AUTHOR’S NOTE

“Practicing health behaviors and attitudes”
This book imparting information about the symptoms of diseases, the causes of ill-health and their preventives.
It is the only book that establishes a classification scheme for symptoms, causes of diseases, diseases of children and women, venereal infections, diseases of the digestive system, skin diseases, diseases of air passages, food deficiency diseases and cancer.
The more universal and modeling techniques of preventions are illustrated in considerable detail. With this note/Journal, I have confidence that it will be a real contribution to the health, the well-being of the people and the educational development of the students of health sciences at various levels of their education.
3. COLIC

The attack of colic comes on suddenly with loud crying. Which waxes and wanes as the pains increase and decrease. The stomach and bowels are full of gas and so the abdomen is tense and hard. The thighs are drawn up over the abdomen during the attacks. Colic usually occurs in artificially-fed babies and may be caused by too frequent feeding or the feeding of food which is too sweet or is not of the proper quality. Feeding small children any food that is not thoroughly cooked will often cause colic.

Treatment

Colic can often be relieved by giving warm water with a spoon or from a bottle. Make cloths hot and lay them on the abdomen. If this does not relieve the colic, then give the child an enema of one pint of water at a temperature of 105 degrees Fahrenheit (40.56 °C), to which one teaspoonful of salt and two teaspoonfuls 1 oz (ca. 38 grams) of glycerin have been added. The enema may not clean out the upper portion of the bowels; therefore a dose of castor oil should be given in addition to the enema. If the colic recurs frequently a teaspoonful of prescription should be given twice a day for two or three days. Since improper or unclean food probably caused the colic, it is only by giving attention to feeding clean good food that further attacks can be avoided.

4. CONVULSIONS

There are many conditions that may cause convulsions in a small child, such as improper or indigestible food, rickets, intestinal parasites (worms), malaria and cholera. When an attack of convulsions comes on, there is usually twitching of the muscles of the face and hands, sudden paleness of the face; the eyes are fixed and turned upward, the head is thrown back, the hands are clenched and the legs are drawn up spasmodically.

Treatment

Prepare a hot bath (temperature 105 degrees Fahrenheit) as quickly as possible.
CHAPTER THREE

DISEASES OF WOMEN

Several abnormal conditions are concerned with the menstrual function, such as the absence of menstruation, painful menstruation, profuse menstruation and leucorrhoea (a white discharge that is constantly present between the menstrual periods)

1. Absence of Mensuration (Amenorrhoea)

The average girl begins to menstruate at about twelve years of age, but she may begin as early as nine years or she may delay until fifteen years of age. If her body is well developed and she is in good health it is no cause for worry if her menses do not begin until seventeen years of age. The young girl suffering from tuberculosis will not begin to menstruate until the disease is cured.

Failure to menstruate may be due to an underdeveloped condition of the uterus and ovaries or to a closed condition of the vagina. A physician can easily determine whether either of these is the cause.

After menstruation has begun it may cease when a change of climate is experienced or during such diseases as typhoid fever or scarlet fever or a cold. There is no cause for worry for this is the body’s way of preserving its strength and the menstrual flow will in due time.

Treatment

Since the causes of failure to menstruate are so varied, the treatment in every instance is removing the cause, if possible. In the case of a married woman, it should be remembered that failure to menstruate is probably due to pregnancy.

The following treatment will be found useful in inducing menstruation: If the girl is poorly nourished, she should be given more and better food. She should not be compelled to work hard. Daily exercise, preferably out of doors and eight or nine
may do their work well, it is necessary to take daily muscular exercise. The skin should be kept clean by frequent bathing.

Constipation that usually accompanies dyspepsia can be treated according to the instructions in the following section. The treatment outlined above will not cure every case of dyspepsia. It will be necessary at times for the patient to find out what kind of foods disagrees with him and to avoid those foods.

ii. Constipation

There should be one or more movements of the bowels daily. When the bowels move but once in two or three days, this is a condition designated as constipation. Constipation is present also in the case of those who are obliged to use a cathartic daily to cause a movement of the bowels. Other symptoms of constipation are a heavily-coated tongue, foul breath, occasional headaches, especially in the top and back part of the head and at times a feeling of discomfort in the abdomen.

