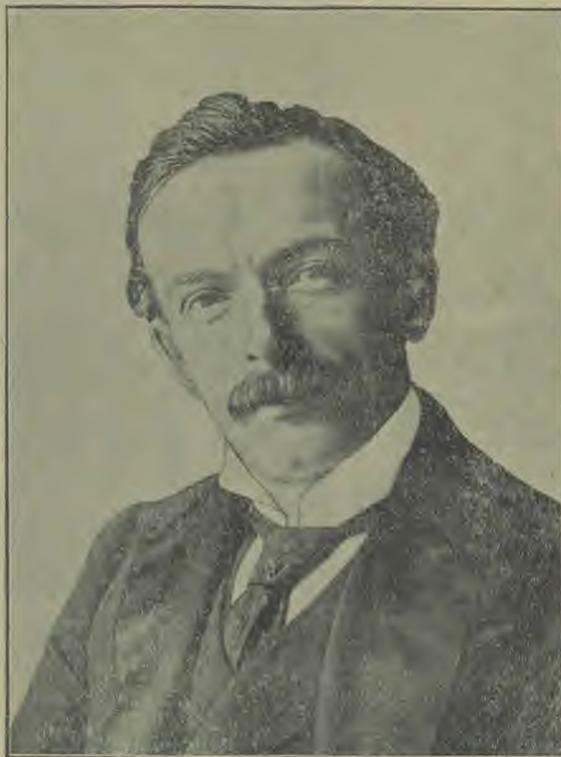


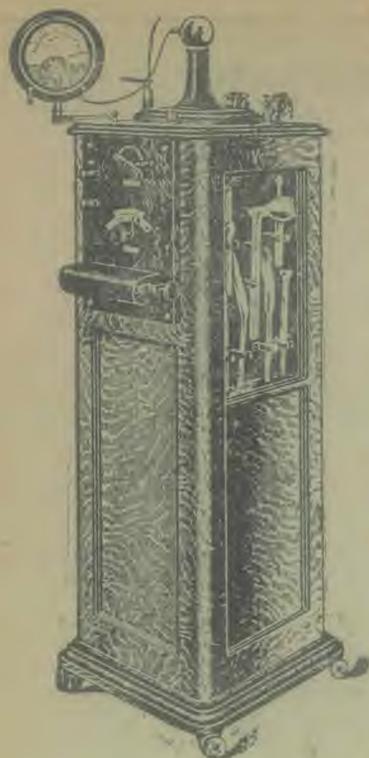
Herald of Health

JUNE, 1917



THE MAN OF THE HOUR

"I like the man who faces what he must
With step triumphant and a heart of cheer ;
Who fights the daily battle without fear ;
Sees his hopes fail, yet keeps unfaltering trust
That God is God,—that, somehow, true and just,
His plans work out for mortals.
Nor loses faith in man ; but does his best ;
And with a smile and words of hope, gives zest
To every toiler ; he alone is great,
Who by a life heroic conquers fate."



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1917

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The Editor's Corner

Some Dangerous Parasites

PARASITES are creatures which maintain an existence by preying upon other living organisms, oftentimes diverting the life-blood of their host for their own sustenance. Among these are the leech, the various insects which are a torture to man and animals, many different varieties of scale and other growths found on plants, etc.

In India especially, we are cursed with a variety of parasite who bleeds his fellow men of health, wealth and happiness by promising to cure his victim by some special pill or concoction of herbs, drugs or other ingredients.

They vary in degrees of guilt, extortion and avarice from the vendors of charms and "desi" preparations, to those past masters of the art—the agents of powerful patent medicine firms from supposedly more civilized countries.

In spite of their pretensions, all they want is the victim's money: and they are willing to kill him outright or by slow poisoning in order to attain their end.

The reason they make such a good living is that they are able to work on the fears of the ones whom they approach, and that people as a rule seem to have unbounded confidence in something "to be taken every two hours with half a glass of water," and a good share of the human race are very easily fooled in some way or other.

Evidently the patent medicine parasite is not the only kind either, for a few days ago we received a circular advertising a new "drugless" method which "cures every disease in a short period, with simple diet, nursing and exercise. It rebuilds the body at any age, curing even the degenerated condition of old age."

If any man wishes to earn a name for himself and be a benefactor of India, we would advise that they employ a good chemist to analyse some of these wonderful preparations which are advertised so widely, and then publish the chemical composition of each.



THE CAPITOL, WASHINGTON, U. S. A.

In this building the representatives of the American Republic voted for war on the German Government

The Origin of the Drug Medicines

BY WOODS HUTCHINSON, M. D.



THE discovery of most of our standard drugs goes back beyond the dawn of history. We know no more when opium was first used than we know when or where wheat or maize was first used. Certain it is that there was a full medicine chest of drugs before the doctor, or anything approaching him, was invented.

At last the doctor comes on the stage of history in the guise of that strange functionary, the *skaman*, or Medicine Man, part priest, part doctor, part astrologer-scientist, and the common ancestor of all three. . . . Healing becomes a professional matter instead of amateur, and the seeking and finding of drugs proceeds apace. Plants and herbs, instead of being turned into medicine by the crude method of eating them indiscriminately and then being guided by the symptoms and experience of the survivors, begins to be tried with malice aforethought as remedies for a particular disease.

Superstitions Which Still Linger

The properties of an herb or root which suggested its use in some particular disease were often of the quaintest and most extraordinary character. Liverwort and hepatica have each a leaf rudely resembling the outline of the liver; therefore they ought to be of value in jaundice and biliousness, and for centuries they enjoyed high reputation as remedies in diseases of the liver.

Seeds, berries, or leaves, which happened to be either star-shaped, cross-shaped, or in the magic trefoil form, acquired all the occult powers which the symbolism of the day associated with the star, the cross and the shamrock. Clover tea as a cure for cancer, for instance, owes its reputation solely to this symbolic association.

Plants or roots with red juice were sup-

posed to be good blood medicines; those from which yellow decoctions could be made had a corresponding power over the bile or the urine. Substances that were black, or would make a black decoction, were of extraordinary power in desperate diseases and serious maladies, both bodily and mental, which were believed to be due to possession by evil spirits. . . . The necromantic powers of a black cat and the deadly certainty of action by black pills, no matter what they are made of, are household words.

Herbs, flowers, seeds, or roots were valued according to the place where they grew, the time of year at which they blossomed, the stage of the moon in which they were gathered, whether they were cut with a silver or with an iron knife, and a thousand and one extraordinary connections were invented and believed in between remedies and the diseases which they could control. Plants that grew, for instance, around the tomb of a saint, would heal everything they touched, and even raise the dead; while those that sprouted in the rank grass at the foot of the gallows tree were correspondingly deadly and poisonous.

One remedy of wondrous potency in mediæval medicine, the famous mandrake, or *mandragora*, owed its reputation solely to the fact that its root being forked and its juice blood-red it was supposed to resemble the human body and hence had marvellous powers over it.

Iron, now regarded as a blood food, was originally introduced into medicine as a new magic metal peculiarly obnoxious to evil spirits, which idea still survives in the familiar potency of the horseshoe as a charm against witches and all sorts of ill-luck. Later, by an even more familiar process of savage logic, it was believed to impart to the body of the man who took it something of its own hard-

ness and cutting keenness, just as the North American Indian ate the heart of the bear to give him courage. This impression was powerfully aided by its highly astringent, puckery taste. To this day, in England, they talk of a "steel" tonic and "steel" pills. This is not the only claim that iron has to be regarded as a tonic, but it was certainly the original one.

