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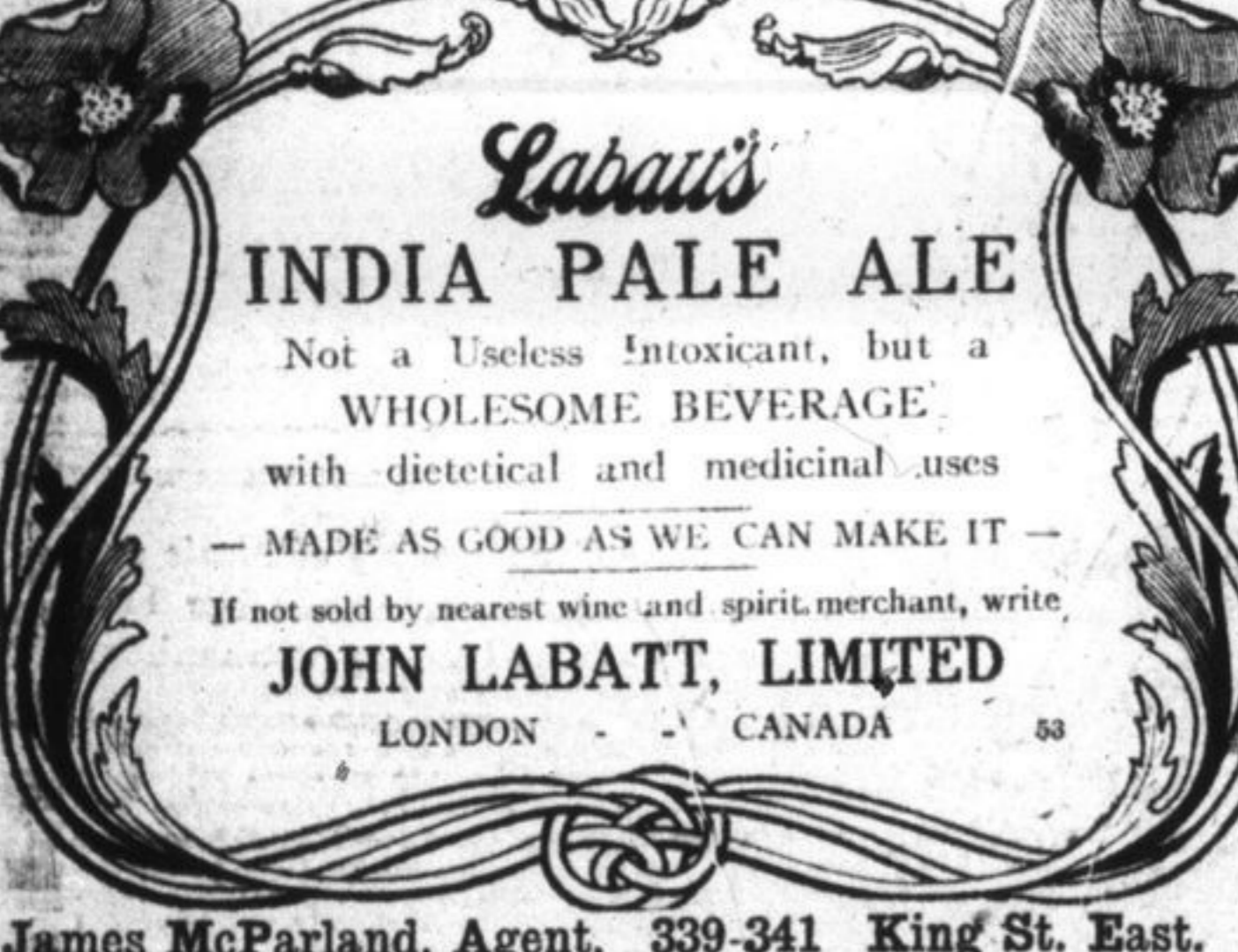
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THE CARE OF THE CHILD

A Series of Thirteen Articles of Interest, Appearing Each Saturday. (Article VI.)

Article No. 6—The Sick Child.
 Children under one year of age are subject mainly to diseases of the stomach and bowels, and most of their troubles come from mistakes in feeding. The children above one year are subject to three classes of diseases—diseases of the digestive system, diseases of the breathing system and contagious diseases.

Sprue and Stomatitis.—Many of the diseases caused by disordered digestion are first brought about by carelessness in looking after the mouth and teeth. One of the diseases caused by such carelessness is called sprue.

Using dirty nipples or unclean pacifiers, thumb-sucking, or putting things found on the floor into the mouth, will cause stomatitis in little children. The child refuses to eat and an examination of its mouth will show it to be red and full of little blisters or pimples.

