

THE

Herald of Health

CONTENTS

—:O:—:O:—

Treatment of Typhoid Fever

Physical Exercise in India

Packs

Healthful Cookery

The Child's Education

The Social Evil and Its Remedy

Importance of Home Training

Exercise for Abdomen and Leg

How to Eat

Inebriety a Disease

Abstracts

Electric Light in Chronic Diseases

FOR

THE

HEALING

OF

THE

PEOPLE

Vol. 1

JUNE, 1910.

No. 6

The Sanitarium 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

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Lucknow, June, 1910

No. 5

Treatment of Typhoid Fever

WE have reason to be proud of the triumphs made in preventive medicine during the last century. Typhoid, among other diseases, has lost much of its terror. We no longer attribute it to witchcraft, evil spirits, or a manifestation of the wrath of the Almighty; we know it to be the result of natural morbid agencies originating in the violation of natural law.

The most important measures in treating typhoid fever are:—

PREVENTIVE.—This means the adoption of such measures as will enable one to live above disease; carefulness in diet and in habits of life, sanitary and hygienic surroundings. The prevalence of typhoid fever depends largely upon the insufficiency of drainage and the water supply of a village or city; as a faulty system of water supply is likely to become contaminated with human excrement, thus originating epidemics of typhoid. All drinking water and milk should be boiled. Every article that is used in connection with a typhoid patient must be rigidly disinfected.

The plan of treating typhoid has undergone marked changes during recent years. The old method of treatment consisted largely in an effort to overcome the fever by the use of powerful antipyretic drugs; as phenacetin, antipyrin, quinine, and other coal-tar derivatives. Under this plan of treatment, the mortality ranges about twenty-five per cent.

Modern knowledge of fever no longer considers the increased temperature as the crying evil to be attacked as a foe; but it is now recognized that fever is a protective effort, it is nature's method of overcoming poisons produced by germs within the body. This increased temperature is essential, that the blood may elaborate antitoxins with which to counteract the effect of germ poisons. Sudden death frequently follows the abrupt lowering of temperature by the use of antipyretics. It is the poison, and not the fever, that is the real foe against which the treatment must be directed. The temperature is an indication of the abnormal state within. Professor Osler says the profession was long in learning that typhoid fever is not a disease to be treated with medicine.

A new epoch was inaugurated when Dr. Brand introduced the method of treating typhoid fever by hydiatic measures, which has resulted in reducing the mortality to about three per cent. where this plan has been followed.

When fever begins, it is an indication that poison is present sufficient to affect the heat controlling centres and other vital functions; the severity of the fever will depend upon the vital resistance of the patient, his susceptibility to the disease, the amount of dross present, and the virulence of the infection.

Plan of Treatment

The object of treatment should be to remove the poisons and increase the patient's resistive power. This result is best obtained by the use of hydiatic measures so graduated as to meet the varying conditions of the patient. Cold applications are most frequently called for; as they energize the nerve centres which furnish innervation for circulation, respiration, digestion, tissue formation, and excretion. The patient thus treated is refreshed and invigorated, and fights the battle of life with more chances in his favour. The hot blanket pack or vapour bath will be found the most valuable measure at the beginning of typhoid to stimulate elimination.

Treatment should begin at the earliest possible indication of an essential fever. Vigorous measures at the onset will shorten the duration of the disease, greatly diminish its intensity, and abbreviate the period of convalescence. If the patient is first seen after the temperature has reached 103° or 104° , indicating an advanced morbid condition, most vigorous hydiatic measures should be employed at once; such as, eliminative treatments once or twice daily, followed by a cold full bath (Brand bath) or cooling sheet pack repeated every two or three hours.

As the disease advances, milder measures are indicated: as the neutral bath, graduated bath, cold mitten friction, or wet towel rub. The cold compress to abdomen is a measure of great value to suppress the growth of typhoid germs in the intestines. Complete evacuation of the bowels should be insured by administering a cool enema once or twice daily. Encourage the patient to drink from four to eight pints of water each day. If

cold treatments cause the patient to chill, they should be preceded by either one or more of the following treatments: hot foot bath, leg pack, fomentations to spine, hot friction or other short heating measures which bring the blood to the skin, thus insuring good reaction to the cold.

Diet

The tendency is to overfeed in typhoid fever. Such food should be selected as will sustain the patient, be quickly and easily digested, leave but little residue in the intestines, and not tend to increase the growth of germs. Such a diet is found in fruits, without seeds or skins; fruit juices without sugar; and light gruels, such as, oatmeal, farina, or gluten, and zwiebach, or thoroughly toasted bread. The acid fruit juices are disinfectants, and tend to diminish bacterial growth in the small intestine—the seat of disease. Milk is considered by many as the best diet in fever. If used, from two to four pints all told should be given an adult at stated intervals during the twenty-four hours. Koumiss or buttermilk is in many ways superior to sweet milk, and many can take either of these when the ordinary milk is distasteful. When milk is given as a diet, fruits should not be used at the same time. As a rule, typhoid fever patients are fed much too often. During convalescence the patient develops a ravenous appetite, and sympathizing friends are only too willing to gratify it. A patient should not eat solid food until the temperature has been normal for ten days. If there be a tendency to constipation during convalescence, it may be relieved by an enema. Any excitement, either mental or physical, must be carefully avoided.

Physical Exercise in India

J. H. Gray, M. D., Physical Director College Branch, Y. M. C. A., Calcutta

MANKIND from its earliest days seems to have been dissatisfied with nature's way of doing things. Men's thoughts have always turned toward possible short-cuts to health, wealth, and happiness. Had this amount of thought and energy been expended on nature's laws and their fulfilment in the human race, we might be living on a much higher plane than we are.

