

MORE ON WORMS - THE HIDDEN MENACE!

Dear Family, (from Davida Love, Indonesia)

USTI Having had a few experiences with my children catching worms I felt burdened to share these experiences & lessons in the hope that it may help other parents also, who may be having problems along this line, especially now, with so many of us moving to the tropical, not-so-hygienic countries.

It all started when my (then) 2 1/2 yr. old began complaining of tummy aches. I don't know for sure if he had worms before this, (as he wasn't able to tell me - 'hail'), but he had always been quite a fussy baby, & a difficult, demanding toddler with a very small appetite, but when he became able to express himself, he began complaining of tummy-aches, usually just after, or even during a meal. Having virtually never even heard of 'worms' before, I put it down to some kind of digestive problem, & tried taking him off milk & different foods to try to find what the problem was. But the tummy-aches persisted so I took him to the Dr. to get his checked for appendicitis & other ailments. Both the doctors & Ruby Books talked of 'unexplainable' childhood stomach aches, 'growing pains', 'indigestion', etc, that children would just eventually 'grow out of', so I left it for a while to see if this would happen.

His stomach pains continued to persist, so finally, after studying up & finding out about worms, we had his stools tested for worm eggs. (A common test they do in the West, if worms are suspected). But the tests came out negative, & it wasn't until a few months later that we found out that the worm eggs are only laid at random times, & that particular stool, (or piece of stool) which they test, just may not happen to have any eggs in it, but the child could still definitely have worms.

Not long after this Nathan developed a chronic little cough, which sounded slightly congested. After we realised it had gone on too long for it to have been a slight cold, we thought perhaps his lungs were just sensitive to the cold winter air, which caused him to cough 3 or 4 times during the night & day.

Finally, while on a real 'rough'n'it' camping trip, the children both caught diarrhoea which would not go away even though we tried every remedy in the book. So we took them both to get tested for worms again, & even though Nathan's stools still showed

negative on the tests, our little girl's stools showed the eggs of both a microbe parasite called Giardia, (which they'd caught on the recent camping trip & had given them diarrhea), & Round Worm!

By this time Nathan's cough was getting quite chronic & consistent, & his tummy aches so bad, that he was beginning to wake up during the night, crying out in pain, to where we thought he might have had appendicitis! Not only this, but another very important symptom was that both the children, & especially Nathan, were becoming more & more irritable, easily upset, emotional, fussy, & more badly behaved.

Rather than give the children those strong drugs, we preferred to try a more natural cure, & made up strong, concentrated garlic drinks & administered garlic capsules & even cloves, consistently throughout the day, for several days, but in our case there was no change in the children's condition & it did not get rid of the worms.

So we took the prescribed medicine to kill the worms, & not only did their tummy-aches & diarrhoea immediately cease, & Nathan's cough clear up right away, but their emotionalism & bad behaviour also improved instantly, proving to us that all these afflictions & behaviour problems had been caused by worms!

It sure caused us to go on the attack alot more with making sure the children did not stick their fingers in their mouths, had their finger-nails clipped short, did not play in unclean areas or with dirty objects, didn't eat unclean foods, & that their bottoms & feet were always covered, especially when playing outside. - Which was good preparation for coming to our new hot, humid & insanitary field of Indonesia!

Once on our new field, although we really tried to keep the kids clean, after about a month & a half of being here, we began to notice the tell-tale signs of emotionalism & naughtiness, although neither of the children this time complained of tummy-aches, & sure enough, to our horror, our little 2 yr. old passed a big 6 inch round worm in the potty! We took her straight to the Dr. for treatment, who was totally unimpressed with my 'horror story' (hail), & just looked at me & said matter-of-factly, "Every child in Indonesia has worms!" - meaning, that because of the conditions, it was almost impossible not to catch them! He told me that you could get

them from the water supply, the food, the plants & animals & humans just by shaking hands with them, from the dust, & almost anything you touched while out - I'm not sharing this just to be negative or scare you, but to help others in realising just how easy it is to catch worms in these tropical under-developed countries, & how much on the attack we need to be!

Now, a year later, we noticed the same signs again, & Nathan began complaining of tummy-aches, & even had a fever for a day, which may have been caused by worms, & after giving them a mild worm tablet each, he passed a 4 inch round worm while on the toilet!

The worm tablets we use are the most common & widely used here, made by an American firm, & called 'Combantrin', & the doctors advise that you regularly give them to the children about once every 3 months, if necessary, although 2 other children in our home have appeared to have become re-infected several times in 2 months. This shows that the tablets do not prevent re-infection straight after they've been treated, or perhaps in some cases all the eggs are not killed & therefore re-infection can occur from the remaining live eggs in the child's system. - Which goes to show, it still just has to be the long protection & healing, & we can only count 100% on 'Hail'!