The causes of constipation are sedentary habits, lack of bulky food and the use of tea, coffee, tobacco, and intoxicating drinks. In some cases, there may be abnormal conditions in the abdomen, which cause constipation. The constant use of cathartics will result in a very severe form of constipation.

Another cause of constipation, especially in women, is neglected to evacuate the bowels when the desire is felt. Over time, the presence of fecal matter in the lower end of the bowels fails to lead to the desire to go to the stool and a very obstinate form of constipation results.

Treatment

The cure of constipation in most cases consists of chiefly correcting wrong habits. Proper diet and daily muscular exercise will do more to effect a cure than all the widely-advertised medicines. Daily exercise should be taken either walking, working in the garden or some other form of muscular exercise. A special form of exercise of great value is to lie down flat on the back with a small folded blanket or similar articles under the small of the back and raise both legs to the
are sores on the head they may be smeared with a little Vaseline or coconut oil. To get rid of lice eggs the hair should be washed with a solution of 1 tablespoonful of baking soda to 1 pint of water or 2 tablespoonfuls of vinegar to 1 pint of water, three times a week and following the use of the vinegar the hair should be combed thoroughly with a fine-toothed comb. The course of treatment should be repeated every ten days until no more lice eggs are found.

5. Bed Bugs

Bed bugs not only annoy one by biting but they also spread some very serious diseases. The best way to get rid of them from the clothing or bedding is by immersing the clothing in boiling water. When the bed-bugs are in the crevices of the bed, a mixture of one part of carbolic acid (or cresol or izal or Sanitas or phenyl) in parts of water should be smeared in all the crevices and holes of the bed.


Pimples are often seen on the face, the shoulders and back. Blackheads are very similar to pimples except that they have a black spot in the top of the pimple. Treatment

Pimples are due to poor elimination and in adolescents to an excessive amount of oil in the skin. The young person should do all he can to avoid having pimples as the conditions are easier to prevent than cure. He should get plenty of out-door exercises, sufficient rest, drink much water, eat an abundance of fresh fruits and vegetables, especially the green leafy kind. He should avoid fried foods, sweets and rich desserts. He should bathe daily, washing the face in a rich lather of mild soap three times daily.

If pimples do appear and must be opened, do so with a clean needle and press gently, avoiding squeezing. Apply spirits of camphor until the spot has dried up. Keep the hands away from the face, thus avoiding the spreading of the infection.

7. Prickly Heat

In the very hot weather, babies and sometimes adults are bothered with a red
rash or very small blisters on the skin. It is caused by much sweating.

**Treatment**

Sponge the skin with cold water and then sprinkle on the following medication; Mix 5 grams of sulfathiazole powder with one ounce of fine corn starch. If corn starch is not available, use talcum powder.

**8. Eczema**

Eczema occurs in patches on the skin of the body where there is redness, itching and weeping (a fluid exudes from the itching part). Later a crust forms. Eczema common mostly on the face and sometimes causes the skin to become cracked.

**Treatment**

Most cases of eczema are caused by some allergy or sensitivity. It may be due to sensitivity to a particular food. It may be due to some toilet preparation such as soap, powder or lotion. Again it may be due to some environmental contact such as plants, animals.

Among the common foods, causes are meats, milk, eggs or other animal products, wheat products, tomatoes, sea-foods and several others of less significance.

Treatment consists of learning, if possible, what the offending article is and eliminating it from the diet or environment.

By leaving off one article after another of diet or contact for some time, it is possible to determine whether there is something identifiable causing the trouble.

Eczema rashes sometimes become infected and in such cases the use of sulfathiazole ointment is helpful. Persistent cases are sometimes benefited by the use of liberal amounts of the vitamin B complex.

**9. Ringworm**

Ringworm is a skin disease that may develop on any part of the body. It is caused by a germ that is somewhat similar to the mould that is sometimes seen on a plate of cooked rice that has been allowed to stand overnight.

The disease is caught from coming in contact with the body or with the clothing,
towels or bedding of some person who has ringworm. It is easily spread and children who have ringworm on the body or the head should not be sent to school until the disease is cured. The ringworm begins as a small red or brownish spot and spreads out on all sides. After a time the center of the spot may return to the normal color of the skin. When this happens the disease presents the appearance of a ring. The itching is intense.