In the same way, nitrate of silver, *lunar caustic*, came to be used as a remedy in insanity and nervous disturbances, because silver was the color of the moon, and the moon, the goddess Luna, as every schoolboy knows, is principally concerned in the production of "lunacy." When a man is crazy he is still "moon-struck," or "looney."

As Oliver Wendell Holmes records, in his early days nitrate of silver was a standard remedy for epilepsy, because this was originally believed to be caused by the influence of the moon; and he himself had seen unfortunate epileptics so saturated with this drug that it had become deposited under their skins and blackened by the light as on a photographic plate, so that their complexions were turned a dull, slaty gray.

Gold was always a great favourite because, being the king of metals, it imparted some of its royal qualities to the body that absorbed it, and enabled it to resist the attack of disease as the noble metal itself resisted the bite of even the strongest acids. Upon this fond delusion of the popular mind was based the famous "Gold Cure" of only a decade or two ago.

From such a seething welter of ignorance and superstition, from such a witch's caldron of absurdities, have sprung the majority of our remedies in use to-day.

Is it any wonder that the struggle to rationalize medicine, to bring order out of chaos, has been so tremendous and that progress in the fight against superstition and error has been so discouragingly slow?

One of the greatest obstacles to progress, the gravest difficulty in sifting the helpful from the worthless, has been, and is yet, tha-

inasmuch as some 85 per cent, of all illnesses get well of their own accord no matter what may be done or not done for them, *any drug which is used with sufficient constancy and indiscriminateness in any disease will score 85 per cent of cures, providing that it is not positively harmful.*

Even to-day it is one of the hardest but most necessary things to get clearly in mind that the triumphs, the "cures," achieved by any new remedy must be "loaded," as the calculators say, with this seven-to-one standing handicap in its favour. It must not only be shown that 78 per cent or 90 per cent of the patients who took a drug or other remedy got well, but that more of them recovered than of those who did not take it.

This progress of therapeutic house cleaning, of *Transvaluation of Values*, as Nietzsche called it, is precisely what the medical profession to-day is engaged in carrying out and applying to every drug upon its shelves and upon the pages of its pharmacopœia. It is a huge undertaking, but we are looking forward to a magnificent clearance of ancient rubbish before we are through with it.

Some drugs of real value will survive; but their numbers will be counted by tens instead of by thousands, as at present. In fact, next after the fight against disease, the biggest struggle that the coming doctor has on his hands is with drugs and the deadly grip which they have upon the confidence and the affection both of the profession and of the public.

Another of the gravest difficulties of the drug problem is that the oldest, most highly prized, and most universally used drugs are unfortunately the most dangerous and poisonous. The "simple, old-fashioned household" that we hear so much vaunted, number among them the most dangerous drugs that we have. Laudanum or paregoric or some "Pain Killer" or "Soothing Syrup," or other form of opium, stands on every family medicine shelf, just as it did under the eaves of the bamboo hut of primitive man.

Alcohol in some form comes next, either as "Good Old Whisky" or "pure, homemade wines" or cordials—many of them strong enough to blow your head off—or somebody's "Bitters" or "Tonic." *Take away opium and alcohol, and the backbone of the patent medicine business would be broken inside of forty eight hours, because these are the only drugs known to science which will make anyone, no matter what ails him, "feel better," for a little while at least, every time he takes them.*

Nature Cures Nearly All Diseases

Gradually, as doctors and patients both became more intelligent, it dawned upon them that drugs and potions were not indispensable to recovery—that fevers ran a fairly definite course and stopped of their own accord—that the majority of diseases tended toward ultimate recovery. Less and less violent methods of treatment were adopted,

vomitings and purgings and bleedings became less universal, and the habit grew up of depending more upon diet, bathing, and rest, putting patients to bed and using drugs simply to keep them comfortable and assist the body in its fight.

Finally, and it seems incredible that it was only about sixty years ago, we reached the point where we dared to let a few moderate cases of typhoid fever or pneumonia or rheumatism run their own course to see just what nature would do, interfering only in emergencies, or in case of serious danger.

Results followed which are well under way to revolutionize the practise of medicine. First, we discovered that the healthy human organism possessed inherent powers of defense against disease and that many of what we put down as symptoms of disease and even as parts of the disease process, such as fever, pain, vomiting, diarrhœa, shivering



CONFISCATED OPIUM PIPES

fits, and some forms of convulsions, are part of nature's effort to get rid of the poison. Our proper function is to intelligently assist nature in her efforts, instead of thwarting her at every turn and suppressing every symptom as quickly as we can find a drug club to beat it down with. We now cooperate with nature in disease, as in health, and check her only when she seems to have become panic-stricken and going to dangerous extremes. Just when to help and when to hinder, and how to help without doing harm—these are the problems that call for brains in a doctor.

The old, blind, implicit confidence in drugs is gone, and with it the naive belief that if we could only find and give the one right remedy it would "do the rest," like some magic button when pressed.

In its place is a wholesome, searching skepticism which demands proof, tests rigidly, rejects mercilessly. Scores of hoary old bumblebugs have already shriveled in its white light. As our modern physician-philosopher Osler phrases it: "He is the best doctor who knows the worthlessness of most drugs."

My Saddest Experience

BY R. HARE, *Australian Author*

IN the work among the people, gospel ministers meet with many sad sights and sorrowful pictures of life. One of the saddest experiences that comes back to my memory is that of a lady with whom I was well acquainted. She was intelligent, refined and educated, of queenly appearance and beloved by many. Her husband was a man of good address and who provided well for his home. By recommendation of a friend a little wine was used as medicine in the home during a time of sickness. It left a desire that she afterwards gratified. But the feeling became her master. Then step by step her life became subject to the power of a destroyer.

All that love could do was done to prevent the disgrace and ruin threatened. But when every other resource was cut off mentholated spirits were employed to stifle the craving.

Months passed, but the dark scene only grew darker. Love, education, home ties, social standing, religion, all were forgotten and cast aside in deplorable subjection to this one appetite. Finally the crisis was reached, and on a wild stormy night, dressed only in her night gown, she stole from the home

where her watchers thought her asleep. With a brain feverish and bewildered, she sought for some place where the drink might be obtained. The rain poured down in torrents, and finally, bewildered and lost, she fell among the trees in the park. There they found her cold and stiff in the morning.

As a friend of the family I was called upon to officiate at the funeral. A few mourners followed to the cemetery. Again the rain poured down in torrents, and as we stood round that grave, with the water flowing into the sepulchre and the distant thunder rumbling in requiem, the awful sadness of the scene was almost too much for the heart to bear.

Then we laid her away, the coffin floating like a boat in the storm, but with no hope of her ever reaching the other side.

A life, bright and beautiful, wrecked, love torn asunder, home joys all trampled under feet, the day all gone and the night black without a star. I could not read one word of consolation, for there is no flower of hope that can ever blossom over the drunkard's grave.

Doing One's Bit

BY V. L. MANN, M.D.

IN these days of national financial embarrassment we hear many suggestions as to the conservation of the nation's wealth. Ever more and more stringent laws are being passed in relation to the food question in order to avoid luxury and shortage along any one particular line of food stuffs, and thus save means to be devoted to military activities or provide even the necessities of life for the less fortunate under the great stress of war. The great war god is not always selective in his victims, but when he does show any difference in his dealings the poorer classes suffer the most. Thus a material increase in price of the necessities of life makes untold sufferings.