The securing and maintaining of health is a complex problem to which there is no short-cut shorter than the laws of nature,—an ever widening problem, but fortunately one which nature insists on keeping under her control. Man's efforts in the search for knowledge are mainly for the purpose of helping and working with nature, not of overcoming or shortening her paths.

Roughly, our knowledge in matters of health may be divided into three large classes or divisions,—food, sleep, and activity. We all know what discussions are going on at present throughout the world on the question of diet; the value or the harm in meat; a high or low proteid diet; "Fletcherism"; and many other phases of this vital question.

Strange as it may seem, we do not know exactly what sleep is. Its manifestations, uses, and symptoms we have come to know by experience; but there is still a tremendous amount of knowledge to be gained on this question also.

But what about the third division in the health circle; viz., activity? There is no one who questions the necessity for activity. In fact, the very make-up and structure of the body is a result of the numerous combinations of activities that an individual has

gone through racially as well as individually; and it might be truthfully said that we are the product of our activities. In man's upward climb the tendency has constantly been to eliminate activity. The sedentary life as found in luxurious homes, in office life, in motor cars and tram cars, and in all modern methods of conveyance and pleasure, has tended to make men inactive rather than more active, and to take away from him those great resources for vigour and health that have been his reserves in ages past. Consequently, everywhere around us we hear of physical degeneracy. The inability to recruit troops on old physical standards in England, the inability of man to endure hardships as in former times, and in many ways not usually recorded as indigestion, constipation, liver, headaches, obesity, etc., is the same story being told in the lives of men throughout the world.

If there is one word that characterizes the condition in India, it is lethargy. Lethargy of mind, lethargy of body, lethargy of animal life and plant life is everywhere to be seen. This no doubt is partially caused by climatic conditions of intense heat, and confinement to small areas during rainy seasons. Among those blessed with a great amount of means, a sedentary life is encouraged by numerous servants who act out their thoughts for them. In fact, the life of India tends towards ease, lethargy, and inactivity. It is just here that physical exercise in India should step in to solve this problem, and to preserve the physical stamina of Indians and foreigners who come to this land. What people need in this country is not so much a change

to the hills, not more medicine, but more activity. Indigestion, constipation, and kindred ailments are due to this lethargy, to the stagnation of circulation, metabolism and the abnormal functions of the body resulting from it. Consequently, exercise should not be taken in mild doses by the average healthy man. He should make it a part of his life to do vigorous work, daily, in some form of exercise. It is not enough to walk leisurely one mile or two miles, and it is better to take fifteen minutes of quick, light, vigorous exercise than a half hour or an hour of slow or easy work. What is needed, is that the skin be stimulated to intense activity, pouring out perspiration, and the blood made to circulate rapidly through the body, carrying away the waste products due to the lethargy, showing itself in increased mental activity, in improved digestion, in increased physical tone, and the resulting benefit of sleep from a tired physical body.

My experience has taught me that there is no short-cut to this attainment. Drugs and stimulants may make one feel for the time being that he has attained these ends; but five or ten years of life in India prove that these effects do not last and are in the end detrimental. It is the systematic vigorous, daily exercise, coupled with pleasure and recreation if possible, that will make life worth living in India. It is this recreative feature that is such a good nerve tonic and a natural one, too. For the athletically inclined men, these words are hardly apropos; for in foot-ball, hockey, tennis, and in a measure cricket, one gets quick, vigorous exercise.

But the aforesaid words do apply most forcibly to the men who lead sedentary lives. The men in government and office work, the clerks, both men and women in the shops, the Indians who seldom exercise and drive around in their gharies, and even the professional men, are not exempt from this

category, if they would live the most efficient life.

A prescription of exercise for such a varied and large group of people is rather difficult in a short article; but a few fundamental principles can be laid down that will help to guide one and all, and then each individual can modify or adopt them to suit his individual case.

1. Take your exercise at the same time each day, as nearly as possible, and plan to do it daily. Our bodies are creatures of rhythm, and regularity is one of the secrets of health.

2. It is better not to take your exercise immediately on arising, neither just before nor after a meal; instead, take it when you can follow it with a bath. The following words of Robert J. Roberts taught to his classes are famous: "He who takes the home drill and a cold bath each day is a wise man."

3. If you are a victim to lethargy, and are suffering from some special complaints, like, constipation, intestinal inertia, liver, or dull head, secure from some reliable source a special prescription of exercise to cover your particular need.

4. Always, at some time in your exercise, take work that will give you a good respiratory change and a bounding circulation, either by deep breathing exercises, rope skipping, running, fancy step dancing exercises, or sharp, short, vigorous exercise of some other kind.

5. Always follow your exercise with a bath as quickly as possible. Hot water first, with soap, followed by a cold douche, or a shower of cold water and a vigorous rub. The value of the combined hot and cold water bath is almost unknown in India. It is thought unnecessary because of the tropical temperature; but it is one of the best means for stimulating a healthy body and for preventing the catching of cold.

If you would be healthy in India, consider all the laws of nature, in the matter of food, rest, and activity; but do not become lethargic in the matter of your exercise.

RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Ruth Merritt-Miller

Packs

THERE are many kinds of packs which are found more or less useful as home treatments. In describing these, a few conditions will be mentioned where they may be used quite safely by those who have not been especially trained in the care of the sick.

