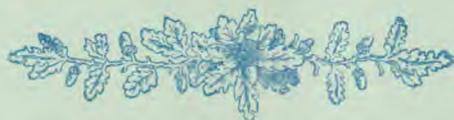


# Herald of Health



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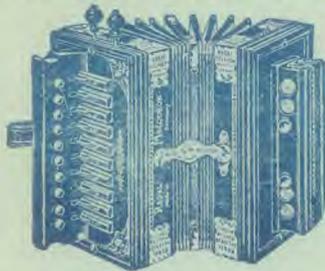
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# HERALD OF HEALTH

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NO. 4

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## Testimony of Superintendent of Oregon Training-School



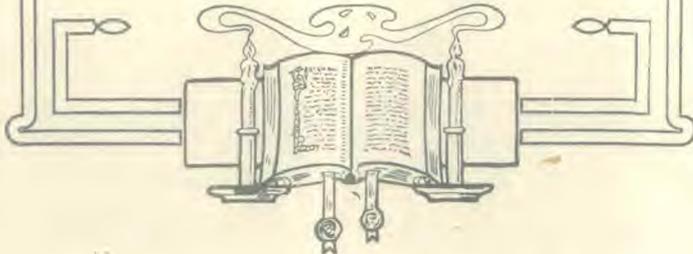
At least two thirds of my boys arrive at the school saturated with nicotin, and with cigarette marks on their fingers and a package of tobacco and cigarette-papers in their pockets. I believe this to be the direct cause of their delinquency.

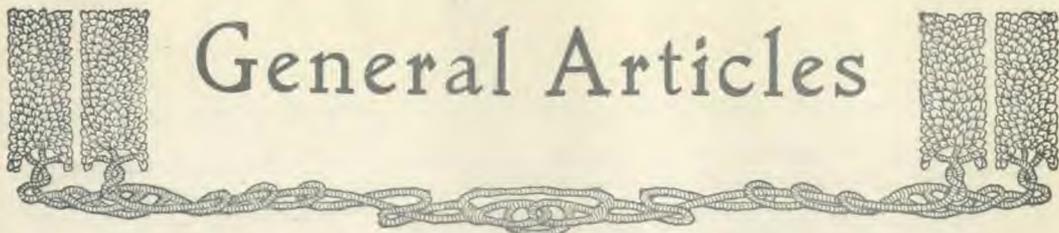
It is my opinion that no boy who smokes or chews tobacco will ever make as good a man physically, morally, or mentally as he would have made if he had let tobacco alone; and in ninety-nine cases out of a hundred the victims of this habit are complete failures as men,

while a large percentage do not even reach maturity.

The solution need not necessarily come through the making of more laws, but undoubtedly it must come through the strict enforcement of the existing ones, as most of the States have put the ban on the cigarette. But this cannot be accomplished till politics is taken out of law enforcement. Had I but one wish to make, it would be that all liquor and tobacco should be wiped off the face of the earth forever, for not until the production and sale of these things are prohibited can we hope to do very much against these two evils which blight the young manhood and womanhood of our nation.

WILL S. HALE.





# General Articles

## The Uselessness of Alcohol

Not a Necessity in Medicine—Its Effects in Typhoid and Pneumonia—Influence on the Unborn Child

BY T. J. EVANS, M. D.

Medical Superintendent Loma Linda Sanitarium, Loma Linda, California

It is the general impression that a physician can not dispense with alcohol in the practise of his profession and that alcohol is absolutely necessary in the manufacture, preservation, and dispensation of medicine.

### Is Alcohol Indispensable?

Alcoholic beverages have been used as intoxicants from times immemorial; but since the eighth century, alcohol has been separated from the other ingredients by distillation. From the fact that many of our tinctures are made and preserved in alcohol, the idea has become general that these drugs must necessarily be prepared in this particular way. But in the last few years, the tinctures have not been used as much as previously, for they can not be administered with as much accuracy in dosage. Most physicians now use tablets and the alkaloidal preparations instead of the tinctures.

### Alcohol in Typhoid and Pneumonia

Formerly alcohol was used in the treatment of typhoid in the low and debilitated state; but since alcohol has been used less, and hydrotherapy more, the mortality from this disease has been greatly lessened. Where the patients have been properly treated, drugs are very little administered by those who are using modern methods. If hydrotherapy is instituted early, there is no place for stimulants except where there are complications. When these complications arise, there are other stimulants that are

more valuable than alcoholic preparations.

A few years ago, alcohol was frequently used in the treatment of pneumonia; but of late, closer observations have developed the fact that pneumonia is much more serious where individuals have been accustomed to drinking alcoholic beverages.

Dr. C. K. Stillman investigated 200 cases of pneumonia in alcoholics, to ascertain the influence of drinking habits on the prognosis. He divides the cases into two classes: "1. Free drinkers who show tremors, nervousness, and usually signs of chronic gastritis. 2. Excessive drinkers who show in addition signs of cardio vascular changes, frequent irregularity of the heart, pallor, and more pronounced signs of degeneracy, as shown by the changed facial expression and listlessness of demeanour."

### Highest with the Hard Drinkers

"Of the 200 cases collected by the author, 121 were 'free' and 79 were excessive drinkers. Of the 121 'free' drinkers, twenty-two died, a mortality of 18.1 per cent. Of the 79 excessive drinkers, fifty two died, a mortality of 65.8 per cent. An analysis of the foregoing figures leads to some very interesting conclusions. Most striking of these is the evidence presented that youth does not make for a low death-rate when the subject is excessively alcoholic. The figures seem to indicate that the inebriate of twenty-five years has no better chance of recovery than the toper of middle age."

This can be explained from the fact that when a person is afflicted with pneumonia, one or more of the lobes of the lungs are greatly engorged with blood and serum; and if alcohol is administered it increases the engorgement, because of its paralyzing influence upon the vasomotor nerves that control the fine capillaries, and thus increases the amount of blood in the small blood-vessels.

#### Alcohol As a Heart Stimulant

Alcoholic preparations have been suggested as heart tonics and heart stimulants; but most physicians resort to preparations that are more effective and less injurious. Digitalis, strophanthus, and strychnia are used much more freely by the medical profession, and are found to be more reliable. In fact, it is definitely known that abnormal heart conditions are brought on by alcohol, and it is one of the chief factors in producing arteriosclerosis, or hardening of the arteries. Then if alcohol has this deleterious effect upon the circulatory system, the results would be the opposite of those we desire to produce.

#### Its Use with Snake Bites

Alcohol is generally regarded as indispensable in cases of snake bite, as it is supposed to neutralize the effect of the poisons that have been inoculated in the system by the fangs of the reptile. But alcohol does not retain this position with the up-to-date physician. He looks upon permanganate of potash as being far more effective in combating the effects of bites of insects or reptiles.

For bites of reptiles the injured parts should at once be opened with a penknife or any other instrument that may be available, and a saturated solution of permanganate of potash placed in the open wound. A band should be quickly placed around the limb above the injured part, to interfere with the return circulation, and increase bleeding, and in this way wash out the toxic substances. The saturated solution can be injected under the skin in the region of the affected part, or

the crystals may be placed in the open wound. The inhalation of aromatic spirits of ammonia is also beneficial where collapse comes in connection with snake bite. Permanganate of potash can be carried in a little two-gram vial, is inexpensive, and can be prepared for use almost instantly. Peroxide of hydrogen is useful in case of insect bites. If alcohol were useful in snake bites, that would not be an argument in favour of its retention among civilized people, inasmuch as snake bite is of such rare occurrence.

#### For Carbolic Acid Poisoning

Alcohol is a splendid antidote for carbolic acid poisoning. If carbolic acid has been taken in quantities, alcohol will neutralize the poison, and possibly save the individual from death. There is no excuse, however, for retaining one poison to neutralize another, especially when the poison retained produces many times more deaths than the one to be neutralized. Carbolic acid is not used for a disinfectant so much as formerly, other antiseptics taking its place, and it is seldom used except in the sterilization of surgical knives before operations. Alcohol itself is an antiseptic, and can be used for disinfectant purposes. It is frequently used for thermometers and other instruments. The very fact that it can be used for a disinfectant shows that it is a poison.

#### Its Use in the Laboratory

One of the most useful places for alcohol is medical laboratories, where it is used to harden tissues. In making pathological examinations, the tissues are prepared by placing in alcohol of varying strength, for the purpose of extracting all the water from the tissues and leaving them hard, so that they can be mounted and cut before staining. Its use there is very helpful, but not indispensable; for in instantaneous examination, alcohol is not used in the study of pathological tissues. Dr. Brooks has said that with a little experience, it could be eliminated from the laboratory, and would be hardly missed. Alcohol will dehydrate the living tissue as well as the dead. It is poisonous to any

tissue with which it comes in contact. The cells, instead of being bathed in a fresh nutritive agent, where alcohol is taken, are bathed with an alcoholic solution, which interferes with the oxidation and elimination. This accounts for the users' becoming inactive by the replacing of muscular fibres with fatty tissue.

#### Alcohol Active on the Blood-Vessels

When alcohol is taken into the system even in small doses, it acts upon the small blood-vessels, causing them to become relaxed and dilated, through paralysis of the vasomotor nerves. It also dilates the capillaries of the internal organs, and allows them to become engorged, especially if the surface of the body is exposed to cold. The food is not so readily oxidized, and the constructive changes and eliminative processes are hindered. It also lessens the activity of the white blood cells, and causes the individual to become more susceptible to disease. The immunity that is acquired by the body in different ways is lessened. Instead of assisting the body to combat disease, it lessens the resistance of the body by interfering with the natural immunity.

