

Herald of Health

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Vol. 2

DECEMBER, 1911

No. 12

ATTEN= TION!



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Lucknow, December, 1911

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A Providential Awakening

It may well be considered entirely Providential that there is such a widespread awakening on the subjects which relate to health and the preservation of life. Had there not been such an arousing as the world has never seen before, it is hard to say what the condition of the world would have been in a very short time. This universal interest has been incited in no small degree by the alarming prospects arising above our horizon in many directions, which threaten our very existence if left to go unchecked and unprovided for.

The ordinary habits of living, to say nothing of the excesses that are alarmingly common, are so erratic, so inimical to life and health, that measures of protection and defence become an absolute necessity to the preservation of the race. Mankind shows degeneracy in every feature of physical life. Invalidism is the rule, and not the exception. Men are prematurely old, and nervous wrecks strew the beach along the shores of our society. Insane asylums are crowded and demand continual enlargement. The dreadful maladies of cancer, pneumonia, heart-failure, tuberculosis, artery failure, manifested in paralysis and apoplexy, and many other failures and faults, show how the human system is giving way under the stress of modern habits and the pressure of business and pleasure seeking.

Under such conditions it is very timely that wise men should open their eyes, and, beholding the wreck and ruin to which we are tending, lift up their voices like a trumpet and show the people where we are and what we may expect if we do not heed our ways. Providentially, then, men of scientific and philanthropic minds are agitating and educating the people in better methods of living, and holding up the consequences of the reckless way in which people sacrifice their vital resources and invite the inroads of disease and death. It will be well for the race if good heed shall be given to the voices of warning.

It is of course impossible to lay down hard and fast rules and regulations exactly adapted to all people under all circumstances. This principle is true with reference to our mental and moral as well as our physical well-being. There are, however, certain great principles which are so definitely inherent in our being that they are always active and applicable, and which cannot be disregarded without peril. The discovery of these principles is one of the most important and precious results of human experience. Such principles, when formulated, constitute rules of life or conduct, the following of which may be expected to yield rich returns in enhanced comfort, happiness, and well being.

HERALD OF HEALTH has endeavoured to make plain these rules of life and urge obedience to them, and the many appreciative letters received during the year testify that our efforts have not been in vain.

A Peaceful Conquest of Disease

DAVID PAULSON, M. D.

THE scientific conquest of disease which has been accomplished during the last few years is a thousand times more important than any military exploit could possibly be. Patient investigators have toiled unceasingly, and in some instances have sweat out their very life blood, in order to wring from the unwilling hand of nature the necessary secrets to banish some of our most death-dealing diseases.

When the French nation began to build the Panama Canal the death rate rose to more than seventy a thousand. To-day, although there are more than fifty thousand men at work constructing the canal, the death rate is less than nine a thousand. In other words, Panama has been transformed into a veritable health resort.

Conquering Yellow Fever

During the Spanish war, in a short time after the American soldiers entered Cuba, there was more illness and death from yellow fever than from the Spanish bullets. In previous years when yellow fever had invaded the United States the people fled before it as they did before the plague in Europe centuries ago. The United States appointed a commission to ferret out the real cause of yellow fever. It was demonstrated that it was propagated by mosquitoes which had sucked the blood of patients afflicted with yellow fever. United States soldiers volunteered to be bitten by these mosquitoes, contracted the disease, and one of the physicians, Dr. Carrol, died a martyr to science

as a result of this heroic experiment.

As soon as it was demonstrated that this was the only way to contract yellow fever, all that needed to be done was to destroy the mosquitoes, pour oil on their breeding places, and furthermore screen in the patients who were suffering from the disease so no fresh mosquitoes could become infected. And in a few months yellow fever was absolutely banished from Havana, for the first time during the mosquito season since any record had been kept there.

The Man Who Created a New Medical Era

"Pasteurized milk" is named from Pasteur, the French chemist who died a few years ago. Before his day the surgical wards in all the great hospitals were always infected with pus. Nearly one-half the women who went to the maternity hospitals in Paris died from child-bed fever and other infections. To-day child-bed fever is almost unknown. Pus is rarely seen in any of our great modern hospitals.

Pasteur demonstrated that if a patient were thoroughly disinfected before operation, if the instruments and dressings were sterilized, if the surgeon's and his assistants' hands were made surgically clean, then in all ordinary cases the wounds would heal promptly without any pus. The great surgeons ridiculed him, but they were finally compelled to admit that carrying out his instructions opened up a new epoch in not only surgery but the entire care of the patient. In fact,

Pasteur's discoveries have completely revolutionized medicine.

Up to Pasteur's time no one had the least idea what to do for hydrophobia, the disease following the bite of a mad dog. By the most painstaking investigations Pasteur demonstrated that he could vaccinate a dog so he could not contract the disease. But the burning question remained unsolved—would it work equally well on a human being?