Provisions for Economising

Governments are doing all that they can to equalize matters and no doubt would submit themselves to the necessary pruning in order to bring about better conditions in the food

question. But the majority of people are unwilling to deny themselves even harmful luxuries, let alone the necessities of life which fact we will show later.

Steps have been taken to educate the family so it can get the most out of food stuffs in return for the money spent. The cheapest, yet not always the poorest, cuts of meat; cheaper, and in most cases better, substitutes for the protein element in our foods for meat; and other similar pointers have been drawn to the attention of the consumer. These are excellent suggestions, but there is a still wider field for the conserving of means,—a subject upon which most every one is silent.

Senseless Extravagances

In spite of the fact that stories come to us of women and children at the verge of starvation, nearly every one we meet is still puffing volumes of smoke into the air from the



BELGIAN MACHINE GUNS

ubiquitous cigar or cigarette; nor do we see more infrequently the "rum blossom" and the blood shot eyes. For indulgence in these two pernicious habits there is absolutely no excuse. Every one is aware of their harmful effects upon the system. Coupled with these two habits is the money spent in the "red light" districts of the cities, the result of which is years of physical infirmity, ending in many instances in a most miserable death. Yet, men, in indulging in these pernicious habits, are not only undermining their own constitutions, but in these days of unrest are depriving needy women and children of the necessities of life.

Needless Waste in the "Cup That Cheers"

There are other things that tend toward the same end as the foregoing, yet we cannot rank them in the same category, as they occur more through ignorance than through wilful disobedience. These are the use of tea, coffee, and patent medicines. These again are articles that are opposed to the harmonious working of the various systems of the body, and become a heavy item of expense in the grocery bill. While the latter without doubt has been brought home to the knowledge of every family, yet the harmfulness of these things in many instances has not been impressed upon the minds of many people. A second's thought will convince one that there is not any food value in any of these. In times of food difficulties it is food values that count. It is the food value of an article that makes good muscle and nerve tissue. It is food value that will

satisfy the cravings of hunger of those who are now in need. Then let us cast aside things harmful to our bodies and buy articles in which there is some real food value.

Lipton's tea, Cadbury's cocoa, Polson's coffee, and Beecham's pills may be all right to help Lipton, Cadbury, Polson and the Beecham family to live in luxury; but these are very poor articles to help solve the food situation.

If all the money that is being spent in tobacco, alcohol, riotous living, tea, coffee, and patent medicines, were to be given to the poor of these days, suffering for want of food would be unknown. Belgium and Poland would have plenty. But this is where the stupidity of mankind prevents him from depriving himself of harmful practices in order to be a benefactor to his fellow men.

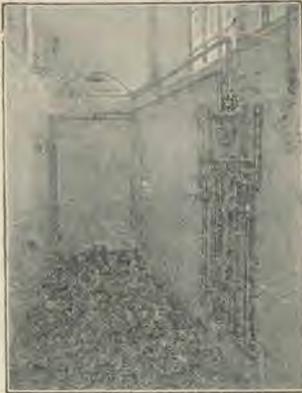
We often hear the statement of one "doing his bit." The man who is telling you how he is doing his "bit," is puffing into smoke the price of enough flour for the day's rations of some poor family. He may be doing a bit, but he is not doing as much as the other fellow who gives up these harmful practices and who gives the money saved therefrom to those who need daily bread. We will begin to look with earnestness upon the nation which is purporting to do its "bit" when the rank and file of its manhood, womanhood and childhood rebel against these practices for which they pay not only in money but in nails to be driven in their coffin lid. Then the word "bit" will mean more to us, because we will then feel that every man is really doing his "bit."



Hydrotherapy in India

BY F. A. WYMAN

Manager, Mussooree Treatment Rooms



IN days gone by men have travelled far in search of the "fountain of youth," out of which, supposedly, bubbled the "elixir of life."

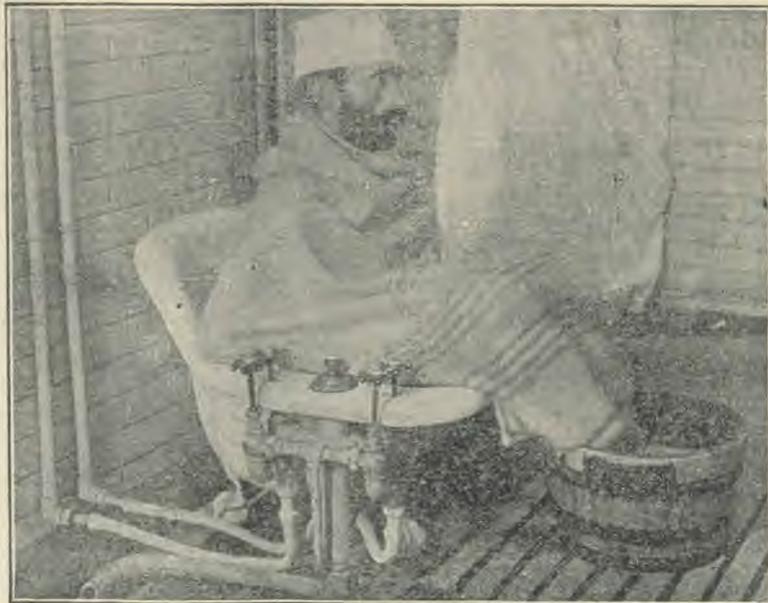
We smile at the temerity of Ponce de Leon in his unsuccessful quest, and yet, in these modern times, when men claim to have become worldly wise, there are many Ponce de Leons who are zealously searching among the various "cure alls" for some magic liquid, powder, or pill, that will give them a new "lease on life." The tendency has been to look for something with a quick, magic action, which would work wonders easily and without inconvenience to the patient, and in this search much of real value has been overlooked.

I speak of those physiological agents that an all-wise Providence has created and bestowed,—fresh air, pure water, selective diet, exercise—both active and passive, electricity of various modalities, light of different varieties, and heat and cold. Any and all of these agents, if handled skillfully, will work wonders as aids to the human body in its struggle against disease. I wish to speak particularly in regard to the use of hot and cold water as

an agent in the treatment of diseases in India.

Of Ancient Origin

Water treatment, of hydrotherapy, is one of the most efficient branches of Physiological Therapeutics. It is not a new remedial agent for it has long been known and used by many of the ancient civilizations, such as the Egyptians, Hebrews, Greeks, Persians, Romans, and Hindus. It is true that water treatment was brought into disrepute for a time because of the extreme views held by the early authors who made their treatments more a system of torture than anything else. But such men as Jackson and Currie in England, Priessnitz and Winternitz in Germany, and Baruch and Pope in America, have, through long experimentation and research, placed this agent upon an entirely scientific basis where it stands second to none in the treatment of disease.



THE SITZ AND FOOT BATHS

Effects of Water Application

The simplest effect produced upon the body by applications of hydrotherapy is the mechanical effect upon the circulation—the drawing away of blood from one part of the body, while another portion is flooded with an increased circulation. A common hot foot bath for congestive headache is a good example of the mechanical effect of hydrotherapy. When the feet are placed in the hot bath, the blood vessels of the feet are dilated, allowing them to contain more blood, which must necessarily be drawn from some other portion of the body; and when this treatment is supplemented by a cold compress to the head and neck, the blood vessels of these parts are contracted, much of the blood is forced out and drawn to the feet, and the congestion is relieved.

