

# Herald of Health

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BIRCHES



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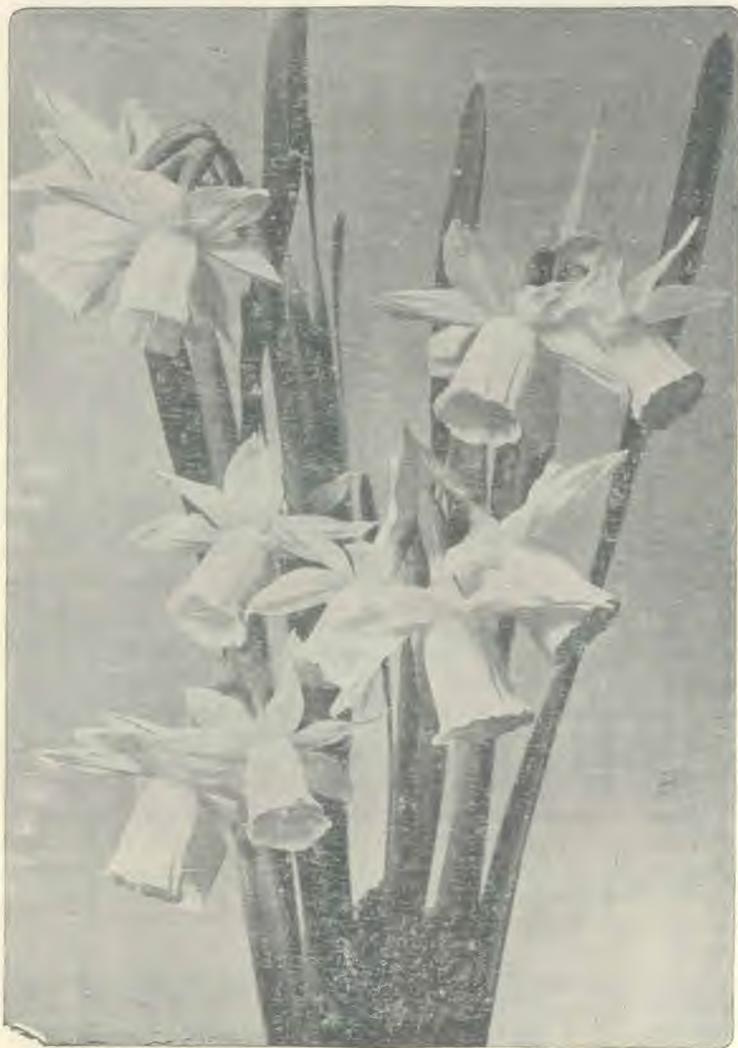
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DAFFODILS

# HERALD OF HEALTH

The Indian Health Magazine.

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

S. A. Wellman, Asso. Editor.

Vol. 5

Lucknow, U. P., April, 1914.

No. 4

## Education in Hygiene

THE first essential in any line of human endeavour is a scientific basis.



No educational effort is worthy the name which is not founded on physiological principles.



THE public attitude is negative. To seek to prevent sickness is "sheer nonsense."



THIS prevailing impression that nothing can be done to remedy conditions is the outcome of ignorance of the science of health and of the practical value of these principles.



THEREFORE in patience and magnanimity, in the spirit of service, the medical apostle must preach and teach the "gospel of health."



CONVICTION that science has put its finger on the cause of many diseases must be brought home to the individual mind.



FURTHER [the individual must be taught] that to know the cause is to know the remedy, and that it is to the advantage of all to apply the knowledge.



PSYCHOLOGY indicates that much can not be accomplished with adults whose habits of thought and action are established.



WITH the young it is easy to impress principles and induce activity.



DISCRETION is important, however, in the presentation of health facts because of the imagination of the child, the vividness of its

impressions, and the possible after-effects.



INSTRUCTION in hygiene in general is very much below the standard attained in other subjects.



IT is common even yet to go into a room with poor ventilation, perhaps with windows and doors closed, and find the teacher giving a lesson in hygiene from a book.



THE facts presented by the school physiology are important, but the elements of hygiene have far more effect on the daily life of the child.



EDUCATION in the elemental principles of hygiene is the lever which will lift the masses to higher health levels.



THE appeal will reach only through adaptation to former experiences. The school is the best medium for instruction of the individual, the influence reacting on the home and ultimately on the community.



IT is wisdom to attack the essentials, not with the hope of immediate regeneration, but with the realization that all reforms pertaining to habits of thought and living are wrought not in a day or a generation, but slowly through the increasing purpose of the ages.

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Thoughts taken here and there from a paper by Oscar Dowling, president Louisiana State Board of Health, read before the American Public Health Association, Washington D. C., September, 1912.



# General Articles



## Heartburn and Flatulence

BY ALFRED B. OLSEN, M.D., D.P.H

DYSPEPSIA is one of the most common of the minor ailments which help to make life unpleasant, and heartburn and flatulence are perhaps the most common symptoms of stomach disorder. Heartburn is a dull burning, aching or annoying pain in the region of the lower part of the breast-bone or the heart, which usually appears sooner or later after taking food, and is rarely present in the morning before breakfast. The pain receives its name from its location near the heart. Flatulence simply means an excessive amount of gas or wind in the stomach causing the organ to swell up and enlarge. It is accompanied frequently by more or less belching of gas from the mouth.

### Other Associated Symptoms.

Both heartburn and flatulence are to be looked upon as symptoms of indigestion and they are usually associated with a varying number of other symptoms the most common of which is perhaps acidity, producing a sour taste in the mouth. The increased acidity of the stomach contents acts as an irritant upon the sensitive mucous membrane, and is the direct cause of the heartburn. There is oftentimes regurgitation of food with sour risings or water-brash and occasional sickness. The appetite is variable, sometimes indifferent and sometimes voracious. The tongue is furred, there is a foul taste in the mouth, and other aches and pains besides the heartburn are felt. The liver is almost always sluggish and torpid and the bowels constipated.

### State of Auto-Intoxication.

Persons suffering from heartburn and flatulence are in a state of self poisoning or auto-intoxication. The fermentation and decomposition which the food undergoes instead of

normal digestion gives rise to the formation of various more or less poisonous bodies, many of which are absorbed into the blood and circulate throughout the system. This accounts for the feeling of general discomfort or malaise and the frequent sick headaches and various vague pains and aches in the region of the stomach, back and right shoulder blade. The constipation also means further retention of the decomposing mass in the alimentary canal, giving ample opportunity for the continued absorption of the poisonous gases that are developed.

### The Heart.

The production of gas in the stomach which accompanies the fermentation causes a marked enlargement of the organ, so much so that it may mechanically interfere with the heart which lies upon and in front of the upper part of the stomach. Serious pushing and crowding of the heart soon produces rapid beating known as fluttering or palpitation. The heartburn and the palpitation has led many a patient to imagine that his heart is really affected, and that he is suffering some serious disease of that organ, but, this, of course, is a great mistake, for dilatation of the stomach simply produces functional disturbances of the heart which soon pass away when the stomach returns to its normal dimensions. Flatulence and distension of the stomach is undoubtedly the most common cause of palpitation of the heart and in some exceptional and severe cases may even produce distress of the heart known as false angina.

### Indiscretions of Diet.

Over eating and too frequent eating, as well as the taking of rich, complicated and

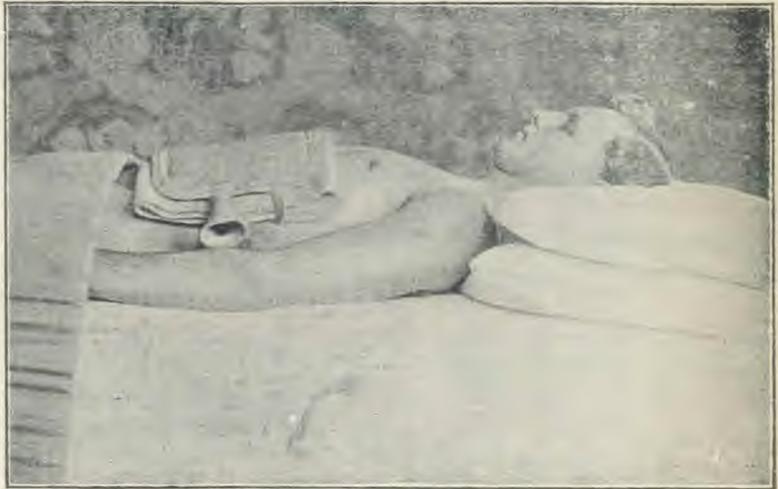
indigestible foods, are by far the most common causes of heartburn and flatulence. A large number of people fail to realize that the stomach is an organ that is capable of abuse and that these and other similar symptoms and disturbances are due directly to maltreatment of the organ. The majority of people who can afford it eat too much, and many people would be far better health wise and fitter for the duties of life if they would cut their ration in half, and not take food more than three times a day. Taking sweets, cakes, pastries, or even fruits or nuts between meals is a pernicious practice which invariably brings punishment sooner or later. Some people even go so far as to think that they must eat if they happen to wake up in the middle of the night. The simpler the cookery and the smaller the variety of foods taken at any one meal, the better chance there is for comfortable and efficient digestion.

When food is taken in too large quantities the stomach contents soon become a sour, decomposing mass which is unfit for assimilation, and the enlarged and weakened organ ultimately gives way to the heavy burden, and a sharp attack of indigestion is the result.

