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India's Greatest Peril

THE EDITOR

INDIA is confronted with a peril the magnitude of which is understood by only a few. Of the eight hundred thousand souls who die each month in India, it is estimated that one-third die of tuberculosis. Well has John Bunyan, the author of "Pilgrim's Progress," named tuberculosis as "Captain of the men of death." It is now well understood that this disease flourishes under certain unhygienic conditions which are prevalent in India; and the social system peculiar to this country, especially the close confinement of the zenana, with poor sanitation, encourages the spread of this fell destroyer. Tuberculosis in one of its forms will be responsible for the premature death of about one hundred million of the people now living in India.

Science has proven that there is a remedy for this disease, and that its application must be as widespread as the infection. This remedy is found in neither bottles nor pills, but in a change of life. Physical righteousness must take the place of the unhygienic practices which are responsible for the present state of low vitality. The establishing of a few tubercular sanatoria in the Himalayas will benefit only a handful, while the mortality rate will remain the same among the masses who are reeking with tubercular infection. The people must have a new conception of disease and of the

relation between cause and effect. Here is the greatest possible opportunity for individual and organized humanitarian effort, the good results of which will be very far reaching.

The condition demands the attention of educators. The rising generation must be instructed in hygiene, sanitation, temperance, and eugenics; this instruction to begin in the lower grades along simple lines, and continue right through the various grades until the student becomes a master in the art of caring for his body and guarding the health and lives of his family.

If this country is ever to be free of disease it must be delivered from ignorance. If the present conception of eugenists becomes universal, the man or woman ignorant of the above subjects will be considered unfit to have a part in the great work of race building, and will be denied the privilege of marriage, be he prince or coolie. Is this setting the standard too high? Surely not when we consider the results to the individuals and to the race. But this happy result will not be realized until the moral consciousness of the educated class becomes sufficiently awakened to break the shackles which have for centuries bound India's people to the baneful fruits of ignorance.

Unwholesome Diet a Cause of Leprosy

DR. JOHN ATCHERLY, who for many years has been practicing medicine in Hawaii, asserts that leprosy is not a contagious malady, and that its real cause is unwholesome food. He regards the use of fish as the chief cause of the most common type of the disease. According to Dr. Atcherly, the degenerative changes of various sorts which occur in this loathsome disease are the result of the contamination of the body with the ptomaines and other poisons which are found in decomposing fish, and particularly shellfish. Dr. Jonas Hutchinson, of London, has long held the eating of fish to be a cause of leprosy.

If these views are correct, and their advocates bring forward evidence in their support, we have another important fact added to the long list of convincing evidence that the use of flesh food is an unnatural and dangerous practice, and that human beings may wisely follow the example of their simian relatives, the gorilla, chimpanzee, and the orang-outang, whose instincts led them to adhere to their original bill of fare while man has wandered into forbidden dietetic paths. By the way, here is a question which we should like to have answered by those who maintain

a flesh diet to be essential to vigorous physical development: Where is there to be found any race of flesh-eating human beings the members of which can compare for a moment with the gorilla in vigour of development or in power of endurance?—We venture the assertion that the advocates of a high protein dietary will find it not easy to furnish a satisfactory answer. And again: if the gorilla, chimpanzee and orang-outang can live and thrive and develop extraordinary physical vigour on the natural products of the earth without ever tasting flesh, why can not human beings, living under precisely the same conditions, do the same? Experience shows, as a matter of fact, that human beings can and do, when they choose to make the experiment, enjoy an excellent degree of health, vigour, and longevity on a non-flesh dietary, and not only in the tropics but in any part of the world. If a man is a flesh eater, it is a matter of choice and not of necessity, and unbiased study of the facts leads to the conclusion that man is a flesh eater for the very same reason that he is a tea-drinker, a tobacco user, an opium smoker, a whisky toper—he has acquired and cultivated unnatural and unwholesome tastes and appetites.

Backache and Kidney Complaints

FRANKLIN RICHARDS, M. D., C. M.

ACCORDING to the advertisers of certain "backache pills," pain in the back always indicates some kidney ailment. That, of course, is incorrect, as there are numerous other causes of backache; such, for example, as lumbago. Various congestions and inflammations of the abdominal and pelvic organs are

also common causes of backache. So far, then, the patent-medicine advertisers are wrong. Kidney diseases are, however, increasing; and as they do sometimes cause backache, it is well to be cognizant of the fact.

A Sluggish Kidney

We often hear of torpid or sluggish

liver, and the same terms might equally well be applied to certain conditions of the kidneys. Just as a sluggish liver means a swollen or congested state of that organ, so a sluggish kidney refers to congestion. One or both kidneys may be involved. The organ becomes swollen, and overloaded with blood. The water passed is dark in colour, scant in quantity, and highly concentrated. It may even contain a little blood.

One of the characteristic symptoms is a dull, aching pain over the loins. The pain continues for some time, and has a very depressing effect upon the patient. The back feels weak.

What Are the Causes?