The Dry Blanket Pack

In combating a chill, this simple treatment will be found very useful. A chill is an effort of nature to increase the amount of heat in the body. The conservation of the heat constantly being eliminated from the body, reinforced by external applications, will relieve the heat-producing organs, and at the same time add much to the comfort of the patient.

The dry pack should be given just before, or during the chill which accompanies malarial fever, and is given as follows: Spread several blankets on a bed or couch. Quilts may be used in place of some of the blankets, but a blanket must always be uppermost. The patient should drink a glass or two of warm water, remove his clothing, and lie down on the blankets. If preferred, a light under-suit or night-gown may be worn during the treatment; but this should be replaced by dry clothing when the treatment is finished.

Bring one side of the blanket over the patient, and tuck it in well on the opposite side. Then do the same with the other half of the blanket. Hot

water bottles, which have been previously made ready, should now be placed at the feet, sides, and back of the patient. If these are not at hand, hot bricks, stones, or sand bags may be used. Fold the remaining blankets over the patient, and tuck them in snugly, especially about the neck and feet. When the chilling ceases, remove the hot bags, and throw off some of the blankets; as they interfere with the elimination of heat, and may tend to raise the temperature of the patient if prolonged for any length of time.

This pack may also be used to induce perspiration, and should then be continued for an hour or more, the head being kept cool, and the patient given water to drink every fifteen or twenty minutes.

The Hot Blanket Pack

is, however, preferable for this purpose. It differs from the dry pack in that the blanket which lies next to the patient is wrung from hot water, temperature about 160°. Two persons will be required to do the wringing. Grasping it by the ends, twist the blanket a few times, and dip it into the hot water. While in the hot water, it should be twisted tightly, then lifted out and forcibly extended. It should be wrung as quickly and as dry as possible, then placed upon the other blankets which have been previously arranged on the bed; as soon as the hot blanket is in place the

patient should lie down in the centre of it, and extend his arms over his head. Now draw one side of the blanket over the patient and wrap it in about the leg on that side; place the arms by the sides and bring the other half of the blanket across them, wrap it round the other leg, and tuck in well. Cover the patient with the first dry blanket, put hot water bags in place, then bring the remaining blankets over and tuck in snugly.

To remove the patient from the pack, first take out the hot bags; then bare one arm and sponge it quickly with hot or tepid water, dry, and cover it with the dry blanket. Treat the other arm, and the chest in the same way, pushing the wet blanket under the back. Sponge and dry the legs, uncovering one at a time, and, as the patient turns on one side remove the wet blanket. After the back has been sponged and dried, put on dry clothing and then allow the patient to rest for a short time.

This treatment when continued until perspiration is induced is an excellent substitute for the vapour bath where the latter is not practical, and will be found especially helpful in the first stages of infectious fevers and influenza. It also gives great relief in Bright's disease.

In cases of collapse and subnormal temperature, it will be found useful; but in these cases, it should not be prolonged after the required heat has been imparted to the body.

In typhoid and other fevers, where the surface of the body is cold, and the internal temperature high, the hot blanket pack has been found beneficial. All hot bags, except the one at the feet should be omitted, and the treatment should only last from three

to five minutes. The application of heat to the surface of the body brings blood from the congested internal organs to the skin, where it can be cooled. At the same time, the feeling of warmth will cause less heat production within the body.

The Leg Pack

In cases of pneumonia and congestion of the lungs, the hot leg pack gives great relief, by dilating the blood vessels of the legs and feet, thus relieving, to some extent, at least, the congestion of the lungs. One advantage of the leg pack over the foot bath described previously, is that it can be given with less exertion on the part of the patient, and should there-

fore be used when the patient is too weak to take the foot bath.

Place a dry folded blanket under the hips and legs of the patient. Wring a small single blanket out of hot water and place it over the dry blanket. Wrap each leg and foot



Wringing the Fomentation

in the wet blanket and protect with the dry. A hot bag should be placed at the feet, and the patient allowed to lie quiet from twenty minutes to half an hour. Hot bags placed at the sides of the legs will increase the effect of the treatment unless the temperature is too high to warrant the application of so much heat.

In typhoid fever, this is a splendid treatment to accompany the cool sponge bath when the legs are cold. When the upper part of the body has been sponged, the pack should be removed and the limbs sponged with cold water.

Bed-ridden patients, who suffer from cold feet and restlessness, will find the leg pack a very soothing treatment.



Rice-Nut Croquettes

- 1 CUPFUL cooked rice,
- 3 tablespoonfuls grated nuttolene,
- 1 egg,
- 1 tablespoonful browned flour,
- $\frac{1}{2}$ cupful milk,
- 1 tablespoonful chopped parsley.

To brown flour, place on a tin over a slow fire until a yellow brown. Make a sauce of the brown flour and milk. Mix with this the rice, nuttolene, and parsley; salt to taste. Cool, shape into croquettes, dip in the beaten egg, and roll in bread crumbs; bake until nicely browned. Serve hot.

Rice Mould

- $\frac{3}{4}$ cupful rice,
- $\frac{1}{2}$ cupful milk,
- 1 egg,
- 3 tablespoonfuls sugar,
- Vanilla flavouring.

Boil the rice in one quart of water until done, and drain; then add the the hot custard made of the egg, milk, and sugar. Mould, and serve with stewed fruit or cream custard.

Cocoanut-Rice Pudding

- 1 cupful well washed rice,
- 1 cupful sugar,
- 4 cupfuls new milk,
- 4 cupfuls cocoanut milk,
- A little grated lemon rind for flavouring.