#### What To Do.

The best remedy is to give the stomach, and the liver, too, a vacation by skipping two or three meals and drinking water freely. Hot water, to which a few drops of peppermint or camphor or aromatic spirits of ammonia may be added, should be taken freely for the purpose of flushing the stomach

and bowels and the entire system. Anything from two to five pints may be taken in the course of a day to advantage. A soap enema of from two to three pints at a temperature of from 85° to 90° Fahr. should be given to cleanse the bowels. The application of hot fomentations or the hot water rubber bottle to the stomach will speedily relieve the pain. Gentle abdominal massage by a skilled manipulator is also valuable. A mixture of wheat charcoal with a little sulphur oftentimes affords temporary relief, and the same is true of bismuth solution. It is sometimes an advantage to administer a pint or two of



The Hot Water Bottle Applied to the Stomach.

lukewarm water to which a very little mustard may be added, for the purpose of emptying the stomach and getting rid of the foul mass.

#### The Diet.

After clearing the stomach and bowels and cleansing the system by free water drinking it is a good thing to begin with fruit juices, or such stewed fruits as apples, pears or even fresh fruit including oranges, tangerines, pomelo, grapes, apples, pears, peaches apricots, pineapples, bananas, and indeed almost any ripe, sound fruit that is available. Freshly prepared salads of

water-cress, celery, lettuce, and tomatoes are also in order. Nuts may be taken providing they are thoroughly masticated. Sour milk properly prepared and fresh lactic cheese are always preferable to sweet milk and most milk foods. Indeed, persons suffering from heartburn and flatulence do well to avoid all forms of milk and milk preparations with the exception of buttermilk, soured milk and the freshly prepared lactic cheese. Another article of diet which should also be tabooed is sugar. The same is true of sugary foods, such as sweets, chocolates, jams, marmalades, cakes and pastries. Rich and complicated dishes and all highly seasoned food should be rigidly avoided by those who are seeking to escape from heartburn and flatulence.

#### Two Meals a Day.

There is little doubt but that a large number of people, probably the majority, would get on far better and enjoy a higher degree of health and strength on a spare diet of two meals a day than on the ordinary three or four meal system. A breakfast at from seven to eight o'clock, according to circumstances, consisting of fruit, both fresh and stewed, cereals, bread-stuffs, nuts, and an occasional egg, makes an excellent foundation for the day's work, and if a reasonable time

is taken to eat the meal, and to thoroughly masticate the food there will be little difficulty in digesting it. The second meal might be taken at any time of the day from three, to five o'clock according to convenience and might consist of vegetables, fresh salad, nuts, or some nut food, or nut-roast, or an omelette, and a glass of buttermilk or soured milk for dessert. The simpler the system of cookery, and the more plainly the food is prepared the more easily it is digested, and it is a well-known fact that much work in the kitchen means an over worked stomach.

#### Exercise.

As a rule sedentary people are most prone to heartburn and flatulence. Even though such persons adopt a plain diet on the two meal system they will still be liable to trouble if they do not get a minimum amount of muscular exercise each day. Good digestion is only possible for those who exercise their muscles as well as their brains. A brisk walk for twenty minutes or half an hour, twice a day, will oftentimes suffice, but many people require more muscular labour to produce the best results. That man should earn his food by the sweat of his brow is one of the fundamental laws of Nature, and those who would have least trouble with their internal organs will obey this statute.

## “That Tired Feeling”

THIS is a very common condition. The very name indicates it. It is not only common in the sense that its victims have it often, but in the sense that its victims are numerous.

Almost invariably the cause of this very common, very disabling, and very distressing condition is something in the body itself, something caused by a wrong adjustment,—by wrong habits of living, to speak plainly.

As G. H. E. Starke, of New York City, in a paper read before the Borough of Bronx Medical Society, said, “That tired feeling” can be put down as of five distinct origins.

The most frequently met with is the overacid stomach.

The symptoms of the condition are belching after eating; a feeling of heaviness in the abdomen; flatulence; eructation, or belching of some liquid with or without food; heartburn, relieved only when food is again eaten; being weak and tired, having difficulty in concentrating the mind; suffering from a poor memory, drowsiness, and restless sleep; and awakening unrefreshed. In general, he is dragged out and miserable, knows he is “not right” and lacks much of being in good, efficient condition.

Dr. Starke finds these patients to be suffer

ing from toxemia produced within their own bodies, and states his opinion that what they eat is "not food for their systems, but poison that is paralyzing their muscular and nervous systems." According to the doctor,—

"this entire trouble is one that is acquired either by too fast or by excessive and indiscriminate eating, and it can be relieved only by proper diet, the avoidance of acids, sweets, alcoholics, coffee, and tobacco. If not, often the way for gouty or rheumatic conditions is paved."

Another cause of "that tired feeling" is malaria, which often gets blame for what should in reality be attributed to faulty eating. Malaria, in fact, is not very frequent in the well-settled parts of this country. Other causes of "that tired feeling" are neurasthenia, hookworm disease, and beginning tuberculosis, each of which should have its own individual treatment.

Either of these conditions should be diagnosed by a competent physician. One

who is not living in a state of fair health should learn if possible where the trouble lies and do what he can to remedy it.

Sometimes, as in the cause of hookworm disease, a very simple course of treatment will remove the cause of the trouble, and the patient will immediately begin to show improvement.

In connection with Dr. Starke's views, Dr. Cornwall's suggestions in the *Medical Record* for the reduction of intestinal toxemia are also of interest. He directs, first, to reduce the putrefiable protein to a minimum by limiting the animal protein food almost entirely to milk; second, to keep the intestinal passage acid by the use of lactic cultures (as in the various forms of "ripened" milk or sour milk); third, to reduce the amount of cane-sugar to a minimum, or do without it altogether, because of its tendency to ferment; and fourth, to insure at least one bowel movement daily in order to clear away the putrefying substances.

## Character Formation

In every moment of his life man is the joint product of his inherited tendencies and the adjustment and education or habit of his life.—*Forel, in "Nervous and Mental Hygiene."*

We admire a great personality, and sometimes we wish we might attain to such a character; but such wishes amount to nothing, for, after all, character is but the sum total of one's tendencies—of one's ways of reacting to the circumstances that come to him; and one's tendencies are but the result of his past life.

As Liddon has said: "What we would do on some great occasion will depend on what we already are; and what we are will be the result of previous selfdiscipline."

Like fire, habit is a faithful servant, but a fearfully hard master: and he is wise who forms habits which will be his friends rather than his enemies. As Marden, in "The Making of a Man," says:—

"Habit is practically, for a middle-aged per-

son, fate; for is it not practically certain that what I have done for twenty years, I shall repeat to-day? What are the chances for a man who has been lazy and indolent all his life starting to-morrow morning to be industrious; or if a spendthrift, frugal; if a libertine, virtuous; if a profane and foul-mouthed man, clean and chaste?

"After a man's habits are well set, about all he can do is to sit by and observe which way he is going. Regret it as he may, how helpless is a weak man bound by the mighty cable of habit, twisted from the tiny threads of single acts which he thought were absolutely within his control!"

What the child of five does partly determines what he will do at seven; and the repetition at seven makes it doubly sure that he will do the same things at ten, twelve, twenty-five, and fifty years of age. "As the twig is bent the tree's inclined." What a pity parents can not realize this to the extent that they will give more care to the training of the children in their early years! And

yet the parents do as they do because of their own early training. They allow their children to form haphazard habits because they themselves are the slaves of such habits and find it impossible to get out of the rut.

As Marden says in another place:—

"A man's entire life is spent writing his own biography. Beyond his control is the photograph of the soul, which registers faithfully every act, however small, every sensation, however slight, every impulse, every motive, every aspiration, every ambition, every effort, every stimulus, on the central tissue.

"If a young man neglects his mind and heart, —if he indulges himself in vicious causes and forms habits of inefficiency and slothfulness, — he experiences a loss which no subsequent effort can relieve."

And yet we must not excuse ourselves because we perchance were allowed to form careless or evil habits. For the sake of our children we must arouse, we must force ourselves to action, we must discipline ourselves, so that we may be the better able to discipline and guide the young shoots that depend upon us for their future character.— *Selected.*

## How to Keep Flies Off Edible Articles for Sale

MOST important Municipalities and Cantonnments in India owing to the domestic and carrion fly nuisance have at one time or another considered the important question of making their market or markets "fly proof," and some of them have even gone to the great expense of having had gauze shutters applied to the doors and windows and over other ventilators.

In these so-called "fly-proof" markets owing to a constant stream of people going in and out the gauze doors have been kept more open than shut, with the result that in certain seasons the flies by the hundreds have found their way into the market, and there they have not only multiplied by the thousands, but perhaps have also infected each other and the food supplies with germs of disease. A very big percentage of these flies owing to the gauze shutters over the doors, windows and ventilators have been unable to get out of the market, and the ultimate result is that the number of flies inside the market

is as bad as if the market had not been made so-called "fly-proof."

In spite of good sanitation, it is astonishing how flies during certain months appear by the millions, and the question arises as to how to keep them off the edible articles for sale?

The following method, although not perfect, will greatly help in keeping flies off:—

Supply each vendor with a "fly-proof" safe.

