

THE

Herald of Health

Contents

- Lunacy in Burma
Campaign Against the Great White Plague
Early Symptoms of Bright's Disease
A Limited Supply of Antitoxin
Some Suggestions for Minor Ailments
Wholesome Egg Dishes
Rational Clothing
Tea in Relation to Health
Whisky Did it
You Eat Too Much
Raw Vegetables and Typhoid
A Practical Examination in Hygiene and Physical Culture
Work and Worry
Abstracts
The Mussoorie Sanitarium a School of Health

Vol. 1

AUGUST, 1910

No. 8

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.

75, Park St., Calcutta

Herald of Health

Vol. 1

Lucknow, August, 1910

No. 8

Increase of Lunacy in Burma

The Editor

THE recent statistical report on lunacy in Burma shows an increase of 70.7 per cent. during the last ten years, and the cause assigned for this tremendous increase of insanity is "advancing civilization." If this be true, then there must be something decidedly wrong with our civilization. Authorities tell us that the insane and imbecile population is increasing three times faster than the race. Dr. Forbes Winslow, the eminent English authority on insanity, recently said: "If insanity continues to increase at the present rate, it is only a question of time when there will be a larger number of insane persons than of those who are sane."

Professor Irving Fisher, in his recently published "Report on National Vitality," says: "For the checking of insanity the crying need is a study of the causes of the malady with a view to its prevention"; for, as Dr. Ditman remarks, "nine-tenths of the inmates of our asylums are incurable, according to our present knowledge." He adds: "What an argument for the prevention of the disease!" A knowledge of danger is the surest means of guarding against it. Therefore, Professor Fisher urges that popular lectures be given on the cause and prevention of insanity, and that these lectures be given under the auspices of medical schools and boards of health. He further says: "The most obvious line

of attack must be in the direction of the great ethiological factors of insanity"; which are, heredity, alcohol, tobacco, syphilis, and environment. Abstractly considered, these causes are preventable or removable. Of the fore-going conditions, the last four are under the individual's control.

Statistics show that alcohol is responsible for thirty-five per cent. of insanity. The Superintendent of the Royal Edinburgh Asylum found that nearly forty-three per cent. of the men between the ages of twenty-five and sixty owed their loss of mental equilibrium to alcoholic excess.

Dr. Solly, of St. Thomas's 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 tends so much to bring on functional diseases, and through this, in the end to lead to organic diseases of the brain." Without doubt, alcohol and tobacco play an important part in this increase of insanity among the Burmans.

It is estimated that one-fourth of the cases of insanity are due to venereal diseases.

The hereditary tendency to insanity can be overcome only when the new science of eugenics becomes the rule of selection. At present, human heredity is dependent upon hap-hazard selection; if the aims of eugenicists are

carried out, an obviously unhygienic marriage will be frowned upon. It was somewhat in this way that ancient Sparta raised its vitality to a high point of physical excellency.

Before a marked improvement can be effected in the present tendency to physical deterioration among the

Burmese people, there must first be a general desire for improvement; secondly, a general knowledge of how to secure this improvement. Truly, here is an opportunity for earnest efforts on the part of those who believe in the possibilities of race development.

Campaign Against the Great White Plague

THROUGH the efforts that have been put forth under the direction of intelligent medical guidance, the tide of battle against the terrible enemy of human life, tuberculosis, is already turned in favour of the human family. So closely have the symptoms and methods of the disease been studied, that its extinction has become simply a question of careful vigilance. Eternal vigilance is the price of life itself, as well as of liberty. To keep one's self out of the reach of this terrible plague is the first consideration. Tuberculosis is not inherited; but the weakness of constitution that predisposes to the disease, that lays one liable to its attacks, may be a matter of inheritance. But such inherent weakness is not necessarily attached to the inheritor by a bond that can not be broken. Right living under right conditions can and will remove such congenital weakness, and give one the power to resist the disease.

This has been proved by very many persons, who, born of parents who died of consumption, have developed stal-

wart health and strength by careful adherence to right ways of living. It is not necessary, though it is quite possible, for an individual to condemn himself to die of tuberculosis simply because his father or mother died of it. Persons who are in the vigorous age are the ones most generally attacked by this disease, and they are the ones who may and should place themselves on a grade of living that is absolutely out of the reach of the agents of this scourge. These agents are all about us and always in our system, seeking to obtain a foothold; but, so long as our vital status is well sustained, we shall be able to keep them outside our vital domain.

The habits of life should be carefully considered. Good food properly eaten, fresh air in abundance, the avoidance of nostrums, with personal cleanliness, are the great barriers against tuberculosis; and these are so easily within the reach of all that it seems a pity that every person should not be thoroughly and strongly fortified against it.—*Selected.*

Let Us Smile

THE thing that goes the farthest towards making life worth while,
That costs the least and does the most, is just a pleasant smile.
The smile that bubbles from a heart that loves its fellow men
Will drive away the cloud of gloom and coax the sun again;
It's full of worth and goodness, too, with manly kindness blent—
It's worth a million dollars, and doesn't cost a cent.

—The Printing Art.

The Early Symptoms of Bright's Disease

STATISTICS show that Bright's disease is increasing at such a rate that within twenty-eight years the mortality from the malady will be doubled. This is a most alarming state of things, and points to the fact that there must be something wrong with prevalent methods of living. When the mortality from a single disease is doubled at such an enormous rate as that indicated, it is high time that the matter receive attention. Apropos of the subject, we are glad to be able to call attention to an able article which has recently appeared in the *New York Medical Journal* from the pen of Drs. Ditman and Walker, in which attention is called to the hygienic measures by which chronic Bright's disease may be prevented. The premonitory symptoms by which the approach of Bright's disease may be recognized are designated as follows:—

1. Slight morning headache.
2. Lassitude and weakness on arising in the morning.
3. Irregular heart action, especially intermission of heart beats.
4. Slight looseness of the bowels which cannot be traced to errors in diet.

