

Herald of Health

Vol. 6

Lucknow, U. P., February, 1915

No. 2



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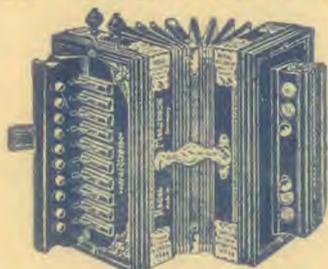
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HERALD OF HEALTH

The Indian Health Magazine.

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

V. L. MANN, M. D., Editor
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The "Home-work" Fad.

I saw a boy, a little boy
But ten (or scarcely more),
Come staggering home beneath a weight
Of text-books that he bore.
In school from nine to three he toiled,
From seven to nine with tears
He fagged at "home-work" sleepily,
This boy of tender years.

"What do you learn, O little boy?"

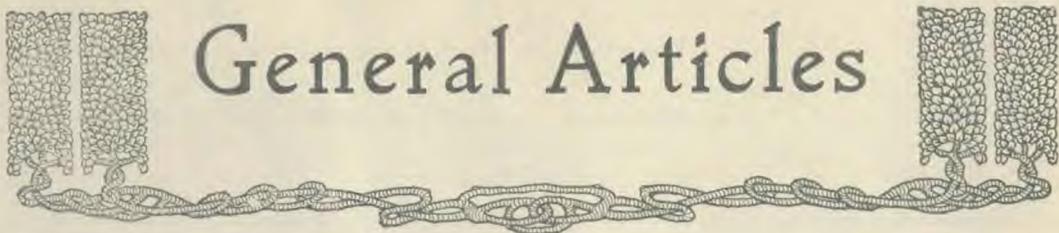
He answered dolefully:
"Why, hist'ry, word analysis,
Advanced geography,
Physiology, and language,
And art and music-well,
And physics and arithmetic-
Of course we read and spell."

"When do you play, O little boy,
Of years and text-books ten?"

"'Bout half an hour, because I've got
To do my 'home-work' then."

His head was large, his face was pale;
I wondered how the nation
(Whose hope he was) could ever use
This slave of Education.

—Ella M. Sexton.



General Articles

Dyspepsia and Mouth Digestion

W. HOWARD JAMES, M. B., B. S.

DYSPEPSIA and indigestion are terms which indicate the same morbid conditions, disturbances of the digestive functions. Dyspepsia is not in itself a disease. It stands for an array of symptoms which accompany quite a large number of ailments, and signifies either that the food is not being satisfactorily digested, or that the digestion is accompanied by pain, flatulence, and other distressing symptoms. Although the term "dyspepsia" could not form the heading of any disease in a scientific classification, most medical writers deal with it as a special subject. Simple dyspepsia, according to L. Burney Yeo, may be defined as a "disturbed condition of the digestive functions, the existence of which is independent of any structural or inflammatory change in the stomach itself." Simple debility, such as arises from acute illness, fevers, or other disease may give rise to weak digestion, or, as it is frequently termed, "atonic dyspepsia." The stomach, like the rest of the system, is weak, wanting in tone, and consequently it cannot do heavy work. Simple, nourishing, and easily digested food is necessary until the general health is built up. Any complaint that weakens the general health must lower the power of the digestive organs. Most forms of dyspepsia, however, are due to a disregard of the natural laws of our being, and are the result of improper food, taking food too frequently, overeating, drinking with meals, wrong combinations, too hasty eating—the swallowing of food before it is properly masticated, or, as one writer puts it, "bolting the food in the manner in which one

posts letters." These causes, even apart from a lowering of the general health, will give rise to disturbed digestion, and if these irregularities are continued, the simple dyspepsia will develop into gastric catarrh, dilatation or ulcer of stomach, and other actual diseases of the digestive organs, and the symptoms of indigestion will not only be more continuous but more severe.

No one will dispute the fact that digestive disturbances are practically confined to the human race, the lower animals being almost exempt; and we believe the reason to be that while the lower animals have their food prepared for them by nature, man chooses and prepares to a very large extent the food for himself. It is an acknowledged fact that domestic animals, those who eat to some extent foods cooked by man, are much more subject to ill health than the animals in the natural wild condition. The lower animal is governed by instinct, the higher animal follows the bent of his own mind. The power of the mind, of course, makes the latter a superior being, but it brings added responsibility, and increases his dangers. If he chooses and prepares his food in harmony with the laws of nature, as he should do, all is well; if not, trouble must ensue. Some would go to extremes and argue that as the animals are comparatively free from digestive disturbances that man would be healthier if he followed their example in the matter of diet, and lived only on the food as prepared by nature. Dr. Kellogg writes: "The arguments of the 'natural food' advocates, who insist that man should live upon fruits and

nuts, are based, not upon physiological facts, but upon the morbid experiences of the disciples of this doctrine. The writer had an opportunity, a year or two ago, to examine the stomach fluid of one of the most earnest and stalwart advocates of the fruit and nut diet, and the stomach was found greatly dilated and almost completely inert."—*The Stomach*, p. 61. We believe that man's reasoning powers, his power of choice, were given him to be used, and that his Creator did not intend that he should live as the unthinking, irresponsible animal. Man cannot digest satisfactorily the unprepared grain foods, their starch granules are so well covered with cellulose that the starch digesting ferments cannot act on them. The cereals form the most important part of man's dietary, and cannot be omitted.

The digestion of food occupies, from the time it enters the mouth till it arrives at the colon (which is chiefly a reservoir from which the food is absorbed), about fourteen hours. The five digestive food elements, proteins, starch, sugar, fats, and salts, are acted on by five different digestive fluids, the saliva, the gastric juice, the bile, the pancreatic juice, and the intestinal secretion. These fluids are so arranged as to help one another. The saliva of the mouth is the best preparation for the digestion in the stomach; the pepsin and acid of the stomach is the best preparation for the digestion of the powerful pancreatic juice and bile; and these again prepare the food for its digestion and absorption into the blood from the intestine. The best cure for constipation, inactivity of the bowels, is a proper preparation of the food by the mouth, stomach, and duodenum. Under these conditions the bowels maintain their propulsive power and the fæces their requisite moisture. Constipation thus is but a symptom of imperfect digestion.

Man's digestive troubles are not due to the imperfections of nature, but to the way in which he treats nature. Give nature a chance by a proper selection and preparation

of food, and a reasonable treatment of that food in the mouth, the voluntary part of the digestive apparatus, and man's health is assured. A thorough knowledge of mouth digestion and a faithful adherence to that knowledge, would undoubtedly dissipate fully nine-tenths of the diseases from which the human being at present suffers. We obtain all our warmth and energy from the food we digest, the healthiness and impurity of the blood is dependent on the same. With healthy blood freed from impurities absorbed from the alimentary canal, chest troubles, kidney and liver diseases would be impossible; here we have a sure preventive of all diseases. To build a strong, permanent building, good foundations are absolutely necessary. Make a good beginning with thorough mouth digestion, and we can safely leave the rest to nature. We cannot emphasise the fact too strongly that the food that is digested in the mouth is the best possible tonic and stimulant to the general digestion; there is nothing equal to it. We cannot improve on the laws of our being, for they are the laws of our Creator. "The commandment," says the apostle, "was ordained to life," and that commandment includes every law brought into action at the creation. The psalmist declares, "For the word [the commandment] of the Lord is right; and all His works are done in truth. . . . By the word of the Lord were the heavens made; and all the host of them by the breath of His mouth. . . . For He spake, and it was done; He commanded, and it stood fast."

The teeth were given us to be used. If they are decayed through the disobedience to nature's laws they should be filled, or replaced by artificial ones. A thorough mastication of food is absolutely necessary for the action of the digestive fluids. Foods should be reduced to a pulp in the mouth. Food imperfectly masticated is an irritant to the stomach, and is the beginning point in many dyspepsias. Rough food not only irritates

the delicate lining of the stomach by its coarseness, but also by its delay in that organ. Delay always brings liability to fermentation and the development of foreign products. All our food, for instance, contains a certain proportion of fat. The stomach is not the organ for fat digestion, and its delay causes the production of the irritating fatty acids. It is absolutely necessary to remember that the teeth are the only means we have of finely dividing our food for the action of the digestive juices. The digestive fluids can only reduce coarse food to a pulp by the slower process of gradual solution—a chemical action.

A thorough mastication of food, by fully satisfying the taste, prevents the too common error of over eating, and thus lessens the work of the liver, kidneys, and skin in the elimination of waste products of superfluous foods. Hutchison writes: "Attention has in recent times been called to the great importance of thorough mastication by the experiments and observations of Mr. Horace Fletcher, who has proved not only how greatly very prolonged chewing facilitates digestion, but also that if the process is carried out sufficiently thoroughly, the appetite and requirements of the body are satisfied by much less food than the amount usually taken." This must mean a wonderful saving to the energies of the individual, the energy used up in the elimination of superfluous food would be available for muscular and mental work.

