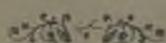


THE

Herald of Health

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Vol. 2

JANUARY, 1911

No. 1

The Sanitarium Bath and Treatment Rooms

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What More Could be Asked?

Sanitarium Bath and Treatment Rooms,
75, Park St., Calcutta

Herald of Health

Vol. 2

Lucknow, January, 1911

No. 1

About Ourselves

A NEW era is dawning; men and women everywhere are realizing that in order to stem the tide of physical degeneracy which has set in among all nations a decided effort must be made to conserve human life and health. That such a movement is already in actual progress is evident from the keen interest that is taken in health matters by a constantly increasing number of people.

The results already obtained through preventive medicine have demonstrated the truth of Pasteur's contention that "it is within the power of man to rid himself of every possible disease." The same might be said of nearly all chronic ailments as well, provided we could get people to carry out in their own lives the principles of physical righteousness. Health or disease is the sum total of our habits and practices; our state of well being is determined by what and how we eat or drink, how we exercise, sleep, breathe, dress, bathe, etc.

It is just as impossible to reap a harvest of health while indulging in wrong practices as it is to sow a field with mustard seed and expect to reap rice. It is true that there are certain individuals who have inherited so much physical vitality that they cannot spend it all, no matter how carelessly they treat their bodies; but this is not the rule with the masses. It is the same in physical endurance as in financial matters; they have only a

scant supply, and can not afford to spend it without taking count of the results.

It is the ambition of those contributing to **HERALD OF HEALTH** to produce a journal that will be a real help and inspiration to its readers.

We have no hobby to advocate; but special attention will be given to those practices at which science is pointing the finger of condemnation as being responsible for the present low state of resistance to disease. Each month adds to the accumulating evidence against alcohol, tobacco, tea, and coffee. Meat was once considered an indispensable article of diet, but is now under the scientific ban of the world's greatest investigations. The best diet for man, how much and when to eat, foods best adapted to special diseases, will be considered in forthcoming articles.

The experimental stage of the great healing science is in the past. We have a new conception of disease, its cause and cure, based upon the findings of the physiological and therapeutic laboratories; as a result, the old system of drug therapeutics is giving way before a more rational and more effective system of physiological measures.

During 1911 **HERALD OF HEALTH** will contain a number of strong articles setting forth the value of light, heat, cold, water, electricity, diet, rest, and

exercise as efficient remedial measures. The articles dealing with the home life will be of special value.

We cannot enumerate all the good things that are in store for our readers; but we trust you will aid us in the

campaign for higher living by inducing your friends to subscribe. If you have been benefitted by **HERALD OF HEALTH** and are satisfied that it stands for a worthy movement, help it along.

Do It Now.

Benefits of the Cold Season

The Editor

THE yearly seasons, with their changes of temperature, exert a definite influence upon our state of health. The long continued high temperature from March to October is relaxing and inhibitory in its effect: the muscles become weaker, the digestive activity is slower, and the secretions of the digestive glands are retarded. This in a measure accounts for the disorders of the liver, stomach, and bowels prevalent during the hot weather. The circulation becomes very sluggish, especially in persons of sedentary habits, resulting in serious congestion of the internal organs accompanied by a train of unpleasant symptoms.

Nature has provided an antidote for these effects in the cool weather from November to February. Cold has the opposite effect of heat. Under its influence all the body forces are stimulated; it is nature's tonic. The lifting power of every group of muscles is increased. A given quantity of digestive fluid will digest more food. The circulation is energized so that deep-seated congestions are relieved; the number of white and red corpuscles in the circulation are markedly increased. These cells are the defenders and builders of the body, and their increase during the cold season explains why the heating power of the body is greater. The blood is purer by reason of the increased oxidation of body

poisons consequent to the increased amount of oxygen inspired with each breath of cold air. Oxygen is the principle in the air which supports all the vital activities, and its being present in greater quantity in cold air makes this much more invigorating than hot air.

Thus it is that cold air has in it something which is wonderfully stimulating and invigorating. Cold air is one of the most wonderful, the most useful, and the most important of all natural stimulants,—of all stimulants, indeed, because it is so universally applicable. Cold air and cold water—these are the two elements that are of more use as tonics and stimulants than any other agents.

So the winter time is a choice time for us, a special opportunity to get the benefit of this wonderful tonic that accomplishes so much in the way of burning up poisons and painting the roses on cheeks, bringing back the colour, the freshness to the skin; it accomplishes what nothing else can do.

Let us inquire how it is that we derive so much benefit from breathing cold air. The lungs are filled with branching tubes, and at the end of each of these tubes there is a tiny cell. So many millions of these are there in the lungs that if the membrane which lines them were spread out it would cover a surface of two thousand square

fect. Beneath the great mucous surface, the arteries and capillaries are spread out, and all the blood of the body is exposed under that thin, transparent membrane every minute and a half. It is by this means that the blood is aërated and purified.

A hundred years ago a peasant in Austrian Silesia became world famous by curing thousands of sick people with cold air and cold water and exercises. Since the wonderful work of Priessnitz, the idea has gradually obtained a foothold in the world that there is health in exercise, cold water, and cold air.

