

THE

Herald of Health

CONTENTS

Anti-Tuberculosis Campaign

The Fence or the Ambulance

Rheumatism

The Cigarette Versus Education

The Vapour Bath

Meat Substitutes

Parental Responsibilities

Alcohol: The Brain Destroyer

The Body a Temple

Importance of Sound Teeth

Spices and Digestion

Overcoming Diphtheria

Quinine

Physiological Therapeutics

FOR

THE

HEALING

OF

THE

PEOPLE

Vol. 1

APRIL, 1910

No. 4

The Sanitariumt Bath and Treatment Rooms

ELECTRIC LIGHT BATH,
RUSSIAN BATH,
ELECTRIC TUB BATH,
MEDICATED BATH,
SITZ BATH,
NAUHEIM BATH,
SHOWER BATH,
SPRAY BATH,
GRADUATED BATH,
NEUTRAL BATH,
FOMENTATIONS,
BLANKET PACKS

SHEET PACKS
PERCUSSION DOUCHE
FILIFORM DOUCHE,
ALTERNATE DOUCHE,
REVULSIVE DOUCHE,
PHOTOPHORE,
MASSAGE (*general*),
MASSAGE (*special*),
SCHOTT'S RESISTIVE MOVEMENTS,
SWEDISH MOVEMENTS,
ELECTRICITY

What More Could be Asked?

Sanitarium Bath and Treatment Rooms,
50, Park St., Calcutta

HERALD OF HEALTH

H. C. Menkel, M. D.,

Editor

Anti-Tuberculosis Campaign

TUBERCULOSIS is increasing at an alarming rate in India; no class is exempt from its ravages, it bids fair to become the worst scourge of all times. Plague may be eliminated by exterminating the rat, the anti-mosquito campaign is proving successful against malaria; but man himself is the agency by which tubercular infection is spread. The segregation of all tubercular patients as advocated by some is impossible, and this measure has not given all the results hoped for in other countries where sanitation is more perfect. It is therefore evident that other and more effective means must be adopted as a protective measure in India. The active cause is the tubercular germ entering the body and finding tissues of low vitality which offer suitable soil for its propagation. During its operation the tissues are broken down and poisonous substances elaborated which are responsible for the rapid changes in health, as fever, loss of weight, anemia and death.

* *

The most successful anti-tubercular treatment, is the establishment of natural immunity by increasing the individual's vital resistance. This plan is successful as a preventive and as a cure. To this end, every practise that tends to lower the vitality must be corrected. Impure air is a prominent pre-disposing cause; therefore more thought should be given to ventilating our living rooms. The practice of covering the head and face at night is most pernicious. Sexual intemperance is a terrible factor in weakening the body powers and pre-disposing to phthisis.

* *

A lack of knowledge regarding the nutritive values of foods and the body's needs leads to serious dietetic errors, the most prominent being over-eating and too frequent meals, while in others it leads to an impoverished diet.

* *

Sedentary and indoor life results in lowered muscle tone and stagnation within the body. This condition paves the way for disease. Early marriages, marriage of tubercular patients, unhygienic state of the houses, lack of sunshine in the house, forced education, and contaminated food, especially milk, are all factors that must receive attention.

* *

The thing most needed is a revolution in the habits of men and women that will bring about a higher degree of efficiency, thus making tuberculosis impossible. To this end, we solicit the co-operation of all readers of HERALD OF HEALTH in an active anti-tuberculosis campaign.

The Fence or the Ambulance

It was a dangerous cliff, as they freely confessed,
Though to walk near its crest was so pleasant;
For over its terrible edge there had slipped
A duke, and full many a peasant;
So the people said something would have to be done,
But their projects did not at all tally,
Some said, "Put a fence round the edge of the cliff";
Some, "An ambulance down in the valley."

But the cry for the ambulance carried the day,
For it spread through the neighbouring city;
A fence may be useful or not, it is true;
But each heart became brimful of pity,
For those who slipped over the dangerous cliff,
And the dwellers in highway and alley
Gave pounds or gave pence, not to put up a fence,
But an ambulance down in the valley.

"For the cliff is all right if you're careful," they said;
"And if folks even slip and are dropping,
It isn't the slipping that hurts them so much,
As the shock down below when they're stopping."
So day after day as these mishaps occurred,
Quick forth would these rescuers sally,
To pick up the victims who fell off the cliff,
With their ambulance down in the valley.

Then an old sage remarked, "It's a marvel to me,
That people give far more attention,
To repairing results than to stopping the cause,
When they'd much better aim at prevention,
Let us stop at the source all this mischief," cried he,
"Come, neighbours and friends, let us rally;
If the cliff we will fence, we might almost dispense
With the ambulance down in the valley."

"O, he's a fanatic," the others rejoined;
"Dispense with the ambulance? Never!
He'd dispense with all charities, too, if he could;
No, no! We'll support them forever,
Aren't we picking up folks just as fast as they fall?
And shall this man dictate to us? Shall he?
Why should people of sense stop to put up a fence
While their ambulance works in the valley?"

But a sensible few, who are practical, too,
Will not bear with such nonsense much longer:
They believe that prevention is better than cure,
And their numbers will soon be the stronger,
Encourage them, then, with your purse, voice, and pen,
And (while other philanthropists dally),
They will scorn all pretense, and put a stout fence
On the cliff that hangs over the valley.

Better guide well the young than reclaim them when old,
For the voice of true wisdom is calling;
"To rescue the fallen is good, but 'tis best
To prevent other people from falling."
Better close up the source of temptation and crime,
Than deliver from dungeon or galley;
Better put a strong fence round the top of the cliff,
Than an ambulance down in the valley.