About this time a boy was frightfully bitten by a mad dog. The mother, having read in the papers of Pasteur's experiments, brought the boy to him and begged to have him vaccinated. Pasteur reluctantly consented and the boy did not take the disease. Soon other cases were similarly vaccinated, and directly the whole civilized world understood that nature had yielded up another great secret.

The great Pasteur Institute in Paris was established by this man as a place from which scientific missionaries go out on errands of mercy to study the plague in India, to study the cause and cure of the sleeping sickness in Africa, and the cholera in Egypt.

I was in San Francisco the first time the Bubonic plague appeared there in the Chinese quarter. The city had quarantined the Chinese section of the city and had stretched ropes around this area and stationed policemen with clubs on the street to keep the Chinese in and to keep others out. But by and by the scientific missionaries from Pasteur Institute discovered that it was fleas that had bitten an infected case which propagated the disease when they bit a healthy person, and that the rat was the automobile in which the fleas rode from place to place. So it must be

plain to all how ridiculous it was for the policemen to try to control the plague when the rats were chasing each other around everywhere in the streets. The city paid for every rat that was killed. They compelled the inhabitants to put concrete floors in their basements and to raise the small buildings so that the cats could get under them and catch the rats. After they had taken these various precautions and killed something like a quarter of a million rats, the plague was banished. This is another beautiful illustration of how science has traced a terrible disease back to its lair.

Fighting a Disease on Its Own Ground

A few years ago nearly half the children who contracted diphtheria lost their lives. Then Von Behring, a German investigator, observed that while most animals took diphtheria readily, the horse was immune to it. He found out that the horse always has in its blood a certain amount of anti-toxin, which was the real reason that it could not take the disease, and that the reason the child died was that it did not always succeed in making enough anti-toxin before it became overwhelmed with the poison of the disease.

He devised a reasonably safe method of securing the anti-toxin from the horse's blood and injecting it into the child to help the child out when it was short, just as we sometimes have to get milk from the cow to feed the child when its mother does not have enough for it.

A generation ago we were absolutely in the dark regarding the cause of consumption, and hence we had no satisfactory means of preventing its spread or treating it in a rational manner. But in 1884 Robert Koch, also a German scientist, discovered

that it was due to the tubercular germ. Now, nurses who work in up-to-date tubercular hospitals never contract the disease, because we know that it is the patient's careless expectoration that contains the deadly germs, and that when the sputum is properly taken care of the disease is not otherwise self-propagating.

We now also know that the real cure of tuberculosis is to build up the patients' vitality; so we have them breathe plenty of fresh air, eat nourishing food, especially a large amount of fat in various forms, and if this program is entered into energetically two-thirds of the early cases recover. It is one of the most inspiring conquests that science has accomplished. We have not entirely won out; but we have the disease on the run, and to-day we do not fear and dread it as we did a few years ago.

Curing a "Misery"

In the southern states there are two million people who have a "misery" all the time.

Nobody seemed to know what was the matter with these people. Some believed that they were lazy, others were certain that they were sick. Still others thought it was the climate. But finally Dr. Stiles went to work and made an earnest and careful study of this condition, and he discovered that these people had a parasite, called the hook worm, in their alimentary canal, which was draining them of their life blood, and that under proper precautions it only required fifty cents' worth of thymol to cure them.

He began to promulgate the light that he had discovered, and the people laughed him to scorn just as they did Pasteur, and the papers circulated the joke that Dr. Stiles had discovered the "germ of laziness." Finally, at a

great gathering, Dr. Stiles stood up, and with a great earnestness that brought the people to their senses, said: "Gentlemen, this is no laughing matter; I have been down there and have seen these people dying by inches, and I know the cure."

Finally, the physicians and the most intelligent of the people began to realize that Dr. Stiles was right, and Mr. Rockefeller has recently donated a large sum of money toward exterminating this disease. How discouraging it is to a man when he has a great truth in his soul and knows the benefit of it and knows how people need it, and yet they will not take hold of it.

It is encouraging to see how some money to-day is being consecrated to save the life of the people. Rockefeller's grandchild died from meningitis. Nobody knew any satisfactory cure. And so he established the great Rockefeller Institute in New York to study this and similar diseases. His money employs some of the world's greatest specialists, and step by step they are unraveling the mystery of these diseases.

Shall We Sow That Others May Reap?

We are all of us reaping a harvest of blessing from the faithful sowing of those who have gone before us. Other men have laboured and we have entered into their labours.

My friends, what are we sowing? What self-denial are we making? What earnest effort are we putting forth to sow something so that others may reap from our sowing?

"My pallid friend, is your pulse beating low?

Does the red wine of life too sluggishly flow?
Set it spinning through every tingling vein
By outdoor work, till you feel once again
Like giving a cheery schoolboy shout;

Get out!"

W. J. Bryan's Ideas on Temperance

I AM glad I live in a day when the forces that work for righteousness are coming together and instead of quarrelling over the things about which they differ, are united upon the things that they hold in common, and face a common enemy—the liquor traffic.