The writers insist that when these symptoms are present, it is not only necessary to abstain from alcohol, one of the powerful causes of Bright's disease, but it is also necessary to carefully avoid a high protein diet, which, according to them, is a cause not only of Bright's disease, but of arteriosclerosis. They make the assertion that the average man consumes three times as much protein as he needs.

It is not easy to take an excess of protein otherwise than by the use of flesh foods unless one should confine his diet exclusively to nuts, beans, or some other highly nitrogenous vege-

table product, which no one is likely to do. But in the use of meat, on the other hand, it is almost impossible to avoid taking an excess of protein elements. Under the term meat must be included oysters, fish, and fowl, as well as what is ordinarily known as butcher's meat. Drs. Ditman and Walker also insist that cheese, meat broths, and soups should be discarded, as well as meats. Broths in particular contain the most harmful elements of meat,—the toxins which the meat contains, with very little nutritive material. It is pointed out that the putrefaction of these substances in the intestine is the most prolific source of the poisons which irritate the arterial walls and produce arteriosclerosis, and which also give rise to disease of the kidneys. These irritating poisons also give rise to the excretion of albumen. Yogurt buttermilk is recommended as a means of suppressing intestinal putrefaction. It is also urged that persons suffering from Bright's disease or affected with this malady eat very sparingly of salt. A weakened kidney is not able to eliminate salt, and in consequence it is retained in the tissues, and this is the cause of swelling of the ankles and general dropsy.

The out-of-door life, especially the sunbath, the writers consider to be of great importance in the treatment of Bright's disease. It is specially urged that as much of the surface of the body as possible be exposed to the action of the sun and air, so that the skin may be encouraged to the highest possible degree of activity.

Among other preventive measures which are especially noted, are: exercise carried to the point of active perspiration, warm baths, massage, and

other measures which increase the activity of the skin. An eminent clinical observer has pointed out the fact that persons with normal and active skins who suffer from Bright's disease are able to tolerate the malady for a longer time, while sufferers from this malady whose skins are inactive soon succumb from the poisoning. Osler

holds that the chief causes of Bright's disease are worry, hurried eating, and lack of exercise. Unquestionably these causes are active in a great number of cases; but it seems probable that greater emphasis should be laid upon the use of alcohol, tobacco, tea, coffee, and other common poisons.—*Selected.*

A Limited Supply of Antitoxin

David Paulson, M. D.

It is estimated that cancer is now responsible for one out of every eight deaths that occur in women after the age of thirty-five years; yet up to the present time the efforts of our greatest physicians to stay its progress have been just as useless as the simple remedies administered by well meaning but ignorant neighbours.

But during the last few months light has begun to burst in. A New York woman was afflicted with cancer. The growth was removed by a surgeon; but it returned in various other parts of the body, including the liver. She began to be dropsical, and her abdomen filled with fluid. It was then observed that the cancerous growths began to disappear. Her physician decided that this dropsical fluid contained an antitoxin made by her own body which was curing her cancer. The dropsy continued to increase, until it was necessary to withdraw the fluid, and this process has had to be repeated every few weeks.

Her doctor, who is one of New York's most eminent physicians, conceived the idea that if there was something in this fluid that was able to cure the woman herself of cancer, it might also cure others; so after trying it first on mice which had cancer, and finding that it promptly cured

them, he began to inject it into the cancerous tumors of other patients until forty-seven different patients had been treated with it. The result has been most surprising. In some cases, the cancers have disappeared entirely, and most of the others have been remarkably benefited.

Naturally, the doctor is overwhelmed with requests from every side for even small quantities of this precious medicament. His daily mail is large and heart-rending. It seems as if every victim sick with the disease every man and woman with stricken friends or relatives, every doctor with afflicted patients, is begging, imploring Dr. Hodenpyl for his fluid. If he acceded to even a small proportion of these requests, he would soon exhaust the supply. Of course, he has to ignore them all.

At present, the amount of his curative serum is limited; its continued supply depends upon a single human life, now in the advanced stages of a mortal disease. When this fluid, which for cancerous patients seems a veritable elixir of life, is exhausted, where will it be possible to obtain more? In many ways, his present position is an extremely difficult and pathetic one. He has in his possession tremendous power to dissolve cancer

issue. Whether, after the present supply is exhausted, he will ever be able to get any more, he does not positively know.

However, the experiment on these forty-seven patients is being carried on at the Roosevelt Hospital, and will be watched with interest.

Some Suggestions for Minor Ailments

Iona G. Wilkins

As in life it is, after all, the little things which make happiness or misery, so, often in sickness, minor conditions may occur which give more annoyance to the patient than do really grave symptoms. Naturally, all conditions should be reported to the physician; but there are many times when he cannot be reached, and under such circumstances the nurse who successfully copes with these discomforts will be appreciated by patient and doctor alike.

I am giving a few of the conditions which are liable to arise in the course of almost any disease, and treatments which I have found successful:—

Fever Sores.—These little "plague pots" are the result of colds, indigestion, or febrile temperature, and if not quickly checked may become decidedly painful and hard to cure. They usually occur on or near the mucous membrane of the lips or nose, although they occasionally are found isolated from a membrane surface. The minute they appear they should be painted thoroughly with flexible collodion; as this will form a protective skin, preventing further infection, while the ether has a tendency to dry up the exudate. If collodion is not at hand, moisten the spot persistently with tincture of myrrh or 95 per cent. alcohol, or keep it well covered with powdered bismuth. Under no circumstances should a salve or ointment be applied, as that will increase both the moisture and the tendency to

spread. Zinc ointment is possibly the one exception to this rule; as it is of a drying and absorbing nature.

