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VOL. VII NO. 3

Contents, March, 1916

How to Be a Man

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting, too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good nor talk too wise;
If you can dream, and not make dreams your master,
If you can think, and not make thoughts your aim;
If you can meet with triumph and disaster,
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools;
Or watch the thing you gave your life to broken,
And stoop and build it up with worn-out tools;
If you can make one heap of all your winnings,
And risk it on one turn of pitch and toss,
And lose and start again at your beginning,
And never breathe a word about your loss;
If you can force your heart and nerve and sinew,
To serve your turn long after they are gone;
And so hold on when there is nothing in you,
Except the will that says to them, "Hold on!"
If you talk with crowds and keep your virtue,
Or walk with kings, nor lose the common touch;
If neither foes nor loving friends can hurt you,
If all men count with you, but not too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the earth and everything that's in it,
And—what is more—you'll be a man, my son!

—*Rudyard Kipling*

GENERAL ARTICLES

Is Man A Rational Eater?

BY G. H. HEALD, M. D.

MAN, it is conceded, is endowed with intellectual powers that place him above the brute; but is it certain that the exercise of this reasoning power has given to the human race a more appropriate or more rational dietary than that which instinct directs for the lower animals? Leaving out of the discussion the uncultured savage, has civilized man, with all his splendid and marvellous inventions, learned to eat so as not to injure his health and shorten his days?

A candid study of this question by any observing and thinking person will result in a negative answer. Man, taking the average as found in this country,—the average banker, the average doctor, the average journalist, the average stenographer, the average farmer, the average miner, the average day labourer, the average man or woman of whatever occupation or no occupation,—does not eat rationally, does not eat with a view to the conservation of his forces and the increase of the span of his life. Possibly the reader is ready to make an indignant denial of this bold statement. If so, kindly reserve your judgment until you have read this entire article.

This is no defense of asceticism. Appetite is implanted in animals and man in order to preserve the species; and the incentive to supply the nutritive needs of the body is the pleasure it affords. Unfortunately man has devised ways of ministering to the pleasures of the appetite far beyond the requirements of his organism.

The expert cook or chef who knows how to cater to the discriminating taste of the dietetic connoisseur—who has learned the art of augmenting to the utmost the pleasures of the table—commands a princely salary. The wealthy are willing to pay lavishly those who are masters of the art of pleasing the palate. And with those who cannot afford the luxury of extravagant cooking, the main consideration is still that the food shall be pleasing to the palate. And is the palate, after all, a safe guide?

If the selection of foods was ever determined by instinct, it is now made almost entirely as a result of education and habit. Each nation has its own dietetic customs, the delicacies of one people being disgusting or abhorrent to other peoples. Without first accustoming their palates to the novelty, few of our readers would find pleasure in partaking of the titbits in a Chinese chop suey, or of the foods which delight the peoples of the Pacific islands; and the natives of these countries would probably find little to relish in our foods. Even the dietetic habits of two neighbouring families may be radically different. If appetite were entirely instinctive, there would be more uniformity in man's desires and in his habits of eating.

Undoubtedly climatic and other conditions do in a measure affect the appetite. Going to a cold climate, one craves foods with a large heating value, and the opposite is true on going to the tropics to some extent. It is possible that if man were more eager to pay heed to his natural appetite, it would be a very accurate guide as to his nutritive needs. But in order that a natural appetite may be experienced, there must be real hunger.

We have learned to enjoy the pleasures of the palate to a greater extent than is necessary to satisfy the wants of the organism; and in order to stimulate the appetite and

enhance the pleasures of the palate, various flavours, spices, and condiments are used; and these have so changed the taste that very little of the original instinctive craving for the most appropriate foods is left. We eat certain foods because they taste good to our modified sense organs, not because the cells of the body are calling for them. For instance, to bread, which already has an excess of carbohydrate or starchy matter, jam is added, making the excess of carbohydrate still greater. If our taste were instinctive, it would protest against the addition of sugar to starchy dishes, unless there were an excess of protein or flesh-forming food in some other dish.

Our dietetic tastes are largely a matter of education. As we were taught to eat when we were children, we are apt to eat throughout life. The members of some families add sugar freely to various foods, and perhaps to all of them, and as a result complain of digestive disturbance. Other families may not use sugar, but may have formed the habit of using large quantities of pepper or an excess of animal food, or of indulging in some other dietary error, with as bad results. Nearly all of us have *acquired* taste, and it may be set down as axiomatic that acquired dietetic tastes are apt to be harmful. We like certain foods because we have been taught to like them, and not because they are necessarily best for us.

