

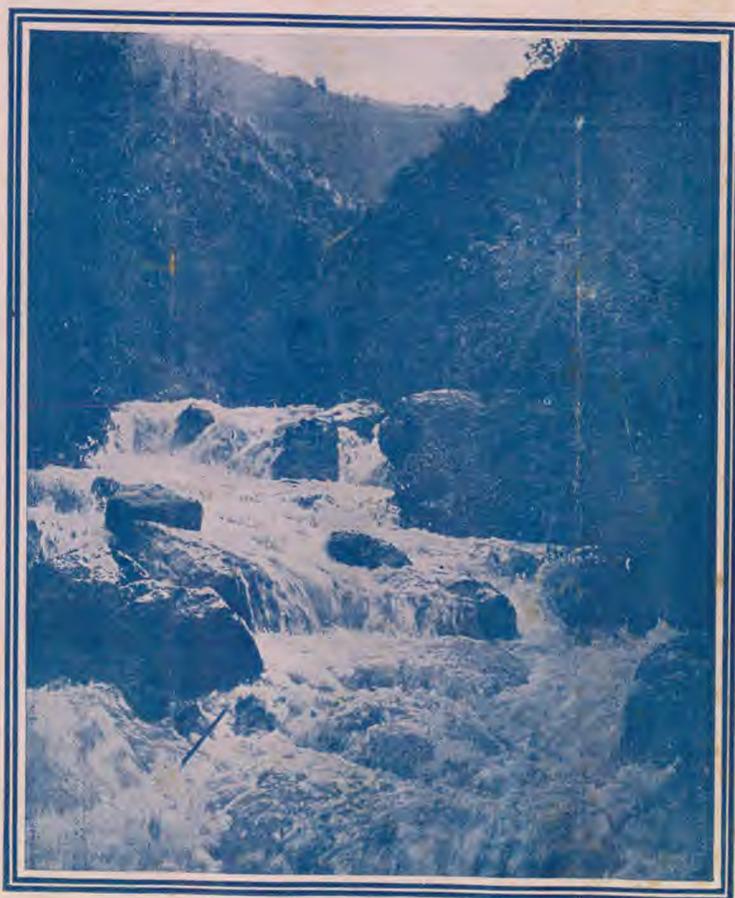
SPECIAL TEMPERANCE NUMBER

# Herald of Health

Vol. 4

Lucknow, U. P. January, 1913

No. 1



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FLOCKS IN THE KULU VALLEY, KASHMIR

# HERALD OF HEALTH

The Indian Health Magazine.

V. L. Mann, M. D., Editor

S. A. Wellman, Asso. Editor.

Vol. 4

Lucknow, U. P., January, 1913.

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## Tobacco

TOBACCO to European countries and the western hemisphere bears the same relation that Pan does to India. It is used the greater share of the day by the youth, those of middle life, and the aged. Now it is even becoming a pastime of woman kind. One not only has to put up with the offensive fumes of the cigarette blown into his face by his fellowmen, but also by the gentler sex.

It is a very filthy habit. Men become so enslaved to it that it seems impossible for them to get along without it. They become so habituated in its use that they even awake from their sleep to obtain the quieting and soothing effects of their narcotic habit. They will go without food, water, and clothing to satisfy the demands of their appetite for this abnoxious weed. Any thing that fastens itself upon the system and causes such an unnatural craving is certainly doing the body an incalculable amount of harm.

One civilized nation alone consumes such a great quantity that the figures used to represent it are so large the human mind can scarcely grasp them. The people of United States alone spend enough money for this article of commerce every year to give the necessities of life to more than 100,000,000 Indian families. If any of you had the money that was spent in one year in this country we have mentioned for tobacco, you could start 300,000 common schools and educate 30,000,000

of India's boys and girls. It would take 100,000 coolies at the rate of 8 annas a day about 150 years or four life times to earn this amount. This remember is only for one country alone. Just think what tremendous figures it would reach, if we would add to this the rest of the nations of the world.

India does not use tobacco so extensively as we have just portrayed, yet it uses a great deal and the worst feature of it is that its consumption is fast increasing. Every effort ought to be put forth to check the progress of such a health destroying vice rather than lend our influence in favour of it. Let us examine carefully with unbiased mind the harmful effects of is habit and abandon it forever.

A great many deaths have been caused by the use of tobacco as a medicine. In some nations tobacco is no longer used as a medicine because of the very poisonous drug, nicotine, it contains. The poisonous effects of tobacco upon the system are due mainly to this poison. When tobacco is smoked, there are added a number of other poisonous substances which are absorbed from the smoke. Nicotine is so poisonous that a dose the size of a pin head is capable of causing death.

There is no organ of the body, but shares the poisonous influence of tobacco, but it spends most of its force upon the digestive and nervous system, heart, and blood vessels. The habitual user gets

what we call the "Tobacco Heart", a condition of the heart which becomes very annoying and shows that the heart is being weakened by the poison of the tobacco. There is a peculiar irregularity of the heart's action, often accompanied by the dropping of the heart beat causing an intermission in the pulse wave at the wrist. It causes a degeneration in the muscle of the heart. The arteries undergo hardening, their walls lose their elasticity, and as a result the tissue suffers a lack of nourishment due to a limited supply of blood to the part.

Its effect upon the nervous system is very marked. There is sleeplessness, irritability, and general weakness. Its poisonous influence upon the nerve of sight causes a degeneration of the nerve, resulting in dimness of vision, followed later by blindness. It is this with other habits so common to mankind it often paves the way for a miserable existence in later life. The body system stands up under the atrocities imposed upon it until it can hold out no longer. The result is the various chronic diseases so frequently affecting the human race.

What must the digestive organs suffer from the continued use of a drug too strong and poisonous to be used in medicine! The dry throat, the irritated lining of the stomach and intestines, shrinking of the glands of these organs, deterioration of the juices, all go to make a chronic dyspeptic.

Tobacco is used in various ways, but all work toward the selfsame end, the satisfaction of the user and the destruction of the body. Some use it in the form of snuff, others prefer to smoke it, while still others chew it. The snuff user absorbs the nicotine direct from the snuff which is drawn into the small tubes that permeate the lung substance. Those that smoke absorb the poison into the system from those tubes, but the poison in this

case comes from the smoke. Smoker's think, because the tobacco itself does not come in contact with any part of the body, their habit is free from deleterious effects. This is a mistake. The smoke which is inhaled into the lungs and is absorbed into the system contains poisonous gases which if condensed into liquids and solids are very poisonous substances. He, who chews the tobacco, absorbs the poison through the stomach and intestines. This method of using throws a greater share of the mischief upon these organs.

A very common way of using this drug in India is by taking it with the pan. The system not only suffers from the effect of the nicotine, but also the irritating effects of the lime and the active principles of the betel nut and pepper betel leaf. The Indian thinks that his method of smoking tobacco by drawing it through water lacks harmful effects. Rest assured that the system absorbs the narcotic effect of the drug; if it did not, the habit would mean nothing to the user. It is the absorption of the stimulating nature of the poison that gives the agreeable sensation and causes the repetition of the practice. The Indian says that he gets more pleasure from his accustomed method of smoking than he does in smoking a cigar. The poisons contained in the smoke are inhaled into the lungs and absorbed directly into the blood to be carried to every part of the system. So he, who uses this method of tobacco smoking, must not settle himself down with the satisfaction that he is doing himself no harm. The subtle enemy is getting in its work of destruction just the same.

Some who are steeped in the habit say that there is not enough of the nicotine absorbed to do any one harm. If you take one, who is a habitual tobacco user, wrap him up in a sheet and give him a thorough sweat, the sheet becomes saturated with the nicotine that has been ele-

minated through the pores of the skin. This is pretty conclusive evidence that every part of the system is thoroughly saturated with the poison. The writer has tried this experiment many times in the treatment of patients for the tobacco habit.