These are often dietetic; such as, the free use of condiments, tea and coffee, and, most harmful of all, alcoholic liquors. Tobacco exerts an irritating effect upon the kidneys as well as on other organs. A chill, due to exposure to cold and wet, may cause congested kidneys; and we must not omit the poisonous drugs and stimulating diuretics. Over-eating, the use of rich and irritating foods, sedentary habits, and lack of exercise are all factors which must be taken into account.

A congested kidney may be secondary to some other disease in the body affecting the heart, lungs, or liver. These conditions, too, produce back-ache, which often takes the form of a dull, heavy feeling, as if a weight were put on the back.

Let us explain here that it is impossible to determine the character of the disorder by the pain alone.

To Relieve the Pain

The treatment is often very simple, and can be carried out in the home. First and most important is absolute rest. Drink water freely, either cold, which is best for those who can take

it, or hot. Lemonade, or lemon water, too, may be taken freely. Apply hot fomentations to the seat of pain. The cloths should be large, and cover the lower half of the back. They must be hot to be effective. Three or four can be applied, leaving each for five minutes. Then bathe with tepid or cold water, and dry gently. Repeat the treatment every three or four hours.

In severe cases a hot, half-trunk blanket pack will be found very effective. This may be continued for ten or fifteen minutes, when the parts should be bathed with cold water, dried, and rubbed with oil.

Give a large soap enema, from two to four pints, and keep the bowels open. A full hot bath or hot leg-bath should be taken to produce free perspiration. Such, in brief, are a few measures which can be used to advantage in most cases.

Inflammation of the Kidney

This is a far more serious condition than mere congestion. Either or both kidneys may be inflamed. The causes are practically the same as those leading to congestion. Indeed, the inflammation may be looked upon as a very severe congestion, or the congestion as a mild inflammation.

The kidney is much swollen, as in congestion, and overfilled with blood, the large quantity of blood doubtless accounting for the increased size.

A Dull Pain in the Back

Again, we find a dull pain in the back, which is very severe at times. There is usually a moderate fever as well, and the water becomes dark and scanty.

The treatment here, too, is complete rest in bed, free water drinking, and a light, simple diet, consisting largely of

fruit juices, plain gruels, and dextrinized breads. The bowels must be kept active, and hot baths, fomentations, and hot packs used freely. It is well to consult a physician, and take the treatment under his direction.

The Modern Verdict Concerning Alcohol

D. H. KRESS, M. D.

A GREAT change in opinion has taken place recently in regard to the value of alcohol as a beverage and a medicine. A little more than forty years ago a man applied for life insurance in an English company. He was carefully examined, and pronounced an excellent risk, with one exception—he was a total abstainer from the use of wine and whisky. While the man who habitually drank to the point of drunkenness was not received even then by insurance companies, the one who used it in so-called moderation was regarded a better risk than the total abstainer. The highest degree of health, it was thought, could only be enjoyed by the moderate drinker.

Insurance companies to-day no longer consider the abstainer a poor risk. The overweight produced by the use of alcoholic beverages is no longer regarded by them as an indication of robustness and health. By carefully kept records these companies have ascertained that the one who is below the normal body weight is a safer risk than the over-weight. Insurance companies are now seeking, not moderate drinkers, but total abstainers.

For years medical men have regarded alcohol in some form as the great standby at the sick-bed. No drug appeared to do so much for the patient. For headache, for stomachache, for sleeplessness, for nervousness, for fatigue, for irritability, in fact, for any disagreeable and unwelcome symptom, wine, beer, whisky, or brandy was resorted to. I remember well when

the wine or whisky bottle was found in almost every home, to meet the emergencies which might arise. The presence of the bottle had, no doubt, much to do in creating the many emergencies; for the bottle was always in demand.

A great change has taken place the last few years in the minds of medical men regarding the value of alcohol as a remedy in disease. In the hospitals of the United States its use has been diminished one-half to two-thirds the last ten years. Some hospitals have abandoned its use altogether. Medical men no longer place the same dependence on alcohol as a remedy in sickness; some have dropped it from their list of remedies entirely.

What has brought about this change? Scientific experiments and studies have demonstrated that alcohol does not do what was claimed for it. It does not bring health to the sick man. It produces a *feeling* of health in sickness, for the same reason that it causes a feeling of wealth in poverty. It produces mental paralysis, or a state of partial unconsciousness. For this reason, the poor man, although poorer, is less conscious of his poverty, and the sick man, even though seriously ill, is less conscious of his condition. Alcohol tears down the danger-signals nature wisely erects along the pathway of transgression.

Alcohol is not merely a narcotic poison, a deadener; it is also an irritant, and as such does injury to every tissue with which it is brought in contact.

Under its narcotic influence the injury resulting from the irritation is not realized. For instance, alcohol is taken for the unpleasant symptoms associated with an irritable stomach in dyspepsia. While it paralyzes the nerve terminals of the stomach and thus affords relief from the local symptoms, it increases the irritation, or aggravates the condition which is responsible for the unwelcome symptoms. Naturally, when the narcotic effect has worn off, the abused and much injured organ calls louder than before, and another dose is demanded to again afford relief. In this manner the desire for alcohol is often created and maintained. The person is under the delusion that he is improving, while the local condition is constantly becoming more serious.