Possibly I had better first state my attitude, because I can not advise others to do what I do not do myself. I am a teetotaler, and have been from my youth. I have never tasted beer, never tasted whisky except in medicine, and use wine only at sacrament; and I am glad that they are substituting the unfermented for the fermented wine. At every proper occasion I advise total abstinence. I have no objection to signing the pledge. I began signing it when I was a boy and do not know how many times I have signed it since, and I have induced many others to sign it.

When I entered public life I was more glad than before that I was a teetotaler. When I went to Washington I found that the wine suppers were the pitfalls of many public men. I do not now receive invitations to drink. When I am with a number of men and some one says, "Boys, let us have something to drink; Mr. Bryan will excuse us," they go off and leave me and I wait until they come back. No, it is not a disadvantage to me.

I indorse the statement of Solomon that says, "Wine is a mocker, strong drink is raging, and whosoever is deceived thereby is not wise." Prov. 20:1. When I say it is not wise for a man to drink at all I am on solid ground and can give reasons for the position. In the first place it is not wise, no matter how much money a man has, to waste it on something that

does him no good whatever. Every dollar spent on liquor is a dollar spent unwisely, foolishly, a dollar that brings no good in return; it might better be spent in some other way.

After saying that money spent on liquor is wasted, that it is not wise, I can go further and say that it is largely spent by men who have no moral right to take their money from their families and spend it on liquor.

The second objection I have to drinking at all under any circumstances or at any time is that it is a dangerous thing to do. It is dangerous for a man to cultivate an appetite for drink, just as much as it is dangerous to fool with fire. It is not wise to incur any risk, for he receives nothing good in return and he takes the chances of cultivating an appetite that will at last become stronger than his will. I talked once with a man who said he could take it or leave it alone, he did not need to sign a pledge. Not a month after that I saw that man taken out of a public gathering intoxicated. He proved one-half of his statement, that is, that he could take it when he wanted to, but he never could prove the other half, that he could leave it alone.

The public house differs from all other businesses in that no one regards it as a blessing. It is not defended as a good thing. It is not an educational centre. It is not an economic or moral asset to a community. It is a nuisance, and only tolerated when it is believed to be necessary. The public house at its best is a menace and a demoralizing influence.

"SUPREME over every other ambition should be the love for others that desires their best good."

Exercises for the Middle-Aged

WILLIAM J. CROMIE

Swimming

SWIMMING as an exercise for the middle-aged is valuable because it is a pleasant form of recreation: it develops the body symmetrically and thoroughly; it is hygienic, is curative, and a health-giving agency, and it very often is the means of protecting one's life.

The mind of the middle-aged man, in his reminiscent mood, lingers with pleasure upon the time when, a lad, he readily responded to the call to go swimming. The memory of its indulgence is cherished and not readily forgotten. The exhilarating pleasure of gliding through

the water, whether in the open air in summer or the natatorium in winter, can only be appreciated to the full by those who are proficient swimmers; consequently, every

person should "SWIMMING AS AN EXERCISE . . . IS VALUABLE" this beneficial and acquire this fascinating form of exercise. After a day of hard toil, in fact, after any kind of muscular or mental endeavour, it soothes and refreshes one to indulge in a short swim, and also tends to divert the mind from business cares, the thought being concentrated for the moment on the sport.

The captivating art of swimming brings more muscles into harmonious action than most forms of exercise. It improves the "wind," and strengthens the muscles without unduly hardening them. The swimmer's long, smooth, pliant, supple muscle is a pleasing sight when contrasted with

the knotty, binding muscle of the weight-lifter. Cleanliness is one of the fundamental principles in both personal and community hygiene, while uncleanness and filth are the primary causes of sickness and disease.

Napoleon was a great believer in the hygienic and curative agency of water. He once said to Antonomarchis, the Italian physician: "Life is a fortress which neither you nor I know very much about. Why throw obstacles in the way of its defence? Its own means are superior to all the apparatus of your laboratories. Water, air, and cleanliness are the chief articles in my pharmacopœia."

One-half the male population is unable to swim. Those who live on or near the water are constantly guilty of criminal negligence if they neglect to acquire

necessary art. Every summer, through the capsizing of boats and other accidents in the water, hundreds of persons, due to their inability to swim, perish, who might have been saved had they learned to swim. During the last few years swimming has been added to the curriculum of many colleges, and it should be required of every boy and girl in the public schools.

Walking

The best outdoor exercise for the middle-aged person is walking. It is the simplest form of sport, requiring the minimum of effort and producing the maximum of good results; but



when indulged in to the extent of thirty, forty, or fifty miles at one time, it becomes one of the most complex. Like air and water, it is one of the chief luxuries of life, as free to the poor as the rich. To prove that it is an exercise for those who have passed the half century milestone of life, take the remarkable performance of Edward Payson Weston as an example, who upon his seventy-second birthday walked seventy-two miles. This noted pedestrian did not rest a week before and a week after the walk, but it was taken during his last trip from California to New York, a distance of thirty-five hundred miles, and completed in seventy-seven days, making a daily average of more than forty-five miles. How many men can walk in one day as many miles as they are old in years?