The cigarette is the worst form of tobacco in its evil effects because of its cheapness, hence its universal use, the poison caused by the combination of the paper and the tobacco, and the greater tendency to inhale the smoke.

To think of the way that many cigarettes are made is revolting. If you will keep your eyes open some day, when you have the opportunity of pacing the streets of London or New York City you will notice some one stooping to the ground to pick up something that he puts in a bag swung over his shoulder. Upon closer observation you find the worker is picking up the stumps of old cigars that some one has had in his mouth and thrown away. The stumps of these cigars are taken and made into cigarettes.

The following table will show the nicotine contents of the various grades of cigarettes.

Cigarettes.	Nicotine per cent.
Egyptian.	1.13.
Turkish.	1.30.
Virginia.	2.24.
Commonest Virginia (five anna)	2.02.

In addition to the nicotine the cigarette furnishes four other poisons due to the combination of the tobacco and the paper. They are prussic acid, acrolein, pyridine, and carbon monoxidi gas. They are oft times adulterated with cocain and various opium preparations.

Nicotine Contents of other Tobaccos.

Pipe Tobacco.	Nicotine per sent.
Very Mild Honey Dew.	1.65.
Medium Mixture.	2.04.
Cavendish.	3.84.
Havana Mild.	1.09.
India strong.	1.84.

We have known men to chew four ounces of tobacco a day. Let us allow the tobacco used contained two per cent of nicotine. This means that in the days ration there is three grains of nicotine or six times the amount necessary to kill a person. All of this nicotine does not enter the system, but it shows the deadly thing with which we are dealing.

There is one thing peculiar to the use of the pipe that we must mention, and that is the formation of cancer of the lip which is caused by the irritation of the nicotine upon the lip. These cases present terrible pictures to look upon in the latter stages of the disease. In taking up the effects of the tobacco we will consider it from an economical, physical, moral, and mental standpoint.

The coolie, who earns eight annas a day, spends from two to four pice a day for his tobacco. These eight annas barely provide the most meager necessities of life. The money that he spends for his tobacco might better be spent in looking after the comfort of his family, giving them more food to eat and a better education and making them more useful citizens of India. The man of means, who spends from 15 to 25 rupees a day for his cigars, might better be spending this sum in relief of the world's suffering. This would not only relieve his system of the nicotine and give him better health, but he would have the pleasure of making others happy. Instead of satisfying his own selfish desires, he would bring joy and gladness to the hearts of many.

The use of tobacco stunts the growth of the youth. Instead of the boy growing up with a good physique and well prepared to fight the battles of life, he undermines his constitution and makes great inroads into the system so that disease can enter. Many series of experiments have been carried out to prove to what

*(Concluded on Page 24)*



# General Articles



## Parenthood and Alcohol

BY DR. J. JOHNSTON, M. D. EDIN., *Late Honorary Surgeon, Bolton Infirmary.*

NO question bulks larger to-day than that of parenthood—the fountain-head of human, as of all other life—the factor upon whose quality depends that of the individual, the family, the municipality, and the nation—the source of our real wealth—the unminted capital of the empire.

When Ruskin told us that there was "no wealth but life," and that "that country was, the richest which nourished the greatest number of noble and happy human beings," his words fell upon deaf ears; but that they voiced a great truth is now beginning to be realized. That we are still much too prodigal of our treasure is shown by our infantile mortality rate, which, despite its recent decline, is still the disgrace of our civilization—still justifying the reproach of the African monarch, King Khoma: "You English take great care of your goods, but you throw away your children."

And we shall continue to deserve this reproach so long as we continue to tinker with instead of determinedly "tackling" the root causes of the evil.

Among these may be specified (1) ignorance of the art of mothercraft—with resulting improper feeding and rearing of children; (2) alcoholism.

### 1. Mothercraft.

That the mother makes the child is a truism, but that every girl is a potential mother is a less obtrusive but none the less real one; and since it is "the hand that rocks the cradle rules the world," how important it is that every girl should be, to some extent, prepared for her possible great work, by being taught the essentials of it before the time comes for

her urgent need of such knowledge! The best time for this is surely before she leaves school rather than after, when everything in the way of "lessons" is irksome and intolerable to her, then rejoicing in her newly-acquired freedom.

The necessity of this has at length been recognized by the authorities—the Board of Education, in November, 1910, having issued a memorandum in which it is declared that "the ultimate aim of a state system of education given to girls in the public elementary schools should be to equip them in the best possible way for the duties which fall upon them in after life," and that far from book-learning being "regarded as the supreme purpose of our elementary schools," education should be more practical in certain directions, and in the case of the elder girls "more definitely directed towards arousing and increasing the knowledge of the ordinary routine of domestic hygiene, including infant care."

It is interesting to note that this instruction is now being given in many schools. For instance, it is in full operation in Manchester—being given in 109 schools, to 8,554 children, in standard V.

Comparatively recent has been the realization of the importance of the child as a factor in our social system and our national life, and its admission to the possession of "rights"—not a single Act of Parliament having been passed in its interest up to the time of the accession of the late Queen Victoria; and it is significant that the Society for the Prevention of Cruelty to Animals had been in exist-

tence many years before that for the children.

That the child is slowly but surely coming into its own is shown by such recent legislation as the Notification of Births Act, the Midwives Act, and the splendid Children's Act—the Children's Charter—of 1909, which still awaits its crown in the abolition of the half-time system.

Chief among the child's "rights" is the right to its natural food—its mother's milk—no other form of food, however seemingly good, and however highly recommended, being in the least comparable with it.

And not only is it the child's best nourishment. It is also its best shield against disease—a striking illustration of its value in this direction being afforded by such a fact as that, in the year 1904, of the infants who died from diarrhoea at Stockport, ninety five per cent were bottle-fed.

**Industrial Employment of Mothers of Young Children.**

This is one of the principal causes of the child being deprived of its great body-builder and disease-shield.

That a mother should have to leave her young child to go to work is admittedly wrong; and though it may be unavoidable when her wages are an economic necessity, it inflicts physical disabilities upon her, with neglect and consequent ill-health upon the child; and it is the combination of these evils which bars the arrow of indictment against it. That it is one of the root-causes of the high infantile mortality which still blights our industrial communities is shown by the intimate statistical relationship between them.

The remedy lies not so much in legislative prohibition of the work of the mothers of young children as in limitation of such labour, in an extension of the period of permissive employment before and after the birth, and in the payment of needy mothers during this period—as recom-

mended by the Minority Report of the Poor Law Commission—upon condition that they stay at home and devote themselves to the care of their children, without seeking industrial employment. This would be the first step to that endowment of motherhood which such authorities as Mrs. Sidney Webb and Mr. H. G. Wells urge: and welcome as are old age pensions for the veterans whose life's battle is getting over, we still wait the arrival of the young age pensions for the babies whose life is all before them, and upon whose physical equipment depends their own future and that of the community, the nation, and the race.

## 2. Alcoholism and the Child.

That a woman's natural capacity for nursing her own child is interfered with in consequence of her father having taken alcohol to excess, is the conclusion of Professor Bunge, of Basle, who found as the result of an investigation into the history of over 1,600 cases of this nursing disability, that in seventy-eight per cent of them the woman's father was or had been an immoderate drinker, the rule being "that if the father is a drunkard the daughter loses her power of suckling, the disability being afterwards transmitted to the next generation."

From the writer's observations and experience he has found much evidence in favour of the contention—many young mothers who were thus hampered being proved to have had intemperate fathers.

But the evils of alcoholism upon the child are not confined to this drying up of the stream of life at its source. Alcohol pollutes the child's own life stream, stunting its physical growth, impairing its vitality and shortening its life—being, in fact, one of the great contributory factors to our high national infantile mortality.

That an intimate relationship exists between alcoholism and infantile mortality is shown by such an observation as that made by the Postmaster General at the

Free Trade Hall, Manchester, on September 20, 1910, which was to the effect that out of the seven English counties with the highest rates of infantile mortality, six of them had the highest statistics for intemperance.