It is not the one who goes on an occasional spree and then abstains, who sustains the greatest injury. The one who resorts to alcohol in small doses daily is being injured to a greater extent than the man who drinks to excess occasionally. It is the continuous mild irritation that brings about the organic degenerative changes in the blood vessels and organs of the body.

In health the body is protected from germs of disease by an army of soldiers, leucocytes, or white blood cells. Alcohol, paralyzing these cells, makes them incapable of protecting the body from germs of disease. Some time ago a beer drinker met with an injury which necessitated a surgical operation. When entering the operating room he inquired of the surgeon, "Doctor, will the operation kill me?" "No," the doctor replied; "the operation won't kill you, but the beer may." The operation was skilfully and successfully performed, but the wound refused to heal. Blood-poisoning sat

in, and the man died. Beer was responsible for his death.

Among the poor and ignorant, beer, stout, and wine are still considered nutrients and foods. The nutritive value of these beverages amounts to very little. They are never taken because of the nutritive properties they contain. No intelligent physician ever prescribes their use for the purpose of imparting strength. They are used and prescribed because they deaden the sensation of fatigue which is felt by the poorly nourished body in need of food or rest.

Alcohol does not impart strength; therefore it can not be considered a nutrient or food. By numerous experiments, conducted upon animals and upon men, it has been found that even small doses of alcohol diminish the working power. Athletes abstain from its use in order to excel. Railway engineers and other employees in positions requiring accuracy, are not considered safe if they use alcohol in moderation. It has also been found necessary to restrict the use of alcohol on the battle-field. The abstinent soldier is more reliable. He marches better; he shoots better; he is not subject to frequent attacks of sickness and other indispositions, as is the user of alcohol. In exposure to severe cold alcohol has been found dangerous to life, because it reduces body temperature.

The additional burdens thrown upon the liver by the use of alcohol, makes it incapable of oxidizing leucin, uric acid, and other dangerous body wastes; as a result, these get past the liver into the tissues, where by constant irritation, they do great injury. Gout, rheumatism, neuritis, irritable temper, and periods of despondency and depression, are frequently associated with

moderate use of alcohol. A state of chronic congestion is also brought about in the organs of elimination—the kidneys and lungs. Kidney diseases, pneumonia, and other lung diseases, are more common among moder-

ate users of alcohol than among total abstainers.

Alcohol, however, exerts its most ruinous effects upon the most delicate and sensitive structures of the body; namely, the brain and nerve tissue.

The Value of Hill Climbing

HILL climbing is an exercise of endurance which allows of great exertion without causing a corresponding degree of fatigue. In climbing, exercise and rest follow each other rhythmically.

This exercise is fine for the lungs and the heart. The vital organs are all stimulated to extra exertion.

When you are contemplating a mountain trip, it is an excellent plan to prepare for it by walking up and down small hills, or even up and down stairs. You should always begin gradually, and as the ascent grows steeper, you should take fewer and shorter steps. Try first a hill that is not steep. Do not change suddenly from a slow to a quick walk. It should all be done gradually.

The best time for a climb is in the early morning. You should then spend the afternoon quietly. The feet should be turned out on going up hill, but in coming down they should be parallel or directed slightly inward. The exercise in going down hill is much less than in the ascent, and the exertion is borne chiefly by certain of the knee muscles.

Climbing develops the thighs and calves. It brings about rapid changes of materials in the body, fat especially being consumed. The skin and kidneys throw off more waste material, and the lungs work harder and take in more

oxygen. The heart pumps faster, and its muscles are strengthened. The general circulation is quickened and stimulated.

The clothing should be appropriate. The dress ought to be loose and of light weight, and, above all, the skirt should clear the ground. The shoes should be



HOW TO CLIMB A HILL

easy and comfortable, with thick soles and broad, low heels.

When the health is delicate, or the heart or lungs weak, this exercise, although it may be made of the greatest benefit, must never be indulged in without the supervision of a physician. The heart may be over-exerted to the point of exhaustion.

What We Know about Tuberculosis

PROFESSOR WILLIAM OSLER, M. D., of Oxford, has contributed a very useful article to the *Woman's Home Companion* on "What the Public Can Do" in combating tuberculosis. We take pleasure in reprinting the following paragraphs, which we have copied from *The Good Health*:—

"We know thoroughly eight things about the disease. In the first place, we know the germ—the cause. We can pick it out as easily as one can pick out a beech-nut from other nuts.

"We know whence it comes,—its two great sources, the sputum of affected individuals,—that is, of persons affected with consumption—and from the milk of tuberculous cows.

"We know how it gets into the body. It is taken in through the breath and swallowed with the food. In these two ways the germ enters.

