open wide enough to keep the air cool and in gentle motion. It also implies eating a good, mixed diet, but not overeating, and drinking plenty of water.

Sufficient clothing should be worn to protect the body from chilling and to keep it dry. Overclothing does more harm than insufficient clothing as it causes excessive perspiration and, later on, chilling. Out of door clothing should be removed indoors, as it is too warm for the indoor temperature. Unless he removes his outer clothing indoors a person is apt to become chilled when he goes out again.

Colds are spread from one individual to another, so you should avoid coming in contact with people who have colds. The hands should be thoroughly washed before meals, and common drinking and eating utensils should be avoided. These simple precautions will help you to keep the germs which cause colds from gaining entrance to the body.

Do not dose yourself with medicines. The body can be kept healthy by hygienic living. Drugs will not be required, nor can they take the place of the reasonable care the body requires to keep it healthy and resistant to disease.

If at any time you feel feverish or ill, or if the symptoms of a cold appear, there is only one place for you to be—in bed. Beyond question, the best place for those who are suffering from a respiratory infection, whether

it be the common cold or influenza, is bed. Have enough bedclothes to keep you warm, and open the window sufficiently to keep the air of the room cool and in gentle motion.

There is no drug or other remedy which acts as a specific cure for a cold. No medicine should be taken excepting what is ordered by your doctor. Drink a great deal of fluid, such as water, milk, fruit juices and clear soups.

If you remain in bed until you fully recover, you are taking the one practical measure to prevent pneumonia or other serious complications. There is danger in getting out of bed too soon. The fact that many careless persons recover from colds does not alter the fact that it is among these same careless people that most of the pneumonia develop.

Avoid colds, but if you contract one, go to bed.

Three Persons Out of Twenty-Six Millions Killed; Accident Total Is Away Down

Railway travel continues to be the safest method of getting from one point to another in Canada, according to accident statistics which have been worked out by the various transportation authorities. Canadian railways, which last year carried almost three times as many people on their passenger trains as comprise the total population of the Dominion, established a remarkable safety record. Only three persons out of 26,550,556 passengers were killed while passengers on a Canadian railroad, thanks to the modern equipment employed and to the eternal vigilance of Canadian railwaymen and others charged with the safe operation of trains.

According to Canadian National Railway statisticians, the odds are 8,850,185 to 1 against being killed while a passenger on a Canadian railroad train and 71,953 to 1 against being the victim of an accident which will cause injury while a passenger. As compared with railway fatalities and accidents, there were 1,369 automobile accident fatalities and an estimated 25,180 automobile accident injuries in Canada during 1931.

The marked success of the railroads in reducing the number of accidental deaths and injuries among passengers and employees did not result from chance but from systematic plans and an intensive drive made by the safety



By DR. WILLIAM J. SCHOLES

The popular belief is that patients with mental diseases are practically always incurable. We expect that their condition will gradually or rapidly grow worse. If they do apparently recover, we expect that it is only a matter of time until they suffer a relapse.

Dr. Earl D. Bond of Philadelphia believes that the good results obtained in the treatment of mental diseases is underestimated. In an article published last August in the Journal of the American Medical Association, he gives some encouraging facts. The article gives the results of treatment of 1,054 consecutive patients admitted to the department for mental and nervous diseases of the Pennsylvania Hospital. The careers of these patients were studied over a period from five to ten years.

Some Recovered

Thirty of the patients were lost from observation. This left a group of 1,024 patients whose careers could be followed over five years. Of these "274 recovered and stayed well; 159 improved greatly; 331 died, and 260 remained stationary or grew worse." These figures indicate that a little over 26 per cent of the entire group of patients recovered, and that 14.5 per cent showed considerable improvement. Some of the patients who recovered became healthier than they ever had been before their illness.

It is pointed out that in the case of many of those who died, the mental condition was in no way related to the cause of death.

organizations of the railroads of Canada designed to bring about a reduction in all kinds of accidents on the railroads. Railway executives have come to the conclusion that safety has not only a human value, but definitely affects the drain on the financing resources of the railway.

The Ladies' Aid of the United Church are holding their annual bazaar on Friday, Nov. 25th. See particulars later.