Put all into a dish and place over a slow fire until the milk is boiling. Stir frequently, so that the rice shall not adhere to the dish. Put into a moderately hot oven and bake until perfectly tender. When cold, each grain of rice should be whole and the pudding of a creamy consistency.

Rice Rolls with Tomato Sauce

- 2 cupfuls of cold boiled rice,
- Yolk of one egg,
- 4 tablespoonfuls of chopped nuts,
- Salt and celery to taste.

Heat the rice with a little thick white sauce made of hot milk thickened with white flour; add the beaten yolk of egg and nuts, also salt and celery salt. Cool, and shape into small rolls. Roll in crumbs, and bake until brown. Serve with tomato sauce.

Browned Rice

Spread a cupful of rice in a shallow tin, and put into the oven. Stir frequently to prevent burning. Each grain should be of a yellow brown when done. Put on to steam over three cups of rapidly boiling water until each grain is separate and flaky.

This form of rice is especially good for one suffering with flatulence due to starch indigestion.

Tea Drinking

THE evil resulting to the human family from the use of tea is great. A strong man accustomed to the use of alcohol might take an ounce of pure alcohol without causing death; even one-tenth of that amount of theine would result fatally. Theine is many

times more powerful as a poison than alcohol. There are two and one-half grains of theine in every cup of tea as ordinarily made. It is estimated that one-eighth of a grain will kill a frog, and that two cups of tea contain five grains, or a sufficient quantity to kill a rabbit.—*Selected.*



The Home

The Child's Education

Mary Heath

MOTHERS are apt to think that the child's education starts with his school days, whereas it really begins almost with himself, and he has a vast deal to learn before he can speak our language. When one fully realizes this truth, the value of certain principles of education is apparent.

The first of these is not to hurry the child's development. Let him go as slowly as he will. It seems to be human nature to want to hasten a child toward the next landmark in his journey. The proud mother is anxious to see baby walking, so she lifts him to his feet and coaxes him to take a step before he is quite ready. This is wrong. All growing things develop gradually, and baby must be allowed to take his own time. Creeping is splendid exercise—let him creep as long as he will. When he is ready he will step off by himself.

We break the same law when we try to hurry the education of the child. Mental creeping is as necessary as is physical creeping, and a child knows instinctively how fast to advance. The little brain must be given ample time to develop before it is taxed with studies. It is a great mistake to send a child to school too young, and nothing is really gained by it. One who begins later will soon catch up with and often pass the children of his age who start younger than he does. When your child shows a desire to learn,

begin to teach him a little yourself.

Every mother should know something of the psychology of the child, and Froebel's principles of education, by the way. It is not necessary to make hard work of teaching the child. He can be taught much in games and with his toys. With blocks, he learns forms, the cube, the cylinder. With beads, he is taught colours, and also the beginning of number work, etc. If the mother is willing to take the time and pains, I believe home training along kindergarten lines is an ideal beginning for the child. In some children, the large kindergarten is too stimulating, and then, too, it shuts the child indoors when he should be out in the air. Make the children comfortable, first of all. Give them a low table and chairs which fit both the table and their own little legs. And do not forget to have them play some game of motion when they have been sitting awhile. There need be no set time for this kindergarten-at-home. My own rule is to encourage the children to play out of doors whenever it is pleasant and as long as they will stay out. Then when they come in, of their own accord, I try to direct their occupations.

Much can be taught children by means of stories. Late afternoon always seems to be the natural story hour, and a mother should try to take time for one little tale a day, at least.

Choose it carefully, for its moral as well as its entertaining qualities. If it is the story of some great man, begin with his boyhood, letting the children see the gradual growth of his character. This will teach the law of continuity, a very important matter. The child should early understand the connection between cause and effect. The rain, though it shuts him indoors, makes the flowers grow.

Trace back the faults in your children to their cause, and you will help much to root them out. And use the law of continuity in the matter of punishment. If a child upsets his beads, he must pick them up. If he does not put away his toys, they are confiscated for a day or so. Let him see the relation between the fault and the punishment; and he will be likely when he grows older to realize that he who sows the wind must reap the whirlwind.

It is surprising at how early an age a child will understand and enjoy simple lessons in hygiene and physiology. We have a little game we sometimes play at mealtime. The teeth are mill stones; which grind up the grain (the food) and send it down to the little miller who lives in the mill (the stomach). If it is not ground fine enough, he cannot make good flour of it, and little son will not grow big and strong like father. A three-year-old can play this game, and the older children can be taught the actual principles of mastication and digestion. Nothing will point a moral better than

CHILDREN need models more than criticism.

To bring up a child in the way he should go, travel that way yourself.

The sooner you get a child to be a law unto himself, the sooner you will make a man of him.

actual experience; so if the child has a stomach ache, sympathize with him and then inquire the cause. Did he eat his dinner too fast? Ah, then that is the reason! Next time he must chew his food well, and he will not have the pain. After an explanation of this sort, it is easy to get children to leave alone food which is not good for them.

Point out and name the birds, and watch their habits. The out-of-door class can take up many branches, and the children will love it. And lessons develop mind and body together.

I know two children who have been trained very much along these lines. They did not go to any school until they were ten years old, but had some simple lessons at home before that. Their father, a busy man, taught them in his odd leisure moments, and these were neither many nor regular. But besides teaching the children the rudiments of reading and writing, he laid foundation for a broad and noble education. He made companions of them, taking them with him on occasional outings. They collected and classified butterflies, beetles, etc.; watched the habits of animals; were taught to recognize trees by bark and leaf. Although they lived in a city, they did a great deal of nature work, taking trips to the country and the city parks for the purpose. When these children started in the public school, they soon forged ahead of their class and entered college with splendid records.