A certain number of flies are bound to get into the safe at the time of taking out or putting back articles, but the vendor should be held responsible for keeping the inside of the safe free of flies. If any flies get in, then he should drive them out by vigorously waving a duster. By this method the chances of flies infecting food stuffs will be reduced to a minimum. The size and shape of the "fly-proof" safe will vary for each kind of article for sale, but the general principle of construction is the same for all articles.—*C. C. Murison, D. P. H. Major I. M. S.*



## An Hour from Sleep Not an Hour Gained

At the present age the process of "speeding up" has been gradual. Thus it is that those who are in the whirlpool are not able to appreciate the breaking strain which is gradually being applied to them. They cannot see that every day life is being lived faster, and is becoming more and more exciting.

Houses are no longer built gradually from foundation up; ten, twenty, and more stories are rapidly elevated by the aid of steam and crane; the roof is often put on before the basement is completed. The speed limit is removed, the old signs "Stop, look, and listen" are removed.

"Among the ancient Greeks there was a running match in which each participant carried a lighted torch. The prize was awarded not to that one who crossed the line first, but to him who crossed the line first with his torch still burning. It is important that we should advance, but the vital thing is not that we should simply get somewhere—anywhere—quickly, but that we should arrive at a definite goal with the torch of good health and safety still ablaze."

With the speeding up comes the call for the "nerviness," and the widespread use of those things which whip up rather than build up the nervous system. The woman shopping must have her afternoon tea; the men find themselves calling for alcoholics and tobacco.

Nature's chief restorative to the overworked human organism is sleep. Like any other machine which is overworked, or too rapidly worked, there is a wearing out and constant breakdown of the whole organism through the increased speed of thought and action.

Sleep is a natural process which is a periodical necessity in order to maintain health. While it lasts there is a stoppage of the voluntary use of mind and body. The involuntary portions of the body obtain rest

by working less actively, the pulse is less frequent, the respiration slower; with less activity there is less breakdown.

Rest is required more so in early life. All children up to the age of six years should be made to lie down for rest in the middle of the day, especially if inclined to be nervous or delicate. The ordinary healthy adult should have six to eight hours' sleep.

Air supplies the oxygen which is necessary to maintain life and build up the body. During sleep—provided the body and extremities are warmly clad, and the sleeper not exposed to direct draughts—cold air and fresh air will do no harm.

By the time we reach sixty we have spent some twenty years—about one third of our lives—in bed. We are particular about retaining healthy positions during two-thirds of our lives—why be negligent about one-third. Many bad positions are formed during sleep. Some assume an attitude which cramps the chest and impairs respiration, thereby doing much harm to health. The shoulders should not be drawn forward, nor the arms folded tightly over the chest. Lie as straight as possible; if the knees are doubled up, circulation in the legs is impeded.

Sleeping on the right side is best, then the stomach can the more readily empty itself.

The inability to sleep may be caused by pain, such as headache, ear, or tooth troubles; or some diseases, as asthma and bronchitis. To produce sleep in these cases means removing the cause of the trouble.

Certain substances in the blood prevent sleep, such as uric acid, tea, and coffee. This makes it necessary for the patient to follow a carefully selected diet, eliminating the use of flesh foods, tea, and coffee. Emotional disturbances, such as worry and grief, are often factors in preventing sleep. With the "speeding up" the most prominent cause of sleeplessness is that of nerve

exhaustion, often called neurasthenia.

#### Treatment for Insomnia

Before retiring the patient should always make an effort to have feet warm and head cool. To obtain this effect the ordinary hot foot-bath is a help. In some cases it is an advantage at the same time to give a set of three fomentations to the spine. It is better for the patient to partake of no food just before going to bed, but a drink of plain, hot water is a help.

Neptune's girdle is an excellent adjunct to a sedative treatment. This consists of an inside part of one thickness of linen or three or four of gauze eight or nine inches wide. This is wrung out almost dry in warm water; over this is placed a dry flannel girdle about twelve inches wide of same length; this should be dry or nearly dry by morning. This treatment is not always a source of comfort to the patient, and if this be so, should be discontinued.

The next best thing is the neutral bath, and it certainly has wonderful power to put people to sleep. I have used it a great many years, and with very great success. The principle on which the neutral bath operates is this: While the person is in the neutral bath, all the external irritants are shut off. The bath is neither hot nor cold—a temperature of 92 to about 96°. At that temperature there is no sensation of heat or cold; there is no stimulation of the nerves; the nerves of the skin absorb water, become water-soaked, and in that way they lose their sensibility. Water is absorbed into the system also to some degree, which aids the kidneys in carrying off the poisons; so this bath really becomes a powerful therapeutic measure.

The best treatment for insomnia is to avoid the causes, and run the race of life sanely. To secure a maintenance of health and efficiency do not take any time from your necessary period of sleep.

F. K.

## The Danger of Amateur Doctoring

CHAS. K. FARRINGTON.

I DECIDED to write this article when a dear friend of mine, a physician of great skill, said to me, "I do wish people would stop advising one another what to take in times of sickness." He further explained that he did not mean in cases of serious illness, for then a doctor is usually called in, but in the common minor disorders which give friends such an opportunity to offer free advice, which, if followed, often proves very costly in the end. Before expressing himself as mentioned above, the doctor told me of the latest case of amateur doctoring he had been called to rectify. Unfortunately, such occurrences were not rare in his experience, and he was moved to speak strongly upon the subject.

After a nerve-racking and prolonged period of time, he had been able to save the life of a patient who, upon the advice of friends, had taken a well-known remedy for

the purpose of curing a cold. The remedy was of unquestioned value in relieving certain disorders, but it was never intended to be taken without a physician's orders and his supervision. The user had no idea of its properties whatsoever, and, thinking to be on the "safe side," took a small amount every hour, hoping thereby to break up the cold safely and surely. Often this method of taking medicines appeals strongly to the amateur, for it seems certain to him that no dangerous results can follow, because of the smallness of the dose. He would fear to take an ordinary amount of the medicine, but feels that a small quantity could not possibly hurt him. The absolute fallacy of such reasoning will be apparent from the results of the case in question. The nature of the remedy used was such that it was not rapidly absorbed by the human system; therefore it was possible to take a dangerous

amount in *small doses* before the effects became noticeable, and that was just what was done in this case. The patient then passed into a state of unconsciousness, and it was only after much skilful treatment on the part of the attending physician that his life was saved.

My doctor told me that it was customary to give a certain amount of this remedy at intervals, but the condition of the patient had to be first taken into consideration, for if the heart's action was poor, or if some of the other organs of the body were in a diseased state, it was sometimes best not to use it. The layman does not consider such matters. He frequently thinks that what will help one case will also aid another. Let me give the following example, which will assist the reader in understanding the matter:—

#### Acute and Chronic Diseases Cannot Always Have the Same Treatment

Two persons come to a doctor's office, both having a form of acute throat trouble. One can be given a local treatment, which the other cannot stand because of a diseased condition of the membrane of the throat *before* the acute trouble attacked it. In one case conditions before the attack were normal; in the other, long-continued *chronic* illness had weakened the throat. But the layman would judge, because each had the *same acute throat trouble*, that the same treatment could be given each. And, as a rule, when he attempts to prescribe medicines, he falls into the same error, and considers that what would aid one case would also help another. Farther on in this article I shall mention other incidents that will enable the reader to understand fully these matters.

#### The Danger of the Indiscriminate Use of Tonics

The "amateur doctor" likes very much to recommend a tonic. He knows of one or more which, by the way, his family physician has used with good results for himself or some member of his family. "Dr. H gave me such a wonderful tonic," you will hear

him say. "It built me up so nicely and quickly, and I am sure it will do you no end of good also. You are undoubtedly, as I was before I took it, a little run down. Get a bottle or two; it costs only ninety cents at B's." Again we have an instance of the absurdity of the reasoning of the amateur. What has caused the patient to whom he has recommended a tonic to need one? Are the conditions the same as in the case of the sufferer for whom the physician ordered the tonic originally? Probably the amateur has never considered these points. People become run down from very different causes, oftentimes from very obscure ones, which the untrained mind would consider similar. And there is another phase of the subject. What size dose is the best? No one but a skilled physician is competent to judge in these matters.

#### How Long a Tonic May Be Safely Used

A tonic is usually considered by the amateur to be used for building up a run-down condition of the system. But few persons not in the medical profession realize that there are tonics which can be used for extended periods of time with safety, and others which should be used for only short periods of treatment. For example, my physician told me that he had just discovered that one of his patients was using a tonic that had been prescribed for him three years before, after an acute bronchial attack. The medicine was excellent for the purpose for which it was given, a quickly acting stimulant for both brain and body having been needed. But in the condition in which the patient was at the present, no active brain and body stimulant was required, but simply a gradual building up of the nervous system. The physician at once ordered the first-mentioned tonic to be discarded, and specified one suitable for periods of time covering many months. Now the name of one of these tonics ended in the letters "phite," the other in "phate,"—not much difference in the name, but a vast difference in the effect;

yet, on account of the apparent similarity of the name, the uninitiated would consider them as about the same. My physician told me that he had patients, men and women working at their daily tasks, who would be seriously affected by an *ordinary* dose of the firstmentioned tonic, because of the stimulus to the brain, while other patients would receive only good results from a similar dose. The reader can easily see from these examples the great danger of attempting to do what one has not been taught to do.