Dr. Lambert divides alcoholics into three classes: 1. The industrial drinkers, who take liquor as a stimulant to make their working capacity greater; and for a time they may believe they can do more work, but ere long they find they have to increase the dosage in order that they may keep up with the standard. 2. The convivial drinkers, who go frequently on sprees, and sooner or later eventuate into chronic alcoholism. 3. Those who take liquor for the purpose of drowning their troubles. This class frequently drink on the least provocation, such as sickness or loss of position. Even a cross word from a superior will often make an occasion for a "drunk."

#### Dulling the Finer Emotions

"The chronic poison by alcohol produces effects similar to those of acute poisoning in its various stages. The lessening of judgment, dulling of the finer emotions, and pro-

minence of the lower instinct, are shown as degeneration of the brain comes on." We can not judge persons who use alcoholic beverages by a normal man for they are diseased.

The mind is steadily poisoned by the intake of this narcotic, and we do not expect it to act normally. The alcohol addict can not rearrange events of the past in a way that would give a basis for reaching correct conclusions. The bringing of one idea to the mind does not readily call forth other ideas. Hence we can not expect him to tell the truth. When a man has lost control of his mind, he is also incapable of reforming his ways, therefore should be regarded as an irresponsible subject of pity.

In order to help these individuals, it is absolutely necessary that we have confidence in them, and we should inspire them with a knowledge that we desire to help them break away from this influence that is binding them to the intoxicant from which they would gladly be free if they had the power. It is only the lack of knowledge of what is in their hearts that makes us so unsympathetic in regard to their welfare.

#### Alcoholic Insanity

Drs. Church and Peterson, in the paragraph on alcohol in their book on mental diseases, in discussing the etiology of insanity, state: "While the position of auto-intoxication as a factor in etiology is not yet determined, we may say of alcohol that it stands foremost, after heredity, as a single, independent cause (eighteen to twenty per cent. in males). Alcoholic insanity commonly develops from chronic alcoholism, from the excessive use of the poison for a long period of time. It is three or four times as frequent as a factor in the insanity of males as of females. Usually it is not difficult to discover the cause of an alcoholic insanity; but should alcoholic abuse be denied, an investigation of the conditions of the viscera will often throw light on the subject (cirrhosis of the liver, fatty heart, chronic gastric catarrh with heavily furred tongue, chronic

nephritis and arteriosclerosis). Corroborative evidence will generally be afforded, too, by affections of the nervous system (alcoholic polyneuritis; alcoholic epilepsy; muscular paresis here and there in the hands, face, or tongue; fibrillary tremor of the face and tongue, fine or coarse tremor of the fingers and hands; paresthesias, hyperesthesias, neuralgias; muscæ volitantes, tinnitus aurium, amblyopia, and visual hallucinations). The peculiar psychic degeneration of alcoholism is very characteristic. This consists of gradually weakening memory and will, slowness of perception and judgment, and loss of esthetic and moral sense, with occasional states of depression and excesses of anger."

From a very careful investigation of the above, it will be found that there is only one factor that excels in the production of insanity, and that is heredity. But in studying heredity, we also find that alcohol plays an important part along this line.

#### Alcohol and the Unborn Child

Prof. A. Forel discusses the effect of alcohol upon the development of the race, and especially on the Aryan nation. While we are enjoying a great deal of prosperity, there

are many elements tending to the degeneracy of the race. "First, there is a proportionally excessive production of unfit and insufficient propagation of the better types of the race. The best elements of society are taxed to provide for the offspring of the degenerate, who should not be allowed to multiply at all. A more serious matter is the prevalence of alcoholic habits, which tend directly to the deterioration of the genital glands and the products of their activity."

Before the child is born it is protected from such injuries as fractures, dislocations, etc., but not from the poisons that are taken into the system, which, upon entering the circulation, are carried to every known tissue of the body. "That alcohol is such a poison is well known; and even when taken in small doses for a considerable period, it has a pernicious effect upon the offspring. It differs from food in the fact that its use tends to produce no feeling of satiety, but fosters an unnatural appetite, so that moderation in its use is only to be attained with certainty by entire abstinence, and it is impossible to say how small a quantity can be taken habitually without harm."

## Food Should be Relished

BY G. H. HEALD, M. D.

NOT infrequently letters come to the Questions and Answers department of this journal in which the writers complain of indigestion, constipation, coated tongue, and the whole gamut of symptoms which indicate poisoning from the food. In nearly all these cases the correspondent is careful to give the information that he does not use meat, tea, or coffee, and that he has been trying for some time to live up to all the light of health reform.

Such letters are always a perplexity. In a way they are like the young man who came saying, "All these things have I done from my youth up: what lack I yet?" And the answer that I am prepared to give may be

received with as little grace as the young man manifested. The fact is, in doing "all these things" they have failed in the very essential of health reform; for of course it is obvious or ought to be obvious, to any who are not completely obsessed with a theory, that one who has a coated tongue, with indigestion, constipation, and a host of other disagreeable and life shortening symptoms, is *not* living health reform in the spirit, though he may be following it in the letter. He may be conscientious; he may be careful to regulate his conduct according to the best light he has; but it is just as certain that he is violating some physiological law as it is that water will not run uphill. The proper adjustment

of our bodies to our surroundings tends healthward; and when the tendency is the other way, there is a reason for it.

One physiological law, which we have been very slow to learn, is that *good digestion depends upon relish*. This has been proved by careful experiment on dogs and other animals, and also on human beings. It has been shown that the use of monotonous foods, foods that do not give pleasure in the eating of them, foods that are swallowed simply because they contain the required amount of protein, fat, carbohydrate, and salts, do not stimulate an adequate flow of digestive juice, and the digestion is therefore slower and more imperfect. Moreover, the saliva is thick and ropy and deposits the substance which becomes tartar on the teeth and fur on the tongue. The tartar in the course of time causes the teeth to loosen, and the septic mouth poisons all the food that enters it. The coated tongue being unable to taste food, the condition goes from bad to worse, for even savoury foods can no longer adequately stimulate the salivary and other digestive glands.

A prominent dentist who is also a physician and surgeon, has made an extended study of this subject. He first learned that the quality and quantity of the salivary secretion depend on the kind of food eaten. Certain of the foods, as the acid fruits and foods generally that have a distinct taste, increase the secretion of saliva. Later he learned that the secretions of the stomach, pancreas, and liver were similarly affected,—in other words, that "what is best for the mouth is best for the remainder of the alimentary tract,"—and concluded that "the mouth is the most important part of the whole canal." If digestion is right in that part of the canal over which we have control, it will be right the remainder of the way. If digestion is wrong, the cause is largely in the mouth. This simplifies the problem, and makes it more hopeful.

It is generally known that digestion is

largely controlled by a "reflex arc," consisting of nerves carrying sensations of taste, etc., to the brain, and other nerves carrying secretory and other impulses from the brain to the glands and other structures of the alimentary tract. This doctor found that by severing one part of this arc,—the pneumogastric nerve below the heart,—so as to prevent the messages from the brain reaching the stomach and other abdominal organs, the stomach dilated, the food remained in it undigested, fermenting and decomposing, and finally caused the death of the animal through blood poisoning. He believes that a milder but more prolonged effect of a similar nature is produced in the human subject by blocking up the other end of the arc; that is, by diminishing the taste perception, first, by a habitual diet of a non-stimulating character (that is, not stimulating to the salivary glands), and secondly, by the formation of a coating on the tongue which prevents the tasting of even foods with marked flavours.

In order to test this, he fed animals on boiled and neutralised food (neutralised with carbonate of soda). If the experiments were begun early enough, the animals all died before they were six months old. Development was retarded in a marked degree in all cases. Starch and lime in excess were extracted from the bowels. The salivary glands did not develop properly. After death, the animals nearly all showed a markedly diseased condition of the stomach. Mind you, practically all that had been done in this case was to take the normal taste out of the food.

In another series of experiments, the doctor showed that the poisons from the germs of the human mouth, if injected into animals, will cause a rise in blood pressure, and he thinks this may account for a large proportion of the high-pressure symptoms—cold feet, pale complexions, headache, and constipation—in human beings with bad teeth. By feeding rabbits with a culture from the germs of decayed teeth, he caused illness

with loss of appetite and constipation. Whether or not we grant that these experiments are conclusive, we must admit that bad mouth conditions in the human are nearly always accompanied with bad conditions elsewhere. A normal saliva is one of the best preventives of bad mouth conditions, and a proper dietary is the best assurance of a normal salivary secretion; and a dietary that is insipid, tasteless, unappetising, is not a proper dietary.

Fletcher was not so far off when he taught that the function of the mouth is to taste and enjoy food, not to bolt food. If you will observe carefully, you will perceive that there is a much larger proportion of dyspeptics among those who do not care what their food tastes like than there is among those who are particular as to the taste of their food.

This article must not be taken as a de-

fence for the position that we live to eat, or that the principal use of the table is to furnish us with certain animal pleasures. Like fire, our senses may be excellent servants or hard masters. Temperance lies between the extremes of indulgence of the sense of taste for the mere pleasure of it, and the asceticism which makes a virtue of cutting off all the pleasures of taste. Either extreme fails of securing the greatest measure of health for the body. The nerves of taste have been given us for a purpose, and the fulfilment of that purpose is to enable us to distinguish between the good and the bad. It should be remembered, however, that the nerves of taste can be, and often are, so trained that they give pleasure only with foods that are not the best for the body as a whole. For this reason they cannot be relied upon as an infallible guide.

## The Truth About Tea

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

UNTIL the year 1610 tea was unknown in Europe. In that year the Dutch East India Company imported tea to Europe for the first time and we are told that it retailed at ten guineas a pound. Pepys mentions tea in his famous diary in 1660 in the following words: "I sent for a cup of the, a China drink, of which I had never drank before."