Stories first heard at a mother's knee are never wholly forgotten, a little spring that never dries up in our journey through scorching years.

We can never check what is evil in the young unless we cherish what is good in them.—*Selected.*

The Social Evil and Its Remedy

G. Frank Lydston, M. D.

ILLOGICAL training of youth is one of the feeders of vice. Boys are taught by older men that fornication is manly, even that it is necessary. Such training, associated with ignorance of sexual physiology and undisciplined sexual impulses at the age of puberty, is most disastrous in results. The lie of the "Wild Oats" is the reef on which many a youth's life has been wrecked. The belief is quite general that every youth of stamina "must sow his wild oats." Some go so far as to say he cannot amount to anything unless he does sow more or less of them. That any man who sows can altogether escape reaping is a fallacy.

Shall youth be exposed to debauchery to strengthen it?—No; a thousand times, no! Protect youth from wild oats' influence until judgment is mature, and there will not be so many brands to be plucked from the burning. Here are a few pictures showing the fruits of wild oats:—

PICTURE 1.—A certain health resort, —the sink hole into which a large part of the immorality, crime, and disease is dumped—has a hundred thousand visitors annually. Of these, a large proportion go there to harvest their wild oats' crop. Visit one of the government "rale-holes," defender of wild oatism, and tell me how you like the harvest.

PICTURE 2.—A hospital. Here is a group of locomotor ataxies; there is a group of deformed children; yonder a girl in her teens is nursing an idiotic child,—it does not, and never will, know its father. More wild oats!

PICTURE 3.—A jail, full of drunkards and criminals, wild oats again!

PICTURE 4.—A foundling's asylum

full of children, cursed before they were born by society's cruel term "bastard." Poor little wild oats!

PICTURE 5.—A doctor's office, full of anxious men, and still more anxious women, who do not gossip much about their ailments, even among their intimates, save where men and women are told by the doctor a euphonious fairy tale for home use. Wild oats growing in the dark!

Doctors know the wild oats crop under numerous terms. Crime, inebriety, syphilis, paresis, locomotor ataxia, and gonorrhœa are chief among them. What the consultation room does not tell, the operating table does. The woman who prefers the graduate of wild oats' college would do well to look at the pathological specimens taken by the surgeon's knife from innocent wives; eighty per cent. of all deaths from pelvic disease in women are due to gonorrhœa.

There are thousands of syphilitics in every large city in the world. Add to them the other wild oats' products, crime, prostitution, inebriety, insanity, —all the conditions of degeneracy,—and we can never off-set the frightful record with an occasional "brand plucked from the burning," or "burnt child who dreads the fire."

The grey heads who have learned the wild oats' lie from society's primer know full well that the wild oats of yesterday are watered with the tears of to-day. Their vicious roots lie deep in the ashes of despair. They are garnered with the sickle of regret, and threshed with the flail of disease and pain.

Prevention of the society evil is the keynote of its management. The first

essential is the education of the youth in sexual physiology, correcting vicious notions derived from depraved men and women, the punishment of adults who are known to corrupt the morals of youth, imparting a knowledge of the horrors of venereal diseases, and cultivating a healthful selfishness.

As matters stand at present, the growing lad comes to regard sexual purity in the male as something to be ashamed of, and female virtue as extremely out of fashion. This applies of course, mainly to the city boy. That sexual indulgence is a *sine qua* to manliness is one of the foundation stones of the ethics of the city youth. Boys should be taught self-control. We should endeavour to convince them that to control one's appetites makes a man a king among men; but that allowing his appetites to control him makes him a slave

who can never enter his birth-right.

If boys can be taught that the ideal of manhood is physical perfection, and that early sexual indulgence impairs their chances of attaining the ideal, how much may be accomplished. Such an appeal to the selfishness of youth may accomplish more than any amount of preaching. Boys should learn the dangers of venereal disease. Free museums of anatomy and pathology, with exhibits of the severer forms of venereal disease should be established and maintained at public expense.

Physicians should be encouraged to write and judiciously disseminate among the public, dignified and discreet treatises on various sexual and venereal topics. The more advanced pupils in our boy's schools and colleges should be taught not only sexual physiology, but the elementary principles at least of venereal pathology.

Importance of Home Training

Mrs. W. H. McKee

THE home is the bulwark of society. It is here that most powerful influence is exerted for good or evil, that character, lovely and admirable, or unlovely, dwarfed, and distorted, is formed. Here young minds receive the impress of thoughts, words, and deeds stamped indelibly upon them for good or ill.

Few parents realize the solemn responsibility of parenthood. In many homes are those who, though under the same roof, are utter strangers to each other, knowing nothing of the real inner life that holds the secret thought and purpose. This deplorable lack of confidence is accountable for the wide-spread wickedness that almost engulfs the young. If children are not free to give their confidence to

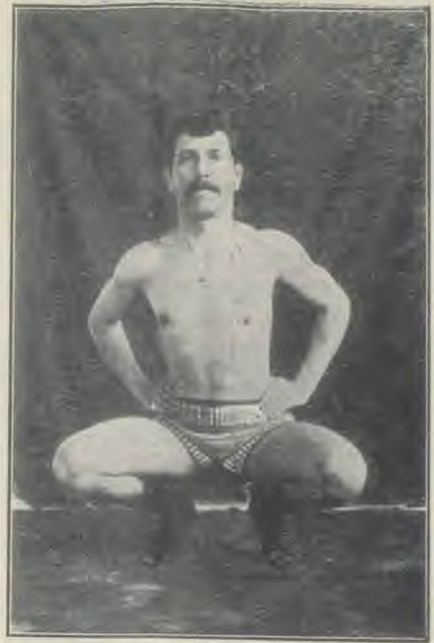
their parents, they make confidants of others who are perhaps evil-minded, and who use their influence to mar and destroy the souls of those whom the parents would lay down their lives to save.