The more minor Thread Worms are also very easily picked up in these countries, & we usually check the children's bottoms regularly for these, also. The same medication will usually clear up most of these parasites.

The reason why worms can cause a cough, is because the eggs travel in the blood stream & often enter into the lungs where they can cause not only congestion, but bronchial infection, if not checked. Also, when I asked the Dr. about Nathan's tummy pain becoming so severe as to wake him up at night, he explained to me that it's possible for the worms to get into the appendix area, causing pain & even inflammation!

So please take care & remember "An ounce of prevention is worth a pound of cure!" Always remember to stay on the attack with the children's cleanliness, teaching them good health & hygiene habits, which are especially important in these Third World countries, & if you ever notice any of these symptoms or afflictions, which don't appear to have any other cause, it'd be worth getting them checked for worms, as you can see how seriously they can effect children's health & behaviour, if unchecked! This especially goes for the littiest ones who can't tell you how they feel, but may be really affected.

Much love in Jesus, Davida Love - Indonesia.

P.S. It's important that when giving the children medication for worms, that the parents & helpers & other children in the home take the medication also, as they may have the worms also, & could re-infect the treated children.

P.P.S. Please remember not to give the children these worm tablets unnecessarily as they are strong drugs!

(Ed.: Thanks for typing this!)

Pure--and Safe--Water

(taken from "Newsweek" magazine, 1/19/81)

CHLORINE--WHETHER USED IN TABLET-SIZE DOSES OR IN LARGE QUANTITIES for municipal-treatment plants--has long been considered one of the most effective ways to disinfect drinking water.

But a U.S. study released last month concluded that chlorinated drinking water appears to increase the risk of some types of cancer by 50 to 100 per cent over a person's lifetime. Iomech, Ltd., of Toronto, Canada, believes there is a safer & more effective way to purify water--using iodine.

The company is marketing Iodinator kits that release minute amounts of iodine into water supplies. The iodine treatment is said to kill all known disease-causing bacteria or viruses in water without posing any health hazards. Moreover, the firm claims that the iodinated water has no taste or odor & no harmful effects on plumbing, clothing, pets or plants. Highly iodinated water can be used as a sterilising solution to sanitise dishes & farming equipment.

From Zattu & Anne; Latin America:

HERE IS A TIP THAT HAS REALLY HELPED US A GREAT DEAL WITH FUNGUS RASHES which are so common here in the tropics. A country gentleman whose mother was a country doctor told me of washing the affected area with straight vinegar.

I also learned a little later on that sulfur is an excellent natural anti-fungal remedy. So now when I get attacked with these fungi I wash the affected area with vinegar, follow it with a sulfur soap, then add sulfur ointment, & it works better than anything I have ever found by prescription or otherwise, as God's natural remedy. And both vinegar, sulfur soap & sulfur ointment can be purchased almost anywhere in the World very cheaply.

CHILDCARE TIPS FOR THE TROPICS

From a missionary mother on the field.

After reading Dad's comment in Mag no 45 about mothers writing in about their children getting covered with sores after surviving in a tropical climate, I thought maybe you could write a little about our experiences in the physical care of our children, and about some of the lessons we have learned in the 2 1/2 yrs. that we have been in tropical Indonesia. We hope it will save some mothers a lot of worries and the hard work and sleepless nights it takes to take care of a sick or infected child.

One of the first things we noticed when we arrived was that all people here always take at least 2 baths a day, 1 early in the morning and another one around 5 in the afternoon, and sometimes another one in the middle of the day, if they have just come back from work, school or a trip into town. It feels real good in this heat because you get so hot and sweaty and you need the refreshment, but it is also because of hygienic reasons that people wash so often and change clothes a couple of times a day.

For us who come from Europe it looks like such a waste to throw your clothes in the laundry after you've only worn them for half a day or so, but it's amazing how dirty things get in these hot and overcrowded cities & and if your children's clothes get wet or soiled, it's a breeding place for bacteria. So for my own children I have always felt that it's best to change clothes as quickly as they spill any kind of food or drink. For small children this really takes some extra effort but here where servants are so cheap we don't have to worry about the amount of laundry as much as we do about our children's health.

Cuts, scratches and sores also take some very diligent and faithful care. As soon as your children or anybody else in your home cut themselves, or scratch a mosquito bite or so, it is very important to clean the wound right away with boiled water and put a disinfectant on it with a clean gauze. I found that plastic plasters only make things worse.