It seems that tea grew in popularity very slowly, but by the beginning of the nineteenth century it was a well-fixed habit in the United Kingdom, and the average yearly consumption per head of population at that time was  $1\frac{1}{4}$  pounds. Now the annual consumption has nearly reached 7 pounds.

### Source of Tea.

Tea leaves are obtained from the plants known as *Thea chinensis* and *Thea assamica*, both of which belong to the *Camellia* order. Tea is grown very extensively in China, from which place it was originally imported, and also Assam, and within comparatively recent years, very extensively in

Ceylon and India. There are many varieties, but generally speaking tea is classified as green tea or black tea, the difference, however, being one that has to do solely with the treatment of the leaves. Indian and Ceylon teas, as a rule, contain more tannin than the China tea, but the amount of the alkaloid poison *Theine* is much the same, although there are slight variations.

When we speak of the composition of tea, we shall refer to the drink rather than the leaves. There are traces of various constituents, but the important ones are tannic acid, the alkaloid *theine* and a volatile aromatic oil.

Tannic acid, or tannin, is a well-known astringent and is found in quantities varying from 10 to 12 per cent in an average cup of tea. It has an irritating effect upon the delicate mucous membrane of the digestive tract, and it is also known to interfere with digestion, retarding the activities of the pepsin and other digestive agents. Further

more, the tannic acid is often responsible for constipation of a mild or more serious type, and, generally speaking, its influence upon the stomach and intestinal tract is more or less harmful.

Theine, on the other hand, is an alkaloid and a powerful drug, and in its chemical composition identical with another well-known alkaloid found in coffee caffeine, and the average proportion is from 2 to 4 per cent. Generally speaking, theine has both a stimulating and narcotic effect and exerts its influence chiefly upon the nerves and the nervous system. It is this alkaloid that gives to the tea the supposed refreshing and exhilarating effects, and if the alkaloid were completely removed tea would not be tea any longer and would give no satisfaction to its devotee.

The aromatic oil only amounts to about half per cent and its influence is said to be something the same as that of the theine.

The average cup of tea contains about one grain of the alkaloid, a full medicinal dose, and two to three grains of tannic acid.

#### Tea and Digestion.

We have already pointed out that the tannic acid of the tea interferes with the digestion, prolonging the process. The astringent effects of the tannic upon food material is of such a nature as to make the food more difficult of digestion. Recognizing this retarding effect, Drs. Parkes and Kenwood in their classic work "Hygiene and Public Health," give the following instruction with regard to the use of tea:—

"Tea should not be taken with, or shortly after meals, as the tannin tends to coagulate the albumins of the food undergoing the process of digestion."

With regard to the excessive use of the drink, they say:—

"The abuse of tea leads to weakened digestion, constipation from the astringent properties of the tannin, and nervous depression leading to insomnia and trembling—the effects of the volatile oil and theine."

#### A "Nervine" Aliment.

Gautier classifies tea with coffee, cocoa,

alcoholic beverages, and condiments as a nervine aliment. In medical literature the nervine is something that will allay nervous excitement. None the less, tea is usually taken for its supposed refreshing, exhilarating, and stimulating qualities. But Gautier on another page of his book, "Diet and Dietetics," makes the following observation:—

"It is wiser to do entirely without these stimulating drinks when one can, or, at any rate, only to make exceptional and very sparing use of them."

The nervine is a medicinal agent or drug, and we are wholly justified in looking upon tea as a drug. According to Dr. Robert Hutchison, "tea and coffee are in no sense foods."

#### Further Testimony.

In his excellent work on "Food, and the Principles of Dietetics," Dr. Hutchison has the following among other things to say about the influence of tea, coffee, and cocoa:—

"The influence of these beverages on salivary and gastric digestion is, on the whole, unfavourable; of their effects on intestinal digestion we have little exact knowledge; Roberts considers that they are practically nil. Roberts found that tea remarkably inhibits the conversion of starch into sugar by the saliva. If there was even five per cent of tea infusion in the digestion mixture, practically no digestion of starch took place. He attributes this result entirely to the tannic acid in the infusion, but found that tea infused for only two minutes had quite as powerful an effect as when the infusion was prolonged for half an hour."

And again we quote:—

"The most elaborate investigation of the action of these beverages on digestion in the stomach has been made by Fraser. He found that tea and coffee both retard peptic digestion, but the former to a greater degree than the latter, and that Indian tea has a more powerful effect than China. Further, his observations brought out the interesting result that the digestion of different articles is retarded in unequal measure. Thus, the digestion of white of an egg, ham, salt beef, and roast beef, was much less affected than that of lamb, fowl, or bread."

And finally:—

"If tea is taken at all, a good China variety should be selected; it should be infused for as short a time as possible, and should be taken with milk. Second cups should be avoided, and it should be drunk after rather than during the meal."

#### "The Tea Habit."

Professor W. G. Thompson, M. D., of Cornell University, U. S. A., states in his book on "Practical Dietetics," that "the ill effects of excessive tea drinking—the 'tea habit'—are referable to its action on the digestive and nervous systems and are cumulative."

The doctor then goes on to tell us when tea must be avoided, as follows:

"Tea must be avoided in dyspepsia, gastric irritability from any cause, constipation, anæmia, insomnia, and 'nervousness,' and usually in gastric catarrh, although Bauer recommends weak tea as less likely than coffee to induce heartburn or aggravate diarrhoea. The ill effects of the 'tea habit' are even more pronounced in children and youth than in adults."

#### Tea and Insanity.

There are good authorities who believe that the free use of tea encourages insanity. Again we quote from Dr. Thompson's book:—

"In a recent report on insanity in Ireland,

tea is mentioned as a contributing factor. A very poor quality is there used, and it is often stewed nearly all day, water being added from time to time. This report continues: 'Undoubtedly the method of preparation adopted and the excessive use of this article of diet, now so general among our poorer population, tends to the production of dyspepsia, which in its turn leads to states of mental depression highly favourable to the production of various forms of neurotic disturbance.'

After this brief discussion, and after quoting from such eminent authorities we believe that we are entitled to conclude that tea is a drug, and moreover, a habit drug, and that it should no more be used habitually every day than other drugs. Furthermore, the habitual use of tea is liable to cause loss of appetite, flatulence, dyspepsia and its accompanying disturbances, irritation of the stomach, gastric catarrh, restlessness, nervousness, and certain sensory disturbances, sleeplessness, trembling of the muscles, palpitation of the heart, insomnia, and various other symptoms and diseases. Nervous persons above all others must strictly avoid tea. Those who would cultivate the highest degree of physical and mental health will find no use for tea in their dietary.

## Proverbs Concerning Diet

THE "British Medical Journal" recently contained a most interesting article on "Proverbial Medicine" from which we have culled the following proverbs and sayings.

All are familiar with the famous maxim "Use first Dr. Quiet, then Dr. Merriman, and Dr. Diet." This is very sound medical counsel and if followed more frequently would save much suffering and many valuable lives.

The old adage "Diet cures more than the lancet" emphasizes not only the great importance of diet but also of prevention. If we only knew the whole truth we should doubtless recognize that many a surgical operation would never be required were it not for the indiscretions of diet practised perhaps for years by the victim of the knife.

"Everything in excess is inimical to Nature."

"Surfeit has killed many more men than famine."

"Many more men die of surfeit than of hunger."

"Many diseases are the result of dinners of many courses."

"By suppers more have been killed than Galen ever cured."

"More people are killed by supper than by the sword."

"Much meat, many maladies."

"Quick to the feast, quick to the grave."

"The glutton digs his grave with his teeth."

"Feastings are physicians' harvests."

"The supper kills more than Avicenna cures."

The wisdom of omitting the supper entirely or at least making it a light meal is a subject of many a maxim, as witnessed by those that follow:—

"Light supper makes long life."

"Dine lightly and sup more lightly."

"Dine lightly and sup more so, sleep high up and live long."

"Who sups well sleeps well."

"From a great supper comes a great pain, that you may sleep lightly sup lightly."

"Light suppers make clean sheets."

"He wrongs not an old man who steals his supper."

Our old English adage "Hunger is the best sauce" has many imitations or paraphrases and we give a few from the same source:—

It was Sir William Gull who gave the counsel "First get your patient hungry, and then keep him so." How different from the practice of the average physician of the present time who usually advises his patient to "feed up."

Horace in his satire on the simple fare, said "Seek relishes by sweating toil," and again "Hear now what blessing, and how great, a frugal diet brings, and first of all you'll be in health."

"Labour gives the best relish."

"The hungry ass will eat any kind of litter."

"Hunger sweetens beans."

"The stomach is not a hard creditor."—*Seneca.*

"Ought to feed by measure and defy the physician."

"The sparing diet is the spirit's feast."

"A little sufficeth nature."

"Leave off with an appetite."

"Enough is as good as a feast, and better than a surfeit."

"Enough is too much."

"'Tis best eating when one's hungry."

"Full bellies make empty skulls."

"Go to your banquet then, but use delight So as to rise still with an appetite."—*Herrick.*

Sir Philip Sidney gave the following advice about health:—

"The rules of health and long life are

Moderate diet, open air,

Easy labour, free from care,"

"Moderation produces clear complexion."

Of Socrates it was said,

"They live that they may eat, but he himself eats that he may live."

"We live not to eat but we eat to live."

The famous Dr. John Abernethy never buried his counsel in verbiage but spoke to the point. His wise and pithy exhortation "Live on sixpence a day—and earn it" is still first class medical advice.

The following maxims are taken from the famous Book of Proverbs:—

"Better is a dinner (or dish) of herbs where love is, than a stalled ox and hatred therewith." Prov. xv. 17.