Canker Sores.—These are caused by excessive uric acid or nervous conditions, and if extensive are both painful and irritating. They can often be despatched by frequent swabbing with tr. myrrh or alcohol. If particularly stubborn they may be cauterized with 5 per cent. solution of carbolic acid (followed by alcohol) or nitrate of silver. In case the latter is used, get a small pencil, sharpened to a point, and be very careful not to burn any of the surrounding healthy tissue. An alkaline mouth wash used three or four times daily will be helpful in neutralizing the acidity of the secretions.

Sore Throat.—There are about "fifty-seven varieties" of sore throat, some of which are produced by intestinal disturbances, uric acid, catarrh, etc.; but for the ordinary sore throat, initiated by a cold, nothing brings quicker relief than a gargle of hot saline solution every two hours and a cold compress applied to the throat, covered with oiled silk and changed every three or four hours. If there is a collection of mucus in the throat and hoarseness is present, a piece of flannel saturated with oil of eucalyptus or camphorated oil (hot) applied to the throat over night will work wonders.

There is one thing to be remembered in applying hot compresses,—that they produce open pores, and conse-

quently a supersensitive skin. When one is removed, the throat should be sponged with cold water, rubbed with alcohol, and thoroughly powdered to avoid "catching more cold." If the throat shows signs of extensive inflammation accompanied by a rise of temperature, it is usually safe to apply an ice bag until the physician can be notified.

Toothache—This is one of the most irritating pains that flesh is heir to, and is either the result of neuralgic conditions, an exposed nerve, or inflammation at the root of the tooth.

Dry heat is soothing in the neuralgic phase, applied by means of hot water bags, flannel bags filled with hot salt or Indian meal, and, best of all, if it can be obtained, a flannel bag filled with heated dry hops. This has a very soporific effect, and the patient often drops off to sleep resting comfortably on the warm hop pillow. A mustard plaster is a good counter-irritant, but must be carefully applied; as the skin on the face is sensitive and easily blistered.

If there is a cavity in the aching tooth, it should be packed with a pledget of cotton which has been soaked in alcohol, witch hazel, oil of wintergreen, cloves, peppermint, or cinnamon. Equal parts of oil of cloves and chloroform is very efficacious, but should be handled carefully, as it burns the mucous membranes of the mouth. If the pain is very severe, the cavity may be plugged with cotton which has been dipped in a 5 per cent. solution of carbolic acid, and this kept in the tooth for half an hour. When it is taken out, dry cotton should be packed in its place. This treatment can be used only where the patient is old enough to realize the import-

ance of not swallowing the saliva while the carbolic swab is in the tooth.

If the gum around an aching tooth is red, swollen, and spongy, the chances are that ulceration is taking place at the root of the tooth. In the first stages of this process tr. aconite and tr. iodine, equal parts (mixed), painted freely over the gum will "scatter" the infection. Oil of eucalyptus used in the same way will produce like results. Heat should never be applied at this stage; but an ice bag held against the cheek will be found comforting and will delay or check suppuration.

Headache.—This arises from anaemia, constipation, nervous conditions, etc. If the pain seems to be the result of intestinal toxins, it is usually safe to give a high suds enema and clear out the intestinal tract. This done nine times out of ten the headache will disappear. If the patient is anæmic and has suffered much loss of blood at any time during the illness, a gentle upward rubbing of the arms, back, and chest will increase the blood supply to the brain and help obviate the cause of the pain.

If the face is flushed and the head hot, and symptoms of congestion are present, a hot mustard pack to the feet and cold compresses to the head will relieve the congestion.

A nervous headache may often be relieved by massage of the scalp, mustard plasters, or hot packs applied to the back of the neck.

Headache may indicate a lack of oxygen and call for an increased supply of fresh air. Under no conditions should "headache remedies" be given, unless especially prescribed by the physician.



Wholesome Egg Dishes

Eggs furnish a large amount of the necessary proteid element. The white is particularly rich in protein, and the yolk in fat, lime, salts, phosphorus, and iron. Unfortunately, they are often spoiled in the cooking by rendering the egg albumin, or the white of the egg, almost impossible of digestion. A tough, leathery white of egg, or a fried egg, is most undesirable. Eggs, therefore, should not be boiled at all, but cooked slowly as follows: Heat to the boiling point sufficient water to cover the eggs; drop the eggs in gently and cover the dish, wrapping it in a heavy towel to retain the heat, and set aside for twenty minutes. On serving, you will find the whites of the eggs beautifully jellied, and most wholesome for either the child or the invalid.

Whipped Eggs

The white of egg consists of a solution of proteid shut up in cells, which, when beaten, are ruptured, and the proteid escapes. The digestibility of the white is thereby increased; hence, the value of whipped egg for the sick. This may be flavoured in a way to disguise that peculiar taste of the egg which is objectionable to some.

Separate the white from the yolk, whip the white to a very stiff froth, adding a pinch of salt and one teaspoonful of sugar if desired. Beat the yolk as stiff as possible, adding two tablespoonfuls of cream and one-half teaspoonful of vanilla, mix with the whipped white, and serve in the glass.

Fruit juices, chocolate, lemon, or other flavourings may be used.