At two stages of its existence alcohol may be introduced into the child's body, viz., before its birth and after—the former indirectly through its mother's blood, the latter either through its mother's milk or by direct ingestion.

#### Ante-Natal Alcoholism.

That alcohol taken by the expectant mother is given to her unborn child is clearly enough proved.

"There is no doubt," says Sir George Newman, "that alcohol circulating in the maternal tissues does reach the child."

This is confirmed by Sir Victor Horsley, who says that "alcohol has been shown to pass in considerable quantities as such into the fœtus." While Sir Pearce Gould tells us that "the child of the alcoholic mother is often dying before it is born . . . five times as many alcoholized infants die as those of sober mothers—five times as many of them are dullards and dunces at school." In his last annual report of the Langho Inebriates' Reformatory for 1911, Dr. Gill states that of the 376 children born to the women committed to the institution last year, 205 had died—a death-rate of 54.8 per cent.

Most striking of all is the evidence of Dr. Sullivan, surgeon to the Liverpool prison, who showed that 58.8 per cent—more than one-half—of the children of female drunkards who had borne children after they had learned to drink were either still-born or had died before they were two years of age. Dr. Sullivan further found that there was a progressively increasing death-rate in the alcoholic family as time went on, and that there was a progressive decrease in the vitality of successive children—the first, second and third, for example, being healthy, the fourth deficient

in intellect, the fifth an epileptic idiot, and the sixth still-born. He also showed that after an enforced abstinence from alcohol in prison, the mother would have a living child when her previous ones had been still-born.

It is such facts as these that constitute the gravest indictment of alcohol—recalling the eighteen-hundred-year-old dictum of Plutarch that "drunkards beget drunkards," and emphasizing the value of Plato's advice that "newly-married people should not take alcohol in any form."

#### Post-Natal Alcoholism.

The habit—not yet abandoned—of giving alcohol to women during parturition is strongly to be condemned; both on account of the mother and the child. It is to this free dosing of the parturient mother with whisky, that Dr. Saleeby alludes when he tells us that in York and Edinburgh he has seen babies "born drunk."

But not with its birth does the alcoholizing of the child cease; for no less certain is it that the nursed child of the alcohol-taking mother gets it from her—it being found present in the milk, and the child then receiving it as part of its food at its every meal—with deplorable results to its organs and tissues. For if alcohol be harmful to grown up men and women, what must it be to the tender, growing, and delicate tissues of a baby? The idea that the helpless, susceptible little creature is absorbing this noxious, death-dealing fluid ought surely to be enough to deter any mother from taking it even if she believes that it is doing *her* good—which is not true.

Among the alcohol-induced disabilities of the child are anæmia, general stunting of its *physique*, loss of weight, followed later by a lowering of its resistive power against disease, and an interference with its power of acquiring immunity—it being found that such diseases as measles, whooping-cough, and other infantile

scourges claim their largest number of victims from those alcohol-degenerate children.

But not physical only is the evil. "There is now indisputable evidence of a practical and clinical kind," says the report of the Departmental Committee on Physical Degeneration, "that alcoholism in the parents is one of the causes of mental deficiency of all kinds:" and this conclusion is confirmed by the evidence of "a cloud of witnesses," of unimpeachable authority, who declare alcohol to be one of the most potent causes of feeble-mindedness in the children of "alcoholics"—through its poisonous effects upon the "germ-plasma"—the cell-tissue out of which the embryo of the new individual is formed.

This, then, is the life-handicap of the child of the alcoholic parent: it is a congenital degenerate with stunted *physique*, dwarfed mentality, and lowered disease-resistance. And what chance has it of becoming anything but feeble-minded, or an otherwise unemployable weakling and a burden?

An attempt was made by Professor Karl Pearson in 1910, to disprove the connection between alcoholism and feeble-mindedness by the publication of a Memoir based upon certain statistics, which seemed to show that not only were the children of alcoholic parents not inferior to those of abstainers but that they were, if anything, rather better, both physically and mentally. But as he had omitted to note whether the "parenthood" or the "alcoholism" had come first, the Memoir was discredited as a scientific pronouncement.

In this connection it is significant to note that while the alcoholism of both parents may contribute to the disaster of the child the predominant influence in its production is that of the mother—a fact momentous in its significance and gravity, in

view of the alleged increase of intemperance among the women of this country in recent years.

#### Protection of Parenthood from Alcohol.

How, then, is parenthood to be protected from alcoholism?

By capturing the potential drunkard while he or she is young, Dr. Braithwaite suggests. But better surely would it be to capture them before they have tasted the drug which menaces their happiness and their health, and to educate them into life-long abstinence from it—assured that however vitiated their stock, they can never come under its malign influence so long as they keep it out of their blood.

"Concentrate upon the mother," said the Right Hon. John Burns. "Concentrate upon the children"—the potential parents of the nation, and its best asset—may be suggested as an emendation. It is upon them that our hopes rest, and it is upon the birth and rearing that we give them that their *quality* largely depends.

In this rearing two influences are paramount, viz., that of the school and the home. In the school they are now taught something of the evils of alcohol; and it behoves every parent to back up this preceptual teaching of the school by the practical example of the home.

Thus by protecting childhood from alcohol shall we most effectively and permanently protect parenthood from it.

### THE LIMITATIONS OF MONEY

IT is said that we can buy anything with money, yes and nothing. We can buy:—

Food, but not appetite.

Medicine, but not health.

Knowledge, but not wisdom.

Pleasure, but not joy.

Comrades, but not friends.

Soft beds, but not sleep.

Servants, but not faithful service.

Elegance, but not comfort.

Quietness, but not peace.—*Selected.*

## Temperance: A Study

(BY AN INDIAN.)

THIS virtue, in its widest sense, denotes moderation in the indulgence of every appetite, and it is our duty to be "temperate in all things." It is especially applied to moderation as regards eating and drinking.

The food taken should not be more than the stomach can properly digest. An old writer says, "A wholesome sleep cometh of a temperate belly. Such a man riseth up in the morning, and is well at ease with himself. Excess of food bringeth sickness, and choleric disease cometh of gluttony." When cholera is epidemic, an attack is not unfrequently brought on by a heavy meal taken at night.

Good health is best secured by plain fare. If sufficient exercise has been taken, it is eaten with greater relish than the most luxurious meal by an idle epicure. Delicacies tempt to excess, they derange the stomach and produce discomfort. The man is contemptible who suffers his mind to dwell on the pleasures of eating, and makes them the employment of his thoughts.

Temperance must be observed in drink as well as food. Indeed, intemperance now usually denotes drinking to excess.

There is no doubt that drunkenness prevailed to a considerable extent in ancient India. The intoxicating soma juice is frequently celebrated in the Vedas, and it was considered a most acceptable offering to the gods. Indra, is thus addressed in the Rig Veda: "O Indra! the learned say that thou art fond of *Soma rasa*." Most of the leading characters in the Indian epic, the *Mahabharata* were addicted to strong drink. Taverns seem to have been numerous in the days of Kalidasa, the *Shakespeare* of the *East*, for in the drama of *Sakuntala*, it is proposed to spend half the money given to the fisherman at the nearest liquor shop.

After a time, the evils of intemperance were so much felt, that strong efforts were made, with considerable success, to repress the vice. Drunkenness has always prevailed in India among certain classes; but, as a nation, the people have been temperate for many centuries.

It is deeply to be regretted that, of late years, drinking habits have been acquired by some educated Hindus, whose forefathers never touched intoxicating liquor. This is largely attributable to European example. The ancient Saxons were still more given to drinking than the early Aryan settlers in India. The enjoyments of their supposed heaven consisted in fighting during the day, and in getting drunk at night. Intemperance has continued to be the national vice in Northern Europe. It was considered a mark of hospitality to offer intoxicating liquors to visitors; healths were drunk; songs in praise of wine or spirits were popular; at entertainments, it was not unusual for the guests to be carried home as they were unable to walk.