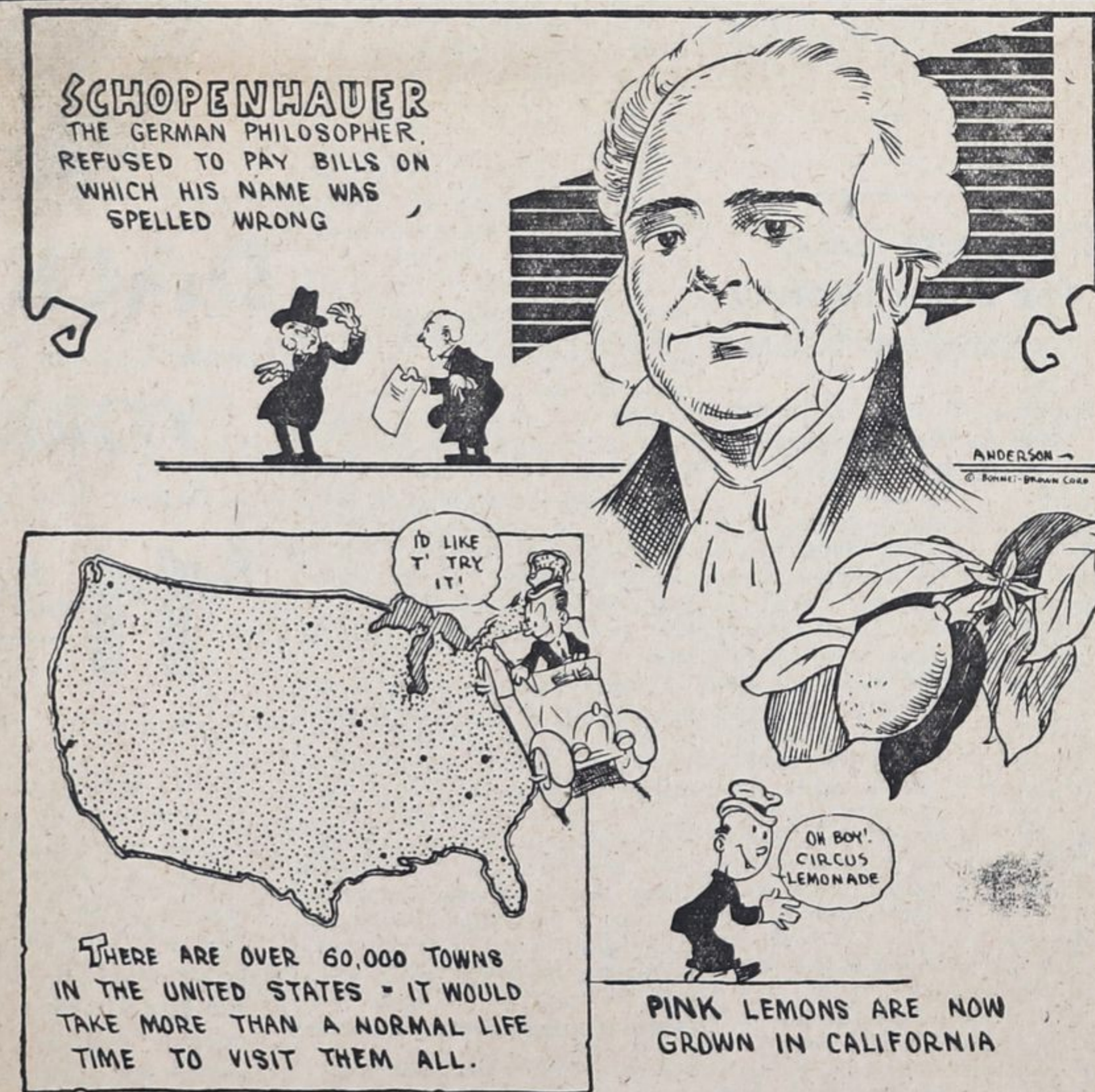
But the figures given by Dr. Bond would seem to justify his belief that the good results of treatment in mental diseases are under-estimated. There are diseases other than mental in which 26 per cent of the patients do not recover. It is possible that the results would be even better if more patients with mental diseases were placed in the care of the psychiatrist and given proper institutional care earlier. For there is too often an inclination to delay treatment. The Psychiatrist and the hospitals devoted to the care of mental and nervous diseases are probably doing much more effective work than they generally get credit for.

What a Relief!



ODD—But TRUE

SCHOPENHAUER THE GERMAN PHILOSOPHER, REFUSED TO PAY BILLS ON WHICH HIS NAME WAS SPELLED WRONG



Hints for the Household

HOUSEHOLD HINTS To Prevent Candles From Dripping

Either paint your candles with water colors or varnish them with plain shellac. This will prevent wax from running down the sides of the candles and will also make them pretty.

To Clean White Furniture

Dissolve 1 teaspoon soda in 1 pint warm water. Rub on furniture with a clean, soft cloth. Then dry with a clean, dry cloth.

Rebake Cold Baked Potatoes

Dip potatoes in hot water before placing in oven. Then put them in a warm oven. Rebake slowly.

COOKING HINTS Peanut Brittle Fluff

1/4 pound of peanut brittle. 1/2 pound of marshmallows. 1 bottle of whipping cream. Method: Grind peanut brittle. Cut up marshmallows. Whip cream stiff. Mix peanut brittle and marshmallows with whipped cream. Either chill or place in mold and pack in salt and ice.

Cucumber-Pineapple Salad

Either 1 package lemon jello or 1 envelope of gelatin. 2-3 cup of cold water. Salt. 1 cup of boiling water. 1 cup of canned pineapple cut in pieces. 1 cucumber (cut up). 1/2 cup of sugar. 1/2 cup of chopped nuts. Juice of 1 lemon (if gelatin is used). Method: Dissolve gelatin in cold water. Add boiling water, salt, sugar, and lemon. When it starts to stiffen, add cucumber and pineapple. Put in mold or individual molds and chill. Serve on lettuce with mayonnaise dressing.

ALL YEAR RELISH (Quite Different and Good)

Cut up fine—red and green peppers. A little onion—cut up fine. Mix altogether with lemon juice, a little sugar and desired seasoning. Serve with any kind of meats.

BAKING HINTS Quick Cake

1 cup of sugar. Little salt. 2 eggs or 2 egg whites. 3 teaspoons of baking powder. 1/4 cup of shortening. 1/2 cup of milk. 2 scant cups of flour. Flavoring. Method: Mix ingredients altogether and beat 2 minutes. Bake in moderate oven.

Chinese Chews

1 cup of sugar. 1 teaspoon of baking powder. 1 cup of chopped dates. 3/4 cup of pastry flour. 1/4 teaspoon of salt. 1 cup of walnut meats. 2 eggs. Method: Mix dry ingredients. Add nuts and dates and beaten eggs. Spread in a thin sheet. Bake. Do not let it get hard on edges. Cut in 1 1/2 in. squares. Cool. When cool enough roll in balls and roll balls in granulated sugar. This makes 36 balls.

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The Family Next Door



A Difference of Direction