

Health, Beauty And The Home

The Doctor Says

By *Brice Belden M.D.* Registered U. S. Patent Office.
The Well-Known Physician and Writer.

WHAT causes a calcareous or lime deposit on the ball of the foot, and is there anything that will absorb it without an operation?—H. D.

It is a favorite trick of nature to deposit lime salts about points of irritation or disease in order to ossify the parts and so put an end to the process. This frequently happens where tuberculosis is trying to gain a foothold. In a part like the ball of the foot the removal of the deposit, after it has accomplished its beneficent purpose, is necessary if it is causing secondary disability. There is no way of absorbing such a deposit.

I SUFFER from soreness under the finger nails and about the quick. A discharge of matter can sometimes be pressed out. What causes this and can it be prevented?—C. A. M.

Infection about the finger tips, when persistent, indicates a condition of poor general health. The way to prevent the trouble is to build up the system. This means fresh air, good food, exercise and proper rest, and the observance of good personal hygiene in general. You will derive benefit from the following medicine:

Compound Elixir of Glycerophosphates (National Formulary), 6 ounces
Two teaspoonfuls in water, after meals.

IS there a medicine extracted from ragweed, to be injected into the body for the relief of hay fever?—J. T.

Yes, and good results are obtained from subcutaneous injections of very dilute extracts of ragweed pollen, provided it is the pollen responsible for a particular case. There are a large number of pollens capable of producing hay fever, and there is a skin test which shows which pollens are causing the hay fever, after which the appropriate extracts can be used. The treatment ought to be begun some time before the date of the annual attack, as the idea is to immunize the patient, just as we immunize children against diphtheria by the injection of antitoxin.

SINCE my recovery four years ago from a painful affection of the stomach, the exact nature of which I am unable to state, my teeth have undergone a gradual decay, beginning at the gums. I brush my teeth regularly, live a clean life and otherwise enjoy excellent health. What is the cause of this condition?—W. S.

The decay was started by bacteria which got a foothold at the time of your illness. Owing to your low resisting power at that time the micro-organisms were enabled to start operations. They have evidently made such headway that even your present good health has not availed to check them. The formation of tartar at the point where the teeth emerge from the gums leads to recession of the gums, and in this case a small organism known as the ameba, together with pus-forming organisms, starts the affection known as "biggs' disease." This condition has probably also been a factor in your case. It would be a good idea to have the teeth X-rayed to determine the condition of the roots.

I AM troubled with gnawing or pulsating sensations in the region of the stomach all the time, and have lost weight through worry. The X-ray and other examinations show nothing wrong with the stomach nor with any other organ. Can this be a nervous disorder and can it be corrected?—X. Y.

It may possibly be a nervous dyspepsia. In that case the treatment is largely that for neurasthenia, which is generally associated with it. The avoidance of excitement and of excessive mental work is essential. Systematic exercise and frequent bathing are beneficial, although some cases require the rest cure. Tobacco, coffee and alcohol must be given up. An easily digested diet, of which milk should form a large part, is indicated. An extended voyage often effects a cure. For the nervous element the following medicine sometimes proves effective:

Bromide of Strontium 3 drams
Essence of Pepsin 3 ounces
One teaspoonful after meals, in water.

I SUFFER from stomach acidity and pain after taking food. My gall-bladder was removed in 1916 on account of inflammation. Do you think lack of bile is the cause of my trouble?—M. B.

It is possible that the lack of bile has something to do with your present trouble. If the bile is deficient the fact may be known by clay-colored movements. The deficiency may sometimes be remedied by the administration of purified o-gall, or ox-bile, which may be taken several hours after meals in doses of five or ten grains, in capsule. The diet should include no fats or meats or eggs, since the bile digests fats and prevents the putrefaction of protein-containing foods like meat and eggs. On the other hand, your pain may be due to adhesions consequent upon your operation. In other words, there may still be a surgical aspect to your trouble. You should consult the surgeon who operated upon you.

I AM a woman thirty-nine years old, weighing 174 pounds. I am rheumatic, and my abdomen is too large, but my principal complaint is irritability of the bladder and kidneys. I am also nervous. Does this sound like anything serious?—H. D. H.

You are overweight. Your condition may be due to a diet that is excessive in proportion to the amount of exercise in the open air that you get. There may also be special dietetic errors, such as the excessive eating of sweets. The rheumatism is due to the accumulation in the system of waste products that are not oxidized. Exercise would benefit you in two ways: it would increase elimination by way of the skin, and it would increase oxidation by reason of the increased intake of oxygen, assuming that the exercise would be in the open air and not housework. The nervousness is probably due to irritation of the nervous system by the accumulated poisons. The bladder irritability is probably due to two things: local irritation by certain poisons in process of excretion, and high blood pressure. Conditions such as you describe, if long continued, lead to changes in the kidney. Whether such changes have taken place you should leave to your physician to determine. These changes generally clear up when the causes are rectified.