Reflex Actions

Another effect of applications of hydrotherapy upon the body is what is known as the "reflex" effect. Cold water, when applied to any definite portion of the skin, causes the blood vessels and muscles to contract, and at the same time stimulates an internal portion or organ associated *reflexly* with that part of the skin surface. That section of skin over the stomach is so closely associated with the stomach by the vasomotor nerves, that whatever happens to the skin over the stomach also happens to the stomach as far as the blood and nerve supply are concerned.

An area of skin about twice as large as the palm of the hand, directly over the heart, is associated with the heart. When cold is applied here, the action of the heart is slowed; when heat is applied, the heart's action is quickened.

The skin overlying the liver is associated with the liver; hence, if a hot application is made at this area, the blood vessels of the organ are dilated, and the liver receives a fresh, increased supply of healing blood. If there is congestion of the liver, a cold ap-

plication to the skin over the part will contract the blood vessels of the organ; a portion of the blood will be forced out into some other part of the body, and the congestion will disappear.

Cold applications over an inflamed organ such as the stomach, the liver, or the lungs, and changed every twenty minutes, will relieve inflammation.

Water—The True Cleanser

Through the scientific use of hydrotherapy the physician can produce almost any effect desired. Often in the tropics the stomach becomes so irritated that it will scarcely retain drugs, and the eliminative organs of the body are taxed to their utmost, or are overtaxed in their efforts toward the elimination of the toxins produced within the body. Sometimes the kidneys fail to do their work properly or the liver is inactive, and thus the skin takes upon itself to help, and becomes overburdened. Perhaps the patient will not perspire at all, or he may perspire profusely, but on making an analysis of the secretion it will be found to contain little except water. The skin has become sluggish because of the extra burden and fails to excrete the waste that it should; and so we meet with rheumatism and other diseases of insufficient elimination. If this condition can be brought about by the toxins created within the body, it stands to reason that while poisonous drugs seem to be very efficacious in some conditions, yet they are not the best treatment for a set of already overworked eliminative organs. Water is a great cleanser; and the Hydropath, in place of increasing the burden on the eliminative organs of his patient, by his treatment, stimulates the skin to greater activity, wakes up the liver so that it is more vigorous in its action, quickens the circulation, increases the red corpuscles or oxygen carriers of the blood, restores tone to exhausted and sluggish muscles, aids the repair of waste in the body, and, in fact, builds up the general health of the patient as well as looking after

any troublesome local condition that may exist.

It is true, no doubt, that there are some affections which respond better to treatment by drugs than to hydriatic applications. We may never be able to find anything better in the treatment of malaria than quinine. But there are times when hydrotherapy is indicated and the physician would see greater progress toward recovery in his patient if it were possible for him to apply water treatment scientifically.

Why Not in Common Use

There are, doubtless, several reasons why Hydrotherapy is not more extensively used nowadays by physicians than it is. In the first place, the subject of hydrotherapy has a place in the curriculum of only a very few of the best medical schools, and hence, for the physician to acquire a working knowledge of the subject, he must either study it out of books and perform many experiments or take a post-graduate course at some hydriatic clinic. The former method would be bound to prove unsatisfactory to both the physician and the

patient, while the latter is by no means always possible. Secondly, the extensive use of hydrotherapy, whether in private practice or in an institution, requires an attendant or nurse trained in hydriatic procedures. Successful results in the employment of hydrotherapy can only be achieved by a skillful and accurate use of this agent. Thirdly, because a great many people through ignorance of the power of hydriatic treatment, prefer to base their faith in the seeming miraculous power contained in some agent which can be swallowed.

However, the day of hydrotherapy is here, and although it does not quite answer to the mythical "fountain of youth" sought by Ponce de Leon and others, yet we believe this agent to be God-given; and every year hundreds of patients are being parted from their ills at the various Hydriatic Treatment Rooms in India by the use of such physiological agents as hydrotherapy, concentrated light or phototherapy, electricity, and scientific massage.



PHOTOPHORE



Abstracts



Prohibits Exports of Medicinal Herbs

The French government by decree of Jan 25, 1917, from and after January 27, prohibits the export of fruits for distilling, and roots, herbs, flowers, leaves, barks, lichens, fruits and seeds of medicinal character.

Coffee Grounds as Cattle Feed

"A company in Berlin is collecting coffee grounds, and especially the grounds from the various cereal substitutes for coffee, and is drying them to use as feed for cattle. An official appeal is made to restaurant keepers and others to save and collect the grounds for this purpose." We thought we knew how to use left-overs in India but Germany has us beaten yet.

Losses in German Medical Service

According to German medical journals, up to Dec. 1916, 395 physicians have fallen at the front; 214 have died from sickness contracted in the course of their service with the troops; 221 have been severely wounded, and 677 wounded slightly, while 200 have been taken prisoners and 110 are missing.

Wounded in Switzerland

30,000 Sick and wounded have been interned and are being cared for in Switzerland. Most of the belligerent countries are represented. There have been 128 cases of insubordination compelling disciplinary measures and twelve of the men have been returned to the prison camps from whence they came.

Vacations in Norway for the Nurses

At a recent annual meeting of the Norway hotel proprietors, a suggestion was made by the chief of the medical department of the Norwegian army and cordially accepted by the proprietors, that free accommodations be offered to equal numbers of the nurses of the belligerent forces, that they might have brief respite and rest.

Cholera and Typhus in Palestine

The Women's Zionist Organization of New York announces that cholera and typhus have claimed so many victims among physicians in Palestine that few medical men remain on duty. The organization asks Rs. 2,25,000 for the equipment and maintenance of a medical unit for one year.

Vaccination in the French Army

M. Justin Godart, under secretary of state of the military health service, has recommended to the regional directors in the service that: (1) all soldiers be examined with a view of vaccinating or re-vaccinating all those who had escaped vaccination, (2) all employees in public or private manufactories operating for national defense be re-vaccinated with the least possible delay, and (3) the medical corps of the army be placed at the disposition of the civil authorities and charged to proceed with the legal re-vaccination of school-children who have attained the age of 11 years.

War Cripples

At the suggestion of the Belgian government, co-operating with the French government, a conference of the Allies was to be held at Paris, March 6, 1917, to consider the needs of those crippled in the war; their re-education, employment, economic interest, protection, etc.

Poisoning by Daffodil Bulbs

In the *Pharmaceutical Journal*, London, McNab mentions several cases of severe gastrointestinal disturbance caused by eating daffodil bulbs, which were mistaken for onions, and used in the preparation of stews.

The Iodine Content of Foods

Forbes, in the *Monthly Bulletin* of the Ohio Experiment Station, concludes that iodine is a comparatively rare constituent in foods, and its presence seems to be accidental. Variations in the iodine content of foods seem to bear no relation to any associated conditions, as geo-

graphic distribution or nature of soil. Sometimes samples of the same crop vary greatly in their iodine content.

Spices and Micro-organisms

Freda M. Bachman (*Journal Industrial and Engineering Chemistry*), as a result of a series of tests, states that "it does not appear from the extent of the present study that spices as used in the kitchen in the usual amounts for flavouring purposes in spiced cakes exert a very considerable preservative effect. Where cinnamon, cloves, and allspice are used in large amounts, the growth of molds may be retarded. In spiced fruit, where a large amount of the spice is used, the preservative effect may be much greater. This effect may be greater, too, when the spice is combined with vinegar." Pepper and nutmeg have little effect on the growth of micro-organisms. Cloves and allspice in large amounts are preventive. Cinnamon seems to be the most effective antiseptic of the spices.