A very large proportion of our food consists of starch. Bread, for instance, contains about sixty per cent of solids; of those solids starch and the products derived from starch (sugar and dextrin) constitute fifty-one per

cent. Wheat contains sixty-nine per cent of the eighty-three per cent digestible solids. By far the largest portion of our energy and heat is derived from starch products, and consequently, its digestion is of the greatest importance. To be absorbed starch must be converted into dextrin and sugar (maltose). Chew a crust of bread thoroughly, and it develops a sweet taste from the conversion of starch and dextrin into sugar. The

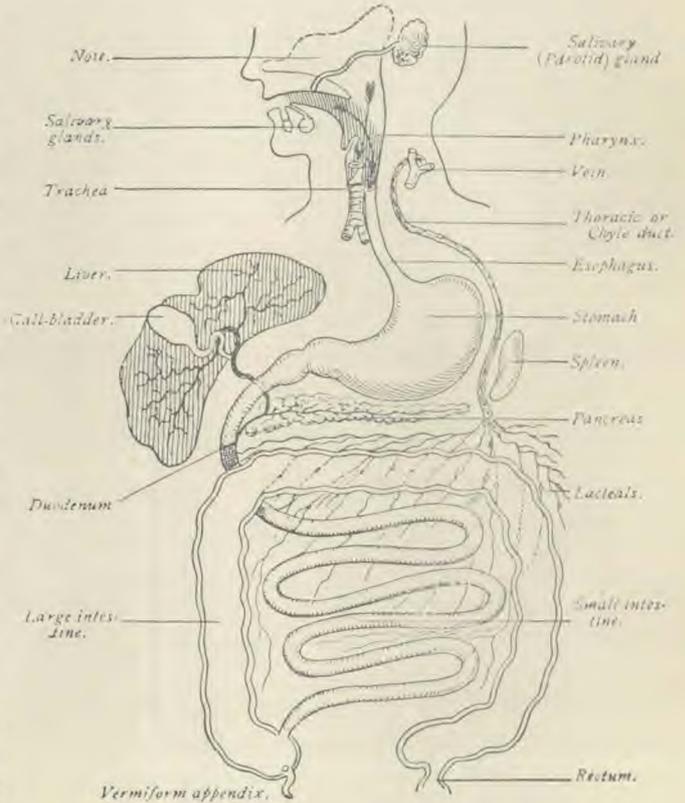


Diagram of the Alimentary Canal

starches converted into absorbable sugar in the mouth are not retained for long in the stomach. They begin to leave the stomach within ten minutes of their ingestion, and in two hours these carbohydrates reach a maximum amount in the small intestine. The other forms of food, the fats and proteids, remain a much longer time in the stomach. It is a well recognised fact that practically no food is absorbed into the system from the

stomach, but absorption commences immediately the intestines are reached. Thus we obtain energy and strength from starchy foods much more quickly than from proteins or fats. The digested, starchy foods supply energy for the glands of the stomach and duodenum, which have to do with the digestion of the other forms of foods, the fats and proteins, and in this way the starchy food taken with the meal helps in the digestion of that meal. Dextrinised foods are now recognised as great aids to digestion on account of their quick absorption and reinforcement of the digestive secretions.

Thorough mastication means increased flow of saliva, and through nervous influences (reflex actions) the gastric juice is at the same time secreted. Again, it is a general law with alkaline secretions that when coming into contact with glands with acid secretions they increase that secretion, and *vice versa*. Thus the swallowed saliva, which is alkaline, increases the flow of gastric juice, which is acid. Similarly the acid secretion of the stomach increases the alkaline secretions from the pancreas and liver in the duodenum—the first part of the small intestine. Thus the statement already made, that the digestive juices are so arranged as to directly help one another, is fully borne out, and if the mouth digestion is carried on thoroughly, the whole digestive process throughout the alimentary canal is benefited.

In order to increase the flow of salivary juice, and to correct the habit of hasty mastication, and prepare suitable nourishment for reinforcement of digestive glands generally, it is advisable to eat a fair quantity of dry, porous foods. The advantage of dry food is seen in the following experiments given by Dr. Kellogg:—

“A piece of paraffin chewed for five minutes produced two-thirds of an ounce of saliva.

One ounce of granose, a dry food prepared from wheat increased in weight to two ounces. The addition of pepper and salt to the

granose slightly decreased the amount of saliva produced. The addition of vinegar still further diminished the secretion.

One ounce of moist bread chewed for five minutes caused the production of one ounce of saliva.

One ounce of raw apple produced one and one-fourth ounces.

An ounce of water produced but one-tenth of an ounce of saliva, or about one-sixth as much as a piece of paraffin, and one thirtieth as much as an ounce of granose. One ounce of milk was slightly more active in producing saliva than the same amount of water.

An ounce of pea soup chewed for five minutes produced twice as much saliva as did water, but only one-third as much as paraffin, and one-tenth as much as granose.”

Foods should be swallowed by the aid of the moisture it produces in the mouth, and not by the aid of added fluid. Nature, both in the mouth and the stomach, recognises the amount of fluid present, and the amount of secretion varies accordingly. Tea, coffee, cocoa, and alcoholic drinks not only dilute the digestive fluids but they lessen their flow and prevent their ferments (ptyalin, pepsin, etc.) from acting on the food. Drinking of much fluid, even pure water, with meals should be avoided. A small quantity of hot water, or hot water and milk, may be sipped when found necessary. The drinking of a good glassful of water (hot or cold) from one hour to half an hour before meals will frequently remove the desire for fluids with meals. In a future article we will deal with other important points in connection with digestion; from the points already touched on we should be able to see the advantage of thoroughly masticating some dry, porous food at every meal. Physicians often give an alkaline mixture to be taken half an hour before meals, and this temporarily relieves the symptoms of indigestion, but why not produce nature's alkaline tonic. Surely the natural tonic must be better than the expensive, artificial one. Any food thoroughly

masticated will produce the alkaline saliva, but the dextrinised foods, such as zwieback (doubly baked bread), crusts of bread, granose, and wheatmeal biscuits are the best, and these foods have the advantage of being

quickly converted into maltose, which, as already shown, begins to be absorbed ten minutes after it is taken, and thus supplies the digestive glands, the stomach, and bowels with material for their work.

Prevention and Treatment of a Common Cold

BY CHARLES HENRY HAYTON, B.A., M.D.

THE spring and autumn months are the most favourable seasons for "taking cold." The sudden changes of temperature at these periods and the fog and damp so prevalent during these months are chiefly responsible. Insufficient clothing, wet feet, and exposure to draughts, are likewise held as factors. Hence every endeavour is made to avoid these conditions. Going out into the rain is held as risky. Any flow of fresh air, especially at night, is carefully guarded against. The body is loaded down with heavy clothing, and even certain wholesome foods are withheld, all to escape "taking cold."

The nasal passages offer the most convenient site for the beginning of a cold. Increasing knowledge of these parts has shown that a common cold or catarrh is an infection of some portion of the mucous membrane lining these upper air passages and is carried to different parts by the continuity of tissue. Colds have for some time been suspected of being infectious, firstly, by their apparent sudden onset, and secondly, by the somewhat regular course which they pursue, and thirdly, the frequency with which whole families are affected.

Symptoms of a Cold.

The symptoms of an ordinary cold are familiar to everyone. The incubation period is from one to three days. The attack is ushered in by a bout of sneezing, with a partial nasal obstruction and a watery discharge. A dryness of the throat is also noticed. Frequently a chill is experienced, and also a hot, flushed feeling in the head, loss of appetite, and a general indisposition follows.

The infection gradually spreads downward to the bronchial tubes, upward to the accessory sinuses, and latterly to the middle ear, producing all manner of serious complications. The point of origin of the infection, the direction of the spread, and the intensity of the symptoms are due, firstly, to the



The Mustard Foot Bath

nature of the infective agency, and secondly, to both the local and the general resisting powers of the body. Any individual who seems susceptible to catching colds, and who appears never to be without one, is very liable to have some defect or disease of the upper air passages. A local defect of the

nasal centres weakens the defensive powers of these organs. Disorders of digestion, constitutional diseases, excesses of all kinds, bear a part in weakening the general defensive powers. Alcohol and tobacco are also potent factors in lowering the resisting powers of the body.

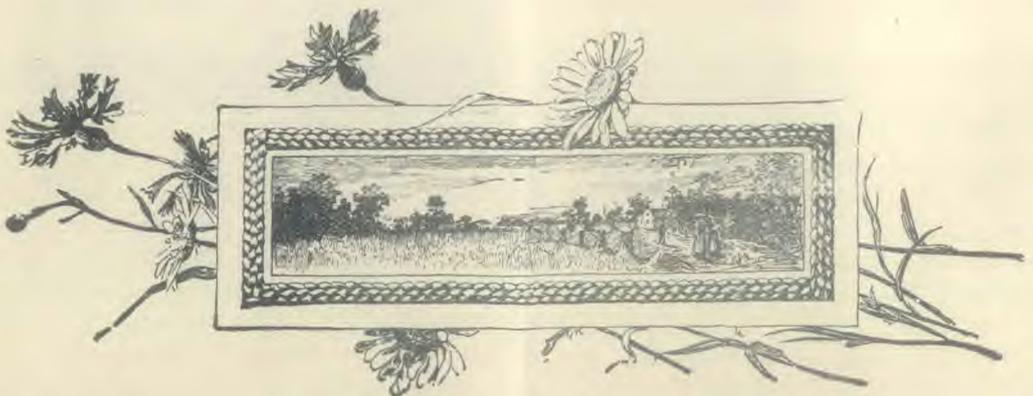
Prevention of a Cold.