The wonderful results achieved in the treatment of tuberculosis is an example of what can be done by fresh, cold air in such a hopeless disease. Far more can be done in other diseases in which the body is still in-tact, in which there is perhaps an accumulation of waste matters that need to be burned up by the dense oxygen of cold air. We need not be afraid of cold air in the winter. There is no time of year when people should be so strong and healthy as during the cold months; for then the cold air has a chance to burn up the old, sick tissues and build

new and healthy tissue. The cold months afford a splendid opportunity for chronic invalids to build up the high resistance necessary to enable them to throw off the yoke of disease and to rise to a higher plane of life, health, and efficiency.

It is a splendid practice to expose the skin of the entire body to the cold air daily, for fifteen minutes to half an hour. This is best done immediately upon rising during the time accompanied by systematic exercise. Apply vigorous friction several times to the skin to ensure a good reaction. This daily cold air bath is a wonderful rejuvenator; it fortifies the system against taking cold. In addition to the cold air bath, it is well to take a short hot water bath five to eight minutes two or three times a week; as this aids in promoting the eliminative function of the skin and maintaining circulation. This practice is especially important for those suffering from auto-intoxication.

Nature gives us these changes of weather as a sort of vital gymnastics. Happy is he who learns how to cooperate with and not antagonize nature in the rejuvenating process.

Reflex Headaches

HEADACHE is a symptom and not a disease. It is indicative of some organic or functional disturbance within the body.

More than fifty per cent. of women are subject to some form of headache, twenty-five per cent. of men, and from ten to fifteen per cent. of children. There are many causes for headache; but we shall confine this article to the group known as reflex causes, and so designated because the exciting cause is chiefly operating in some other part

of the body than in the head, and its evil effects are reflected over the connecting nerves to the brain, producing pain in the nerve centres directly associated with the affected organ; or the circulation becomes disturbed, resulting in either congestion or anæmia of the brain.

If the brain becomes congested, there will be a sensation of throbbing and outward pressure as if the head would burst. If, on the other hand, the congestion occurs in some other part of

the body and the brain is depleted of sufficient blood, or the blood in general becomes impoverished, there will be headache of a gnawing character with a sensation of weight on top of the head. The most active causes for reflex headaches are:—

Increased acidity of the stomach, which irritates the delicate nerves of that organ and the associated brain centres.

Dilatation of the stomach so very common in India due to over-eating, causing retention of food, followed by decomposition and absorption of the poisons by the blood, which in turn irritates the nerve centres of the sympathetic system as well as the brain.

Prolapse of the stomach and bowels stretches the nerves connected with the solar plexus behind the stomach and the fibres connected with the spinal nerves, resulting in backache and headache.

Constipation is a very common cause due to auto-intoxication, which always accompanies fecal stasis.

Absorption of the bile due to a sluggish liver produces headache, owing to its toxic effects.

Headache due to these causes is usually frontal, and comes on about two hours after eating.

Ovarian and uterine diseases are responsible for many headaches in women. Such reflex pains are located in the top of the head.

Eye strain is a common cause in the youth, due to defects in refraction; such pains are aggravated by reading and may be associated with dizziness and vomiting. The pain is most marked at the temples and back of the head. The headache due to nasal catarrh is between and over the eyes.

Still another form known as migraine or sick headache is perhaps the

most common in woman. It is due to one or more of the aforementioned causes. The pain begins either in front or back and diffuses all over one side. Nausea and vomiting are present; as nature is making an effort to rid herself of the food poisons and bile through which the person is being poisoned.

Treatment

The fundamental principle in the treatment of headache is to remove its cause. Empty the stomach and bowels by use of lavage; abstain from food for one or two days, then use only simple foods. Avoid tea, coffee, alcohol, and meats. Have all organic conditions corrected by consulting a specialist if possible. It is perfectly rational to relieve pain while seeking the cause; but this should be done by measures that will not injure while giving relief.

Headache due to inflammation is best relieved by large cold compresses to the head and neck changed frequently enough to keep them cold; at the same time, give the hot foot bath or leg pack to divert the blood from the brain. Rest in bed with head and shoulders elevated.

Relieve anæmic headache by warm applications to scalp, alternating hot and cold to spine, and general tonic measures.

Pains due to reflex irritation should be treated by very hot applications.

Positive galvanism and very rapid vibration and high frequency electricity are also very beneficial in giving quick relief.

That the taking of headache cures is often followed by serious results is shown by the frequency with which one sees in the daily papers such paragraphs as follow:—

"She was a sufferer from recurrent headache, and about a year ago began using headache powders. They allayed

her suffering until the dangerous acetanilid in the powders affected her heart. She died to-day."

"Miss —, aged eighteen 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 more pallid. The doctor was called, but she died just before midnight. The pills were found to have caused depression of the young woman's heart, and the heart action could not be stimulated."

The majority of advertised headache powders contain one or more of the following drugs: acetanilid, phenacetin, or caffeine. The following statements concerning acetanilid are taken from a standard work on materia medica:—

"This substance depresses the heart. It is not known how it does this; but what little evidence there is appears to show that it has a directly para-

lyzing action on the cardiac (heart) muscle. Acetanilid occasionally produces in man collapse, cyanosis, very slow respiration, a feeble pulse, vomiting, profuse sweating, and profound prostration. Death has occurred after a dose of five grains."

When will people learn that self medication is an unwise and dangerous procedure? It is also quite as unwise and dangerous to follow the suggestions of every friend or neighbour who may chance to give medical advice.