Liquor Press on Dry Victories

Despite the assertion of the National Wholesale Liquor Dealers' Association, that the per capita consumption of alcoholic beverages in the United States is increasing with the spread of State-wide prohibition, an examination of the liquor journals fails to reveal any inclination on the part of the trade to welcome the prohibitionists as allies. On the contrary, we find *Mida's Criterion* (Chicago), the chief organ of the distillers, calling upon the "gentlemen of the liquor trade" to "get together and fight as one," if they do not wish to see their business perish in "the great American desert of prohibition."—*Literary Digest*, Dec. 16, 1916.

Infanticide

Infanticide is a great blot on Hindu society. It is the direct outcome of enforced widowhood. From the Police Report of Bihar and Orissa for 1915, it appears that ten districts report 27 cases of murder of children by their mother. In 13 cases the victims were illegitimate children. Five cases ended in conviction; in four of these the accused were transported for life and in one the life sentence was reduced to 10 years' transportation. In 7 cases the offenders were not discovered. In one case the culprit was declared a lunatic and was sent to an asylum. Three cases never came to trial. Two cases remained pending at the close of the year and in 9 cases the mothers committed suicide.—*Indian Mirror*.

Dangers of Raw Pork

Eat no pork or pork products unless they are cooked, if you would be certain of avoiding trichinosis. This is a warning issued by the Bureau of Animal Industry of the Department of Agriculture, *The Weekly News Letter* of the Department (Washington, January, 3) says that the records show that the number of cases of trichinosis—a serious, painful, and often fatal disease—increases during the holidays, partly because of hog-killing time and partly because farmers frequently make up special forms of sausage which are eaten without cooking. It continues:

"To avoid trichinosis, no form of pork in the raw state, including dried or smoked sausages and hams, should be eaten. All pork used as food should be cooked thoroughly, as trichinae, the minute organisms which cause this deadly disease, die and therefore become harmless when subjected to a temperature of 140 F. or higher. The fact that these organisms may remain alive and active in uncooked pork makes the latter, say department meat specialists, a menace to life and health whenever it is eaten.

"Every one should remember this simple rule of food hygiene: Cook pork well. A practical rule is to cook pork until it has lost its red color throughout all portions, or if a trace of this color is still present, at least until the fluids of the meat have become more or less jellied.

Blondes to the Front

The most recent series of Gresham Lectures deals with the subject of the Influence of Climate on Health, the lecturer being Dr. Harry Campbell. The blonde race, he says, had its origin in the cold, cloudy north-west region of Europe, where a plentiful supply of cutaneous pigment is not necessary in order to protect the body from the actinic rays of the sun, and where a white skin acts beneficially by favouring the retention of the body-heat. This fair race, having been evolved under the most rigorous conditions of all races, displays the most energetic disposition. Dr. Campbell adduces the remarkable fact, as showing the dominating influence of the blonde type, that all the Presidents of the United States of America have had blue eyes, and he says the same is true of the leading generals in the present war—French, Haig, Joffre, Hindenburg and Mackensen.—*Statesman*.

DISEASES AND THEIR TREATMENT

Interesting Experiences with Drugs

BY DANIEL H. KRESS, M. D.

Vice President, Anti Cigarette League of America

"I AM looking forward to the time when people will give up the *extraordinary* habit of taking medicine when they are sick," said Sir Frederic Treves, King Edward's physician, some years ago.

But this *extraordinary* habit, instead of having been given up, or even lessened, is on the increase. There never was a time when there existed a greater demand for patent medicines and drugs than at present. Chemist shops would have to go out of business were it not for this trade in "proprietary remedies" and patent medicines.

The use of opium and its derivatives is also rapidly increasing. There are numerous trade preparations containing heroin which are widely advertised as cough sirups, asthma cures, etc. Heroin, instead of being an innocent preparation, as was once supposed, is one of the most poisonous agents of the morphine family. Laudanum is another member of the same family employed in various preparations. Then there are preparations upon the market which contain traces of cocaine, one of the very worst drugs known. These preparations are recommended for the treatment of asthma, hay fever, catarrhal conditions, etc.

From Wine to Cod-liver Oil

The extent to which drugging may be carried will be seen from an experience related to me in Australia by a frail, anæmic woman, who had made a persevering but vain endeavour to secure 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 her statement :

"I started 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 Sirup 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 Viavi 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 cannot 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.

Drugs are Deceptive

Drugs do not cure disease. The best they can do is to alter the symptoms. They are therefore deceptive. While under their influence, the sick man feels better than he is. Sooner or later, every drug addict will discover this. Unfortunately, the discovery is sometimes made too late to be of value.

Nerve tonics, blood purifiers, sleep producers, and especially laxatives, are consumed

in large quantities. The effect of these mixtures is seemingly good. The nervousness, the "tired feeling," the insomnia, or the constipation, may be promptly relieved. When the symptoms return, as they surely will, the sufferer turns again to the bottle or the pill box for relief. Larger and larger doses are taken as the habit is forming, until at last the fetters are forged, and a new "drug fiend" is created. There are more drug fiends in America than in any other country. Among professional men and society women are found the greatest percentage of drug addicts.

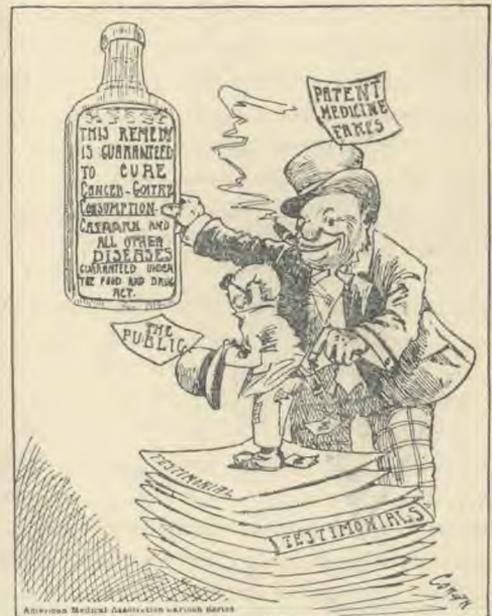
The whole system of drugging is designed to keep people in ignorance. The man or the woman who uses family pills or cures ought to know what drugs they contain, and the exact quantity of each drug. Substances that possess aperient properties have other properties as well, some of them injurious, and some decidedly dangerous. Mercury, for example, is one of the commonest ingredients in what are called "liver pills." A single pill containing a small quantity of mercury has been known to produce salivation, ulceration of the gums, loosening of the teeth, a vile odour of the breath, feverishness, weakness, and a whole series of other symptoms, sometimes requiring treatment in bed for a week or two. Though it is rare for a single pill to produce this marked effect, two or three taken on successive nights often do it, particularly in delicate women. Podophyllin is less dangerous than mercury, but also much more painful in its action, and very debilitating. Even quinine may produce serious symptoms in some persons and in peculiar bodily conditions. Opium, which is perhaps one of the commonest ingredients employed by patent medicine venders in the preparation of their wares, is one of the most dangerous poisons known.

Dangers of Headache Remedies

There are numerous headache remedies, of which acetanilide is the most popular. The usual dose of acetanilide, as prescribed

by physicians, is from two to five grains. The drug is recognized as one which sometimes produces serious results. Hence it is prescribed with due caution, the patient being under observation. But the manufacturers of headache powders apparently see no need of exercising care in the distribution of these dangerous drugs.

