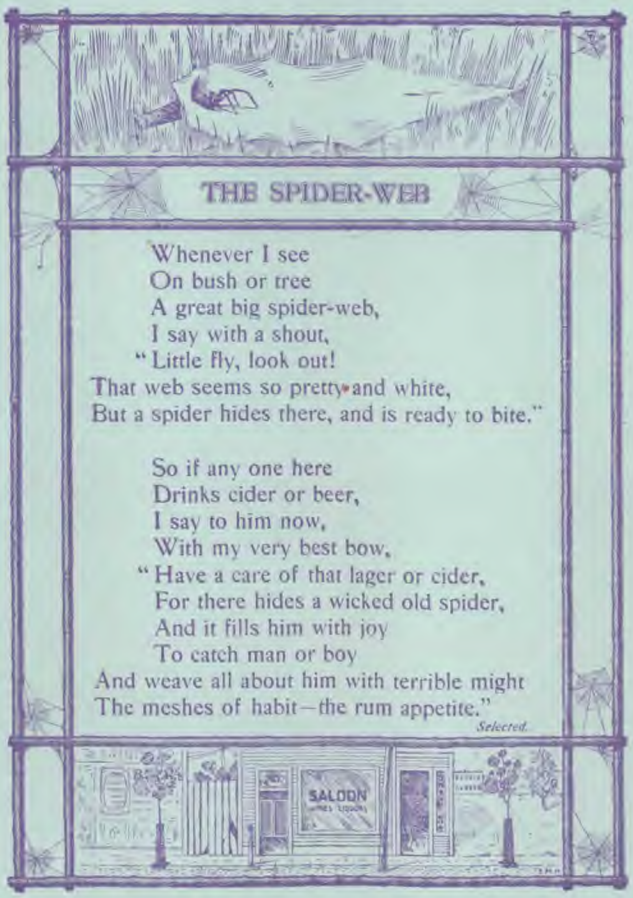
Herald of Health

Vol. 5 Lucknow, U. P., September, 1914 No. 9



THE SPIDER-WEB

Whenever I see
On bush or tree
A great big spider-web,
I say with a shout,
"Little fly, look out!
That web seems so pretty and white,
But a spider hides there, and is ready to bite."

So if any one here
Drinks cider or beer,
I say to him now,
With my very best bow,
"Have a care of that lager or cider,
For there hides a wicked old spider,
And it fills him with joy
To catch man or boy
And weave all about him with terrible might
The meshes of habit—the rum appetite."

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The Indian Health Magazine.

Published Monthly by the International Tract Society,
17, Abbott Road, Lucknow.

V. L. MANN, M. D.
Editor
S. A. WELLMAN,
Associate

TERMS

One year, postpaid, Rs. 2-8. Single copies, of this calendar year, four annas.

CHANGE OF ADDRESS

Notice should be given of both the old and the new address. If for any reason you fail to receive the paper, inform the publishers at once; do not wait several months, then ask for back numbers.

CONTRIBUTIONS

Contributions to the columns of the paper will be accepted subject to the approval of the editor. *Anonymous Contributions* are not accepted

ADVERTISEMENTS

We guarantee the reliability of every advertisement inserted in the *Herald of Health*. We advertise only those things that are in perfect keeping with the principles advocated by the magazine. If after our most thorough investigation an unreliable advertisement gains access to the columns of the journal, we will be glad for any information that will enlighten us regarding the matter. Advertising rates will be sent on request.

VOL. V NO. 9

Contents, September, 1914

Not Worth While.

It isn't worth while to fret, dear,
To walk as behind a hearse;
No matter how vexing things may be,
They easily might be worse;
And the time you spend complaining
And groaning about the load,
Would be better given to going on
And pressing along the road.

I've trodden the hill myself, dear —
'Tis the tripping tongue can preach,
But though silence is sometimes golden, child,
As oft there is grace in speech—
And I see, from my higher level,
'Tis less the path than the pace
That wearies the back, and dims the eye,
And writes the lines on the face.

There are vexing cares enough, dear,
And to spare, when all is told;
And love must mourn its losses,
And the cheek's soft bloom grow old;
But the spell of the craven spirit
Turns blessing into curse,
While the bold hearts meet the trouble
That easily might be worse.

So smile at each disaster,
That will presently waste away,
And believe a bright to-morrow
Will follow the dark to-day.
There's nothing gained by fretting;
Gather your strength anew,
And step by step go onward, dear,
Let the skies be gray or blue.

Mrs. Sangster.

General Articles

The Conservation of Public Health

(Concluded from August)

By A. C. Abbott, M. D., ScD., Dr. P. H.

The advances in knowledge of transmissible disease, including the causes of many, their modes of transmission, the portals through which infection may occur, and the approved means for their isolation and prevention, have forced upon those interested in this phase of our conservation movement responsibilities that cannot be avaded. Our new knowledge justifies the dictum that all diseases that are transmissible are to a large extent preventable. We know transmission occurs through mysterious and elusive agents, but that certainly in most, and probably in all cases, it is the result of particulate living substances being carried in manifold ways from the sick to the well. The importance of this fact is obvious, but its utilization to a particular end means the activities of specially trained men having a very different mental attitude to their problem than that formerly possible. Of all the functions of the many who are concerned in our modern movement for conservation, probably none are being more constantly and vigilantly exercised. Though the end has not by any means been reached, still such results as have been obtained, when contrasted with those of former times, leave no doubt as to the ultimate value of the efforts in reducing transmissible diseases to a point far lower than that now shown by our records.

In the campaign against tuberculosis nothing is more essential than hospitals for the segregation of advanced cases occurring among the ignorant and destitute. In every city are hundreds of such cases serving as foci for the dissemination of the disease. They receive no care, they are not acceptable to general hospitals and, being poor and ignorant, many are left to their own devices, with results that must be manifest to all.

By taking advantage of all available sanitary knowledge it has been demonstrated that enteric fever, one of the most ubiquitous of transmissible diseases, may be pushed almost to the vanishing point from centers in which a few years ago it existed to a disgraceful degree of endemicity.

Diphtheria, of which we know probably more than of any of the other dangerous epidemic diseases, has lost its former terrors. The intelligent use of modern methods has demonstrated our ability to restrict its spread and even to rescue the lives of the majority for whom the infection would otherwise have proved fatal.

Typhus fever, scurvy and dysentery, formerly commonly seen in our jails, asylums and, sometimes, in our hospitals, have become medical curiosities, simply as the result of the enforcement of sanitary rules.

The epidemic occurrence of smallpox is absolutely within our control, providing the community in which we are working is receptive to logical argument.

The contagious diseases of children are no longer viewed with indifference, and their occurrence taken as matter of course. It is believed that they should be limited. It is believed that their spread can be checked, and it is known that the only way to accomplish this result is with the intelligent cooperation of an informed medical and lay public. As information upon all these mat-

ters becomes more and more public property, two results are seen: a willingness to co-operate, because scientific efforts are now understood, and an insistence that such co-operation shall be with officials specially trained in the control of epidemic diseases; that is to say, experts whose opinions carry authority and men in whom the public can feel the fullest confidence.

With the extraordinary development of modern industries there has evolved a problem, not new in kind, but new in magnitude —namely, that having to do with diseases incidental to occupation. Twenty years ago Dr. Ogle, in writing upon the influence of congestion of population and of occupation upon disease, stated: "The more crowded a community the greater, speaking generally, is the amount of abject want, of filth, of crime, of drunkenness and of other excesses; the more keen the competition, the more feverish and exacting the conditions of life; moreover, and perhaps more than all, it is in these crowded communities that almost all of the dangerous and unhealthy industries are carried on. It is not so much the aggregation itself as those other factors which are associated with aggregation that produce the high mortality of our great towns and other thickly populated areas.

Interest in the subject is growing, and doubtless a generation hence we shall find with increased knowledge such a degree of sanitary control of the condition of occupation as may fairly be expected to safeguard the health of the workman.

In the matter of child labour, there is opportunity for important health supervision. It is not the intention to discuss the social, ethical or economic sides of this question, but surely it should be a function of someone in authority to determine the physical fitness of the individual child, be the age what it may, for the work it is trying to do, and to control the sanitary conditions surrounding such labour.

Avoiding tiresome details the purity of food and drugs comprehends the control of the killing of animals, the flesh of which is to be used by man as food; the sanitary control of that most perishable commodity and potentially dangerous food, milk; the supervision of the use of various methods employed in preserving and storing foods with a view of eliminating those that are harmful; a routine inspection of the multiplicity of foodstuffs that lend themselves to adulteration, and a rational standardization of drugs used for the treatment of the sick. The need for it was fully recognized more than a half century ago. We have not reached a point when the last word can be said as to what the limitations of regulations shall be, but we are sufficiently along to justify the prediction that the problem will ultimately be solved in a manner that will safeguard health without seriously violating the equity of either producer or consumer.

Witness the elaborate and scientifically approved methods for the disposal of municipal waste, both solid and fluid—all the outcome of co-ordinated investigations by the engineer and the biologist; follow from their crude beginnings to their present evolution efforts to supply large communities with wholesome drinking water and think for a moment what this has accomplished in the improvement of health wherever advantage has been taken of existing knowledge on the subject. This, too, is the accumulated result of work by both engineer and biologist.