Eggs with Tomato

Stew tomatoes and rub them through a colander, season the juice with a little salt, and add a little butter. Break each egg in a separate dish, and when the tomato juice is at the boiling point, slip them in carefully and cover the dish, setting it off from the fire. When the whites of the eggs are nicely coagulated (but not hard), serve on hot buttered toast, pouring the tomato over each piece.

Omelet

Beat the yolks of two eggs until light coloured and thick and add two tablespoonfuls of cream and one salt-spoonful of salt. Beat the whites of the eggs until stiff and dry. Cut and fold them lightly into the yolks until just covered. Heat a clean, smooth omelet pan and oil it, and then turn in the omelet, quickly spreading it evenly on the pan. Lift the pan from the hottest part of the fire, and cook the omelet carefully until slightly browned underneath. Allow the whole to cook evenly, fold, and serve on a hot platter. One tablespoonful of parsley or grated onion may be added to the yolks before cooking. Left-over yolks may be kept fresh for several days by dropping them at once into cold water. When the yolks are boiled for one-half hour, then mashed and seasoned with salt and butter, they are delicious for sandwiches.



The Home

Rational Clothing

Mrs. E. E. Kellogg

Nothing worn upon the body should in any wise interfere with its perfect and harmonious working. Beauty and symmetry characterize all the works of the Creator; but the human body in its perfection is the most infinitely beautiful of all the divine creations. A study of its structure reveals exquisite form, even in its minutest fibre and cells. Its strong framework of two hundred pieces of differing sizes and shapes is so carefully joined as to form a complete whole. Overlaid and rounded out with elastic muscles, then covered with the fair, satiny skin, it is indeed a piece of workmanship to excite our admiration. But even more wondrous are the various organs and intricate processes within this exterior which heat, replenish, purify, and regulate the movements of the marvelous whole.

It is one's own privilege to cultivate the body, to improve it, to seek to secure for it sound health, correct poise, and such other modifications as will enable it to approach more nearly to the beauty of that One in whose similitude it is made. It is one's right to promote the body by every proper means, to develop it in harmony with God's wise and beneficent laws. Hundreds of women injure their physical integrity, pervert the original ideas, and hamper their usefulness in their endeavour to follow the mandates of Fashion! So wedded are we

to this sovereign of dress that her requirements receive first consideration when clothing is needed. The prevailing mode is studied as critically and carefully as if it were some needed art of science; and the particular design or style which pleases the eye being chosen, the effort is put forth to fit the body into the garment rather than to shape the dress to the body.

It is the consensus of medical opinion that the larger per cent. of the diseases peculiar to the sex, which make the lives of so many women miserable, is mainly attributable to conventional dress. Verily, the body is more than raiment. A study of its requirements as regards clothing makes plain that the essentials of rational dress are protection, warmth equally distributed, perfect freedom of movement, minimum of weight, becomingness, and suitability. The woman who must lace her shoes before she puts on her dress, who must duck her head to put on her cloak or adjust her bonnet in place before she fastens her waist, who cannot stoop to put on her rubbers, who must push eight or more pounds of skirts with her knees at each step, or drag behind her even greater weight quite as often as otherwise supported from her hips, is certainly out of tune with nature in her manner of clothing the body. Properly equipped to make the most of life, a woman ought to be able to

bend and turn her body, take any position with it or make any movement with any part of it when dressed that she is capable of doing when undressed. Indeed, the ideal dress is one comfortably adjusted, so well suited to the season, so perfectly adapted to every need of the wearer, that she is wholly oblivious to it.

The waist is that part of the body which it is deemed requires changing. In other lands, and by other people, the feet and head are considered "out of style" when shaped according to nature's plan, and efforts are put forth to modify these valuable members to suit their perverted ideas. We are shocked when we read of these distortions of the body; but in reality they do it less harm than is occasioned by any means which compresses or restricts its important central part, wherein are all the vital organs. Nature has packed the cavities of the body full, and there is no way of changing the shape of the figure to make the waist tapering and smaller than it naturally is, without displacing some vital organs. There are no vacant spaces inside the body. When the walls of the middle part are compressed, the organs which naturally occupy the space are pushed below, pressed and crowded one upon another, so that the viscera are put out of harmony; and when they are thus disordered, pain and disease naturally follow. Nature is long-suffering, and may yield her rights for a time and with so little protest that we do not realize the harm we are doing her; but a day of reckoning will surely come. Did Nature execute her sentences against wrong doing more speedily, evil would not so thrive.

The corset is the article of apparel most commonly under condemnation

as a means of injury to the body, and it is fully deserving of all that is said against it; but it is in no wise the only offender. As much harm comes from tight belts and tight waist and skirt bands, particularly if the bands be attached to heavy skirts, as from the corset. Many who imagine they have made a praiseworthy reform because they have discarded the corset are damaging their bodies by the constriction of the waist by bands of some sort. Nothing tight, stiff, firm, or unyielding, whether wide enough to confine the whole middle part of the body or so narrow as to cover but an inch of its circumference, can be worn with impunity about that yielding part of the trunk which should expand its entire length with every breath. It is difficult for women to convince themselves that their clothing is tight. If one is expostulated with, she at once draws in her figure, gathers a hold of her garments in her hand, and says, in a much injured tone, "My clothing tight! Just see how loose it is!" There is one test. Remove the clothing and measure the body in its fullest possible expansion, then measure the bands, the waists, or other garments commonly worn, and compare. If the clothing is of the proper looseness, there will be no difference in the measurements. Such a test will generally make it evident that bands and belts of sufficient looseness to rightly serve the body, that is, to permit full play of the breathing muscles, will be of little service in keeping the clothing in place. A band must of necessity be tight if it is to be depended upon to keep the skirts in place: that is, tighter than it ought to be; for, like most other things, there are degrees of tightness. Even a slight pressure about the body, if

long continued, does harm by weakening and wasting the muscles and tissues. Rational clothing provides single garments suspended from the shoulders for the entire body, or separate garments buttoned together so closely as to serve the same purpose.

