

32. Like Dad says, "If you're gonna give the **vitamin C** any credit, then you'd better **thank the Lord** that He gave it!" Amen! Vitamin C is very good for fighting off infections in the body because as soon as it's consumed, it is rushed to the "trouble spot" and there put to full use in the body. This is why vitamin C is best when given during illness in big doses several times throughout the day, rather than given all at once; also, if too much vitamin C should be given in one dose, it is not toxic and the excess will be lost in the urine. In sickness or time of stress, however, the body is very much in need of vitamin C and will use every bit as it is given, when given in frequent dosages throughout the day.

33. As suggested in Adelle Davis' book "Let's Have Healthy Children", you may dissolve about 50 grams of vitamin C ascorbic acid powder, (obtained very cheaply from local pharmacies) into 1 cup of warm water. Stir or blend well with several tablespoons of honey. Keep refrigerated in a jar and give, along with a little honey on the spoon, 1 teaspoon every waking hour of the day to sick children. This liquid solution has helped combat and even prevent infections in the body. If children are not used to having vitamin C daily before this, they may develop loose bowels; in this case, decrease the frequency of the vitamin C dosage, but do not stop it altogether. Rinse their mouths with plain water after each dosage!

34. If you will refer to your

Home Medical Encyclopedia (which is required on the checklist) you will see that the **incubation period** is the period between exposure to an infection and development of the first symptoms. The periods can vary, but they are helpful to know, if you're aware of your child's exposure to some infection in your area.

35. The **beginning symptoms of every childhood disease are about the same: first a cold, then coughing and especially a fever.** It is not until after the fever breaks, that the poison that is released from the system manifests itself in some kind of outward sign, such as measles, chickenpox, mumps or whooping cough. These childhood diseases are contagious and widespread among small children, so it's important to be aware of their initial symptoms.

36. So, the onset of a **fever**, no matter how slight, or other symptoms of illness, is the most important time to **isolate** the child within a bedroom where he should eat meals, play, sleep and **stay** isolated, having no contact whatsoever with other children, if possible. This is for safety measures until you see if after the fever breaks, it develops in a couple of days into a communicable childhood disease. Better safe than sorry!

37. **Childhood diseases do not affect adults**, except in rare cases, but can spread like wildfire to other children who breathe in the contagious germs, or because of bodily contact with sick children.

38. Most of our Homes have at

least three children nowadays, and we should at least **try** to not only keep the sick children within the **same** Home isolated from the other children, if possible, as well as outsiders, but especially not to allow the children who have been exposed to another sick child to leave the Home and travel to another one where they can very easily contaminate other children! Otherwise, you may be fighting these terrible childhood diseases for weeks or even months on end with many sleepless nights and trying moments, not to mention the strain and effect it may have on the little child's health.

39. Our doctor said it is easiest to catch the whooping cough when under four years old, but if an older child comes directly in contact with the germ, he, too, can catch it. The incubation period is anywhere from five days to three weeks, which means the child can catch the germ and be carrying it, but not even show signs of sickness or symptoms of the disease until after the full incubation period is completed.

40. The whooping cough is very highly contagious, especially in the very beginning stages, but also throughout the **entire** time of coughing as well. Because it is good for the children to breathe good, clean air, (especially sea air), we sometimes bundle the children up in hats and sweaters and take them for a walk where they can get a little sun and fresh air, but are especially cautious to keep them **away** from other children!

41. The obvious **symptoms** of whooping cough are: a cold that develops into frequent and chronic coughing spells accompanied by either a slight or heavy fever. As the cough worsens, the child turns very red in the face, chokes, and has a hard time catching his breath. Therefore, he makes a "whooping" sound, which gives the cough its name. It can be a very dangerous disease in infants and prevails mostly in the winter months.

42. There are **three stages** of the disease, as is described in **Black's Medical Encyclopedia**: Stage 1 is characterised by the usual symptoms of a catarah (cold) with sneezing, watering of the eyes, irritation of the throat, feverishness and cough. In general, there is nothing in the symptoms to indicate they are to develop into whooping cough.

43. Stage 2 is marked by an **increase in the cough**, which now occurs in a regular spasm, both by day and by night. The patient grows deep red in the face with the cough and ends the coughing sometimes with vomiting. The attacks on the whole are most severe at night. The second stage usually continues for two to four weeks, more or less.

44. The **third, or terminal stage**: the coughing becomes less frequent and generally loses, in great measure, its whooping characteristic. For a long period afterwards, in any simple cold the patient suffers from, the cough often assumes this spasmodic character, and people mistakenly think it is a relapse of the