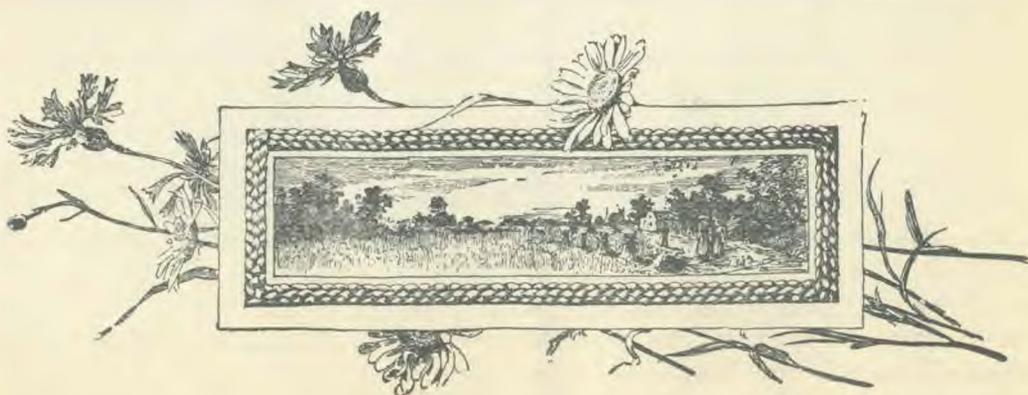
"Better is a dry morsel and quietness therewith, than an house full of feasting with strife." Prov. xvii. 1.

"Mickle corn, mickle care," is a Scottish proverb reflecting the Biblical "great treasure and trouble therewith." Prov. xv. 16.

"It is good to be merry at meat" said Ray, while George Herbert wrote that "A cheerful look makes a dish a feast."

We may perhaps close with Codrington's secret of a long life:—

"To rise at six and dine at ten, to sup at six and go to bed at ten, will make a man live ten times ten."—*Good Health.*



## The Neglected Cold

WHENEVER anybody sneezes, people say—or they ought to say—"God bless you"; the man with the sneeze certainly needs a blessing and providential protection. For a sneeze generally begins a cold; and the end of it is oftentimes disaster.

Many say a cold is a trifling thing; "it's nothing but a cold." All the same, if you measure a neglected cold by its consequences, you will find it the most serious illness in existence; for no other is as responsible for suffering, inconvenience, money loss and death.

The common cold leads to a great many diseases by weakening the body, and so making it a good soil for germs to grow and multiply in. Pretty much all deafness is the result of colds; and many cases of diphtheria, measles, scarlet fever, meningitis and what not else follow in its wake. Think of only two diseases the common cold leads to—pneumonia and consumption; these two diseases destroy at least half of all the lives of civilized people.

How does the common cold lead to consumption? Here is an example, from a doctor's case book. A young girl had caught cold. Everyone knows what that means by experience. She began with sneezing, her nose became stopped up, she had headaches, chills and fever, pains in the bones and joints, and then a cough, when the cold "settled on her chest."

Now, she ought, of course, to have stayed at home, gone to bed and nursed her cold until it had been got rid of. But she would not; mostly because she felt she couldn't afford to, having to make her living.

Instead of resting at home, she kept on working in the shop where she was employed, beside another girl, even worse off than she, who had consumption. Now this other girl, who, of course, did not know better, coughed into the air about her working place, and was otherwise careless about her sputum, which is, of course, the infective

matter in consumption, and the reason for its being "catching."

The germ of her disease became spread in this way, so that any person weakened by such an ailment as a cold, working day by day near her, would naturally come down with her disease.

And this sad result was just what came to pass. The poor young woman who, to start with, had had "nothing but a cold," was now a sufferer from consumption, like the unfortunate girl she had been sitting next to at work.

And now she became weaker day by day; she gradually lost her former good spirits and her eagerness and interest in her work; she couldn't put her mind on it, because she had now little reserve energy. She tired easily; was constantly losing flesh and strength. She was becoming pale, except for a pink flush that every doctor knows the meaning of. She felt her heart thump against her ribs, and she was beginning to breathe hard whenever she exerted herself.

The chills and fever became very marked; she perspired so that her night clothes were drenched long before morning; she tried to deceive herself into thinking that it was a "stomach cough," whereas there is no such thing. This cough gave her no rest, in spite of the syrups and cough medicines she was using. Finally there came a streak of blood in her spittle; and then in a fright she did what she ought to have done months before. She sought a doctor, who had then, all too late, to tell her the truth.

Now this poor girl was of a family of five. She died. Her father was a drunkard, which made him an easy prey to consumption; and he died. The mother also contracted the disease; and died. And a son of eighteen, in health as strong and hearty a lad as you could want to see, suffered the same fate: death from consumption. There was finally left in that family a little boy of six, the only

one spared. And he got up a white swelling, that is, a tuberculosis joint, which is a form of consumption in children; from which he fortunately recovered.

This is the history of a neglected cold; and every doctor has many a time come upon its like. Is such a thing really a trifle?—*Dietetic and Hygienic Gazette.*

## The Young Mother and the Fat Hog

### Not a Parable—Simply a Fact

ONE time a little mother, only twenty-five years old, began to feel tired all the time. Her appetite had failed her before the tired feeling came. Her three little girls now became a burden to her. It was "mamma, mamma," all day long. She never had noticed these appeals until the tired feeling came.

### The Little Mother

also had red spots on her cheeks, and a slight dry cough. One day, when dragging herself around, forcing her weary body to work, she felt a sharp, but slight pain in her chest, her head grew dizzy, and suddenly her mouth filled with blood. The hæmorrhage was not severe but it left her very weak. The doctor she had consulted for her cough and tired feeling, said, "You are all run down, and you need a tonic." He prescribed bitters made of alcohol, water, and gentian. This gave her false strength for a while for it used up her little reserve. When the hæmorrhage occurred, she and all her neighbours knew she had consumption, and the doctor should have known it and told her months before.

Now, she wrote to the State Board of Health and said: "I am told that consumption in its early stages can be cured by outdoor life, continued rest, and plenty of plain, good food. I do not want to die. I want to live and rear my children to make them good citizens. Where can I go to get well?" The reply was: "The great Christian State of Indiana has not yet risen to the

### Mighty Economy

of saving the lives of little mothers from consumption. At present the only place where you can go, is the grave. However, the State will care for your children in an orphan asylum after you are dead, and then in a few

years a special officer will be paid to find a home for them. But save your life?—never." "That is a cranky idea," for a member of the floor of the Sixty-fifth Assembly said so. "Besides," said he, "it isn't business, the State cannot afford it." So the little mother died of the preventable and curable disease, the home was broken up and the children were taken to the orphan asylum.

### A Big Fat Hog

one morning found he had a pain in his belly. He squealed loudly, and the farmer came to see what was the matter. "He's got the hog cholry," said the hired man. So the farmer telegraphed to Secretary Wilson, of the U. S. Agricultural Department (who said the other day that he had 3,000 experts in animal and plant diseases), and the reply was: "I'll send you a man right away." The man came; he said he was a D. V. S., and he was. He had government syringes, and a bottle of government medicine in his hand-bag, and he went for the hog. It got well. It wasn't cranky for the government to do this, and it could afford the expense, for the hog could be turned into ham, sausage, lard, and bacon.

Moral: Be a hog and be worth saving.—*J. N. Hurty, M. D.*

Note: The above has a moral for more parts of the world than America.

A MAN may drink in such a way as never to feel consciously excited or embarrassed, yet ruin his health and cut short his days more speedily and surely than the man who is dead drunk every Saturday night.—*Dr. Greenfield.*

IF you make home pleasant for the children with books and games and an occasional treat, you will not be worried by their being on the street at night.



# Editorial



## War and Eugenics

"Eugenics" in the terms of the physician, is that science that pertains to the betterment of the human race. It is a subject that takes in every phase of human life in all stages of its development. In its broadest sense it includes both man and animal, but until recent years, it was used in its narrowest sense, as more time and money were spent in improvement of horses, cows, etc., than in the improvement of the human race. It has only been for the last ten years that time and thought have been given to this subject in connection with man. For the short time that man has been considered, much has been accomplished.

The study of Eugenics has been the means of bringing into existence organizations recommending the sterilization of the unfit; the care and management of the prenatal period of human life; for better conditions surrounding the child-bearing process; and for the prevention of infant mortality. These organizations, working in harmony with each other, are the means of bringing better children into the world. These will become fathers and mothers who in turn will bring into the world still healthier and hardier children. The improvement in this cycle has not taken place at any one particular point, but it is constructed in such a way that it allows of improvement from all points. Two appreciable results have accrued from this: first, it has brought the average human life up a number of years, and second, life among those who have fallen under the influence of this movement is brighter and filled with greater courage.

What effect will the war, the greatest conflict ever chronicled in history, have upon the progress that has been made in the preserva-

tion of the human race. In this instance we do not have merely in mind the millions of the cream of the nations who will be sacrificed in the war, but the collateral effects, some of which will not be felt until years after the struggle ceases. The immediate sacrifice of millions of lives before the bayonet and the bullet are those upon whom we were depending to help keep up the progress already gained in the betterment of the human race. The question of weeding out the unfit, war has changed for us into the weeding out of the fit. It is true, nature is always forbearing and longsuffering, so that she will do all in her power to make up for the outrage thrust upon her. Were it not for this fact, when we consider the abuses the human race imposes upon itself, humanity would have been wiped out of existence years ago. Yet in spite of this tendency for nature to recuperate herself, what a disastrous effect it must have upon the perpetuation of the species to have millions of the finest of mankind swept out of existence! Those of the best, who live to the end of this war will be maimed or have had their nerves shattered with sound and sight of shot and shell, or hairbreadth escapes in encounters on land, in the air, or in the ocean's depths. This will tend toward a neurotic generation in the future.

