

HEALTH AND SAFETY SECTION

HOW TO STOP A CASE OF HICCUPS

ONE of the earliest annoyances of man is hiccups. Infants are subject to hiccups before they are born, but this style of hiccups is of little concern to anybody. Hiccups becomes personally annoying after birth.

Hiccups (spell it *hiccough* if you wish, but pronounce it *hiccup* just the same) is defined by the doctor as "a spasmodic inspiration with closure of the glottis." It is easier just to think of hiccups as practically the opposite of the act of coughing. The muscle in charge is the diaphragm, which is the large muscle below the heart and lungs, and above the abdominal organs. When the diaphragm contracts spasmodically—that is, in a jerky way—air is taken into the body through a constricted (tightened, cramped, or squeezed) opening, and you have hiccups and make the usual sound characteristic of that annoyance.

As far as doctors have been able to discover, hiccups is completely useless. Sometimes it lasts a week or longer and causes serious exhaustion. The ordinary hiccups, however, which most of us have occasionally, is usually caused by some slight irritation of the abdominal organs. The diaphragm may be irritated by hot food or drink. A stomach distended by food or gas may press against the diaphragm and cause it to kick back with hiccups. Alcoholic drinks are irritating, and often cause hiccups.

There are a number of simple ways of controlling or stopping a case of hiccups.

(Please turn to page 397.)

SAFETY FIRST

By MRS. PAZ J. EUGENIO *

COMPLETE each of the following numbered sentences by choosing the best of the three given reasons.

- We practice fire drills at school——.
 - to train pupils in marching
 - so that pupils will know how to act during a fire
 - to train pupils in going in and out of the rooms
- Movie theaters are provided with exits——.
 - for decorative purposes
 - providing fresh air to theater patrons
 - so that people can pass out promptly in case of fire
- Automobiles have horns in order——.
 - to frighten people
 - to make a noise in the street
 - to warn people of their approach
- Dogs should wear muzzles——.
 - so that they will not bite passers-by
 - so that they will not be caught by the police
 - so that owners can identify them
- A person should not take a lighted candle inside of a mosquito net because——.
 - it might set fire to the house
 - it might make the air too warm
 - it might waken the children who are sleeping

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CHOPIN

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polka. The music of the *mazurka* is not as ceremonious as that of the *polonaise*. More than fifty *mazurkas*, all in concert form, were written by this composer.

A *ballade*, when written as an instrumental composition, is a sort of narrative—that is, it tells a story by means of music. Chopin wrote four of these. One of them, which you must hear either by piano or phonograph when you have an opportunity, is his *Ballade in G minor*. In this *ballade* Chopin tells in music a heroic legend of the Middle Ages in Poland. The hero of this legend is a man named Wallenrod. The story is told in epic (narrative) poetry, and Chopin gives us the same story by means of music. If you learn the theme of the poem, the music will be wonderfully clear when you hear it. The voice of a Polish bard (poet) urging the cause of Polish liberty is heard throughout the *ballade*. If you hear this music on a piano or a phonograph, try to identify the theme which represents the voice of the bard.

Another well known composition by Chopin is called the *Minute Waltz*, but the

French people call this *la valse du le petit chien*, that is, "the waltz of the little dog." According to a story, this music was suggested to Chopin by the antics of a little dog at play. An artist has sketched an imaginary picture of this scene; this sketch is reproduced on page 383. You will surely want to hear the "little dog waltz."

Chopin was a true poet, although he uses the piano instead of words for his medium of expression, and to him is rightfully given the immortal title, "Poet of the Piano."

REVIEW

1. Spell and pronounce the name of Chopin (pronounced *shooc-pan*).
2. Where and when was Chopin born? Died when?
3. Tell of Chopin's life.
4. Name three different kinds of musical compositions which Chopin wrote.
5. What name has been given to Chopin?

MY FAITHFUL DOG

(Continued from page 379)

I am sure that if it had not been for the help of my faithful dog, I would have drowned. I rewarded him with more affection than ever and kinder treatment.

HOW TO STOP HICCUPS

(Continued from page 388)

It is well for everybody to know at least several of these.

Cough or sneeze. This is the opposite of the hiccups mechanism, and will often stop it.

Sugar on the tongue. Put a small amount of sugar on the tip of a spoon and deposit it as far back on the tongue as you can. Then swallow. The dry sugar requires some effort to get down and the muscles brought into play quiet the spasm of hiccups.

Salt, vinegar, ice, and cold water. These are effective in much the same way as sugar.

Pull strongly on the tongue. When more effective measures are needed in a persistent case of hiccups, try this. It is effective.

Apply pressure to the back of the neck. This may be effective, because that is where the nerve controlling hiccups is located.

Nausea (desire to vomit) caused by tickling the back of the throat, usually gets results in stubborn cases.

When none of these remedies is effective, and it has continued for several hours, call a doctor. He may wash out your stomach and give sedatives (sleep-producing drugs).