In particular localities our new knowledge not only suggests, but actually demands, the extermination of rodents and of insects and their breeding places as the most important function of those endeavoring to protect health. The construction of the Panama Canal, great as that accomplishment is from an engineering standpoint, was made possible only through our knowledge of the role of mosquitos in causing the spread of malarial and yellow fevers. The failure of the French was due to lack of that knowledge. Long before the canal was begun by American

enterprise, Ross had demonstrated that malarial fever was exclusively a mosquito born infection, and shortly before it was begun that small band of American heroes, with the late Major Walter Reed, of the U. S. Army Medical Corps at its head, had shown that the dread yellow fever of our American tropics was likewise dependent upon the activities of mosquitos for its origin and spread, and with the elimination of the mosquito, the disease would be eliminated. These facts, together with Theobald Smith's work on the protozoal infection of cattle, known as Texas fever; the revelation that the fly is an active carrier of typhoid fever and other infections; that relapsing fever is carried by a tick; that the important agent in the dissemination of bubonic plague is the rat flea; that sleeping sickness is due to the bite of an infected fly, and that certain rodents, notably mice, rats and ground squirrels, are subject to a number of infections common to man, have demanded a knowledge on the part of our officials both of the life and habits of insects as well as of the small animals that may serve as carriers of disease.

In addition to the foregoing, which, I hope, may give some idea of this many-sided problem of health conservation, additional activities are being suggested by newer condition and conceptions. For instance, the public is evidencing a willingness to face and discuss a problem hitherto taboo, namely, that of venereal diseases. That which had been known only to the medical profession for years is to some extent now the property of the layman, and a widespread interest in the movement to check the ravages of this group of infections is well established.

As I have endeavored to intimate, the real, progress in conserving health, and lessening disease, has been observed during about the last thirty years, that is to say, the period in which scientific knowledge on the subject has been fairly satisfactory, though far from complete, and public opinion is being trained to appreciate that a "nation's health is a nation's wealth." Probably no more concrete illustration of this advance can be offered than the decline in the general death rates noted in several of our widely separated largest centres of population. In the past thirty years the death rate of "London has fallen from 20.9 to 14.0 per 1,000 of population; that of Paris from 24.4 to 17.5; that of Vienna from 28.2 to 17, and that of New York City from 27.5 to 17." [Quoted from "The Significance of a Declining Death Rate," by Frederick L. Hoffman, LL. D., Statistician of the Prudential Life Insurance Company.]

As someone has said, and I think correctly, public health is purchasable just as is any other commodity, providing we know definitely what we want and have the money to pay for it. The public is awakening to the necessity of special training for those engaged in this field of endeavour and the ramifications of the problem fully demonstrate the incapacity of the ordinary practicing physician for effective service. The public health question is as much a matter of special training for the medical or layman, as are any of the other special fields of medicine or science. In support of this opinion we find a number of our leading universities offering courses of instruction definitely designed for the needs of those hoping to make a career in public preventive medicine, in sanitary science, or in sanitary engineering. It cannot as yet be said that there is a conspicuous demand for such instruction nor will there be until the public assumes a somewhat different attitude than that at present observable. If the services of competently trained men are to be secured, it must be remembered that time, energy and money have been expended in securing such competency, and that the professional activities of such men are worth much more than the compensations ordinarily given. The position should be such as to attract the highest type of trained sanitarian; the compensation suffi-

cient in amount to justify the demand that his entire time and efforts be devoted to the work for which he is employed; and the tenure of office dependent solely upon the excellence of services rendered and in no way upon the vagaries of political whim.

Misuse of the Refrigerator

W. H. ADDIS

THE uses and possibilities of the refrigerator are not understood by the majority of persons in this country. Most housewives believe that anything that has been kept in the refrigerator is good and wholesome food. This belief exists in spite of the fact that every housekeeper can tell of instances within her own experience where food kept in one of these iceboxes has spoiled, and consequently been thrown away.

Man must take his food before putrefaction has begun. The savage takes it fresh, or else under conditions that admit of little putrefaction.

As men became civilized, one of the first things to which they turned their attention was that of preserving food, or rather of preven ing putrefaction. To begin with, they improved the method of drying meat, by exposing it to the smoke of a fire in place of the rays of the sun. Then the effect of salt was discovered, then that of saltpeter, then that of cold in the form of ice, and finally the effect of cold dry air, which is the highest reached.

The effect of cold on food is to retard putrefaction, or by freezing, to stop it absolutely. But in household refrigerators the food is never frozen. The action of cold in the refrigerator is to delay or retard the process of putrefaction; or in other words, to lengthen the period between death and the time when the food becomes uneatable and poisonous in its effects on the consumer.

The misuse of the refrigerator, to quote the title of this article, lies in the belief that the ice box will prevent putrefaction. Just as long as its owner regards it as a contrivance which will only retard decay she is safe and her refrigerator will do her good service.

Probably not one housekeeper in a hundred and not one servant in a thousand has any idea what is meant by keeping a refrigerator clean. Properly, the refrigerator should be washed out once a week, with hot water in which soda has been dissolved. But merely to wash out the refrigerator is not enough; it must be cleaned. This means that the corners must be scrubbed out, the waste pipe thoroughly cleansed, and the whole thing made as clean as the proverbial new pin. Then, before the ice is put into it, it should be well aired. The solution of soda should be washed out with fresh hot water. This must all be done at least once a week.

An Appeal to Young Men

Do You Know That Tobacco Makes Men Less Manly?

It hinders the development of the body.

This has been testified to by physical directors of universities, such as Drs. Seaver and Anderson, of Yale, and Dr. Hitchcock, of Amherst, and Dr. Meylin, of Columbia, as a result of repeated careful measurements, both of those who used and of those who did not use tobacco.

It retards development of the mind.

Dr. Hitchcock said: "Out of our highest-scholarship men, only a small percentage (about five) use tobacco, while of the men who do not get appointments, over sixty per cent are tobacco users." Teachers and principals of high schools and directors of gymnasiums testify that the use of tobacco dulls the intellect of boys.

It lessens the moral power of boys.

Dr. Coffin, of the Whittier Reform School, some years ago said; "Of the seventeen hundred and more boys who have been and now are inmates of this institution, ninety-eight per cent. were cigarette smokers, and fully ninety-five per cent were cigarette fiends. . . . We can generally tell when there is a supply of tobacco in the school by the conduct of the boys themselves, and by the poor work they do in the schoolroom. The same condition is found in other reform schools. Where can you show a young criminal who is not a user of tobacco?"

It makes a slave of a boy, so that, whether he will or not, he has to use it. What is first a luxury becomes a necessity.

I will not dwell on the expensiveness of the tobacco habit,—how one man by doing without it, in sixty-one years saved nearly one hundred nineteen thousand dollars, a neat fortune, even in these days of large fortunes; nor on the diseases—cancer, blindness, deafness, heart-disease, and dyspepsia—which are directly caused by tobacco using; nor on the filthiness of the habit,—how it saturates the clothing with an odour sickening to clean people; nor on the extremely poisonous nature of nicotin—so violent that a drop or two on the tongue will kill a cat,—you have already heard all that.

I appeal to you on your own manhood. Most boys begin using tobacco because it seems manly to do so: If they fully realized that it dwarfs the body, benumbs the brain, and weakens the character, they would never take up the habit, even though this damage might be comparatively small.

You will be larger, more efficient, and more brainy, you will have better health, and will be more trustworthy, if you do not use it. Is that not enough? Your work will be in better demand; for corporations are beginning to appreciate the value of clear intellects, and to discriminate against tobacco users.

Why become a slave to a habit that can never do you any good, and can do you great harm?—*Life and Health.*

More Consumption Cures

By Arthur J. Cramp, M. D.

Tuberculozyne

A humbug of wide distribution known as Tuberculozyne, is sold by one Derk P. Yonkerman, a Michigan horse doctor. This nostrum is advertised on both sides of the Atlantic, and the claims made for it in Great Britain are even more mendacious than those used in America—thanks to the federal Food and Drugs Act and the "fraud order" power exercised by the American postoffice. Tuberculozyne has been analyzed by both United States and Australian officials, and also by the British Medical Association. The stuff consists of two liquids, No. 1 and No. 2, which are red and brown, respectively. From the results of their examination, the British chemists reported that the following formulas give the same liquids as No. 1 and No. 2:—

NO. 1: RED LIQUID

Potassium bromid	3.4 parts
Glycerin	12.0 parts
Oil of cassia	0.1 part
Tincture of capsicum	0.17 part
Cochineal coloring	q. s.
Caustic soda	0.06 part
Water to	100 fluid parts

NO. 2: BROWN LIQUID

Glycerin	18.0 parts
Essential oil of almond	0.1 part
Burnt sugar	q. s.
Water to	100 fluid parts

It was estimated that the cost of the ingredients for No. 1 and No. 2 together is five cents. It is sold for Rs. 30.

Aicsol

Aicsol (Lloyd) was orignally sold to physicians under the names "Lloyd's Specific" and "Antiphthisis (Lloyd)." The nostrum

is now advertised in the newspapers, and the testimonials that were obtained from uncritical physicians in the earlier stage of its exploitation are used in order to sell the worthless remedy to unfortunate consumptives. As a supplementary method of impressing the non-medical mind, the concern that sells Aicsol reproduces in its advertising what is claimed to be a "diploma of merit" issued by the "Society of Science, Letters, and Art," of London, England. As a matter of fact, this so-called society does a thriving business selling "diplomas" at five dollars each, and they are apparently much sought after by American patent-medicine fakers.