A person who habitually "catches cold" should have his nose and throat thoroughly examined. The nasal, post nasal, and accessory sinuses should receive particular attention, and any necessary operation should not be shunned, in order that these parts should be placed in thorough working order. Have a good supply of fresh, pure air at all times. Vitiating and contaminated air tends to infection by lowering the local resisting powers. Hot, crowded, badly-ventilated rooms, halls, or theatres, predispose likewise. The healthy action of the skin should be maintained. A cold rub down with quick reaction is a splendid prevention of colds. Clothing should be regulated according to the demands of the weather. Just enough should be worn to keep one comfortably warm. Too much clothing conduces to infection as well as too little. Direct infection should be carefully guarded against. Keep your distance from a person who sneezes or coughs, especially in the first stages of a cold. Likewise should one infected avoid close contact

with others. Keep the nose and mouth always clean by washing them out occasionally with a good antiseptic gargle. Fatigue, hunger, mental depression, and anxiety favour infection, while a happy, jovial, optimistic temperament has much to do in preventing infection.

Treatment of a Cold.

Once the organisms find a lodging-place in the nose, the cold must run its course like any other infectious disease, till immunity from that attack is established by the body. At the beginning of the attack one should go to bed. The infection is more liable to run a short and mild course under such conditions. A warm bath, a hot pack, or a mustard foot-bath should be taken previously. The patient should be well wrapped up, and kept warm with hot bottles. A woollen shawl should be wrapped around the head and neck while the windows are left freely open night and day. A mild purgative should be given—one ounce of castor oil is good. Hot drinks are taken, such as hot water or hot lemonade or hot fruit juice. The diet should be simple, generally "sloppy." If the throat is sore, it should be painted with a weak solution of glycerite of carbolic acid. If the chest is painful, hot fomentations at night upon that part, followed by a rub with camphorated oil is splendid. One or two days in bed with the above vigorous treatment will soon bring a cold to an end.



Influenza

BY W. HOWARD JAMES, M.B., B.S.

SINCE the great epidemic of la grippe of over twenty years ago, which extended from Russia to almost all parts of the world, influenza has become "endemic" in nearly every country; *i.e.*, it now develops from poisons already existing in any part when the conditions become favourable. It is undoubtedly conveyed through the atmosphere, and epidemics are especially prevalent in dry weather, perhaps more so in spring than any other time of the year. A heavy rainfall clears the atmosphere, and the germs remain dormant in the earth again until the conditions again become favourable for their development. Influenza is really an infective fever, and is caused by a definite micro-organism known after its discoverer as Pfeiffer's bacillus. After the introduction of the specific bacilli into the system, there is an incubation period, a time in which the micro-organisms multiply sufficiently to produce definite symptoms. Undoubtedly the bacilli are very frequently taken into the system without producing the disease. Where the health is good and the number of bacilli introduced into the system are comparatively small, the leucocytes, or as they are now known, the phagocytes (germ-destroyers), destroy the infecting agents. Abstinence from food lessens the number of leucocytes, or white corpuscles, and then the liability to be overcome is greatly increased. An impure state of the blood from unsuitable or excess of food will also lessen the activity of the phagocytes, so if we wish to remain immune from the disease we must live on good, wholesome food, food which will not load the system with waste products.

There is always more than one cause for every disease. Diphtheria and typhoid germs, for instance, may exist in the mouth and throat for a considerable time, but the health of the individual is such, that the conditions are unfavourable for the active devel-

opment of the micro-organisms, and the individual escapes the disease. These individuals, however, may be the unconscious carriers of the disease to others who are less fortified than themselves. Some are more susceptible to one infectious disease than to others, and may readily develop typhoid fever or diphtheria, and yet be unsusceptible to influenza, or *vice versa*. With really good health, under a moderate dose of infective germs, the specific fevers will not develop. Nature's laws have been broken, most probably unconsciously, in the development of all diseases. The more we live in harmony with the laws of nature, the better we attend to our general health, the less liable we are to all forms of disease. Influenza seems to depend less on the state of the general health than most diseases. A person, however, may be apparently perfectly well, and yet have some catarrhal condition about the throat or nose, and these conditions are generally associated with some slight digestive disorder, the tongue is not perfectly clean. These unsuspected, catarrhal spots often constitute the soil in which the bacilli develop, and thus infect the whole system.

In the case of influenza the incubation period, the time in which no symptoms are developed, lasts from one to four days, according to the dose of infection and the state of health of the individual. The disease generally sets in abruptly with fever and a feeling of chilliness, there may be even a severe rigour—a shivering extending over the whole body. The fever ranges from 100° F. to 105° F., and is sometimes accompanied by unconsciousness, which, however, as a rule, lasts but a few hours. The fever lasts a variable time; with some it may pass off in twenty-four hours, but with others it may last ten or more days, especially when proper treatment is not adopted. Often the fever is of a remittent time, being only observed in

the latter part of the day, or at intervals of twenty-four or forty-eight hours. Severe headache, a general aching, and great prostration, out of all proportion to the apparent cause, are characteristic symptoms of the disease. All, however, are not attacked in the same way. The special conditions of the general health at the time will decide the form the disease will assume. Influenza is especially noted for attacking the weakest parts, whether they be the respiratory tract, the alimentary canal, or the nervous system. There are four well-marked forms of the disease: (1) The respiratory form. This is the most common form. There is a severe running of the nose (*coryza*) with some pain or soreness about the tonsils or pharynx, and a severe cough. The appetite is lost, and food loses its characteristic taste; the loss of taste for tea and tobacco is very common. The cough is often very violent and persistent, and comes on in paroxysms. Sometimes a general aching and extreme weakness are the only symptoms complained of. The second variety of influenza is "the nervous form." This is often the most persistent, for it attacks those who have some general nervous weakness; the nervous symptoms may last for weeks. At the commencement there is generally slight fever with specially severe headache; and the pains in the back and limbs and general weakness are particularly well marked. The third variety is, "The gastrointestinal form." This is frequently called gastric influenza, and is most liable to attack those who suffer from general digestive troubles. In addition to the general symptoms already given there is nausea, vomiting, abdominal pain, and perhaps a troublesome, watery diarrhoea. The prostration may be very marked, even to the point of collapse. The fourth variety, "The typhoid or febrile form," is fortunately rare. Frequently it can only be distinguished from typhoid fever by a microscopic examination of the blood, and the discovery of the Pfeiffer's bacillus. Sometimes the fever remits with frequent

chills, and thus simulates malaria. In this typhoid form there may be delirium with dry, brown tongue and other symptoms of typhoid fever.

Treatment

As a rule influenza is treated altogether too lightly. It is only when the great prostration drives him to bed that the sufferer will give in. If not quickly attended to the complications may be serious. Bronchopneumonia, pleurisy, and pneumonia are common complications; sometimes a quiescent tubercular trouble is made active. The heart at times becomes affected. Frequently influenza is followed by various forms of neuritis, and sometimes even by brain fever, or it may be the antecedent of neurasthenia. In the gastro intestinal type catarrhal jaundice and enlargement of the spleen sometimes result. Eye and ear trouble frequently remains after the disease. We have given rather a lengthy description of the disease and its complication in order to show the absolute necessity for thorough treatment at the very commencement of the disease. The idea that the disease can be worked off is certainly an unsafe one to hold. Apart from the complications mentioned the disease may remain for weeks when, with proper care, it might be eradicated in a few days.

Influenza patients are very liable to chills which prevent the blood from getting rid of its impurities and waste products, and give rise to respiratory troubles with very severe cough, consequently there is no place like the bed during the first day or two of the attack. In order to get rid of the poisonous products of the influenzal bacilli, as well as the general waste products of the system, a good sweating procedure should be given as early as possible. There is nothing better than a hot sea-water bath followed by a cold shower, after which the patient must go to bed. Seven pounds of bay salt to thirty gallons of hot water will make a good bath. This should be as hot as can be borne, 105° to 108° F., according to the general strength of

the individual. The duration of the bath should be from twenty to thirty minutes. Cold drinks may be given during the bath to relieve the faintness that may be produced by the heat. Cold, wet compresses to the head should be constantly applied during the bath. This treatment relieves the general aching, reduces the temperature, drives out the poison through the pores of the skin, and a good sleep is almost invariably the result. Hot blanket pack, fomentations to the spine, electric light bath may be substituted for the hot salt water bath, but all must be followed by a cold sponge and bed. These hydropathic treatments are infinitely superior to medication with drugs, although they entail a little more trouble. In order to keep the phagocytes active a tepid or cold sponge should be given the patient twice daily while in bed. Probably the one hot treatment will be sufficient. The great prostration is not an indication for a liberal dietary; the prostration is due to poisons in the blood, consequently no food should be given that will increase the difficulties of germ-destroying white corpuscles (the phagocytes). The patient may crave for beef tea, chicken broth, and similar dishes, but these would only increase the amount of waste products in the blood. There is nothing so refreshing as a good fruit diet; oranges, pineapples, grape juice, and well-matured apples should enter largely into the dietary. Milk and cereal

foods help the action of the leucocytes in destroying or getting rid of the blood poisons. The diet should be nourishing, but meat and rich food must be avoided.