**Treatment**

Apply Whitfield’s ointment by light rubbing to the part affected. In case of ringworm on a delicate skin area or small children, use half-strength Whitfield’s ointment. The best ointment for treating ringworm and other fungus infections of the skin is sold under the trade name “Desenex” in which the active principle is acid.

**10. Ringworm of the Scalp**

Ringworm of the scalp is common among children. It causes the hair to turn white or to drop out. Large crusty sores are also found on the head. Sometimes all of the hair on the head falls out. Treatment: Ringworm of the scalp cannot be cured without cutting the hair short. The best method is to shave the affected places. After shaving off the hair the same treatment may be used as was recommended above for severe cases of ringworm on the body. There is one form of ringworm of the scalp that is very difficult to cure and if the above method does not cure, a physician should be consulted, otherwise, the disease will progress and cause baldness.

**11. Sores and Ulcers of the Skin**

Children who are kept clean seldom have sores. To prevent sores small wounds should be cleansed with soap and water or washed with a solution containing
CHAPTER EIGHT

FOOD DEFICIENCY DISEASES

1. Beriberi

Until recently this has been one of the commonest diseases in many parts of the world. The symptoms vary greatly in different cases. Some who have this disease become partially paralyzed in the legs and arms; there is numbness of the skin, especially of the skin cover the shins, the backs of the feet and finger-tips.

The patient’s legs become thin and if the calf of the leg is squeezed, the patient cries out with pain. On account of the legs being partly paralyzed, the patient walks with a staggering gait and gets out of breath very quickly. The heart beats with extreme rapidly at times. The voice may be very weak or sometimes almost entirely lost.

Others afflicted with beriberi have arms, legs, and body greatly swollen. They have great difficulty in breathing. The heart beats very fast. If the muscles in the calf of the leg are squeezed, they will usually cry out with pain. There is no fever in any of these cases. The tongue shows a slick reddish shiny appearance, particularly about the edges.

Beriberi is an inflammation of many of the nerves throughout the body and this inflammation causes a partial or complete loss of the use of the muscles controlled by these nerves. The nerves of feeling show the effects of the inflammation by pain in many parts of the body. Some of the nerves which govern the blood-vessels show the effects of the inflammation by permitting the vessels to leak. This produces the dropsical swellings in the legs, arms, and trunk.

2. Causes of Beriberi

Beriberi occurs almost exclusively among those who use white rice as one of the main articles of diet. Rice has been examined and found that the outside of a grain of rice is not the same as the inside. When the rice is polished, the outer coating is removed. This outer coating is not the hull; it is the reddish-colored
7. A persistent cough.
8. Unusual or unexplained loss of weight or anemia

From this list, it will be evident that cancer may present a variety of symptoms, many of which are commonplace and frequently associated with conditions other than cancer. But let it be emphasized that to avoid cancer you should safeguard your health at every point. However, do not become morbid, always dwelling upon every trivial symptom and imagining others. Intelligently investigate unusual symptoms and have a periodical examination even when you have no symptoms.

Avoid a feeling of helplessness and a feeling of fatalism because much cancer can be cured if it is discovered in time. The thing to do is not to say, “if it comes, it comes and nothing can be done about it” Instead, always be on the alert to discover anything abnormal in the body.

If any physical defects exist, whether it is cancer or anything else, attention should be given to it immediately and it should not be allowed to drift along unattended. Many doctors state that a careful yearly check-up (a thorough physical examination) will protect the individual against the development of cancer, beyond the point of successful treatment. When having the checkup mentioned above, a woman should have the breast examined and an “internal examination” for cancer of the uterus. After forty this should be done every six months.

A rectal examination should not be omitted. If there are digestive symptoms an X-ray of the stomach and the intestines should be made. A fluoroscopic examination of the chest is important for everyone. These may cost a little bit extra but what is a little money compared to your health?

In addition to the usual procedure, it sometimes becomes necessary to remove a piece of tissue for examination under a microscope to make an exact diagnosis. This is harmless and generally a painless operation that should be always permitted when advised.

Cancer of the skin is one of the least dangerous forms of cancer because it is accessible to the surgeon’s knife as well as to radium treatment. Also, cancer of
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