The effects of war upon the prenatal period of human existence is just as disastrous. The number of mothers who to-day are scanning the columns of the casualty list for cherished sons, is numberless. It is again Rachel weeping for her children, and would not be comforted, because they are not. The wives who expect to see in the next list the names of those who had promised to love and

protect them, are numbered by the tens of thousands. The misfortune of motherhood under these circumstances has been recognized by two of the governments, and probably more, and one of the governments is planning to supply medical care and maternity nursing free of charge and also a pension during the eight weeks following, as well as a small daily sum thereafter as long as the mother nurses her baby, up to the end of the twelfth week. "It estimated that it will cost the government taking these steps, fifteen lakhs a month, but the expense is justified from the standpoint not only of the aid to the head of the house who has been called to the colours and has had to leave his wife unprovided for, but also from the standpoint that the losses in human lives sacrificed in the war, make it the imperative duty of the state to care for the coming generation and promote its healthy growth in every war, even from its entrance on the scene." This shows that the governments now implicated in this most gigantic struggle realize what part the war will play in tending towards a deterioration of the human family, and no doubt they will do all in their power to overcome this tendency, but the anguish, the heartache, the sorrow, the woe, governments with all their money cannot alleviate. In spite of all they can do, we still have the fact facing us that motherhood under these conditions is sure to have disastrous effects upon coming generations.

To counteract this downward tendency, one may put forth the idea that we have now many millions of children developing that are not influenced by the war. This position is not tenable. It is true children now in existence are free from any hereditary influence of the war, but they are struggling under direct influences that are as bad or worse. Let us examine the first period of the eighteen years of the lives of the children of the nations now engaged in this conflict. At nineteen they enter the war and are treated as those among the millions in arms. This

period of eighteen years can conveniently be divided into three sub-periods; viz. from one year to six years; six years to twelve years; and twelve to eighteen years. There are some influences resulting from the war that will affect all of these periods alike. Those resulting from poverty, which means lack of food and proper clothing to insure the proper development of the body, and sufficient clothing with which to protect against the severity of the elements. On the other hand, there are influences resulting from the war that are peculiar to each one of these periods. From one to six years of age is the time when the child needs a mother's care most. During these days the mother who is thrown into a greater stress of life, both physical and mental, cannot give to the infant the attention that it should have. This with lack of proper food will increase infant mortality in which problem the medical profession has previously been able to make considerable headway. The period of life between the ages of six and twelve years, instead of being put into play and in freedom from care is lost because conditions demand that they be put into the harness as early as possible. This is in direct opposition to what has been worked out regarding child labour. Between the ages of twelve and eighteen years the youth will have to take the place of a dead father or one who is at the front; thus putting an old head on young shoulders, and placing them under too great responsibilities early in life. We can see therefore that there is no period of life that is not unfavourably influenced by the indescribable conflict into which the most of the world has been thrown.

These are stern facts which must be met not pessimistically, but optimistically. The former only tends to increase the difficulty. A work of reconstruction must be started, and the sooner this work is taken up the better. Until this struggle is over, some of the opposing forces in this work of reconstruction cannot be removed, but there are some things that lie within our hands, that we can do at

the present moment, to mitigate the evil influences of the war upon mankind in general.

If the spirit prevails that everybody should help everybody else, very little time will be left to brood over the events of the war. It is not hard for us to find someone to do for, who is worse off than we are ourselves. This makes everyone a helper. What can we do? We can speak words of comfort and cheer to the broken heart. The power that there is in a kind word often touches the innermost recess of the heart. Then there is opportunity of giving money, clothing, and food to those who are poverty stricken. Visiting the sick and the afflicted will drive dull care away. The one who is the recipient of these ministries not only becomes the owner of a lighter heart, but the donor also receives incalculable benefit in the same line.

Then there is the question of news. There

are a great many things published in the newspapers that we do not need to know. The fact of the matter is, a great many things that are published in the newspapers have not happened, neither will they ever happen. The details of this mighty conflict will have to be fought out upon the battlefield. It is not necessary that we should fight them over again in our homes. Nothing will bring despair any quicker than worry. Three-fourths of the things that we worry about, are bridges that we will never have to cross. Controversy, drawing out the imagination as to what might be the results, is to be deprecated. While the tempest of sanguine strife rages in so many parts of the world, let us determine that at our firesides shall reign a peace and tranquility which will tell in the future years of our children. So shall we help the movement for the betterment of the race, while the god of war drags millions to destruction.

## Rules for Happiness

WE need to be at the same time both brave and humble. That is the meaning of the strange words of the Apostle: "When I am weak, then am I strong." Either quality alone does more harm than good.

Again, one must not make pleasure an end, for pleasure comes of its own accord in the right way of life, and the simplest, the cheapest, and the most inevitable pleasures are the best.

Again, one can bear all troubles, except two: worry and sin.

Further, all that is really excellent has a small beginning. The good does not show its best at once.

Finally, all paths which it is best to follow, are entered by open doors.

There are, it must be added, some difficulties and problems which thoughtful people should take into account in their intercourse with others. One must not hate other people, or, on the other hand, idolize them, or take

their opinions, demands, and judgments too seriously. One must not sit in judgment on others, or, on the other hand, submit himself to their judgment. One must not court the society of those who think much of themselves. Indeed, I may say in general that, except in certain callings, one should not cultivate acquaintance with great people, or fine people, with the rich, or the fashionable, but so far as possible, without repelling them, should avoid their company. Among the best sources of happiness is the enjoyment found in small things and among humble people; and many a bitter experience is avoided by the habit of unassuming life. The best way to have permanent peace with the world is not to expect much of it; not to be afraid of it; so far as one can without self-deception see the good in it; and to regard the evil as something powerless and temporary which will soon defeat itself.—  
*Carl Hitty.*

# : Mother and Child :

## The Guest in the House

BY BARBARA CAYE

ABOVE the door of a certain English country house the writer knows, carved in the stone, are the words "And Yours, My Friend." It is a charming greeting, full of cordial welcome, and would assure the arriving guest of gracious, unfailing hospitality even though the habits of the master and mistress were not already well known. No brief sentence or inscription could more truly or fully express the whole underlying spirit of hospitality, for hospitality is but sharing with the guest, who by virtue of being under our roof is, for the time being, a member of our family, whatever we have, be it much or little.

The tie between host and guest has always been reckoned sacred, even among the most barbarous peoples, and the exercise of hospitality is very properly considered both a duty and a privilege, especially if one only regards the scriptural injunction about "using hospitality without grudging" and thereby "entertaining angels unawares." There is little likelihood, perhaps, of our attributing angelic similitude to some of the guests we entertain, but so long as they are under our roof let our hospitality be generous and gracious.

"Now," says the practical-minded reader, "all this talk of the sacred bond between host and guest and the duties and privileges of hospitality may seem all very well and inspiring, but it isn't giving the housewife any practical suggestions about making the guest in the house comfortable and happy," so we may venture to proceed directly to the subject, dividing and subdividing it with analytical zeal. In the first place, the guest in the house is to be considered from two points

of view—that is to say with reference to the hostess's duty to her guest and, *vice versa*, the guest's duties toward the hostess.

Let us begin with the first and, as we promised we should do, make a subdivision, drawing a distinction between the chance and the invited guest. In her treatment of chance guests the hostess has an opportunity to show more spontaneous and fundamental hospitality than when friends have been invited and are expected either for a meal or for a longer visit.

It is a gracious custom, that some people observe, always to have an extra place set at the table for friend or stranger who may happen in near meal times. Of course it does not mean that anyone who enters the house in the neighbourhood of meal times is forthwith bidden stop for luncheon or dinner, but, when one knows a place is already prepared and that there will be no disarranging of domestic machinery, it is much easier to say, "Won't you stay for dinner?" and it is pleasant for the person who stays under such circumstances to feel that his coming hasn't made even a ripple on the surface of domestic arrangements—and one can always tell, by intuition if not otherwise, whether an order has been quietly given "to set an extra place."

Then, again, out of consideration for the chance guest, the thoughtful and provident mistress of a house will keep her guest-room in a state of perpetual readiness for immediate use. Whether chance guests use it merely for a few moments, while getting ready for dinner, or whether they spend the night there, it adds appreciably to their sense

of being welcome to find everything made ready and waiting apparently just for them.

Before passing on to the treatment of the invited and expected guest, we must pause for a few moments to consider the casual caller. It is not pleasant and usually not edifying to indulge in the bad negative habit of saying "don't." It is much wiser and infinitely pleasanter to take the positive attitude and say "do." Exception, however, occasionally compels us to use the ungracious "don't," and we must now resort to it. *Don't* have in your house a disagreeable, frigid little reception room where the casual caller is inhospitably bestowed until you make your appearance. With the aid of a discriminating butler or waitress to answer the door bell, such a room may be a most valuable adjunct in quickly getting rid of people you do not wish to see and whose going you would gladly hasten, but to have those whose presence is really welcome to you thrust in such a place is almost as bad as throwing a bucket of cold water over them. It is much better to have even the unwelcome caller shown into a "human" room, and then trust to polite diplomacy to speed his or her departure. Be sure to have something of interest—books, magazines, pictures or some feature of decorative interest—to divert the caller while waiting and also try to make your appearance as soon as possible.

If you are blessed with chance visitors in the evening, remember that it is always an easy matter to contrive some form of light and informal refreshment. It isn't that people are hungry and need to be fed, but the giving and sharing of food and drink is a world-old symbol of hospitality, and will never lose its significance so long as we remain human.

Now, having duly disposed of the methods of welcome accorded guests whom chance sends our way, it behooves us to devote a little space to the guest expected, for whom, naturally, some slight preparation has been made in the way of inviting other friends to

meet them at dinner or planning some social diversions.