One well-known powder consists of six grains of acetanilide, a larger dose than a qualified physician would prescribe. Yet these powders are certified to be "free from any injurious substance." The dose is stated to be "one powder, repeated in two hours, if



necessary; half a powder for children of twelve years; not adapted for children under twelve years."

Another renowned headache remedy is "guaranteed to be an instant and absolute cure for neuralgia, headache, brain fag, nerve pains." Analysis shows the composition of the powder to be:

Acetanilide	1.16 grains
Phenacetin	1.16 grains
Caffeine38 grains

The directions are, to "take one powder, repeat in an hour if necessary, then every

two or three hours until a cure is effected." Yet it is guaranteed to be an *instant cure*.

Acetanilide, phenacetin, and other coal tar products are dangerous drugs to take. They are *pronounced* heart depressants. I have examined many a case where the heart was almost at a standstill from the habitual use of these drugs. Doctors hesitate to use them without making a careful examination of the person for whom they are prescribed. In many cases, serious consequences have followed their use, even when they were administered by physicians. A dose that would not seriously injure a person with a vigorous heart may result in death to one whose heart is feeble or who has some organic defect. Yet these drugs are dispensed in almost every headache cure and pain remedy sold at the chemists, in doses sufficiently large to cause serious results in some cases. Pallor of the face, shortness of breath, palpitation of the heart, muscular weakness, are a few of the symptoms developed by the use of these products. Of course, they give temporary relief, and so these unfavourable symptoms are seldom ascribed to their use.

Injured and Even Killed by Medicines

Even if used externally, they have been known to cause serious disturbances. Among others, the following cases have been reported:

"Child six weeks old: Frequent application of powder consisting of equal parts of acetanilide and subgallate of bismuth to inflamed portion of body was followed by blueness of skin of entire body." (*International Medical Magazine*, New York, volume 10, page 278.)

"Child, four months: Application of powder containing acetanilide to the skin was followed by intense blueness."

"Woman, thirty-seven: For eleven months she dressed an ulcer of the leg with acetanilide, and during that time lost seventy pounds, and had greatly run down in health; suffered from abdominal pain, blueness of skin, general nervousness, nausea, and dizziness."

"Man, thirty-eight: Habitual use of acetanilide in the form of cephalgine for a year caused loss of flesh, loss of strength, somnolence, blueness of skin, increasing weakness, irritability of temper, and irregular heart action."

"Woman, forty five: Habitual use of acetanilide in the form of Harper Brain Food caused general malaise, drowsiness, fatigue, impaired locomotion, blueness of skin, puffiness of skin, tremour, and rapid pulse."

"Woman, young: Ingestion of five grains of antipyrine was followed by appearance of an eruption resembling hives."

"Woman, thirty-four: For six weeks she had suffered of dizziness, shortness of breath, nausea, and severe headaches. Her physician found her unconscious, skin blue, and in profound collapse. Inquiry developed the fact that she had been taking bromo seltzer for two weeks in tablespoonful doses for pain."

"Woman, thirty six; had been taking bromo seltzer for headache for two months. Collapsed on street."

"Two roommates at college had been 'cramming' for a week in the hope of passing the final examination. One of them, whose system was pretty well run down, had been taking cephalgine. Late one night he took another tablet and went back to his books, while his roommate went to bed. When his friend awoke the next morning, the boy was still sitting at the table, his head bowed on his arms. He was dead. A coal tar preparation did it."

The following case was also reported.

"Miss——, eighteen years old, is dead after having taken two headache pills. The young woman went home suffering from a headache. She took two pills and retired. Soon she grew restless, and then became pallid. The doctor was called, but she died just before midnight."

Be Suspicious of Instant Cures

Any remedy for which the claim of instant cure is made should be regarded with suspicion. (To be concluded in next issue)

MOTHER AND CHILD

Responsibilities and Privileges of Motherhood

BY OLIVE SMITH, M. D.

THIS is a subject in which we are all intensely interested, for many of us, I dare say, are parents, and at least the first topic has been brought home to us with much force many times. Often, however, these responsibilities have weighed so heavily upon our minds that we have entirely lost sight of the second consideration. Or perhaps our time and attention have been so taken up with social duties, the earning of the daily bread, or other pressing matters, that the little ones have been entrusted to the tender mercies of an ayah or a boy and we dismiss them from our minds completely, and all our relations to them. Let us for a short time stop our busy whirl, turn aside to rest a bit and consider just a few things in connection with this subject. Let us first sum up some of the responsibilities of motherhood, as these weigh heaviest on the minds of most of us who consider the subject at all.

The Relation of True Mother and Child

From the very dawn of existence the little one looks to mother for sustenance. She it is who feeds, clothes, and looks after every want of this little "feather from the wing of love, dropped into the gentle lap of motherhood." When it is ill, who watches so tenderly beside it day and night? When in trouble, where does it instinctively go for relief? As it grows day by day and its little mind opens like the petals of a flower, it is she more than anyone

else who watches the development and feels the responsibility to see that the little feet are guided in the right way, that the little mind has the right things to think about that it may grow strong and remain pure.

As it comes more to depend on its own resources and begins to seek companionship among others of its kind, how carefully does the true mother, who feels her responsibility before God for the little life entrusted to her, watch to see what kind of companions sur-



round her darling, for she realizes that "as the twig is bent, the tree is inclined."

All too soon the days of innocent babyhood and early childhood flit by and the time comes when she must be parted from her treasure, and entrust it to the care of another for a part of each day, for its education must not be neglected.

Year after year, as he advances from standard to standard, he is separated from her for longer and longer periods of time; and how anxiously she watches to see what effect his lessons are having upon him—are they tending to lead him farther in the path of virtue, or are they tending in the other direction? And what about his companions—are they clean, upright boys and girls who shun defilement of thought or word or deed as they would the viper by the wayside? or are they careless or even vile?

All these thoughts are continually harassing the mind of the true mother who has the good of her child at heart, and she loses no opportunity to safeguard him by right instruction at home, and truly "the home is the bulwark of society."

If by chance the mother is removed from the home or is so criminally careless that she fails to be always on guard, and therefore her growing charge is deprived of her love, her instruction, and her constant prayers, the result is too terrible to contemplate. Water does not flow uphill, neither is it the tendency of the human heart to advance, unaided, toward God. The enemy of righteousness makes it his business to instruct those who are not watched over, prayed for, and safeguarded in every way possible, and the result of his teaching is only too sadly evident in the crime, misery, and ruin seen about us on every hand—blasted hopes, wrecked lives and eternal destruction.

These are a few of the many grave responsibilities of motherhood. Now let us look for a few moments at its glorious privileges.

The Privileges

On the advent of the little one into the home, every mother can joyfully say, as did our mother Eve in the dawn of history when her first born was before her, "I have gotten a man from the Lord." What happiness comes into the heart of the mother as the little one opens its eyes on this great world of ours, and what thrills of joy as it begins to take notice of her loving face bending over it and as it learns to cling to her, or laugh and coo at her approach! Is there anything that can make her happiness more complete? And to think! This little one is given her by God to mold and fashion as she wishes. Could a greater privilege be hers?

She has the entire confidence of this little bundle of growing ideas. Whatever she says, "is so, if it aint so, 'cause mother says it's so." She is his first teacher and has the privilege of laying the firm foundation of his character that shall be able to abide all the tempestuous storms of after life. The Good Book says, "Train up a child in the way he should go and when he is old he will not depart from it." The principle is understood by many and acted upon by some.