Lung Germine

The comparatively small town of Jackson, Mich., is noted in the world of quackery for the number of medical frauds that it harbours. In addition to many humbugs of a general medical nature, it is the home of two extensively advertised "consumption cures"—Lung Germine and the J. Lawrence Hill Cure.

The former is sold under a guaranty which, while it may be legally valid, is actually worthless. The Lung Germine Company guarantees to return the cost of the "first month's treatment" if "no benefit or favourable changes are made in the patient's condition during that time." The last three words practically relieve the Lung Germine Company from any actual responsibility. From what has already been said, it is easy to see that there is not one consumptive in a thousand but would really believe that he had been benefited during the first few days of the "treatment." As, by rules of the "guaranty," he has to report no less than four times during the first month, it is quite evident that the company will be likely to get, in black and white, a statement to the effect that some improvement has been experienced. And that lets the company out! One could dispense coloured hydrant water as a cure for consumption on the same guaranty, and never have to refund any money.

This concern also sends out to its victims, prospective or actual, a Monthly Bulletin. It is filled with testimonials from patients *who have just begun treatment.* In fact, it is stated that "the *Bulletin* does not publish letters or reports from cured patients." The reason is fairly evident. A few of the poor dupes whose letters were published a year or two ago, and whose cases were investigated, were found to have gone the way of all consumptives who rely on "cures." Lung Germine was analyzed by the chemists of the American Medical Association, who reported that its approximate composition was as follows:—

Alcohol	44%
Sulphuric acid	4%
Water	52%

A two-ounce bottle of this mixture sells for fifteen rupees which is at the rate of one hundred and twenty five rupees a pint.

The J. Lawrence Hill Cure

The other "consumption cure" in Jackson, Mich., is sold by a company having the corporate name, J. Lawrence Hill, A. M., M. D. The individual whose name is used by the company owns only a small fraction of the stock. The methods of the company are, in general, those of other "consumption cure" fakes. Advertisements, "follow up" letters, trial treatments, and testimonials—all are used in turn to get the hopeful but gullible

sufferer to gamble with Death against "stacked cards."

This "cure," while more elaborate than Lung Germine, is equally worthless. It consists of a "plasma," some globules, "systematic wafers," laxative tablets, and "ozonol." Examination indicated that the "plasma" was essentially tallow and oil of wintergreen; the globules contained what was apparently guaiacol in some bland oil in which floated a pill of iron, quinine, and strychnine; the systematic wafers were, so far as was determined, only milk-sugar; the laxative tablets were essentially starch and aloes; while the "ozonol," whose vapour was to be sniffed up the nostrils, appeared to be a mixture of aromatic oils, such as sassafras, peppermint, and eucalyptus. A "treatment" costs ten dollars.

Of course rubbing wintergreen on the chest will not cure consumption, even when supplemented with sugar tablets taken internally, and oil of peppermint or sassafras sniffed up the nostrils. In fact, the preparations sent out by this concern, either singly or in combination, will not and can not cure consumption in any stage of the disease; and when the tuberculous are led, either directly or by implication, to believe that they will, a cruel and heartless fraud is perpetrated.

Typical Frauds

The examples given are but a drop in the bucket of this branch of quackery. But they are typical. With all "consumption cures" founded on fraud, and flourishing on fear, the ever-hopeful but susceptible consumptive is depleted in purse, and robbed of his chance of life. But what recks the "consumptive cure" company—it is good business! The desperately ill are first deceived and ultimately destroyed to pay dividends on corporate quackery.

The Remedy

And the remedy? There is but one, only one—education. All other methods of dealing with the evil are makeshifts.

As long as credulity lives, the "consumption cure" will thrive. Let the public once realize the limitations of drug therapy, and, conversely, understand its possibilities, and the consumption cure quack will find his occupation gone. Let the old superstition that for every ailment there is a "specific," be swept away, and a great step in advance will have been made, and, incidentally, a a wonderful saving in human life will have been accomplished.

On the other hand, let us not rush to the other extreme. Properly used, under the supervision of those who have made a study of their use and physiologic action, medicine is the crutch that helps the halting organism to help itself. A crutch will not cure lameness; but that is no reason for refusing to use it.

In closing, let it be reiterated: There is no medicine known that will cure tuberculosis, and those who patronize the firms or individuals who advertise to cure this disease, not only squander their money, but throw away vitally valuable time. Every "consumptive cure" is worthless, and, potentially, dangerous.

Nettlerash

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

HIVES, nettlerash or urticaria is an inflammatory disorder of the skin which is characterized by an eruption of raised spots known as wheals of varying size and form. These spots or elevations usually have a pale or whitish centre with a red or pink border. The wheals are firm to the touch and rather sharply circumscribed, irregular in shape and unsymmetrical. Another cardinal symptom of nettlerash is an itching which accompanies the rash and which is often very intense and almost unbearable. The spots are prone to come and go suddenly and may last for a few minutes or for hours. Nettlerash is usually an acute affection which only lasts for a few minutes, a few hours, or a few days. In the latter case, as the spots disappear, other spots follow until the rash diappears entirely. Any part of the skin may be affected, but as a rule the face is most susceptible. The internal skin, known as the mucous membrane, which lines the mouth and other cavities, is also subjected to hives, although more rarely. The wheal is really a limited or local swelling of the skin due to some irritation which causes a fluid known as serum to be poured out from the blood vessels into the skin. As the swelling or oedema subsides the serum is absorbed and the rash disappears.

Some people known as "urticarial subjects" are peculiarly susceptible to nettlerash and the mere tracing of a pencil or finger nail across the skin is sufficient to leave a mark behind. In these cases it is possible to write upon the skin by tracing with a blunt instrument, and in a few moments the words or marks traced stand out in bold relief. Such writing is known as *dermographia* or skin writing.

Causes

Nettlerash is due directly to some irritation of the skin and the irritation may come from within, as in the case of irritating drinks; or from without, as in the case of the sting of a wasp or the friction of rough clothing on a warm day.

In a large majority of cases hives are due to some disturbance in the alimentary canal caused by errors of diet or the presence of intestinal parasites or some form of auto-intoxication or self-poisoning. There are a large number of articles of diet which are liable to cause hives, such as lobsters, crabs, mussels, winkles, and indeed practically all forms of shell fish; pork, sausages, tinned and potted meats, tinned salmon and other tinned fish. There is every evidence to show that animal flesh in one form or another is the most common cause of nettlerash. It is true that mushrooms occasionally cause hives and the same may be said of strawberries, but with these and possibly one or two other exceptions vegetable foods are rarely ever accountable for an attack.

There is a long list of drugs which more or less frequently give rise to nettlerash and among these are quinine, morphine, turpentine, bromides, iodides, salicylic acid, copaiba, cubebs and chloral. This is a matter which a doctor always has to take into consideration when prescribing drugs and it is an excellent precaution in every case of hives to enquire whether the patient is taking drugs, and if so, what?

There are certain diseases which are either accompanied occasionally by hives or render the patient extremely susceptible to an attack without any other obvious cause. Patients suffering with gout, rheumatism, neuritis, tonsilitis, asthma and various forms of dyspepsia and indigestion are particularly liable to hives.

External irritation may be caused by the stings of bees, wasps, hornets, mosquitoes, and various other gnats; or by the bites of flies, bed-bugs and many other bugs and insects.

There are certain plants such as the nettle

which, when brought in contact with the skin, set up an acute irritation and bring on an attack of nettlerash, hence the name. The contact of the skin with jellyfish and certain caterpillars causes hives. Then there are various forms of mechanical irritation, mild and severe, such as the pressure or friction of rough underclothing, stays, braces, elastic bands and buttons. Certain dyes which are not fast may set up a chemical irritation and cause nettlerash, and then we must not forget dirt and dust, which are always irritating especially to tender, sensitive skins on a warm day.

The Treatment

It is most essential to search for the cause of the rash, which is by no means always obvious and sometimes is extremely difficult, if not impossible, to ascertain. Finding the cause, the next step is to remove it. After having considered the various external causes that may have produced the attack and failed to find the source of irritation, it is well to turn to the diet and drink. If the rash is of very recent appearance or just coming out, and if there is the slightest suspicion as to the nature of the last meal, give an emetic of lukewarm water, with or without the addition of a little mustard, and empty the stomach, or if necessary use the stomach pump. After emptying the stomach give a mild laxative such as a dose of salts, and follow with a full cleansing enema. At the same time give the patient two or three pints of water to drink. The emptying and cleansing of the alimentary canal rarely fails to bring relief if the irritation comes from within. It is well to skip a meal or two and then to adopt a most plain simple diet, avoiding all rich and more or less highly seasoned foods. In very obstinate cases a milk diet for a few days is an advantage, or better still a diet of two or three pints of Metchnikoff soured milk with nothing else save a little bread in the form of zwieback.