—Joseph Malins, in "The Protest."

Herald of Health

VOL. 1

LUCKNOW, APRIL, 1910

No. 4

Rheumatism

RHEUMATIC and gouty disorders have become so prevalent that many do not realize the gravity of the condition. Rheumatism is something more than a mere pain or stiffness to be gotten rid of by taking a little mixture. It is a constitutional disease of such a nature that its effects upon the body are far reaching and serious, the symptoms indicating that certain functional and organic changes of a degenerative nature are taking place in the liver, kidneys, blood vessels, muscles, and, in fact, every tissue is involved. According to the location of the most acute symptoms, a name is given. In the back it is lumbago; in the leg, sciatica; in the toes, gout. The nervous diseases we know as neurasthenia; but the cause is the same, an accumulation in the tissues of poisonous by-products of which uric acid is a type. The individual is being poisoned by substances produced within the body.

In recent years we have learned more about the source of these poisons. When Dr. Haig first called attention to uric acid as being the cause for the many ills of the rheumatic patient, it was thought that the use of meat as a diet was the sole cause, as in this way from nine to seventy grains a pound of uric acid are introduced into the system and lead to its accumulation. But this is by no means the only source of these poisons; for it has been pointed out by Prof. Metchnikoff and other investigators that the residue of the food material that reaches the large intestine

is made up chiefly of waste products, which are more or less a source of danger to the body, since, before being excreted, they are attacked by bacteria and broken down by the process of putrefaction into poisonous or "toxic" substances. These substances, passing into the blood and lymph through the walls of the intestines are distributed through the entire system, where they give rise to the condition known as rheumatism or auto-intoxication.

Doubtless much of the benefit derived by eliminating flesh meats from the diet is that the poison formed through the putrefaction in the colon of undigested fragments of meat is lessened.

Hard boiled eggs, omlets, and hard poached eggs promote the growth of colon bacillus, as the hardened albumen remains undigested and unabsorbed in the colon. For the same reason, foods cooked in ghee, and an excess of dhal, peas, or beans proves injurious, these foods being highly nitrogenous.

The use of alcoholic beverages is one of the most important factors in the production of rheumatism, as it lowers the resistive powers of the tissues, thus encouraging putrefaction. Dr. Olsen has said: "The rich liver has earned his gout and must not expect to escape."

Hasty eating naturally leads to drinking a large quantity of liquids to facilitate the washing of the food into the stomach. Drinking at meals likewise leads to insufficient mastication, so these two evils are associated. Liquids of all sorts are objectionable at meal

time for the reason that they diminish the saliva and dilute the gastric fluid. Cold or iced liquids are especially objectionable, as they check stomach digestion by lowering the temperature below 100° F., which is required to carry on the digestive work. This produces digestive disturbances, and favours the development of putrefactive germs.

Treatment

The treatment must be varied according to the individual condition and whether it be acute or chronic. But whatever the condition, there are certain general rules which apply to all. The symptoms are the result of an accumulation of destructive poisons, which nature is handling the best she can, and the most important treatment is wise co-operation.

The first measure is to avoid the source of these poisons by discarding meats, tea, coffee, alcohol and tobacco, and the excessive use of all foods. A liberal supply of fruits and vegetables is essential to derive the alkaline salts necessary to eliminate the organic acids. Stasis of the bowels must be overcome. The best measure is to wash out the colon daily or even twice a day with a warm water enema. Abdominal massage is a valuable aid in overcoming chronic constipation. Drink one or two glasses of warm water in the morning.

Aside from the foregoing, the effects to be desired are, improvement of oxidation within the body, encouragement of elimination, relief of internal congestion, and increase of the alkalinity of the blood. These results are best obtained by hydropathic measures. The most useful procedures for this class of cases are the hot blanket pack, vapour bath, or graduated full bath, followed by friction with a

coarse mitten dipped in cold water.

To successfully treat rheumatic affections it is essential to keep the skin active, and improve its tone. An active circulation maintained in the skin will best relieve internal congestions, and in acute cases prevent the disease spreading to the heart, lungs, or brain.

For chronic cases, one of the very best measures is the electric light bath. The patient sits or lies in a small compartment, surrounded by many electric lights. The light energy penetrates the body, stimulating oxidation and elimination. Having used the electric light bath in many cases of rheumatic disorders, I am convinced that it is one of the very best measures, especially when accompanied by other hydropathic treatments and a carefully regulated dietary.

Local pain is readily relieved by the application of hot fomentations. Rheumatic disorders, in general, affect the opulent and sedentary, as oxidation and elimination are very imperfect. The more pain there is the less he works, until he becomes a hopeless cripple. Muscular activity is one of nature's most powerful healing means, and is equally effective as a means of preventing rheumatism or gout. The active muscle pumps a large amount of healing, life-imparting blood through the tissues which dissolves and carries away the assimilated poisons. The active out-door life is the healthy, efficient life.

The cause for most diseased conditions may be expressed by one word "poison." Therefore the popular idea that it is necessary to keep the blood pure in order to avoid disease has a sound scientific basis. To maintain health and prolong life, it is essential to cleanse ourselves of all impurities both of mind and body.

The Cigarette Versus Education

THE educational department in India and Burma has invited the co-operation of all managers of schools to put down cigarette smoking among school boys. While a good deal has, of recent years, been said about the evils resulting from the use of tobacco, half the truth has not been told. Its pernicious influence, especially upon the young, is not fully understood or realized.

"So detrimental is the influence of tobacco on the intellect, that it is recognized by teachers and employers that young men who use tobacco seldom attain to superior scholarship in school and are unreliable in business. Consequently, a number of the best universities and colleges are taking a stand against its use by their students."