#### Even a Trained Nurse May Not Give Food or Medicine Without a Doctor's Orders

In a well-managed hospital even trained and experienced nurses may not give a patient either food or medicine without the attending physician's orders. It would be well for every reader of this article to remember this. Nurses who have had practical training and large experience cannot take upon themselves in any degree the qualifications of a physician. If they cannot do so, is it reasonable that an amateur should?

## Concerning Sleep

THE food that nourishes us is essential to life, but it is no more essential than the form of rest we call sleep, says the *Youth's Companion*. Sleep is a mysterious thing; very little is really known about the physical processes that cause it. It comes and goes like a rising and falling tide; we abandon ourselves with glad relief to it at the end of the day; it renews our vigour both of mind and of body, and if it fails us for any cause, we speedily fail also in health and strength.

The question is often asked, "How much sleep do I need?" The answer is not simple, for people differ greatly in this respect. Infants should sleep nearly all the time; children need more sleep than adults, and the young need more than the old. There are, however, some aged persons in whom a form of cerebral anemia causes an almost constant drowsiness that doubtless helps to

prolong life. In general, seven hours for men and eight or more for women is a safe allowance.

More important than the exact time you spend in bed is the regularity and soundness of the sleep you get. Many people are astonishingly indifferent to these matters. Young people who wish to enjoy social dissipation until late at night often refer to the case of some famous men who lived for years on four hours' sleep and accomplished marvels, but such young people themselves rarely achieve anything except irritability, bad complexion, and laziness.

It is a wise plan to go to bed at a regular and seasonable hour every night. The bedroom should be dark, quiet, and *flooded* with fresh, outdoor air. The bedclothing should be light in weight, but sufficient to keep the sleeper warm. Never draw the blankets over your head.



# : Mother and Child :

## The Baby

Edythe Stoddard Seymour

### Before the Stork Arrives

#### For Good Health of Mother and Baby

IT is as necessary to have fresh air indoors night and day as it is to have out-of-door exercise when the mother is not too tired. A drive will give rest and air and fresh interests; housework furnishes muscle firming exercise. Rest is necessary when tired; too much work will sap the strength of mother and child, and cause nervousness, as will too much excitement and worry.

All clothing should be comfortable, and supported from the shoulders. There should be no tight bands anywhere; a *Brassiere* (bust supporter) should be worn instead of a corset.

Food should be nourishing and digestible, consisting principally of fruits, cereals, and vegetables, excepting the cabbage family and peas and beans. Avoid much meat or eggs. Some light nourishment should be taken even if the mother is nauseated, unless she is actually vomiting.

#### To Prepare the Lying-In Chamber

Remove all unnecessary articles. Have a bed, couch for nurse, table, wash-stand, bureau, baby basket if desired, low rocker, straight chair. If the room is small, use an adjoining room for some things. Perfect cleanliness of every article prevents danger of infection.

#### For the Bed

For the bed use a rubber or oilcloth sheet, or a thick layer of clean newspapers, with the edges well lapped over; these can later be rolled off to the edge, removed, and burned. Over this tuck in tightly a clean sheet. Put more newspapers or rubber sheeting across the centre of the bed, well over the right

edge; cover with a large clean cloth, or old, soft cloths, which are better. Fasten the corners with safety-pins. Extra pads (a dozen) can be made from clean newspapers, opened in the middle and covered with cloth; sew along the edge with long stitches, and fasten corners well. Have handy changes for the bed, underclothes, gowns, supply of towels, safety-pins, toilet soaps, chamber pot, slobucket, wash-bowl, pitcher, and a good supply of old, soft, clean cloths, or new cheese-cloth that has been washed.

#### For the Baby

There will be needed sweet oil or vaseline to cleanse the baby before washing, and a boracic solution to wash the eyes and mouth. Five cents' worth of boracic acid powder will furnish a fresh solution daily for some time. Dissolve a quarter teaspoonful of the powder in a cup of hot boiled water; use when cold. Dip absorbent cotton or squares of clean cloth into this for the cleaning, keeping such cut and covered. Special soaps should be used for the baby, Castile, boracic, or resinol, at first, and all the time if possible. Have a hot-water bag handy. A large willow clothes-basket can be cushioned for a crib, and made dainty with curtains.

### The Baby's Clothes

#### The Layette

The layette must contain two flannel bands (to be worn until the navel is healed), two little shirts, booties or stockings, two warm petticoats, two dozen diapers, one dozen diaper-sized old, soft cloths for first use, or the same number of cheese-cloth diapers, three dresses, two squares of cloth suitable for head shawls, two blankets or shawls to wrap Baby Bunting in. Night slips, extra

dresses, white petticoats, little jackets, etc., can be added to this list according to the mother's taste and pocketbook.

Baby's first clothes should not be heavy from thick material, length, or ruffles. They should be loose, of simple design, and have flat seams and small flat buttons.

Trim the dresses with a little light lace, drawn-work, hand embroidery, or beading insertion. Three-quarters length is best,—twenty-seven to thirty inches; or short clothes can be used from the first if a blanket is wrapped around the baby.

Petticoats can be made sack-shaped, with sleeves; and if it is not necessary for warmth, use no extra shirt. Trim only with feather-stitching or embroidery.

The one piece style garments for long or short clothes have the sleeves cut in one with the body. This requires less time and material in making; and as there are no shoulder or arm seams, such garments are comfortable.

Never use enough clothes to make baby perspire, for this will cause him to take cold easily; but use enough so that the hands and feet are always warm. Moccasins soon get out of shape, and are readily kicked off. Slippers or soft-soled shoes are best after the dresses are shortened. Kicking is a good exercise, and should not be hampered by the clothing; shorten it early.

For a creeping baby, aprons are preferable to rompers. The hooded cape makes an ideal wrap for the wee baby.

### The Bath

#### The First One

For this, use olive-oil, vaseline, or even lard. Lave the oil over all folds of the flesh, the head, and any spots that seem to need it. If the baby is then rolled in his blanket, with an open space left for breathing, and a hot-water bag laid against him, he can be left several hours if it is not convenient to give the waterbath.

#### The Water-Bath

Have the room warm, and everything ready before starting. Wash the eyes and

mouth with a boracic solution (the doctor usually does this as soon as the baby is born, but do it again). Dip cotton applicator into the solution; hold it close to the eye; hold eyelids open; drip the solution into the eyes; pat the closed lids dry. Wind absorbent cotton around finger to wash the mouth. Dip it in the solution, and cleanse every corner of the mouth carefully. Be gentle, for the lining is very delicate. Keep the baby on the lap, having him well covered excepting the part being bathed. Use plenty of soap, rinse well, and *pat* dry with *soft* towel. Dust talcum powder or cornstarch lightly in folds of flesh and over the navel. Wrap the navel in absorbent cotton or a square of cloth. Wind the band over this firmly enough to hold dressing over the navel, but not tight. Fasten the band, and dress the baby. Then give him to the mother to nurse.

#### The Usual Morning Bath

Continue using the boracic solution for the eyes and mouth for several weeks. Begin at once to use it again if any redness (inflammation) of the lids or eyes appears, or a white spot comes in the mouth which seems like a curd of milk hard to remove. Usually wash the eyes with a clean cloth dipped in a cup of clean, warm water. A half-teaspoonful of salt added to a cup of warm water makes a good mouth wash. Cleanse the entire head before undressing baby, to prevent chilling. After the navel is healed, give baby tub baths. Use soap sparingly, excepting over the buttocks; rinse well. Powder lightly in creases of flesh. Olive-oil is best to cleanse the scalp of scales; leave the oil on awhile, then wash, rinse, and dry. If a circular movement, in about inch circles, is used on the scalp, and the hair left to dry that way, it can be trained curly.

A delicate baby can be made fat with an oil-bath applied every day after the waterbath. For the oil-bath use a tablespoonful of warm olive- or coconut-oil, rubbed in well

with the flat of the fingers over the entire body. Take an upward direction on the limbs and back, and a circular one on the chest. On the abdomen, use the circular movement also, following the direction of the bowels, as

follows: Begin on the left side, going across the lower part, up the right side, crossing above the navel, and going down the left side. This rubbing over the bowels is good for colic, as it will help expel gas.

## Give Your Boys and Girls the Opportunity

BY EMMA L. CLARK

THE little mother, with the red, roughened hands, sat off in a corner at the mothers' meeting, apparently too tired to take any great interest in the entertainment provided. Suddenly, a cheerful-looking mother bore down upon her with a cup of tea and an air that was as uplifting as a summer breeze.

"Drink it, Mrs. Brown; it will refresh you," she said.

"Thank you, Mrs. Lee", the other replied, taking the cup, "and then I must go. The children will be coming home from school and it will soon be time to get supper ready and—"

"And if you would let the children help get it ready, it would relieve you and do them a world of good," Mrs. Lee interrupted with her pleasant smile. "Oh, yes, I mean it, my dear," as Mrs. Brown uttered a faint protest. "You are simply sewing, stitching cooking, washing and ironing your life out for the children. They will not think any more of you for doing it, because you have always let them believe it is their right to expect it, and you will teach them to think less of you as they grow older and realize that you are simply a household drudge, without either ambition or time to enjoy the recreations of life with them."

"But Alice and Jamie are not old enough to help," Mrs. Brown said.

"Alice is a year older than my Mattie. Mattie sets the table, helps to make beds and does numberless little things. Jamie goes to the store, chops wood, helps take care of the furnace, wipes dishes, and he is only a year older than your Jamie. It is all in the way you begin with children. When you

fail to teach them to bear their share of household duties, you encourage them to be selfish, besides depriving them of their right to learn to be useful!"

