

Worms: Prevention & Cure!

Research on the subject by Sara Davidito!

(In response to 3 specific requests from parents on the field, here's some research I did on parasites & worms. — Sara.)

"THE MOTHER'S MEDICAL ENCYCLOPEDIA" by Virginia Pomeranz M.D. & Doty Schultz; a Signet paperback.

WORMS ARE PARASITES that can afflict both animals & man. It is true that the spreading of worms among children can be prevented to an extent by good personal hygiene such as hand washing. . . Do not buy or use over-the-counter vermifuges, anti-worm preparations. Some of the latter are very dangerous. (Pray & see doctor!)

THERE ARE 4 MAJOR TYPES OF WORMS found in the U.S. In rough order of prevalence they are: pinworms (also sometimes called threadworms); round worms; hook worms; & tape worms. The last 3 afflict & can be spread by dogs & cats as well as humans. (& *unclean meats!*)

PINWORMS are quite common in temperate climates & a child can pick up the microscopic eggs literally almost anywhere. Once on the hand, the eggs find their way to the intestinal tract very easily. Little children put their hands in their mouth. The eggs hatch in the lower intestines, grow into thread-like worms about 1/2 to 1/3 inch in length & are fruitful & multiply. The females then crawl out thru' the rectum usually at night, to lay their eggs around the anus, & itching in this area is usually the first & may be the only symptom. They may wander to the vagina of a girl which causes itching there too, or even onto pajamas, underwear or bed cloth-

es where the mother sometimes first discovers the worms, even before the child has complained of any discomfort. If the child scratches, there is risk of infection. The only other symptom, if there is one, may be a mild upset stomach. Pin worms can be banished by anti-worm medicines given by mouth. If diagnosed in the child, all members of the family should be examined & treated if necessary.

ROUNDWORMS: The 2nd most common kind of worms are a good deal larger than pinworms, anywhere from 6 to 15 inches. Roundworm eggs are found in soils. The eggs find their way to the human intestinal tract via unclean food grown in contaminated soils or like the eggs of pinworms, by way of little hands put into the mouth. Roundworms normally make their home in the small intestines. There may be no specific symptoms, tho' of course the eggs can be found by stool analysis. The larvae can slip into the bloodstream, be carried to the respiratory tract into the lungs where they can cause pneumonia. Various medications given orally can get rid of the worms.

HOOKWORMS: Like roundworms, the eggs of hookworms are found in soil contaminated by sewage, but in this case, a particular type of soil: warm, sandy & moist. Hookworms are found predominantly in the S.E. U.S. Once in the soil, the eggs hatch there in about a day. The minute larvae can get into the body via contaminated food or water or thru' the skin, such as by going barefoot in such soil, even if the skin is unbroken. Itching & inflammation at the sight of injury may be a warning signal. Like other worms, hookworms want to get to the intestines. They ride the bloodstream as far as the lungs where they cause a pneumonia-like inflammation that is accompanied by coughing. Then when coughed up into the throat, a number of them manage to be swallowed, & they are on their way to their destination. In any quantity at all, hookworms can produce a definite anemia. Commonly symptoms include fatigue, weakness, dullness & dryness of hair & skin & a feeling of hunger. This kind of anemia is never fatal, but it can be completely debilitating. Hookworm infestation can be diagnosed by analysis of the stool containing the worms' eggs. Treatment may include medications to combat lung inflammation to banish the worms themselves. (& *don't eat pig!*)

TAPE WORMS: Long flat worms like tape measures, very long in length. They are acquired by ingestion of the flesh of unclean animals or fish that have been infested, like pig, often by feeding on contaminated material, or a feces-contaminated food or water. Symptoms typically include weight loss, anemia & weakness. There may also be diarrhoea or sometimes constipation &/or a large appetite or sometimes a loss of appetite. The condition may be quickly diagnosed by analysis of the stool which will contain eggs &/or segments of the worms. As with other worms there are a number of effective medications that the doctor can prescribe. Note: The worms settle in the intestine. Like

hookworms, they are equipped with attachment devices & are bloodsuckers.

"BETTER HOMES & GARDENS BABY BOOK", a Bantam paperback, now out of print.

PINWORMS: Anus to finger to mouth infection common. They appear 3 to 6 weeks after ingestion of eggs. Treatment with drugs is more than 90% effective. Recurrences are frequent.

ROUNDWORMS: The larva migrate from the intestinal tract to other parts of the body in 2 to 3 weeks.

"BABIES & YOUNG CHILDREN" by Ronald & Cynthia Ellingworth; a Churchill Livingstone paperback.