A safe rule in this: Never swallow any medicine the contents of which you are ignorant, unless that medicine be prescribed for you by a qualified physician. Some make the mistake of taking medicine which has been prescribed by a physician for some friend or relative. It should be remembered that medicine which is beneficial to one person may be decidedly harmful to another.

Chest Development

Tell Berggren, M. D.

BREATHING exercises are used in several of the eastern countries,—India, Thibet, China, etc.—as a religious measure to assist in the balancing of the higher faculties, as well as to harmonize the vital functions of the body. These different forms of breathing exercises, some simple and beneficial, others more or less fantastic and injurious, are generally advocated as an adjunct to other religious customs and practices. On the respiratory functions are dependent to a greater or less extent most vital phenomena. Consequently, it would be difficult to pay too much attention to this very important procedure.

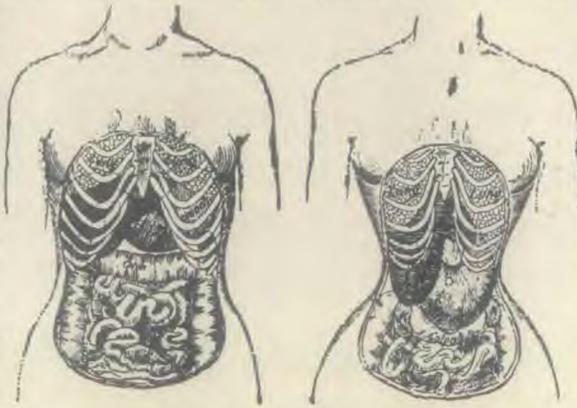
The exhilarating effects of these exercises may be of even greater value

than the purely physical effects. The mental effects are nearly always the more pronounced. Baron Posse, the pioneer in Swedish movements in America, writes on these remarkable, exhilarating effects as follows:—

"By hastening the general circulation the respiratory exercises produce a degree of exhilaration akin to the sense of total well being,—a consciousness of an abundance of general energy, of power and of will to do, not only great deeds, but good deeds as well. They create in the individual a sense of normal repose, of consciousness of goodness as a duty, probably generated by the heightened normal functional activity—which is neither so definite nor so well emphasized by

any other physical cause; so that to breathe well will mean to live well, to live longer, and to live better."

The conventional mode of dress in women, with constriction of the waist, is one of the greatest of all factors in the general decadence in physical vigour so apparent among women of the present day. The natural respiration is interfered with, hindering the proper return of lymph and venus blood from the parts below the chest. The abdominal as well as the back muscles are in these cases weak, and spinal curvatures are therefore common. Deformities of the liver from tight lacing are also common, and the organs of the abdomen



"DEFORMITIES OF THE LIVER FROM TIGHT LACING ARE ALSO COMMON."

prevented from properly discharging their functions. The pelvic congestion, as well as pressure on these organs, aid powerfully in predisposing to, if not, indeed, actually causing, disease of these organs, with all the disagreeable consequences, not only for the individuals themselves, but also for future generations.

The blood in crowding the veins of the internal organs will be prevented from circulating through the nerve centres, as well as the muscles, etc., robbing these organs of that life-

giving arterial blood of which they are in such vital need.

Those people, however, who already have been deformed and crippled by habit need the most scientific training. First, the cause of the deformity has to be removed, if possible. The common mode of dress seems to be the most important cause. Next comes the incorrect sitting or lying habit, lack of such work as will compel the system to take in an extra supply of oxygen, lack of poise in standing, walking, working, playing, etc.

The following exercise is well adapted to correcting a narrow chest and round shoulders:—

Stand upright, face to the front, heels touching, the toes pointing outward at an angle of forty-five degrees. Throw the head well back. Extend the arms forward until the palms and finger tips touch. Then throw the arms vigorously back as far as possible, at the same time raising the chin and forcing the head back. Strain the arms back for a moment, then bring them to the forward position and repeat the moment.

Continue until slightly tired; rest while you count twenty, and repeat.



Nervous Prostration—Neurasthenia—Part Three

W. H. Riley, M. D.

Treatment of Neurasthenia Insomnia

IN the treatment of neurasthenia there are two important conditions to bear in mind; first, the disturbed nervous and other functions of the body, and second, the abnormal mental condition. Both of these should receive careful and proper attention.

There are certain remedies which experience has shown to be effective in treating neurasthenia. These are:—

(1) Proper environment and cheerful surroundings; (2) encouraging and helpful mental impressions; (3) mental and physical rest; (4) a careful regulation of the diet and care of and attention to the stomach, the intestines, and other digestive organs; (5) the intelligent use of hydrotherapy, particularly tonic hydrotherapy; (6) proper use of massage and manual and mechanical movements of various kinds; (7) use of electricity in its various forms; (8) exercise, carefully regulated and always prescribed by the attending physician; (9) in addition to the intelligent use of the above remedies, the various distressing and troublesome symptoms should be looked af-

ter and properly treated as they may arise in the progress of the case.

Proper Environment and Cheerful Surroundings

It is of great importance that the environment and surroundings be cheerful, hopeful, helpful, and, as far as possible, agreeable to the patient. Neurasthenics are usually depressed mentally, morbid, and given to introspection and looking upon their own troubles and symptoms. They need to be led away from this frame of mind into the more wholesome mental states by the wholesome mental influence of their physician and nurse.

