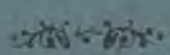




Herald of Health

CONTENTS



Keeping Cool in Summer

The Blood as a Body Defender

Stomachache: How to Relieve It

Exercise for Abdomen and Spine

Food Reform

A Walk in the Wind

Look out for Your Nerves

Indian Sand Flies

Drugs and Drugging

An Effective Measure for Lowering Temperature in Fever

The Death Dealing Picture Show

News Notes

Vol. 2

AUGUST, 1911

No. 8

ATTEN- TION!



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SOCIETY, - - - - - Lucknow.

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Vol. 2

Lucknow, August, 1911

No. 8

Keeping Cool in Summer

W. J. CROMIE, INSTRUCTOR IN GYMNASTICS, UNIVERSITY OF PENNSYLVANIA

DURING the hot summer months many persons are overcome by the heat, while all are at times more or less inconvenienced by its injurious effects. Heat prostrations are due largely to the fact that the laws of health and hygiene are transgressed.

It is in the densely populated districts that people are most prone to succumb to the influence of excessive heat, due to their living below the health line and in unhygienic surroundings. In order that we may be able to live comfortably in summer and lose our susceptibility to the heated atmospheric conditions, it is well to consider carefully the following suggestions.

Over-Eating

One of sedentary occupation suffers more from over-eating than the laboring man. Physical activity not only creates a demand for food, but it also furnishes the power to transform that food into tissue.

The sedentary man needs food as much as the labourer, but owing to muscular inactivity he is not so capable of converting his food into assimilable materials. If he eats two or three times the amount the system requires it will not be properly digested, so will cause fermentation. If this be allowed to continue for some time the system is poisoned and eventually causes indigestion, nervousness, and sleeplessness. It is while in this con-

dition that one suffers from extreme heat.

In the poorer, congested districts, prostrations are caused by improper foods and by unripe or over-ripe articles of diet. Food, water, and air are more or less contaminated, while the environments are unhealthful on account of poor sanitation.

In warm weather, meats, oils, and fats, should be reduced to a minimum, or omitted entirely, and fruits, vegetables and cereals should be substituted. The first and best way to keep cool is to avoid heavy and stimulating foods, and to reduce the amount of other articles of diet to that merely required for the sustenance of the body. Refrain from intoxicants and decrease or avoid tea, coffee, and condiments.

A large percentage of the deaths is caused by infantile diseases, many of which could be prevented if precautionary measures were adopted. Feeding, with many mothers, is the panacea for all ills. When a child cries from the effects of having been over-fed this surfeiting process is repeated—very often with disastrous results. A noted doctor has said that more babies are drowned in milk than sailors in salt water. While this is probably a radical statement, still the best baby food, milk, can be given to excess, and prove injurious. It is positively criminal to feed babies on meats and

unripe fruits, especially in the summer.

Clothing

Clothing in hot weather should be light in material and colour. Dark colours receive and retain more heat from the sun than the paler ones. When one becomes over-heated, heavy clothing, such as an over-garment or a sweater, should be put on. This prevents the catching of colds.

In occupations where one is subject to severe trials of strength, such as the army and boating, heavy clothing should be worn even in the summer. It is a very dangerous practice when one is over-heated to ride in an open trolley or sit near an electric fan to cool off.

Linen underclothing gives a pleasant feeling of coolness to the skin, and the perspiration evaporates more quickly. Underclothing should be well aired at night if one does not make a daily change. Too much clothing worn by day or night has a tendency to enervate and make one more susceptible to sudden changes in temperature.

Air baths are esteemed of great value by the Germans in their Nature Cure system. Air baths when taken intelligently harden one's system and consequently enable one to withstand with more ease the hot days of summer.

Exercise and Bathing

Daily, systematic exercise should not be omitted because the weather is warm. A little taken in the early morning followed by a cool bath will tend to make one cooler for the rest of the day. Muscular work is to the body what friction is to metal. The metal will rust if not used; the body will become diseased if not exercised. A master mind in a weak body is like

a good blade in a poor knife handle. Therefore, one who deems it inconvenient on account of time or location to take a little daily exercise will eventually have to take time to seek the advice of a physician.

Galen, the celebrated Roman physician, said that we should exercise to prevent disease rather than wait to exercise in order to cure it.

Here are a few simple exercises which anyone can take in the morning.

1. Arms above head; bend body forward and touch floor with hands.
2. Feet about thirty inches apart, hands on hips; bend from side to side.
3. Same position as No. 2. Rotate body from right to left.
4. Lie on back; keep knees straight. Raise legs.
5. Lie on back; raise body to sitting position and touch toes without bending knees.

Perform the first four exercises from ten to twenty times; the last exercise three or four times the first day and increase daily until twenty times are reached. After exercising take a cool bath. The summer is a good time to commence taking a cool bath, as no hot water is needed at this season. If bathing tubs are not accessible, take a basin of cold water, saturate a towel, and "saw" up and down the back, then wash the rest of the body. The exercise and bath can be taken in ten minutes, and will prove a paying investment in both summer and winter.

As fall and winter approaches, continue to take the cold water as it comes from the pipes, but not when it is ice cold. Cold water should give a feeling of exhilaration, but not of depression. It is better to omit the cold bath altogether if the reaction is not immediate and pleasant.