"We know what happens to the germ when it enters the body. Like seed sown in any other way, it illustrates again the old story—the parable of the sower. Some of the seed fell by the wayside, and birds of the air picked it up. Fortunately, many germs of tuberculosis fall by the wayside, and never get into use. Some of the seed falls on stony ground, and, as in the parable, it does not flourish because of the lack of depth of earth. And just so, into a certain number of us these seeds of tuberculosis enter; but fortunately we are of rocky constitutions, and they do not develop. And some of the seed fell among thorns, and the thorns sprang up and choked it. It is a very fortunate thing for some of us that we have a thorny constitution, and when the germs get into us there may be growth for a short

time, and they may thrive and develop, but in a little while thorns spring up. In other words, the constitutional resistance is so great that germs are killed, and the patient is cured. But, alas! too much falls on good ground, and we know then what happens. It brings forth a hundredfold, and tuberculosis in some form results.

"We know how the good ground is prepared. It is well to remember that the seed is not everything,—the seed is everywhere, we inhale it daily—it is the soil that is the important thing. Now how do we prepare the ground for the seed that it may grow to tuberculosis? There are three "bads": Bad food, leading to ill nutrition, which is the great preparation of the ground; bad air in wretched habitations and miserable cabins; and bad drink, alcohol. These are the three "B's" to remember with reference to the preparation of soil for consumption. And just as a farmer does not reap his crop of grain unless he cultivates the ground properly and prepares it and fertilizes it, so the great majority do not get tuberculosis if they avoid these three "B's" and do not cultivate a bodysoil proper for its growth.

"We have learned how to recognize the disease. Upon this point I need not enlarge further than to state that we doctors now get the cases earlier.

"We have learned how successfully to prevent it. And it seems so easy,—first, by the destruction of the germ and, secondly, by making the soil unsuitable.

"We have learned how to cure the disease. There were many doctors long before our day who recognized how

tuberculosis was to be cured, but it takes a good while to get wisdom into the profession, even longer sometimes than to get it into the public. It took us a good while to learn how to cure consumption. But we know how to

cure it to-day if only we can get the cases early.

"And lastly, for the great consolation of the public, we know that the disease is not hereditary, and for this let us be thankful."

Chestnuts as a Food

WHEN properly cooked and prepared for the table, chestnuts make a wholesome and nourishing food, which forms a very valuable addition to our diet. The flavour of well roasted or steamed chestnuts is exquisite, and when well masticated the nuts are easily digested.

Chestnuts are valuable on account of the excellent proportion of protein, fat, and starch matter which they contain. As will be seen from the accompanying table, dried chestnuts contain something more than 70 per cent. of carbohydrates, and about 10 per cent. each of proteid and fat:—

	Fresh chestnuts	Dried chestnuts
Water,	38.5	5.8
Proteid,	6.6	10.1
Fat,	8.0	10.0
Carbohydrates,	45.2	71.4
Mineral matter,	1.7	2.7

The composition of chestnuts differs remarkably from that of the ordinary nuts, the latter having, as a rule, a much larger percentage of fat and more proteid. But chestnuts make one of the most perfect and well-balanced of foods, and we can readily understand how large numbers of French people, as well as Italian, are able to make chestnuts a chief article of diet. It seems that in some parts of France, and we believe also in Italy, chestnuts, served with a little milk and perhaps a relish, form one or two substantial meals in the ordinary daily diet of the peasant class. We are confident that these nuts would be used very much more

freely were their wholesomeness and their splendid food value more fully recognized.

There is considerable resemblance between the ordinary potato, rice, and chestnuts, although the latter contains a larger percentage of proteid and far more fat. All three must be regarded as starchy foods, and steamed, boiled, or baked, chestnuts would at any time make an excellent substitute for potatoes or rice. However, from the standpoint of composition it would seem more proper to compare chestnuts with wholemeal bread; for they contain fully as much proteid matter, but a larger percentage of fat.

There are numerous excellent means of preparing chestnuts in a tasty and wholesome manner. Chestnuts should always be blanched to remove the skins before placing them on the table; for the skin is not only tough, but also somewhat bitter, and being composed of woody, fibrous matter it is practically indigestible. Baked or boiled chestnuts make an excellent soup when properly prepared. They can also be steamed. When well-cooked chestnuts are mashed, and a little cream and a pinch of salt added, they make a most delicious dish for the dinner table. Sandwiches prepared with chestnut paste are very appetizing.

To blanch chestnuts, first remove the shells, then drop the nuts into boiling water and boil for ten minutes, transfer them to cold water, and the brown skin is easily rubbed off.



HEALTHFUL COOKERY



Soup with Noodles

2½ cups water,
1 teaspoonful celery salt,
¾ teaspoonful salt,
1 egg yolk,
½ cup cream,
1 tablespoonful flour,
2 tablespoonfuls butter.

Heat the water, add seasonings and butter mixed with flour, boil up, add noodles, and cook five to ten minutes. Then add the cream and egg yolk well beaten.

Noodles

½ cup mashed potatoes,
½ teaspoonful onion juice,
¼ teaspoonful sage,
⅓ teaspoonful salt,
¾ cup bread crumbs,
2 tablespoonfuls flour,
2 tablespoonfuls butter,
½ egg (well beaten).