I AM a man of forty, weigh 182 pounds and have a protruding abdomen. My profession keeps me at work in the open air and I also walk several miles every day. Do not drink much. Do you think I could have a fatty liver, or is some gland at fault that presides over nutrition?—C. C.

It is possible that your liver is enlarged. This may be due to fatty infiltration, to congestion, to cirrhosis, or to a number or less common affections. There is no particular gland at fault in such conditions as yours. Probably you are thinking of deficiency of the thyroid gland in myxedema, a disease characterized by the deposit of gelatinous material under the skin, producing a kind of obesity, but that is another story. The most suggestive phrase in your history is "do not drink much." You don't have to drink much to get a cirrhotic, congested or fatty liver. Abuse alcohol and your life in the open should keep you fit.



"A gentle rotary massage of the cheeks will plump them wonderfully and leave them fresh, soft and rose-like." Especially Posed by MISS GRACE DARLING at CAMPBELL STUDIO

HOW can I remove the freckles from my arms and hands?—O. G.

Apply the following the last thing before going to bed. In the morning sponge it off and massage the skin with a good cold cream:

Powdered borax.....1/4 dram
Powdered sugar.....1/4 dram
Lemon juice.....1/2 ounce

WILL you give me a preparation that will eradicate wrinkles?—MRS. O. G.

This is a splendid remedy for persistent crows' feet. Apply it after a warm face bath every night, massaging it in with a gentle rotary motion:

Spermaceti1/2 ounce
White wax.....1/2 ounce

How to Make Your Furnace Shovel Reduce Your Coal Bills

MORE than ever this Winter will the householder seek to conserve his coal supply. Many a man is now vainly beseeching the coal dealer who has always supplied him with his Winter fuel for "just a few tons to see me through until the worst is over." Others who were fortunate enough to fill their bins during the Summer are wondering if they have enough of a supply to keep their furnaces going all Winter.

In both cases it behooves the man who wishes to keep his house warm to economize on coal, on the one hand, on what he may be able to obtain, on the other on what he has. No more opportune advice can be given than that which shows the family which doesn't depend on the flat or apartment house janitor for heat how to get a maximum of heat from a minimum of coal.

Such advice is given in the current Good Housekeeping Magazine by Kenneth G. Smith, director of engineering extension in Iowa State College.

"As with the 'high cost of living,' so with the 'high cost of heating,' certain foresighted measures may be taken to keep his 'highness' within reasonable limits," says Mr. Smith. "These measures include keeping the heating plant in A-1 condition, choosing the most suitable and economical kind of coal for your particular plant and your particular locality, and, finally, proper firing of the fuel that you use.

very poor conductor of heat, and if allowed to accumulate on the heating surface, prevents the heat from passing from the fire to the air or water of the system. It goes off up the chimney in the heated air and gases.

If a hot-water or steam system has been filled with water during the Summer (as it ought to be), it should be emptied and filled with fresh water before firing up. All dust and dirt should be cleaned from registers and warm-air pipes of a furnace system, and when possible the warm-air space of the furnace itself should be swept out. A vacuum cleaner is very effective for this work. All these things affect either the health of the occupants of the house or the efficiency of the heating plant, or both.

The thickness of the fire must be varied according to the weather. It is a good plan to keep the top of the fire as near level with the bottom of the firing-door as possible at all times except in very mild weather. In mild weather ashes should be allowed to accumulate on (not under) the grate. In cold weather the fire should be well shaken and only a thin layer of ashes left on the grates. If necessary the fuel may be heaped above the level of the bottom of the firing-door. In other words, the thickness of the fire is to be varied chiefly by the raising and lowering of the bottom, and not by raising and lowering of the top of the fuel bed.

As hard coal contains but little gas, it is seldom if ever necessary to admit air through the firing-door over the fire. The fuel bed should be kept thick so that it will not burn through and admit excess air. When firing a fresh charge, the entire fuel bed should not be covered. Leave a space of red coal, preferably at the back, through which air can come. The smaller sizes of hard coal are usually the cheapest and can be burned provided the draft is strong enough. The finer the coal, the stronger the draft must be to force the air through the fuel bed. Sometimes large sizes may be burned for heavy firing and finer coal mixed with it for mild weather and for banking at night. A hard coal fire should never be poked from the top.

admitted over the fire nearly all the time, or there will be a gas explosion. This is especially apt to happen if the draft is sluggish.