Proper dieting, sufficient exercise, rest and sleep, daily bathing and intelligent exposure to the air and sunlight, the avoidance of stimulants,

and a cheerful frame of mind, will insure one a strong resisting power so that he need have no fear of the extremes of either hot or cold.

The Blood as a Body Defender

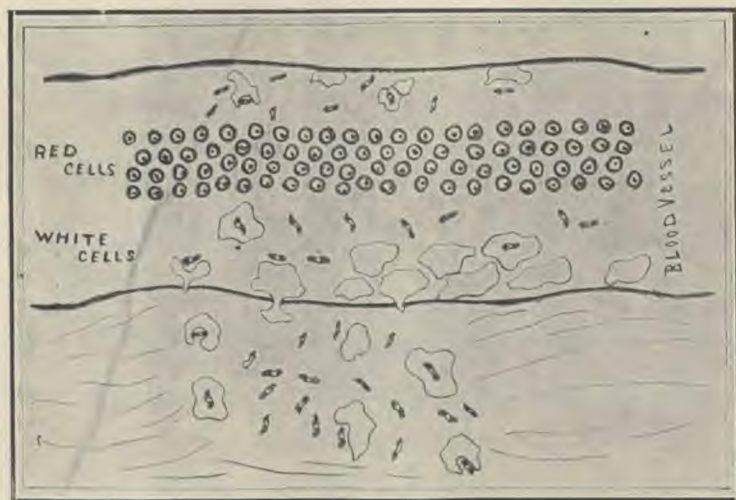
GEO. THOMASON, M. D.

IN the words of Holy Writ, "The blood is the life." The more minutely blood is studied both in health and disease, the more apparent it becomes that in many more ways than are commonly appreciated, the life depends upon the blood.

The blood, as is quite generally known, is composed of serum, or watery constituent, and corpuscles or cells.

cells perish, and of course an equal number, in health, are reproduced, every second of time.

The colour of the red cells is due to the hemaglobin or iron constituent which they contain. The presence of this iron in the cells makes possible the absorption of oxygen from the air, which is one of the chief functions of the red cells,—that of conveying oxygen from the lungs to the individual tissue cells of the body, and in turn taking up the waste substances from these same cells and conveying them to the excretory organs. When the red cells perish, the hemaglobin or colouring matter is further utilized in forming the colouring matter in the hair, in the



BLOOD CELLS

There are two kinds of these cells found in the blood; red cells and white cells. The red cells are exceedingly numerous, there being five million in a cubic centimetre of blood, the amount which can be suspended on the head of a pin. These red cells are short-lived, and consequently are perishing and being reproduced within the body at an enormous rate. It is estimated that about six million red

eyes, and in the pigment of the skin. Even more wonderful is the function of the white cells of the blood. The white cells are comparatively few in number, there being in health only one white cell to about six hundred red cells. Through the patient and careful research of the great Professor Metchnikoff, we have come to know that the white blood cells are directly concerned in the defence of the body

against the attacks of disease. Each of these wonderful little bodies seems almost possessed of thinking power and independent action. If by any means disease germs gain access to the body, immediately thousands of white cells hasten to the infected area. Upon reaching this point, the white cells force their way through the walls of the blood vessels and immediately a battle royal begins, the white blood cells arrayed on one side and the bacteria on the other. Each blood cell seizes and literally swallows as many of the disease germs as it can hold, and destroys them. Many of the white cells perish in the conflict and their dead bodies, with the destroyed disease germs, go to make up the matter or pus which often forms at the seat of infection. If the white blood cells possess their ordinary vitality and activity, there is no disease germ that can withstand them, but if the strength of these cells has been diminished by vicious habits of living, they may succumb to what would otherwise have been a mild infection. It is for this reason that patients sometimes lose a limb or even life through so trivial an accident as the prick of a pin or a sliver penetrating the skin.

Alcohol, even in moderate quantity, is known to have a depressing effect upon the activity of the white cells. It is for this reason that a chronic inebriate is certain to succumb to an attack of pneumonia. Observing a normally active white cell under the microscope in the presence of germs, the white cell will be seen to seize the bacteria and swallow them with great avidity. A very dilute portion of alcohol in the solution in which the white cells are floating, will cause slower movement and lessened vigour on the part of the white cells in attacking the

bacteria. This lessened activity is increased according to the proportion of alcohol which is added, until it may be noted that finally the white cells are put to sleep and their movements and germ-destroying powers entirely cease. This is doubtless an explanation of exactly what takes place in the case of an alcoholic suffering from pneumonia, and the reason why such a patient so seldom recovers. It also explains the high mortality from all other infectious diseases among alcoholics as compared with total abstainers.

During the development of an infection within the body, the white blood cells often multiply at a marvellous rate so that instead of being present in the proportion of one to six hundred, they will in cases of mild infection be found to be one white to two hundred red cells, or three hundred red cells, increasing in number according to the intensity of the infection even to the extent, in severe cases, of equalling the number of red cells. This rapid increase may at times take place within a comparatively few hours. It will thus be seen that the body has, as it were, a standing army, a countless number of minute-men ready to be called into service at once in case of emergency. This rapid reproduction of the white cells has come to be relied upon to a considerable extent by surgeons in definitely considering the question as to whether or not it is necessary to operate in certain disease processes; such as, appendicitis, peritonitis, and other infections.