THREADWORMS: Symptoms commonly blamed on threadworm infections include poor appetite, excessive appetite, dirt eating, nose picking & pain in the abdomen. There is no justification for ascribing any of these symptoms to threadworms. The only symptom which they sometimes cause is itching around the anus, mainly in the evenings, because the female worms, which only measure an average of 1/8 inch long, emerge from the bowel at that time, lay their eggs & then die. Each worm lays about 10,000 eggs. They adhere to the skin & clothes & eventually get into the dust of the room where they survive for long periods. The reason why the infection would die out if handwashing was adequate lies in the fact that the worms do not multiply in the bowel. They only multiply by passing eggs inside the bowel, & the child can only continue to have threadworms if he constantly reinfests himself by taking eggs into the mouth. It has been shown that eggs are found in large numbers in the dust of schools. So reinfestation could easily occur. If one child

has threadworms, it's almost certain that other members of the family will also have them. Treatment consists of viprynum or piperazine. Viprynum colors the stools red. Enema should not be administered.

"WHAT TO DO TILL THE DOCTOR COMES" by Dr. Ian Hudson & Gordon Thomas; a Mayflower paperback, Mayflower Books Ltd., Park Street St. Albans, Herts., England.

THREADWORMS are the commonest variety of worms found in children, at least in Great Britain. They look rather like threads of white cotton & may be moving in slow wriggling waves. As well as giving the required medicine to your child, it is also necessary to try & prevent reinfestation. Boys usually wear pajamas which may help to prevent the fingers from becoming contaminated with eggs when they scratch. Girls who normally wear night dresses should wear a clean pair of panties at night to prevent fingers from scratching. The child must also be encouraged to wash his hands very carefully before eating food & his fingernails should be kept cut short & always clean. Regular inspection of the child's BMs will enable you to determine whether treatment has been successful or not.

ROUNDWORMS do not produce any symptoms other than the first suspicion that the child is infested when a worm is passed in the motion (BM). They look very much like earthworms. If you do find one in your child's motion, save it & take it to your doctor in a bottle for identification. It is unlikely that you will ever find hookworms in the child's motion. (*Don't eat unclean meat!*)

"THE WELL BODY BOOK" by Mike Samuels, M.D. & How-

ell Bennett; Wildwood House Ltd., 1 Wardour Street, London W1V 3HE, England:

PINWORMS: They can be spread to other people by the anal/oral route. If a person goes to the bathroom, wipes himself & then doesn't wash his hands, he can spread the eggs. Also, if a person handles clothing containing the eggs & does not wash, he can become infected. The eggs are resistant to household disinfectants & can remain active in dust for considerable time. It is not a dangerous disease, but the infection is annoying & for that reason it is valuable to treat it. The house, especially the bathroom, must be cleaned thoroughly to make sure that the eggs don't reinfest people. Underwear & sheets should be laundered in very hot water. People should wash their hands after going to the bathroom & they should carefully wash the anal area when they bathe. Pinworms can be prevented by cleanliness & by avoiding exposure to people who have them.

"YOUR CHILD'S HEALTH" by Mary Manning, SRN, a Pan Book of the Child Development series:

THREADWORMS: Most children suffer from threadworms at some time. The worms may be seen as very fine white threads in the motions (BM) or the only symptom may be itching in the area of the back passage. As the infection is passed from one child to another thru' contact, it is important that the child should always remember to wash his hands before touching food.

RINGWORM is an entirely different kind of worm. It is actually rare nowadays. A typical patch of ringworm on the scalp is a slightly raised scaly area of rough skin. The outer edge is fairly well defined & the

hair has broken off close to the scalp. Doctors use special tests to confirm the diagnosis & there is a specific treatment which they use for ringworm. It is an infection caused by a fungus & is contagious.

"HERBAL ENCYCLOPEDIA" by Donald Law.

CHEW UP A CLOVE OF GARLIC & insert another in rectum, or thyme eaten raw

with a drink of pure lemon juice 3 times a day.

(Sara: Pray for protection & keep clean! Children should learn to wash hands before every meal with soap & water! — & after BMs & dirty play. "An ounce of prevention is worth a pound of cure!")

(DAD: Children should wear jeans or shorts over their panties & shouldn't sit on the ground

at all—in dry or damp climates, but especially damp. Even I had them once when I was a little kid living in hot Miami, Florida. Faith had them too once. One thing that really encourages them is too much sweets. The worms feed on the sweets in your system & can enter anus thru' sitting on the dirty ground. Keep clean!)

Moses Left Behind Egypt!

by Grandmother (MO's Mom!)

YOU'VE OFTEN HEARD THE EXPRESSION, "the cold grey of the morning after", & that's the way it is for some this morning, the morning after election day. I'm sure there are many like myself who are glad this stormy battle is over, but there are many also who are disappointed today. Your choice for President didn't win. But others are delighted because they worked hard & the man of their choice won.

DURING THE LAST FEW WEEKS, I couldn't help but notice the motives behind choosing of candidates. With some it was a selfish motive, with others it was a well-informed conviction that his choice was the man best qualified for such a high place.

SUCH A CHOICE SHOULD HAVE BEEN MADE only after one was thoroughly informed about all the issues involved & then deliberately & seriously thinking it over & pray as some have done. —Then to have voted.