First and foremost, don't pester your guests with perpetual efforts to entertain them. The highest compliment you can pay them, as they have come under your roof to become members of your family for the time being, is to treat them as members of the family and allow them to choose their own amusements.

Be sure to give your guests a reasonable amount of your time—the afternoons and evenings for example—but remember also that they will wish to have some time to themselves, and will probably enjoy being let pretty much alone in the mornings, unless there is something of special interest to be seen or done. Nothing is more tiresome or wearing than to visit in a house where an occupation for every moment of the waking hours is planned out for you while, on the other hand, it is always a delight to stay in a household where your presence is taken as a matter of course and you feel perfectly free to follow your best judgment.

Even though you may be making an effort to entertain your guests, make a little more effort and absolutely conceal the fact. Nothing makes any rightminded guest more thoroughly uncomfortable than to feel and know that he or she is the object of an effort at entertainment.

And now let us look for a moment at the reverse side of the question and regard the guest's duties toward the hostess. One obligation begets another, and the responsibility of hostess to guest involves a corresponding responsibility of guest to hostess, a fact which thoughtless visitors sometimes seem disposed to ignore.

In the first place, there is the comprehensive duty of accommodation to the general habits of the household where one is visiting. The thoughtful guest will always try to conform his or her ways to the customs of the host's or hostess's family during the period of their stay. Nothing will conduce more to

fulfilling this duty of accommodation than a punctilious promptness at meal times and the observance of tidiness in the condition of one's room. It is extremely annoying to a hostess to have meals kept waiting and the food spoiled, to say nothing of the servants' tempers, pending the tardy appearance of a dilatory and inconsiderate guest.

Tidiness is a golden virtue in a guest, and it is astonishing to note how often it is lacking in the rooms even of those who are invariably immaculate in their personal appearance. A hostess does not, of course, expect

her guest to be like a certain worthy missionary bishop, who always insisted on making his own bed wherever he might be staying, but she is surely justified in looking to them to keep their belongings in some semblance of order.

By way of one last word, may we suggest that, on a guest's part, some of the old-fashioned conventions of good breeding, such as "thank you" letters, be observed. Old-fashioned courtesy is too much discounted and disregarded in our busy day and hustling generation.—*American Homes and Gardens.*

## Water in Infantile Diet

IN order that a child may develop normally, writes Dr. L. F. Meyer in the review *Die Naturwissenschaften*, it is necessary to add to its food the amount of water required by its organism. This amount is in proportion much greater than that required by an adult. For every 1,000 parts of the weight of the body, the daily consumption of water may, in an adult, be limited to 35 parts: in a suckling the quantity of water must amount to 150 parts. The author of the article mentions the researches made in this matter by O. and H. Heubner.

These scientists had occasion to examine a suckling who received a sufficient alimentation so far as the calories were concerned, but whose weight, nevertheless, did not increase, although not suffering from any disease. They made a careful study of the case, and arrived at the conclusion that the want of development of the child was due to the insufficient quantity of water given to it with the food. In many cases of want of development in children, it is sufficient to add to the diet a certain quantity of water, without the addition of other alimentary substances in order to obtain satisfactory results.

This question was also studied by other scientists, who all recognised the foundation of the Heubner brothers opinion.

This is a very important question when dealing with children fed artificially, who are

often given concentrated nutritious substances which must be diluted in water when being used.

In certain cases the child reared by artificial means develops normally, notwithstanding the insufficiency of water it ingests, whilst in other cases the weight of the child remains stationary, and may even decrease. In all these cases, the fact of adding to the diet a certain quantity of water at once induces an increase in weight.

The best results were obtained when the child ingested every day a quantity of water equal to 15 per cent of its weight.

The consumption of insufficient water, besides paralysing growth, or, at least, retarding it, is, in many cases, the source of other troubles.

Some physicians think that to this cause must be ascribed the fits of fever so often observed in the newborn.—*Translated for Life and Health from "O Commercio do Porto," by C. Strauss.*

"THE nobler the aims, the higher the mental and spiritual endowments, and the better developed the physical powers of the parents, the better will be the life equipment they give their children."

"THERE is only one proof that you can do it: do it."



## Cookery One of the Fine Arts

BY DR. LAURETTA KRESS

MAN lives by the introduction of food into his system. Sooner or later his physical condition will show whether this food is of the right quality or quantity. Disease results if this food is improper in quantity or poor in quality, or if it is poorly prepared for assimilation.

The cook plays a very important part in the home, as she prepares the food that goes to nourish the inmates. A good cook is one who, having studied the more important principles of right living and of food combinations, can, with care and thought, apply them with benefit to all the family. But how often the work of preparing the food is left to one who is illiterate, untidy, and careless, and who works only for a wage, not for the up-building of right living.

Cookery is not only a science, it is one of the fine arts; but it has been seriously neglected by the women of recent years. There are few who can make good, wholesome bread. The aim usually seems to be to arrange some concoction to appeal to a perverted appetite, without any consideration of its digestive qualities. The average woman does not make any serious attempt to develop the art of cooking. To study how many food units will be needed in the building process of the human body, or what particular elements are necessary for certain cases, is to her like a lesson in Greek or Latin.

Imperfect knowledge of cooking leads to diseases of every kind. Children and adults suffer the results of bad cookery. There should be schools in every city where the most wholesome ways of preparing foods for sick and well could be learned. If more time

and study were spent on this great subject there would be less need for the doctor, and there would be fewer mounds in the cemetery; but at present the cooks too often play into the hands of the physicians and patent-medicine venders and the undertakers.

Our palates need education to eat that which is good. Our cooks need education in making foods that nourish. Many of the strongest animals find their sustenance in the plant kingdom. Why should we not find enough in the grains, fruits, vegetables, and nuts to build a strong body structure?

There are a few points which must be considered. The food must be palatable as well as digestible. A soup, a salad, a sandwich, or any other prepared food, should be made with this in view. There are flavours which each food contains that should be retained. Often in the cooking they are lost because of failure to know how to prepare it. For instance, the potato, when boiled, is put to cook in so much water that when it is done it has a large amount of water still left to be thrown away. This has extracted from the vegetable in the boiling process much of the salt which makes the potato tasty, and which is needed in the body; and when this water is thrown down the sink, the cook must do something to make this article palatable, so a large amount of salt is added, and some butter and pepper to make up for the absent elements which went down the sink. The same is true also of beans, peas, and lentils. They are usually cooked in water until partly done; this water is thrown away, and other water is added. In this first water much of the phosphates of the peas or beans is ex-

tracted, for as the water becomes warm enough to crack the skins and loosen the starches, the phosphates are dissolved into the water. When these important nutrients are thrown away, the food is tasteless unless something is added to bring up its flavour. So salt, pepper, and fats are again added in the endeavour to make palatable dishes. If the important natural salts of the food were conserved in the cooking, there would not be this need of adding artificial flavours. When peas, beans, or lentils are put to cook in cool water, without soaking, and a little vegetable oil (cottonseed or olive oil) is added, allowing it to cook with these legumes, the broth drained from them when done will have a "meaty" taste, because all the phosphates are there; nothing is lost. This will make a stock for various soups—quite equal in flavour to meat soup. To this broth of peas or beans, or both cooked together, various vegetables can be added, and we have a vegetable soup. The recipe is given below:—

#### Vegetable Soup

One pint of yellow split peas, one cup of Lima beans, one-quarter cup of salad oil, one small onion, one small carrot, two sticks of celery, one small turnip, two medium-sized potatoes, parsley, one medium-sized tomato.

Put the beans and peas to cook together, with salad oil; cook slowly until done. There should be a good supply of fluid on the mixture when done. Drain this off, add salt, and vegetables chopped fine; cook all together until done, and lastly, add parsley, chopped fine. Serve hot.

This same kind of broth could be used in making a noodle soup.

#### Noodle Soup

Three yolks of eggs, one teaspoonful of water, two tablespoonfuls of nuttolene, one quart of bean broth, salt, one cup of strained tomatoes.

Put the yolks of three eggs into a basin. Add one teaspoonful of cold water and a little salt. Stir in flour enough to make a stiff dough. Put the dough on the kneading-board, and knead in as much flour as it will take. Roll out very thin. Dry a little, then roll up in a roll, cut into very thin strips. Shake them out to dry a little more, then drop into the boiling water broth. Prepare the broth by cooking one pint of Lima beans with one tablespoonful of

salad oil or olive oil until well done. Drain off the broth. Add one cup of strained, stewed tomatoes. To this add the noodles. Cook rapidly in the broth until the noodles are well done. If any flavouring is desired, as onion, celery, etc., it should be added to the broth before the noodles are put in. Just before serving, add two tablespoonfuls of nuttolene, if desired, chopped fine, or cut into small dice.

It can also be used in making a gravy.

Take vegetable broth from any vegetable that may be cooking—peas, beans, potatoes, etc., mixture of all these broths is very nice. Add salt, and thicken with flour that has been browned in the oven to a rich brown colour. A little celery or onion can be added if desired or a little strained tomato.

Or it may be used in making a toast for breakfast.

#### Minced Scallop on Toast

Mince one-half pound of nuttolene and put it on to simmer in three cups of bean broth for three quarters of an hour. Add a little sage, parsley, and salt; just before serving, chop the yolks of two hard-boiled eggs into the mixture. Serve hot on small squares of zwieback.

Healthful cookery, then, requires enough study to know the various wants of the human body and the elements in foods that will supply them. Then the food should be combined as tastily as possible to bring out all the flavours of the food itself, with the addition of the smallest amount of seasoning so that the natural flavours can be noticed.