There is no doubt but that the narcotizing effect of tobacco and the absorption by the blood of poisons produced in the stomach and bowels through eating improper food, also exert a strongly depressing effect upon

the blood cells, and thus render the body much more prone to disease. Loss of sleep, worry, exhaustion, depressing emotions, and breathing vitiated air in improperly ventilated rooms, cause diminished activity of the white cells, and consequently a victim of these conditions is more liable to infection.

The blood serum is also a most important factor in the defence of the body. Disease germs, when they enter the body, produce their effects largely by the liberation of a toxin or poison. Immediately this germ-poison begins to be disseminated throughout the body, there is formed in the blood serum an anti-toxin or anti-poison which, when produced in sufficient quantity, is capable of neutralizing or rendering harmless the germ poison. Thus, in the normal body both the germ and the poison it produces fare hard through the activity of the white blood cells and the blood serum.

The discovery of this anti-toxic principle in the blood has led to the development of the wonderful anti-toxin treatment of certain infectious diseases, notably diphtheria. This form of treatment which is now being extensively used has a sound physiological basis. For the preparation of diphtheria anti-toxin, the finest horses are selected, and those which upon careful examination are known to be perfectly sound. These horses are deliberately infected with a definite quantity of diphtheria germs. In the blood of these horses is developed the diphtheric anti-toxic principle. The serum of the blood from these horses is taken, sterilized, and preserved. Immediately a child is known to have contracted diphtheria a definite quantity of this immunised horse serum is injected into the child and the immunity of the

horse is at once combined with the resisting power of the blood of the child. The patient is thus given an advantage in what would otherwise prove a most unequal fight with frequent disastrous results to the child. In other words, the immunity against diphtheria which the horse acquired is transferred to the child. It is definitely known that the mortality from diphtheria has largely by this means been reduced from thirty to about five per cent.

Serum treatment has come to be successfully used in other infectious cases, notably enteric fever, puerperal fever, pneumonia, and pus infections. Much has been hoped for from this standpoint in the treatment of tuberculosis, but the results of this form of treatment have thus far been rather disappointing. The immunity enjoyed after one attack of many infectious fevers is due to the development of this anti-toxic principle in the blood, which remains permanently.

As the result of the splendid researches of Dr. Wright of England, it is now becoming possible to determine quite definitely beforehand the exact amount of resisting power a patient possesses. A small quantity of serum is taken from a patient's finger, and brought into contact with a definite number of germs. If the blood serum is able to destroy the activity of the germs within a specified time, the patient's resistive power or opsonic index as it is called is A. 1. If the patient's opsonic index is found to be less than A. 1., he may be warned in time, and begin building up his vital resistance, thus avoiding diseases to which he would almost certainly fall a prey if not admonished in time.

Stomachache: How to Relieve It

ALFRED B. OLSEN, M. D., D. P. H.

THERE is little need of defining stomachache; for who has not suffered from an attack at one time or another? As most people are aware, stomachache is distinguished by a more or less violent pain in the stomach, i. e., below the breast bone or under the left ribs, which is associated with some disturbance of the stomach or bowels, or both organs. Besides the gastric pain, there is often in addition nausea, sickness, giddiness, weakness, purging, gen-

disobedient boy is a typical case of stomachache. The attack is severe while it lasts, but recovery is usually speedy, especially if the offending contents of the stomach are promptly removed.

A mild attack may often be caused by simple gaseous distention of the organ, due to acid fermentation of the food which has been eaten. This food, for some reason or other, instead of being properly digested, starts fer-



HOT WATER (RUBBER) BOTTLE APPLIED TO SEAT OF PAIN

eral *malaise*, and a severe headache.

Numerous Causes

Before passing on to the best means of relieving stomachache, it is necessary to say a few words about the numerous causes which are likely to bring on an attack. Perhaps the most common cause of all is some indiscretion of diet; such as, a big dinner, eating between meals, wrong combination of foods, taking indigestible or over-rich articles, the use of unripe fruit, a chill, or some similar disturbance. The green apple colic of the

menting, and various gases are evolved, sometimes causing enormous distention of the organ, which cannot fail to prove very painful.

Again, there may be congestion of the stomach, or a slight inflammation, or a more severe inflammation. Acute gastric catarrh and acute gastritis are terms that are used in describing an inflammatory state of the stomach. In common with all inflammations, there is a great deal of sharp pain, which is sometimes so severe as to be almost unbearable. A sharp attack of gastric

colic brings excruciating pain, and often causes the patient to draw up the knees. Ulceration of the stomach also produces severe pain, but of a rather different character. In this case the pain is always much aggravated soon after the taking of food.

There are certain nervous derangements of the stomach which also produce a characteristic stomachache, and this is one of the most obstinate forms to deal with. The so-called nervous dyspepsia is not infrequently accompanied by a great deal of pain and ache in the region of the stomach.

Then there is gastralgia or neuralgia of the stomach, which may prove very distressing. The attacks are sudden, and fortunately not prolonged as a rule. The hot water (rubber) bottle when applied to the seat of pain gives prompt relief.