YOU KNOW, CHOICE AT SOME CRITICAL POINT in life is always a serious thing. A young man called me this week for an appointment. He wanted prayer & counselling about marriage. He was torn by conflicting motives. He loved her intensely but she was not a Christian. He is a Christian & he felt that



God delivers Moses & the children of Israel from the hands of the Egyptians & then destroys Pharaoh & his armies! (Illustration taken from "7000 Years of World History" Letter No. 693.)

his decision would determine his future happiness & usefulness. **THE POISED SCALE TOTTERED** between human love & love of God. The last he heard was that she would never be a Christian, & so the scale turned to the side of duty to God, & he made his choice. He took God alone. But you know, it's sweet that at the last love did speak out these words: He told her, "I'll go on to my mission field alone but I will always wait & pray, knowing God can change your heart."

ANOTHER YOUNG MAN LONG AGO, & you'll read about it in God's Word, came against an even greater choice. He's one of the greatest characters, I consider, in all history. The young man was Moses. You know, Solomon was known for his great wisdom, Isaiah for his vision, David for his Psalms, Peter for his zeal, but

MOSES WAS GREAT BECAUSE OF THE CHOICE THAT HE MADE. It was such a mighty decision! We read it here in the

11th Chapter of Hebrews, where his name is enrolled among the heroes of faith in God's honour gallery.

"BY FAITH MOSES WHEN HE WAS COME TO YEARS refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the pleasures of sin for a season; esteeming the reproach of Christ greater riches than the treasures of Egypt, for he had respect unto the recompense of the reward."

MOSES, AS A BABE, had been drawn from the bullrushes by Pharaoh's daughter & was reared in her father's palace. Oh, there was such wealth & every luxury. But when he came to age he had to come face to face with the king who challenged him to make a choice:

NOW HE MUST CHOOSE TO forsake his own people. He was a Hebrew, not an Egyptian, & Pharaoh demanded that he declare himself now. Would he cast his lot with his alien mother & be true to Egypt & wear the crown

Are you eating your Greens?

From Shushan Eduth; U.S.A. **RAW GREEN VEGETABLES ARE MORE IMPORTANT THAN WE THINK.** How many of us realize that it's good to eat raw vegetables, such as salads, after meals? God's beautiful green plants, full of life-building chlorophyll, are

A PERFECT TOOTH CLEANER & PREVENTATIVE OF TOOTH DECAY. Why? In the presence of decay-producing bacteria, which may thrive in the almost airless region between dental plaque & tooth enamel, chlorophyll (found in green leaves) acts like a sewage disposal system. It destroys the bad bacteria by exposing it to large amounts of oxygen, found in green leaves, thereby preventing its growth.

CHLOROPHYLL, THE GREEN AGENT IN PLANT LEAVES, IS A KNOWN HEALING AGENT. Eating green vegetables raw is just one way to take advantage of its many benefits, such as preventing tooth decay. It also increases our resistance to infections, aids our healing process, & is a known anticancer agent.

DO WE EAT ENOUGH OF THESE GREEN VEGETABLES, such as leafy lettuce, brussel

sprouts, broccoli & spinach? The World Health Organization doesn't think so, & from what I see on Family tables we could all use more of the green stuff every day!

PROVISIONING THESE HEALTH-BUILDING VEGETABLES IS EASY, & we were recently blessed with a load of greens from a neighbouring home. So this provisioning can be shared. PTL!

I'VE SEEN A LOT OF BRETHREN ASK FOR DENTAL ASSISTANCE in this area & after finding out their eating habits, I wasn't surprised. I've learned for myself, thru' God's mercies, that preventative measures pay off in better health. Eating plenty of raw fruits & vegetables is one sure way to take advantage of God's good green medicine. —Shushan (Mother, Registered Nurse, B.S. in Bio-Chemistry & a life-long interest in nutrition & natural healing.)

Beware of styrafoam cups!

From Shushan Eduth; U.S.A.: **POLYSTYRENE CUPS, BETTER KNOWN AS STYRAFOAM CUPS**, are being used more & more today. We had been noticing that when we drank hot drinks out of them, there was a noticeable disturbing flavor to whatever we were

drinking. We suspected that the tiny bead-like particles of the cups were breaking up & dissolving into our drink. Therefore, we decided not to drink out of styrafoam cups anymore! (Many of our homes were using them when entertaining company—Family & friends.)

OUR SUSPICIONS WERE CONFIRMED when we read in the "New England Journal of Medicine" of Nov. 1, 1979, a report raising the question of whether or not hot coffee or tea & carbonated beverages were doing just that—"penetrating the tiny beads & pitting the inside surface of the cup".

THE REPORT SUGGESTED THAT THERE IS A HAZARD created from this situation & that it is not good for you, even tho' the toxicity of this styrafoam material is unknown & being researched. They do know that the situation is aggravated when lemon is added to a drink & that in this case we might be ingesting plastic! Therefore, they suggest sticking to the use of household china.

Beer is bad for you!

From DAD: **BEER IS BAD FOR YOUR TEETH & STOMACH** in every way, just like other carbonated drinks!