Dr. J. W. Seaver, of Yale University, said he had observed during his twenty-five years of teaching, that "the high standing men at Yale do not smoke, and that the smokers of the college were of mediocre attainments, of low standing." "This may be interpreted in two ways," said Dr. Seaver. "Either the use of tobacco has reduced mental activity; or the kind of mind that permits its possessor to become addicted to a habit that is primarily offensive and deteriorating is the kind of mind that will be graded low in intellectual tests." It is evident that the young man who begins the use of tobacco early in life is handicapped in his efforts in intellectual development.

It has been observed by those who have been associated with cigarette fiends that they cannot be relied upon. They will deceive, lie, steal, just as will the morphine or opium fiend. Tobacco, like cocaine or morphine,

blunts the moral perceptions. It demoralizes the entire being. It stupefies the brain and nerves, thus injuring man intellectually and morally.

Tobacco Produces Disease

Dr. Bremer, of the St. Louis insane asylum, says: "The use of tobacco among the young is productive of mental and moral deterioration, while in older persons the use of the weed produces brain diseases and insanity." Dr. Solly, of St. Thomas Hospital, of England, says: "I have had a large experience in brain diseases, and am satisfied that smoking is a most noxious habit. I know of no other cause or agent that so much tends to bring on functional diseases, and through this in the end leads to organic disease of the brain."

Prof. Hitchcock, M. D., of Amherst College, found in separating smokers from non-smokers that in lung capacity there was a difference of 8.36 cubic inches; or a seventy-five per cent. increase in favour of the non-smoker.

This affords scientific demonstration that tobacco checks growth in chest girth, and, worst of all and most damaging of all, in lung capacity. It therefore predisposes to the disease which at present carries off one out of every four of our young men:—pulmonary tuberculosis.

Heart disease has increased three hundred per cent. during the last twenty years. Tobacco is undoubtedly an active cause of this rapid increase, as it weakens the heart and brings about organic changes in its structure. That Bright's Disease is common among smokers was further demonstrated by Dr. Munro, of Scotland, who tested the urinary secretions of one hundred smokers, and found that

ten per cent. of them had albumen in the urine, or suffered with diseased kidneys.

Dr. McNab, of the Manchester Royal Eye Hospital, said that "one and one-half ounces of tobacco a week are quite sufficient to impair the eyesight," and he had known a case where "a man of middle age was a sufferer from the effects of half an ounce a week." But the injury done to the nerve of sight merely indicates the injury done to every nerve of the body, including the brain. The entire nervous system is deranged and injured by its use.

Effect Upon Posterity

The good or evil effects of tobacco, or any other substance, cannot be determined by an exceptionally long life here and there; but by its average effect upon all persons who use it in a given community, and upon their posterity if they continue its use. Its evil effects will be seen more clearly in the third or fourth generation. The evils resulting from its use should be determined not by its influence upon the strong, who are hard to kill, but by its influence upon the weak. Any substance which will prove an injury to the weak and infirm, will also act injuriously upon the strong. It may take a few extra blows to kill the strong, but kill it will in time.

The children of excessive tobacco users, if children are born to them, lack vitality or have a tendency towards disease. If they continue its use their children will give still greater evidence of degeneracy. The third or the fourth generation of smokers are very defective, and may even lack the power to propagate. Sir Benjamin Brodie says: "No evils are so manifestly visited upon the third and fourth generations as the evils which spring from the use of tobacco." The

declining birth-rate which is causing such alarm in some countries finds a partial explanation in the fact that these sins have been handed down from parents to children until physical degeneracy is universal.

Dr. Kress says: "I have no doubt that many a nervous and idiotic child is the result of the tobacco-using habit of the parents. I have no fear in making the following prediction: Just as truly as the use of tobacco and tea becomes more active among men and women, just so truly decline in the birth rate will become more manifest, while at the same time insanity and idiocy will increase."

"The reason that cigarette smoking is so much more harmful than the use of the cigar or the pipe, is that the cigarette fiend inhales the tobacco smoke into the lungs. In the pipe smoker, the poison is brought in contact with only about one square foot of mucous membrane, through which it may be absorbed. In the cigarette smoker it is brought in contact with fourteen hundred square feet of a most delicate membrane which readily absorbs gases. The principal injury then resulting from tobacco is in its contact with, and absorption by, the lungs.

In view of these startling facts, the nations are forced to recognize that the vice of tobacco using is doing more toward depopulating the world than war itself; and it is the recognition of this danger that has aroused the people to call for laws prohibiting the use of tobacco by the young. It is evident that the young man who desires to become a young man of worth and a blessing to the world must absolutely abstain from the use of tobacco, and that the nation that would maintain its stability and vitality must in its own interest suppress this mammoth evil.

RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Ruth Merritt-Miller

The Vapour Bath

THE accumulation of poisons in the system is a very potent cause of disease. Our bodies are provided with four avenues through which waste materials are eliminated. These are the lungs, the pores of the skin, the liver, and the kidneys.

In the rational treatment of disease we do all in our power to relieve and assist these organs. Fevers are usually the result of nature's effort to throw off poisonous materials which have either been taken into the body, or produced there, in such abundance that the natural means of elimination are inadequate. Too often it occurs that by our injudicious living the eliminative organs are overtaxed to such an extent that they become exhausted and unable to perform their functions properly. Colds affect these organs, and the general aching which so often accompanies a cold is due to the poisons retained in the system. Uric acid, improperly eliminated, causes rheumatic pains.