The First Step in Treatment

When a person is taken with a gripping pain in the stomach, with the feeling of nausea or sickness, more or less dizziness, weakness, and prostration, and perhaps some vomiting, the first thing to do is to empty the stomach. Drinking a pint or more of lukewarm water, with or without the addition of a teaspoonful of salt or mustard, will usually induce free emesis. If not, tickle the throat with the fingers or with a feather. It is a good practice to repeat the emesis by drinking more lukewarm water so as to remove every trace of irritating matter from the stomach.

Cleansing the Bowels

The next step is to open the bowels and cleanse them thoroughly. Sometimes a full soap enema is sufficient for this purpose, but a dose of Epsom salts or castor oil may also be necessary. Irritating and more or less poisonous matter has passed into the

intestines, and in order to obtain complete relief, removal is necessary.

The Use of Hot Water and Fomentations

After the offending matter has been completely removed from the stomach and bowels, give a glass or two of hot water, to be sipped slowly. While the patient is taking the hot water, prepare hot flannels in order to foment the stomach and bowels. For this purpose woollen flannels about a yard square are most satisfactory. Fold the cloth in three layers, soak it in very hot water, almost boiling, and then wring as dry as possible, and apply it to the abdomen. To prevent burning, it is wise to lay a dry flannel over the skin, and then the moist cloth. Three or four fomentations may be applied for about five minutes each. In the majority of cases the relief will be almost instantaneous. The fomentations may be repeated in the course of an hour or two if the pain returns. If fomentations are inconvenient or not available, almost equally good results can be obtained by the use of a rubber bottle of suitable size containing hot water.

A hot pack is also most useful in relieving stomachache. Hot baths are valuable, and the local application of electric light when convenient makes an excellent remedy.

After an acute attack of stomachache the organ is left in a sensitive state, and requires a brief interval of rest before taking further food. Consequently, starvation or semi-starvation for twenty-four to forty-eight hours is desirable. Water can be taken freely during this time, and on the second day barley water or plain, well-cooked gruels may also be taken. Giving the stomach a few hours' rest helps in promoting rapid healing.

Exercise for the Abdomen and Spine

WM. M. SCOTT

WE cannot urge too strongly the acquirement of a suitable system of exercises which will healthfully strengthen the muscles overlying the vital centres of the abdomen and spine. It is actually weakness and disuse of the muscles of these parts that leads to the vast majority of all our ills. Inactivity leads to sluggishness and congestion of the blood, which normally flows freely through these vital centres.

All exercises which cause deepened respiration or breathing beneficially affect the internal organs, as do also, even more definitely, all movements which bend, extend, and twist the trunk in various directions. In bending, the vertebræ of the spine are moved and alternately stretched apart and forced together again, preventing adhesions, which lead to grave spinal disorders. Such exercises also lead to pressure upon or massage to the organs lying within the pelvis, producing a healthy flow of blood to these important centres. An increased flow of blood always leads to a healthier working of a part.

The "Yogi Salaam" Exercise

Kneel on a cushion or a rolled carpet, the knees being two or three inches apart. Place the arms behind, interlacing the fingers, and slowly and carefully arch the spine backwards, being particular that it is not bent at the small of the back, but arched from the nape of the neck to the cervix or bottom of the spine. When you have arched as far as you can with comfort, slowly rise to starting position and then commence slowly bending forward until the head is almost touching the floor and the forehead comes between the knees. Repeat the double movement half a dozen times slowly and deliberately. Inhale a deep breath, before bending back, retain it until you rise, and exhale as you bend forward. Rise without taking in a breath even if you feel you must. The latter point is important, as you will discover on trying the exercise. It gives a contraction of the abdominal muscles that cannot otherwise be obtained.

This exercise is well worth while devoting time to acquire. We know of no better for health.



YOGI SALAAM EXERCISE

Food Reform

SOME persons have the idea that to discard the use of meat is the acme and whole thing in food reform. But there are other habits even more pernicious that are in vogue, and which cry out for reform. For instance, the ordinary bill of fare at hotels is an abomination. Such a mixture and conglomeration as the average man swallows, and the manner in which he bolts it down his gullet, are enough to kill the whole fraternity of hotel-fed men in a week if it were not for the wonderful patience and endurance of the human system and the merciful care of a long-suffering Providence, which holds men in being in spite of their awful ways,—soups, salads, vegetables, entrees, roasts, pickles, hot sauces, milk, tea, oysters, shrimps, fruits, puddings, pies, coffee, cigars, grease, condiments, drinks, ices, hot stuff, etc., etc., not eaten, not chewed,

and decently swallowed, but gulped down, washed down, jammed down, any way to get them down.

Someone comes enough to himself to say, "I will cut out the meat," and then he imagines he has done the whole thing, and wonders why he does not get well; and those who see him laugh at his vegetarianism. Thousands of people each year are reaping the practical benefit of rational and hygienic diet. Not a man or woman ever undertook the work of reforming in diet in a scientific and reasonable manner and did not receive great benefit from so doing. Vegetarianism, like every other good cause, deserves to be judged upon its merits when rightly presented, and not by the caricatures and abuses of it in the hands of ignorant and inconsistent professors of a cult or a fad.