It is good to check your children's finger nails every other day or so, so they stay clean and short. Maybe this all sounds scary and if a mother in the West reads this she will probably feel like she could never do all this and stay on top of things, but it is very cheap and easy to get a young girl to help you with the washing, cooking, shopping etc. so in reality I have a lot more time to teach and train the children than I had in Europe with only one child, because I don't have to do all these laborious tasks.

This doesn't mean that we can completely forget about them and leave it to our servants because they often come from poor families with very low standards and when they first come to work with you they usually need some close supervising and you'll have to teach them exactly how you like things to be done, you'll have to check the way they clean your vegetables, if they boil the drinking water long enough etc.

I personally also feel that because a lot of Indonesians have some very strange ideas about what is good for children, that it is not a good idea to use your servant as a babysitter unless she's been with you a long time, is saved and knows you and your child and the do's and don'ts.

It's a big blessing if you nurse your baby so he's not dependent on pacifiers or bottles because if he becomes "mobile" it can become a very dirty habit if he takes his pacifier outside or if you want to travel it is more difficult to keep it clean because there isn't always boiled water available.

As was mentioned in a Mag not long ago, it's best to take pure cotton clothes, underwear and socks for you and your children, summer clothes, but it is also wise to have a couple of sweaters, warm socks and pyjamas for the rainy season and any unexpected changes in temperature.

Something I got from the Lord a little while ago is that Jesus is the same everywhere and He'll take care of His own here just as much as anywhere else. Thank You Jesus! Much Love in Jesus, Ruth, Tawac, Christy and Andy.

PTL! GBY! AMEN!

Food Purchase & Preparation In The Tropics

FROM MIRJAM DUTCH; INDONESIA:

In regard to food--purchase, storing and preparation--I can only share what our experiences have been in 5 years in Indonesia with 5 children. The main thing, of course, has been to follow Dad's advice in the Letters and the Basic Health Rules--that, coupled with daily prayer, is what keeps us healthy, despite anything else!

And as Ben and I are both a Cancer Papa and a Cancer Mama, you can understand that we are very interested in both food and children. Actually, we think it is possible to find alot of natural, healthy food here--if you are careful about their preparation and cleaning.

When you first visit a pasar, it will just make your eyes swim to see such a great variety of new and exotic foods. My first visit, I was accompanied by an older Indonesian who explained to me the name, English equivalent, and approximate price of about 50 different items. I wrote this all down and it became my daily reference whenever I made a shopping list for the maid.

Indonesian maids can be very willing and sweet, very creative cooks, but they do need help in learning to balance meals, providing enough yellow and green vegetables, proteins, etc. So I usually plan the meals for them. We don't exactly eat "typically Indonesian" as that would probably be too spicy and too greasy for the children. Rather, we enjoy taking the natural, healthy Indonesian foods and adapting them to the good standard we know in the family.

One thing with the cooking: Watch out for MSG (Monosodium glutamate), which is now banned in America but sold here under various names--Ajinomoto, Sasa, etc. The maids love to cook with it, but it has been medically proven to be bad for your health. One sister's hair began to fall out from it. Also, teach the maids to buy only top quality oil sparingly, and teach them to drain the oil from fried foods.

As maids are not so familiar with meat and fish in the quantities we are accustomed to consume--Papa Ben usually takes the shopping bag in hand early every Tuesday morning and buys all the protein for the week. We usually eat fish 2x a week, meat 3x a week, and liver 1x a week and have one "tahu & tempe" meal a week. We eat eggs daily (one per person) but these are purchased in our neighborhood. Ben usually has to watch the meat-man closely and has even had occasion to re-weigh the meat--they can be tricky fellows!

As Indonesian meat can be tough, and the children refuse it when it is stringy, we usually have 2 portions of the meat ground at the market after we buy it. If you can break the meat fibers with your thumbnail, it is still fresh meat. Just "red and bloody" is not always a sign of freshness, as the meatman will use red dye sometimes (especially on the liver!).

We always buy sea-fish--it is usually safer and cleaner. We have found fresh-water fish to be risky. We usually buy kakap or tongkol--clean fish that have a lot of meat and few bones. We usually buy fresh-cut pieces because when you buy a whole fish, you must also pay for the weight of the head (which Indonesian eat!) Fresh fish will still have a salty, sea smell and the meat will be firm to the touch. (Make sure the fish you eat is clean--must have fins and scales but!)!

We usually store the meat and fish in the freezer--which is a real blessing. The maid usually buys fresh vegetables and fruit daily. I try to teach the maids to wash their hands before handling the food. They also have to learn



Daddy Isaac loving up Andy.