Some persons entertain the erroneous idea that walking is a leg exercise only, but it is heart and lung exercise as well. The writer knows—a trial will convince any one—that a forty-mile walk tires every muscle in the body, and consequently develops all, at the same time improving the vital organs. You are past forty; you

breathe hard, and your heart pounds violently upon ascending a flight of stairs; you are rapidly taking on adipose tissue, in fact, you have let your belt out two holes in the last half year; you become dizzy and blind upon bending to the floor for an object; you become cross and irritable at trifles; your digestion is poor, nerves unsteady, and your sleep not refreshing. You attribute all this to your advancing years and business cares, but it is really the lack of sufficient muscular exercise. Now, Mr. Busy-Middle-Aged-Man, you have with you constantly the tools necessary to build up your physical poise and efficiency. Why not begin to use these body-building implements, your legs, to day? Arise one-half hour earlier to-morrow morning and walk a mile of the distance to your work; increase this to two each day the second week; add one mile each week till you are walking four or five daily. You can do this in an hour, and at the same time eradicate those old-age symptoms which are becoming so pronounced upon you. If the weather is inclement, put on old clothes, but do not omit your daily walk.

Hindu's Recuperative Power Due to Non-Meat Diet

THE universal testimony of surgeons who have practiced in India is that operations upon the rice-eating natives are successful under conditions which would give but little hope of recovery in the case of meat-fed Europeans. A medical missionary, who has charge of a large hospital in India recently stated to the writer that suppuration almost never occurred following operations in the hospital referred to, notwithstanding the fact that a great open sewer ran right along opposite

the hospital wall which was constantly redolent with the most horrible odors, making the sanitary conditions about as bad as possible. Sir Lauder Brunton, the eminent English therapist, called attention many years ago to the fact that the rice-fed Hindu tolerates chloroform and anesthetics very much better than does the Englishman, because his tissues are freer from toxic products as a result of his pure dietary.

Sanderson, the great elephant hunter

called attention, in his interesting work entitled "Fourteen Years in the Jungle," to the fact that a bullet wound in a lion so slight in character as to produce no immediate inconvenience, generally resulted in the death of the animal through blood-poisoning, while antelope often recovered from most terrific wounds inflicted either by the hunter or some carnivorous beast. Instead of it being true that man has both his vigour and

his disease-resisting power increased by taking animal food, the very opposite is true. The strongest, the most enduring, and the most highly resistant races of man are those who make the least use of animal food in any form.

There has been within recent times an enormous accumulation of scientific facts which clearly indicate not only the folly of regarding meat as a necessary article of diet but the absolute absurdity of its use.—*Good Health.*

Contamination of Food Exposed for Sale on the Street or in the Shop

Look about you in the market or Bazaar and you will see vegetables, fruit, fish, etc., heaped together in confusion, without protection from the dust or flies. Innumerable bacteria accumulate on these food articles. Flies bring germs of infectious disease.

One buyer after another appears, handles the fruit and vegetables, picking up one article, laying it down, and then another article, with unclean hands.

Foods sold under such conditions swarm with germs of all kinds, including those which cause disease. Yet these foods, whether fruit or vegetables or fish, are taken home, handled by various members of the family, and not infrequently eaten without steril-

ization or even washing. The child picks up a guava or a bunch of grapes, and proceeds to eat the fruit at once. A few days later it comes down with an attack of cholera infantum, and dies. What a puzzling case! Where did the child get the infection? A visitation of Providence! Such are the comments, perhaps. An enormous amount of filth of the most deadly kind is consumed under ordinary conditions of life. Small wonder that infectious diseases abound, and that infants and children die off by the hundred and thousand in the hot season. It is not the heat but the dirt, with its accompanying microbes, that produces the slaughter of the innocents.—*Selected.*





Peas in Ambush

HAVE ready small, light rolls—one for each guest. Cut off the tops to serve as covers, take out all crumb, and lay the rolls in the oven to crisp. Meanwhile heat a cup of milk to boiling point, and pour it into two beaten eggs, beating well to prevent curdling; add a spoonful of butter cut in bits and rolled in flour, and one pint of cooked green peas. Salt to taste, fill the rolls, put on tops, and serve hot.

Okra or—Lady Fingers—and Tomato

Slice the tender pods of okra and stew with an equal bulk of tomato. Season with butter and salt. A quarter cup of rice may be added to four cups of this stew if desired.

Spanish Eggs

To six eggs add three-eighths of a cup of strained tomato, one tablespoonful of lemon juice, two dozen ripe olives (cut, in rings), one small onion grated, one teaspoonful of salt, and one teaspoonful of celery salt. Cook in a double boiler, stirring constantly until slightly thickened. Serve on buttered toast.