When a food is prepared for the table that tastes so strong of onion that one in eating it can taste nothing else at all, it is poorly prepared, or *bad cookery*. Any flavour, as onion, sage, bay-leaves, thyme, etc., should be added in such small quantities that it gives a pleasant taste to the food, but so that those eating it can hardly detect the extract flavour.

*Magistrate*: "When you arrested him, what was he doing?"

*Constable*: "'E was 'aving a 'eated argument with a taxi-driver, your worship."

*Magisirate*: "But that doesn't prove he was intoxicated."

*Constable*: "But there wasn't no taxidriver, sir."

# Diseases and Their Treatment

## Remedies for Children's Diseases

### For a Burn

CARRON OIL should be kept on hand for burns. Make it by shaking equal parts of limewater and olive oil together until they form a milky-looking emulsion. Apply on a clean cloth. Vaseline, olive oil, butter, or lard can be used until the other is ready, or for a slight burn.

### For a Cut

Bathe a cut with hot water; if bleeding much, pack on baking soda and bandage rather tightly; if blood comes in spurts from an artery, tie firmly between the cut and the heart, bandage the place, and send for a doctor.

### For Sick Stomach

If sick stomach comes from overeating, stop all food, and give a teaspoonful of lime water in milk every half hour. Feed thin milk two hours after vomiting stops. If there is diarrhoea and vomiting, send at once for the doctor.

### For Loose Bowels

Give a teaspoonful of castor oil; but if it is possible to do so, get the doctor at once, especially in the summer, for a diarrhoeal condition may in a few hours get so serious that even the doctors may not be able to do anything for the child.

### For Constipation

Feed between the regular feedings sweet cream, orange juice, prune syrup, or strained oatmeal gruel made from long cooked oats.

### For Eczema

Avoid all soap over eczema spots, clean with olive oil, and if the surface is moist and angry, dust with talcum powder, preferably the borated talcum. Keep the child from scratching the spots. In case of eczemas, one can almost be certain that there is something in the diet that needs correcting.

### For Heat Rash, Stomach Rash, Hives

For any such eruption first give a dose of castor oil, then dab moist baking soda over the irritated skin, and let it dry on. Repeat this often if there is itching. Give orange juice between feedings.

### To Remove a Splinter

Heat the end of a needle red hot; when cold, pick out the splinter with it. Drop a little peroxide of hydrogen on the place.

### For a Dog or a Cat Scratch

Wash the wound and drop peroxide of hydrogen on it. Always keep this in the house (and bandages, too), as it is very cleansing and healing. A four-ounce bottle costs but a few pence.

### Contagious Diseases

Mothers should know how to distinguish contagious diseases from ordinary heat rash or a rash caused by indigestion. If there is any doubt, call a doctor. Some grow worse so rapidly that the patient gets beyond help before the doctor sees him.

### Diphtheria

This comes on suddenly, with fever, sore throat, vomiting, and pains in the back and limbs. On examination the throat shows white spots. Children less than a year old or nursing babies seldom contract the disease. It is very contagious, and one should step aside when the patient coughs. The eyes as well as the mouth take the germs. In severe cases of croupy cough, examine the throat for white spots. Membranous croup is one of the worst forms of diphtheria.

If a child has been exposed to diphtheria, or the disease is present in the neighbourhood, have him gargle his throat every day with peroxide and water, or salt and water; if the child is too young to gargle, wash the

mouth with a clear cloth dipped in a peroxide solution.

If the baby is already sick from diphtheria, send for the doctor, and get a room ready to keep the child separate from the rest of the family. Remove all unnecessary furniture. Make a pail of water milky-looking with creolin, and go over the floor and furniture with a damp cloth wrung from the water. Washing soda or soap can be used if creolin is not at hand. While waiting for the doctor inject warm water into the bowels to clean them out.

#### Scarlet Fever

Scarlet fever is also very serious and very contagious; sometimes the case develops so fast that the patient dies in a few days. Others have it very lightly. All should be kept isolated, and stay in bed while the rash is out. Later the skin dries and peels, and the child should stay alone until the doctor says it is no longer likely to transmit the disease.

Scarlet fever comes on suddenly; the child complains of sore throat; sometimes this symptom is very severe. Vomiting usually is severe at first. The rash appears in fine, bright-red pimples about the third day, first on the front of the neck and around the armpits. The chin, nose, and mouth are free from rash. A physician should always be called, as dangerous complications occur.

#### Measles

The disease is usually considered mild, but often there are complications that make it dangerous, and even fatal. The patient should stay in bed, in a partly darkened room, with the eyes shielded from the light, until the rash is gone. The purplish-red rash appears first on the face, the spots being about the size of a split pea. The eyes and nose run, and there is a cough.

#### German Measles

The rash of German measles resembles that of measles, but is rose-coloured and disappears a minute after pressure. The glands back of the ears and under the chin swell about the time the rash appears. It is the

mildest of all these diseases, and needs no treatment. Keep the child indoors while the rash is out.

#### Whooping-Cough

starts with an ordinary-sounding cough; after the disease progresses, there are a number of short coughs followed by a prolonged whooping sound. In light cases there is little of the whooping, but it is just as contagious as in severe cases. If there is much vomiting, feed a few spoonfuls of milk between coughing spells. Keep the child out-of-doors as much as possible, bundling him well when the weather is bad. Avoid heating exercise, for this is sometimes fatal.

#### Mumps and Chicken-Pox

Mumps, with the swollen glands under the angle of the jaw, and chicken-pox, with its watery-looking blisters, are both mild diseases. Keep the child indoors.—*Edythe Stoddard Seymour.*

## ONE CLASS BENEFITED BY SALOONS

I HAVE a friend who lectures on temperance. He is more dramatic than some of us. At one point in his lecture he takes out his gold watch, and holding it toward his audience, says, "I will give this watch to anyone present who will arise and tell me one class of people in this world that has ever been benefited by the saloon."

He made that offer all over this country, and no one ever took it up, until one day a gentleman stood and said, "I think I can tell you one class."

"What's that?"

"The undertaker."

My friend was about to unchain his watch and hand it over, when an old man arose, and said; "Hold on! Before you give away that watch, allow me to say that I have been the undertaker in this community for thirty-five years, and I have buried a great many of that kind of people; but whenever I am called upon to lay away an old soak or any member of his family, I always know it's a charity job; that I shall never get my money. I should be much better off to-day if I had never had to bury one such case;"—"Dry or Die."



## A Good Physique and How to Train for It

The exercises which follow, need not be taken in the order in which they are given:—

### A Correct Standing Position.

In taking any exercise, it is important to have a good standing position. The weight should rest upon the balls of the feet. The chest should be held forward, the hips back, and the chin in. Try to *stand tall*—to lift your chest high and at the same time not raise the shoulders out of their natural position.

### To Develop the Neck.

1. Bend the head backward and forward; also from side to side. To heighten the effect, oppose the forward motion of the head by firm pressure with both hands held under the chin, and the backward motion by the hands grasping the back of the head, the fingers interlaced. These movements when taken with proper vigour do much to increase the size of the neck. The movements from side to side may also be opposed by the hand.

2. Let the head fall forward, and slowly roll it round, first to the left, and then to the right. The best effect is realised when the muscles of the neck are kept as limp as possible.

3. Twisting the neck first as far to the right as possible, and then to the left, is also a good exercise.

In general all movements with the arms, especially those with iron dumb bells, tend to increase the size of the neck.

4. Shake the hands at the wrists, rapidly and vigorously, meanwhile holding the arms in front, at the sides, over the head, etc.

### Arm Movements.

5. Stand with the hips well back, leaning slightly forward at the waist, elbows pointing straight out at the sides, hands touching each other in front of the chest. Extend the arms forcibly in front, touching each other, then fling outward with vigour as in swimming, bring back to first position, and repeat. This movement, when carried out with proper vigour, is most excellent for increasing the breathing capacity.

6. Raise the right arm to shoulder level at the side, and standing about six inches from a wall, endeavour to reach it by stretching the arm to the utmost. If properly done this exercise also has a powerful effect in broadening the shoulders and the upper part of the chest. Of course the left arm should alternate with the right. Do not let the body lean to the side.

7. Starting with the hands on the chest, elbows close to the sides, fling the arms first downwards, then sideways, then forwards, and then upwards, each time bringing them back to the home position on the chest.

8. Lying prone on the face, hands at the shoulders, elbows close to the sides, raise and lower the body on the hands and toes, keeping the trunk and legs perfectly straight. See illustrations in plate No. 1.

9. Imitate in exaggerated form the movement of swinging the scythe, only bringing the hands as high as the head on either side, and swaying the trunk vigorously. This brings into play the large muscles of the back, and is excellent as a means of quickening the circulation and promoting a feeling of warmth in the spine.

**Trunk Movements.**

10. Standing erect with weight resting upon the balls of the feet, bend backward strongly, taking care that the movement shall be confined to the upper part of the spine. This exercise is a valuable limbering movement for a part of the body which is prone to grow stiff.

11. Raise the hands high above the head, and bend the whole body forwards till the hands touch the floor, or approach as nearly to it as possible. Take care not to bend the knees. As an alternative, practice No. 10 with arms raised above the head.

12. Stand upright, with the feet wide apart, hands clasped over the head, and elbows straight out at the sides, and bend the trunk from side to side alternately.

13. Standing erect with hands at the side, raise and lower the shoulders vigorously.

**To Develop Nature's Corset.**

14. With arms raised shoulder high at the sides, twist the trunk to the left, and bend downward in the direction of the left arm. Repeat on the right side. This movement is excellent for developing the muscles of the sides which form nature's corset, fully supporting this part of the body. It is also a valuable movement for reducing the deposits of adipose tissue which sometimes accumulate here, thus diminishing waist measurement. See plate 2.