To relieve the irritation of the skin apply some antipruritic lotion such as two or three drams of carbolic acid to a pint of water, or about a half dram of ordinary washing soda to a pint of water. Ten grains of menthol to one ounce of water is another useful lotion and the same is true of a saturated solution of benzoic acid. When the rash is freely distributed over the body, an alkaline bath using about half a pound of washing soda to a full bath makes a very soothing application. The temperature of the water should be about 90° or 92° Fahr. and the patient should remain in from ten to fifteen minutes and then be dried gently by a smooth towel or sheet pressed against the skin, taking care to avoid friction.

A large number of ointments are recommended for hives. In many cases plain vaseline is a valuable application. Ointments of lanolin or zinc are useful and carbolized vaseline is also recommended.

The internal administration of drugs and medicines is of little if any value and oftentimes is liable to aggravate the mischief.

Chronic Nettlerash.

It is a much more difficult problem to deal with chronic nettlerash which may run on for weeks or even months and more rarely a year or more. The chief difficulty in these cases is to ascertain the cause, but until this is done it is well nigh impossible to get rid of the eruption permanently. Careful hygienic measures, frequent bathing, and adoption of a plain non-irritating and non-stimulating dietary with but few varieties of food at the same meal and with never more than three meals a day; an abundance of fresh air, an out-door life, and indeed all the measuree that would lead to improvement of the general health—these are the measures that are most likely to bring good results. It is obvious that drugs are of very doubtful value in these cases, and lotions and ointments are merely useful for allaying the irritation as they are rarely responsible for anything like a cure. It is a noticeable fact that most of these chronic cases are associated with some disturbance of the alimentary canal and therefore both diet and drink should be scrutinized most carefully.

: Mother and Child :

Immodest Feminine Dress

FEMININE dress is receiving a great deal of attention in the public press just at present, and there seems to be a growing sentiment that certain reforms are urgently needed if the truest ideals of modest womanhood are to be preserved. The subject falls well within the scope of a scientific medical journal, since there can be no question but that human apparel—of the female particularly—reflects to a marked degree the manners and morals of people, as well as of periods.

Clothing and dress have always exerted a a potential influence on the problems of every-day life. Primarily evolved by the urge of physical necessity,—the need of protection from cold, wet, or the heat of the summer sun,—gradually mankind and womankind found that dress afforded opportunities for many things besides the mere attainment of physical comfort. Other emotions and desires soon made themselves felt, and so human clothing has long been representative not only of the physical needs, but also of the moral and mental views of every race.

Grave Tendencies

It is the truth of this that makes certain tendencies in the dress of the American girl and woman matters of serious moment to the thoughtful analyst of human manners and customs. To the human female, dress has ever had its value as a means of attracting masculine attention and stimulating masculine interest and desire. As a detail or factor in sexual attraction, it has served a more or less useful purpose.

As long as this role of dress has been subordinate to good taste and modesty, no criticism has been warranted, nor could a word of condemnation be uttered. But alas! the features of female dress which have served a legitimate purpose as long as they have not transgressed the bounds of decency and modesty, have for some time been tending to an accentuation and exaggeration of certain details of the female anatomy that are disgusting to every decent instinct.

Styles and modes which are designed for no other purpose than to arouse sexual passion are to be condemned as absolutely out of place in the dress of pureminded, modest girls and women. They are a pitfall and a menace to the innocent and virtuous female, and as such are intolerable for our daughters, sisters, and womankind in general.

The hobble skirt and its congeners have no artistic charm. One has only to stand on a main thoroughfare in any large city to recognize the evils presented by these monstrosities of modern feminine apparel. The way that hips, thighs, breasts, and other portions of the anatomy are exposed and exaggerated is a sad commentary on the morals and mental processes of the future mothers of the race.

A Loss of Moral Sense

The more the situation is studied, the more bewildered one is apt to become. Surely, it can not be that our girls and young women are losing their moral sense or lowering their standards of virtue?—No, it is not this—yet. At present, the disgusting and depraved methods and styles of dress that are so deserving of criticism are attributable solely to a desire that so many young girls and women have of being modern and up to date, to be just a little more daring or *risquee* than their associates, and to win the reputation of being stylish dressers. Thoughtlessly they adopt extremes, and give no consideration to the spectacles or freaks they become, or the concession they make to good taste and conscientious scruples.

This is the explanation for the great majority of the girls and young women who dress themselves in the most vulgar manner with utter disregard of all modesty or maidenly reserve. They do not realize the dangers they are surely fostering, or the terrible menace that they are bringing closer and closer to their daily lives.

The great evils of present day styles of feminine dress are, therefore, the wrong impression they give of good, pure girls, the invitation they cause innocent women to offer to insult and attack, and finally their indisputable tendency to lower or destroy ideals of womanly modesty and self-respect, which, after all, are just about the best armor that virtue and chastity ever had or ever will have.

What an illustration of the irony of fate it will be if modern woman, in her frenzied effort to win favour in the eyes of the male sex, adopts the latest and most brazen styles only to find that she has sacrified the qualities of modesty and reticence that alone can make her attractive to the men worth while! —*American Medicine.*

Helping Children to Give

BY ANNA BURNHAM BRYANT

GETTING is a necessary preliminary to giving, and the ways of getting money for this purpose are not always free from objection. It remains either to earn or to save, and a good many children have no allowance, and very little income of any sort from which to save up missionary or "charity" money.

It is never hard to implant the desire to give. The impulse to generosity is an attribute of lovable childhood, but it usually exists quite apart from any thought of self-denial, and often apart from anything like persevering effort toward helpfulness. It is an impulse merely, and needs cultivation, like other childish germ virtues. How to do this in the best way is one of the mother's greatest problems.

A minister on his way to the morning service was spied by one of the little girls of the parish, who skipped up to him and put her tiny hand confidingly in his, as she held up to him a little bead purse.

"Look!" she cried, opening the clasp to show a shining silver dollar. "It's all mine —my *earnted* mouey! Isn't it a lot for the poor little children you told us about?"

He praised and inquired about it, and she, with great pride, told him how she had "earned it with chickens."

"But we never, never could," she added, honestly, "only mother helped us. She did the thinking part, and we did the work. Some day, she says, we can do the whole of it."

In this little story lies the whole theory of helping children to give worthily. They need somebody to help do the thinking for them. Preferably, the work should be of some productive sort—a pansybed; chicken or rabbit raising, if they incline to it; something which has outdoor interest and pleasure connected with it. There are two opinions in regard to allowing children to take pay for running errands for the home folks or for neighbours. I know more than one child who would indignantly resent offered pay for doing such favours. Personally, I should encourage that view of it. But there are a hundred ways in which children may really earn money to carry out their own generous impulses without depending on father or mother or friends for the wherewithal.

A little thought will convince any one that it is the way of self-respect and real benevolence. Instead of talking much about the duty or delight of giving, I should take both for granted and try to suggest ways in which the kind thought might be carried out. Practical help is best given by suggestion, letting the child work out the details, rather than providing for all difficulties.

Ways in which children may make money are so numerous that one need not catalogue them, but a few groups may be mentioned. Raising birds or animals is one of the first choices. Children love to care for them, and such work usually becomes a pleasant hobby. Chickens, lambs, rabbits—all such little creatures, the care of which teaches so many good lessons, apart from any thought of profit; raising of fruits or vegetables; sewing for girls, whittling for boys; flower-gathering or herb-gathering for either, all of these are practical. Let a child give of his own money which he has earned, and the spirit behind the gift will mean something, both to himself and to the recipient of his gift.—*Mother's Magazine.*

Safeguarding the Girls

To many girls the conventionalities that rule in good society, when stated in plain terms, seem to be nothing but a series of meaningless "Must nots." The girls cannot see why bars should be put up against having "a good time" so long as they mean to do right. The secret of the matter is, of course, the ignorance of the dangers beyond. In her innocent ignorance, she is very prone to think that she can take care of herself.

Nevertheless, every thoughtful mother knows that bars must be put up, and that girls must be kept from jumping over. If the mother thinks far enough she knows that the best way is to help her girls understand the reasons for setting limits, so that they will not want to jump over.

One of the surest safeguards, one that makes for instinctive self-protection, is training a girl to be dainty in her personal habits and refined in tastes, so that she is repelled by the coarse laugh, by unseemly conduct and talk, by familiarities offered by men or boys not of her own immediate family. Said a woman of note now past middle age, in speaking of herself and sister, "We were phenomenally ignorant of some things, but our girlhood days were as safe as if we had been under military escort. I can see now that in large measure this safety was due to the fact that we were so carefully trained that we could not be influenced by what touched upon the low and vulgar."

Another safeguard for girls lies in teaching them that one need no do what she knows is not "nice," because others do; that the fact of her knowledge of right is her law; that being fashionable cannot in any wise make right what is really fundamentally wrong.

Mothers naturally shrink from telling their young daughters about the evil there is in the world. Yet it is to be remembered that girls cannot be kept from knowing about evil unless they are put into solitary confinement. Much as a mother may shrink before the fact, there are always coming times when a child has to take advanced life lessons, and mother is a better teacher than any other. The best way is to face that situation with love's courage. If the truth of the matter is wisely and kindly put, knowing why bars are up can help the girl to obey the law under the guidance both of reason and of conscience. Moreover, she will in many circumstances understand what she ought to do, as she would not if she were taught only a list of "musts" and "must nots."