Nut Fillets

Slice protose and nuttolene each one-half inch thick. Place the nuttolene in a baking pan, over this thinly sliced onions, then the protose on top. Make a dressing of strained tomatoes which have been stewed down and seasoned with bay leaves, thyme, and salt. Pour the dressing over the fillets, and bake in a moderate oven one hour.

Date Pudding

One and one-half cups of date pulp,

two seers of milk, five tablespoonful of ground rice, one-half cup of sugar, grated orange peel, and one-half teaspoonful of salt.

To obtain the date pulp, seed dates and stew them till tender and dry, then rub them through a colander. Heat the milk to boiling in a double boiler. Add the ground rice and stir until it begins to thicken. Add the remaining ingredients, put into a baking pan, and bake half an hour.

Rustic Pudding

Chop one-half pound of apples. Add one-half pound of bread crumbs, three ounces of sultanas, two ounces of sugar, two eggs well beaten, grated lemon rind, as much water to the juice of an orange as will half fill a teacup. Beat all together well, and steam in a buttered mould for an hour and a half. Serve with a sauce made by mixing equal quantities of orange juice and water. Bring to a boil, sweeten, and thicken with corn flour.

Cocoanut Blanc Mange

Extract the first milk from a grated cocoanut. Allow one heaping tablespoonful of sugar and the same quantity of corn flour to each cup of cocoanut milk. Bring the milk to a boil and add the sugar and corn flour which has previously been rubbed smooth in a little of the cold milk. Boil a few minutes and pour into moulds. Serve with a sauce made by boiling one seer of sweetened milk until it is of the consistency of cream. Add vanilla or other flavouring.

The Hygienic Treatment of Eczema

A. B. OLSEN, M. D.

A COMMON name for eczema is salt-rheum, and it is also known as moist tetter and by a number of other names. Eczema is essentially an inflammation of the skin, and, like all inflammations, may be either acute or chronic. It is the most common of skin diseases, according to some authorities forming about one-half of all cases.

A Multiform Affection

There are many varieties of eczema; indeed, its multiformity is characteristic of the disease. It may manifest itself simply as a group of red spots, or there may be slight red elevations of the skin, or little vesicles containing a yellowish, watery fluid, or even offensive matter; both scales and large crusts may form.

Fortunately, eczema is not a contagious disease, and consequently is not transmitted from one person to another. The one constant symptom is itching, which is often severe, and at times may be almost intolerable. But don't scratch under any circumstances; for to do so only aggravates the condition, and may be the means of prolonging the disease for years.

Eczema a Symptom

It is generally believed that in most cases eczema itself is merely a symptom, indicating lowered vitality and a deterioration of the blood. It may be symptomatic of dyspepsia, which happens frequently; of gout, rheumatism, and other dyscrasias. Sometimes it is due to certain drugs, and is then known as a medical eczema. Then there is the dietetic form, caused by errors of diet, which is by no means uncommon.

Irritation the Cause of Eczema

Broadly speaking, eczema is due to some form of irritation, which may be

either external or internal. The external irritation may be mechanical, such as friction from coarse underwear; thermal, e. g., excessive heat; chemical, as when produced by irritating soaps, lotions, or ointments; or parasitic, that is, due to lice or micro-organisms. Indeed, all forms of eczema are more or less complicated by the action of micro-organisms, and often these are the direct cause.

Chronic eczema is usually the result of a long-continued irritation of some kind that has been neglected. To expect a cure while the causal factor is still at work is unreasonable.

Lack of Bathing

The lack of cleanliness is undoubtedly one of the most prolific causes of eczema. The accumulation of filth acts as an irritant, and soon inflames the skin. Such a condition invites the presence of parasites, and an aggravated case of eczema is quickly set up.

Eczema is apparently no respecter of persons; for it attacks both sexes and all ages, from the baby at the breast to the old man in his dotage. It attacks all classes of society, both rich and poor. The poor man is compelled to be frugal in his diet, but is often careless about his person, and thus becomes a prey to the disease. The rich man, on the other hand, while scrupulously clean on the outside often has impure blood, due to high living, and so he is also subject to eczema.

First Remove the Cause

It is obvious to any one that the first step in the treatment of eczema is to remove the cause. Whatever the cause may be, external or internal, seek it out, if possible, and remove it. On

the removal of the exciting causes, the inflammation soon ceases, unless it has become chronic, and even then it is alleviated.

Build up the General Health

After removing all known and possible causes, give careful attention to the general health. The patient is generally in a run-down condition, and requires tonic treatment. Adopt a plain but nutritious and wholesome diet, plenty of restful sleep, and a well-regulated course of physical training. It is very important to improve digestion and nutrition in most cases, and also to secure regular action of the bowels. Pickles, pastries, sweets, cheese, and all rich and greasy foods should be strictly avoided, since they are difficult of digestion. It is well to drink plenty of water, and fruit, both fresh and stewed, can usually be taken freely. By these simple means the blood will be purified, and the healthy, active body will soon be able to shake off the local disorder of the skin.