"I've never thought of it in this way before," Mrs. Brown said humbly.

"It is not too late to change to the better way," Mrs. Lee smiled. "And do it this very day when you reach home."

If Alice was surprised that evening when her mother asked her to help prepare the supper, Mrs. Brown was in turn surprised at the response her daughter made.

"May I really set the table, mother? I'd love to help you, only you've always said I was a bother and you could do it so much quicker yourself."

"I know I have, dear," Mrs. Brown acknowledged. "After this Jamie and you shall help me with the housework, and then there will be time for me to enjoy the pleasure with you."

There were occasions in the days that followed when Jamie and Alice did not respond as readily as might have been wished to the call to help, but they grew fewer as the children realized how nice it was to have their mother free to enjoy a game with them of an evening, or meet them after school and go for a walk, or share in their other childish pleasures. As for their mother, she blessed the frank, kindly spirit of the other mother who had helped her to see and remedy her error, before it was too late.—*The Mother's Magazine.*

"TRUE religion is like pure brass; the harder it is rubbed the brighter it shines."



# Editorial



## The Prevention of Heart Disease

WE scarcely pick up a newspaper but what chronicles the death of some noted person who died of heart disease. Our hospital records show a large death rate due to the disease of the heart. In other words, statistics show a large and alarming increase in the death rate caused by this abnormal condition of the body. This seems contrary to this great age of the prevention of disease in which we are living.

Associations and societies the world over are being formed for the prevention of cancer. Lakhs are being spent every year by each of the civilized nations of the world for the prevention of the "Great White Plague." Although at present we know of no such an organized effort being put forth to check the alarming increase in the mortality due to heart disease, still we believe that the near future will bring us to a time when societies will be organized and money will be spent for such a purpose with the result of a great conservation of life. An organized effort of this kind would educate the laity in the prevention, causes, and early signs of this disease.

There are but few diseases effecting the body that are as favourable to prevention and amenable to proper treatment as heart disease. One can start out early in life with a crippled heart, and by taking proper care of himself and realizing that he has limitations within, which he must keep, will spend as long and a more useful life than he who is free from such disease, but does not properly care for himself. I know men to-day who are doing important work, who have had a faulty heart the greater part of their lives. They are doing this because they are acquainted with their condition, know that there are certain things that they can do and certain

things that they cannot do, and thus they avoid further complications.

Another old custom which I am glad is dying out, is the keeping of a patient ignorant of his condition when he has a faulty heart. I believe that a patient should know that his heart is not as sound as it should be. This will allow the patient to exercise care, and thus lengthen his life of usefulness. Of course, there are exceptions to enlightening a patient in regards to such a malady. A very neurotic person will worry himself to death if he thinks that there is anything wrong with his heart; but the individual with good, common sense and judgment is better off for this knowledge. Even in the case of neurotics, individuals can be made to look upon their condition in a common place way. They can be shown that they are not afflicted with something that is a serious menace to life, and that the finding out of their true condition will only make a change in their habits of life.

Our having only one heart and it being a vital organ makes our attention to prevention of the disease of this organ imperative. We can get along nicely without a part or the whole of the stomach. The work of our body is not hindered if two or three feet of intestine is removed. Damage or disease in one lung or one kidney and other vital organs, is not incompatible with life, as there are two of each of these organs and the functions of the normal one takes on the functions of both of them; neither is the spleen indispensable to life. With the heart it is different. It is a vital organ and there is only one of its kind. Under the circumstances anything that can be done to prevent disease or avoid further complications in disease of the heart will meet with reward.

Anything circulating in the blood that is of a toxic nature as the toxins from the infectious fevers or an excess of food not assimilated by the body, acts as an irritant to the lining and outer covering of the heart, and may cause chronic organic disease of this organ. In the former this is especially true as the inflammation of the lining of the heart extends to the valves of the heart where little growths appear and cause imperfect closure of the valves, thus making what we often have called a leaky valve of the heart. The greatest enemy to the heart in this way among the infectious fevers is acute articular rheumatism. Unless special precautions are taken very few persons who suffer with an attack of rheumatism escape without damage to the heart. Those coming to the physician with heart trouble very often give a history of a former attack of rheumatism. These heart complications can be prevented to a great extent by the proper treatment during the rheumatic attack. The joints should be made immovable, the patient should remain in bed longer and the heart should be closely watched when heart complications threaten. The same amount of care should also be exercised with the other infectious fevers.

Alcohol, tobacco, gout, and overeating cause disease in the heart in the same way that the infectious fevers do by their irritating action. Inasmuch as gout is a disease of disturbed metabolism due to wrong habits of eating, the above class of causes of heart disease can be removed by the avoidance of these pernicious habits, and those things in the diet that tend to bring on disturbed condition of nutrition. Excessive hard muscular work as heavy lifting brings on heart disease by causing a hypertrophy in the heart muscle with a resulting relative insufficiency of the valves of the organ.

Venereal infection in the same manner as the infectious diseases also spend their influence upon the heart. Prevention here, means the leading of a moral life.

The early signs of trouble with the heart

are shortness of breath, swelling of the feet and ankles, pain in the region of the heart, irregular action of the heart, cough, and dizziness. If a person has any one or two of these signs it is not conclusive evidence that he has a failing heart as other conditions will cause these same signs, but it is evidence enough that ought to lead to the advice of a physician. If they turn out to be symptoms pointing to the heart without doubt a proper regulated life will avoid further progress of the disease.

The shortness of breath will first be manifest when extra demand is made upon the breathing apparatus as walking uphill or other increased effort of the body. The cough will be obstinate in spite of having no cold irritating the nose and throat. The palpitation of the heart will be manifest when lying on the left side. The feet and ankles swell often from being on the feet most of the day, and the shoes feel too small. The thumb making steady pressure upon the ankle or shin bone will leave a dent. At first the night's rest causes the swelling to disappear, but later the feet remain swollen, being worse at night than in the morning. In the treatment of heart disease rational methods offer the best means of success. Rest is the first essential. A faulty heart under bodily exercise as walking may be beating 120 times a minute, and the same heart while the patient is lying down would only beat 80 or 90 times a minute. When one considers the amount of work it brings upon the heart at each beat, the saving of 30 or 40 beats a minute saves the heart a great deal of work. While this is true in the majority of cases, still some kinds of heart disease are benefited by a graduated exercise, but we can depend upon it that if exercise increases the distressing symptoms connected with heart disease, it is doing harm. While the patient is resting exercise is given by massage. Massage not only keeps the muscles in trim, but it empties the superfilled blood-vessels, and overcomes the dropsy.

With shortness of breath, elevate shoulders and head. Cold compress to the chest and hot pack to the legs. The pain in the region of the heart can be relieved by very hot fomentations for three minutes, followed by heating compress at 60 degrees, changing every 20 minutes. The elimination is kept free by short electric light baths, and hot blanket packs. The energy of the heart is increased by placing an ice bag over the heart fifteen minutes, three times a day. Also the Naubheim Bath with resistant movements (schott) and the oxygen Bath is used for the same purpose. Tonic measures as hot and cold to the spine, alternate hot and cold showers, and cold towel rubs are valuable adjuncts to the treatment.

A patient is best treated in an institution

where appliances may be had to administer these rational methods, but rest and massage by a masseuse or masseur can be conveniently taken in the home. These with the avoidance of alcohol, tea, tobacco, condiments, a decrease in the fluid intake, the bowels kept free with some of the tonic measures mentioned make a good treatment for this disease in the home.

Medication although beneficial in many cases is not as important as the rational methods just mentioned. The drugs used in varying conditions of heart disease are digitalis, strophanthus, strychnine, caffeine, sodium nitrate, nitro glycerine, and others. If the rationale that we have outlined be used to meet the needs of the individual case, one will rarely have to resort to drugs.

## Diseases and Their Peculiarities

### A Habit Forming Drug

A. B. OLSEN, M. D., D. P. H.

IF beer, wine, whisky, and other alcoholic beverages are not taken as a food, if they are not necessary to life and health, if they do not in any way benefit healthy men or women, then we may well ask, Why are intoxicating drinks used so universally and so freely throughout the civilized world? When athletes and men who wish to excel in health and strength avoid alcohol; when great scholars and literary men find that it does not help them in doing their best work; when business men and employers prefer abstaining workmen; when railway companies discourage the use of alcohol by their employees, and sometimes even forbid it entirely; when leading military men of the army and navy, such as Lord Roberts, Lord Charles Beresford, Gen. Baden Powell, Sir George White, and a host of others, both officers and men, are them-

selves abstainers, and seek to persuade their fellow soldiers and sailors to avoid strong drink; when we have great scientists and doctors of the character of Sir Victor Horsley, Sir Thomas Barlow, Sir Frederick Treves, Sir Alfred Pearce Gould, Prof. G. Sims Woodhead, and others too numerous to mention, earnestly advocating total abstinence; when great judges and lawyers, including the lord chief justice of England, leading civic authorities like Sir Thomas Vezey Strong, late lord mayor of London, and statesmen, such as Mr. Lloyd George and Mr. John Burns, and many others equally famous, recognize the evils associated with the trade, and strongly and earnestly discourage the use of intoxicating drinks, when great leaders of both church and chapel, including the archbishop of Canterbury and Mr. Meyer, take,

if anything, a still stronger stand against the use of all intoxicants; when thinking men and women of all professions and occupations are awakening to the dangers of alcohol, —then we ask again, "Why drink alcohol?"