It is usually advisable for the patient to leave his home, dismiss his friends for a time, and get away where the surroundings and influences of those

whom he comes in contact with will be wholesome and helpful. Cases of neurasthenia can usually best be treated in a well regulated and properly conducted sanitarium, where the surroundings are pleasant, where everything pertaining to the patient's room and environment can be regulated and controlled, and where all influences of



THE HOT FOOT AND LEG BATH WITH-
DRAWS THE BLOOD FROM THE BRAIN,
THUS INDUCING SLEEP.

a depressing, disturbing character can be eliminated.

Mental and Physical Rest

It is of the greatest importance that the patient have both mental and physical rest. So-called "rest-cure" treatment, as instituted years ago and popularized by Dr. Weir Mitchell, of Philadelphia, has proved very successful in the treatment of many of these cases.

Insomnia

Which is usually a troublesome symptom in neurasthenia, varies in severity, and shows itself in different ways. Some persons go to bed and lie awake two or three hours, and even longer, before they can get to sleep. Other cases go to sleep readily on retiring but wake up somewhere between twelve and three o'clock in the morning, and have difficulty in getting any sleep after this hour, while nearly all cases awaken in the morning feeling unrefreshed, tired, and exhausted, in many instances feeling as though they had not slept at all. The following remedies have proved very successful in treating this symptom:—

First, upon retiring the patient is given a neutral bath, 92-98° F. This is best taken in a bath room adjoining the patient's sleeping room. The bath tub is filled nearly full of water at the temperature mentioned, in which the patient lies for fifteen to thirty minutes. He then dries himself off, or is dried off by an attendant, gets immediately into bed, and in most cases is able to drop off to sleep. In very severe cases the neutral bath can be extended in time to an hour, or even two or three hours, with good results; and some very obstinate cases I have kept in the neutral bath for half the night, or even all night, allowing the patient to sleep in the

water. In cases where the bath is prolonged for an hour or more it is very important that the temperature of the bath be kept at 95 or 96° F., so that an excessive amount of heat will not be extracted from the body. Where the bath is prolonged for an hour or more the patient should be watched constantly by a competent nurse or physician, any untoward symptoms being met by a change in the method of administering the bath or by removing the patient from the bath.

In addition to the neutral bath just described, a warm bath at a temperature of 98° F. for fifteen minutes seems to work in some cases as well, if not better, than the neutral bath. The warm bath dilates the peripheral blood-vessels in the skin, draws the blood from the brain, and is very effective in producing sleep. In some cases the warm sinusoidal electric bath taken for fifteen minutes is better than other forms of warm baths, the electric current passing through the body of the patient while lying in the warm bath. In this way the combined effect of the water and the electricity is secured, and sleep often results.

Other treatments may be used to induce sleep; such as, the hot foot bath, the hot leg bath, the hot blanket pack to the hips and legs, or the full hot blanket pack to the entire body. All these treatments should be given by a competent nurse, the effect being to draw the blood from the brain and internal organs into the extremities and the skin. The hot packs should be taken from fifteen minutes to half an hour. When the bath is applied locally, as by a hot foot bath, or a hot leg bath, it may be continued for a longer time, say twenty minutes to

(Concluded on Page Sixteen)



The Tomato

BOTANICALLY a fruit, but used as a vegetable, the tomato occupies an important and unique position between these two great classes of foods. Though low in solid nutriment, it is rich in wholesome acids, and yields a high percentage of iron so necessary for the blood.

For these reasons, and also because it satisfies the natural craving of the appetite, it may well be used to supplement, or even to take the place of, either fresh fruits or vegetables when they are out of season. Indeed, the need of just such a substitute is so urgent over the greater part of India for such a considerable part of the year, that it is well worth the effort to attempt some means of preserving the tomato for use when it can not be obtained in its fresh state.

Following we give

A Few Suggestions for Bottling

Obtain wide mouthed glass jars or bottles with covers or stoppers which can be sealed air tight. Clean them thoroughly.

Secure sound, well ripened tomatoes. Scald, peel, and cook them in boiling water, salted or unsalted. Have in readiness a saucepan of boiling hot water in which to roll the bottles as required.

As soon as the tomatoes are barely tender, remove to one side of the stove, roll a bottle in the hot water, pour in a small quantity of the tomato liquid, and quickly introduce the whole tomatoes, taking care not to unnecessarily

break them. Use just enough of the hot juice to cover and fill the bottles brimming full. Apply the stopper, and seal at once. It is of supreme importance to so conduct the whole operation that the contents of the bottles shall be boiling hot when sealed. This done, set them aside to cool.

Store in a dark cool place. This last is important. Tomatoes thus treated should keep well, are more wholesome than the tinned goods, and will be a luxury used in a variety of ways, either cold or heated and seasoned to suit the taste.

If desired for soup, toast, etc., tomatoes will keep better if cooked a little longer, broken up, and poured right into the hot glass bottles. To avoid breaking, it is well to have the bottle standing in a little hot water while filling it.

The scientific principle in successful bottling is the destruction of all germs by heat, and then sealing up the article boiling hot before any more live germs can find entrance.