**To Prevent Rupture.**

15. Lying with the back on the floor or the bed (the floor is preferable), rise to the sitting position without using the hands. To make the movement harder, clasp the hands back of the head. Finally, when the muscles have grown strong, stretch the arms at full length over the head; perform the same movement. The feet should be lightly sup-

ported. This may be done by holding them firmly against the base board. This exercise is most valuable as a means of strengthening the abdominal muscles, thus helping to prevent rupture. It also is an aid to activity of the bowels.

**The Legs and the Feet.**

16. Rise on the toes, then bending at the knees, holding the trunk erect, lower the body to the squatting position; rise on the



toes and repeat. This is known as deep knee bending.

17. Balancing on the ball of the left foot, raise the right leg forward, backward, and sidewise, taking care not to bend the knee. Repeat with the right leg.

**To Warm the Feet.**

18. Balancing on the left leg, raise the right foot, bending the knee to a right angle,

and describe circles with the toe, first to the left, and then to the right. Repeat with the left foot. This is an excellent natural means of warming the feet.

19. Balancing on the left leg, bend the right at the knee, and straighten again by a flinging movement. Repeat vigorously a half dozen times, and do the same with left foot. This also helps to warm the feet.

20. Raising and lowering the heels is good exercise for the feet, and especially for the calves of the legs.

Walking is by far the best exercise for the legs—so good, in fact, that one hardly has need of any other. Running is simply a more vigorous form of walking. In the best walking the toes should turn outward but slightly, the movement being almost straight ahead. The arms should swing easily at the side. In running it seems the natural thing to have the arms bent at the elbow, as this aids somewhat in carrying the body forward.

#### Bad Postures.

Wrinkles in the face are not nearly so bad as the larger wrinkles which we make in our bodies when we stoop over our desks, or sit on our spines in a tempting easy chair. Persons engaged in sedentary work need most strictly to guard themselves against pernicious postures. One very good general rule is to tolerate no position which interferes with full chest expansion. Free, full breathing is highly necessary to the performance of good work.

Correct and incorrect sitting positions are illustrated in plate No. 3. A hard cushion hung almost half way up the back of almost any chair will aid in maintaining an upright sitting position.

When a man has rightly trained himself, he will feel uncomfortable in any position but a good one. Following are a few exer-

cises which will help him to cultivate this sense of correct poise:—

21. Stand erect, with hands stretched out to the sides shoulder high, stretching them as far as you can on either side; now make circles with the tips of the fingers, keeping the arms perfectly straight from the shoulder, the movement also being from the shoulder. This movement has been found very helpful in military schools in squaring the shoulders,



and expanding the chest.

Clapping the palms together alternately high over the head and behind the back, is a very good chest expansion exercise.

No. 5 is also excellent.

#### Breathing Exercises.

22. When tired mentally, perhaps after sitting bunched up on an office stool, rise, open the window wide, and take the following exercise slowly:—Starting with the hands at the side, raise them in an outward sweep

till the palms meet exactly over the head, then lower them in front, and repeat. Take a deep, full inspiration as the lungs expand with the upward movement, and breathe out as the arms descend in front. Taken properly the movements of the arms greatly assist the breathing, the upward and outward movement opening the lungs, and the downward movement squeezing them together, as it were.

23. Another very good antidote for mental weariness and cramped positions is to raise the arms straight over the head and walk about the room trying to touch the ceiling. For this exercise also the windows should be wide open.

All breathing, it may be said in passing, should be done through the nose: To keep the nostrils in good working order, the following simple exercise is recommended: Take a long deep breath through one nostril, and expel through the other, the unused nostril being closed with the finger. When walking along the street, inspire slowly while you take say ten steps, and then expire while you take six. This movement is helpful in securing a good rhythm of the breath.

#### Physical Culture and Work.

Most of the useful work in the world is thoroughly good for training the muscles and making for all-round symmetry. Felling trees, for instance, is an unrivalled exercise for the muscles of the back and shoulders as well as for the arms. Housework of all kinds is admirable, but tables and stoves should be high enough to call for as little stooping as possible, and the house-wife

should have a few moments occasionally to straighten up and take a deep breath. Lawnmowing, gardening, and caring for fruit trees are also admirable forms of exercise.

In general, exercise taken out of doors is more valuable than that taken indoors, even though the windows are open. Such outdoor recreations as rowing and riding are excellent and, as already mentioned, walking does not come behind any of them.

#### The Daily Programme of Exercise.

It is difficult to offer a daily programme that will suit everyone. The exercises given in the foregoing pages can be run through in from six to ten minutes, if each one is taken about five times; but it is not necessary that they should all be taken every day. It will usually be more interesting to spend a little more time on some of them, and then vary the programme somewhat. Following is a suggestive programme for a busy man whose work is of a sedentary character. It may be said to represent about the minimum:—

No. 5 about 20 times.

No. 7 about 15 times.

No. 9 about 15 times.

Nos. 10, 11, 12, and 14, 7 times each.

No. 15 about 10 times.

No. 16 about 20 times.

Nos. 21, 22, and 23, about one minute each.

Brisk walking, 3 to 5 miles.

Running half a mile to a mile at least a couple of times a week.

All these exercises should be taken with vigour.



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## CURRENT COMMENT

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### TREATMENT OF WOUNDS IN WAR

Cheyne points out that the chances of rendering a wound aseptic are comparatively small after twenty-four hours, and practically *nil* after forty-eight hours; indeed, after that time he would not make any attempt to disinfect the wound. If therefore, the case does not come under treatment within twenty-four hours no one can blame the surgeon or any system of treatment for the septicity of the wound. The reasons given by Cheyne as to why practically all wounds in the present war become septic are: (1) because there is often long and unavoidable delay in collecting the wounded and commencing treatment; (2) because the wounds may be very large, complicated and almost impossible to disinfect thoroughly; and (3) because in a good many cases no attempt is made to disinfect these wounds, or if it is made it is utterly inefficient.

As to the period of time during which it is advisable to attempt disinfection of the wound, Cheyne's opinion is that it is only during the first twenty-four hours that it is at all likely that bacteria can be eradicated, and indeed after twelve hours the result is not at all certain. During the first twelve hours, however, the great majority of wounds, unless they are large and irregular or complicated with extensive comminution of bone, can, he says, be rendered aseptic quite readily and immediately, and if proper precautions are taken afterward will remain aseptic, and thus the troubles resulting from the primary soiling of the wound will be avoided. The first point is to kill not only actively growing bacteria, but also the spores of bacilli. Cheyne prefers phenol to iodine as an antiseptic because it dissolves in the natural oil of the skin and so can extend its antiseptic action down the hair follicles and the orifices of the sebaceous glands. If more than twenty, or possibly forty-eight hours have elapsed since the infliction of the wound any attempt at general disinfection of the wound would be an injudicious and harmful procedure, and still more so if suppuration has begun. The skin should be cleansed and disinfected and if there is any earth or gross dirt still visible about the wound the tissues involved should be cut or clipped away and the raw surface daubed with phenol. Apart from this, which is only occasionally necessary, Cheyne emphasizes that the important point is to provide the freest possible escape for discharge, and in order to obtain this it is often necessary to enlarge the original openings and to make counter openings. Further, any foreign bodies which are readily accessible should be removed, but at this stage it is not advisable to open up fresh wounds in the deeper tissues in order to hunt for bullets or pieces of shell, for this merely exposes fresh tissues to infection unnecessarily before the body generally has developed its full resisting power. The actual drainage of the wounds must be carried out by

(Concluded on Page 128)

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The article in the Physical Culture department is taken from the little book "Health for the Million," by Dr. A. B. Olsen and M. E. Olsen, Lt. D. This little work on the health problem is worth reading. It can be obtained from this office at Rs. 2-8 in cloth binding. It contains 242 pages.

### TREATMENT OF WOUNDS IN WAR

(Concluded from Page 124)

the use of as large drainage tubes as can be introduced conveniently with holes of suitable size in their sides: when there are counter openings, pass the tube through from one opening to the other.

As regards dressings in these cases, Cheyne says, aseptic dressings are not only useless but injurious. The septic discharge soaks into them, and decomposes them, and the dressing simply becomes a septic poultice which poisons the wound. Antiseptic dressing are better. Cheyne uses cyanid gauze next the wound with salicylic wool outside. His experience is that it is best to lay only a few layers of antiseptic gauze over the wound to prevent it being soiled by the clothing or blankets, and to apply boracic fomentations and change them frequently. Wherever it is possible, however, in the case of large wounds and those involving bones or joints, constant irrigation with normal saline solution is by far the best method of treatment. The irrigation is at first continued day and night, but as the discharge gets less and the wound begins to heal, boracic fomentations may be substituted during the night, but the irrigation should be continued during the day till healing is nearly complete. Cases in which gangrenous processes set in, a water bath, frequently changed with a little iodine or permanganate of potash in the water is the best treatment.

As to the removal of the missile which has done the damage, if it is present in the main wound, or is doing harm by pressure or otherwise, it should be removed at once, but not uncommonly fragments of shell or bullets pass into the tissues for a considerable distance from the main wound, and if left alone may become encapsuled and not do any harm and the wound of entrance will heal quite well. Such fragments can be removed by a separate incision later if necessary.—*Journal American Med. Assn.*

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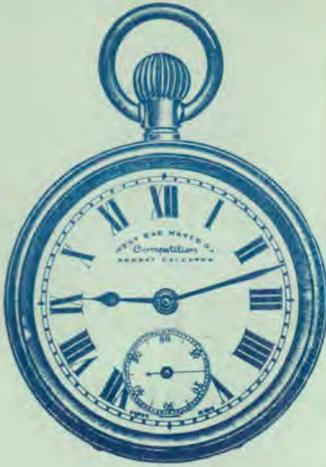
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