The cultivated small waist is no addition to beauty of form. Nature's lines of beauty are always curves; those natural to the body are all outward curves, one gently rising out of the other; but when a tight, stiff corset is donned, the whole outward contour of the body is distorted. The lines produced are inward curves, and

when the shoulders spread out above and the hips bulge out below an artificial smallness of the waist, the figure is entirely out of harmony with the principles of beauty. A small waist is pretty only when the general proportions of the body are equally small.

The perfect figure admits of but from two and one-half to four inches difference between the waist measure and the measure of the chest, while a corset-fashioned waist frequently shows eight, or even ten, inches difference. Why not take a perfect ideal for a standard, and aim to approach it as nearly as possible?

Tea in Relation to Health

Stuart Cranston

WHY do we drink tea?—It is in the hope of being exhilarated and refreshed. What active principle creates this sensation?—Theine; and in this principle China, India, and Ceylon teas are much nearer than is commonly supposed in the amount they yield on ten minutes' infusion. This period of maceration is considerably less than is allowed by nine-tenths of tea drinkers, but is a fair and reasonable time for the purposes of comparison; and, when we consider the time allowed for tea to draw—the time it stands upon the table between the first cup and the second—it will be found that the time of infusion is more often fifteen minutes than ten. The practice of housewives of pouring a second supply of hot water upon the already opened-out leaves extracts the tannin to the very dregs. Indian and Ceylon tea yield 6, 9, and 11 per cent. of tannin; China tea yields 3 and 4 per cent.

Tannin grips the mouth by reason of its astringency, inhibiting the flow

of saliva, deranges the stomach, contracts the intestines, ruins the digestion, and finally incurs heavy outlay for medicine and doctor's bills. Tannin converts the casein of the milk or cream used with the tea into what is chemically speaking "pure leather," and casein is the only nutritive constituent in milk or cream. These are facts, not fancies!

Many of the toiling millions consider tea as a food—which it is not. The taste for tea once acquired, like the taste for alcohol, does not readily relinquish; by and by one begins to feel uncomfortable sensations after his morning meal, and says that the porridge does not agree with him, and that it repeats upon him,—instead of blaming that decoction of strong, bitter tea—and he soon comes to give up the better and retain the worse.

It was the advent of Indian tea which first caused so much havoc among the women workers in the linen industry in Ireland. Not only did these poor, deluded creatures destroy

their digestive systems, but many of them also overturned their mental balance, and thus qualified for detention in lunatic asylums.

A lady, who was a trained hospital nurse, was in charge of a serious case and taking night duty; she was anxious to be alert and fresh and have all her wits about her, and so had her kettle and tea-caddy at hand for refreshment. Next morning when the doctor arrived to visit his ward, and saw this particular patient, he heard the nurse's report, and moved round to another part of the room. At once

the nurse cried out, "Don't go over there, doctor, there are rats under that couch; they will jump upon you." Turning quietly and looking more closely at the nurse, he asked, "Nurse, how often have you had tea since I left you last night?" She confessed to having had tea nine times during the night—strong tea! This lady, educated and refined, was suffering from "delirium tremens" brought on by excessive tea drinking just as surely and as keenly as a toper does, after a steady, long, continuous bout on alcoholic liquors.

Whisky Did It

IN a city in the North-west a preacher sat at his breakfast table one Sunday morning. The door-bell rang, he answered it, and there stood a little boy, twelve years old. He was on crutches, his right leg being off at the knee. Shivering, he said: "Please sir, will you come up to the jail, and talk and pray with papa? He murdered mama. Papa was kind and good, but whisky did it; and I have to support my three little sisters. I sell newspapers and black boots. Will you go up and talk and pray with papa? And will you come back and be with us when they bring him back? The governor says we can have his body after they hang him."

The preacher hurried to the jail, and talked and prayed with the man, who had no knowledge of what he had done. He said, "I don't blame the law; but it breaks my heart to think that my children must be left in a cold and heartless world. O, sir, whisky, whisky did it!"

The preacher was at the little hut when the undertaker's wagon drove up, and the men carried out the pine

coffin. They led the little boy up to the coffin. He leaned over and kissed his father and sobbed, and said to his sisters, "Come on, sisters, kiss papa's cheeks before they grow cold." And the little, hungry, ragged, whisky orphans hurried to the coffin, shrieking in agony. Policemen, whose hearts were adamant, buried their faces in their hands and rushed from the house; and the preacher fell on his knees and lifted his clenched fist and tear stained face and took an oath before God, and before the whisky orphans, that he would fight the cursed business until the undertaker carried him out in his coffin.

You men now have a chance to show your manhood. Then, in the name of your good mother, in the name of your wife, and the pure innocent children that climb up into your lap and put their arms around your neck, in the name of all that is right and noble, fight the curse. Will you, men, who hold in your hands the ballot, and in that ballot hold the destiny of womanhood, and childhood, and manhood,—will you, the sovereign power, refuse to rally in the name of defenceless men and women and native land?—No!—*Youth's Instructor.*

You Eat Too Much

A LEARNED English physician, Sir James Crichton-Browne, comes forward to tell you that you eat too much. But you know that already. Your own stomach has told you so many a time. Yet you have gone on heedlessly, just as if you were put here to live to eat, rather than to eat to live.