Mother! You have the destiny of a life all in your own hand! By your constant vigilance, patience, tact, and love, you can bind your children to you with golden bands that are stronger than life or death, and you can so mold their characters that they will be an honour to God, a credit to you, and of inestimable value to humanity, so that in after years your children, your grand-children, and your great grand-children "shall rise up and call you blessed." Or you can neglect your great, God given opportunity and let them go their own ways, receiving their instruction from evil companions, and at last cause you shame, and sink into an existence far worse than death, from which there is no hope of recovery, or of a future life, without a veritable miraculous dispensation of Providence. Dear Mother, which shall it be?

How many of our great and eminent men have paid their fond tribute to a goodly

mother. "All I am, or ever hope to be, I owe to my mother," has been the testimony of earth's greatest men and women. Bishop F. W. Warne of Lucknow tells us that it was through the influence and prayers of a godly father and mother that he was led to renounce sin and choose a life of rectitude and help to his fellow men.

Having considered some of the many

responsibilities and privileges of motherhood, let us determine in our own minds that we shall gladly bear our responsibilities and rejoice in our privileges, and do our part to prepare our little ones for whatever life work God may call them to for His glory and the uplifting of humanity.

Truly, "The hand that rocks the cradle is the hand that rules the world."

Children and the Movies

IT would be reckless indeed to ignore the dangers which lurk in the gaudy cinematograph shows. The only peril of which the public is usually aware is the immoral, vicious, and criminal character of too many of the exhibitions. The plays poison the innocent minds, and carry the germs of vice and crime into honest homes.

It was this fear which started the demand for rigid censorship of the films. But here we stand before a very complex and vexing question. It may be rather superficial to throw the immoral plays together with the pictures of crime.

Crime Plays

With the plays which hinge on crime, the theft, the burglary, the murder, are perfectly clear to the young spectators. They understand them just as well as any adult in the audience. Moreover, the effect of such wrongs on their easily-molded minds is much stronger than the impression on grown-up people.

The adult has sufficient knowledge of the world to resist the suggestiveness of the wicked deed: the child is fascinated by its romantic surface, by its boldness or its cleverness, and from here it is only one step to the impulse to imitate the transgressor.

Not the Result of Chance

We must not forget that this great role which crime plays in the film drama is not a result of chance; it is an organic weakness of the average photoplay. By its lack of words it is inclined to neglect all those subtle

shades of feeling and reflection which the story or the drama on the stage allows. Hence it is forced to be satisfied with the coarser emotions and outer actions. And this naturally leads the routine *scenario* writer to the clumsy scheme of giving undue space to all kinds of crime: they furnish dramatic interest without the need of delicate tracing of the inner life.

Yet we must not think solely of sin and crime if we want to discover the sources of harm and danger. Each single photoplay may be decent and harmless, and yet the mental development of the child may be seriously interfered with by the frequent attendance at those shows which are usually offered. Perhaps the worst feature is the utter triviality and cheapness of most photoplays.

The cultural level on which they move is that of the gossiper. The truly relevant elements of social life are disregarded; the humour is farcical, the conflicts are unnatural, the side lights are those of uncritical reflection. All the well-known regrettable features of the lower type of newspapers are repeated here in exaggerated form.

Vulgar and Trivial

The mind easily becomes accustomed to such an atmosphere of vulgarity and triviality just as man becomes adjusted to poor air; but this does not contradict the demand of hygiene for fresh air and good ventilation.

Too many evils in the life of the community result from a certain flabbiness of the

intellect and indifference of the heart. Among people who have been nourished with gossip in their youth, and have not grown up in contact with serious interests, the desire for truth and morality is faint, selfish longings are paramount, graft and corruption flourish, and the voice of reform remains unheard.

It has been claimed that the men and women of a community fall into two distinct groups,—those who as children grew up in a home with well selected little library, and those who never had such a privilege. There is probably a core of truth in it; the boy or girl who has been in steady contact with good books from childhood will feel the blessing of it throughout life.

But it is still more true that the steady contact with trash gives the stamp of lasting mediocrity. Just as the hearing of much slang ruins the sense for the subtle shades of language, so the seeing of stupid and silly photoplays destroys the sense for the finer and deeper values of existence.

We may go still farther. The rapid flight of the pictures accustoms the mind to haste and superficiality. . . . We rush from one place to a dozen others; get only glimpses everywhere; never have time to think about a social problem or conflict which the scene suggests; and while the adult may enjoy the lightning-like rapidity of this change, the child acquires from it the habit of mental haste and carelessness. Instead of the fine discipline of the soul which ought to be the noblest product of the years of education, a trend toward loose, shiftless thinking and acting must result.

Spun Out to Ridiculous Length

Yet in spite of all this haste, most of the moving pictures to-day do not even tell their story quickly; on the contrary, by introducing an abundance of trivial matter, they are often spun out to ridiculous length. A plot sufficient for a short play is often drawn out into five reels, and as in most houses a new play begins in a tasteless fashion a few se-

conds after the close of the last, the child is lured into staying for hours. It is too often a waste of time which interferes with better methods of spending leisure hours.

Finally, while all this is true with regard to the healthy and normal child, much more might be added with regard to the weak and nervous youngster. The flickering which is fatiguing to the eyes of the sound spectator must be a severe strain to the eyes of nervous children, and the long stay in the dark auditorium may produce a dangerous irritation. The unreal, exaggerated emotionalism of most melodramatic photoplays naturally increases this danger for excitable nerves.

Moving Pictures that Educate

Motion pictures are, first of all, great teachers of knowledge. Every feature of the wide world can be brought near to the youthful imaginations. No more patient, no more amiable, no more persuasive teacher could be found.

Whatever the child may learn about mankind and about nature in the school-room—history and geography, zoology and botany, and what not—might be translated into a fascinating lesson for the eye. And in its moving form it impresses the young mind more strongly than any verbal description or any simply printed illustration could do.

Many moving picture companies have specialized in these educational regions and have brought to the market an ample supply of beautiful, instructive pictures which any intelligent boy or girl would enjoy. They lead the child far beyond the horizon of the regular school lesson.

The whole development of the human race from the lowest life of the savages to the thousandfold forms of modern civilization all over the globe is made alive. The child sees the manifoldness of human ways, of foreign customs and life, of forms of art and architecture and works of technique in distant lands, of characteristic landscapes near and far as backgrounds of other peoples.

History and Exploration

The great events which have given new turns to history are dramatized; Greece and Rome, the medieval days, and the glories of recent centuries appeal to the child in the interesting settings of the past.

Explorers and adventurers lead him to the remotest corners of the earth, naturalists to the queerest and rarest specimens among plants and animals; the wonders of the deep sea, the secrets of the jungle, are disclosed.

Yes, the camera makes him see what no human eye can observe in reality, the growth of the flowers and beasts. In a few seconds the orchid grows up and blossoms and unfolds its flowers, or the caterpillar creeps over

the twig and spins its cocoon and breaks it as a butterfly. On the film, events are recorded together which fill weeks and months in nature.

But the educational pictures offer still other avenues to useful knowledge. The children may learn to understand the industries and institutions which surround them. They are brought into the factories and mills, to the fields and ranches and mines, to the centres of commerce and public life, to court rooms and hospitals and legislatures, they see the current events in all the world. Truly, whoever wants to learn has wonderful chances.—*Dr. Hugo Munsterberg in Mother's Magazine.*

TEMPERANCE

Why I Am Against Liquor

BY WILFRED T. GRENFELL, M. D.