A Walk in the Wind

MARGUERITE OGDEN BIGELOW

WHAT joy to walk in a singing breeze,
 With ample stride through aisles of trees,
 And hear the rocking boughs on high
 Answer the anthems of the sky!

What joy with a wild young heart to go
 Where the wild winds sing, and fully know
 The eager throb, as it speeds along,
 Of the quickened blood in pulses strong!

To the rush, with a body forward bent,
 With eyes defiant and strength unspent!
 It is sweet, with bold young limbs and face,
 To oppose the swift wind's rugged grace.

It is sweet, far sweeter, than housebound ease,
 To walk awhile with the wind and trees,
 To meet buffet until, at length,
 You glow with joy—it is health and strength!

Look Out for Your Nerves

THE friction in many unhappy homes is largely caused by over-wrought, tired nerves. The mother of a large family works like a slave and sometimes lives a dull, monotonous life, rarely having a vacation or even a day's outing, and is blamed by every member of the household because she is cross and flies to pieces over little vexations.

Most women would be cheerful and kind if they lived perfectly sane lives.

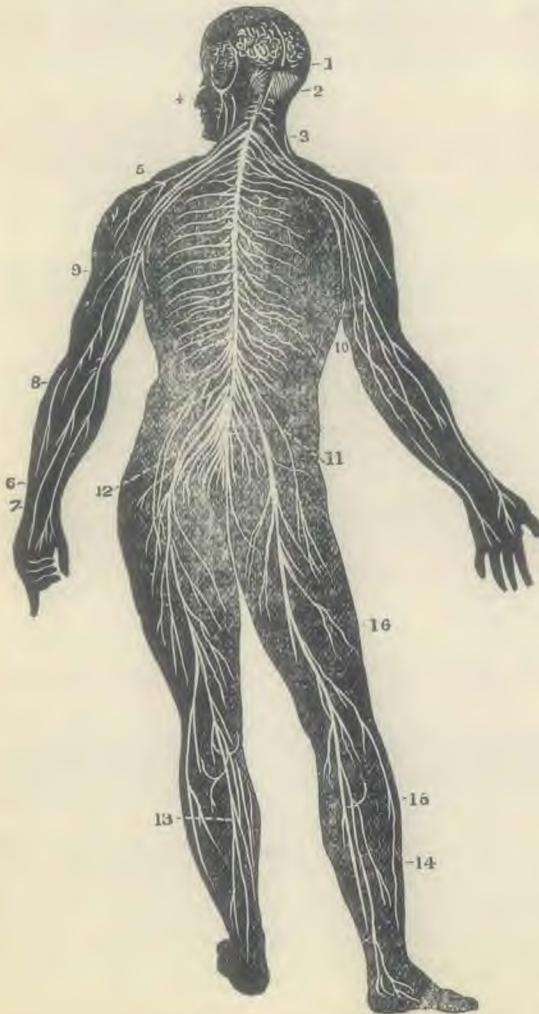
The trouble with many of them is that they have very little variety or amusement. There is no play in their lives. It is the dry, monotonous grind, without cessation, day and night almost, that ruins so many women's dispositions.

A large part of the suffering which many of us cause is wholly without intention. The cutting things we say, our criticism, our unkindness, often come from kindly hearts, but irritated nerves. We say cruel things even to our best friends and those we love best when our nerves are on edge from fret and worry,—things we would not have said for the world but for the irritation, the sheer exhaustion, that robbed us of self-control.

How many people carry cruel wounds for years, perhaps for a lifetime, which were thoughtlessly inflicted by a dear friend in a moment of anger or under irritation when self-control was lost! How often we hurt those whom we love dearly and whom we would help, when our physical standards are down, when we are tired and jaded and things fret us!

There is only one thing to do when you are not sure you can control your acts; that is, to stop whatever you are doing, retire to some quiet place,—get out of doors, if possible, or get by yourself for a few minutes,—long enough to restore balance, get your bearings, assert your manhood.

There is nothing which will take the place of a great deal of outdoor exercise and a cheerful, harmonious environment.—*Success Magazine*.



THE NERVOUS SYSTEM

Indian Sand Flies

FROM an article on the above subject by F. M. Howlett, we take the following quotations. His filthy habits should place the sand-fly under the ban together with the mosquito, the flea, and the fly. Although we are not yet able to accuse him of the transmission of any special disease, his bite often results in very troublesome sores and in a rise of temperature, especially with children.

“From the practical standpoint, the chief interest of these sand-flies naturally centres in their blood-sucking habits. They are undoubtedly, in some districts and seasons, a far more serious pest than mosquitoes, owing partly to the fact that while a net is an adequate defence against mosquito bites, it affords no protection against the determined night attacks of phlebotomus. The latter have not only the advantage of small size but inconspicuous appearance. They have been observed to make their escape from a glass tube in a surprisingly business-like way, by taking advantage of a narrow crevice between the cork and the glass very much smaller than the mesh of a mosquito net; the long forelegs were pushed through the crevice until they got a hold on the edge of the tube, the insect meanwhile lying flat against the side of the glass, and the body was then drawn up after them. Against such determined methods a net is quite useless, and personally I have found the most effective, if rather unpleasant, remedy to be Hazeline or Lanoline with a slight admixture of kerosine, rubbed on the parts of the body most liable to attack. Oil of lemon-grass, which is good for keeping off mosquitoes, seems to be of little use. My assistant

tells me that he has tried mustard oil with good results; I have not yet given it a personal trial. The flies not infrequently even crawl under the bed-clothes in their lust for blood, and the bite is to most persons extremely irritating. The irritation continues during the whole time that the fly is sucking, this time being about two and a half to three minutes when the operation is allowed to be completed without interruption. The effects vary in different individuals. On myself the bite results in a small, reddish pimply swelling which persists for several days, the itching at first felt subsiding after a day or so. Children are especially attacked, and often feel the irritation very much.