There has been a great improvement with regard to drinking habits among the educated classes in England. Wine is not offered to people who call; healths are not drunk except at public dinners; it is considered disgraceful for gentlemen to be intoxicated. It is true that there is still much drunkenness among some of the lower classes, but vigorous efforts are being made to promote temperance among them likewise.

When English began to be studied in India, some young men thought that they must imitate English habits as well as learn the language. Among other things, it was considered a mark of manliness and a proof of advance in civilisation to use intoxicating drinks. And the liquor gen-

erally selected was brandy, the strongest spirit. The evil has been greatest in Southern India, where the educated classes are the wealthiest, and English has been longest studied.

Some young men give up Indian virtues and acquire only European vices. The proper course is to retain whatever is good in old habits; to add whatever is commendable in Europeans, but to avoid whatever is wrong. Of all European vices, none is more dangerous and destructive than drunkenness. Even the strong constitution of Europeans succumbs to its influence. Among educated Hindus, its effects are as injurious as "fire water" among the American Indians, causing them to sink into an early grave.

The wine sent to India usually contains brandy. It is much the safer and wiser course for young men in India to imitate the example of their ancestors in confining themselves to Adam's ale. Many who resolved at the commencement to drink only moderately, have become victims of intemperance; but this can never happen to the man who altogether abstains from strong drink. Never acquire the habit, and the want will never be felt.

The Hindus for many centuries, did not use intoxicating liquors: why should they be necessary now? Has any change come over their constitution? The Greeks had a saying, "Water is best." In England,

men training as wrestlers are not allowed to take even beer. Brandy may indeed stimulate for a time, but it is soon followed by greater exhaustion than ever. A walk in the open air is a far better restorative.

But educated Hindus use strong drink chiefly for mere enjoyment. Dinners are thought incomplete without intoxicating liquors. Customs dying out in England have been revived in India, as drinking healths. Go wherever you may, the first thing offered is brandy *pani* (drink). This has taken the place of *pan-supari*. The use of opium is equally injurious, and the hold it attains is still more terrible.

One of the most lamentable effects of intemperance is that it tends to become hereditary. The children of drunkards have a weak constitution; they are corrupted by the example of their parents, and the evil often goes on increasing, till the family becomes extinct.

Every lover of this country should strive to the utmost to check the ravages of a vice to which already some of the brightest intellects in India have fallen victims. Such a course is demanded even by personal consideration. It has been well remarked, "No reputation, no wisdom, nor hardly any worth, will secure a man against drunkenness."

*M. Sutchidanandam Pillai, in "Abkari."*

## Patent Medicines

A SELECT COMMITTEE of the House of Commons is inquiring at present into the law relating the sale and advertisement of patent medicines. They are investigating what has become a strong commercial interest as well as a widespread popular habit. Precise figures are not available as to the number of people who choose to do their own doctoring with the aid of the newspaper's advertising columns. But the *British Medical Jour-*

*nal* has calculated that nearly two-and-a-half millions sterling are spent annually in the United Kingdom upon "secret remedies," which would mean for the whole body of such preparations in the market a distribution of over 50,000,000 samples a year. Probably these estimates are conservative, since the members of this trade claim that their advertising outlays come to two millions, so that, if something be allowed for the cost of the commodities

themselves and other business expenses, the margin of profit would be rather too narrow for this class of enterprise. When we speak of "allowing something" for the ingredients themselves we are using the phrase that suggests itself from the results of analysis exercised upon some of the best known articles in question. Mr. Hugh S. Elliot quotes in the *Edinburg Review* some remarkable examples of the gulf between manufacturing cost and retail price. One remedy, which is placed before the public at just over a shilling, is composed of raw materials worth "about half a farthing." Another retailed at more than half a crown has ingredients which can be obtained for one-tenth of a penny. It is an American preparation which appears to hold the record by transmuting elements worth just twopence half penny into a finished product priced at fifty shillings. These figures alone carry a strong suggestiveness, though they do not necessarily point in themselves to commercial or other immorality. The legitimate price of an article must be based not on what it costs to make, but what it costs to sell. A patent medicine will not sell unless it is advertised, and it is not the fault of its vendors if advertising is dear and competition strenuous. Assuming that there is no other fault in the system, the man who pays a shilling for a half farthing's worth of drugs is paying the balance for the trouble which was taken to attract his own attention, to persuade him that he is ill and to convince him of the particular remedy that he requires. A philanthropist who had discovered the most sovereign cures would probably have to go through much the same process and incur much the same expenditure before he induced the community at large to accept their benefits. The commercial aspect of the patent medicine trade, though it may be startling on the surface, is not then decisive as to its character. The virtue

and necessity of proposals made for its regulation must depend on more direct evidence as to its commodities and their results.

The demands of the medical profession in this quarter are based partly on the direct misrepresentations which they allege, partly on the illusions which they believe to be fostered by the whole system, and partly on the charges which they advance of positive injury caused by patent drugs, self-administered. It is not denied that certain proprietary articles are widely prescribed by doctors themselves in virtue of the convenient and palatable form in which they present various resources of the pharmacopeia. The movement for legislation is directed against those which are held to produce actual mischief or to prejudice the patient's chances of a real cure by wasting his time and money upon futilities. Hitherto the evidence produced under the former category, as Mr. Elliot remarks, has been somewhat limited. In proportion to the total consumption of these things, it has not exceeded the facts which might be collected as to the outcome of mistakes upon the part of the profession itself. Before the present Select Committee, however, the doctors appear to be framing a stronger indictment upon this head than has yet been presented. Dr. Norman Walker in his evidence ascribes a number of skin diseases, more or less serious, to the ignorant use of preparations containing belladonna, opium, bromide or arsenic, and adds that abuse of the last-named under its proprietary disguise may lead to cancer. If such allegations are corroborated and held proven by the Committee, the case for legislative interference must appear to have gained a considerable accession of force. One proposal is that no patent medicine should be sold which contains ingredients of injurious potency. Since they would still be obtainable at a

chemist's in the ordinary way, the advantage presumably would lie in stopping the process of advertisement which forces them upon public attention without disclosure of their identity. The milder suggestion of requiring all patent medicines to present their chemical analysis upon the label would impose a moral check where the "active" drugs are of general notoriety. But, as Mr. Elliot says, few purchasers would be much the wiser for seeing such a name as "acetanilid" printed on a package, with its quantity reckoned in a measure to which they were wholly unaccustomed. If this evil is shown to be serious and general it would seem rather difficult to resist the demand for restriction. And there is very much to be said for the restraint of advertisements promising an absolute cure for a list of heterogeneous maladies which it is certain that no single preparation can dispose of with the completeness and impartiality suggested. There are some advertisements of this description which cannot be explained upon any hypothesis of good faith. They appeal directly to the most dense credulity and their appearance cannot be justified on any social ground except the cold-blooded argument that they combine physical and economic methods of weeding out the unfit.

It must be recognised that, however stringently the law may try to grapple with the graver abuses of such an industry, it cannot exercise much direct influence upon a habit of mind which is the really effective agent in its gigantic operations. The sale of poisonous, alcoholic, or otherwise mischievous, compounds may be diminished, and the advertiser may be compelled to substitute ingenious suggestion for preposterous blatancy. But the greatest injury to the public arises from the harmful not the harmless and wholly ineffective "remedies" upon which they waste their money; and where the

present composition of these might look ridiculous upon an analyst's label, it would always be easy to add some further neutral ingredient with some imposing technical name which to the ordinary man was highly mysterious. Nothing but the progress of general intelligence will shake the superstitious veneration of mixtures or the curious jealousy of professional skill which is always ready to believe that some original and irregular genius has discovered a short cut to recovery. Doctors are perhaps themselves to some extent responsible for popular worship of the medicine-bottle. Knowing full well that it is often but a minor or even superfluous factor in the therapeutic process, they have humoured the layman's turn of mind by giving it the chief place in the ritual of medical treatment. Ignorant people have assumed that what the doctor did was to discover the right medicine, and it flatters their self-esteem to imagine that by means of a casual glance at an advertisement they have discovered it for themselves. As the profession learns to insist on the more positive doctrines of health as a boon to be secured by wise management of the whole life, popular opinion will ultimately follow them in discarding the conception of the medical art as a mere search for antidotes. In a well-regulated social system the physician ought to be in as close contact with the community in its state of health as in its emergencies of illness, his education and preventive functions overshadowing the curative. Perhaps the working of the Insurance Act, by facilitating this closer intercourse, may prove a more dangerous enemy to the patent medicine than the most elaborate mechanism that special legislation would be capable of devising.—*The Pioneer*.