The room of the patient should be large and well ventilated, both for his own sake and for the sake of those attending on or visiting him. Draughts, of course, must be avoided. There is no surer way of becoming infected with the influenzal bacilli than by remaining in the room of a patient where there is no fireplace and no ventilation, and plenty of furniture and drapings. Where there is free ingress and egress of air the poison becomes diluted and more easily destroyed when inhaled into the lungs. It is when a large dose of the poison is inhaled that the system is overcome. Again, a free supply of air increases the power of the phagocytes and the feeling of well-being of the patient. There is no objection to warming the room with a fire as long as there is abundant ventilation; in fact the warmed air often lessens the excessive coughing, and helps, under this condition, sleep. In coughing, a handkerchief should be held before the mouth, otherwise the infective phlegm may be ejected three or four feet into the room. All handkerchiefs after use should be boiled at once, or allowed to soak in some disinfecting solution, as, for instance, two and a half per cent solution of carbolic acid (one tablespoonful of acid to a pint of water.)



Hives in Infancy

IN infants, urticaria, or hives, is essentially a chronic disease, occurring not only in the bottle fed and the ill-nourished, but also in the breast-fed and the apparently well-nourished. It may begin anywhere from the fifth week to the fifth year of age, but usually during the first two years, and it affects the sexes about equally. The disease is most common in summer, but exposure to either cold or heat may cause a fresh outbreak in one who has the disease. Even the exposure of the child's body for the purpose of examination may cause new wheals to form. Vaccination is sometimes followed by hives in a previously apparently healthy infant.

Infantile hives is characterised by intense itching, as shown by the constant tendency to scratch; second, by loss of sleep and crying at night; third, by the eruption consisting of wheals, pimples, blisters, and even pustules. The limbs are more frequently affected than the body, and the head and face seldom. The wheals are usually surmounted by pimples or blisters; and when the wheals subside, the pimples remain for weeks or months. During the early stage of the disease, the child may appear healthy and well-nourished, but later, sleepless nights and constant itching cause peevishness and fretfulness, and the child becomes manifestly ill-nourished, perhaps somewhat emaciated, and has a pasty face.

In nearly all cases it will be found that the mother has allowed the infant almost anything to eat. Not infrequently is a child of two years given meat, soup, pickles, coffee, tea, raw fruit, candy, and other unsuitable foods. In the breast-fed, in no single instance have I found the child fed at regular intervals, and what is of more importance, the diet of the mother is usually unsuited to the nursing function. From my observation I believe I can say that hives in infants is due to poisons generated in the intestinal

canal. Having this condition within, an external irritation, such as insect bites, or itch, or vaccination, may cause an explosion for which the child has already been prepared by the internal condition.

Another cause of hives is the habit of swaddling the infant in a superabundance of clothing, particularly those made of coarse wool. The child's body is thus, during the warm months, in a constant sweat, and the maintenance of an even body temperature, which is so necessary to a balanced circulation, is impossible.

Ordinarily the child comes to the physician with reddened patches, wheals with central pimples or blisters resembling somewhat a fleabite, and deep-seated and scratched pimples, and the trouble is easily recognised; but sometimes, on account of the scratching, it is difficult to determine the nature of the eruption—whether it is hives, or itch, or insect bite.

In treatment, the first thing to attend to is the diet. In the case of the nursing infant, the diet of the mother, and the regularity and number of the infant's meals must be attended to. Too often the infants have been overfed. Another important matter is the care of the child's finger nails, which should be trimmed close, and kept scrupulously clean, so as not to infect the skin from scratching. Third, too much clothing must be avoided.

Drugs are of minor importance. The bowels, however, must be kept open. Locally for the itching, alkaline baths are good, the simplest being the addition of common washing soda to the bath. The child should be kept in it for at least fifteen minutes. To allay intense itching in addition to the baths, cooling salves and lotions, such as of menthol, may be used, but it should be remembered that they do not help or cure the disease, nor does any local application.

It is necessary to persevere in the treatment of this obstinate infant affection, giving attention in every way to the general hygiene of the child.—*Udo J. Wile, M. D.*



Editorial



The Tropical Bungalows Some Points on Their Construction

In the consideration of the maintenance of health and the prevention of disease in the tropics, the bungalow cannot be given too important a place. When we consider the fact that the sojourner in the tropics spends most of his time in a bungalow, its plan and location becomes a vital factor in retaining the health. The housing conditions and their relation to the diseases of mankind have been receiving considerable attention during the last few years. Where disease is as prevalent as it is in India we cannot afford to pass the subject lightly by.

The plan of a bungalow in a country naturally so divergent in climate in its various parts must differ somewhat in accordance with its surroundings, yet there are certain principles to be adhered to, and certain results to be attained which are common to all parts of India. The heavy rains of Bengal, Assam, Bombay, and Burma; the breezes of Bombay, Ceylon, and southern Burma; the dry arid climate of the Punjab; and the temperate climate of the hills are the conditions to be reckoned with, each peculiar to its section of the country. While in every section the bungalow gives a better appearance and is better from the health standpoint in having a plinth of two or three feet, yet it is not so much a necessity in the dry Punjab as it is in damp Bengal or Burma. To live in a bungalow built on a level with the ground in Bengal is nothing more than suicidal, as the ground floor in this case becomes uninhabitable. In Burma, where the rainfall is heavy, the people have gone so far as to have the living quarters some ten or twelve feet from the ground. Such a house is generally built on posts, the ground floor

being covered in with lattice work and used only for transient purposes by the family or as a garage for vehicles. This makes the living rooms quite immune to dampness, snakes, scorpions and centipedes. It would be very foolish to put the same roof on a house in the Punjab with its shade temperature of 120 degrees F. which might be considered suitable to Bombay with its comparatively equable climate, with a sea breeze to temper the heat of the sun of this tropical region. This is equally true of the walls of the bungalow. In the Punjab or Northwestern Frontier, they must be thick enough to keep out the extreme heat of these parts. Again some of the houses in our hill stations are ridiculous in their plan. A two foot wall, eighteen foot ceiling, with one or two small windows in the room in the hills is absurd. In a place where one is glad to resort to an overcoat now and then, it is essential to have plenty of light and sunshine. The points of a good bungalow in the hills are a water tight roof, plenty of glazed windows, and verandahs, and a plinth some two to four feet high to protect from moisture.

We are not here interested in bungalow construction from the standpoint of the architect, but only from the view point of the sanitarian. Although the work of both in some instances overlaps, yet what we have to say on the subject will be from the standpoint of the latter.

The first thing to receive consideration is the location of the bungalow. This should be if possible, on a rise of ground, for two reasons; first, it allows a drop that will readily carry away the waste water from the house; and secondly, it at the same time keeps the

house from becoming water-logged during freshets. The house site is better if the soil is of a light nature. All drains leading away from the building should be paved for some distance. The flower and vegetable garden should be at least one hundred feet away from the house.

Creepers on any part of the house is interdicted. To sum up, the site should be high and dry, well drained, no vegetation within one hundred yards of the house with the exception a few shade trees. This plan would meet with no little objection from those who are used to their vine-covered cottages, and a lawn with its thicket of shade trees but it is better to forego the pleasure of these decorations than to run the risk of having someone in the house down with fever, as it has been proved beyond doubt that vegetation is a great factor in the spread of malarial fever by providing places conducive to the growth of the mosquito which is responsible for the carrying of the disease from one person to another. For the same reason no pits or holes should be allowed to be dug within a quarter of a mile of the house; also any that may exist within this distance should be filled up. These pits are much of the time filled with water and furnish a place in which mosquitoes multiply.

From the standpoint of health and appearance a bungalow should have a plinth of two to four feet. It is as necessary to ventilate a house underneath the floor as it is above the floor. To provide for a current of air underneath the bungalow the floor should be built quite separate from the ground and ventilation windows should be cut into the plinth and screened with wire gauze to keep out rats, cats, etc. Between the floor and the plinth can be interposed a layer of impermeable material such as slate, which will check the moisture from being drawn up into the wall by capillary attraction. If this plan were followed in the many houses built in India with brick laid in mud, it would keep the white ants from riddling the wall. While

adding a little to the cost of the building, the expense is not commensurate with the loss that follows in the crumbling of the walls in the too early history of the structure. In the mud laid buildings, a few layers of brick laid in cement will make the wall proof from white ants, but it does not stop the moisture. The verandah is an important point to be considered in the construction of the bungalow. It is a part in which error often creeps making the dwelling practically useless for a dweller in the tropics. The verandahs ought to protect the rooms from the intense heat of the sun's rays. They should if possible be placed all the way around the house. This should be the case especially within the tropics where the sun's rays shine vertically for a part of the year. North of the Tropic of Cancer, the north side of the house can be left free from verandah. A verandah less than six feet is useless. A ten foot verandah might be considered as the average, fifteen feet is better. Two common mistakes are made in the construction of the verandah; one is that it is not pitched high enough. This leaves a great share or portion of the rooms exposed to the direct rays of the sun above its roof. This defeats the very object for which the verandah becomes a necessity. The other mistake commonly made is in the construction of a dressing-room or bathroom at each end of the verandah. This cuts off the free current of air so much needed for sweeping its entire length.