Eating is largely a matter of habit,—almost as much a habit as drinking whisky, smoking a pipe, or sleeping ten hours a day. Neither whisky nor tobacco is necessary to the well-being of any man. Neither are ten hours of sleep. No more are three meals a day, especially in hot weather.

Is it any wonder that you fret, and grumble at the heat when the mercury gets up into the nineties, when you go around with your stomach distended and sagging with a lot of unnecessary food? What good does it do you to fill yourself up on meat, potatoes, rice, and pudding, and to go around sweating like a cart-horse, when you could get along with half or one-third of the food which you crowd into your stomach on a hot day? Yes, What good does it do you?

The human stomach has been compared to a furnace which burns up food as a locomotive burns up coal. The careful fireman never over-feeds

his engine, though his tender may be heaped up and running over with coal; but you overload your stomach simply because there is an abundance of food on the table. The result is that you are dull and stupid afterward, and are compelled to slow down in your work, just as an engine would do if it were choked with coal until there was no draft to consume it. You think you are generating energy when you are inviting discomfort. Allow us to suggest a little plan to you: Try two meals a day for a while. It cannot possibly hurt you. You may lose a little *avoirdupois* at first, but you will experience a joy in living such as you have never dreamed of before.

Give your poor, old tired stomach a rest. Send your liver on a vacation, instead of prodding it with calomel to make it work overtime. Eat less. Walk more. Take hot baths often, no matter if the mercury is one hundred in the shade. Curb your appetite. Don't worry. Keep away from the thermometer. Don't read the reports of "heat in other cities." Keep your blood cool by these means, and you will say to yourself that the summer of 1910 was the most pleasant on record.—*Life and Health.*

Raw Vegetables and Typhoid

AN eminent German physician has stated that more typhoid fever has been carried about in the leaves of lettuce, radishes, cress, tomatoes, cabbage used for cold slaw, and similar raw vegetables, than in any other way except by drinking water. The danger is that polluted water is used for cleansing the raw vegetable, while

great pains is taken to boil suspected water used for drinking purposes. Occasionally infection has been traced to the fertilizing material applied to the soil in which vegetables have grown, and all such vegetables are exposed to infection from the dust and dirt of the street. Cooking vegetables will destroy all such germs.

A Practical Examination in Hygiene and Physical Culture

HEREAFTER all public-school pupils in New York City, in order to be promoted to the next class, must, in addition to their other tests, pass a practical examination in hygiene and physical training. This examination will include an inspection of the hair, face, teeth, nails, and clothing, in order to determine whether the child is making intelligent use of his knowledge of hygiene. In physical training, the examination will include observation of the position of the child when standing, sitting, walking, etc. Pupils failing to pass the test will be referred to the school physician for special attention.

It would seem that this is a much better way to examine children than to test merely the memory of text-books. Such an examination as this will bring to the mind of the pupil, more than anything else, the fact that what the text-book gives is, not merely words to be learned, but truths to be wrought into the daily habits. Naturally, the teachers will, by this means, be spurred to greater diligence in encouraging a practice of cleanliness and personal hygiene on the part of the pupils, and can make the matter of inspection a stimulus for greater faithfulness.—*Exchange*.



Work and Worry

Patrick Demthan

It is not the work, but the worry,
That wrinkles the smooth, fair face,
That blends grey hairs with the dusky,
And robs the form of its grace;
That dims the lustre and sparkle
Of eyes that were once so bright,
But now are heavy and troubled
With a weary, despondent light.

It is not the work, but the worry,
That drives all sleep away,
As we toss and turn and wonder
About the cares of the day,
Do we think of the hands' hard labour,
Or the steps of the tired feet?
Ah! no; but we plan and ponder
How to make both ends meet.

It is not the work but the worry,
That makes us sober and sad,
That makes us narrow and sordid,
When we should be cheery and glad,
There's a shadow before the sunlight,
And ever a cloud in the blue;
The scent of the roses is tainted:
The notes of my song are untrue.

It is not the work, but the worry,
That makes the world grow old,
That numbers the years of her children
Ere half their story is told;
That weakens their faith in heaven
And the wisdom of God's great plan—
Ah! 'tis not the work, but the worry,
That breaks the heart of man.



Abstracts

Walking

THE simplest and least expensive forms of exercise are walking and deep breathing. Everyone can do these. They cost nothing, they take little time, and they bring most beneficial results. The person who will walk part way to and from his business, if he cannot walk all the way, who will take half a dozen full, deep breaths an hour, is taking as good medicine for digestion and nervousness as a doctor can give. He is taking a tonic for his blood as well, and is helping ward off consumption—and these are decidedly worth while. Do this on week-days, and plan pleasant little walks for Sundays. Try it, and note the red coming into the cheeks, the colour back to the eyes, the strength and vigour back to every muscle, and the greater appetite for work as well as food.

To get the best out of a walk, one should walk correctly. Throw the weight on the balls of the feet instead of on the heels. Every thump of the heel jars the spine, and has in time an effect on the nervous system, very soon felt when one is nervous or in ill health. Everyone who has worn rubber heels knows how much easier it is to walk with them and how it lessens fatigue, showing just how much of one's vitality goes in this endless pounding of the heels. Do not let the chest sink in, or the abdomen protrude. Get the body into the right position, throw the weight on the balls of the

feet, and the matter of walking correctly will almost take care of itself.