#### Alcohol as a Narcotic Drug

The answer to this question, at least in the case of the majority of drinkers, is simply this: Alcohol is a narcotic drug, which, by its peculiar effect upon the human system, creates an unnatural appetite, and excites a strong desire for a repetition of the drug, which finally dominates the will-power. In other words, alcohol is related to tobacco, opium, and cocaine, all of them habit forming drugs. Strictly speaking, alcohol is a drug, and only a drug, as far as its effect upon the human body is concerned, and the nervous system and brain are the tissues which are most susceptible to its evil influence. Although it is often called a narcotic stimulant, it is more correct to speak of it as a narcotic drug. The word narcotic is derived from a Greek term which means *torpor*, and it may be defined as a drug that is used to ease pain, benumb the nerves, and produce sleep. This explains the popular notion that the "whisky nightcap" or some other alcoholic drink taken at night, helps to bring on sleep.

Of course there are a few persons who take alcoholic beverages because it is considered the fashion to do so, and they do not wish to be thought odd or peculiar. But it is undoubtedly true that a far larger number, including most of those who style themselves moderate drinkers, take the beverage because the appetite demands it, and they would sorely miss its influence.

#### Habit Drugs

A narcotic drug, whether opium or alcohol, has a double effect upon the brain and nerves, or rather, we may say, there is a direct action, and afterward a reaction. To begin with, the narcotic poison benumbs or paralyzes the nerves which carry the sensations of pain and discomfort, and, as a conse-

quence, gives a temporary sense of well-being, comfort, and more or less exhilaration, and even excitement. The higher controlling nerve centres which are directly concerned with the finer balance of the mind and good judgment, are also benumbed, and to a large extent put out of action. This explains the sense of irresponsibility and unwisdom, not to mention foolishness and silliness, often manifested by those who are under the influence of alcohol. With the temporary loss of these inhibiting and controlling centres there is also a loss of the ordinary responsibilities of life, and for the time being, the more or less intoxicated individual forgets his troubles, distress, and misery, and is prone to excesses and vices of various kinds to which he would never give way if he were in his right mind. He is obviously in an abnormal and morbid state, and it is on account of the perversion of his mind and judgment that he fancies himself very happy and comfortable, while giving way to convivial and carnal pleasures. This is the first stage.

The second stage is quite the reverse of the first, for the passing exhilaration of the spirits, loquacious, noisy, and foolish speech, and a happy-go-lucky, don't-care feeling are soon followed by the narcotic stage, with anxious care, worries, gloomy thoughts, and general mental depression. Now all the old difficulties, troubles, and miseries return multiplied in both form and force, and a state of wretchedness is often reached which is sometimes well-nigh indescribable. Small wonder that the poor victim soon feels a craving for more drink in order again to bury his troubles, and escape from his misery. His aches and pains are also multiplied. He loses his appetite, and loses sleep, and is in no fit state for any sort of work or responsibility.

The brief picture which we have drawn is a lurid one, and only too true of those who have given way to the liquor habit for any considerable time; but it is by no means an extreme picture, for the final bell which is

ultimately reached by the drunkard is delirium tremens, one of the most terrible of all known diseases.

#### The Craving for Drink

All habit-drugs have this in common that they produce in the one who uses them a craving for the narcotic, which craving gradually increases as time goes on. Undoubtedly some persons are far more susceptible than others to this terrible craving, and find it exceedingly difficult, if not impossible, to overcome the craving and conquer the habit. This craving for the drug soon becomes deep-seated, and seems to be a part of the very life of the victim. The appetite for strong drink develops in time into a veritable bondage which can scarcely be shaken off by the most supreme efforts. The man may recognize the evil; he may wish to give up the drink, and determine to do so, but it has got beyond him, and he is no longer his own master. He resolves to shun strong drink, to abstain from it entirely; but how long is he able to keep his pledge? The fact is that in many cases he has become so demoralized both physically and morally by the degrading influence of alcohol that he is utterly unable to withstand the temptation, and nothing short of a mild form of imprisonment under conditions which make it impossible for him to obtain any alcoholic beverage is successful; and even this success is often temporary, lasting only as long as the temptation is removed.

It is well to bear in mind that none of these habit-forming drugs possesses any real curative value in the treatment of disease, and we are glad to know that medical men are using them less and less as they better understand their pernicious effects. A narcotic drug simply gives a sense of relief by paralyzing the nerves of pain, and to continue this relief it is necessary to keep repeating the dose. Many a poor wretch has become the victim of the alcohol habit from having the drug prescribed as a medicine by the attending physician.

#### The Formation of Habit

We are all prone to form habits of various kinds, physical, mental, and moral; and even such a simple thing as walking, which is an art a child must acquire by patient effort, soon becomes a fixed habit, and we come to do it finally in a sort of automatic way without giving it special attention. Just as long as these habits are useful, wholesome, and beneficent, they are desirable and entirely satisfactory. But it is just as easy, and perhaps some would say easier, to form bad habits than good ones. We are all most susceptible to the formation of habit in childhood and youth. Then the living cells, including the nerves and the brain, are in a soft, plastic state and most susceptible to influence of any kind, good or bad. The tender years of childhood and youth are the best time in which to lay a sure foundation for sound health, physical and mental and moral. Then the brain is easily molded for good or ill, and the habits which are fixed in youth are the most difficult of all to overcome in later life. Naturally, in youth, the body and mind are far more susceptible to evil influences of any kind than in adult life, and the habitual use, even in small quantities, of any narcotic poison, whether alcohol, tobacco, or opium, does far more damage than in later life. Both alcohol and tobacco are drugs which stunt the growth of the growing boy, dwarf his intellect, demoralize his morals, and mar his physical, mental, and moral powers for life. Youth is the best time in which to form good habits, and the counsel of Solomon to "train up a child in the way he should go" is particularly sound advice with regard to the formation of habits in youth. The boy who shuns tobacco and alcohol in his teens is far less likely to acquire these habits; for when he arrives at years of discretion, he will understand better the terrible evils which always accompany them.

#### Avoid All Temptations

No one can take too great care to avoid all forms of temptation that would lead to the

use of intoxicating drinks. This is a case when the counsel to "touch not; taste not; handle not," is in order. We think that medical men and women should be particularly careful when prescribing medicines, to avoid as far as possible anything which contains alcohol. Some persons are more susceptible to the influence of narcotic drugs than others, and it is a fact that many medicines contain a large percentage of alcohol, and are consequently not safe, even as medicines, in the case of those who are especially susceptible. We are glad to know that year by year doctors are giving less alcohol, not only in their private practise, but also in the hospitals. The liquor bill of the leading hospitals of London is steadily diminishing year by year,

and at the same time the milk bill is rising and this is as it should be.

Everything possible ought to be done to prevent the formation of the drink habit, the evils of which in demoralizing life, opening the door to disease, bringing bankruptcy and failure, breaking up homes, and sending men and women to the asylum, or even to a suicide's grave, or to some other terrible crime, can never be estimated. Let us bear in mind that the craving for alcohol, as well as for tobacco or for opium, soon becomes a chronic disease, which is always most obstinate to deal with, and in many cases, unfortunately, is quite incurable; and that the only safe and sure remedy is prevention.



## Nut Butter

NUT butter can be easily made in the home, but nearly all the prepared nut foods on sale require expensive machinery and a steam plant to produce, hence cannot be made in the home.

Peanuts and almonds are the nuts most suitable for making nut butter. The other varieties are difficult to blanch, and do not make good butter. Removing the skins from the nuts after they are shelled is called blanching. Peanuts cannot be blanched unless they have been thoroughly heated.

To properly cook peanuts is the essential thing to produce a healthful, palatable nut butter. This can be accomplished if care is exercised. There are three ways of cooking them; namely, baking or roasting, boiling, and steaming. The baking process is the easiest way, but care should be used not

to scorch them. Scorched or burnt peanuts are unfit to use in any form.

Put a layer of peanuts about one-half inch deep in a dripping-pan and place on perforated shelf in a moderate oven. Allow them to bake slowly for about one hour. Cook them until they are a light brown or straw colour. Shake the pan or stir the peanuts every few minutes. When the kernels begin to crack and pop they brown very quickly and should be watched closely.

A splendid way to cook them is to fill a tight-covered dish about two-thirds full, place in the oven, and shake occasionally. When cooked this way, they are not so liable to burn, and they retain their flavour better. When they have cooked sufficiently, spread out at once. When they have become quite cool, blanch as follows: This can be done by rubbing them in the hands, or what is better, a coarse bag, or take a piece of cloth and fold the ends together, forming a bag. Another good device is a screen made of coarse wire. Rub them until

the skins are loose. The chaff can be removed by using a fan or by pouring them from one dish to another where the wind is blowing. Look them over carefully, removing defective nuts and foreign substances.

The next step is to grind them. A cheap grinding mill can be used to advantage.

Always grind freshly cooked nuts, as they do not make good butter when left a day or two after being cooked.

## A System to Follow

ARTHUR C. LOGAN

IN a fruit-packing house a few years ago I chanced to hear a woman remark: "In housekeeping I find the work much easier by having a system to follow."