The floor of one or two rooms in the house should be made of material impervious to water. Marble is best but its price makes it prohibitive. Conglomerate is probably the best and cheapest. It only costs about Rs. 24 per 100 square feet, and it is very durable, providing the contractor is watched and made to put in the proper amount of cement. Its cheapness allows of all of the rooms being floored with it. Floors made with this can be covered with durries or rugs during the cold season and can be washed out with water during the dry, hot

season of May and June. This cools a room to a remarkable degree. For this the floor coverings of course must be removed, but it is one of the ways of keeping cool in the hot season.

In the rooms the ceilings should be sixteen or eighteen feet high. In the walls should be sufficient ventilators and windows to insure ample light and ventilation. A mistake often made is the placing of the ventilators too far from the ceiling, thus leaving a dead air space above. The ventilators are best placed as close to the ceiling as possible. Plenty of light should be admitted into the rooms. It is of greater necessity in the tropics than in our more fortunate temperate countries where disease is not so prevalent. The fact that plenty of indirect sunlight admitted into the room is not incompatible with the health of the dweller in the tropics, dies hard in India. Every room should have at least one opening directly to the exterior; two would be better. The doors and windows in each room should be in line with each other, thus giving a direct current of air through the house, no matter from what direction the breeze may be blowing.

Of terrace, galvanized iron, tile, and thatch, the terrace roof is probably the most common in India, and in most ways and in most places is the best. There are two kinds of terrace roof; one, batons laid on girders over which are laid tiles, forms the foundation of the roof; the other is the narrow arch formation using girders as the foundation. Both of these roofs are good, the latter probably being the best all round roof of the two. They are the most hygienic, furnishing the least amount of room for vermin. The iron or tile or combination of the two are all right in some places like the sea coast, but will hardly answer the purpose in our hot inland places. The thatch roof although forming a good protection from the sun and rain, naturally does not appeal to one from a hygienic point of view. It is always undergoing a process of decomposition. All that is com-

prehended in the words, musty and mildewy, is found in the thatch roof. It is notoriously known as the hiding place for scorpions, centipedes, snakes, bats, with the dirt that accumulates as a result of them.

All terrace roofs should be provided with facilities for sleeping. A stair-way should lead to the terrace. Provision should be made so that one will not be turned out in the middle of the night because of a sharp, brisk shower. This can be obviated by a canopy of canvas being stretched overhead in the form of a broken roof on a frame some longer and wider than the bed. The wall for some distance down is also made of canvas. For one-half the distance from the terrace up it should be left open and covered with wire mosquito gauze of fine mesh. Canvas curtains are arranged to drop down when a shower arises. The door should also be arranged in the same way, half canvas and half gauze. This sleeping compartment should be large enough to allow a fan on the principle of the jost fan to be taken inside. As many sleeping compartments as are necessary can be constructed on the terrace. All windows and also doors not needed for going in and out should have placed in them wire gauze with a mesh of twelve strands to the inch. Doors needed for going in and out should be provided with double spring screen wire. It is surprising that more of these are not used in India. It would be a perfect protection against flies and mosquitoes. Other countries where wire gauze is not so much of a necessity use it quite freely.

One will readily see that the above points in bungalow construction are necessary for the maintenance of the health of the sojourner in the tropics, and on keeping ones eyes open he will also see that they are points very often neglected in planning the bungalow. If you have a bungalow to build see that it is constructed on sanitary principles.

"The only failure a man ought to fear is failure in cleaving to the purpose he sees to be best."—*George Eliot*.

: Mother and Child :

The Proper Care of Children

DR. E. S. MAXSON

WHAT care should children have in order that they may grow and develop normally? Much has been written on this subject, so I will merely try to call up some of the points that ought to be remembered.

First, in regard to sleep. It is important to see that children have their due amount of sleep. A young infant normally sleeps eighteen hours out of twenty-four. A child of four years should sleep eleven hours out of the twenty-four, and a child of ten years should sleep nine hours. Of course, I am merely speaking of averages; for some children require more sleep than others. It is important, however, that the little people have their sleeping hours encroached upon as little as possible.

It is far better for each child to have its own bed by itself. In this way contagious diseases are less likely to be communicated, and in the case of young infants, the danger from overlying is avoided. The child's sleeping room should be thoroughly aired. In the winter-time it may not be wise to leave open the window in the room; but it may be practicable to open a window in an adjoining room.

The matter of diet is necessarily one of very great importance. Milk is not only the proper nourishment for infants, but it should enter largely into the diet of older children. Cow's milk for children should always be fresh and clean, but should not be too rich in cream. Professor Holt, of New York, thinks that Jersey milk is ordinarily too rich for children. The average healthy child should take, all together, from a pint and a half to one quart of milk each day.

Many of the vegetables, when well cooked

and mashed, may be given to young children. Such, for example, are Irish potatoes, squash, and asparagus. On the other hand, none of the vegetables that are eaten raw, as radishes, onions, and cucumbers, are suitable for children to eat.

In the diet of children, cereals, when well cooked, are of great value. Rolled oats or some of the wheat preparations are to be commended. These also tend to lessen the decay of the teeth. These cereals should be eaten with milk, but with little or no sugar.

Toasted stale bread is better than fresh bread for children.

Very little cake, except sponge-cake should be given to children under seven or eight years of age.

Candies are a great source of temptation. Dr. L. Emmett Holt, who is perhaps the most celebrated specialist in diseases of children in America, places candies among the things that should be especially forbidden. On the other hand, Dr. Holt recommends for young children the use of the juice from sweet oranges. He also recommends for children the eating of stewed fruits, as apples and prunes.

It is very important for both children and adults to avoid eating between meals or before going to bed.

Children should be trained as far as possible to have the bowels move regularly at the same hour each day.

The clothing for children should be light but warm. The legs and forearms, being a distance from the heart, should be warmly clad in cool weather. When the feet become wet, care should be used to change the shoes and stockings.

The matter of exercise is of importance. The infant takes exercise by waving about its arms and legs, and later by creeping. Older children are naturally active. There is nothing so good as exercise in the open air. Some of the running games are to be recommended for strong children. Children should be encouraged to play with soft rubber balls that will not injure the fingers, or cause other accident. In my opinion boys should be discouraged from playing football.

Children should receive a bath often enough to keep them clean. Naturally some children who play in the dirt require more attention in this way than others. Some of the children enjoy sea bathing. Parents should be careful that their children do not remain in the water too long. If the lips turn blue and the teeth chatter, the child should come out of the water. Care should also be taken that the surf does not strike against the side of the child's head so as to injure the hearing.

Not only should the teeth be kept clean, but parents will be doing their child a great service by regularly having some good dentist examine and care for the child's teeth.

Mental overstrain should not be overlooked in children. This overstrain is made manifest by irritability of temper, headache, and by restlessness in sleep.

In the lives of children and young people there are periods in which mental fatigue is more easily induced than at other ages. The first fatigue period comes between the ages of seven and nine years. The second fatigue period usually occurs in girls about the thirteenth year and lasts for several months. The second fatigue period in boys generally comes a year later, or at the age of fourteen.

A child might better go more slowly in his studies than break down in health. It is not always a calamity for a child to have to repeat some of his work in school.

In closing, I would exhort parents to ever be vigilant in looking after the interests of the children that God has committed to their care.

WHAT I KNOW ABOUT REARING THE BABY

NOT too much and not too little of anything is the watchword, with the emphasis on the "not too much;" for in her solicitude, the mother is likely to exaggerate her duty, and cause many uncomfortable hours for herself and the object of her love.

Let him cry. How cruel the thought! Is it not an evidence of discomfort, of pain?—Yes and no. Baby is an utterly selfish little creature. Should it once dawn on his budding consciousness that by crying he can manage his mother, he will certainly manage his mother, but not with a view to her good. Think of it in the doctor's way. Crying promotes the healthful expanse of the lungs. It is so necessary in the first few minutes or few hours of life particularly, that the doctor, on baby's inception to independent existence, spans him in order to make him cry. If you have attended to baby's needs carefully, gently, methodically, and still he cries, let him cry, keeping in mind the good it does him. The less attention you bestow upon him, the quicker he will stop. Is there a safety margin to baby's lung-expansion exercise? An hour a day, in installments, is none too much.

Baby is entitled to mother's milk whenever it is possible, and it is possible more often than it is tried. No child can be reared as well and as safely in any other way. The chances for life are distinctly reduced by bottle feeding, even under the best method. In case the mother cannot furnish sufficient milk, partial nursing should be attempted as the next best course of action.

No two kinds of milk are exactly alike. Each species of animal has its own peculiar product, which is best for its own young, but only a makeshift for any other. Mother's milk is also different at different times in the life of the baby. So nature prepares every day what is good for the growth of the race's offspring. It is a crime to deprive a child of it. Any doctor who countenances bottle

feeding for the pleasure or the convenience of the mother, is committing a serious offense. If nursing is impossible, the bottle is the next recourse. But bottle feeding is a science, and should be at least initiated by one who has made a special study of it. In starting a baby on a *foreign* milk diet, give it at first well diluted. Give too little rather than too much for a while. Increase slowly and circumspectly. Milk modification according to different formulas is in some instances a matter of nice discrimination. One formula, or even one set of formulas, cannot suit all babies of all ages. Clean milk production is now universally recognized to mean life or death for thousands of infants. On the whole and to be on the safe side, Pasteurization is best. Even boiling the milk will not change it greatly. The care of the bottles consists in scrupulous cleanliness and frequent boiling. No bottle should be used twice without scalding. Likewise the nipples must be cleaned and kept in saturated boric acid solution when not in use.