"The Apostle of Labrador"

THE reasons why I have no use for alcoholic beverages on sea or on shore are so numerous that it would be impossible to detail them all. My standpoint is simply that liquor is unnecessary and bad. It is a help only to thieves and robbers, and I have seen them use it over and over again as a means to lure the fisherman and sailor to his destruction. Saloons and haunts of vice swarm around most seaports, and it is as easy for the liquor seller to prey on the newly landed sailor, with his pockets full of money, his generous and simple nature, and his lack of friends in a strange place, as it is for any other vulture to prey on carrion.

How many times have I seen our poor fellows robbed of their money, of their self-respect, and even of their lives by the liquor sellers!

Evil Results Quickly Appear

Alcohol is not allowed to be sold on any part of the coast on which we are working; but as surely as it comes and an illicit sale begins, one sees its evil results as quickly as if, instead of alcohol, it had been the germ of diphtheria or smallpox. While I have been lying at anchor in Labrador harbours, women have come off to the ship after dark, secretly, for fear of being seen, to ask me for God's sake to try to prevent its being sold near them, as their sons and husbands were being debauched, and even their girls were in danger.

I have seen it come among the Eskimos. It kills our natives as arsenic kills flies, and it robs them of everything that would differentiate them as human beings from the beasts.

Liquor at Sea.

Why don't I want to see liquor used at sea? Because when I go down for a watch below, I want to feel that the man at the wheel sees only one light when there is only one light to see; that when the safety of the ship and all it carries depends on the cool head, the instant resolve, and the steady hand of the helmsman, there is not standing there in place of the man, the poor, debased creature that all the world has seen alcohol create—even out of such gifted men as Burns and Coleridge and hosts of others.

I have seen ships lost through collision because the captain had been taking a "little alcohol." I have had to tell a woman that she was a widow, and that her children were fatherless, because her husband, gentle and loving and clean-living, had been tempted to take "a drop of alcohol" at sea, and had fallen over the side, drunk, and gone out into a drunkard's eternity. I have had to clothe children and feed them when reduced to starvation because alcohol had robbed them of a natural protector and all the necessities of life. I have had to visit in prisons the victims of crime, caused as directly in honest men by alcohol as a burn is caused by falling into the fire.

Why do I not want alcohol as a beverage in a country where cold is extreme, exposure is constant, and physical conditions are full of hardship? Simply because I have seen men go down in the struggle for want of that natural strength which alcohol alone had robbed them of. The fishermen that I live among are my friends, and I love them as my brothers, and I do not think I am unnecessarily prejudiced or bigoted when I say that alcohol is inadvisable after one has seen it robbing his best friends of strength, honor, reason, kindness, love, money, and even life.

During twenty years' experience on the sea and on the snow in winter,—an experience coming after an upbringing in soft places,—I have found that alcohol has been entirely unnecessary for myself.

I have been doctoring sick men and wo-

men of every kind, and I have found that I can use other drugs of which we know the exact action, and which we can control absolutely with greater accuracy, in cases of necessity, for stimulating the heart. I contend we can get just as good results without it, and I always fear its power to create a desire for itself.

Moreover, it is not necessary for happiness; for I know I have known no set of men happier and enjoying their lives more than the crews of my own vessel, and the many, many fishermen who, like ourselves, neither touch, taste, nor handle it.

I should be willing to allow that the manufacture of it gives employment, that the sale of it is remunerative, that desire for it can be easily created. But the desire for it has to be "cultivated;" and once cultivated, the "market" is certain to open up, the desire becoming an insatiable, uncontrollable lust in many.

Results Irremediable

I have seen men robbed in many ways, but they have been able, by the help of God, to wipe out any lasting result of such transient losses. But the robberies of alcohol are irremediable. I buried in a lonely grave on a projecting promontory, far down the coast of Labrador, a young girl of eighteen. She was some one's daughter and some one's sister. I had taken her aboard our little hospital ship for the last week of her life. She would have been alive today, but she had no desire to live. All that could possibly make life worth living for her had been taken from her through the means of alcohol, and she could not face the home going again.

If ever I have the opportunity given me to say a word at any time or in any place which will help to prohibit the use of alcohol as a beverage, so long as I can stand upon my feet I shall be proud to get up and say it.

"Alcohol is probably the greatest of all breeders of crime, disease, degeneracy, and poverty. It not only robs the nation of an

enormous amount of wealth, but in return it contributes nothing to its strength. Is it not the duty of the members of our profession to take an active part in fighting this pernicious traffic? The saloon is distinctly

the doctor's enemy, because it impoverishes so many people, and absorbs so much of the wealth of the country, a considerable proportion of which is legitimately the doctor's share"



CONDUCTED BY DR. H. C. MENKEL OF THE "SIMLA HYDRO," SIMLA

Superfluous Hair

Do you know of anything which will destroy superfluous hair for good without causing any injury to the skin or leaving any undesirable effects?

The only effective measure we know of is the use of the electric needle for small patches or the x ray for more extensive patches. These measures are effective in experienced hands.

False Teeth and Fletcherizing

Does the wearing of a plate with false teeth interfere with deriving the full effects of thorough Fletcherizing? Does the plate cover the taste and salivary glands so as to prevent the flavouring substance from coming in contact with these glands and thus prevent one from deriving the beneficial effect from the practice of Fletcherizing?

False teeth can never entirely replace the natural teeth but they do go a long way in compensating for the loss of our own teeth. Some day, through persistent teaching, people will learn the value of preserving their teeth by daily care in brushing and alkaline mouth washes, also by having the teeth looked over carefully at least once every year by a competent dentist and small decays attended to before this involves the entire tooth and necessitates its removal.

The chief value of artificial teeth is that they enable one to thoroughly masticate his food, thus insuring good digestion. Nature has so arranged it that the natural flavours of food stuffs stimulate the digestive glands to produce a digestive fluid exactly adapted to the food being ingested; but in order to insure this thorough adaptation of the digestive fluids to the food partaken at any time, each mouthfull of food should be most thoroughly masticated, thus liberating the flavouring substance.

A substance can arouse the sense of taste only when in the form of a liquid or dissolved in a liquid, the fluid best adapted for this purpose is the saliva secreted by the salivary glands. It is important that all foods should be chewed many times and dissolved as completely as possible in the mouth so as to affect the "taste buds" or taste nerves which are chiefly located at the base of the tongue, soft palate and other parts of the throat.

It will thus become apparent that the plate of artificial teeth does not interfere with the flavouring matter coming in contact with and stimulating the taste nerves.

Constipation—Dandruff—Pleurisy

1. What is the cause and treatment of weak bowels, with a dull pain across the abdomen, which seems to be made more acute by drinking cold water? Tongue is coated, but I have a good appetite. I am slightly constipated.

You are evidently suffering from intestinal auto-intoxication and colitis. You should adopt an antitoxic diet, use laxative foods, avoid meats, tea and coffee, overeating and hasty eating. Secure thorough movement of the bowels two or three times a day.

2. Please suggest treatment for dandruff. Are alcohol and carbolic acid good for this condition?

A one per cent solution of carbolic acid in alcohol may often be used advantageously in case of dandruff. A solution of resorcin, twenty grains to the ounce, in alcohol, can also be recommended. It should be applied two or three times a week.

3. What means should be adopted for the prevention of pleurisy?

Maintain a high standard of health and avoid sudden chilling.

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As Others Saw Him

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