The Local Treatment

The part should first be cleaned thoroughly, and then always kept clean. Soaps of all kinds should be avoided in acute cases. Warm, soft-water may be used, or better still, bran or oatmeal-water. The oatmeal-water may be prepared by boiling the meal in a bag, and squeezing it in the water to be used.

Acute eczema always requires soothing treatment. A lotion containing bicarbonate of soda is very useful, also carron-oil.

Bathing and sponging with hot water, together with the use of lead lotion and tar preparations, also camphor, will relieve the itching. A weak solution of carbolic acid, one per cent.,

is often very effective to allay itching. But don't forget that carbolic acid is a deadly poison, and the greatest precaution possible must be taken in its use. Creolin, soda, and alkaline baths may be used to advantage at times. For a soothing powder, starch alone is sometimes serviceable, but a good talcum powder is better. Vaseline is an excellent ointment, and may be made still more effective by the addition of small quantities of carbolic acid, salicylic acid, oxide of zinc, or resorcin, etc.

Chronic Cases

Chronic eczema, on the other hand, requires stimulation, and tar preparations are very useful, also mercury and sulphur ointments. Hard crusts and scabs may be softened by sweet-oil or vaseline, and then removed, and the ointment or lotion applied. In old cases where the skin is much thickened, a hot spray for five or ten minutes twice a day is often helpful.

Simple hydropathic treatment without the use of ointments or local applications of any kind, is often sufficient to effect a cure. Usually the patient's diet is at fault. With this properly corrected, and the system cleansed and purified by suitable baths and exercise, the distressing symptoms are almost sure to disappear.

In treating eczema of the scalp it is well to cut the hair quite close, and then the affected part can be reached to better advantage. The same would apply to affected parts of the face covered by a beard.

It is often difficult to prevent children from scratching, which only aggravates the disorder and causes it to spread. In such cases the affected part should be well protected, and the irritation relieved by proper treatment.

The Excessive Use of Salt

For nearly a century a few scientists and physicians have been calling the attention of the people of Europe to the question of the dangers of adding salt to natural foods. In 1835 Dr. William Mateer, physician to the Belfast hospital and lecturer on chemistry in the Royal Belfast Institution, published an article in the *Dublin Journal of Medical and Chemical Sciences* on "The Injurious Effects of Salt on the Animal System." His views were endorsed by many of his professional contemporaries in Dublin. He contended that while a sparing use of salt might not be incompatible with good health, yet "the immoderate use of it made by the poorer classes proves highly injurious in causing changes in the quality of the food which render it less nutritious, or still more directly by acting on the coats of the stomach."

Among the symptoms produced were lassitude, palpitation of the heart, cough, difficulty in breathing, stitches in the chest, and other ailments which were speedily relieved by the disuse of salt.

Nowadays it is recognized that sodium chloride is a frequent cause of vertigo, hallucinations, flashes of light, ringing in the ear, and other defects of the eye and ear, loss of memory, and decayed teeth. It is also considered a factor in arteriosclerosis, or hardening of the arteries, Bright's disease, dropsy, certain heart affections, and epilepsy, as well as some of the forms of insanity. In all of these troubles a salt-free diet has been found beneficial. Some thirty years ago the Parisian authorities found that most inebriates could be cured of their thirst for alcoholic liquors by the adoption of a salt-free diet.

In an article on "The Sodium Chloride Habit" in the *Chicago Medical Times* (August, 1896), Dr. C. Woodward said: "Our observations have been that any one who has eaten from one to three drachms of salt daily for several years is affected with the following symptoms: First, a thickening and partial paralysis of the vocal cords and almost a continual sore throat; second, a pale and waxy colour and dryness of the cuticle, which perspires too freely on physical exertion; third, constipation; fourth, chronic diarrhoea; fifth, abnormal appetite; sixth, retarded endosmosis and exosmosis; seventh, plethora and corpulency; eighth, thin blood, slow circulation, and lower temperature; ninth, catarrh; tenth, dandruff of the scalp; eleventh, skin diseases; twelfth, deposits and abscesses."

The elimination of salt from the diet relieves the above symptoms.

Salt has a tendency to thicken the tendons and stiffen the joints, hence professional acrobats and athletes adopt a salt-free diet. A strongly salted regimen causes an increased amount of urea and a sensible elevation of temperature.—*Selected.*

A DISTINGUISHED dentist has recently shown that, counting six million school-children with only five bad teeth each, we have the enormous number of thirty million decaying teeth among our children. We are convinced that the number is underestimated. The same authority stated that only one per cent. of the Eskimos suffer from bad teeth; three to ten per cent. of the Indians; and forty per cent. of the Chinese; while in Europe it varies from eighty to ninety-eight.

Is Tea a Temperance Drink?

M. ELLSWORTH OLSEN

THE answer to this question must depend upon our understanding of the reach and scope of temperance principles. According to a well-known physician, "the great sin of intemperance is not in the use of alcohol *per se*, but in the gratification of the desire for artificial stimulation."