“There is no doubt that variation in humidity and temperature very greatly influence their biting propensities, and a sudden increase of humidity combined with a rise of temperature can generally be relied on to stimulate them to a special effort.

“At night light attracts them, but they do not seem to care for very brilliant illumination. During the day time they lie up in cool, shady places in houses or elsewhere. They have been found under bricks lying in a pile, in hollow trees, behind shutters, pictures, boxes, and almirahs, hanging cloths, and other places such as these. They are often in bath-rooms, and still more often in latrines, where the males have been seen several times sucking the moisture from the dirty soil. It is probable that they are attracted to such spots by the smell of the nitrogenous matter, since they have been observed by my assistant to congregate on an infant's sleeping rug which had been soiled with urine.”

Drugs and Drugging

D. H. KRESS, M. D.

"I LOOK forward to the time when people will give up the extraordinary habit of taking medicine when they are sick," said Sir Frederick Treves, one of King Edward's physicians. There never was a time when there existed a greater demand for drugs than the present. In addition to this, there are drugs which are in such general demand that they are classed with the actual necessities of life. There are many drug addictions. Wine, tobacco, coffee, and tea are used because they contain a drug. The use of opium and its derivatives is rapidly increasing.

There are numerous trade preparations containing heroin which are widely advertised as cough syrups, asthma cures, etc. Heroin, instead of being an innocent preparation, is one of the most poisonous agents of the morphine family. Laudanum is another member of the same family employed in various preparations.

The extent to which drugging may be carried will be seen from an experience related to me in Australia by a frail, anæmic woman in a persevering but vain endeavour for health. In order to get this remarkable history accurately, I requested her to take time to put it into writing, which she did. The following is a copy of it:—

"I began with medicines prescribed by doctors, and took them as religiously as though they were life-drops. Then I took a case of wine to strengthen me. This was followed by a case of porter—four dozen bottles. Then followed in succession Mother Siegel's Syrup and Irish Moss. Clement's Tonic was next taken through the advice of a friend. I smoked cigarettes and Nimrod's

Powder, on the recommendation of another acquaintance. My husband heard of Webber's Vitadatio; accordingly, I took forty bottles. Next came a course of Viava treatments, which cost me £25. Then followed in succession Wood's Peppermint Cure, Sheldon's New Discovery, another case of porter, a bottle of overproof rum and Warner's Safe Cure. I have tried Pink Pills, Holloway's Pills, and others, the names of which I can not recall. I have also taken internally, kerosene, turpentine, cod-liver oil, and Scott's Emulsion."

While this is the most extraordinary case of drugging that has come under my care, it illustrates to what length men and women are willing to go in order to secure that which will afford relief from the annoying symptoms associated with ill health. The one who is in health feels well and therefore has no need for drugs. The general use of drugs is an evidence of general ill-health and degeneracy. The majority of men and women are not well, and consequently do not feel well. It is often the desire on the part of these to feel better than they are, that is responsible for this "extraordinary habit of taking medicines."

Alcohol, nicotine, morphine, and caffeine are the drugs which are most commonly employed. Unpleasant feelings, or symptoms as they are termed, are warning signals nature erects along the pathway of transgression. They are designed to call attention to the fact that something is wrong, perhaps the laws of life are being transgressed, and reforms should be made in eating, drinking, breathing,

working, etc. To tear down these signals by the use of drugs without making the needed reforms, encourages continuance on the pathway of transgression *unwarned*, but not unharmed.

The nervous, fatigued mother feels the nervousness and fatigue less while under the influence of caffeine; but when the influence of the drug has worn off, the nervous condition is found to be aggravated and the fatigue more pronounced. Another dose, and later still another is demanded; in fact, to continue the desired feeling of well-being, it is necessary for her to keep constantly in a state of caffeine intoxication. This is responsible for drug habits. The masses are constantly in a narcotized and drugged condition. Thousands are rushing forward on the broad way which leads to nervous bankruptcy and physical destruction unconscious of their danger.

Some months ago I received a letter inquiring if I would recommend a certain highly-advertised remedy for a consumptive. I replied that I could not recommend it, and stated my reasons. But the claims made for the remedy were so forcible that the patient in spite of my advice determined to give it a trial. The next letter I received said, "The patient is improving." But a few weeks later another letter came, saying, "You were right, the patient is dead." This particular cough remedy contained alcohol, morphine, and chloroform. The alcohol and morphine produced a state of exhilaration and cheerfulness, the morphine arrested the secretion and the chloroform arrested the cough. Naturally, the patient was led to believe that improvement in his condition was taking place. It is unwise to check the cough of a consumptive so long as the disease is active, and dead and putrid matter from the lungs

needs to be thrown off. The cough in all such cases is a necessity in order to prolong life. The only hope for the consumptive lies in building up the vitality of the lung tissues by the inhalation of pure air and the use of pure, nutritious foods.