Profuse perspiration is a most valuable means of cleansing the system of many of the injurious materials which cause aches, pains, and fevers. The evaporation which accompanies perspiration is also an important factor in the reduction of abnormal temperatures. A very practical and convenient method of inducing this desired condition is the

Vapour Bath

In the home this bath may be given as follows: First, be sure that the bowels have moved freely. It is always well to precede the regular treatment with an enema. By this means the bowels are not only cleansed, but the introduction of a quantity of water into the system is a great inducement to the production of perspiration. Have the patient take a warm drink, preferably hot water, hot lemonade, or sage tea. Place a cane bottom chair over a basin of boiling water. The water must be kept boiling by placing it on an alcohol stove, or on a few live coals placed in a small fire-pan. Put a cushion or large folded towel in the chair to prevent the steam from burning the patient. Remove the patient's clothing, wrap him in a sheet, and have him sit down in the chair. Place his feet in a tub of hot water, and completely envelop the foot-tub, chair, and patient, except the head, with blankets. Draw the blankets well around the neck and secure with safety pins. There must be at least two thicknesses of blanket. Be sure that no opening is left where cold air may enter or steam escape.

Keep a cloth frequently wrung from cold water on the patient's head, and let him drink all the water he will. From time to time carefully add hot water to the foot bath so that it will

be kept as warm as the patient can bear it. Perspiration may be hastened by placing hot water bottles at the back and on the stomach.

Fifteen to twenty minutes is usually long enough to bring about a profuse perspiration. This can best be observed on the face, as the condensation of steam on the body may be mistaken

slippers. Then remove the blankets and wet sheet, wrap the patient in a dry blanket, and have him lie down well protected until he is rested and gradually cooled. A sponge bath may then be given, and the clothing put on. The patient should rest in bed for some time after taking this treatment. Be sure that no draft strikes the patient



Giving a Sponge Bath after the Sweat

for perspiration. Soon after moisture appears on the face, preparations should be made for taking the patient out of the bath. First remove the fire and boiling water. Extinguish the flame before removing if an alcohol stove has been used. Next take the feet out of the foot bath, dry thoroughly, and protect with hose or a pair of

at any time either during the treatment, or while he is on his way to lie down.

The vapour bath is an excellent treatment for colds, rheumatism, beginning fevers, and many other disorders due to defective elimination. It should not be given to very weak patients.



Meat Substitutes

THE vegetables belonging to the legume family, such as peas, beans, and lentils, are meat substitutes only when ripened. In the green state they are similar to the other foods we term fresh vegetables; but when the plant has stored up nourishment and energy in the ripened seeds, we have a food rich in proteid. There is a tough cellulose coat around the legumes which renders them difficult of digestion, but this may be removed by pressing the legumes through a colander after they are well cooked.

Nuts are especially rich in fat, and, combined with legumes, make not only a palatable but a most nourishing dish. Cook the legumes until perfectly tender and quite dry; while still hot press through the colander, as the skins separate from the pulp more easily than when allowed to cool. Beans should be thoroughly washed and soaked over night before cooking.

Peas Patties

One cupful peas pulp.
Two tablespoonfuls cream.
One teaspoonful salt.

Shape in patties about one inch thick, and bake until mealy and brown. Serve with a cream sauce if desired.

Stewed Beans

One cupful of haricot beans soaked overnight, and put on to cook in cold water.

When half tender add one tablespoonful of nut butter. Cook until tender and juicy; add salt to season, the juice of one lemon or sour lime, and two tablespoonfuls of chopped

parsley. Cook together for five minutes and serve.

Lentil Croquettes

One cupful lentil pulp.
One cupful cooked rice.
One tablespoonful peanut butter.
One teaspoonful salt.
One tablespoonful of minced onion.
One egg.

Rub the peanut butter to a cream in a little warm water and add to the lentil pulp. Mix altogether and form into croquettes, roll in beaten egg, and then in dried bread crumbs. Bake until brown.

Lentil Nut Roast

One and one-half cupful lentil pulp.
One cupful crushed walnuts or cashew nuts.
Two cupfuls toasted bread crumbs.
One teaspoonful salt.
One cupful hot water.

Moisten the bread crumbs in the hot water. The mixture should be somewhat dry. Press into an oiled tin. Set into a pan of water in the oven. Cover and bake one and one-half hours.

Lentil and Peas Roast

One cupful lentil pulp.
One cupful peas pulp.
One cupful tomato juice.
Two cupfuls toasted bread crumbs.
One cupful crushed English walnuts.
One egg.
Two teaspoonfuls salt.
One teaspoonful sage.

Milk may be used instead of the tomato juice. The lentil and peas pulp should be as dry as possible. Heat the tomato juice or milk and add the bread crumbs. Add to this the other ingredients, and bake in a moderate oven for one and one-half hours. Brown nicely and serve with hot tomato sauce.

M. P. M.



The Home

Parental Responsibilities

Mrs. M. P. Menkel

"THE restoration and uplifting of humanity begins in the home. The work of parents underlies every other. Society is composed of families, and is what heads of families make it. Out of the heart are "the issues of life"; and the heart of the community, of the church, and of the nation is the household. The well-being of society, the success of the church, the prosperity of the nation, depend upon home influences."

The home, when builded, must stand forever; it may be beautiful and strong, or marred and weak, in the lives that it has reared. The children may go forth either trained to meet life's responsibilities and dangers, or ready to curse humanity because of their misery, disease, and crime.

The Father

The influence of a tender, yet strong, fatherly presence cannot be estimated. It clothes each member of the family with a dignity and strength that springs from no other source. With him lies the power to govern either as a despot or as one whom all the family love and revere, whose presence is a joy, and from whose life flows out a bond of sympathy making him truly a band that holds together his little world. The Father's temperate, self-controlled life is an example unto his children, and what he requires of them he himself practises.