Add the seasonings to the mashed potatoes, beat well, and lastly add the bread crumbs. Form into noodles with a spoon, and cook five to ten minutes in the soup.

Savory Potato

Slice a small onion in a baking pan, half-fill the pan with sliced raw potatoes, sprinkle sage over them, and fill up the pan with sliced raw potatoes. For one quart of sliced potatoes use one pint of boiling water. Add to the water one teaspoonful of salt and one tablespoonful vegetable oil or butter. Pour this over the whole and bake until tender and nicely browned. Left-over baked potatoes are nice prepared in this way.

Carrots with Fine Herbs

Slice three large carrots and boil them. Chop one small onion and cook in one tablespoonful of oil till lightly

browned. Add the water in which the carrots were cooked, and boil the onion five minutes. Add the carrots and one dessertspoonful of chopped parsley, and boil three minutes. Remove from the fire and squeeze in the juice of half a lemon. Add salt and garnish with croutons made by cutting bread into one-half inch dice and toasting them in the oven until thoroughly dry and slightly browned.

Bringal Dressing

Soak stale bread in cold water until partly softened. Place in a colander to drain. Let it stand one hour, then crumble or pick it to pieces lightly. To one pint of these moist crumbs add

½ teaspoonful salt,
¼ teaspoonful sage,
2 tablespoonfuls butter,
1 cup bringal pulp (either stewed or boiled),
1 egg well beaten.

Mix lightly together and bake. Serve with any preferred sauce.

Date Salad

To two parts of diced plantains add one part of chopped dates, and mix with the following dressing. If desired some coarsely chopped nuts may be sprinkled over the salad:—

Cream Mayonnaise

Beat one egg lightly, add one-fourth cup of lemon juice, one-third teaspoonful of salt, two tablespoonfuls of sugar, and two tablespoonfuls of butter, and cook in a double boiler until they begin to thicken. Remove from the fire and chill. Add one-half cup of whipped cream. This makes a nice dressing for most fruit salads.



The Home

Truth and Poetry Concerning the Fly

TILTON'S POETRY

BABY bye, here's a fly,
 Let us watch him, you and I.
 There he goes, on his toes,
 Tickling baby's nose.
 I can show you if you choose
 Where to look to find his shoes.
 Three small pairs, made of hairs;
 These he always wears.
 I believe with six such legs
 You and I could walk on eggs.
 How he crawls on the walls,
 Yet he never falls.

THE TRUTH

Baby bye, let's look at that fly
 Through the microscope, you and I.
 All kinds of woes are on his toes
 Which he wipes on baby's nose.
 See him sit to that spit

Near the bench where consumptives sit.
 Every speck from feet to neck
 Carries bacilli, I suspect.
 In nastiest dung he lays his eggs
 And gathers germs on his tiny legs.
 Then he crawls on the walls
 Of our bedrooms and our halls.
 See him walk through cesspool and stable,
 Then go direct to the dining-table.
 The fever germs on his fairy feet
 He leaves upon the food we eat.
 I can show you if you choose
 Diarrhoea germs upon his shoes.
 These he takes to baby's cakes
 Then the baby's stomach aches:
 Baby bye, let's kill that fly,
 We don't like him, you and I.
 To him there stick, so very thick,
 All sorts of things that make us sick.

—Rocky Ford Gazette.

Children's Playthings

WHAT children play, and what they play with, influence the formation of their character. For the young child, something to play with, that is, playthings, are desirable. As the child grows older, and becomes capable of exercising more thought in choosing modes of playing, games and exercises largely take the place of things to play with.

The ball is the simplest and most universally used of all playthings. It was known to the early Egyptians, whose children as much as do those of more modern times, loved to play with it.

Playthings should not be selected at random. The needs of each child should be studied and such things to

play with be provided as will be helpful to him. It is not wise to provide for the young child such play things as have their only merit in discordant jingle and noise, or to tempt the little one with too frequent changes of amusements. More than two thousand years ago Plato sounded this warning to parents: "Changes of toys should not be made too rapidly, for fear of instability of character."

Playthings that stimulate the constructive rather than the destructive elements in the child's character should be chosen. Building blocks are for this reason particularly desirable. Paper, pencil, and scissors, when rightly used are likewise excellent playthings for children. Whips, toys, swords, guns,

pistols, cannons, and other warlike implements are playthings to be shunned, if we would have the children "seek peace and pursue it." If children are allowed the implements of war in their play, we need not be surprised if warlike inclinations are developed in their characters.

Mechanical toys capable of doing wonderful things, such as walking dolls and automobiles, while they attract at first, do not long satisfy; for they can do but one thing, and this soon becomes monotonous and tiresome. Then, too, such toys are too intricate to be desirable, and soon become a grief because they will not go.

A wagon which the child can load and draw, a kite which he can fly, a set of garden tools with which he can dig, will give the little boy far more pleasure than the most costly toy, while miniature household utensils and a doll to cherish and care for will bring joy to sister.