One good point to bring to the surface right at the beginning is that all of a girl's older friends, all good people, like to protect her from harm, even from seeming to do what is unwise. Hence, conventionalities have taken form, just as have table manners, or business etiquette, and are upheld by all who know the ways of the world.

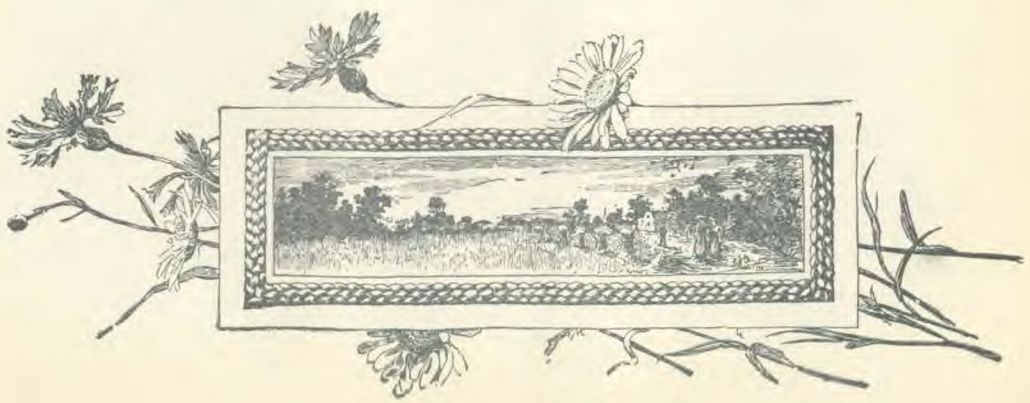
Right here, too, one may show that the chaperon custom is not meant to be a restraint, but that it leaves the girl free to have a good time and yet be free from dangers both physical and moral that can and do often arise wholly unexpectedly. It will be a rare case if mother cannot tell her daughters a story or two out of her own memory

store to show that innocent girls, well meaning girls, have gone out from home alone or with their young mates and have met serious trouble from which an older and wiser person could easily have defended them.

If we teach the girl that she must not allow young men to be too familiar, it is only fair to tell her that this is dangerous ground for the young, that it can mean far more than it seems to mean, that the way of sure safety is to avoid the habit entirely. Also, mother may tell her that impure young men noting her carelessness are almost sure to think they may take liberties. One may tell her daughters pretty plainly that evil minded persons often seek to mislead a girl and entice her into vile places from which it is not easy to escape, and from which it is impossible to come unharmed. She can be taught that if she never allows herself to speak to strange men, or even to women of whose standing she cannot be sure, she cannot be entrapped as too many girls are. She may know that if she keeps within bounds in regard to being out alone in the evening or with a girl companion only, she will not offer to the suspicious any reason for mistaking her character, hence will save herself some unpleasant and dangerous experiences.

A girl may be taught that while loud laughing and talking may be innocent enough when she is at home or among her own neighbours and friends, it is a very different thing when she is in a public place. Some one is sure to be within hearing in a mixed crowd who is ready to mistake the best of girls, may even set a whisper afloat, perhaps do something that attracts attention to her though she is as innocent as she can be. She may know, also, that after making such a break, it is difficult to set one's self entirely right before strangers.

With all the teaching of this kind the girl needs to be helped to feel in the bottom of her heart that mother is simply trying to show her how to take good care of her precious, well-meaning self, so that she may be as free as possible, yet be always safe in her goings and comings, in her business life and in her pleasure-seeking. Help her to feel that her own innocence, an unblemished record, is a highly valuable possession.—*Jeannette N. Phillips, Ph. B.*



Editorial

The Cocaine Habit in India

Although the Indian has been accustomed to the use of habit forming drugs indigenous to the country, cocaine which is now used to a great extent for this purpose is an imported drug. The Cocaine habit, like any other evil, has spread like wildfire throughout India. It is a sad fact, nevertheless true, that the tendency is for the Indian to adopt all that is degenerative in western civilization, but to overlook that which would place him upon a higher plane of human existence. However, this is not only true of the Indian, but the predominating tendency of all mankind is to select evil and reject good. The result to the Indian is that he not only has to suffer the outrages of evil practices that have accumulated within the country for ages, but also those that have been introduced from without.

To supply the demand for cocaine in India it has to be smuggled in, as the government is opposed to the practice. It is doing all that is in its power to check the sale of illicit cocaine. This work is organized under the Excise Department which keeps a vigilant eye on the drugs imported into India. It is so strict in this matter that it is even difficult at times for a physician to get a little cocaine for medicinal purposes. Yet in spite of this strict vigilance there is constant smuggling going on.

The cocaine user in India is found among all classes, rich and poor, educated and ignorant. Women are connected more with the sale of the drug than they are in its use. Among the poor, the user and the vendor have pass-words which enable the vendor's presence to be known to those who use and buy the drug. The well-to do classes are enabled to get their drug under somewhat easier and more secret conditions. The local police often obtain knowledge of the pass-word and make arrests, but it is easy to coin new pass-words.

From one half to one teaspoonful is taken by a user in a day. Two to three grains a day is a good quantity for a physician to prescribe. The ordinary dose is $\frac{1}{2}$ grain. This shows how the human body can accustom itself to unnatural conditions. A teaspoonful of cocaine for one who is not used to the drug would certainly kill. The cocaine user pays six annas for two grains. Several of the poor will club together and get six annas worth. The exhorbitant price of the drug often causes the poorer class to steal it. The rich on the other hand can indulge in it with impunity.

The habit is acquired in various ways. Among the better classes sometime through curiosity. The effect of the drug having been produced, it becomes quite impossible to stop it after once getting it into the system. Often the habit is taught by the cocaine seller for pecuniary reasons. Example and social intercourse are probably the greatest factor in acquiring the habit.

Cocaine is often taken into the system with pan. Others use it in the form of snuff. Sometimes it is rubbed into abrasions and cuts. The average Indian has not the means of taking the drug hypodermically, but in other countries it is not uncommon to find the arms and legs so marked with hypodermic pricks that a pin point could not be placed upon the skin without hitting an old needle scar.

The symptoms of the cocaine habit are many and varied. The eater becomes careless of his personal appearance. He loses his moral stamina and cannot stoop too low to attain his object, especially the getting of

his cocaine which has fastened itself like a leach upon the system. While he is under the stimulation of the drug, he has grandiose ideas. He imagines himself a raja, or like King Midas, everything that he touches turns to gold. In chewing it with the pan there are agreeable sensations in the mouth. There is an increase in the flow of saliva and a tingling sensation of the cheeks and tongue. He becomes exhausted very easily, especially if not getting his accustomed ration, runs down in weight, gets anæmic, and becomes a burden to himself and them with whom he comes in contact. He generally ends up in jail for stealing or for murder.

The effects of the withdrawal of the drug depends upon the scale of organization of the nervous system. The poor and ignorant suffer very little because they are not of a nervous temperament. They do not have a highly organized nervous system. Once deprived of the drug the system soon adjusts itself to normal conditons again. But the more highly organized the individual the greater the distress to the nervous system on the withdrawal of the drug. Nervous prostration, neurasthenia, and kindred nervous conditions manifest themselves.

The treatment of the cocaine habit consists in the withdrawal of the drug and its elimination from the system as son as possible by cathartics and sweating processes of various kinds. The nervous system can be tided over the crisis by the proper application of hydrotherapy and other methods of physical therapy. It is quite impossible to carry out a regime to overcome the habit in the home. This means for those that can afford it to resort to an institution which has the facilities necessary to carefully and systematically carry out a course of treatment that will end in the cure of the disease. The poor generally get over their habit in a jail to which place the habit generally brings them. The moral stamina becomes so low that the user cannot muster up self-control enough by himself to drop the drug. Restraint from outside themselves is necessary.

Like every other reform the only way that we can hope to lessen this vice in India is to educate the public mind. This is a responsibility that rests upon every one that has been enlightened and knows the evil results attending the practise. This being the case it is our duty to pass the word along to others.

Effect of Light upon Germs

SUNLIGHT is undoubtedly the best all-round germicide or disinfectant that we possess. We read: "Light, especially the light of the sun, has a truly wonderful effect on nearly all forms of germs. Almost without exception they are killed by a not very prolonged exposure to the rays of the sun, and the electric arc has a similar though, of course, less intense action. At first it was thought that the heat of the solar rays might be responsible for the death of the bacteria, but it has been shown by careful experiment that the rays of light themselves have a power of destroying germs quite apart from any heating effect which may be produced. . . . This powerful action of the light of the sun in destroying germs is of enormous practical importance in nature. Everywhere, when the sun is shining, in the air, in lakes, in rivers, and in the sea, and on the land, all day long the light of the sun is destroying germs, and the action is fairly rapid. The knowledge of this fact helps us to understand one reason, at least, why rooms well lighted by windows are more likely to be free from disease than are those which are dark and gloomy."—*Good Health.*

WITH all deductions, the triumphs of sanitary reform as well as medical science are perhaps the brightest page in the history of our century.—*Lecky.*

Baked and Boiled Beetroot

BY EMMA PADDOCK TELFORD

WHILE the beet, is not rich in nitrogen or fat, it contains nearly eight per cent. of sugar and affords a welcome addition to our dietary. Our English cousins make much more use of the beet than we do. It is one of their favourite salad vegetables, being used with uncooked celery cut in rings, potatoes sliced and sprinkled parsley, chervil and a few atoms of tarragon. The English give baked beets the preference to boiled ones, covering them with a little hot water and basting frequently. To know when they are done, the cook presses them with her finger instead of piercing with a fork. When soft they are peeled, sliced and served with a little oil and a trifle of lemon juice. Summer beets will cook tender in an hour.

