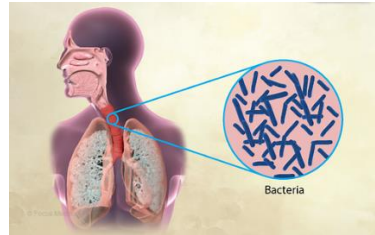


## WHOOPING-COUGH (PERTUSSIS).

This disease is too well known to need description.

**Treatment.**— Like all contagious diseases, whooping-cough will terminate in health as soon as the specific poison that occasions it is removed from the system. Therefore, all there is to do is to nurse the patient properly. The body should be at all times at about the same degree of temperature. The child should be well protected by warm clothing in cold weather, and the air in its room should be of an even temperature night and day. The temperature should not rise above 65° nor fall below 60°. Extremes in the temperature of the room are generally more injurious than any other one thing in the whooping-cough. The diet must be plain, simple, and rather spare, yet the child must have sufficient to keep him well nourished. Feed infants as directed in Diet for Infants. Bathe the child three times a week in warm water. The form of bath is immaterial. Give a hot leg-bath for ten or fifteen minutes once or twice a



week in addition to the other baths; keep the head cool and the extremities warm at all times. One of the best methods of treating whooping-cough is to apply the cold compress to the chest and hot fomentations to the spine at the same time. This may be done in connection with the above treatment. Hot fomentations should be applied over the liver two or three times a week.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 318-19 by M. G. Kellogg*