He "combines affection with author-

ity, kindness and sympathy with firm restraint," and in his own manly bearing he manifests the virtues of integrity, honesty, courage, and diligence.

The father needs also to get acquainted with his children, entering into their joys and sorrows, laying aside the stern realities of life for a time, to laugh and play as one with them.

The Mother

The mother is a co-partner with God commissioned to the greatest work in this world, and the conviction that to her is entrusted a work no one else in in the universe can accomplish should inspire her with the dignity of her office, and encourage her in the noblest and best in life.

Froebel says: "The mother is the central point around which the child's being revolves at first." The opening life that clings thus helplessly to her own should stir her life with every tender service whom alone to "'tis given to share the work of God."

The mother is worthy of the honour of her child who honourably fulfills the obligations which motherhood has placed upon her, appreciating her great opportunities, and who earnestly, patiently, courageously, endeavours to present before her child the highest ideals.

Costly material is not a requisite to an environment through which the mother can do her best work: the most humble home enclosed with the beauty

of life, the sweetness of harmony, rich in love and truth, and graced by the Divine Presence is like a temple in the memory of those it shelters.

The mother's presence is the greatest attraction, and by her sympathy and love she directs in the child's work or in his play. She indulges him the innocent gratifications that gladden the childish heart, but through all seeks to inspire that sweet confidence which is the key that unlocks each childish purpose and plan to be wisely guided by mother.

Their Combined Work

Upon the father and mother depends the unity of the family, and they must be a unit working with the same courage and spirit of self-sacrifice, the same instilling of earnest purpose into childish hearts, the same strength and love united in both parents, to develop the noblest and best in their children.

Perfect trust and respect for parents because the parents' lives and teaching command respect, obedience to them, and affection for them, on the part of the children, are the laws upon which the unity of the family depends. And these laws when founded upon the great Moral Law unite the family in that bond of sympathy and love for one another such as nothing else can.

Children naturally honour those who rightly enforce authority, whose stability of purpose never wavers, and whose commands mean obedience because they are right and just. Obedience in a child does not seem to be instinctive, but comes rather through right teaching and training, a "patient continuance in well-doing" on the part of the parent who recognizes that systematic training and patience are prime factors to success in developing love for obedience in a child.

Henry Ward Beecher says: "To

neglect to teach obedience, to inspire it in the child, to require it and secure it, is to neglect the education of the child in one of the prime elements of success in after life."

Simple teaching is not sufficient; training is necessary. Teaching is an essential part of training, but into training enter all the forces which influence and shape the character. A child may forget what he is taught. But great sympathy and patience should be exercised towards him; for his infant mind cannot grasp things in a day. He needs "line upon line and precept upon precept." Neither can he do things from the same motives which actuate those who have passed through life's stern discipline. As your child unfolds and develops, study him carefully, remembering that to him has been given many elements from two lines of ancestry from which evolves something entirely new and so calls for special training suited to his individual case. Fathers and mothers have to do with the very foundation of habit and character building, and great is the honour and the responsibility in that we stand as God manifest in the flesh to our children; and until this trust is betrayed our lives are law unto our children. Children are keen character readers; hence, "consistency in all things" should be a watchword with us.

If we inspire the children with our love and zeal for their welfare and happiness, we gain their loving obedience and a confidence, and a union springs up between their hearts and ours that will keep them during many hours of temptation.

The importance of right physical training cannot be over-estimated. Every influence that affects the health of the body has a bearing upon the mental and moral health. Pure food, sleep, fresh air, and exercise are four essential elements to the child's development that the ultimate results may be a "sound mind in a sound body," rendering acceptable service to God and to humanity.

Stimulative Exercise



STAND erect, feet wide apart, toes pointing somewhat outward. Raise the hands above the head, the fingers touching. Bend the arms and head back, and then with a vigorous swing, bring the arms downward and between the legs as far as possible. Recover to the first position quickly, and repeat.

* * *

This exercise is excellent for the muscles of the waist and the abdominal organs, and is also good for the muscles of the neck and the shoulders. It is "stimulative" exercise, by which is meant that it increases the circulation, and incidentally the excretive action of the skin. Perform about ten times in succession, then rest, and repeat. About fifty times is the maximum number of movements that should be made.

Alcohol: The Brain Destroyer

Two great German investigators, Kraepelin and Kurz, published, in 1900, the results of a series of careful experiments in illustration of the persisting influence of slight chronic alcoholic intoxication. The daily dose of alcohol decided on was eight grams (equivalent to two liters of beer), and this was taken before going to bed.

The tests were the learning of figures, the adding up of sums, etc. The influence of these moderate doses of alcohol was found to be decidedly unfavourable. Mental aptitude, slowly and then, after some days, more markedly decreased, the loss being in one case equal to twenty-five per cent. of the normal ability. Moreover, in one case at least, the unfavourable influence did not cease with the discontinuance of the alcohol. It was proved that even a very moderate dose of alcohol exerts its effects for more than twenty-four hours.

The majority drink because of the

narcotizing influences of the drug. The troubled business man, the woman left alone to face the petty details of domestic drudgery, the overdriven professional man, the individual on whom some terrible calamity has fallen,—all these betake themselves to drink in order to drown their sorrows, to lose their personality for a brief period in oblivion.

Alcohol is taken at first as a means of relief. The reason why this happens is that, in common with other agencies, such as morphia, cocaine, and other kindred drugs, it can banish fear, worry, care; it can create a world peopled with the illusions of happiness. But at what a dread penalty! For alcohol awakens a morbid appetite, a pathological desire. After a time this desire becomes dominant, the forces of the will go down before it, and the drinker is then a victim of a disease.—*Dr. Samuel McComb, in Everybody's.*

The Body a Temple

"NATURE testifies of an intelligence, a presence, an active agency, that works in, and through, and above her laws."