This heating process is directed to a very real danger. Disease germs easily find their way into the milk, which is an excellent medium for their immediate and profuse proliferation. All milks, *except mother's milk*, contain a quantity of microbes, some being literally alive with them. Microbes are great destroyers of babies. Heat kills microbes, and cold retards their growth. Therefore keep your milk supply on ice. Do not for any reason keep it lukewarm more than the time needed at each feeding. Microbes develop quickest in lukewarm milk.

Whether nursing or bottle feeding is the regular fare of the baby, a routine is to be mapped out and rigidly adhered to. Baby can be made to feed, sleep, cry, laugh, and what not, like clockwork. Even if you are tempted to think that this is too much like automaton business, do not fail to try it. *It is best for the baby.* None the less, look for unexpected features to enliven the process.

For the first three months feed once every two hours between 6 A. M. and 10 P. M., with one feeding at 1 A. M. After the first three months stop all feeding at night, though you may give water. At 10 A. M. give a bath, feed, and endeavour to secure a stool, after which baby will sleep for three hours. A little piece of soap or a smooth glass rod may be used to induce bowel action, which, if persistently tried, will create a habit the good effects of which I need not discuss. And baby will sleep sixteen to twenty hours out of twenty-four, for his good and yours.

One of the concessions to bottle feeding that one can safely recommend even if nursing is sufficient, consists in giving, after the fourth or the fifth month, one bottle of milk for an afternoon or an evening feeding, thus securing a longer period of freedom for the mother. Her own convenience is not the only gain. To accustom the baby to the bottle in view of a possible emergency, sickness or other, that would make an abrupt change unavoidable, is good for him.

These truths bear repetition. The mother should nurse her child, because,—

1. It suits him best according to his (human) race.
2. It suits him best according to his time of life.
3. It is free from danger (microbes).
4. It will make the best baby, later the best child, later yet the best man or woman.
5. Last, but not least, it is best for herself.

Beware of shirking. This frequently brings unforeseen results in the shape of ailments which make the life of a woman a burden instead of a joy in the service of her family.

Baby should increase in weight steadily. The amount is less important than the regularity. The scales are one of the best means to determine the health condition of a child. Proper weight, with general good behaviour and happiness, means good health.

(Concluded on Page 58)



For a Week in February

GEORGE E. CORNFORTH

RECIPES

Tapioca Pudding

- $\frac{1}{2}$ cup pearl tapioca
- $3\frac{1}{4}$ cups milk
- $\frac{1}{2}$ cup sugar
- 2 eggs
- Grated yellow rind of $\frac{1}{2}$ lemon
- $\frac{1}{8}$ teaspoon salt

Cook the tapioca in two cups of the milk in a double boiler till transparent. This will require two or three hours. If the minute tapioca is used, it will require less time to cook. When the tapioca is transparent, add to it the sugar, salt, and lemon rind. Beat the yolks of the eggs; mix with them the rest of the milk, cold, one and one-fourth cups; then add them to the tapioca. Mix all well together, pour into a baking pan, set the pan into a pan of hot water, and bake till the pudding is "set." Do not bake too long, or the pudding will curdle. When done, remove from the oven. Add a few grains of salt to the whites of the eggs, beat them stiff, and fold into them one and one-half tablespoons of sugar. Spread this on the pudding, and put into the oven to brown lightly.

Steamed Indian Pudding

- 1 quart milk
- $\frac{1}{2}$ cup corn-meal
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon cooking oil
- 1 egg
- $\frac{1}{4}$ cup molasses (treacle)
- $\frac{1}{4}$ cup tapioca
- 1 cup raisins

Heat one pint of the milk in a double boiler. Add the corn-meal, and stir till thickened. Cook ten minutes, then beat the egg and the other pint of milk together, and add to the partly cooked meal, also add the remaining ingredients. Allow the mixture to cook in the double boiler till thick, then turn into an oiled brown-bread tin. Put on the cover, set into a steamer, and steam three or four hours. This may take the place of the ordinary steamed

Indian pudding, in which suet is used. Serve with whipped cream or a sweet sauce.

Snow Pudding

- 1 pint milk
- $\frac{1}{8}$ teaspoon salt
- 1 rounding tablespoon sugar
- $1\frac{1}{2}$ rounding tablespoons corn-starch
- $\frac{1}{4}$ teaspoon vanilla
- 2 egg whites

Save out a little of the milk with which to stir the corn-flour. Heat the rest of the milk, with the sugar and the salt, in a double boiler; when boiling hot stir into it the corn-flour, which has been stirred smooth with the milk saved out for that purpose. Cook fifteen minutes. Beat the egg whites stiff. Add the vanilla to the corn-flour and milk mixture, then beat it into the beaten egg whites. Turn into cups wet with cold water. When cold remove from molds, and serve with—

Custard Sauce

- 1 cup milk
- 1 rounding teaspoon sugar
- 2 egg yolks
- $\frac{1}{8}$ teaspoon vanilla
- A few grains salt

Heat the milk with the sugar and the salt in a double boiler. When hot, beat the egg yolks, stir some of the hot milk into them, then stir them into the hot milk, and stir till the mixture thickens slightly, and will coat a spoon dipped into it. This will take only a moment. Too long cooking will cause the custard to curdle, and spoil it. Just as soon as the custard is sufficiently cooked, take it from the stove, and set the dish containing it into cold water. Stir in the vanilla.

Fig Pudding

- $2\frac{1}{2}$ cups milk
- 1 cup fig marmalade
- $\frac{1}{8}$ cup sugar
- 2 eggs
- $\frac{1}{2}$ cup stale bread-crumbs
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon vanilla

Heat the milk. Make the fig marmalade by putting steamed figs through the food-chopper. Add the marmalade, the sugar, the crumbs, the salt, and the vanilla to the hot milk. Beat the yolks of the eggs and add them. Mix well. Put into a baking pan in which it will be about one and one-fourth inches deep. Set the pan into a pan of hot water, and bake till "set." When done, beat the two egg whites, fold into them one and one-half tablespoons sugar, and spread on top of the pudding. Put into the oven and brown lightly.

Prune Tart

Remove the stones from stewed sweet prunes which have been cooked down till there is little juice left. Rub enough of the seeded prunes through a colander to make one pint. Add to the marmalade a few grains salt, one to two tablespoons sugar, one-half teaspoon vanilla, and the yolks of two eggs. Mix well. Bake a tart crust on the bottom of an inverted tart tin, pricking the crust with a fork. When baked, take the crust off, and put it on the inside of the tin. Put the prune mixture into the crust, and bake till set. Spread on the tart a meringue made of the two egg whites and one and one-half tablespoons sugar. Brown lightly in the oven.

Corn Fritters

1 cup tinned corn, from which the juice has been drained, rubbed through a colander
 1 egg
 1 tablespoon, or more, of flour
 1 tablespoon white corn-meal
 $\frac{1}{4}$ cup milk, or less
 $\frac{1}{4}$ teaspoon salt

Separate the yolk from the white of the egg. Mix together the corn pulp, egg yolk, flour, meal, milk, and salt. Vary the quantity of mild and flour to make a stiff batter. Beat the white stiff and fold it into the batter. Cook in spoonfuls on a slightly oiled griddle. When browned on one side, turn and brown the other side.

Vanilla Sauce for Cakes and Puddings

2 tablespoons melted butter
 3 rounding tablespoons flour
 $\frac{1}{2}$ cup brown sugar
 3 cups milk
 3 cups water
 $1\frac{1}{2}$ teaspoons vanilla
 $\frac{1}{4}$ teaspoon salt

Heat the milk and water to boiling, and stir into the mixed sugar, flour, and oil. Stir the mixture till it boils, then boil two minutes. Add the salt and vanilla.

Cream Puffs

Fill pop-overs with the following—

Filling

1 cup milk
 1 rounding tablespoon sugar
 $\frac{1}{4}$ cup flour
 1 egg
 $\frac{1}{4}$ teaspoon vanilla
 A few grains salt

Heat three-fourths cup of the milk in a double boiler. Into the sugar, flour, and salt, mixed together, stir the remaining one-fourth cup milk. Add the egg, well beaten. When the milk in the double boiler is hot, stir this mixture into it, and cook till thick, stirring occasionally. Add the vanilla. When the filling is cold, put it into a pastry bag. Make a small hole in each puff, insert the tube of the pastry bag, and squeeze the filling into the puff.

Nut Mince Pie or Tart

The following seems to me to be a fairly satisfactory substitute for the "dyspepsia-producing" kind. This recipe contains a considerable number of ingredients, but this seems necessary in order to get the desired taste. It is only a combination of different kinds of fruit and nuts.