During the last sixty-five years no other disease has increased so rapidly as has cancer in civilized lands. It has been authoritatively stated that after the age of thirty-five every ninth death among women is due to this disease. The numerously advertised cancer remedies no doubt have much to do with the high mortality rate. The only real remedy for cancer is the early removal of the tumor.

The use of soothing syrups to quiet the protest of the baby which has been improperly fed, has much to do with the high death-rate among infants. All these preparations are a source of danger. Medicine which exerts a quieting influence usually contains morphine, opium, or some other poisonous drug.

The sooner people discover that health is not put up in bottles or pills and dispensed at so much an ounce or box, the sooner will the "extraordinary habit of taking medicines when sick" be abandoned. Health, when lost, can in most cases be restored by merely correcting wrong habits, and living in harmony with every law of body and mind. Drugs may produce a feeling of comfort, but they can not counteract the results of disobedience. They often say Peace when no peace exists.

"SEA water is a most effectual remedy for certain conditions, and there is an abundant supply; so it may never be popular, though it has more virtue than ninety-nine one hundredths of the proprietary advertised remedies."

An Effective Measure for Lowering Temperature in Fevers

THE wet sheet pack is without doubt the most generally serviceable and efficient measure which can be used for the reduction of temperature. Sheets and water at ordinary air temperature are always available. What is known as the cooling pack should be applied. The patient is wrapped in the wet sheet which has been wrung as dry as possible, and it then covered with a single blanket.

In obstinate cases it may be necessary to continue these cooling packs for two or three hours, or even longer. Generally, however, five or six changes will be sufficient to lower the temperature one or two degrees, or below 102° F. It is not necessary to lower the temperature below 101° F., though in some cases, especially in very feeble patients, and in typhoid patients after the second week, or towards the termination of the disease, the treatment will often bring the temperature down to nearly the normal point.

In employing the wet sheet pack it is important to remember that the pack should be carefully covered by at least a single flannel blanket. No attempt should be made to increase the cooling by allowing the evaporation from the surface of the sheet. This produces slow and chilling of the surface and contraction of the blood vessels, an effect the opposite of that desired. The sheet should be covered so that reaction will occur. With the reaction the surface vessels are dilated, the blood being thus brought to the surface where it may be cooled by contact with the cool sheet. As soon as the sheet is warm it should be replaced by another. The first sheet may be warmed in six

or eight minutes. The second sheet will probably require a longer time, ten or twelve minutes; the third perhaps fifteen, the fourth twenty minutes; the fifth may require a still longer time to obtain the effect desired.

If the warming of the sheet does not occur promptly, reaction may be encouraged by rubbing the surface of the sheet with the hands placed beneath the blanket. The sheet, however, should not be left uncovered, even for a moment, and changes should be made as quickly as possible.

By the systematic employment of this valuable cooling measure from the commencement, the duration of most fevers may be very materially shortened, and their mortality enormously lessened, while the suffering and inconvenience may be diminished to an almost incalculable degree. If, however, the cooling measure is not resorted to until after the patient has been sick for several days it may be found difficult to control the fever, and obtain the best results. In such neglected cases it is only by the most persistent efforts that the intensity of the disease process may be controlled, and the fever rendered manageable. Failure to obtain immediate success should not, however, lead to discouragement and abandonment of the method as useless or inefficient, experience in a vast number of cases having shown that the cooling wet sheet pack is capable of lowering the temperature in every single case, if properly and persistently employed.

“THERE is a certain influence exerted by the mental state on bodily function. Fear depresses, hope stimulates.”

The Death-Dealing Picture Show

R. O. EASTMAN

THE ethics of the moving picture show have been variously discussed. One fact may be accepted as conclusive, whether for good or ill: the moving picture show is with us as a permanent institution—permanent until or unless some country-wide movement as effective as the anti-saloon campaign some day sweeps it off the field of action. From a few here and there in our largest cities, the thing has grown in the last few years until to-day there is scarcely a hamlet which does not possess from one to a dozen of this class of theatres, while in the larger cities every block has its moving-picture show, and they are numbered altogether by the hundreds or thousands.

The ethics, I say, have been variously discussed. But from at least one standpoint it can be definitely and emphatically asserted that the moving-picture show as an institution stands to-day as *one of the greatest dangers in the metropolitan community*. That is the *health standpoint*.

Let us consider just one feature, the moving-picture show as a breeding-place for tuberculosis. Note the conditions: The show house is, first of all, usually in the centre of the block. This is the location that the proprietors seek to secure. It catches the traffic going both ways, rent is cheap, and the display is as effective as it would be elsewhere, if not more so. Being in the centre of the block, the lighting and ventilating facilities are naturally more limited than in any other location. But so far as the lighting facilities are concerned, none are needed, for the exhibitions are given in darkness. And the moving-

picture man will say that too much ventilation is hard on the films; an electric fan will keep the air moving, and fresh air will be let in at the doors as the people go in and out. This the moving picture proprietor considers ample provision.