It is not playthings that will do the

most in themselves, but those with which the child can do the most, that should be sought. The playthings which they themselves can manufacture are in general the most satisfying to children.

A few materials to work with, and a sympathetic mother to offer occasional suggestions and arouse the child's thoughts, are far better for the child's contentment, as also for his normal development, than a room filled with the most beautiful manufactured toys.

Most children enjoy very much playthings and plays which call into requisition the exercise of bodily powers, as tossing and throwing of ball, rolling hoops, and the various running games; and for the child the exercise thus secured is especially essential. Active games and athletic sports were a common amusement of the ancient Greek and Roman boys, and active exercise and out-of-door sports are equally essential for modern boys and girls.

An Effective Pain Killer

MRS. ELSIE M. SHANNAN

The Fomentation

THE majority of people know of no other means of relieving pain than the taking of opium, laudanum, or some much-advertised "pain killer," all of which in many homes may be found in the family medicine-chest. In the absence of these drugs a doctor is usually sent for, and the sufferer remains in agony until his arrival; whereas the application of a simple remedy, the fomentation, would give almost instant relief in the majority of cases. The opiates do relieve pain for a time by benumbing the nerves; but they do not remove the cause of the trouble, and so can not be regarded as a cure. Then,

too, we must remember that opium and other "pain-killing" drugs are highly poisonous.

The fomentation, or local vapour-bath, is used in place of the old-fashioned poultice, and has the advantage of being clean, light, and quickly prepared. Its uses are many. It is beneficial in all cases of local pain; such as, colic, indigestion, sore throat, neuralgia, pleurisy, swellings, bruises, sprains, and injuries. It also quickly relieves deep-seated congestion by drawing the blood from the affected part to the surface. If the local pain is accompanied with great heat, and there is evidence of acute inflammation,

the cool compress may give greater relief than the hot. Experience teaches that there are few painful affections which are not benefited, if not entirely relieved, by the fomentation. A weak stomach, a sluggish liver, and inactive kidneys are all stimulated to activity under its influence.

In the application of fomentations but few articles are required, and these such as are found in every household. They include boiling water, two pieces of thick, soft flannel, and one or two Turkish towels. An ordinary single blanket makes four large fomentation cloths. Prepare the patient for the treatment by removing all the clothing from the affected part. The feet should be thoroughly warmed before the treatment is begun. Then have the patient lie down on a bed or lounge. A good plan is to place a blanket, or in very warm weather a sheet, on the bed

and wrap it about him, bringing it over the fomentation after it is applied. Now place one of the pieces of dry flannel (one or two thicknesses) on the skin over the affected part. This is to allow the heat of the fomentation to reach the skin gradually, and to prevent burning. Take the other cloth and fold it lengthwise into about eight thicknesses, grasp the two ends, one in each hand, and dip the middle part into the boiling water, holding it there for a few seconds until hot and well saturated. Now wring out as dry as possible by twisting the ends in opposite directions, and by pulling out lengthwise. Repeat the

process of twisting and stretching until the cloth is wrung quite dry. If the cloth is not wrung as dry as possible, there is danger of burning the patient, also of making the bed damp. This wringing of the fomentation cloth should take only a few seconds. Quickly open out this wet flannel to the desired shape, and enfold it in the dry piece, covering it well and folding up the ends. A piece of oilcloth or of rubber sheeting makes a good covering to prevent the escape of steam; it also helps to keep the bedclothes dry. If the room is cold, the bed covers should be drawn up and tucked in snugly at the patient's shoulders.



APPLYING THE FOMENTATION

The water from which the cloth is wrung must be kept at the boiling point until the last cloth has been applied. Water that is cool enough to bear the hands in is of no use. A small oilstove in the patient's room will save many steps.

Ordinarily, the fomentation will require renewal at the end of about five minutes. When it is renewed, the dry cloth should be left in place, while the other is again wrung out and replaced as quickly as possible to avoid cooling. A better plan is to provide two sets of cloths, having the second fomentation ready before the first one is removed. Usually three or four changes will be sufficient for one treatment, though it may need to be repeated several times in the day.

“HEALTH is a harvest. It must be worked for. The seeds must be sown and carefully tended.”

About Drug Therapeutics

IN his address as chairman of the Section on Medicine of the Oklahoma State Medical Association, Dr. R. H. Harper went beyond the usual platitudes and timid pessimism characteristic of such occasions and uttered some truths so well put that they should be read and pondered by many. The part that most interests us is that referring to drug therapeutics. Among other things Dr. Harper says:—

“We have a human body whose structure we know moderately well, whose physiologic processes are lightly known and but dimly understood, and when perverted by pathologic aberrations are absolutely bewildering in their infinite variety and complexity; but permeating them all, an endeavour on the part of the organism to return to the normal when disturbed by foreign or external factors. An attempt, more or less intelligent, to assist the body in this effort, constitutes the practice of medicine; and a large part of this practice has been devoted to the introduction of various substances, of endless variety and complexity and with properties either unknown or but partially understood, into this human body with results that are indifferent, often harmful, sometimes beneficial to a very limited extent.