"THERE'S so much bad in the best of us, and so much good in the worst of us, that it ill becomes any of us to talk about the rest of us."

## The Social Glass

BY B. C. KEISTER, A. M., M. D., IN "JOURNAL OF INEBRIETY."

AS conservators of the public health and benefactors of mankind, it behooves us to take the initiatory steps in the matter of awakening public sentiment to the great danger that lurks around the so-called "social glass."

Now, since we have accomplished the great task of classifying alcohol and placing it in its proper position among the other narcotic poisons from a physiological standpoint, let us with equal energy and determined effort study and consider it from a sociologic point of view.

Considering the weakness of mankind and his proneness to yield to the pleasant temptations and common allurements of life as a temporary refuge from the embarrassments and responsibilities of a strenuous life, regardless of the after results, let us pursue our task along social and economic lines, by first offering a timely and friendly warning to our educators.

Ancient and ignorant people used alcohol because they liked the effects of it. Later it was used in religious rites and for some two thousand years it had defenders who took the ground that the Creator would not have made it and given His children an appetite for it unless it were good.

We have many of these advocates at the present day in both church and state, whose judgments are biased, not only by monetary interests, but by their *special liking* for the exhilarating effects it has upon their mentality.

A general awakening has at last dawned upon our country. It is observed as a settled fact, that no other agency in the realm of civilization is contributing so much to the increase of poverty, crime and mental agony as alcohol. It is filling the prisons and alms-houses. Not a man or woman in all the world, of high or low ancestry,

but has felt the sting of this poison either directly through near relatives and loved ones, or indirectly through dear friends. The medical profession has learned much of alcohol of recent years, but strange to say, it has not given the public the benefit of this knowledge. Physicians have steadily diminished the use of it in hospitals and sanatoriums until it has become almost obsolete as an internal remedy, but still, the public has continued to judge the medical profession's attitude toward alcohol by the large amount prescribed in the past, as well as by what it sees of the doctor's habits at the club and at the banquet table. Hence so far as the public knows, alcohol is still approved and prescribed by the medical profession.

It is time that the public should be set straight on this important matter, and if we cannot agree to cast it out entirely from our pharmacopeia (list of drugs) much good will come if the public can be informed that alcohol is but rarely used as an internal medicine by up-to-date physicians. The practical layman will comprehend the meaning when we tell him that in the last 25 years the medical use of alcohol has decreased more than 25 per cent, and at this rate it will be only a short time until he will see its complete elimination from our medical dispensatory.

It is claimed by standard authority that 78 per cent of all suicides is due to alcohol. The mental depression that supervenes upon a debauch or the excessive use of alcohol is due to the direct action of the poison on the brain cells, and also to its power of interfering with metabolism, (tissue change) in consequence of which various products of delayed excretion are allowed to accumulate and thus poison and depress the nervous system. During the

past decade suicide, insanity, imbecility, epilepsy and nervous diseases have increased about 20 per cent among women, and is due, according to a standard authority, to the sad fact that our women are indulging too freely in the use of alcoholic drinks.

This brings us to the discussion of that part of my subject which causes me some degree of embarrassment and trepidation, knowing the fact that out of regard and simple courtesy for our noble fair sex, few writers have dared to expose this rapidly growing evil on the part of the women of our country. It is only a matter of time, however, when the glaring facts will be proclaimed from the hill-tops in every land.

In my travels through France and Germany I saw a great many drinking women but very few drunken men. The national beverage of wine and beer of these two countries may account in part for my not having seen more real drunkenness. During my sojourn in the world's metropolis, London, I saw not only drinking women, but women bartenders and drunken women. In making my rounds after hospital hours to the various places of amusement I made it a point to call at a number of the most fashionable saloons, where I gained some very important information on the "drink problem." On inquiry I ascertained that about two-thirds of the most fashionable saloons in London were run and managed by women, many of whom were comparatively young women. I also observed that when serving a new customer, the bartender invariably added to each glass of beer a certain quantity of either whiskey or brandy, and on questioning her about this she replied that her object was to draw custom as well as produce a more exhilarating effect upon her new patrons. In one of the most fashionable of these resorts I counted nine drunken women, five of whom were reclining on handsome-

ly upholstered couches, while the other four were sitting in a half bent posture at a round, mahogany-top table, ringing for more drinks. In this saloon there were over a dozen bright-faced young girl waitresses, whose respective duties were to deliver drinks and attend the drunken women. In speaking to the bartender on the "subject" of her patronage, she informed me that about three-fourths of her customers consisted of society women, who drink a mixture of beer or ale and a specified quantity of the best brand of Scotch whiskey. She also informed me that her busiest hours were between eleven and one o'clock at night, after the closing of the theatres and on Saturday nights she rarely closed before 5 o'clock in the morning. She also stated in the presence of my traveling companion, Dr.—, that the society women of London drink more alcoholic drinks than the society men. I also found that the best restaurants and some of the leading hotels were run exclusively by women.

We have here in our own country and almost at our own doors, women who are high up in Society, who drink intoxicating liquors at their homes and at their clubs until they are too drunk to walk. It was a recent experience of the writer to attend one of these unfortunate so-called, society women through an illness of delirium tremens and morphine addiction. When she could not get her usual beverage of rye whisky, she would invariably resort to morphine, and vice versa. Her father was once a judge of high repute besides being prominent along other lines. She told me that she had been taught to drink wine at her father's home when quite a young girl, especially on stated occasions, until a fondness for stronger drinks gradually grew upon her. After her marriage her husband continued to indulge her in the habit until it got control of her. Her daughter at the age

of 18, also became a victim to the habit, and after her graduation at college, married a worthless young man, and after a few months had elapsed a temporary separation became necessary on account of the young husband's inability to support his drinking wife. When last heard from both the mother and daughter had separated from their respective husbands, and had returned to the old homestead to live with the old mother and grandmother, the old Judge having died only a few years previous.

We know how much harder these little

white blood-cells have to fight the micro-organisms of pneumonia, tuberculosis and typhoid fever in patients who are addicted to alcoholic drinks, and how often they are over-powered or made drunk, as it were, by the paralyzing effects of the alcohol. It is a settled fact that alcohol, even in small quantities, paralyzes these white blood-cells to a more or less extent, and hinders them from exercising their microbe-destroying function. Herein lies the explanation of many infections, many chronic illnesses, many incurable diseases, and many premature deaths.

## Boys, Are You Trying for the Prize?

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LIFE is a race, not so much a race in which we try to get ahead of others as one in which a prize is tried for, and in which there is a big prize for every one who strives honestly and according to the rules of the game.

Boys, I am an older boy than you, but I began when I was your age with great interest watching the other boys around me at school and at college, and, later, at work. As far as I could, I have kept track of every one of them. I was in Switzerland a few years ago climbing a big hill to get a view out over a glacier, when suddenly I came upon a little party of climbers, and there among them I found an old familiar face. "Are you J. Mc-B.?" I asked. "Yes, I am." "Why, I have been trying for thirty years to find out what had become of you, and have never been able to up to this moment."