Clean Carefully

In either baking or boiling beets, the cleansing must be thorough and careful. They will not bear hard rubbing, which bruises the skin and makes them bleed and lose their pretty red color. Neither must the rootlets be cut or broken, and the top leaves must be cut above the crown. When done, the entire skin with rootlets will rub off as easily as taking off a glove. If plunged at once into a little cold water before peeling, the operation will be easier. If you have never tried them with a dressing of this fashion, give it a trial. Cook in boiling, lightly salted water or bake until tender, then peel, cut in thin slices or small cubes as preferred. Return to the saucepan with a little cream to moisten, and when hot add a teaspoonful of lemon-juice and one of sugar. Instead of cream, you can use butter, salt, and sugar.

With Horseradish Sauce

Boil the beets in salted water until very tender. Skin and mash fine. Season with butter (melted); salt and pepper, then add grated horseradish to suit the palate. Add a little lemon-juice, stir well together and serve.

Beet Custard

For this take two beets that have been boiled and sliced, two large onions, two ounces of butter, two tablespoonfuls of vinegar, one cupful of milk, a cupful of mashed potatoes, two tablespoonfuls of sugar and a tablespoonful of flour. Stir the flour into the milk, add the sugar, salt, and vinegar and cook five minutes, stirring all the time. Add the sliced beet and stew half an hour. Serve with a border of mashed potato, stuck round with little sprigs of parsley.

Beets as a Garnish

Beets as a garnish are always effective unless used in combination with carrots, when a clash of color results. With the cool green of cucumbers or lettuce or the white of potato they are exceedingly attractive.

Beet and Rhubarb Jelly

Measure out equal quantities of young beets and rhubarb. Cook until tender in as little water as possible, as the rhubarb makes its own juice. When tender, mash through a sieve, then drain through a jelly-bag. Measure and allow to each pint of the juice a pint of sugar. Heat the latter in the oven, but do not let it melt or brown. When the juice has reached the boiling-point and cooked ten minutes, throw in the heated

sugar, stir until dissolved, take out the spoon and cook a few moments longer, until a little dropped on a cold plate jellies. Pour into molds to chill and form.

OTHER RECIPES

Orange Marmalade

This recipe requires fourteen oranges, two lemons and twelves pounds of sugar. If half of the oranges are bitter, the flavour will be improved. Cut orange and lemons very fine. Put into a large preserving-kettle with six quarts of cold water; let them stand overnight. The seeds should be put by themselves in a pint of cold water. In the morning strain the water the seeds are in, pour on to oranges and lemons. Put the kettle on the stove, without sugar, and boil three hours, or until tender. Add twelve pounds of sugar; boil well one hour; then put up in jars.

Eggless Chocolate-Cake

Two cupfuls of brown sugar, one-half cupful shortening one-half cupful of cocoa, one cupful of sour milk. Mix together, then add two and a half cupfuls of flour sifted in slowly. Last one-half cupful of hot water with one level teaspoonful of soda stirred in. Beat together until very smooth. For the mocha filling, take one cupful of powdered sugar, one tablespoonful of butter, two teaspoonfuls of cocoa, two tablespoonfuls of hot cereal coffee. Cream sugar, butter and cocoa together, add hot cereal coffee, beat and spread on each layer. This is a boon to town folks where eggs are high.

An Eggless, Butterless and Milkless Fruit-Cake

Mix together two cupfuls of white sugar, two cupfuls of cold water, two tablespoonfuls of shortening and one package of seeded raisins. Boil for five minutes. When the mixture is cold, add three cupfuls of flour with one teaspoonful of soda and one teaspoonful each of different spices that are well ground.

Bake about one hour in a fairly hot oven. This makes two good loaves. The keeping qualities of this cake are excellent—if you can hide the cake-box. It is a good plan to wrap the fruit cake in a moist cloth.

Rock Cookies

One scant cupful of butter creamed with one and a half cupfuls of sugar, three eggs, one pint of nut-meats, one and a half cupfuls of raisins, one teaspoonful of cloves, two teaspoonfuls of cinnamon, one teaspoonful of soda dissolved in a little hot water, three cupfuls of flour added last. Stir well, and drop from spoon on to well-greased pan. Bake in a moderate oven until a nice brown. This will make about seven or eight dozen "rocks" the size of macaroons. Will keep well, and are delicious served with afternoon tea or hot chocolate for luncheon.—*Selected*.

In the Absence of the Doctor

Poisoning by Anghiti Gas

LOOSEN the clothing from the neck. Take quickly into the open air. If unconscious, place the patient on his back with a roll of clothing under the shoulders. Raise the arms upward and outward and above the head. Then slowly bring the bent arms forward, downward and inward, and press them firmly upon the chest. Repeat eighteen times a minute. During the operation draw the tongue to one side, out of the mouth, for the free entrance of air. Put hot applications (fomentations) to the chest. After each application rub the chest over with ice for ten or fifteen seconds or flick with a cold wet towel. Give inhalation of amonia. Administer enema, to be retained, of a quart of strong coffee at 112 degrees Fahranheit.

On regaining consciousness, place in a bed and surround with plenty of hot water bottles or bags. Internally, give one teaspoonful of aromatic spirits of ammonia. This treatment will apply for suffocation from any kind of coal or illuminating gas.

Poisoning from Acetanelid, Antipyrine, or Phenacetin

The laity use a great deal of these drugs, not under the above names, but under the proprietary names of exalgin, antikamnia, etc. For chronic poisoning caused by the continued use of these drugs, a physician should be consulted. For acute poisoning, excite vomiting by two or three teasponfuls of mustard in a pint of warm water, or stick the finger down the throat as far as possible. Give aromatic spirits of ammonia in teaspoonful doses. If unconsciousness intervenes, treat as above for gas poisoning.

Poisoning from Carbolic Acid, Lysol, Creosote, and Allied Compounds

Give one-half to one ounce of whiskey or 50 per cent alcohol, followed by a glass of water. Then excite vomiting as previously suggested with mustard and water or tickling the throat. After vomiting give whiskey or brandy freely. Milk or white of an egg are good in the absense of alcohol. Give a tablespoon of epsom salts, well diluted. Apply warmth to the extremities. Flaxseed tea, elm tea, or gruel can be used in the place of milk and white of egg to protect the stomach.

Castor Bean Poisoning

Excite vomiting. Give demulcent drinks of flaxseed, gruel, milk or white of egg. Give from 10 to 15 drops of laudanum to an adult to stop the griping and tenseness.

Cocaine Poisoning

Excite vomiting with half an ounce of mustard and warm water, or one-third of a teaspoonful of zinc sulphate. Give one third of a teaspoonful of tannic in one ounce of water, followed with another emetic. Strong decoctions of oak bark or of waluut leaves or tea may be used in the absence of tannic. If the above antidotes are not at hand, forty drops of tincture of iodine, B. P., made with ethyl alcohol added to an ounce of water can be given, after which vomiting *must be produced.* To overcome threatened azphyxia proceed as outlined above for asphyxia from coal gas. In all of the above poisons except Carbolic Acid poison, the stomach can be emptied by syphoning out with a soft rubber tube.

FIRST AID IN RAILWAY ACCIDENTS

GERMAN railways provide a first-aid train in case of railway accidents. It consists of a locomotive and two cars, the one a work car with workmen and all necessary apparatus for clearing the tracks, releasing wounded people who are caught in the wreckage, repairing the track and setting traffic in motion again. The other is a hospital car, provided with all necessary instruments for emergency operations, bandages, dressings, medicines, operating table, stretchers and eight beds in which patients can be transported to the nearest hospital. The personnel of these cars, workmen, doctors, nurses, etc., are all within call so that they can be reached very quickly after news of an accident is received, and they have drills in practice so that when an actual call comes they are expert in preparing for action quickly, sterilizing, getting operating and anesthesia tables, sutures, instruments, etc., ready. Every preparation is made on the way to the scene of the accident, so that they are ready to begin work when they arrive. These trains are stationed at frequent enough intervals along the road, so that the most isolated spot can be reached within two hours after an accident has occurred. Dr. Gilbert describes their work in *Archivfur Rettungswesen*, 1913, i, 140, and gives a further account not only of the medical work but the work of train crew in notifying oncoming trains, sending word to the railway officials and families of the dead and wounded, clearing the tracks for traffic and all the multitudinous details that have to be attended to in such catastrophes.—*Journal of Am. Med. Asso.*

"It is almost impossible for a healthy man who takes reasonable care of himself to work too hard. The bad habits, the bad food, and the inattention to rest and sleep break down constitutions, and not work."

DESTINY has two ways of crushing us —by refusing our wishes and by fulfilling them. But he who only wills what God wills, escapes both catastrophes.—*Amiel.*

Diseases and Their Peculiarities

Crankiness and Its Cure

"Our bodies are our gardens, to which our wills are gardeners." How the wisdom of the ages flows in divided streams down through the centuries and springs from new minds is shown by the similarity of thought to a verse of the Katha Upanishad, "Let the soul be the rider, the body the car, the intellect the charioteer and the mind the reins."