“It is attributed to Oliver Wendell

Holmes to have said that therapeutics is the art of administering drugs of which we know little to a human being of whom we know less, and in the main this aphorism expresses the truth. A few fearless thinkers have proclaimed the futility of giving medicines with the intent to cure disease, but the majority of physicians seem to believe that it can be done, while to the laity the practice of medicine consists in finding the drug that will cure the disease that is being treated, as attested by the innumerable patent cure-alls on the market.

“But the fact remains that, with a few possible exceptions, drugs have little or no influence on the processes of disease and often hinder the organism in its effort to recover its normal state. Why are quinine and the anti-pyretics given to the extent they are in typhoid and pneumonia? Why are three-fourths of the medicines given that are used in any particular illness? Is it not often a failure to comprehend what we may of the processes going on in the sick body, and a concession to the patient, the family, and custom, to be doing something? What more interference does the average case of sickness need than cleaning outside and inside, rest in bed, limited diet, quiet and cheerful surroundings?”

Personal Responsibility Regarding Health

DAVID PAULSON, M. D.

SICKNESS and premature death have very generally been regarded as direct dispensations of Providence which could no more have been avoided than an earthquake.

But light is beginning to break in and it is refreshing to observe the num-

ber of prominent men in our nation who are beginning to appreciate the practical significance of the scriptural statement, “Whatsoever a man soweth, that shall he also reap.” That means if one desires a crop of good health he must sow for it.

A Triumph of the Simple Life

William Booth, the head of the Salvation Army, had rather frail health in his youth, but by practicing health principles he is now, at the age of eighty, in excellent health and is still giving his personal attention to the vast organization at whose head he is.

He does not eat fish, flesh, or fowl in any shape or form. Before he arrives in any city word is sent ahead to his hotel to provide for him a breakfast consisting mainly of hot milk, dry toast, and butter; a dinner of vegetable soup, boiled potato, and some other simple vegetable; in the evening a plain milk pudding made of rice or tapioca, with a little stewed fruit.

Not every one even at his advanced age would thrive on so simple a fare, but it is safe to assert that if he had used the ordinary bill of fare he would either have been dead years ago or at any rate practically out of commission.

A Practical Health Program

A Boston gentleman who had heard that Wu Ting-fang while Chinese minister to the United States had adopted some new health habits which he expected would lengthen his life, wrote to him requesting information. In Mr. Wu's reply he mentioned eight things which stated his plan of living:—

"Giving up breakfast, taking only two meals a day—luncheon and dinner.

"Abstaining from all flesh food,—my diet being rice or whole wheat bread, fresh vegetables, nuts, and fruit.

"Avoiding coffee, cocoa, liquors, condiments, and all rich food.

"Giving up salt.

"Masticating every mouthful of food thoroughly before it is swallowed.

"No drink at all with meals, but between meals or one hour after.

"Practicing deep breathing.

"Moderate exercise."

While the Christian missionaries certainly have much to teach the Chinese, there is no question that this Chinaman's plan of living would enormously increase the usefulness of not only the missionaries but the majority of other persons.

A Modern Health Crusade

Prominent men everywhere are finding out that by adopting correct habits of eating, properly ventilating their bedrooms at night, taking systematic exercise, including deep breathing, several times a day, with reasonably regular hours, availing themselves of a reasonable amount of sleep, they are putting themselves in the pathway of health.

The life insurance companies have become convinced that human life by merely putting in practice well-known health principles can be increased fifteen years. That of course means more money in their treasury; as their policy holders will continue to pay premiums that many years longer. And so they have decided to encourage a great health campaign for the purpose of educating the public how to promote health and longevity.

GEMS of knowledge culled from examination papers:—

"Sodom and Gomorrah are the two largest volcanoes."

"The office of the gastric juice is situated in the stomach."

"Queen Elizabeth was one of the queens of England. She was famous for her fondness for chivalry and cavalry and other wild game."

"Isthmus is a place across which to build a canal."

"A mountain range is a very large cook stove."



INCREASE OF CANCER

At the Southern Surgical and Gynecological Association, Dr. Roswell Park stated that the control of cancer is one of the most important problems which confronts the medical profession to-day, and that cancer is increasing as a result of the modern methods of life. When he began work, there were annually 14,000 deaths from tuberculosis, and 5,000 from cancer in New York. Now the tuberculosis mortality has been reduced to 11,000 or 12,000, and cancer mortality has increased to nearly 8,000. Cancer is prevalent in certain localities and in certain houses. The disease is not hereditary. In the International Congress of Surgeons at Brussels [considering the subject of cancer for three days] the general belief was that cancer is infectious. The fact of metastasis, that is, the traveling of cancer from one part of the body to another, is evidence that it is infectious. Dr. Park believes that there is more proof of the infectiousness of cancer than of leprosy, and some other diseases considered more or less contagious.