Treatment.—Clean the mouth with boracic acid solution carefully, and be sure that everything that goes into the child's mouth is perfectly clean. Giving food cold will help. A very weak solution of boracic acid, wiped over the sore places in the mouth every two hours with a piece of clean cotton, will help to cleanse and cure.

Disordered Digestion.—Disordered digestion is usually indicated by loss of appetite, headache, vomiting, sometimes a slight degree of fever and often pain in the stomach or bowels.

Treatment.—Cut down the amount of food at once. Give a dose of castor-oil. To a child under one year give a teaspoonful; for children over three years, two teaspoonfuls, and for children from six up to twelve years of age, a tablespoonful.

How to Give Castor-Oil.—In giving castor-oil, the mouth should first be cooled by ice or cold drinking water. The spoon should be very cold and thoroughly wet, so that the oil will slip off easily. The oil can be coated with a little lemon juice or orange juice to conceal the taste. After taking the oil, the child should lie down quietly for at least a half-hour. If the castor-oil does not remove the symptoms a doctor should be sent for. Liquids and cereals should be given for the most part. It is always safe to give a dose of castor-oil. No harm can possibly result from it. Do not use laxatives.

Some contagious diseases begin with vomiting, and, therefore, if the castor-oil is repeatedly vomited and cannot act, the doctor should be called.

Worms.—Children are sometimes made sick by animals which live in the bowels. They are commonly called "worms". The only way to be certain they actually exist, is to see them in the stools. Children should never be fed with raw meat, and all pork or ham should be thoroughly cooked before being given. Do not give "worm medicine" without the doctor's advice. He will give the right medicine and the right amount, and he is the only one who can positively declare whether worms are present or not.

Diseases of the Chest.—The diseases of the chest are divided into two classes—those that belong to the upper part of the breathing system, the nose and throat; and those that belong to the chest itself.

Colds.—Colds should never be neglected. They are caused by sudden chilling of the skin, by germs from the street or in dust, or by catching a cold from some other person.

If possible, children who have colds should be kept away from other children.

At no time should children use another's handkerchiefs, but when they have colds this is still more important. The used handkerchiefs of children who have colds should never be left about. The discharge dries is scattered as dust, and gives well people colds. The best kind of handkerchiefs to use at these times is the Japanese paper napkin, which costs very little. After one is used, burn it.

Treatment.—A cold can be treated by using liquid alcohol, and putting a few drops with a medicine-dropper into each nostril several times a day. This will help the child to breathe more freely. Vaseline may be applied to the forehead and the outside of the nose. The child should be guarded against additional cold.

Earache.—If there is a discharge from the ear, commonly called "running ear," consult the doctor. Do not take the advice of neighbors. Neglect of the ears may cause deafness. Some times trouble in the ears is caused by adenoids. Colds will sometimes leave a child with a buzzing in the ear, or with earache. Dry heat will give great relief. A salt-bag can be made by sewing together two pieces of muslin, about three by five inches, and filling it half full with salt. The bag and its contents are then pressed flat, heated and applied to the ear. The salt holds the heat for a long time. The finger of a glove, filled with a little salt, can be heated and the tip placed in the ear. The mother should first try the heat against her own ear. Do not put anything sharp or pointed into the child's ear. If persistent application of heat does not give relief, try washing out the ear frequently with water as hot as the child will permit. If the pain is still bad, then the doctor should be called. Sometimes earaches are caused because some water or matter has formed back of the ear-drum, and it will be necessary, perhaps for the doctor to cut the ear-drum to let out the fluid. This need not be feared by the mother; it will give great relief to the child and need not affect the hearing.

Sore Throat.—A sore throat should never be neglected. A doctor should see it at once. It may be diphtheria.

Causes and Effects of Adenoids.—Children frequently suffer from adenoids. They are spongy growths be-

hind the nose. They are shown by frequent colds, breathing through the mouth, and snoring when asleep. In older children the entire expression of the face may change. Older children who have adenoids are apt to be stupid and do not get on at school. They have trouble in speaking, tire easily, do not eat well, and sometimes are even slightly deaf.

Removal of Adenoids.—In younger children the doctor may sometimes be able to help the child without an operation; with older children nothing can be done except to remove the adenoids. This is a slight operation and causes an illness lasting only a day or two. After the adenoids have been removed, the child should breathe with the mouth closed.