Physical, mental and moral health depend upon self-control, and the cultivation of this in children is of greater importance than the development of any other single virtue and, of course, emphasizes the necessity for parents to possess and cultivate the virtue they long for and look for in their offspring.

We have long been accustomed to this sort of preaching from pulpits and poets, but it is somewhat unusual to find it made a part of therapeutics and applied to the conservation of public health; but it appears to us as a timely and valuable suggestion at the open ing of the tropical season of the torrid zone, when the heated blood calls for every refrigerant, and none is so effective as good temper.

Let the thought be enlarged until it shall become a principle that the cranky professor and the ugly tempered student shall be regarded as carrying a physical infection, be isolated and labelled dangerous; for moral, mental and physical ailments will all come under the Commissioner when in some future century physical and mental diseases will be considered, as they are to a certain extent, as immoral, and moral suasion shall be physician-in-chief.

The value of the contributions of the new psychology, the handmaid of medical science, to the control of children is so well known as scarcely to need mention, and it is probable that the coming generations will be a great improvement over the present one. What we seem to need most are schools for parents and pedagogues.

A very valuable service can be performed in impressing upon the people the value of cheerfulness, which is self control in its highest perfection, as an agent in the preservation of health, and of the baser passions as not only malefic, but unhygienic.

"All students of nervous diseases are aware of the possibility of the inheritance of mental defects present in the parents. No one factor is of greater aid in equipping a child to battle with heriditary tendencies of this character than its education in self-control. It is of the greatest aid in the establishment of mental equilibrium and the maintenance of a sane poise. Knowledge, morality and a healthy, temperate physical existence are the fruits derived from the cultivation of this virtue.

TUBERCULOSIS AS AN INFECTIVE DISEASE

W. Cecil Bosanquet in a recent issue of the "*Lancet*" concludes from his observations that infection with tuberculosis is very widespread and takes place largely in infancy and early childhood. It is partly due to bacilli derived from human sources, partly of bovine origin, but the former type greatly predominates. Direct communicatipn from one human patient to a healthy individual does not occur in adult life under good sanitary conditions, with the possible exception of a few instances in which there has been very close and prolonged contact. Under bad hygienic conditions direct infection may occur, children being specially sus-

ceptible. The exact mode of transmission of the bacillus is unknown, but that inhalation affords the simplest explanation, although the localization of the chronic form of the disease in the lungs is not in itself evidence of direct implantation there. The chronic form of the disease met with in adults is due to their increased resistance, as compared with children who suffer from the acute variety of tuberculosis, and this increased resistance may be the result of early inoculation with sublethal doses of the bacilli. The outbreak of tuberculosis in later life may be due either to reinfection from without or to recrudescence of a latent focus of old infection. A general rise in resistance has been brought about owing to the wide dissemination of the disease among European nations, and the fall in the death rate is largely due to this factor and to improved hygienic conditions. From these conclusions one may further deduce the practical moral that the most hopeful measures which can be taken with a view of combating the disease are such as are directed toward imroving the general well-being, and especially the housing conditions, of the poorer classes.—*Indian Medical Record.*

KALA-AZAR AND THE BED-BUG

After discovering the development of the flagellate stage of the parasite of kala azar and carefully studying the conditions most favourable to it, I suggested the bed-bug as the most likely carrier of the infection. The earlier finding of the parasite in the peripheral blood in small numbers and intermittently had also paved the way for this theory. I had earlier, when looking for plague bacilli in bed bugs, found that the contents of their stomachs were frequently sterile as regards bacteria, and also slightly acid, even after a feed of human blood. It was also known that water, even a little moisture on a slide, at once destroys the organism. This, together with the necessity of the saline citrate culture medium, makes it almost inconceivable that the parasite can live in the outside world except within some insect host. The fact already recorded, that 300 to 400 yards is sufficient distance to secure permanent immunity of coolie lines, as long as no one from the infected lines are allowed to go into the healthy ones, excludes any flying insect, such as the mosquito, and leaves the homely bed-bug as the most likely remaining insect carrier. The rarity of the disease among better class Europeans is also readily explainable on the bed-bug theory. Yet again, the incidence of the disease in Calcutta, mainly among Indians and the poorer Anglo Indians who live in greatly overcrowded houses on account of the high rents, is easily understood. In short I know of no epidemiological fact which cannot be explained on the theory of infection through the ubiquitous bed-bug, unless it be argued that the disease ought to be more common even than it is, if the bed-bug can readily convey the infection.—From a paper read at the All India Sanitary Conference, Lucknow, by Lt. Col. Rodgers.

MOSQUITO ELIMINATION IN CUBA.

The following is an extract from the report of Vice-Consul General Joseph A. Springer, Havana, as published in *The Cuba Review*:—

"The demand for mosquito netting and canopies has fallen off to some extent within the past few years throughout the island of Cuba owing to the fact that the people in general

are gradually coming to realize the necessity, from a hygienic standpoint of preventing the breeding of mosquitoes in and near their residences. In all of the larger cities and towns there is a periodical house to house inspection by representatives of the sanitary department to discover if there are mosquitoes breeding in deposits of water within the houses or anywhere in the surroundings. As occupants of the houses are fined if mosquito larvae are found during these inspections, the result has been a great diminution of these pests and a corresponding lack of necessity for mosquito nettings and canopies. It is my observation that here in Havana nettings are not now generally used on the beds."—*Statesman.*

TROPICAL CONGRESS

Coolie Labour Discussed

THE Tropical Congres among other things discussed coolie labour.

Dr. Harford of Livingstone College said that the important cause of the lack of efficiency among coolies was the use and abuse of alcohol.

Mr. Broadrick, British Resident in Solangor, said that the addiction of the Indian coolie to liquor had been a source of anxiety for many years to the Malay States, but legislation had now been passed making it a criminal offence to sell European spirits to Indian labourers.

Sir Sydney Olivier said, in reference to diseases which attacked labourers that every Government would do well not to take it for granted that ankylostomiasis was necessarily imported by Indian labourers. A survey of the negro population of Jamaica had disclosed the fact that it was affected to the extent of sixty or seventy per cent. He was convinced that the apathetic disposition of labourers in all tropical countries was due to latent disease. His experience was that the Government, which spent only a few thousand pounds on drainage, could effect an enormous saving in the life and health of the people over which it ruled.

FLY PREVENTION

The part played by flies in the transmission of disease is receiving considerable attention from health authorities. A letter signed by 123 health officers has been published appealing to the public to cooperate with the health authorities in destroying the breeding-places of flies. It is pointed out that summer diarrhea is probably conveyed by the common housefly. It is useless to try to tackle the problem by attempting to kill individual flies, because of the enormous offspring of one female. Each householder must see that his back yard is scrupulously clean and his dustbin protected. Manure, when practicable, should be dug in at once. If the heap has to be kept, the top and sides should be covered with a layer of earth. The children in the schools should be taught the life history of the fly and its capacity for harm. The Boy Scouts could undertake the supremely useful work of tracking down the breeding-places of flies and notifying the health authorities. Moving pictures could help even more than they do at present by films showing the full life history of the insect and the damage it does.

PATENT MEDICINE

This is the time of the year that the patent medicine quack gets in his best work. I know that you do not use it, but there are people whom you can influence who do. Tell them that the doctor, who knows what is in these concoctions, would not give them to his family, that the chemist wonders how any one can trifle with his own health, and even the manufacturers of it whom I have known take the attitude, when reproached for selling it, of, "Well, there are folks who will take some kind of stuff from a bottle. I might as well be the one to profit by their ignorance as any one else."

Less than a week ago a friend of mine admired the home of a man whose money was made through one of the "female" (how I dislike that word!) remedies advertised at every country store. He laughed and replied, "Yes, it was built of woman's health." "Woman's health, your grandmother!" she ejaculated, "it was woman's credulity." "Oh, if you like to put it that way," he said, "they think they got the health, I know I got the house."—*Progressive Farmer*, Raleigh, N. C., U. S. A.

CURRENT COMMENT

WHY NOT BEFORE

The following advice is given by a physician of experience to physicians who have to treat person showing signs of old age:—

"When we first discover a moderately high pressure, of say 150 mm. mercury or over, a certain amount of rest and moderate exercise should be enjoined, and alcohol, tea, coffee, and tobacco in many cases should be interdicted.

It is all very well to tell a man that he must give up these things or drop into the grave; and perhaps he does give them up for a while, but on account of the long-established habit, he more likely will, in a short time, give up the attempt to reform, preferring to live comfortably even if he lives a shorter time.

Now, in all honesty, why not begin such reforms before the time that they come to a person as an alternative for death, and when death would almost be preferred to giving them up? Why, in fact, form the habit of using such articles when one can be just as comfortable, just as happy, just as efficient, if not more so, by doing without them?

When we form a habit of indulgence of any kind, we add one more to our *necessities* which *must* be supplied in order to be comfortable. And when it is fairly certain that some day we shall have to decide between the alternative of giving up this created necessity (which has grown immeasurably during the years of indulgence) and dying prematurely, is it rational to begin?