AN EXERCISE THAT WARDS OFF CONSUMPTION

While walking, take deep breathing exercises. Purse the mouth up as if whistling, and exhale the breath. Then close the mouth, breathe through the nose, and fill the lungs to their utmost capacity. Fill the lower part of the lungs, which presses the diaphragm down, and slightly extend the abdomen. As the upper part is filled, the abdomen is drawn in. At the last, lift the shoulders slightly, and get the air into the upper part of the lungs, the corners where consumption is likely to start. Hold the air a few seconds in the lungs and then slowly exhale. Repeat this several times. Do not do it to the point of dizziness. Take the exercise at intervals in the course of the walk.

Bicycling is excellent exercise. Horse-back riding is one of the best, being especially beneficial to those suffering from nervous troubles and indigestion. It has been known to cure cases of stubborn nervous dyspepsia. Bowling, fencing, swimming, all are healthful and enjoyable.

* * *

Beer Drinking a Menace

EMPEROR WILLIAM has caused a sensation in Germany by placing himself on record that beer drinking by boys and university students is a menace to the German nation.

Cause of Beriberi

DRS. FRASER AND STANTON have reported results of their investigation of beriberi, giving as their conclusion that the disease is due to the use of white or polished rice, and that the outer covering of the rice, which is removed in the hulling process, contains nutritive materials the lack of which causes the nervous symptoms making up the disease known as beriberi. They assert that the trouble may be obviated, either by using whole rice or by adding to the diet of white rice some of the "polishings" or some other substance containing the same nutritive materials.

* * *

Sleeping-Sickness Commission

THE work of the commission, which had its head-quarters near the north end of Victoria Nyanza, has been completed. It has been found that the tsetse-fly after having bitten an infected patient may retain the power of infection for several months, and for this reason it was determined that the only way to eradicate the disease was to remove all inhabitants from the fly areas. Thousands of natives,—only a fraction of the former population, owing to the terrible ravages of the disease—have been removed to regions having no flies. Other precautions have been taken; such as, the establishment of a segregation camp for those who are infected. As no new cases have developed for some time, it is supposed that the disease is under control.

* * *

Over-Secretion of Stomach Juice in Smokers

DR. SKALLER, of the Berlin Society of Medicine (*La Semaine Medicale*), found that nicotine caused an exces-

sive secretion of gastric juice in dogs. It appeared that the effect was produced through the peripheral nerve centres, the drug acting, not directly on the mucous lining of the stomach, but through its influence on the nerves after absorption into the blood. He observed the same condition in inveterate smokers. In some smokers there exists a really grave form of this affection, in that the over-secretion of stomach juice occurs at certain intervals separated from each other by periods of relative comfort, comparable to the gastric crises seen in cases of locomotor ataxia.

* * *

World Opium Conference

EIGHT nations have already accepted an invitation extended by President Taft to join in a call for an international conference at The Hague this year to consider the world-wide prohibition of the sale of opium. The nations accepting this invitation are: the United States, the Netherlands, Germany, Russia, China, Siam, Italy, and Portugal. It is feared that the British government, though friendly to anti-opium movements, on account of internal troubles may wish to delay the conference. It will be remembered that one year ago the British delegates refused to join officially in the declaration that opium should be considered dangerous and suitable only for medical use by physicians. France is another important country which is delaying acceptance of the President's call.

* * *

No Race Suicide in Sweden

THE gross increase in population in Sweden in 1909 is said to be greater than in any other year in the last decade.

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

The Sanitarium a School of Health

THE name "sanitarium" may strike some of our readers as a strange one, and possibly someone may think that there is a mis-print and that it should be "sanatorium." The word "sanatorium" originally meant an institution for the care of sick and invalid soldiers; the word "sanitarium" was coined from the Latin word *sanitas*, and since then it has been dignified by admission to some of the leading dictionaries.

Briefly, a sanitarium is an institution where physiological therapeutics only are utilized in the art of healing. By physiological therapeutics, we mean natural remedies; such as, sunlight, fresh air, wholesome food, pure water, physical culture and gymnastic exercises, baths of various descriptions, as well as other hydropathic measures, electric light applications, various electrical currents, massage, active and passive Swedish movements, and similar remedies.

The question of diet receives special attention; for it is recognized in the sanitarium that the blood is made from the food and drink that a man takes. Wholesome food, carefully selected and properly cooked, is of the greatest importance in the maintenance of sound health. In the sanitarium system, various stimulants of one kind or another are tabooed. Narco-

tic stimulants, whether they consist of alcoholic beverages, tea, or coffee, are not foods. They are not necessary to health, and, furthermore, they serve no useful purpose in the maintenance of health. Their tendency is to poison the system, benumb the nerves, and interfere more or less with the normal functions of the body.

A modern, up-to-date sanitarium partakes more of the character of a health school. Chronic invalids as a rule make up a large proportion of its patronage. Many of these have been swallowing drugs for years without avail, and they have finally given up such methods in despair, and are willing to try anything rational that seems likely to afford relief, and to conform to a regimen which is both natural and wholesome and gives the physical forces of the body the best chance to recuperate. In other words, they undergo a sort of physical training, which in time restores health, and brings back lost vigour and strength. All these institutions are under proper medical supervision, and the doctors are regularly qualified physicians and surgeons.

No secret remedies find any place at a sanitarium. The patient on entrance receives a careful physical examination, and various analyses are made that assist in coming to a proper conclusion as to the diagnosis and prognosis; then the patient is given a course of baths with electrical treatment, massage, or other measures, according to the requirements of the individual case. The doctor sees the patient as often as is necessary, and modifies the treatment as occasion demands. Since prevention is the best cure, many sanitarium patrons find it profitable to visit the institution and spend a few weeks, taking

Surgical Instruments and Hospital Requisites

OUR revised illustrated price list is now ready.