It is not because the mechanism that has once been set in motion continues its work by its own inherent energy that the pulse beats and breath follows breath; but every breath, every pulsation of the heart, is an evidence of the all-pervading care of him in whom we live, move, and have our being. It is not because of inherent power that year by year the earth produces her bounties, and continues her motion around the sun. The hand of God guides the planets, keeps them in position in their orderly march through the heavens. It is through his power that vegetation flourishes, that the leaves appear and the flowers bloom. His word controls the elements, and by him the valleys are made fruitful.

The mighty forces which we see in the storm, in the cyclone, and in the lightning flash, in the thunder's roar, earthquake, cataract, and tidal wave, are identical with those which, ever active in our bodily frames, propel the life-blood in our veins, maintain the breath, perform the subtle alchemy of digestion, plant roses on the lips and jewels in the eyes, attune to harmony that harp of a million strings, the brain and nerves, maintain with critical exactness the tension of every muscle and tendon, and sustain in hidden furnaces the never-ceasing flame of vital heat. What delicate care we bestow upon a pet canary or a favourite dog. With what

deep solicitude the florist nurses and feeds his hot-house pets. We gaze with awe and love upon the giant forest oak, and cry, "O woodman, spare that tree!" when utilitarianism seeks its life. We bind up the wounds of trees and plants, so that the vital fluid which has for its mission the development of unfolding buds and flowers, shall not escape; we turn aside if likely to tread upon some humble flower raising its head above the sod, because we see in its sweet innocence and loveliness an expression of divine power and beauty, and are shocked at the thought of crushing it. But how do we treat ourselves? When we remember that God works in this house not made with hands, shall we not make it the object of our deepest solicitude to preserve, to nourish, to develop, to protect, in harmony with God's wise and beneficent laws, these wondrous bodies of ours? Or will we carelessly and heedlessly exhaust by sensuous indulgence our vital forces, or taint by the gratification of our gross appetite the crystal streams of life which flow out and in among the cells and fibres, structures, organs, brains, bones, and muscles, which feed the secret springs of thought and character, thus choking the stream of life which bears upon its current eternal possibilities of bliss or woe, through yielding to the clamours of untamed perverted tastes? With what sacred fidelity should we preserve the integrity of that marvellously constructed mechanism, that never-ceasing miracle of wisdom and power, the human form,—*Selected.*

Importance of Sound Teeth

Wm. W. Marvel, D. M. D.

A Boston physician has admirably expressed the proposition in the following words: "Good health is dependent upon good nutrition, good nutrition is dependent upon good mastication, good mastication is dependent upon good teeth."

"The teeth are the keys which unlock the nutriment of the food." It is not popularly known that the loss of a molar tooth in either jaw partly disables the two opposing teeth. One of the tragedies of the day is the promiscuous extraction of teeth which, by a little time and patience, could be restored to their original value. Ask the miller how his meal would look if there were breaks in his millstones. He must repair these deficiencies immediately, or his product would be unmarketable.

He will tell you that the larger the stone, the finer the meal. The same is true of our mouths. If we expect to provide food for the stomach in the proper form for digestion, we must have no gaps in our millstone, and we should retain the abused third molar in order to make that stone as large as possible.

A word about how teeth decay: It is a fact that in places where food can find a lodging, disintegration is most likely to set in. If food be allowed to remain in the mouth for any length of time, putrefaction sets in, and an acid known as lactic acid attacks the hard enamel and causes it to soften. The door is then open to invade the softer tissue, undermining slowly but surely the whole tooth. When this has gone

far enough, the top caves in, and then we hear the cry, "Our teeth have gone to pieces all at once!" Teeth never go to pieces in that way.

Then comes the critical stage and the most dangerous condition. The ragged hole in the tooth becomes a hotbed for the growth of all kinds of disease germs. We have warmth, darkness, moisture, and filthiness,—conditions dear to the heart of the microbe. We can not clean the microbes out, and so they are waiting for a time when the system is in a lowered state of resistance to set up tuberculosis, typhoid, or one of a host of diseases known to us all.

The one thing which all of us must do is to teach our children, our families, everybody, to allow particles of food to remain only the shortest possible time between the teeth. This is the key to the whole situation; it should be our slogan. Our mouths are the portals of our digestive tract; therefore it is of greater importance that they should be healthy and clean than that our faces should be. Some people think no dirt exists where it can not be seen. Clean the teeth often. If we have constantly in mind that the food must be removed from between the teeth, we shall bring about a good result. Use silk floss so as to "take hold." Use a good, pure, finely powdered dentifrice. A little cooking soda, used several times a week, will destroy any acid condition.—*Extract from Paper Read before R. I. Dental Hygiene Conference, April, 1909.*



Abstracts



Spices and Digestion

SOME experiments recently out, tend to prove that while spices stimulate the motor functions of the stomach, they progressively impair the secretory functions, and in the long run inhibit the production of hydrochloric acid." An exception may possibly be made "in respect of persons in whom slowness of digestion is due to a deficiency of muscular activity on the part of the stomach," and perhaps in a case of hyperacidity. As a matter of fact, spices do harm rather than good in the latter cases also. They are always unnatural and unphysiological, disturbing the regular action of the secreting cells, and interfering with a due discrimination of those delicate natural flavours which are present in a greater or less degree in all wholesome foods, and which it is the business of the skillful chef to bring out.—*M. S. Journal.*

* *

Overcoming Diphtheria

THERE is a natural germicidal property in normal blood, both of man and of the lower animals. It is the endeavor of serum therapy to increase this natural immunity by vaccination to the highest degree of potency, and to use the resulting blood serum to confer immunity upon the non-immune.