Enlarged Tonsils.—Enlarged tonsils, which often accompany adenoids, will cause many sore throats and attacks of tonsillitis. If the doctor advises it, they may be removed by an operation.

time of the first symptoms until the rash appears, lasts from three to five days. Peeling begins within seven or eight days after the beginning of the disease. The greatest danger from measles is from bronchitis or the pneumonia which may occur. In treating a child sick with measles, darken the child's room as long as bright light hurts the eyes.

German Measles.—German measles break out two or three weeks after the child has been exposed to the disease. It is the most harmless of the contagious diseases. It is very mild, and takes a very short time. It resembles a light form of other measles.

Scarlet Fever.—Scarlet fever begins very suddenly. It usually starts with vomiting and high fever, and the rash comes out almost at once. It occurs most frequently between the ages of one and five years. The disease is believed to be the most contagious while the rash is out and during the time when the rash is peeling. Everything that comes from the patient—clothing, food, anything that has in any way been touched by the patient—may retain the power of infection for months, even for years, both in taking care of the patient and in protecting the other members of the family. Scarlet fever may cause kidney disease, deafness, pneumonia and several other serious diseases.

Small-pox.—Persons with small-pox must be sent to hospital. Vaccination is the only protection people have against small-pox. Children should preferably be vaccinated between the time they are four and six months old. They should be vaccinated again at the ages of five and twelve years.

Chicken-pox.—Chicken-pox is usually a mild contagious disease. It may take from two to eight days from the time the child has been exposed until the rash comes out. The little blister-like spots of the rash come out a few at a time. There is a mild fever. After a few days the blisters dry up and little scabs form. Children should not be allowed to go into the street or to play with other children until every one of these scabs has dried and fallen off. At times the child feels so well when it has the chicken-pox that it is hard to make it stay in bed. There is a little danger that pneumonia may follow chicken-pox if the child is not properly cared for in bed while there is a fever.

Diphtheria.—Diphtheria is an acute disease of the nose or throat, and is a very dangerous illness. If antitoxin is used early, there is little danger of death from diphtheria. Take no chances in cases of sore throat, and call in the doctor early. Only a doctor can decide whether or not the case is one of diphtheria. If there is any doubt as to the cause of choking and hoarseness, antitoxin should be given at once. A child should not be allowed to get out of bed until the doctor permits. Diphtheria may affect the heart if the child gets up too soon. Only after the doctor has stated that the throat or nose is free from diphtheria germs, should the patient be allowed to go out of the house or to play with children.

Contagious Diseases without Rash.—There are many contagious diseases that are not accompanied by a rash.

Whooping-cough.—Whooping-cough is considered one of the dangerous diseases of childhood, because of its possible complications. The violent coughing sometimes causes a rupture. Pneumonia often occurs during the disease. Consumption may follow. Children who have this disease need plenty of fresh air. It is wrong to take them to places where there are children, and expose them to the disease. Many children die from whooping-cough than from small-pox and scarlet fever combined. If the child vomits, give it more food. It is important to keep up the child's strength. Give no medicine unless the doctor advises.

Mumps.—Mumps cause a swelling of the face in front of the ear. They are common among children from two to fifteen years of age. The disease takes from one to four weeks to come out, and is highly contagious. After the third week it is usually safe for the patient to play with other children.

Typhoid Fever.—Typhoid fever is a disease due to germs. It is usually caused by drinking water or milk that contain the germs. Many people who have had typhoid fever may carry typhoid germs in their bowels for a long time. Such persons are at times able to spread the disease through dirty habits, or by handling other persons' food with unclean hands. Flies very often carry the typhoid germs and spread them over the disease. The typhoid germ is almost always taken into the body through the mouth. Children under two years seldom have it, and few under five years, but it is common between five and fifteen years of age.

Influenza.—Influenza or La Grippe is another germ disease, and is apt to make children very ill. The inflammation it brings about may affect either the nose, throat and lungs the stomach and bowels, or the nerves and brain, sometimes all of these. It may be followed by pneumonia. The patient should be kept away from the rest of the family, just as in any other contagious disease.

Fumigation.—After all contagious diseases the home should be thoroughly disinfected and all germs killed. This is called fumigation. In most cities the board of health will attend to this, but it will only fumigate the room in which the patient has been lying. It is a good plan to fumigate the other rooms. Boiling clothes or dishes, or anything used about the patient, will disinfect them. This is called fumigation. In most cities the board of health will attend to this, but it will only fumigate the room in which the patient has been lying. It is a good plan to fumigate the other rooms. Boiling clothes or dishes, or anything used about the patient, will disinfect them.

Method of Fumigation.—After the Board of Health has disinfected a room, carefully wash walls, furniture and all woodwork with hot water and soap. All doors and windows should be opened and fresh air let in for several hours.



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