"The tomato might be termed an intestinal antiseptic. In other words, it has a cleansing effect upon the entire alimentary canal. As will be seen by the following table, the percentage of nourishing elements which it contains is not especially high.

"ANALYSIS OF THE TOMATO

"Water,	94.3
Mineral.5
Nitrogenous, or muscle making elements,9
Fibre,6
Starch, fat, etc.,	3.7



The Home

Questions from Mothers

1. What are the earliest symptoms of malaria in a child of three to five years of age?

Ans.—Chills, fever, and sweating are the usual symptoms of intermittent fever or ague in children. The chill is likely to be replaced by a convulsion. A convulsion followed by fever and sweating should at once give rise to suspicion of the presence of malarial infection. The remittent form of malarial fever is not accompanied by a chill. The child has more or less fever all the while with sweating at intervals.

2. If the mother's milk is insufficient, should it be discontinued entirely for a substitute, or should it be continued along with some other food? In either case, what should the diet consist of?

Ans.—It is better to supplement the mother's milk with other food than to discontinue its use altogether. The infant unquestionably derives from mother's milk certain elements which are peculiarly adapted to its needs and of special value to it. It is undoubtedly a great misfortune to a child to be raised on substitutes for mother's milk no matter how excellent the substitutes may be. The best supplementary foods with which we are acquainted are malted nuts, toasted rice meal gruel, supplemented with sterilized cream, barley water with cream, rice gruel with the addition of cream.

3. How may sore throat be treated in a child too small to use a gargle?

Ans.—The throat may be swabbed with a bit of cheese cloth or cotton

wrapped around the end of a lead pencil or a round stick of similar size and shape. A saturate solution of boracic acid may be advantageously used for the purpose. Hot applications should be made to the throat every two or three hours. The moist or heating compress to the throat should be applied in the meantime.

4. How long should the daily warm bath for the little one be continued?

Ans.—Three to five minutes. Care should be taken to tone the skin by a short application of water a few degrees cooler at the end of the warm bath.

5. What diet should be substituted for mother's milk when weaning is begun?

Ans.—Begin with such foods as sterilized cream, rice flakes, orange juice, stewed fruit pulp, and very finely mashed potato which has been well baked. Toasted rice biscuit are among the very best foods for a weaning child. These and the crisp wheat and rice flakes the child may be permitted to feed to himself. Well cooked rice, granola, and gluten gruels are foods of special value for weaning infants and young children. Zwieback prepared by toasting slices of bread in the oven until they are slightly browned throughout the entire thickness is an excellent food for young children. Moistened with hot cream, it is a favourite with most babies. It is useful as a dry food for the baby to suck. Care must be taken to give the child something raw at every meal. Orange juice

and other fresh fruit juices are specially valuable for this purpose.

6. At what age may the band be removed which was placed on the child at birth?

Ans.—A band is not essential except as part of the clothing. Whether or not the band should be worn, then, depends on the amount of other clothing worn.

7. What should be given a baby to bite on during his teething period?

Ans.—Any non-absorbent material may be used; as a smooth piece of hard rubber, or a smooth ring of vulcanized rubber.

8. What remedy should be adopted to cure a child two years of age of excessive hiccupping?

Ans.—The cause of hiccupping is gastric irritation. A hot fomentation over the stomach two or three times a day and the moist abdominal bandage worn at night, will be helpful. Care should be taken not to permit the baby to take its food too rapidly. The swallowing of air in excessive quantities from the taking of food too rapidly, may be the cause of hiccupping. Rubbing the abdomen, especially in the region of the stomach, is helpful. Care to keep the bowels moving freely through the use of laxative foods, such as malted milk and malted nuts, prune and orange juice, is essential.

9. How may mouth breathing during sleep be corrected in an infant?

Ans.—Mouth breathing during sleep is evidence of the presence of adenoids. A nose and throat specialist should be consulted and the adenoids should be removed; and the earlier the better, as mouth breathing gives rise to malformations of the upper jaw and also of the nasal and other facial bones, and defects of speech, while the diseased condition to which the adenoids is due may extend into the eustachian tubes and may even affect the hearing.

Mental impairment also has been traced to adenoids and other conditions which give rise to mouth breathing.

10. Should children's first teeth be filled?

Ans.—The first teeth should in no wise be neglected. Defects in them are likely to be transmitted to the permanent set. It is also very important that cavities appearing in the first teeth be promptly filled. A decaying tooth may infect the one coming, and is as likely to fill the mouth and digestive tract with germs as an unsound tooth of later growth.

11. Should a young child be awakened from sleep to be fed?

Ans.—As a general rule, no. Neither should he be awakened, as many a little mite of humanity is, for the purpose of being exhibited to interested friends and relatives. The physical rights of the little one demand that he be allowed to follow nature's plan, which for a child under one month of age, is twenty hours sleep out of the twenty-four. When he has attained the age of six months, sixteen hours sleep may suffice. Lack of sleep has a most demoralizing effect upon the brain and nervous system. A child grows little or none at all while awake. Growth and repair of the body take place during sleep.

Rest and quiet, as well as sleep, are a necessity for the child all through the period of growth. Quick temper and irritability in children are often the direct result of exhausted nerve force. It is an excellent plan to insist that the child take a "rest hour" at mid-day, just before dinner, even when he has outgrown the need of a nap in the day time. It is an excellent plan to take this rest hour out of doors. During the warm season the child may lie upon the grass or in a hammock in some comfortable place; in colder weather a cot on the porch with ample covering for warmth will be needed.