The days go by, then months and years; the gulf widens, and the "drifting apart" goes on until the dear ones pass out into the great world beyond the home walls, and enter upon their various vocations or experiences; and the heart's door of neither parent nor child ever opens to tell the love and tender solicitude, the hopes and fears, that lie locked within,—loving expressions that, might have meant a world of happiness, hope, and courage had they been made known.

Exercise

For Abdomen and Legs

STAND upright with the feet about six inches apart, the toes pointing nearly straight forward, and the hands resting on the hips. Lower yourself gradually and on the toes until you have assumed the position shown in the illustration. Remain in this position until you count five, and then gradually rise. When so doing, put the strain of the effort on the abdomen as much as possible. It is somewhat difficult to describe how this last is done; but you will understand how it can be accomplished when you try it. This exercise is of value in equalizing the circulation and building up the muscles of the lower extremities and abdomen.



How to Eat

Eat Sparingly

"No man ever repented having eaten too little." It is quite certain that the man who eats a light breakfast of a little fruit and bread on a warm, summer morning, will be a happier man for it all that day.

Eat Sensibly

Don't conclude because you were able to digest a hearty meat dinner and supper during the winter, that you can live that way in the summer with any degree of comfort. Rather, adopt a diet consisting largely of grains and fruits.

Eat Joyously

It is suicidal to eat any kind of food in a gloomy, discontented frame of mind. A hearty laugh now and then, as well as a general all-round spirit of good cheer, will do wonders for a weak stomach. The happy man, if not in the best state of health, is at least on the way to get there.

Eat Regularly

Taking lunch at one hour to-day, at another to-morrow, and still another, perhaps, on the third day, is a bad thing for one's health. The system gets accustomed to receiving food at a certain time, and prepares for it. Eating between meals is a fruitful cause of dyspepsia in a variety of forms.

Eat Leisurely

Indians have the reputation of bolting their food; but many Britishers seem to be following their example. Avoid drinking at meals, and take plenty of time to chew the food thoroughly; this is one of the secrets of good digestion.

Eat Thankfully

When we pray, "Give us this day our daily bread," do we realize that God is doing this every day, and that the supply of food on the breakfast or dinner table is provided by the great Creator, who reveals himself as the Father of all mankind? Verily a thankful heart tends to good digestion.—*Selected.*

The Meat Strike in the United States

THE vegetarian has plenty of company these days, and is not the lonesome individual he has been painted; for there have been vast additions to the ranks of the body which he represents. Vegetarianism is the fashion to-day with great numbers, owing to the celebrated "meat strike." In Cincinnati a few weeks ago, the foreman of a factory was discussing at the table the high prices of meat. As the discussion grew tense and heated, he carelessly scribbled on a piece of paper a resolution, which soon afterwards he had typewritten and circulated through his factory, with the result that scores of people discarded the eating of meat until the prices should drop. It was like a match applied to dry tinder. From hundreds, the numbers of "meat strikers" quickly grew into thousands. The agitation was rapidly carried from Cincinnati to other cities, and at once the movement spread throughout the country; to-day there are thousands of "meat strikers" in all parts of the United States.

Though the principle which actuates this strike is not food reform, but rather price reform, the situation nevertheless presents an unusual opportunity, and this opportunity has been seized by our vegetarian friends in the States to present the advantages of meals without meat.

"THE fact that decayed teeth are more common in civilized man than in uncivilized man or animals is strong evidence that something is wrong with what or how man eats, or with both. The average man does not chew enough. Instead, he takes his food in a pulverized, liquified, or pappified form, using liquids to wash down his nourishment.

The following is taken from *Life and Health* :—

"It must be remembered that the foods which are to be depended upon for nourishment by those who would discard meat are cereals, legumes, nuts, milk, and eggs. What are commonly called vegetables do not make up the bulk of the diet of "vegetarians"; but vegetables, as well as fruits, are included to give variety to the diet, and because they contain food elements which are very valuable in keeping the system in a healthy condition.

"We give a sample menu of a meatless dinner of several courses. This menu, may, of course, be simplified to suit any occasion." But it will serve to illustrate the variety of palatable and nourishing dishes prepared without meat.

	POMELO	
CREAM CORN SOUP		OLIVES
BARLEY AND TOMATO SOUP		CHEESE STICKS
MASHED POTATO BARS—	CREAM SAUCE	
WALNUT CROQUETTES—	PEAS	MASHED SQUASH
	CRANBERRY JELLY	
PEA CUTLETS WITH NUT CRUMBS—		
	TOMATO CREAM SAUCE	
ASPARAGUS POINTS ON TOAST		
	GOLDEN GRAINS WITH DATES	
FRUIT SALAD		WALNUT BUNS
	STUFFED DATES	
APPLE PIE		SNOW PUDDING
	CEREAL COFFEE	
STRAWBERRY BANANA SHERBERT		SPONGE CAKE
MIXED NUTS		LAYER RAISINS
ORANGES		APPLES
	FRUIT NECTAR	

He eats too fast, as is proved by the fact that those who eat slowly generally have better teeth, and reduces his general health and efficiency. The working power of the so-called well man is but a small fraction of what it might be if all the factors which increase efficiency could be fully utilized. Mastication is important among these influences."