In diphtheria, serum therapy has scored its greatest success. Previous to the anti-toxin period, the mortality ranged from forty to fifty per cent.; since its introduction it has fallen to less than ten per cent. Turner, in speaking of the anti-toxin, says: "The diminution in the hospital mortality of diphtheria has been nothing short of marvelous. No child ought to die of diphtheria."—*Good Health.*

* *

Quinine

MANY persons are possessed by the idea that quinine is a clean, wholesome drug that never harms any one. The truth is

that perhaps next to the "quack cure" preparations it is the most harmful drug used to-day, and this because of the erroneous ideas concerning it that prevail. In England, the other day, a coroner's jury sat on a case of sudden death from poisoning. The testimony showed that the poisoning was an overdose of quinine. A jurymen, evidently possessed by the prevalent idea, asked the physician if a case of death had ever before been heard of from quinine. The doctor replied that there had. There are to-day thousands of persons suffering from lifelong ills resulting from too much quinine. It is very popular with many "to break up a cold," but about the only thing it breaks up is the man that takes it. If he persists in its use in the commonly used doses, the break will be permanent some day.—*Progress.*

* *

Alcohol

ALCOHOL is a pathogenic agent, and as such is not a fit daily beverage for anyone, and neither distillery nor brewery logic will ever again reinstate alcoholics as proper dietary or prescription preferences, save under the most cautious limitations.—*C.H. Hughes, Alienist and Neurologist.*

* *

Tracts Received

WE acknowledge having received the following interesting and instructive pamphlets, for which we are indebted to Mr. K. L. Oza, "Golden Age" Villa, Veraval, Kathiwar, from whom they may be secured:—

National Food Reform Association.

Economical Dishes for Workers.

Hints toward Diet Reform.

Food Reform.

A National Habit and Its Consequences.

Lady Margaret Hospital.

The Toiler and His Food.

How to Avoid Appendicitis.

Herald of Health,

PUBLISHED MONTHLY BY

International Tract Society,

19, Banks Road, Lucknow

H. C. Menkel, M. D., - Editor

Subscription, Post Free, - - - Re. 1-8

REGISTERED, - - - No. A. 457

PHYSIOLOGICAL THERAPEUTICS AT THE MUSSOORIE SANI- TARIUM

By physiological therapeutics is understood the utilizing in the treatment of the sick those natural forces which are constantly acting upon the human body in health, as heat, cold, light, water, food, electricity, rest, and exercise. During life these agencies are constantly exerting a modifying influence upon the various bodily functions, either by playing upon the skin and stimulating the vital activities through the cutaneous nervous system, or being introduced into the body and nourishing it, or by its solvent action so assisting in cleansing the tissues of impurities.

Health

The condition known as health is simply the normal activity of the human machine, with every organ of the body doing its work properly, for the reason that all of its structures are perfect in mechanism, and properly related to each other and to their environments.

Disease

Disease is the opposite of health, and is manifested by signs known as symptoms, which indicate that there is something wrong with the mechanism; that it is either imperfect in its structure, or abnormal in its functions or surroundings.

The True Remedies for Disease

The forces that have assisted in making man what he is, may well be employed to re-make him when he departs from the normal.

In disease the body requires special assistance, but not altogether different in kind from what it requires in health.

The effect of every true remedial agent is to call into action the health-preserving, health-restoring tendencies that are inherent in every tissue and organ of the body. The means by which this may be best accomplished is the employment of such measures as

Hydrotherapy

The use of water in the treatment of disease, is recognized as one of the most powerful means of influencing the recuperative forces of the body. This is accomplished by more than two hundred different forms of applications general and local.

Massage

The systematic manipulation of the tissues and organs has in recent times received great attention and development, and is now universally recognized as an important curative measure.

Mechanical Vibration

Vibration intelligently employed by suitable apparatus exerts a powerful influence over the circulation, restoring its balance when disturbed by morbid reflex action.

Phototherapy

In the electric light we have an agent that has been demonstrated to produce the same effect upon vegetable and animal tissues as the sunlight, with the advantage that its effects can be intensified or localized to any degree, or the various rays may be isolated as the condition requires.

Electricity

Electricity is known to so closely resemble the normal impulses that it takes a prominent place in correcting abnormal functions.

Dietetics

In dealing with the human organism there is no one thing of more importance to be thoroughly and scientifically regulated than the patient's diet. We find it of the utmost importance to become thoroughly familiar with the quality of digestive work done by each patient and to regulate the diet accordingly.

Thousands of chronically sick folks are daily suffering tortures from stomach liver, nerves, and other organs, that are out of sorts and clamouring for relief, who might be quickly delivered from this invalid bondage by the application of a rational system of health culture.

HAPPY PARENTS

"HAPPY are the parents whose lives are a true reflection of the divine, so that the promises and commands of God awaken in the child gratitude and reverence, the parents whose tenderness and justice and long-suffering interpret to the child the love and justice and long suffering of God. Parents who impart to a child such a gift have endowed him with a treasure more precious than the wealth of all the ages—a treasure as enduring as eternity."

HIS REAL BEGINNING

"I UNDERSTAND you began life as a news-boy," observed a friend to a "captain of industry."

"No," replied the millionaire. "Some one has been fooling you. I began life as an infant."