I wonder how many of those who are trying to keep house realise the force of this simple yet significant statement. A system, or plan, is a necessary business policy in any vocation, and must be followed at all times. Having a system to follow will relieve one of what would otherwise be considered drudgery. Drudgery produces worry, and is sure to lead to slipshod, slack ways, sooner or later.

"Have a system to follow, and follow it." This is only another way of saying, "Have a place for everything, and everything in its place." The writer has seen examples enough to convince him that no person can have a regular system in anything without

first having a place for everything, and everything in its place. In the one case there is precision and satisfaction. In the other case one's experience is like trying to carry water in a leaky bucket.

Many housekeepers are obliged to put up with crude facilities and inconvenient devices, because someone says that is "more economical;" "it costs less" to live in a certain style, or "that costs too much;" so they trudge on as slaves, merely existing, so to speak, because of a lack of what, with a little ingenuity, would often revolutionise things entirely, making home pleasant and life a charm.

System in housework will enable one so to utilise her time as to reduce the amount of energy expended from its maximum to at least its normal quantity, thus preserving strength and vitality.

## A Woman's Best Compliment

THE finest compliment we have ever heard given to a woman was passed by her husband, who said: "We always think of her as a morning-glory, because she looks so bright and cheery and pretty at the breakfast-table." How many breakfast-tables are presided over by women who make an effort to be dainty? And there are a great number who are at once untidy and even uncleanly to look at.

The claim that household duties keep women from looking well in the morning is easily disproved, for in many a household where the lady gives a helping hand in the kitchen a big apron will thoroughly protect her dress; and then, too, cooking, unless one

makes it so, is never dirty work. That woman commits an error who looks uncared for in the morning.

The other woman, who wears any old thing to the breakfast-table, is also making a mistake; for that is the time when the men of the household ought to see a woman at her best, and not specially rely on her appearance in the evening, when the soft and charitable light of the gas will hide many defects.—*Selected.*

BOBBY—"Mamma, I wish I was two kittens."

Mother—"Whatever for, sonny?"

Bobby—"So's I could play together."

# The House We Live In

## Care of the Teeth

BY A. B. OLSEN, M.D., D.P.H.

### Diet and Exercise.

AT least three essentials are necessary for the preservation of the teeth, and these are exercise, cleanliness, and timely and efficient dentistry. Neglect of any one of these essential requirements in the care of the teeth is liable to bring trouble, and usually means decay, dyspepsia, some infectious disease, and early loss of the teeth.

### Exercise of the Teeth.

It is obvious from the form and structure of the teeth that they are intended for the purpose of biting and grinding and thus preparing the food for the further steps of digestion. Physiology teaches us that proper exercise and use of an organ invariably strengthens it and aids its development. Lack of exercise equally means lack of proper development and ultimately enfeeblement, shrinkage and atrophy. The most common and striking example is that of the muscles. Wear an arm in a sling for a few weeks and notice the marked loss of power that the muscles suffer. Use the muscles daily and vigorously and again note their increase in strength, firmness and size.

The teeth were made for chewing and mastication. Composed of the hardest structures found in the body they are eminently fitted for grinding the food and reducing it to a fine, creamy pulp ready for further change by the digestive juices.

### Character of the Food.

In order to give the teeth the proper exercise it is necessary to provide suitable food. Nuts naturally take the premier place as the ideal food for exercising the teeth. Walnuts, brazils, cocoanuts, cashews, peanuts, chestnuts and pine kernels are all most

wholesome, nutritious, and appetizing foods, and, when taken at mealtime and properly masticated, are readily digested. Many fruits are also valuable not only for mastication but equally for cleansing purposes, and it is a good practice to finish a meal with a juicy apple or pear. Figs and dates as well as apples, pears, plums, peaches, apricots, and cherries, require efficient mastication in order to insure complete digestion and assimilation. Breads and all cereal foods afford a varying amount of exercise to the teeth. Bread baked again in the oven in the form of zwieback, or rusks makes an ideal food for those who are inclined to bolt their food without properly chewing it. Such bread should be eaten with soups, vegetables, stewed fruits, puddings and other articles of diet that are likely to escape mastication on account of their soft, pappy nature. There is a marked tendency now-a days to use sloppy foods of one kind or another which can be eaten or drunk in a hurry. While such foods are sometimes necessary for certain invalids, they should be used very sparingly by those in good health who wish to preserve their teeth.

### Abuse of the Teeth.

While speaking of the proper exercise of the teeth it is necessary to pass a word of warning with regard to their abuse. Some people think nothing of cracking nuts with their teeth, such as hazels, walnuts, or even brazils, but such a practice is a great mistake. The teeth are not only hard, but exceedingly brittle and the enamel which covers the surface and protects the softer structure underneath is easily cracked and broken off. Rough usage of the teeth in this way often-times results in exposing one or more of the

teeth to the action of germs, thus bringing on early decay and with it destruction, if the tooth is not promptly attended to by the dentist.

It is also a matter of very considerable importance to avoid the use of very hot or very cold foods or drinks. Alternating between a dish of ice cream and a cup of hot tea has a very detrimental effect upon the enamel of the teeth. Extremes of both heat and cold should be strictly avoided by those who wish to preserve a good set of teeth.

Acids and particularly mineral acids are destructive to the teeth and should be carefully avoided. This does not apply to the mild acids of ordinary fruit, which have a gentle antiseptic influence and help to keep the teeth in a clean, healthy state. Preparations of iron, mercury and other drugs and medicines have injurious effects upon the teeth and are best avoided. In order to keep the teeth in a healthy state it is necessary to make some sacrifice and avoid those things that cause injury.

## Purity of Character

OVER the beauty of the plum and apricot there grows a bloom and beauty more exquisite than the fruit itself—a soft, delicate flush overspreads its blushing cheek. Now, if you strike your hand over that, it is gone for ever: for it never grows but once. The flower that hangs in the morning, impearled with dew, arrayed with jewels—once shake it so that the beads roll off, and you may sprinkle water over it as you please, yet it can never be made again what it was when the dew fell lightly from the heaven! On a frosty morning you may see the panes of glass covered with landscapes, mountains,

lakes, and trees, blended into a beautiful, fantastic picture. Now lay your hand upon the glass, and by the stretch of a finger, or the warmth of the palm, all the delicate tracery will be obliterated. So there is in youth a beauty and purity of character which, when once touched and defiled, can never be restored—a fringe more delicate than frost work, and which, when torn and broken, will never be re-embroidered. Loss of purity and character is a loss that can never be made whole again. Such is the consequence of indiscretion. Its effect cannot be eradicated; it can only be forgiven.—*Selected.*

## How She Removed Wrinkles

A WOMAN, on whose face were appearing the first wrinkles saw an advertisement that for a small sum of money a certain doctor would "absolutely guarantee" to any woman a beautiful new complexion and remove all wrinkles. She sent the money and placed herself under treatment. Of course, it was the old idea of using corrosive sublimate, which, theoretically, eats off the old skin on the face and a new skin forms as the old comes off. But sometimes the "treatment" does not work so simply. This woman found a certain pus forming on her face, and despite the assurance of the "beauty doctor" that it was "all right," and that "at first the treatment worked in that way," she confided

to her husband what she had done. The husband at once summoned two specialists, who promptly discovered that the woman had been poisoned to such an extent that her life was in danger. The doctors immediately set to work, and after three months succeeded in saving the woman's life. But she will be disfigured for life, and to-day she is a wife and mother with the sight of one eye completely gone, and with the sight of the other in permanent danger.

The "beauty doctor," as soon as she saw what had resulted from her "absolute guarantee," closed her office and departed into another city and state, where she once more

(Concluded on Page 120)



### THE TIN-CAN HUMBUG

*Collier's* is rendering the country a distinct and lasting benefit by its exposure of various forms of quackery; and one of the most brazen-faced of these scandalous means of fleecing the people is that called "gas-pipe therapy" by a writer in *LIFE AND HEALTH* some time ago, and "oxyfakery" by Samuel Hopkins Adams in *Collier's* (November 8).

This means of "wo:king" the gullible by the use of big and meaningless words—"dimagnetism," "oxypathy," etc.—has been investigated by Mr. Adams, who even went so far as to purchase one of the "tomato-can outfits" in order to have it dissected. It proved on examination to be "filled with inert substances, wholly impotent to produce any effect upon the human body." Mr. Adams, as a result of his "consultation" with the learned men who constitute the oxypathy staff, and of his examination of the apparatus, concludes:—

"In brief, plain terms, within the limits of judicial fairness and the law of libel, the oxypathor is a fake, pure and simple."

Now here is a chance for these men to get heavy damages—if they have a case they can prove. *Collier's* has money; why do they not bring action and punish this periodical from malicious libel? They could easily do so if they had a case. The fact is they dare not. They have been declared a fraud. At least the oxygenator, a very similar concern and the antecedent of the oxypathor, was shut out of Vermont as a fraud; and it is said that Australia has forbidden the importation of the oxypathor into that country.

What pains us is that persons who are seemingly honest will get back of such miserable frauds as this, and because of the little pittance they get out of it, lend their influence to extend its use in their community. Anything for money.