I was at Silver Bay, on Lake George, six years ago, and there at the head of the table sat a gentleman named Scott. Something familiar prompted me to ask him: "Can you tell me anything about Walter Q. Scott, whom I used to know twenty-five years ago, camping out in the North

Mountain, in Sullivan County, Pennsylvania? I have never seen him since, though I have often inquired." He answered: "I am the man. Are you the Howard Kelly who used to swim races up and down the lake [Long Pond]?" I replied that I was. And a delightful friendship was taken up just where it had been left off, and has continued year by year since. Boys, count friends the best possessions on earth. Collect eagerly all you can, and seek day by day so to live in the grace of God our Father that you may be worthy of them.

Now what I have just said was a digression; but I wanted to know you, and to get your confidence, before speaking more in detail about that race of so much importance to us all. At best, though life looks long to you and the goal of the race far away, every one who has got more than half-way over the course says it is really but a short race after all, something like a hundred-yard dash, and it is over, and you are done, and must clear the track for others coming after you. Now not one of you has ever been over the course before, and you don't know where the hurdles and the pitfalls and the obstructions are, the things that tend to throw a

fellow, and make him lose his prize. But every older fellow does; for there is not one who has not been tripped sometime or other, and got up badly bruised, and had to nurse a game leg afterward, which seriously handicapped him in continuing his race. Indeed, I have seen some fellows limp all the rest of the way; and a few poor boys at the first fall just lay down by the roadside and died, and never got there at all. How often I think of them, and wonder if I could have protected them in any way if I had run a truer race myself and offered to help!

Now, boys, it is an odd thing that, while we run the race with our bodies, yet it is as a rule these very bodies which have other desires than winning races and prizes, and so conspire to keep us back. The old body, which is of the earth, wants to take it easy, to lie down and sun itself by the side of the track, to indulge its various appetites, many of which are a sore hindrance to the spirit within. The body says: "Let me have all I can get out of life right now and here; don't go to disciplining me. I don't care for that bothersome prize at the end, which the spirit inside me so longs for."

The body asks for things that bring immediate pleasure, regardless of cost, and I grant you there is often a lot of fun in giving way for a time; but it is like spending your capital; afterward you can seldom, if ever, get back to the place you occupied before.

The boy who indulges his body for the sake of the immediate pleasure he gets is like a general who is attempting to hold an enemy in check, but carelessly allows him to occupy every strategic position. Each one he may foolishly give away makes him weaker and weaker, until at last he who was the master now has to capitulate to the enemy.

If you want to make a bee-line for that tree far away across the field, keep your

eye steadfastly on the tree and run for it. Don't dawdle and watch your feet as you put one foot before the other, trying to make a straight line, or you will soon begin to go backward.

I tell you, boys, with all the earnestness I can command that most of the fellows I have known who let their old bodies get control of them in that way, and gave up trying for the prize, fell by the wayside; or, if they still live, they—well, I wouldn't be one of them for all the wealth and honours the world can offer.

Now the body is a good deal of a sneak, and utterly lacking in sense, and has to be controlled by its master, the spirit, even for its own preservation, let alone any consideration of that prize at the end of the race. The body tries to wheedle you, saying, "Well, just indulge me a little; I don't ask for much." But, fellows, be warned. That is a trick of the body to pull you over the danger line. Don't give in one inch, or for one minute.

I find one of the things which hinders most is impure talk, telling or hearing stories which are not sweet enough and pure enough to be told to mother and sisters.

Then there is that curse, drink. Don't touch it. No person can tell beforehand that he is safe. Those are safest, I have found, who have the least self-confidence. What a list I could make out here of the splendid men, so sure and boasting of their will-power when they were young, who have been destroyed by the drink demon! Then, too, even if I can know it is not going to hurt me, how can I in conscience and decency take something which I really do not need, and which has wrecked the lives of so many I love? You, too, when you get to be fifty years old, will be able to make out a sad list of your friends who have died of drink, wrecking their prospects, and blighting the happiness of wives and children.

Boys, if I were you, I would let tobacco alone, too. As a doctor, I see and constantly hear of many who are seriously hurt by it. It is a wasteful habit, and easily becomes a harmful one, readily interfering with your success in life. The national bill for tobacco is something appalling; it is a terrible indictment against a nation like ours, where so much good can be done with modest sums of money, that so much is utterly wasted yearly in smokers.

If you master your body, the other fellows may for a little while think you are odd, and you may feel somewhat estranged from some of the companions you like; but after a while they will rally

round you again, and you will become a sort of prop for many who need just such an example and just such a friend.

Now here comes the connection with digression at the start. There is no more precious possession in the world than good friends, but you can not get them, and you can not hold them, unless you keep your bodies in subjection to the spirit. Friendships on a lower plane than this are not worth having, the bond is such a weak one, and so easily broken.

Boys, friends, keep your old body in subjection, and run your race in the grace and power of God, given through our Lord Jesus Christ, and you will surely win the great prize, the only one worth having.

## A Spurious Basis for Happiness

THE basis of intemperance is the effort to secure through drugs the feeling of happiness when happiness does not exist. Men destroy their nervous system for the tingling pleasures they feel as its structures are torn apart. There are many drugs which cause this pleasure, and in proportion to the delight they seem to give is the real mischief they work.

Pain is the warning to the brain that something is wrong in the organ in which the pain is felt. Sometimes that which should be felt as pain is interpreted as pleasure. If a man lay his fingers upon an anvil and strike them one by one with a hammer, the brain will feel the shock as pain. It will give orders to have the blows checked. But if, through some abnormal condition, some twist of the nerves, or clot on the brain, the injury were felt an exquisite delight, there would arise the impulse to repeat it. This would be a temptation. The knowledge of the injury which the eye would tell to the brain would lead the will to stop the blows. The impulse of delight would plead for their repetition; and in this fashion the hand might be sacrificed for a feeling of

pleasure, which is no pleasure at all, but a form of mania. Of this character is the effect of all nerve-exciting drugs. As a drop of water is of the nature of the sea, so in its degree is the effect of alcohol, opium, tobacco, cocaine, kola, tea, or coffee, of the nature of mania. They give a feeling of pleasure or rest, when rest or pleasure does not exist. This feeling arises from injury to the nerves which the brain does not truthfully interpret.

Some phase of mental unsoundness is the natural effect of any of those drugs called stimulants or narcotics. Alcohol gives a feeling of warmth or vigor or exhilaration, when the real warmth or vigor or exhilaration does not exist. Tobacco gives a feeling of rest which is not restfulness. The use of opium seems to intensify the imagination, giving its clumsy wings a wondrous power of flight. It destroys the sense of time and space; but it is in time and space alone that man has his being. Cocaine gives a strength which is not strength. Strchnine quickens the motor response which follows sensation. Coffee and tea, like alcohol, enable one to borrow from his future store of force for

present purposes. And none of these make any provision for paying back the loan. One and all, these various drugs tend to give the impression of a power, or a pleasure, or an activity, which we do not possess. One and all, their function is to force the nervous system to lie. One and all, the result of their habitual use is to render the nervous system incapable of ever telling the truth. One and all, their

supposed pleasures are followed by a reaction of subjective pains as spurious and as unreal as the pleasures which they follow. Each of them, if used to excess, brings in time insanity, incapacity and death. With each of them, the first use makes the second easier. To yield to temptation, makes it easier to yield again. The weakening effect on the will is greater than the injury to the body. *David Starr Jordan.*

## Why Men Smoke

THREE centuries had hardly passed after the introduction of tobacco into Europe before its use was worldwide. Though borrowed directly from the North American Indians in their aboriginal condition, civilized nations have readily acquired the smoking and chewing habit. At first protests were made, especially by the rulers; but their efforts proved unavailing.

King James I of England sent to his subjects the following worthy appeal:—

Now, my good countrymen, let us, I pray you, consider what honour or policy can move us to imitate the barbarous and beastly manners of the wild, godless, and slavish Indians, especially in so wild and filthy a custom. Shall we, I say, that have been so long civil and wealthy in peace, famous and invincible in war, fortunate in both,—shall we, I say, say with blushing, abase ourselves so far as to imitate these beastly Indians?