Grant the truth of this statement, and the field of intemperance is broad enough to include a great many harmful practises of the present day, not least among which we would name the habitual use of tea, for reasons which may be briefly set forth.

Why So Fascinating?

What is there in a cup of tea that has such a wonderful fascination for the nervous, energetic twentieth-century toiler? There are three chief ingredients,—about one grain of caffeine (also called theine), two or three grains of tannic acid, and the merest trifle of volatile oil. The combination of these three principles, together with some subordinate elements which are of very little account, makes a medicinal drink which has come to be found on well-nigh every table in the land, and which has actually given its own name to the light afternoon meal which many people take between lunch and dinner.

Why do we drink tea?—Chiefly because of its immediate pleasurable effects upon the nervous system. We feel tired, jaded, disagreeable; a cup

of tea makes us, for the time being, bright, vivacious, cheerful. It seems to put new life into us; but does it actually do this?—No; for it has absolutely no food value, hence it can not possibly add to the real strength of the system; but it can do that which alcohol does in a different way,—it can draw out the reserve force of nervous energy, make us feel fresh and full of vigour when we are really fagged out, give us an artificial felicity to be most certainly followed later on by a corresponding depression.

How Tea Affects the Nerves

Alcohol chiefly excites the heart; tea exerts its stimulating effects upon the central nervous system. These effects are not the same in all cases, being determined largely by the condition of the individual user. But the same



general principle holds good in regard to its use as a beverage. Tea is not taken as a food, neither is it taken as an innocent relish to food, but for its fascinating effects upon the nervous system. Therefore it is not, strictly speaking, a temperance drink.

A truly temperate person should seek restoration by rest and sleep when weary, and strength from food when hungry. This is nature's way, and it is always the best way in the long run.

Tannic Acid and Digestion

The injury of tea upon its devotees becomes the more apparent when one

calls to mind that the tannic acid it contains is a very serious hindrance both to the digestion of starch by the saliva and to the digestion of proteids in the stomach. These facts are quite generally known, also the tendency of tea to produce flatulence and a disordered state of the digestive organs generally; and yet persons with weak digestion, and subject to innumerable headaches, will often continue to indulge in the baneful drink which is at the foundation of practically all their troubles.

If it be objected that one must have something warm to drink, we would suggest that there are plenty of innocent beverages to be had without taking a solution of such a powerful nerve poison as caffeine. Tea is as truly a drug as any preparation on the pharmacist's shelves, and as such has no proper place on our daily bill of fare.

We have known hundreds who have given up the use of tea, and we have yet to learn of a single case where the person did not reap great benefit from the change.

Local Applications in Rheumatic Disorders

CHRONIC as well as acute rheumatism is a general rather than a local disorder. There are valuable measures, however, whereby the local curative process may be hastened, and pain and other symptoms greatly mitigated. The most important of all local applications is heat, which may be employed in the form of the fomentation. The dilatation of the vessels by heat leads to an accumulation of the blood in the part, and it is the blood that heals. These hot applications may be applied with advantage twice daily, and should be followed by a heating compress. The heating compress consists of a folded linen cloth or a moderately thick layer of pugree-cloth wrung dry out of cold water, and wrapped around the joint. This compress is covered with several thicknesses of flannel, so as to retain the heat. Thus the superheating induced by the hot application is maintained.

Another measure of great value is local massage. When tenderness exists, much care must be used. The first manipulations should consist of a light stroking or friction movement; later, digital kneading should be employed

about the joint in such a way as to follow the natural contour of the bones.

Joint movements should likewise be employed in connection with massage. If the movements of the joint are limited, the first attempts at flexion and extension should be applied with great care; only a moderate amount of force should be used. From day to day, the latitude of the movements should be increased until the greatest degree of mobility possible is established. Gentle massage and joint movements may be best administered after a hot pack or fomentation, or some other hot application, which has been followed by a very short cold application to prevent chilling by evaporation.—*Selected.*

“‘MOTHER-CRAFT’ is a science and art that is well worthy of cultivation. The care of body, the feeding and clothing of children, the preparation of wholesome, nourishing, and well-balanced meals, the keeping of the house and the person clean—these are a few of the numerous accomplishments which every successful mother requires.”

Danger in Unwashed Fruit

UNWASHED fruit offers a danger that is too little appreciated even by many most intelligent and fastidious people. In cities like New York, where so much fruit is sold on the streets from open carts and stands, the evil is increased many fold. Apples, pears, peaches, grapes, berries, and other fruits that are eaten uncooked are the chief offenders, and examinations that have been undertaken show a variety of germ life that would be astounding if the bacterial contamination liable to result from street dust were not already known. Flies are another great source of contamination.

It will be claimed by some that the organisms thus found on fruit are largely if not wholly harmless, and this is unquestionably true. But enough pathogenic bacteria have been repeatedly demonstrated on these common articles of food, particularly when exposed to flies, to make it certain that the presenting danger is very real.