3 quarts chopped apples (the apples may be quartered and cored without peeling)
 1 pound raisins
 $\frac{3}{4}$ cup lemon-juice
 $1\frac{1}{4}$ cups grape-juice
 $1\frac{1}{4}$ cups liquid cereal coffee
 3 cups sugar
 $\frac{1}{2}$ cup molasses
 12 ripe olives, stoned and chopped
 2 ounces chopped pine-nuts
 2 ounces chopped walnuts
 2 ounces chopped raw peanuts
 2 teaspoons salt
 $\frac{1}{4}$ pound chopped citron
 1 pint stewed prunes, from which the stones have been removed

Three kinds of nuts are used because a sufficient quantity of one kind would make the flavour too prominent.

Mix all the ingredients, heat slowly, and cook over a very moderate heat for several hours, stirring occasionally so that the mixture will not scorch, till it turns very dark in colour. It may then be canned like any fruit, and kept till needed.

Diseases and Their Peculiarities

Intestinal Worms

Part II.—The Round Worms or Nematodes

BY CHARLES HENRY HAYTON, B. A., M. D.

THE round worm is probably the most common parasite of man; especially is this so in children. These worms are quite different from the tape worm in that they need no intermediate host to propagate one stage of their life's history.

There are many varieties of round worms but the most common forms found in mankind are the thread worms, the round worms, and the *Trichina* found in pork.

The Thread Worm.

These worms are also known as pin worms or seat worms and are very common in children. They are about half an inch long, slightly tapering at the ends, shining white in colour and look exceedingly like small pieces of cotton thread. Hence their name. They lodge mostly in the anal canal, though they are found in all parts of the large gut. The appendix often harbours multitudes. They work their way out of the anus generally at night and cause a deal of irritation in these parts. The scratching induced by the itching causes the eggs to become distributed about the anus and thus they find entrance into other parts of the body. The scratching also contaminates the finger nails and when the fingers are carried to the mouth reinfection takes place.

Symptoms.

Children who are suffering from thread worms are brought to the doctor by the parents because it is noticed that in contrast to their excessive eating and drinking they are wasting away. Nervous disturbances are also manifested, such as unnatural shyness, timidity, restless nights, crying out in

sleep and morning headaches. Colic pains are also complained of.

Bed-wetting is a common habit with those afflicted with worms. The irritation of the anus and rectum is transmitted to the adjacent parts and affects the bladder. The general increase of nervousness also affects the delicate mechanism which controls the outlet to the bladder and bed-wetting results. It is well to examine the stools of any child who is habitually troubled with this distressing condition. Fits sometimes occur and disappear when the worms are removed.

These worms when present in the stools are plainly visible to the naked eye. They appear as little round, shining, thread-like particles. In fresh stools they are numerous and in active motion. Though easily recognized fruit and vegetable fibres are often mistaken for them.

Treatment

While tape worms and the common round worms will need medical skill and attention, much can be done with simple household methods to affect a cure.

Enemata are the best means of dislodging these worms, but they must be large enough to fill the entire bowel. Three or four ounces of fluid is obviously not sufficient, when one realizes that the thread worm is a habitant not only of the anal canal but of the large bowel as well. A child of from six to twelve years will tolerate as much as from two to three pints of fluid if put in slowly, and experience has shown that if large injections of salt and water (about two teaspoonsful to the pint) or of infusions of quassia chips (one ounce to the pint of boiling water) are used

they will have a most salutary effect in dislodging these worms.

Garlic makes another good injection. Three or four roots of garlic are allowed to simmer in a quart of water for about two hours; one half to one pint of the decoction is used with equal parts of water and injected.

Another good enema is one part of vinegar to two parts of water. These enemata to be successful must be administered daily for about two weeks.

For the anal itching carbolated vaseline is very good rubbed on the parts, or an ointment made up of five per cent menthol.

It is always advantageous to give the child a purge just before the last enema so as to sweep down any worms that may have found entrance into the small intestines. In addition to the above curative methods preventive measures must not be neglected. It is important to see that the child does not convey the eggs to the mouth by means of its fingers. Cut the finger nails short, or use gloves at night. Sometimes it may be necessary to strap the hands in such a manner that the child cannot reach the anus to scratch. This is quite important to the successful treatment of a case of thread worms. Sometimes this treatment will fail, and it will become necessary then to have medical skill to handle the case.

Round Worms or Lumbricoides.

The normal habitant of this worm is the small intestine, in contrast to the large intestine of the preceding variety. These worms occur in patients of any age, but like the thread worm are seen most frequently in children, but not so commonly. They are much like the common earth worm in appearance but are yellowish white in colour. Three or four worms are the most that are found in a child, although a case is reported where a boy ten years old passed over twenty in a fortnight. Several children in the same family may be afflicted showing that the eggs may be transmitted from child to child.

A peculiarity of this worm is its tendency to migrate to different parts of the body, perhaps travelling up the intestine to the bile duct and into the liver, or continuing up the intestine to the stomach, then through the oesophagus to the mouth where children have been known to cough them up. Sometimes they have been known to find their way down the trachea into the lungs.

Infection takes place probably through the drinking water having been previously contaminated, or through eating unwashed greens such as lettuce, cress, spring onions, or radish, especially if these have come in contact with infected fertilizer. One should be careful in eating all such uncooked vegetables to see that they are thoroughly washed.

Symptoms

The symptoms of these worms are rather indefinite; sometimes there are none. Finding a worm on inspection of the stools may afford the first inkling that such exist. In some cases there may be symptoms of intestinal irritation, colicky pains, distension of the abdomen, and nervous disturbances, such as are seen in thread worms. Ravenous appetite and excessive thirst with general impairment of health may be the only symptoms.

Treatment

Here again medical advice and skill is necessary, for the only treatment that seems effective in dislodging these worms is the use of Santonin, a poisonous drug which kills the worms. It is administered each night for four or five nights in half to two grains and then a purge given to clear out the small intestine.

Santonin will make some children very sick, causing yellow vision and reddish yellow urine, and is not devoid of danger; therefore it must not be given without medical advice.

Trichina

This worm is found commonly in the pig and the rat. It is transferred to man by his eating undercooked, infected pork.

When man eats this contaminated meat the capsules are digested off and the young worm passes into the intestines. Here they develop into the adult stage. In seven to nine days they bring forth young worms. The parent worm remains in the intestines, while the larval worm passes through the intestinal wall. They are then taken up by the blood stream and carried to the muscles where they become encysted, the same as in the pork, and remain till removed.

The only exclusive source of infection in man is the pig, and it is supposed that the latter becomes infected from eating rats. The rats keep up the disease among themselves by eating each other.

Symptoms and Treatment.

The Trichinous pork upon being eaten

produces shortly after, sickness and retching. Diarrhœa follows and much abdominal pain and distension. These symptoms pass off in a few days but a week later a high fever comes on which may continue for days. The muscular pain, which is of a rheumatic character, corresponds to the arrival of the larval worm in the muscles. The muscles become painful on pressure and motion.

The treatment is preventative. Keep from eating pork. This is the reason the disease is unknown among the Hebrew race, and well-known among pork eaters. There is much truth in the statement that man in eating meat partakes much more readily of the diseases than he does of the virtues of the animals.



RUSSIAN PROHIBITION

PERHAPS when we heard that the czar had decided to discontinue the sale of vodka as a means of governmental resource, we shrugged our shoulders, thinking the proclamation would end in words. Now comes word from George Kennan, the best-informed Western man on Russian affairs. He says in the *Outlook* of October 14:—

“Not the least wonderful of recent Russian phenomena is the sudden and complete abolition of drunkenness. For the first time in the history of mankind one-seventh part of the habitable globe has ‘gone dry,’ and 170,000,000 people have stopped drinking intoxicating liquor. In the excitement of the moment and the press of war news, this extraordinary fact has attracted little attention or has been overlooked altogether; but to me it seems far more ‘wonderful’ than the rapid and victorious advance of Russian armies into Austria.

“For many weeks the sale of vodka in Russia has been completely suspended, and the whole population has looked at the European situation through absolutely sober eyes. The closing of hundreds of thousands of liquor shops was

at first a merely temporary war measure. The government, through its monopoly of the drink traffic, controlled the whole vast machinery of production and distribution, and was able to put a stop to it in twenty-four hours.

“Why it decided to do this I do not know; but the object probably was to prevent disorder during the period of mobilization and concentration. That object was quickly attained; but the people, uplifted by the great wave of spiritual exaltation, almost took the reform into their own hands. The order to close the liquor shops throughout the empire was welcomed by the press and the people with such enthusiastic approbation that the government would hardly have dared to resume the sale of vodka even if it had wished to do so. The czar wanted popular support, and the people wanted sobriety.”

When China was fully aroused to the sense of the degrading effects of opium, it did not take her long to put into motion an effective programme for the abolition not only of the manufacture and sale, but also of the use of opium. A little drastic, perhaps, but effective! Now Russia, realizing the degrading effect of

intemperance on her people, has at one sweep made a sober nation of her 170,000,000 people. We Westerners are so hypersensitive regarding what we consider personal rights that we hardly know how to deal with an evil that, admittedly, does more damage than war.

Since the above was written it is reported that the Russian government has prohibited the sale of liquor to its soldiers in Galicia. Offenders will be courtmartialled.—*Life and Health*.