### SMOKING IN PUBLIC PLACES

THE *London Lancet* in its issue of April 26 has an editorial article entitled "Smoking in the Theatre," from which it seems that the suggestion has been made to permit smoking in the theatre in order to increase the number

of patrons. This, the *Lancet* thinks, would submit the public, "whether they liked it or not, to an atmosphere of burning pipe, cigar, or cigarette, which cannot add to the health of the surroundings." Says the *Lancet*:—

"Scientific evidence is hardly needed to show that to some extent the person breathing a smoke-tainted atmosphere is liable to the same evils as the person who is smoking; for the experience of a non-smoker who has spent an evening in an atmosphere of a smoking concert is often that he sustains a disturbance of health similar to that sometimes complained of by the excessive smoker."

The *Lancet* suggests as a compromise that a certain section of the theatre be reserved for smokers, and so ventilated as to prevent effectually the smoke from annoying the non-smokers. "If this is impracticable," thinks the *Lancet*, "then the prohibition of smoking in theatres seems to us to be reasonable." Most certainly. No one should be allowed to pollute the air of a public place with fumes that are annoying and poisonous to some who have a right to be present.

### PRESCRIPTION FRAUDS

THE Department of Agriculture has sent out a warning against advertisements which state that the man or woman whose name is attached was saved from death or from serious diseases through the wonderful prescription given to him or her by a physician of unusual skill, who will not allow his name to be used because of medical ethics.

The offer is made to supply this prescription without charge, to any one who will address a post-card to the advertiser.

If people would only stop to think, they would realize that no one would pay for such advertising as this in the newspapers without the prospect of getting some return from it.

This "wonderful prescription" contains a number of ordinary ingredients, and then under a technical name calls for a large portion of some patent medicine or proprietary drug. When this prescription is taken to a drug-store, the druggist finds he has to buy some of this patent preparation in order to fill

It. Having to buy a large bottle of it, he must charge the customer a good round price for filling the prescription. The customer gets, in effect, simply a patent medicine, but with the druggist's label and prescription number.

Common sense ought to suggest to any one that these offers of something for nothing in newspapers by persons who have been wonderfully helped, are merely the means of securing the money of the person who answers the advertisement.

## NEWS NOTES

### SOCIETY TO CONTROL CANCER.

AN organization has recently been perfected in New York City for the purpose of combating the increase of malignant disease in the United States. The name selected for the new association is "The American Society for the Control of Cancer."

### INCREASE IN THE USE OF COCAINE.

NORWITHSTANDING the laws forbidding the indiscriminate sale of this drug in America, its use is so rapidly increasing that it now amounts to more than 150,000 ounces a year, more than 400 ounces a day. The alarming increase in the use of habit-forming drugs, despite the State laws, which seem wholly inadequate to cope with the situation, has led some to think the matter must be controlled by federal law.

### LOW DEATH-RATE.

THE total number of deaths returned for the registration area of the United States for the year 1911 was 839,284. The estimated mid-year population of this area was 59,275,977, or 63.1% of the total population of the United States, and the death-rate for the year was 14.2 per 1,000. This is the lowest death-rate ever recorded for the registration area. The preceding death-rates, beginning with year 1900, are: 17.6, 16.5, 15.9, 16.0, 16.5, 16.0, 15.7, 16.0, 14.8, 14.4, 15.0. The average for the five-year period from 1901 to 1905 was 15.9, and for the five-year period from 1906 to 1910 was 15.0. But we have not much to boast of yet, for Australia, since 1891, has had a lower death-rate than our lowest, and at the present time it is 10.4. Other countries with a low death-rate are: New Zealand, 9.7; Great Britain, 13.5; Denmark, 12.9; Norway, 13.5; Ontario, 14; and Sweden, 14.

## A VEGETARIAN COOK BOOK

THERE are enough valuable and practical suggestions of new and tasty dishes to be found in

### "THE VEGETARIAN COOK BOOK"

By E. G. Fulton

to keep you busy for many months testing them and gaining the benefit of the new ideas suggested.

Thousands of families would gladly adopt a more nearly vegetarian diet, if they knew how to do it.

Comparatively few have any idea of the scope of vegetarianism, because they are unacquainted with the simple methods of preparing palatable and nourishing dishes from fruit, nuts, vegetables and grains.

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The work contains 420 pages, is well bound in cloth, and the price is Rs. 3-8. Postage extra.

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The use of the Sapphire not only obviates all bother and renders the reproduction perfectly natural,—doing away with that metallic vibration so inherent in needle machines—but preserves the record for a much longer period.

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### NATIONAL QUARANTINE

ACCORDING to Assistant Surgeon-General Rucker, the United States is the only government in the world that has a complete national quarantine system.

### COMMON HAIR-BRUSH.

THE London *Lancet* calls attention to another "common" article which may be the transmitter of scalp disease, dandruff, and baldness. As is now known, these scalp affections are microbic organisms, and doubtless are transmitted by the use of hair-brushes, combs, and the like in hotels. There are other things that may be transmitted by combs, but they can be remedied. To remedy a diseased scalp is not so easy.

### WHY BREAD BECOMES STALE.

RECENT investigation indicates that bread grows stale as the result of a bacterial process. When bread is stored at a temperature of 50° to 90° C. (122° to 194° F.), it remains fresh indefinitely provided bacterial processes are prevented. When stored at temperatures between freezing and 20° C. (68° F.) it becomes stale. At a very low temperature it remains fresh. The changes in the bread in becoming stale seem to be in the starch, not in the protein. The softening of the crust is due to the absorption of water.

### TOBACCO VERSUS THE BOY.

JUDGE Samuel L. Black, of the juvenile court, at a hearing in the Ohio Senate Chamber, said, among other things: "During four years' experience looking after the so-called 'bad boy,' I am impressed with the fact that there is one thing making and contributing more to the bad boy in the cities of Ohio than all other things combined, and that is the cigarettes. . . . I believe that I am warranted in the statement that cigarettes are making more of the criminals in the State of Ohio than is the saloon. . . . I have no doubt that as between alcohol and cocaine, there is no comparison in results upon the human mind. The same comparison I believe is true, surely so far as my own experience is concerned, in the parallel between whisky and the cigarette; the one can be cured, the other seldom is. Cigarette smoking actually destroys the brain tissue of the growing boy." These are strong words from a man in a position to observe the effects of the cigarette upon a large number of boys, and his words are well worth pondering.

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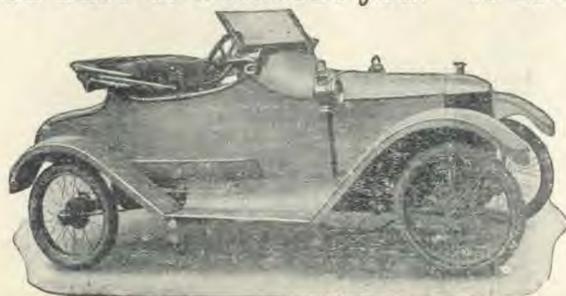
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The term Club-Foot signifies any Deformity of the foot caused by an unnatural contraction of muscle, tendon, fascia or ligament which makes the foot to bend either outward or inward. It may be congenital or first appear after birth.

These cases are generally found among children of 4 to 5 years of age and many have been carelessly neglected by their parents and guardians or in some cases treated unsuccessfully. Consequences are that the unfortunate children's careers become quite useless in after life.

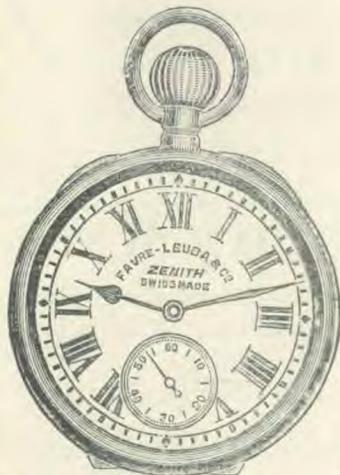
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# Herald of Health,

## The Indian Health Magazine

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REGISTERED, . . . . . No. A. 457

### MILK IN LONDON.

THE health officer of the city of London says that the milk arriving at the railway stations of London has been systematically sampled since 1902, and submitted to bacterial examination. Of all the samples, 20% were dirty, 46.6% "fairly clean," and only 33.3% clean. Tubercle bacilli were present in 6.6% of the samples. That is, only one third of the milk was clean, and out of every sixteen samples, one sample contained tubercle bacilli.

### CURABILITY OF CANCER.

THE *Medical Record* of September 20, says: "A specific cure for cancer has not yet been found,—perhaps it never will be,—but to say that cancer is never cured except by the knife is to assert what is disproved by the experience, not of one man, but of hundreds. The idea of the utter hopelessness of malignant disease is so ingrained in medical consciousness that it tends to kill incentive and to discharge the search for curative measures," which, in our opinion, is pretty near the truth.

### TYPHOID FROM WATERCRESS.

OF forty-three guests at a wedding breakfast in Philadelphia, U. S. A., nineteen ate watercress sandwiches, and eighteen of these were ill a month later with typhoid fever, only two of them being in Philadelphia, the others being scattered in various places along the entire Atlantic coast. Investigation developed the fact that the watercress came from a farm in a very insanitary condition; and in some way, the water in which the cress was grown must have been contaminated with fecal discharges from the family.

### HOW SHE REMOVED WRINKLES

(Concluded from Page 112)

began her advertisements to attract other silly women. But she removed the wrinkles from her victim's face: no doubt of that: also

her eyesight. When a woman goes to a "beauty doctor" to lose her wrinkles, it is only a question what else she is ready to lose with the wrinkles.—*Ladies' Home Journal*.

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