Inebriety a Disease

THE latest issue of the *Journal of Inebriety* is a memorial number, giving a report of the dedicatory service and unveiling of a monument to the memory of J. Edward Turner, M. D., at Wilton, Connecticut. We give the following extracts from the papers read on that occasion:—

“Joseph Edward Turner was born in Bath, Maine, in 1822. Forty-two years of his life were devoted to promoting, founding, and building the first inebriate asylum in the world, at Binghamton, New York. The great central thought of his life was to teach the world that the inebriate was diseased and could be cured. The genius of Dr. Turner in outlining and attempting to carry out at that early day, a plan of treatment so complete in all its details, is simply astonishing to us at this time.”

“While the desire for drink may be said to be almost universal, it certainly cannot be said to be a natural and legitimate desire. No other creature aside from man craves strong drink. Science recognizes that this desire is always associated with a diseased condition of the nervous system. The desire for drink is a cultivated one, and is frequently brought about by wrong habits of eating.”

“Inebriety is curable by the use of means and measures, in the same way as other diseases are cured. It is with the application of positive remedial forces applied along scientific lines. During the last few years practical men have found a great field of new measures for the treatment of inebriety in electro-therapeutic remedies, particularly the static breeze, the electric-light-bath, and the concentrated light,

together with massage, vibration, and various hydropathic measures.”

“Patients recover more positively by the use of these means; and, when administered with discretion and judgment, they are followed by the very best results. There are excellent reasons for believing that these means are very powerful in the pathological conditions of drink and drug neurotics, especially where poisoning, starvation, imperfect nutrition, congestion, and paralysis are present. Hydropathic measures, including baths, showers, packs, and various like means, having a powerful influence on elimination, must be valuable. Their influence on organic cell structures is unmistakable, and their sedative and stimulant action are equally marked. The inebriate's disease is of such a complicated character that only a great variety of remedial means can be used with the hope of success.”

“The trend of the times is now evidently fast crystalizing around the fundamental principles propounded by Dr. Turner, verified and extended by the investigations and observations of his worthy successors, in the recognition of the true nature of the disease of inebriety, its treatment, and its cure. The time is at hand when there will be a widespread and earnest demand, not only by the medical profession, but by the community in general, for the establishment of more and extensive accommodation for the proper care of the unfortunate victims of this terrible disease, and then will be heard and echoed the ringing praises and benedictions to the lasting honour of their great benefactor, Dr. J. Edward Turner.”



Abstracts

Effects of Tobacco upon the Liver

GILLIAM and Gy, as a result of an extended series of investigations, found that the liver, of all the glandular organs of the body, is the most frequently and the most profoundly affected by the use of tobacco. Two classes of symptoms are present, according as the poisoning is acute or chronic. In acute poisoning by tobacco, the condition produced is congestion, with hemorrhage into the substance of the liver. These hemorrhages are found in all parts of the liver substance. Frequently the normal liver substance is replaced by fat (fatty degeneration). Other slow changes also occur, and, in places, actual destruction of the liver cells occurs. In cases of chronic tobacco poisoning in which the animals have been exposed to the influence of the drug for several months, hardening, or sclerosis, of the liver was observed. In the rabbit, tobacco produces very decided sclerosis of the liver.

In connection with the hardening from increase of connective tissue, congestion, degeneration, hemorrhages, and other changes are found everywhere throughout the gland. These interesting observations explain the group of symptoms frequently observed in great smokers, especially abundant in the region of the liver,—a dingy or earthy tint of skin, disorders of digestion, congestion of the liver, etc. It is also to be noted that cirrhosis of

the liver is most frequently observed in persons who have made use of alcohol and tobacco.

Fatal Poisoning by Quinine

It is a matter of comparatively frequent occurrence to observe symptoms of an excessive use of quinine, in the form of ringing in the ears, dizziness, deafness, skin eruptions, fever, and mild nervous disorders. Occasionally, instances of fatal poisoning by the drug are encountered. Baermann (*Munchener med. Wochenschrift*, November 9, 1909) reports an instance in which the peculiar susceptibility to the drug was so great that death followed two doses of seven and a half grains each.

A Plant to Destroy Mosquitoes

THE German government has for some time been experimenting in its African possessions with the plant *arzolla*, which it is said is an efficient preventive of the mosquito. They gave it a trial in a malarial district; and though the swamps were somewhat near the sea, and in a cooler climate than was normal for the plant, so that it did not make its best growth, yet it covered the swamps to such an extent that the mosquitoes were not able to breed. It is probable that in marshy districts in the tropics this plant will prove a valuable aid in eliminating the mosquito and mosquito diseases.

“Disease is due to some cause.”

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The Electric Light in Chronic Disease as Used at the Mussoorie Sanitarium

NEARLY all chronic invalids have a disturbed blood circulation; the internal organs are congested, while the skin and muscles are pale and anæmic. This chronic congestion of vital organs necessarily results in derangement of function, and, often, in change of structure. Stagnation of blood means diminished oxygenation and accumulation of tissue poisons.

A congested liver cannot do its duty as a bile maker and poison destroyer. The congested stomach fails to digest

its food, fermentation of the food takes place, and the resulting poisons are absorbed, lowering the resistive power of the blood and producing general auto-intoxication. Chronic congestion of the abdominal sympathetic nerve ganglia gives rise to a variety of symptoms; abdominal pains, headache, pains in the limbs, neuralgia, numbness, and a variety of mental and nervous symptoms, such as, dizziness, mental confusion, depression, irritability, exhaustion, morbid fears and fancies, also the variety of phenomena presented by the neurasthenic and neurotic man or woman.