FOOD AND THE MAN

THE following statements from a recent bulletin issued by the Postal Life, one regarding foods, the other regarding drugs, tell the same story that LIFE AND HEALTH is trying to tell, in season and out:—

"One has only to glance down the bill of fare of any first-class restaurant to note, the enormous preponderance of the nitrogenous class of foods—the growth-and-repair foods containing much protein; for example, meat, eggs, fowl, fish, game, and flesh foods generally. One would judge from this array that to carry on the body's work the main requirement is protein. Surely if the main demand were not for such foods, they would not occupy so much on the menu; yet if there is one fact that science has settled, it is this: that the main requirement of the body is not growth-and-repair foods, but fuel foods or energy foods containing carbon; for example, fats and carbohydrates (sugars and starches). Now it is true that meat and protein generally can be used as fuel for the body, but such fuel is expensive both financially and physiologically. On the other hand, the true fuel foods or energy foods are relatively cheap both financially and physiologically."

Insurance men see enough of life shortening in the large consumption of meat foods to think it worth while to warn their policy holders regarding it. Significant, is it not? Again, some sensible advice;—

"Spring is not a time for medicine, but for common sense care of the body. If your skin is pampered by overheated rooms, heavy clothing, and neglect of skin gymnastics, that is, cold bathing (air or water) and friction, you may be an easy mark for drafts and sudden chills when a few warm days tempt you to change clothing or to let the furnace fire die out."—*Life and Health*.

"God never delays His blessings except that He may double them."

NEWS NOTES

NATIONS ARE TOO NERVOUS

THERE is a pathological reason for the war. It is nothing more nor less than an expression of the intense nervousness of the age. We are too high-strung. The nations are suffering from acute neurasthenia. The fear and suspicion of the one of the other is but the hallucination characteristic of their nervous condition.—*Staats-Zeitung, quoted in Washington Post, September 6.*

HEALTH CONDITIONS IN THE PHILIPPINE ISLANDS.

THE Report of the Surgeon-General of the United States Public Health Service tells of further success last year in the campaign against disease in the islands. During the entire year there were only a few cases of plague and of smallpox, the latter among persons inaccessible to vaccination. These diseases in times past have ravaged the islands, and as many as forty thousand have died in one year from smallpox alone. It is also to be noted that yellow fever no longer has a foothold either in the Philippines or in any other portion of American territory.

EFFECT OF ALCOHOL ON LIFE EXPECTANCY.

Dr. T. B. Crothers in the *New York Medical Journal* of April 25, says, speaking of life insurance companies: "If the companies are unable to limit their business to the total abstainers, there are already data sufficient to indicate the possibility of insuring moderate drinkers on a practical commercial basis. Thus a man at forty years, who asserts that he is drinking alcohol in moderation, should be rated with the same expectancy as a man of fifty or fifty-five years, and should pay premiums accordingly. A periodic drinker thirty years of age should be charged the same premiums as the individual of forty or fifty years of age. This is on the supposition that the drinker is free from the ordinary symptoms of physical disability. The central fact is that the drink and drug taker has discounted the future and is prematurely aged, and policies should be issued accordingly. All persons enjoying the moderate or occasional use of spirits should be put on the same premium as persons of ten or twenty years older, depending upon circumstances and conditions."

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NEURASTHENIA FROM LACK OF TABLE SALT.

Dr. Alexander Haig, of uric acid fame, has observed that those who deprive themselves of salt are apt to become neurasthenic, and he is of the opinion that many persons owe their neurasthenia to a deficiency of salt in the dietary. A paper by him on this subject appears in the *Medical Record* of June 6. He says: "I have thus seen a considerable number of cases in which increase of salt has caused a very marked improvement in nutrition and in the production of urea from the proteins of the food. I have also met with some cases of obstinate dyspepsia in which absence or deficiency of salt was the sole cause of trouble. . . . Vegetarians, if they do not bear these points in mind, will be more liable to suffer from neurasthenia [from absence of salt in the diet] than meat eaters." It is the herbivorous, not the carnivorous, animals that travel a long way to obtain salt.

THE GREAT PARADOX

THE huge war now raging in Europe is the inevitable outcome of the unsymmetrical development of the mind of man. Perhaps the leading country of the world in the sciences and the arts is Germany. Certainly the leading country in the world in developing an aggressive and militarist policy is Germany. She is at once the most enlightened and the most reactionary of the greater nations of the earth. She is, above all other countries, the living embodiment of that monstrous paradox we call the advancement of science. Our progress in the control of nature for the benefit of mankind has been equalled only by the splendid intelligence with which we have perfected means of slaying one another. We learn how to abolish a disease, and simultaneously invent a dreadnaught. As scientific men, while half of us work for the establishment of heaven upon earth, the other half strengthen the possibilities of an increasingly ghastly hell. We approach the millennium and Armageddon along parallel roads.—*Scientific American*, August 29.

WHAT I KNOW ABOUT REAR- ING THE BABY

(Concluded from Page 50)

Too much food is a bane we should guard against with care. Any digestive trouble or other disturbance is best treated at the start by reducing or even stopping all food, water being given at regular intervals instead.

Many other points would require to be discussed in detail; such as, fresh air, exercise,

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teething, and common ailments. A good doctor should be consulted for *advice*. Keep clear of the man who will not take pains to explain, and will hand you a syrup or a prescription.

May my last injunction not sound uncouth, —don't love the baby too much. Love him less with your feeling, but more with your mind. Control your love impulses by your loving discrimination. Love him for himself, not for yourself. Baby is a person from birth; don't make a plaything of him. Your affection he should enjoy, not be the slave of it. Diseases can be transmitted by kissing. Should we, then, abolish kissing? Some think so and say so. Mouth kissing is certainly objectionable. Baby is not in the world to be made the target for love shafts, clean and unclean. Yet I should not advise that he be reared by impersonal love. Baby is a person, and needs personal affection with all its tokens of attachment. Could a man appreciate universal love if as a baby he had not held his arms toward, and had not been pressed against, the bosom, the tangible proof of that love? What a sad babyhood! One in which he could not kiss mother!

J. L. BUTTNER, M. D.

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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.

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REGISTERED, - - - No. A. 457

The All India Temperance Conference was held at Madras in December. Progress was reported in all parts and steps taken to further extend the campaign against alcoholic consumption in India.

In the next number of Herald we hope to have some good advice ready for the hot weather, which by that time will be close upon us. With care the fiery days of an Indian summer may be less exhausting than is usually experienced.

We would call the attention of our contributors and readers to the instructions on page one of this number concerning manuscripts for HERALD OF HEALTH. These should be addressed in the future to the *Managing Editor* at the office of publication.

Your questions regarding matters of health are always welcome. The magazine and its staff cannot prescribe for or diagnose a disease at a distance, but there are many things in which help can be legitimately given and where this is possible, we are at your service. So be free to pass along your queries.

We are glad to have again upon our editorial staff, Dr. H. C. Menkel, the first editor of this magazine. We shall hope to have frequent contributions from his pen during the ensuing year. Dr. V. L. Mann continues as the editor of the paper and plans to give us an editorial each issue. The working force on the journal is thus materially strengthened, and this will, we believe, add much to its effectiveness in the presentation of the principles of health.

In the present terrible war many are called upon to endure the loss of those who are near and dear to them. High and low are alike in mourning for loved ones; among them our own ruler, the Viceroy, whose son Lieut. Hardinge has recently succumbed to wounds. Following the loss of his companion earlier in the year it must be a source of poignant grief, and our heartfelt sympathy is extended to him in the second affliction.

THE VARNISHED FROG.

SCIENCE has proved that the varnished frog croaks its last croak when the air it breathes becomes warmer than ninety-six degrees, which is hot for frogs, but which the unvarnished frog will survive. The reason here is that this bactrian must use its pores to radiate the extra heat, which it cannot do when coated with varnish. Moreover, disease germs make short work of varnished frogs that are already weakened through sweltering. There are humans who, although they are not varnished, yet accumulate coats of other material quite as deleterious to health; as in the case of the individual who, in over-weening pride, boasted that he "bathed regularly, every fourth of July, whether he needed it or not." The meaning is no doubt clear; further specification were a painful supererogation.

Also, improper, too long unchanged and too voluminous clothing disturbs the cutaneous function. The importance of this latter is not sufficiently recognized. The skin is an organ of respiration, and as such is a part of the breathing apparatus. And the skin secretes and excretes. He who bathes o' mornings gets his blood elements enriched, and avoids blood stagnation—a very evil thing; has his lung power and area increased; his appetite and nutrition enhanced, and the food elements better stowed away in those parts of the economy where they belong, is assured a sense of mental as well as physical wellbeing; and, in cases where such improvement is desirable (they don't seem rare), has his morals toned up considerably. The skin is the "peripheral heart." Take a child from two to ten years old; he has a skin surface up to ten square feet; and underneath this is a stream of blood that should be in constant and rapid circulation. Within two minutes this blood (from two to ten pounds of it in a child) enters and leaves the surface, comes from and back to the heart. If this circulation takes longer or if there are pools, eddies, and pocketed accumulations by the way, the organs and tissues will get congested with impure blood and will become hospitable to germs; the whole bodily machinery will act badly, and there will be disease. The man of forty and after who has several yards of peripheral heart and a veritable sea of blood flowing through it, who exercises little and runs instead to the undistributed middle, is especially counselled to apply his fluid restoratives outside rather than into his constitution.

Don't be a varnished frog!—*Dietetic and Hygienic Gazette.*

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