The grand duke of Moscow forbade his subjects to use tobacco, and made a second offense punishable by death. In Turkey stringent laws were made against its use, and the victims of the habit were bastinadoed and beheaded. The pope issued bulls of excommunication; but, notwithstanding all the vigorous efforts made to suppress and forestall the tobacco habit, it steadily gained ground, and soon found a foothold in "every nook and corner of the world where civilized man has erected his habitation." "It is pre-

valent in Polynesia, China, Japan, and Siam. In Burma the mother takes the cheroot from her mouth, and puts it to the lips of her nursing babe. In New Zealand the habit is almost universal among the natives, women and girls using it the same as do men and boys. The Kafirs of Africa are habitual smokers. Stanley's pygmies of Central Africa are also said to be inveterate users of the weed."

But the Indians are not the ones who have introduced the weed into every quarter of the globe where human beings exist. No; the white, the civilized man, the so-called Christian man, must bear the responsibility of this degrading act. We would that he had committed this grave wrong unwittingly, and was now seeking in every way possible to counteract his evil work. But, rather than this, every year multiplies his efforts to increase its exportation into heathen as into civilized lands.

As one writer observes: "Good men have written against it on the ground of its immoral effects; political economists have attacked it on account of its entire uselessness; physicians have fought it because of its mischievous effects on the health of the body; yet its use has crept on, and is still advancing." And why?—Simply because it is one of the enemy's best means of destroying man's moral, physical, and spiritual nature. And he

has succeeded in making it a source of so great revenue to individuals and to nations that the sacrifice of the bodies and souls of men seems of little matter compared with the loss of the revenue.

May heaven yet find some way of arousing men and nations to their God-given responsibility of conserving humanity, instead of destroying it by heathenish habits.—*Youth's Instructor*.

## Alcohol

THE various alcoholic beverages have important uses in medicine. We are not concerned here with the use of the drug as a remedial agent by physicians, but with its use by healthy individuals to delight the palate and to produce more or less marked nervous excitement or exhilaration.

It can hardly be doubted that there are many persons who take alcohol in moderation without suffering in any way from its use so far as can be determined. There are, on the other hand, many people who take alcohol in moderation and are greatly injured by it. Then there is a considerable proportion of the users of alcohol who cannot take it in moderation. They must use it in excess. No one can tell beforehand whether or not he can take alcohol in moderation, and, after finding that it is impossible to take it in moderation, it is too late, since the unfortunate is already addicted to its use. Again there are some men who take alcohol in moderation for years and suddenly develop an insatiable craving for it, showing at the same time marked mental deterioration. These facts are sufficient to convince one that the only safe rule in regard to alcoholic beverages is to abstain from their use entirely. Another point which may be regarded as absolutely settled is that alcohol taken except on a physician's order never does any one any good whatever. Alcohol is especially harmful to the growing individual. It is especially dangerous for the individuals in whom there is an hereditary tendency to drink. The following disease results directly from the use of alcohol in certain individ-

uals: Acute and chronic inflammation of the stomach, liver disease, heart disease, kidney disease, various forms of insanity and paralysis. We cannot predict beforehand what will be the effect of alcohol on any particular individual. A goodly portion of the inmates of insane asylums owe their infirmity to alcohol. A still larger proportion of criminals owe their records directly or indirectly to alcohol.

From the standpoint of a drug, alcohol belongs to the anæsthetics, as its action is quite similar to that of chloroform and ether. One exploded notion in regard to alcohol is that it is a stimulant. It is a depressing drug from the start. The apparent stimulation following the taking of a certain dose of alcohol is really due to the paralysis of the inhibitions,—the power to keep one's self in check, to exercise self-control, the removal of the sense of responsibility and the desire not to make a fool of one's self. Its first action then in the stage of apparent stimulation is really a paralysis of the highest function of the brain, namely, the power to hold one's self in check.

As some persons will insist upon using alcohol in spite of the known facts, we give the following rules:—

1. Don't place alcohol in the stomach in a concentrated form. Whiskey should be diluted with from four to six times its volume of water.
2. Don't take alcohol before exposure to cold as it lowers the temperature of the body.
3. Don't take alcohol before physical or mental work as it lessens the capacity and accuracy.
4. Don't use it at all and be on the safe side.—*Health Bulletin*.

## Used Tobacco Fifty Years

F. I. RICHARDSON

AMONG those who attended a course of lectures I was giving on health and temperance a number of years ago, was a man about fifty years of age, who said that tobacco was placed in his mouth while a baby, even before he had teeth; so of course he could not remember when he began its use. When seventeen years of age he was suddenly afflicted with partial paralysis of the right side. When I became acquainted with him, he was in a condition to excite the sympathy of all who saw him. He could walk only with the aid of a long stick grasped with both hands. He had convulsions, cramping very much, his under jaw being drawn so far to one side that it seemed impossible for it ever to return to its place. His mind was also becoming affected, and it was difficult for him properly to control his tongue when talking.

On the way home from one of the lectures, he said to his wife, "Mary, I have decided to quit using tobacco."

She replied: "John, you know you can't. When you are out of tobacco, you have those terrible convulsions."

He said, "It doesn't make any difference, Mary, I am going to quit using tobacco; and that is settled." And he did.

The lectures closed, and I left the town. Three years passed, and I was again in that neighborhood. Passing through a section one day where most of the trees had been cut down, and hearing some one chopping near by, I went over to see who it was. Imagine my surprise to find that it was the paralytic. I called out to him:—

"Well, well, Mr. Brown, is it possible you are out here chopping?"

"Yes, sir; and it is a good deal more of me than there was three years ago, too," he replied. "I can handle my tongue now as well as you can yours. I am so far recovered from my lameness that I can get around and do a good bit of work. And I never had but one convulsion since I quit the use of tobacco. The miserable stuff had nearly ruined me physically and mentally. I praise God daily for deliverance from the deadly evil, and from the bondage of slavery."

If this man who had used the poisonous weed almost from his birth until fifty years of age, could discontinue its use, there is none that can not do the same; for "My grace is sufficient," says He who is always ready to lend a helping hand.

## Caffein Responsible for Nervousness

THE effects of the excessive use of coffee, tea, and other caffein beverages are well known. Although the caffein is combined in these beverages naturally, and they are as a rule taken at mealtime, they are recognized by everyone as tending to produce sleeplessness, and often indigestion, stomach disorders, and a condition which, for lack of a better term, is described as nervousness. It has been suggested that these effects are brought about by

other constituents in tea and coffee than caffein, but the fact that when caffein is extracted from these bodies and administered in a pure state, similar phenomena are produced, shows that the evil effects noted are due particularly to the alkaloid caffein itself.

There is quite universal agreement among experimenting hygienists and physicians that a stimulating effect on both muscle and brain action is produced by

caffein, but there is a very wide difference of opinion among experts as to whether it is desirable to produce this effect. The combined effect, however, of caffein, nicotine, and distilled alcohol has undoubtedly done much to produce the large number of neurotics found in the world today, and possibly may have some direct connection with the prevalence of nervous diseases, melancholia, and insanity.

The feeling of drowsiness after a full

meal will be admitted, I believe, by almost everyone to be a natural condition incidental to the proper conduct of digestion. If we grant this as a postulate, then we are forced to admit that the use of tobacco, or coffee, or tea, or whisky, to such an extent as to drive away this natural feeling must be an interference with the normal conditions. A continued interference with normal conditions cannot be regarded as beneficial.

## Drink and Higher Education

SOME time ago Mr. Crane, of Chicago, stirred up a wasp's nest when he published, as a result of carefully conducted investigations, his opinion that higher education is a curse, that ninety per cent of the college students drink and are dissipated and that fifteen per cent are ruined by their dissipation. Naturally, there was a vehement protest against such a sweeping charge.