GETTING UP THE HILL

A REPRESENTATIVE of Mrs. Chapman's Hotel and General Agency meets all trains at the Dehra Dun station who will arrange for the transportation of patients and their luggage to the Mussoori Sanitarium at moderate charges. If special conveyance is required for very ill patients, telegraph ahead to Mrs. Chapman's Hotel, Rajpore, and suitable conveyance will be provided. On reading Dehra Dun station ask for Mrs. Chapman's agent, and explain that you desire to go to the Mussoorie Sanitarium, also what kind of conveyance you prefer, and the agent will do the rest.

"EFFORTS to keep cold air out of the home lead to keeping something within the home that is the most serious danger to life and health, namely impure air."

Vegetarian Cook Book

This book contains about four hundred very carefully prepared recipes of healthful, hygienic dishes, suitable to every taste and every condition in life. There is also one chapter on the Hygiene of Cooking, explaining the various methods, such as boiling, steaming, stewing, baking, braizing, and broiling.

The author has had a broad experience in restaurant work, and has given the results of his experiments and observations in this practical work. We believe the good, wholesome foods, hygienically prepared, will appeal to many who are suffering from the effects of bad foods and wrong combinations.

The classification of foods is so arranged, and the work so thoroughly indexed, that any recipe may be referred to instantly. 266 pp.

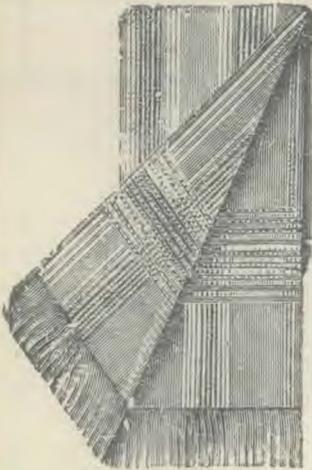
Cloth Rs. 2-8

INTERNATIONAL TRACT SOCIETY
19, Banks Road, Lucknow.

Hall & Anderson's Cholera Belts

MUSSOORIE BRANCH

A SELECTION OF ARTICLES ESSENTIAL TO
PERFECT COMFORT DURING A STAY IN
THIS CHARMING HILL STATION.



Travelling

RUGS

Smart Plaids
Heavy or Light
Weights
Fringed

PRICES

FROM

Rs. 4-15

To

Rs. 35—



IN LIGHT PURE WOOL, SMALL,
MEDIUM OR LARGE SIZES
A SPLENDID PROTECTION FROM
CHILLS—

Price Rs. 2-8 EA.

DITTO HOLDFAST BELTS

Price Rs. 3-12

White Witney Blankets

SINGLE BED SIZE
SPECIAL VALUE

Rs. 9-12 EA.

SCARLET WOOL BLANKETS

SIZE 7 FT. X 5½
WEIGHT 3½ lbs.

Rs. 9-8 EA.



WARM SLIPPERS

FLEECE LINED, LEATHER SOLES,
PADDED FELT

Price Rs. 4-15 Pair

DR. JAEGAR'S RUGS

ALL PURE WOOL

LIGHT WEIGHT

IN SMART SCOTCH PLAIDS

Price Rs. 35-8 EA.



RUBBER HOT WATER BOTTLES

BEST
QUALITY

Rs. 5-12

Rs. 6-15

Each

Natural Wool Flannels.

A GOOD RANGE ALWAYS STOCKED

Rs. 1-4, Rs. 1-8 and 2-4 Per Yd.

Bedroom Towels

WHITE TURKISH	48x26	-	Rs. 14-8 Doz.
„	„	52x25	- Rs. 17-12 Doz.
BATH TOWELS	72x36	-	Rs. 3-15 EA.

HEALTH FOODS

The Foods included in the following list are called HEALTH FOODS because they are entirely free from all that is injurious, and because they contain just the elements required to build up the human system. They are made from the purest materials, combined in the proper proportions, and so PERFECTLY COOKED as to be easily digested.

PROTOSE

A Vegetable Meat. A tasty, nutritious, and easily digested food. It contains the same food elements as beef and mutton, with 25 per cent. greater nutritive value, and no impurities.

NUTTOLENE

Prepared exclusively from choice edible nuts. Nuttolene being in a state of natural emulsion, presents fat in a state in which it can be easily digested and assimilated.

MALTED NUTS

Especially desirable for persons who require an increase of fat and blood, and especially valuable as a nutrient for persons suffering from inability to digest starch.

GRANOSE

The best food obtainable, in the best form possible, for men, women, and children.

ARAMEL CEREAL

A healthful and fragrant beverage prepared from cereals. Better than tea or coffee.

CUNFERMENTED GRAPE JUICE

It is just the article required for communion purposes. Preserved as it is by a process of sterilization, and not by artificial means, the natural flavour of the fruit is entirely preserved, as well as its nutrient and wholesome properties. In the process of making ordinary wine, fermentation takes place at the expense of the grape sugar, with consequent almost complete sacrifice of the food value; but in our Unfermented Grape Juice, no fermentation having taken place, the entire food value of the grape is preserved. Unfermented grape juice can be taken by persons with the weakest digestive power. It is the food-and-drink combination *par excellence* in fevers.

Sanitarium Health Food Co.,

50, Park St., Calcutta

Mussoorie Sanitarium

—:—:—

This institution offers the best inducements to the true seeker after health. Its location in Mussoorie enables it to combine the benefits of rest and change and a vacation in the hills with medical supervision, and the advantages of the most complete and effective remedial system embracing such measures as,

Electric Light Bath,

Electricity in Various Forms,

Hydrotherapy,

Massage,

Vibratory Treatments

Carefully Regulated Diet.



Our aim is to bring to bear in one place the most health-promoting agencies.

For rates and further particulars, address,

MUSSOORIE SANITARIUM, MUSSOORIE