We have authority for the statement that one in every eight of our city population dies from tuberculosis, and so in such an assembly there must always be some present capable of spreading the disease. Within the place there is every encouragement for the spread of the bacteria. There is no incentive for maintaining the standard of scrupulous cleanliness that might be more desired in a well-lighted auditorium. The room is dark; the dirt does not show; the men and woman cough at will, distributing upon the air in the emitted sputum an incalculable number of tubercular bacteria. In the darkness which prevails there is no hesitancy on the part of the spectators to spit on the floor, and usually this is done around the angles of the seats or on the space around the legs of the chairs, where it is most difficult to clean. The result is that the filth dries, turns to dust, and by the constant motion of the people, the air is kept well filled with the germ-bearing dust.

The show lasts for a half to three-quarters of an hour—sometimes an hour. For this space of time the audience, consisting largely of women and children, sits and breathes this germ-charged air. Could there be, then, a more favourable condition for the spread of tuberculosis than

(Concluded on Page 134)

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NEWS NOTES via SCISSOR SERVICE

No More Public Cup in New York.—The board of health of the city of New York has added a section to the sanitary code forbidding, after October 1, the use of the public drinking-cup in all public places in the city.

Wheat and Rye.—The London *Lancet* assures us that there is little nutritive difference between a wheat loaf and a rye loaf. A distinct advantage of rye is that it keeps fresh for a longer period. Rye is also laxative.

A Mother's Expedient.—In a recent Chicago fire a mother, awaking to find herself hemmed in, bundled her baby in pillows and blankets, and dropped it to the ground from a second-story window without injuring it.

No Public Drinking-Cup in Rhode Island.—The House of Representatives of the general assembly of Rhode Island has unanimously passed a bill abolishing the public drinking-cup. The State board of health of Connecticut has also recommended such a law.

Less Drugs Used.—Recently published statistics of the Boston dispensary show that during the last fifty years the use of drugs in that institution has steadily diminished. There has been a corresponding increase in the use of massage, electricity, and other non-drug methods.

A Queer Attempt to Thwart Nature.—It is said that a London physician, noting the excess of females in England, has urged that special measures be taken to prevent mortality among male infants. He would, it seems, let nature take care of the girl babies, while man (or woman) takes care of the boys!

Teaching Cleanliness.—The official paper of the London medical school inspectors urges that the teaching of personal cleanliness be

made a part of the curriculum of the elementary schools.

Stamping out Hookworm in Belgium.—A vigorous sanitary campaign waged for five years among the Belgium miners has reduced the presence of hookworm disease to one-fifth of its former prevalence.

THE DEATH DEALING PICTURE SHOW

(Concluded from Page 133)

are offered by these moving picture houses!

Even more fearful is the hazard taken by those who are employed in these places. Shut out from all light and pure air during their working hours, they readily contract disease, and frequently are sufferers from tuberculosis. Dr. Howard D. King, in a recent number of the *Journal of the American Medical Association*, says that a large majority of those who have applied to him for treatment from these shows have been sufferers from tuberculosis.

It is not a mooted question whether all the sanitariums that have been built and all of the anti-tuberculosis movements that have been set on foot in the last few years can unmake consumptives as fast as the tens of thousands of picture shows, with their continual grist of habituated frequenters, can produce them?

ORIENTAL WATCHMAN FOR AUGUST

The Oriental Watchman for August promises to be especially good reading. A list of the contents of this interesting number includes the following important subjects, together with many others of equal interest:—

"The Great Reformation," by Mrs. E. G. White.

"A Judge and a Saviour," by J. S. James.

"Christ's Coming, the Destruction of All Earthly Kingdoms," by H. W. Cottrell, illustrated.

The Editorial Department contains a second article on "Christ's Second Coming" from the pen of Elder Geo. F. Enoch, and "Peace and the World's Armaments," with pertinent comments on present-day conditions and their meaning.

The other departments of the magazine are equally interesting and timely. Sample copies may be obtained from the publishers of this paper. Subscriptions registered at Rs. 2-8 per annum post-paid.

House We Live In

EVERYBODY knows about the building and furnishing of a house, so Mrs. Vesta J. Farnsworth uses one to help show the children how their bodies are made, and how to care for them. To add to the interest of the study, it is given in the words of a mother to her four children,—Elmer, Percy, Amy, and Helen.

Each chapter has an engraved heading which makes the lesson easy to remember. For instance: The heading of the chapter on the nerves and their work pictures a modern telephone system.

Some of the other chapters are as follows:—

Walls of the House	Muscles
Weather-Boards and Roofing	The Skin
Cupola	The Head
The Kitchen	The Stomach
Pumping Plant	Heart
Bath-Room	The Lungs
The Windows	The Eyes
A Good Servant	The Tongue
A Faithful Watchman	Sense of Smell
A Gentle Nurse	Sleep
A Wicked Thief	Tobacco
A Cruel Murderer	Alcohol

It is just the book a mother will be glad to read to the younger children, and place in the hands of the older ones to read for themselves. It explains why it isn't best to eat between meals, to eat much rich food at any time, to swallow food before it is well chewed, etc., why tobacco and alcohol are thieves and murderers, why the tongue is a good servant but a hard master, and why the body-house should be carefully cared for.

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