

Health Notes for the Farm

Infectious Diseases Are Enemies of the Young

THE detection and early exclusion from contact with others of children suffering from infectious diseases is very necessary for the preservation of a high standard of health among the child community. The future of our race largely depends upon defence against such enemies of youth as well as success in the struggle against Nazi autocracy abroad. The importance of parents and teachers knowing the early signs and symptoms of such epidemic ailments is therefore obvious.

The following is a brief survey of the early signs to be looked for. They are, of course, of special significance during an epidemic of the particular disease, and the provisional exclusion from school of any even mildly suspicious case is a wise precaution. The incubation period is not necessarily always the same, and therefore the periods shown must only be taken as the average.

Most infectious diseases begin with a rise in temperature. Although the feverishness may be slight, the child should be put to bed and isolated from the rest of the family, especially from other children, until it is decided from what the child is suffering. The diet should be light.

Any infectious disease in a child can be ushered in by headache, fever, and vomiting. Running at the nose and eyes, and signs of a cold in the head, are also the alarm symptoms of the various infectious troubles. During an epidemic, therefore, any child exhibiting such should be excluded immediately and kept separate until a definite diagnosis is made.

A wise mother will rely on the skill of a qualified nurse whenever she has the slightest doubt as to the nature and proper treatment of her child's ill health. She will not risk his immediate future health by experimenting with quackery remedies. When in doubt send for your doctor.

Infectious diseases must always be treated with great care and attention in order to guard against after-effects, which may prove more serious than the disease itself.

The period of exclusion from school of children suffering from any infectious disease or in contact with such

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Common Diseases

The most common of these diseases are:—

Chickenpox.—Incubation period (that is, the time between exposure to infection and first appearance of symptoms) about 21 days. Sudden onset. Fever, but this may be entirely absent in mild cases. The rash appears on the second day, and may be the only symptom present. The spots are scattered, at first red, and then clear blebs form.

Measles.—This disease is a nuisance. It seriously interferes with school life, and causes much trouble in the family.

It is important that children are protected from all chances of infection. This done, the amount of unhappy consequences from measles will be greatly avoided. There are two types:

German Measles.—Incubation period about 21 days. Slight fever, which may be entirely absent; enlarged and tender glands of both sides of the neck; the rash appears suddenly, and may be the first and only symptom.

Measles.—Incubation period about 14 days. Onset with symptoms resembling cold in the head, running nose, inflamed eyes, sneezing, and coughing. The rash appears on the third day, dull red, slightly raised spots occurring in groups, first behind the ears and on the forehead and face, and then spreading over the body. The most infectious period of the disease is in the early stages of nasal discharge, etc.

Mumps.—Incubation period about seven days. Sudden onset, with slight fever. Pain and swelling in front of and below the ear, often one-sided, but the infection may spread later to the other side.

Whooping Cough.—Incubation period about seven days. Rather gradual onset of symptoms, suggesting a cold in

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