Flesh Diet in Cold and Hot Climates

ONE of the successful arguments of those who insist on the necessity of a flesh dietary has been the claim that a great meat dietary is necessary for the maintenance of life in the Arctic regions and other cold parts of the globe, citing the fact that the Eskimos and other Arctic dwellers sometimes consume enormous quantities of flesh.

It appears, however, from the observation of Lieutenant Shackleton that there is no special craving for foodstuffs in those icy regions, but really the opposite. We note the following statements from an interesting article in a September magazine:—

"In the intense cold of the Polar regions, there is a natural craving for sweet things, and for such dishes as puddings made with flour."

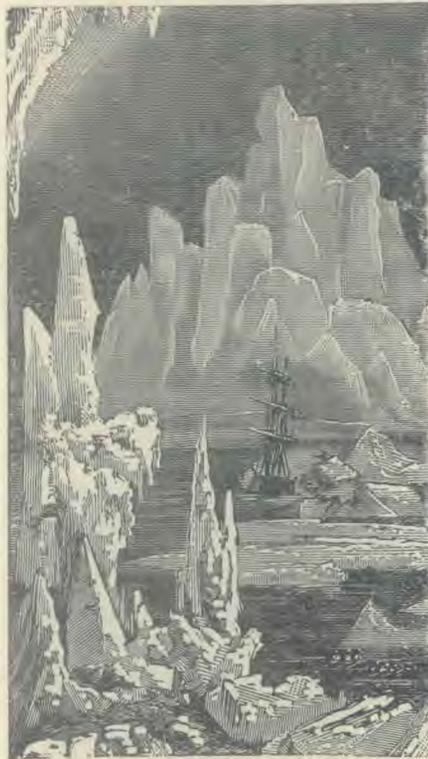
It is apparent, then, that the craving produced by the frigid atmosphere of the poles is not for flesh and fats, but for carbohydrates, and this is just what might naturally be expected. Carbohydrates are the elements of food best adapted to heat production. All scientific authorities on dietetics agree that carbohydrates must, under all circumstances, constitute the larger part of the dietary as a condition essential for health. Four-fifths of our food

is consumed for fuel purposes. Carbohydrates are the most easily digestible, the most completely absorbable, and the most easily combustible of the food elements, and have the further advantage that they leave behind no deleterious residue, the product of their burning being simply carbonic acid gas and water, which are the most easily eliminated of all the bodily wastes. Protein or albuminous substances, when burned, are converted into urea and other more or less toxic substances which are eliminated far less easily than are the products of the combustion of starch or sugar.

Besides, it must be remembered that flesh foods always contain a considerable amount of poisonous substances:

As eaten, flesh is always in a state of more or less advanced putrefaction, and when meat is freely eaten a considerable part is left in the colon and small intestine, there to undergo putrefaction, filling the body with highly poisonous substances which overwhelm the liver and kidneys and lay the foundations for many chronic diseases.

The sole purpose of protein in the body seems to be for no other physiologic reason than the replacing of muscular and other



"IN THE . . . POLAR REGIONS, THERE IS A NATURAL CRAVING FOR SWEET THINGS."

structures which have been destroyed by work. There seems to be no physiologic reason why intense cold should produce a craving for flesh food; and observations of Arctic explorers seem to clearly bear out this statement.

A man who is exposed to great cold needs material for heat production rather than for muscular repair, and the starch and sugar of cereals and fruits constitute the natural means for supplying this need.

That cold weather and cold climates increase the tolerance for animal

food, and especially animal fats, is due to the fact that exposure to cold stimulates to a remarkable degree the production of hydrochloric acid by the stomach, while the effect of heat is to lessen the production of this element so absolutely essential for the digestion of meat. This is doubtless the reason why in hot weather there is, on the part of most persons, an aversion to the use of meats and animal fats, a distinctive warning which experience teaches us can not be disregarded with impunity.—*Good Health.*

Relation of Weight to Disease

DR. BRANDRETH SYMONDS, Chief Medical Director of the Mutual Life Insurance Company, of New York, has been making a careful study of the relation of overweight and underweight to health. Dr. Symonds considers a person overweight who weighs twenty per cent. more than the standard weight for a person of the same height and age.

Dr. Symonds finds that overweight is a much greater detriment to persons advanced in years than to young persons. He finds also that the mortality rate rises with the increase of overweight. A young person may carry a weight considerably above the average without serious injury, provided, however, that the weight does not increase as age advances. Beyond the age of thirty the death rate of persons who are overweight increases very rapidly as age and weight increase. Obese persons whose ancestry is short lived have a very bad outlook as to longevity.

Dr. Symonds' investigations show that leanness is on the whole a much more serious matter than moderate overweight. That is, ten or twenty pounds underweight may be quite a

serious matter, whereas ten, fifteen, or twenty pounds overweight may be a matter of really small moment. Indeed, the amount of underweight in the young person, although so little as not to excite attention, may mark the beginning of tuberculosis and hence is a matter that should receive consideration. Plump persons are only one-fourth as likely to suffer from tuberculosis as a person of average weight, while lean people are six times as likely to suffer from this disease as those who are overweight. So Dr. Symonds has clearly shown that leanness predisposes to tuberculosis or at least to fatal tuberculosis, while lean persons are only half as likely to suffer from diabetes as persons of average weight.