FLESH-EATING AND BRIGHT'S DISEASE

DR. F. M. THORNBILL, in an article in the *New Orleans Medical and Surgical Journal* for September emphasizes the fact, not too well known by medical specialists, that the ability of the kidneys to eliminate poisons is greatly reduced in the various forms of Bright's disease, though it is not often a cause of death. A man can live so long as there is left in him the equivalent of two-thirds of one kidney. But when degeneration of the kidneys has gone so far that the amount of kidney tissues is reduced to less than this the patient dies from the accumulation of poisons in his blood and tissues. From these facts it is evident that foods which contain urea or uric acid, and foods which give rise to these excretory substances, should be carefully eliminated from the dietary of persons suffering from Bright's disease. By this means the kidneys are relieved of unnecessary work, and so

the evil day of kidney collapse is postponed. Dr. Thornhill advises the entire disuse of meats of every sort, also eggs, and recommends a diet consisting of cereals, fruits, fresh vegetables, with milk and cream. It may be added that buttermilk is in such cases in every way preferable to ordinary milk, and the recently-discovered Yogurt buttermilk is preferable to the ordinary kind.

A NEW GERMICIDE

THE New York *Herald* states that Prof. C. H. Carel, for many years head of the department of medical toxicology in the University of Minneapolis, and chemist of the Minnesota State board of health, has discovered a new chemical which he names "benetol," and which he says is eight times as strong as carbolic acid, and yet is no poison. He is so confident as to the efficacy of this new germicide that he asserts his willingness to submit himself to cholera infection in order to prove it can be successfully treated by the new discovery.

DEFENSE OF OPIUM LAUGHED OUT OF COURT

OPIUM as well as alcohol has had defenders of its moderate use. Efforts of conscientious Englishmen to stop the sale of India's opium in China have been met by the assertions of certain physicians that if moderately used it does no harm. An actuary of the China Mutual Life Insurance Company has studied the lives of over 13,000 smokers and non-smokers recorded by his company, and he finds that the actual deaths of opium smokers exceeded the "expected deaths" by 41 per cent. north of Foo-chow, and 61 per cent. south of it. These figures are essentially striking because only very moderate smokers are accepted by the life insurance companies. "All defences of the trade," says the *Alliance News*, in reporting these figures, "are simply laughed out of court" by the cold arithmetic of an actuary's report.

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WHAT TO ADVISE A TOBACCO SLAVE

I AM constantly being asked for some helpful suggestions for those who are trying to break off the cigarette or tobacco habit. To these inquiries I would reply:—

I have found it highly advantageous to recommend the eating of four fruit meals a day, the patient being permitted to take all he desires of oranges, apples, grapes, cooked fruits, etc. Between meals he should drink plenty of water.

If the patient is situated so he can take a sweat bath once a day it will assist in eliminating the nicotine more quickly from the system.

There is something about the acid in the fruit that seems to neutralize the nicotine poison. I do not fully understand the philosophy of it myself, but it generally kills the craving for tobacco completely in anywhere from one to three days. But for several weeks afterwards the patient should subsist upon the very plainest food, avoiding spices, condiments, meats, tea, and coffee; as they all have a tendency to reawaken the desire for tobacco.

The only way to quit the use of tobacco is to stop *at once*. The "tapering off" process is a delusion and a snare; for it is just as hard to get rid of the last little bit as it is to get rid of all of it at once, and it discourages the patient.—*David Paulson, M. D.*

PREVENTABLE INSANITY

SPEAKING on the question of mental hygiene and prophylaxis, Dr. Henry A. Cotton stated before the New Jersey State Medical Society that twenty per cent. of the admissions to insane asylums are alcoholics, and ten per cent. cases of general paralysis due to syphilis. These, with other indirect causes of insanity, run the estimate up to 50 per cent. of cases of insanity that are wholly preventable.

Further investigation will show that a large proportion of the remaining cases of insanity and practically all of the cases of general paralysis are due to erroneous habits of life and might be prevented. If rational principles of living could be made universal, insanity and general disorders would disappear.

TUBERCULIN IN BONE DISEASE

IN *The Cleveland Medical Journal*, Stern advises the use of tuberculin in minute doses in the treatment of tuberculosis of the bones and joints. He uses from 1-1,000 to 1-10,000 of a milligram of Koch's tuberculin, taking as a guide for the size of the doses, the intervals of the doses and the increase of the amount of the doses, every objective and subjective symptom of the disease. Like Wright, he avoids all reaction of any kind, the principle of treatment being artificial immunization. The average duration of the treatment is nine to twelve months. The usual anti-tuberculous measures are also employed. Dr. Stern's paper contains a report of thirty-seven cases; with one exception all these went on to satisfactory improvement without complication.

School of Health

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.

The author, Alfred B. Olsen, M. D., Superintendent of the Surrey Hills Hydropathic, and of the Leicester Sanitarium, England, has had a broad experience in combatting disease and is well qualified for the work of bringing out a book of this character.

The book should be in every home, and where it is used and its instructions followed, it will prove itself to be just what its name implies, a "School of Health."

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House We Live In

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

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

Some of the other chapters are as follows:—

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

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

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