If you have not already received a copy, we shall be glad to send one post free on receipt of your application for the same.

You will find it useful for reference, and will find prices compare favorably with those of the best English makers.

We guarantee the quality of all instruments we send out.

SMITH, STANISTREET & CO.,
CALCUTTA.

advantage of the diet, baths, etc., before getting seriously ill.

The Mussoorie Sanitarium is the only institution in India operating along these times.

Avoid Advertised Cures

It is excellent advice a certain Life Assurance Company gives its elderly policy holders, "Avoid advertised cures." Whenever any drug or appliance is advertised as a "cure" or "a sure cure," shun it as you would poison; for you know, in the first place, that the advertiser is given to extravagant claims, and you can not do better than to distrust any one who has proved unfaithful in one point. There are no "sure cures." Remember that, first of all, the advertiser is after your money. Your health is to him a secondary matter, if indeed it concerns him at all.—*Selected.*

"THE royal minister of education in Saxony is said to have issued a decree that no girl who wears a corset shall be permitted to attend any public educational institution in that country."

A New Book on Temperance

A copy of "Temperance Torchlights," by Matilda Erickson, has recently come to our desk, and we find it a fund of information on temperance questions presented in a forceful manner and showing the evils of not only the liquor traffic but of intemperance generally speaking. It will prove a great help to all who are interested in temperance work; as it contains a collection of choice nuggets from the world's greatest statesmen, physicians, and ministers. Price, Re. 1-12. Order through The International Tract Society, 19, Banks Road, Lucknow.

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.

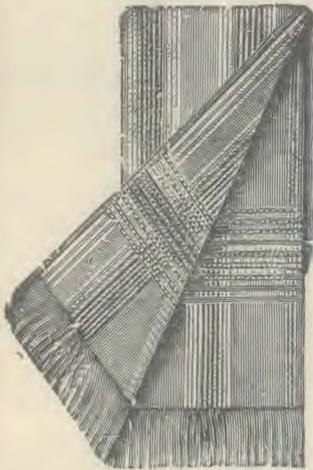
The classification of foods is so arranged, and the work so thoroughly indexed, that any recipe may be referred to instantly. 266 pp. . Rs. 2-8

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

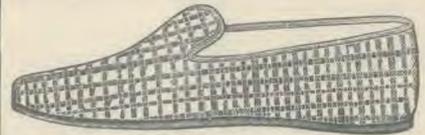
SINGLE BED SIZE
SPECIAL VALUE

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

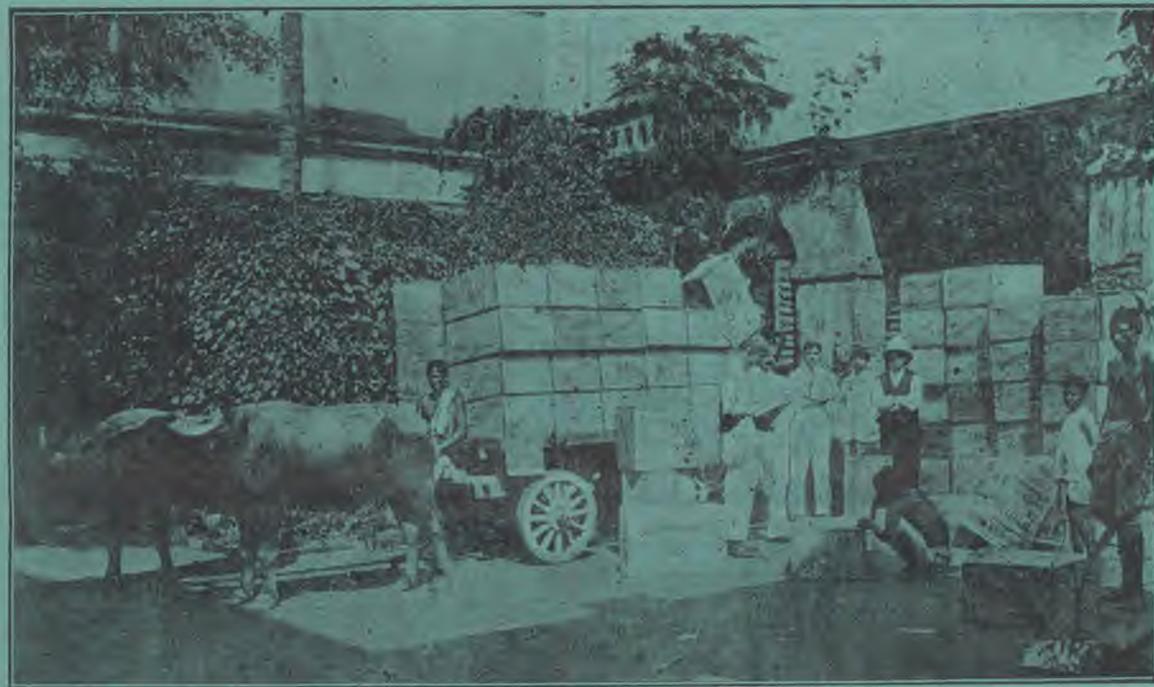
Rs. 1-4, Rs. 1-8 and 2-4 Per Yd.

Bedroom Towels

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

A SHIPMENT TO BURMA

To Say More Would Add Nothing



"Granose Flakes" "Adv." Themselves

Sanitarium Health Food Co.,

75, Park St.,
Calcutta

Mussoorie Sanitarium

— 003 —

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.



MUSSOORIE SANITARIUM.—CAMEL'S BACK

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

For rates and further particulars, address,

MUSSOORIE SANITARIUM, MUSSOORIE