THE MOVING PICTURE AND HEALTH

A club founded by a group of English engineers has been conducting a practical educational campaign by means, among other things, of picture films. The club has, for instance, a series including the following: (1) How to dust a room; (2) how to wash a baby; (3) how rats spread disease; (4) what unfiltered water contains; (5) the right and the wrong kind of girl to marry.

Such a series should be intensely practical. To see a thing makes a much more lasting impression than to read or hear about it. No amount of description would tell one just how to wash a baby as well as the actual demonstration.

We imagine that number 4 was made decidedly interesting by securing for the photograph a sample of very "live" water, and not the average unfiltered water, on the catholic theory that a little exaggeration in order to impress the truth is perfectly permissible.

We can imagine number 5 contrasting one girl painting china or playing the piano while her mother is getting out a washing, with another girl who is doing all she can to make herself useful and her mother's life one of comfort. Such a film would teach a lesson to the boys who think they are getting a valuable wife simply because she makes a nice ornament in the parlour, and knows just how to eat a chocolate sundae.

The film might, if shown often enough to arouse thought on the part of the boys, also cause at least some of the girls to realize that they must change their tactics if they desire to be considered valuable in the matrimonial market.—*Selected.*

DRUGLESS PHTHISIOTHERAPY NOT NEW

Dr. Newton reminds us that the present non-medical treatment of tuberculosis is no new thing. He quotes from Celsus, the first-century Latin physician, the following remarkable words:—

"Soon as a man finds himself spitting and hacking on rising in the morning, he should immediately take possession of a cow, go high up into the mountains, and live on the fruit of that cow."

Climate, fresh air, simple life, and a milk diet—have we gone much beyond that? Coming down to the time of Sydenham (1624-89), we find the great English practitioner advising long-continued hors back journeys, change of climate and diet. Buchan, in the middle of the eighteenth century, attributed the prevalence of tuberculosis in England to the free use of animal food and malt liquors, and advised patients to leave the towns and to make choice of a solitude in the country where the air was pure and free, taking as much exercise as they could bear, preferably on horseback. He also gave careful direction as to diet.

When we consider that absolutely nothing was known regarding the relation of tuberculosis to germs, our forefathers made remarkable progress in their treatment of the disease. In fact, the knowledge that tuberculosis is a germ disease so focused our eyes on the germ and our efforts on germicidal measures, that we largely lost sight of the part the patient ought to play. Later we realized that it is the weak person whom the germ attacks, and it is the weak person who is unable to resist the attack, and who succumbs; and now we treat tuberculosis by the old method of light, air, and food, and we are learning more and more the value of these as preventives.—*Life and Health.*

BOMBAY'S MILK

THE Bombay Government military dairy farm at Kirkee has opened a depot in Bombay, and is supplying the military at Colaba and nearly all the Civil hospitals, including St. George's Hospital, with milk. The depot is fitted up with latest scientific appliances. It has pasteurizing

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and cooling plant and cold storage is now under construction and will be completed shortly. Milk after being pasteurized at Kirkee to render all bacteria innocuous is put up in large cans and railed twice a day to Bombay. The journey, lasting from about four or five hours, does not seem to affect it in the least, even in this hot weather. On its arrival here it is repasteurized, cooled down rapidly by a refrigerating machine, and then distributed to consumers. A motor lorry will s ortly be used for this purpose. Cans immediately after being emptied are washed and sterilized by a steaming process. The temperature of the milk, when it reaches Bombay, is about 70 degrees, but when it once passes through the refrigerator it is soon reduced to 50 degrees or less. The object of cooling milk is to enable it to be kept sweet for a much longer time than it would otherwise do.—*Statesman.*

SANITARY OFFICERS

A resolution adopted at the Sanitary Conference held at Simla provides for two classes of health officers for the Punjab. First class officers with registrable medical qualifications and possessing a diploma in public health, on pay of Rupees 450-20-750 will be employed for Lahore and Amritsar. Second class health officers will be appointed in towns with a population exceeding forty thousand, viz., Multan, Rawalpindi, Sialkot, Ludhiana, and Jullandur.

Their pay will be Rs. 150-10-300. Medical qualifications will be required from second class health officers, and both classes will be debarred from private practice.

Municipalities having a population of not less than ten thousand and an average income of not less than Rs. 20,000 are to hire sanitary inspectors. First grade sanitary inspectors will receive Rs. 80-4-100, and second grade Rs. 40-3-70. These sanitary officers, educated and trained in matters pertaining to the conservation of public health, ought to have a strong influence in raising the people of India to a higher standard of living.

MORE SANITARY IMPROVEMENTS

In the Economic Conference held at Mysore, Mr. C. Srinivasa Rao proposed that in the opinion of this conference the time has arrived for the employment of a qualified specialist for a term of five years for devoting his whole time and attention (1) to starting model dairies; (2) to assisting people wishing to start dairies; (3) to improve methods adopted by

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gwalas; (4) to organize and regulate the milk supply in towns and cities; (5) to supervise dairies started with the aid of government loans, and to (6) improve the breed of milch cattle.

It is a sorry commentary that this resolution was turned down. These are steps that India will have to take before she can keep pace with the march of sanitary science. It would be a matter for encouragement to see some of the Indian governments leading out in sanitary reforms. However, in the same conference there was passed a resolution to prosecute vigorously well boring operations in the state to increase the volume of water available for drinking purposes and irrigation. The resolution provided for the purchase of the necessary machinery in the shape of a Keystone driller.

NEWS NOTES

THE METROPOLITAN

THE latest news from England with respect to the health of the Metropolitan is satisfactory. Treatment in London has produced a distinct improvement, and it is anticipated that the visit to Aix, which he proposed taking towards the middle of June, will complete the cure and permit him to return to India at the beginning of the cold weather in good health.

COW'S MILK AND VEGETABLE MILK

FISCHER reports comparative research on the digestibility of the "milk" obtained by expression from almonds and other nuts. It is of course an emulsion, the same as cow's milk, he says, and contains more calories, 92 to 115 in contrast to the 67 in cow's milk per 100 c.c. The vegetable milk coagulates in finer flakes but does not stimulate gastric secretion to the same extent.

BOMBAY HOSPITAL CENTRE

AN interesting scheme is on foot for converting Parel into a great hospital centre for Bombay. The idea is to bring together in one huge site the King Edward Memorial Hospital for Indians, St. George's Hospital for Europeans, Government Bacteriological Laboratory and the School of Tropical Medicine, old Government House at Parel being converted to suit the requirements of the School of Tropical Medicine. The work is expected to be completed by October next.

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MESSRS CHAMBERLAIN AND TROPICAL MEDICINE

MR. Harcourt yesterday unveiled bronze portrait reliefs of Mr. Joseph Chamberlain and Mr. Austen Chamberlain in the Albert Docks Hospital, in commemoration of their services to tropical medicine.—*Reuter.*

THE CAMERON PRIZE FOR PROFESSOR EHRLICH

THE Senatus Academicus of Edinburgh University have awarded the Cameron Prize to Professor Paul Ehrlich, by way of recognition for the discovery of salvarsan, for his researches into the synthetic compounds of arsenic, and his labours on the subject of immunity. The Cameron Prize is granted for "highly important and valuable additions to practical therapeutics," and redounds in the present case not merely to the famous professor, but to the institution and city of Frankfort, where his experiments have been carried on—namely, the Royal Institution for Experimental Therapeutics, of which Ehrlich is, of course, the director.

SAVING TO A PURPOSE.

A manufacturer of piano players in England, seeking for prospective customers, has suggested that smokers cut down their tobacco bill by half, and with the money thus saved, purchase a piano player on installments. It could be done. There are many very desirable things that might be added to the home for the price that is paid for tobacco. The smoker does not notice at the time the amount that is paid for a package of cigarettes, but let him reckon what it would amount to in a year, and see what he might have that would be a joy without the sting. There are musical instruments, new furnishings,—a thousand and one things that the wife would dearly like to have in the home,—all sacrificed on the altar of the tobacco habit.

TESTIMONIALS UNRELIABLE

It has been said—was it by Captain Marryatt?—that one could get exceedingly strong testimonials to the efficacy of brick dust as a medicine. The experience of the United States Post-office Department in its efforts to prevent the sale of fraudulent medicines shows that this statement is no exaggeration. It seems that there are more fraudulent cancer cures than almost any othes kind of fraud. One of these on analysis proved to be composed of water with a very small quantity of quinine in solution. The makers announced that it contained a very large quantity of radium, so large an amount, in fact, as to be in excess of all the known quantities of radium in the United States; the mixture would have been worth several million dollars if the assertions of the manufacturers had been true. The manufacturers were denied the use of the mails by fraud order, but for more than eighteen months after this order was issued, the Post-office Department was bombarded with letters from people who asserted that they had been benefited by this cure, and begged the department to vacate the fraud order and allow them to obtain the only medicine that has saved their lives. In view of such faith, it need not be a matter of surprise to physicians that the advocates of drugless therapy of all kinds have their following.—*New York Medical Journal, March* 14, 1914.

TEMPERANCE LEGISLATION

THE Dominion parliament is attempting to pass legislation curtailing the manufacture and sale of alcoholic liquors. There is also a measure on foot to prohibit the importation and sale of cigarettes.

Printed by W. E. Perrin, at the International Tract Society, 17, Abbott Road, Lucknow