The treatment giving best results in all classes of chronic invalids is the daily application of the electric-light rays, either locally, by use of the photophore, or to the entire body by the incandescent electric-light-bath as may be indicated, followed by suitable hydiatic applications and massage. Under the influence of this treatment, a normal circulation is restored. The liver, stomach, spleen, and internal parts take on renewed activities; the skin acquires its natural elasticity and colour; and the patient gradually returns to a normal state.



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BE CLEAN

"IT is now well recognized that the following insects carry or transmit the germs of disease.—mosquitoes, fleas, flies, bedbugs, roaches, ants, and lice. Experiments have conclusively shown that pathogenic organisms may remain some time in the digestive tract of the fly, may be carried on his feet and deposited in different places; that in the body of the mosquito the malarial parasite develops; that the mosquito is the only agent for carrying yellow fever; that flies and fleas transmit plague; and that the plague bacillus may remain virulent in the stomach of bedbugs for a number of days. Such facts are showing the real danger of insects hitherto little dreamed of in preventing disease. The diseases carried or transmitted by insects are typhoid, dysentery, cholera, typhus, plague, tuberculosis, anthrax, sleeping

sickness, relapsing fever, filariasis, malaria, yellow fever, Texas cattle fever, and dengue spotted fever."

These insects do not originate diseases; they are merely said to carry them to those who are susceptible. The main thing is to keep clean in mind, person, house, and community, if you would be free from contagious diseases.—*Selected.*

PHOSPHATES IN CEREALS

THE agricultural chemist of the Department of Agriculture of Mysore in his annual report (1907-8) states that rice contains 0.35 per cent. of phosphoric acid; ragi, 0.69 per cent.; and oatmeal, 1.02 per cent. These figures show that the cereals mentioned rank high as sources of organic phosphorus in our foodstuffs.

"If we make the most of opportunity, opportunity will make the most of us."

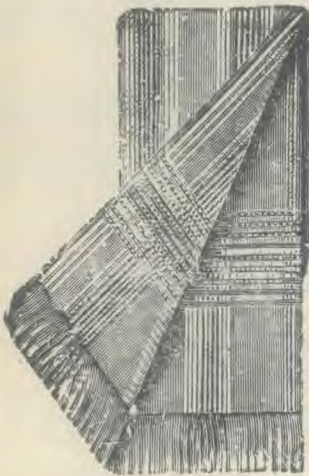
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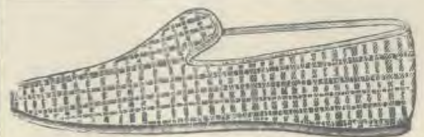
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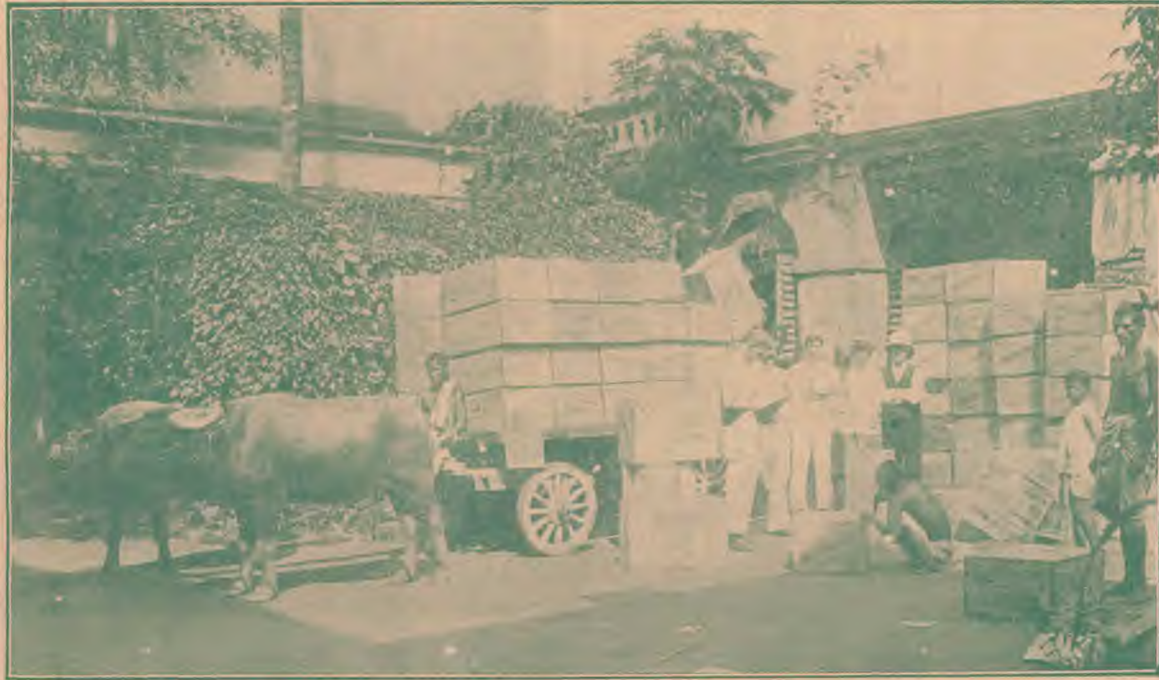
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