Many city ordinances require that all fruits,—and vegetables, too—be screened. This, if followed, reduces the evil somewhat, certainly in respect to flies, but little protection is afforded against dust. In spite of the utmost care, this is bound to accumulate, and with the inevitable contamination from handling, insures myriad colonies of bacteria on every piece of fruit.

All fruit, therefore, that is not cooked should be thoroughly washed. It is hard to impress children with the urgent necessity of this, and they are the ones most endangered. Realization of the constant tendency to cholera infantum, intestinal disorders, and the graver diseases, like typhoid fever, emphasizes the necessity of preaching and teaching every one, from the

youngest toddler up, never to carry a bit of fruit to the mouth until it has been washed—and well washed.

This is only one small detail in the general movement to eliminate or at least to reduce the possible causes of disease. To many who recall their care-free youth and remember that they came through unscathed, though they ate anything and everything in the way of fruit, with never a thought of washing it, the foregoing may seem trivial. But there is another picture of thousands and thousands of graves of little martyrs who did not come through unscathed. Every year acute intestinal affections claims an appalling toll of children and young adults. The cases that are directly attributable to unclean fruit may be few or many. That there are any is enough to show the danger, and once shown there can be no two opinions as to the necessity for its removal.—*Editorial Comment, American Medicine.*

Care of the Teeth

FOLLOW the milk of bottle-fed babies with water.

Moisten a soft cloth with an alkaline wash, and apply often over first teeth.

Give little or no candy to young children. When teeth have appeared, give coarser cereals and less soft food.

Have the teeth cleaned by a dentist at least once in six months.

Have all cavities filled even in milk-teeth, to preserve them in position and thus help develop the jaws.

Brush the teeth at least twice a day, using powder in the morning and an alkaline wash at night.

Remove tartar at least once in three months. Examine for cavities once in six months.—*Exchange.*

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PLAGUE IN AMERICA

It is reported that there have been a number of cases of plague in Spokane, Washington, U. S. A.

CHILDREN EXCLUDED FROM PICTURE SHOWS

By order of the Berlin chief of police, children, even when accompanied by their parents, are excluded from motion-picture shows after nine o'clock at night.

PRECAUTIONS AGAINST RATS

As a special precaution, all vessels from countries where there is any suspicion of rat plague, must, when docking at the port of London, make use of cables which are, as it were, "rat proof." This is accomplished by having metal discs on the cables, over which the rats can not climb.

WON THE WEEK CONTEST

Word comes from Dresden that in the long distance walking contest with military equipment, which was recently conducted in that city, the first four places were won by vegetarians. Another vegetarian who made a good record was forty-eight years of age. Of the 286 entrants, 200 were soldiers. The first soldier that reached the goal ran sixth.

BENZOIC ACID TABOOED IN GERMANY

The official board of experts has presented to the Prussian ministry a report, which, after taking into account the work done by the American chemists, advises that the use of benzoic acid should not be permitted in foods. Especially among the weak and sickly is such use of preservatives characterized as dangerous. A further objection is made that the use of chemical food preservatives offers an incentive to use decomposing foods.

SUCCESS OF THE BRITISH ANTI-TUBERCULOSIS FIGHT

In an address before the British National Association for the Prevention of Consumption, John Burns, president of the British Local Government Board, asserted that "tuberculosis in all its forms is a declining disease. In twenty-five or thirty years its annihilation ought to be effected. In ten years in England and Wales consumption has diminished 19 per cent., in Scotland 24 per cent., in Ireland 25 per cent., in Germany 18 per cent., in London 30 per cent., in Berlin 24 per cent., and in Paris only 3 per cent. In fifty years tuberculosis has decreased over 50 per cent. For all ages, and between birth and 25 years of age it has been reduced by 70 per cent. Coincident with the decline of tuberculosis and a similar decline in the general deathrate and infant mortality, we see our drink bill diminished in the last ten years 25 per cent. per head of population in the consumption of alcoholic liquor. I say that because one of the most distinguished men ever identified with consumption, Professor Bonardel, of Paris, said that the public house is the purveyor of consumption, in fact, alcoholism is the the most potent factor in propagating tuberculosis."

A TEMPERANCE SERMON ON A CASK

A LARGE one-hundred gallon cask stood in the temperance exhibit at the Dresden exposition, bearing these words: "This cask would hold about 400 litres of alcohol which is the alcoholic contents of 100,000 litres of beer, the amount a man will consume in thirty years if he takes ten glasses daily." Over the cask is a cask telling the reader that one drinking the amount of beer, containing two gallons of absolute alcohol, pays 8,500 marks, sufficient to buy himself a little home.

ANTI-TUBERCULOSIS

MORE than six hundred cities and towns in the United States, and about one hundred in Canada, are engaged in war against tuberculosis.

THE Protose and other nut products mentioned in the Healthful Cookery Department can be obtained from the Sanitary Health Food Coy., 75, Park Street, Catalogue upon application.

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House We Live In

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