At no time should the entire fuel bed be covered with fresh fuel. This is a precaution more necessary to be observed with soft coal than with hard coal. The fresh charge should be fired in front and thus cause the gases to pass back over the red hot coals at the rear before they can escape. If sufficient air is admitted at the same time, they will be consumed.

When banking a soft coal fire for the night, the fresh charge should be fired and allowed to burn up for from five to fifteen minutes with drafts open. This burns off the gas, utilizes heat and lessens the danger of a gas explosion. Some bank a fire with ashes in order to drop any small bits of coal which drop through the grates. This is satisfactory and economical provided the ashes do not cause clinker and clog the fire. Fine coal is best for banking, used wet or dry. The fine dust of Pocahontas coal if thoroughly wetted and placed on the fuel bed will cake and keep the fire burning slowly all night. If fired dry, it will burn too rapidly.

Very often a householder who has been burning hard coal desires on account of cost to burn soft coal. This may often be done without difficulty, but sometimes it is impossible. "It all depends." Furnaces and heating boilers are "rated" on the basis of hard coal of stove size; that is, their heating capacity, stated in catalogs and handbooks, is based on hard coal as fuel. To get the same capacity from a furnace when burning soft coal as when burning hard coal, the grate must be at least twenty-five per cent larger. Additional heating surface is also required for soft coal, because soot renders the surface less effective.

Sweet almond oil.....1/2 pound
Lanolin 4 ounces

WILL you tell me of a harmless bleach for the skin?—MRS. O. G.

This is truly admirable for

bleaching the skin of the face, neck and arms.

Glycerine 1 ounce
Rosewater 1 ounce
Carbolic acid.....10 drops
Tincture of benzoin.....10 drops

What's Correct To Do, Say and Wear

By Mrs. Cholly Knickerbocker

MY husband is always criticizing me. I know I make many mistakes, because I am somewhat inexperienced about household affairs. Nevertheless, I always do the best I can. What should I do?—MRS. B. W. R.

Just keep right on doing the best you can. Consult and advise with your husband whenever possible, but if he persists in criticizing you go to him frankly and tell him that he is unjust if he continues to reproach you for errors which were made with good motives and the best of judgment available.

WHY do speakers always insist on ladies removing their hats? People can usually see around well enough, and it always "musses" my hair so dreadfully.—A. B. R.

Because people cannot, as a rule, "see around well enough." If ladies will not, after many years of repeated requests to this effect, make it a habit to remove their hats during public speeches or dinners, it begins to look as if it were useless to expect any real courtesy from them. The reason you wish to keep your hat on, regardless of the wishes or the comfort of others, is because to take it off entails you a little annoyance. The trouble is that you are selfish; you care a great deal more for yourself than you do for others. Without some genuine element of consideration for the feelings of others this world would be an exceedingly uncomfortable place to live in. Arrange your hair as simply as you can. Forget yourself for a little while and do something that will give pleasure to other people. In doing this you will have learned one of the finest rules of polite society—that of instinctive courtesy.

IS it ever permissible for a child to interrupt the conversation of "grown-ups"? My little daughter is always doing this, and my husband thinks I ought to reprove her.—MRS. J. H. C.

Your husband is right. A child should never be allowed to interrupt. But, for this very reason, both of you should remember not to hold forth interminably upon some uninteresting topic (to children) when the child is in the room. If either of you does this, and I suspect your husband has that very bad habit, you cannot blame your little daughter for wishing to interrupt. If the child is to be disciplined, then be sure the parents are not most largely at fault before commanding her to keep silent under a stream of continuous talk that is but as a weariness to the flesh and a flagellation to the spirit.

I OFTEN go away for week-ends, but I am never quite sure who should make the first move to retire. Will you please enlighten me?—M. M.

I don't wonder you are puzzled, because if you should happen to volunteer the information that you are sleepy your hostess would have good reason to resent it, as that might look as if her entertainment of you were inadequate. The hostess should be the one who gives the signal to retire. However, care should be exercised on her part to anticipate the wishes of her guests, rather than her own personal desires.

MY husband is fond of chewing gum in business hours. I hate to have him do it, but he will pay no attention to me. What do you think?—K. H. G.

Your husband is frankly lacking in refinement. The constant chewing of gum is one of the most unattractive and disgusting spectacles it is possible to conceive of. Expectation in public is only a step worse than this, and any one who delights in making an exhibition of such a silly and aimless performance as chewing gum should be socially ostracized by all well-bred members of society.