The publishers of the *American Advance*, immediately after the publication of the report, took up the matter of investigation; and while they believe that Mr. Crane's estimates are a little too high, they find his accusations to be "beyond controversy," and express their conviction that "conditions in our great universities are bad, unbelievably bad."

What can be expected for the future of

our country if those who are to be its merchants, its editors, its lawmakers, are trained night after night in the atmosphere of the saloon and the disorderly saloon at that?

But the *Advance* expresses the opinion that the condition is improving. Well, it needs to. Mr. Crane's investigations were made about eight or nine years ago. Since then the territory of some of the college towns has become dry, or practically so. There is a better understanding of the physiological action of alcohol in small quantities, and the thoughtful are not so ready as formerly to give way to this temptation, to enter into a convivial life; but with all this, there is room for vast improvement as regards the influences which are brought to bear on the young man who leaves the home roof for the college campus.

## Drink and Tuberculosis

THAT there is a direct relation of cause and effect between the use of alcohol and tuberculosis, there now seems to be no reasonable doubt; that is, alcohol is one of the important favouring causes of tuberculosis. At the recent International Tuberculosis Congress in Rome, Prof. G. Sims Woodhead, of Cambridge, reported on a series of experiments performed with a view of determining to what extent alcohol predisposes to tuberculosis. The follow-

ing are some of the facts he presented:—

Tuberculosis is more frequent among drunkards than among abstainers.

Tuberculosis is more frequent in those trades especially exposed to alcoholism.

Animal experiment shows impaired nutrition in the tissues as a result of the use of alcohol.

The prognosis is more unfavourable in alcoholic patients.

Professor Woodhead urges that the

antialcohol and antituberculosis movements be allied.

There were, of course, in a congress composed of Continental Europeans, some objectors to Dr. Woodhead's views, but

we feel confident that the opinions of the professor, and of such men as Professor Knopf in America, as to the relation of alcohol and tuberculosis will eventually be fully vindicated.

## News Notes

### BERKELEY HAS VOTED LIQUOR OUT

STUDENTS of the University of California have recently voted 5 to 1 against the use of liquors at any of the students' functions about the institution.

### DOES PROHIBITION SOMETIMES PROHIBIT?

A WEALTHY Tennessee distiller has paid a fine, and is serving six months' time for making whisky in Tennessee and shipping it into adjacent States.

### CAN NOT SELL ALCOHOLIC MEDICINE

AN Iowa druggist was served an injunction by the supreme court of the State, preventing him from selling a patent medicine containing thirty per cent of alcohol. This was a new way of disposing of "wet goods," which the supreme court has wisely declared unlawful. The "tonic bitters" which the druggist had been selling contained alcohol, water, herbs, and rock-candy, and of course was in demand by those who wanted a bracer and could not get it through the old channels.

### INFLUENCE OF THE USE OF ALCOHOL

As a result of official investigation of the effect of the use of alcohol on the frequency and the character of crime, it is shown that there were in 1910 8,674 convictions on account of crime and offence against the imperial law, in which the criminal act was done in a condition of drunkenness, and further 190 convictions in which the criminal act could be referred to the habitual use of alcohol. Of the 8,864 persons convicted twenty-eight were women; 166 were under 18 years of age; 2,925 (33 per cent.) were married or widowed; twenty-four (0.3 per cent.) were divorced. In 150 cases no punishment could be imposed because the criminal at the time of committing the act was in a state of mental disturbance which prevented him from exercising his will.

### VITAL STATISTICS

ACCORDING to the fifty-eighth number of a most useful publication, the *Statistical Abstract for the United Kingdom*, which has just been issued and contains figures for the fifteen years up to and including 1910, the death-rate of England and Wales has fallen from 17.1 per 1,000 in 1896 to 13.5 in 1910. At the same time marriages have fallen from 15 to 14.3 per 1,000 and the birth-rate from 29 to 25. During this period there has also been a great increase in emigration. In 1896, 57,547 Britons emigrated to British colonies and 104,378 to foreign countries, chiefly the United States. Last year 249,499 emigrated to the colonies, of whom Canada received 156,990 and Australasia 44,701. For the first time on record more went to Canada than to the United States, although the number to the latter was above the average, 132,192. Increasing temperance is shown in the decline of spirits consumed. In 1900, this amounted to 37,000,000 of proof gallons; in 1910 to only 24,000,000 in spite of the increase of population. During the same period the amount of beer consumed fell from 36,000,000 to 32,000,000 barrels.

### ALCOHOL AND THE COMMUNITY

A COMMITTEE was appointed by the Swedish Medical Association to study the question of alcohol from the medical, sociologic and legislative points of view. Their report fills 392 pages and is a valuable practical contribution to the subject. It concludes with suggestions for legislative action. Three members of the committee report in detail their respective cases of alcoholic psychoses and alcoholism in general, bringing out the factors which led to the habit of liquor drinking as well as the medical aspect of the cases, heredity, etc. A classification of habitual drinkers is proposed and the principles outlined for rational solution of the liquor problem.

# Herald of Health,

## The Indian Health Magazine

Published by the  
**International Tract Society,**  
 17, Abbott Road, Lucknow

REGISTERED, - - - No. A. 457

THIS number of HERALD OF HEALTH having been devoted largely to the subject of Temperance the most of our regular departments have been temporarily omitted but will be resumed in the February issue.

A BOY looking for something to do saw the sign, "Boy Wanted" hanging outside a store in New York. He picked up the sign and walked into the store.

The proprietor met him. "What did you bring that sign in here for?" asked the store-keeper.

"You won't need it any more," said the boy cheerfully. "I'm going to take the job."

WITH this issue of HERALD OF HEALTH the price, which has in the past been Rs. 1-8 per year, has been advanced to Rs. 2-8 in accord with our announcements during 1912. However, as the publishers have vastly improved the paper and during 1913 this work of improvement will be continued, especially as regards illustrations and matter, we feel sure our readers will agree with us that it is well worth the additional charge.

### CURE FOR HIS DYSPEPSY.

HOGAN: "Phwat makes ye swally all your dinner in two minutes, Grogan? Are yez atin' on a bet?"

GROGAN: "It's for the good av me dyspepsy, Moike. Soure the docther tould me to rist an hour after atin', and how else am Oi goin' to git the hour of rist in onless Oi ate loike the mischief!"

### AN ANTI-ALCOHOLIC FEDERATION AMONG WORKMEN

THE scourge of alcohol, to which for a long time the working class has been very indifferent, has begun to interest them. There has been recently organized a Federation ouvriere antialcoolique, which is sending out an appeal to all the syndical organ-

izations inviting them to take part in anti-alcoholic propaganda. The federation has already held several meetings and given moving picture lectures in Paris.

### TOBACCO

(Concluded from Page Five)

extent nicotine prohibits normal growth. The subjects chosen were of an age when the final stages of the change between the growing period and adult life were being completed.

Weight.

"Non-users gained 10.4 per cent more than the habituated users.

Height.

Non-users gained 24 per cent more than habituated users.

Chest Growth.

Non-users gained 26.7 per cent more than habituated users.

Lung Capacity.

Non-users gained 77.5 per cent more than the habituated users."

This is a striking illustration of the effect of tobacco upon the physical development of the body.

A great many tobacco habitues who cling to every point no matter how trivial in excuse of themselves in their practice say that it is not good for boys, but it is alright for one to use after he has attained his growth. This is absurd. After man receives his full growth he could not expect the use of tobacco to stop his growth or make him smaller. The stunted growth in youth is simply an expression of the habit at that age of life due to a depressing influence upon the vital organs of the body. This same depression takes place in the system of the adult, but it would be absurd to think it would check growth when the full growth had already been attained. The results of the habit in mature life are manifest in a different form, but there is the same heart, the same lungs, the same nerves, and the same kidneys to suffer from the effect of the drug.

# Practical Guide to Health

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BY FRÉDERICK M. ROSSITER, B. S., M. D.

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