Lean persons, too, are twice as likely to die from pneumonia as overweight persons. Fleishy persons seem to be in some way immune against the germ of pneumonia, while lean persons are especially susceptible. Overweights suffer twice as often from Bright's disease, both acute and chronic, as do those of normal weight. This is probably due to the excessive feeding to which overweights are likely to be

habituated. Obese persons suffer from cirrhosis of the liver three and one-half times as often as persons of normal weight.

Dr. Symonds' statistics show very decided inferiority of obese persons as regards longevity. Among 2,500 subjects studied, 1,500 of whom were overweights and a thousand underweights, not a single one of the overweights

reached eighty years of age at death, while four of the underweights passed this age, and two underweights reached the age of ninety.

The following interesting table showing the weight of healthy men of different heights and ages is based upon the examination of more than 200,000 men in the United States and Canada:—

Ages	15-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69
5 ft. 0 in.	120	125	128	131	133	134	134	134	131	130
1 in.	122	126	129	131	134	136	136	136	134	132
2 in.	124	128	131	133	136	138	138	138	137	135
3 in.	127	131	134	136	139	141	141	141	140	140
4 in.	131	135	138	140	143	144	145	145	144	143
5 in.	134	138	141	143	146	147	149	149	148	147
6 in.	138	142	145	147	150	151	153	153	153	151
7 in.	142	147	150	152	155	156	158	158	158	156
8 in.	146	151	154	157	160	161	163	163	163	162
9 in.	150	155	159	162	165	166	167	168	168	168
10 in.	154	159	164	167	170	171	172	173	174	174
11 in.	159	164	169	173	175	177	177	178	180	180
6 ft. 0 in.	165	170	175	179	180	183	182	183	185	185
1 in.	170	177	181	185	186	189	188	189	189	189
2 in.	176	184	188	192	194	196	194	194	192	192
3 in.	181	190	195	200	203	204	201	198	196	196

—*American Good Health.*

The Perils of Tobacco-Smoking

W. T. Bartlett

AN apparatus has been devised by a distinguished French physician for distilling the smoke from tobacco, causing it to pass through a series of chambers, whereby it is robbed of some fifty per cent. of its nicotine. "The object of this benefactor of mankind," says the *Medical Press*, "is supremely laudable, but it must surely be attainable by simpler ends."

It is, of course, of highest importance to keep nicotine, a deadly narcotic poison, out of the body. But what an unnecessarily roundabout proceeding, comments the writer in the *Medical Press*, "first to devise an elaborate means in conveying the deadly

narcotic drug into the system, and then to construct a tortuous mechanism for intercepting half of the poison before it reaches the mouth of the smoker!" How much simpler to save oneself all trouble and risk of poisoning by leaving the drug altogether alone!

The very fact that it is considered necessary to take such precautions to lessen the evil effects of tobacco ought to lead smokers to consider seriously what is involved in the indulgence. Most of them probably began to smoke without giving any consideration to the question whether it was good or bad for them. They saw others doing

it, and for the average man, unfortunately, that seems to be reason enough. Probably in nine cases out of ten the habit of smoking is due primarily to lack of independence of character, a disposition to follow weakly and unreflectingly in the footsteps of others.

Then, having begun to smoke, the mind of the tobacco-user has perhaps been trained, by an abundance of artistically written and illustrated advertisements, into the persuasion that there is no joy known to mankind equal to that derived from tobacco smoking. The victim reads fanciful descriptions of the ecstasies of pleasure to be found in the use of somebody's particular kind of tobacco, and these advertisements, acting on his imagination, help to beget in him the idea that he does enjoy himself best when he is smoking. Being under the influence of a narcotic, of course he is not in a condition to appreciate any enjoyment very keenly; but he knows that his system craves the narcotic, and that he feels miserable without it, so he comes to believe that the advertisements are correct in what they say.

Still, even the advertisements ought sometimes to lead an intelligent man to realize the doubtful nature of the boon which tobacco-smoking brings to him. For instance, we have all lately been reading in one tobacco advertisement, which commends for our more perfect enjoyment a certain kind of Turkish tobacco, that the other kinds of Turkish tobacco owe their fascination to the presence of opium. We are indebted for this trade secret to trade rivalry, and for the insight into trade methods the unfortunate smoker ought to be thankful. Nicotine is bad enough; now multitudes of smokers are presented with the pleasing information

that they have been unwittingly using opium as well. At least, these things suggest that the tobacco business is not so exclusively concerned for the enjoyment of its patrons as some of the advertisements might lead us to think.

Another advertisement, just taken from an American magazine, extols a certain "Anti-Nicotine Pipe," and urges the public, by the use of this particular kind of pipe, to get the pleasure without the poison.

Really, the pleasure seems to be a little questionable, to judge even from the advertisements of those who are most anxious that we should smoke. As between the smoker and the non-smoker, it does not appear by any means that the former is to be envied. He is consuming in larger or smaller quantities what even interested dealers proclaim to be a poison, and perhaps in addition he may be taking opium or some other body-and-brain-destroying drug into his system.

What an outcry would be raised if it should be rumoured that a small proportion of poison had somehow got into the drinking-water or into the bread supply! Every effort would be made to restore the unquestioned purity of these necessaries. Yet, without alarm, great numbers of the population to-day are taking a hurtful poison into their systems. Such people surely cannot realize the delicate adjustment of their wonderfully-constructed bodily organs on which health and efficiency depend; if they did, they would not tamper with the vital processes by introducing a poisonous element whose effect is to hinder the work of brain and nerve and deprave the marvellous mechanism which makes it possible for them to think and feel and act.

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A Mother's Loss

A WIDOW, with two noble young boys, traded her country home for a cottage in one of our towns. The cottage was near a little shoe shop, where the honest workman plied his honest trade to the hurt of nobody. These boys went and came in their daily toil, and were innocent and happy about the cottage door of their widowed mother. But a saloon took the place of the shoe shop, and the music in the saloon attracted these boys. For a while they stood on the outside and listened, and then they stood on the inside, and you know the old story. The mother wept over her drunken boys. The oldest, intoxicated on the public square, picked a quarrel with a man, drew his knife and started toward him, and was shot down on the street. They carried his bleeding body to his broken hearted mother. It was but a short time until the other boy came to his death through the same saloon. And this widow joined the great army of suffering mothers who make contributions of their precious boys to this infernal traffic.

A little while after her second boy was buried, the saloon took fire at midnight, and from it her little cottage caught fire, and she barely escaped with her life. She sat upon a little pile of wood in her yard at the mid-

night hour, with her sad face in her wrinkled hands, while the dying embers of her little cottage threw their ghosts upon her pitiful form. The crowd that gathered was moved by the picture. A subscription was started, and soon a man stood by her, saying: "Don't cry any more; we have raised money enough to replace your home." Lifting her face from her hands, she said: "I wasn't crying about the little house; it wasn't worth much, anyway. I wasn't crying about the furniture; there was little of that. But that same old saloon burned up John and Willie; nobody got up a paper to save my boys; and if you can not bring back John, and bring back Willie, don't bother about the little house. My life is ruined anyway."

Reader, will you not save the boys?

Nervous Prostration--Neurasthenia—Part Three

(Concluded from Page Eight)

half an hour; whereas the general bath, like the hip and leg packs or full packs, should be taken from fifteen to thirty minutes. The head should be kept cold during the application of all these baths. It is much to be preferred that these neutral and warm baths be taken in a bath room adjoining the sleeping room, as above indicated, or the packs may be taken in bed. This is very important; as the patient should not be disturbed or take any exercise after the administration of the bath.

In addition to these treatments sleep can often be induced by massage taken at bed time and in bed, or by applying the galvanic current to the head, placing the positive pole to the head and the negative pole over the stomach or back of the body.

In the writer's opinion, it is not a

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good practice to take drugs to produce sleep. Nervous prostration is often a chronic disorder, and insomnia is frequently a troublesome and difficult symptom to control, so that the continued use of hypnotic drugs is usually harmful rather than helpful in these cases. There are times when it may be proper to use a few doses of some drug to get over a bad place and produce sleep; but the continued use of drugs is usually harmful, and is not to be recommended.

Prohibition Helps Kansas

GOVERNOR STUBBS, of Kansas, knows what is for his State's best interests, and, incidentally, for the best interests of the individuals who compose it. Concerning the prosperous and peaceful conditions obtaining in that State as a result of the operation of the prohibitory law, he says:—

"It is a common thing in Kansas, in a majority of the counties, not to have a prisoner in jail, and most of those fellows gathered in jails are there because of intoxicating liquors. There is a close relationship between drunkenness and jails and penitentiaries. It means a great saving to the people of this State and nation in an economic way.

"I expect while I am governor of Kansas to stand for the best things in public and private life. We won't have any drunkards on the State payroll while I am governor, and we won't have any cigarette fiends on our payroll, either. I am going to have this State government stand up for everything that is good and noble, and for high ideals."

It may be embarrassing to the liquor interests, but it is perfectly proper to ask, Where is there a State under license that can show such a record?

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THE new book. Have you seen it? A guide to health in the home. It contains the elementary facts of physiology; a practical course in physical culture, instruction in healthful cookery, and directions for the home treatment of the most common diseases.

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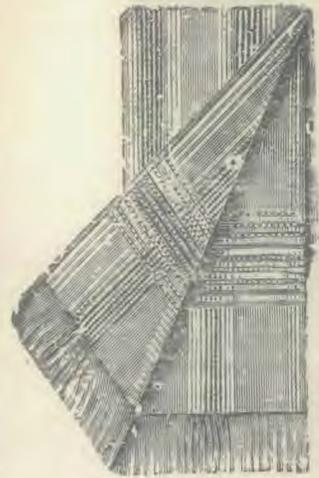
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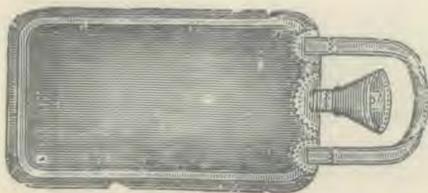
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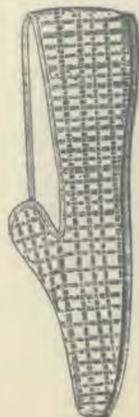
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