The few persons who escape the diseases of middle life, and round out a life of four-score or five-score years, are those who have been fortunate enough to avoid the acquisition of some of the acquired tastes which help to shorten life. Nearly all who live to a great age are simple in their habits of eating.

Not all who are suffering from disordered digestion are careless regarding their dietetic habits. Some such sufferers are extremely conscientious, and would not for the world take food which they consider harmful. The writer frequently receives letters from persons who in their desire to live healthfully seem to have ignored some cravings which represented real wants of their organisms. In other words, they have possibly been starving for some one or more necessary ingredients of the body.

But those who thus err are the exception. The great dietetic sin of the age is overeating, that is, eating for the purpose of sensual gratification. The great variety of food served at the ordinary meal, and the sweets, spices, and condiments, all tend to favour this tendency to overeat. Few persons acknowledge that they overeat; but measurements of what people in the various stations of life actually eat, compared with the amount which scientific investigation has shown to be sufficient to keep the body in perfect health, demonstrate that, except where the most abject poverty prevents it, people everywhere eat more than they need, and usually more than is good for them; though this overabundant diet, because unbalanced, may be lacking in some necessary ingredients.

We eat too much because of the artificial additions that tempt the appetite, and because of the great variety in the foods. One who confines himself to two or three simple dishes at a meal, provided these are well balanced, and who avoids the free use of sugar, pepper, spices, and other artificial seasonings, is not likely to overeat, unless he has a dilated stomach as a result of previous habitual overeating.

It will pay every reader of this article to ask himself candidly whether he is eating for strength or for gluttony.

"It is a vulgar error to regard meat in any form as necessary to life. All that is necessary to the human body can be supplied by the vegetable kingdom. I know that much of the prevailing meat diet is not merely a wasteful extravagance, but a source of serious evil to the consumer."—*Sir Henry Thompson, M.D., F. R. C. S.*

Why Vegetarians

THE demand is often made of vegetarians that they explain why they discard the use of flesh meats. They are very willing to do so, but why should not meat-eaters explain why they choose the flesh of animals for food in place of fruit, grains, and vegetables. Meat-eating is the exception rather than the rule; for fully three-fourths of the population of the earth are vegetarians.

A THOROUGHBRED VEGETARIAN

Not a Fad

Vegetarianism is not a new idea; it is not a fad. The first food given to man was fruits, grains, and nuts. Later, after the fall, herbs were added to the bill of fare. It was not until after the flood that flesh food was permitted, and at that time the natural life of man was greatly shortened.

While permitting the use of flesh as food, the Bible has placed certain restrictions upon its use by classifying,—the use of certain clean beasts as food being permitted, and the use of others denied as unclean. Careful instructions were also given against eating flesh food until the blood had been wholly removed. Thus partial provision was made against disease, which, though common in all flesh food, is found most in unclean animals and in the blood of all.

Ancient Vegetarians

From the earliest dawn of history we learn of famous vegetarians,—brave, strong men, whose lives were filled with thought and action. Even among meat-eating nations, many of the greatest warriors, poets, and statesmen were vegetarians. Among these were Pythagoras, the famous writer, who founded a vegetarian society more than a thousand years before Christ; Cyrus the Great, of Persia, "who was brought up on bread and water, and who, with his vegetarian army, conquered the then known world;" Seneca, the philosopher; Plutarch, "the father of history;" Cicero, the Roman orator; and scores of others whose lives are written in deeds and thoughts. Homer, the Grecian poet, wrote, more than three thousandyears ago, that "the Pythagoreans (followers of Pythagoras) were the longest-lived and honestest of men."

The Physical Endurance of Vegetarians

The physical endurance of the Indian mail runners is well known, some of them running at least sixty miles, and they do this not for a single day only, but for every day consecutively, week after week, and their food is principally rice.

The following interesting facts on the subject of vegetarianism are given by Gautier, an eminent French authority on dietetics:—

"The Russian peasants live upon vegetables, black bread, milk, and leeks, working from sixteen to eighteen hours a day, and

their strength often exceeds that of American sailors.

"The Norwegian peasants scarcely know the taste of animal food. They cover on a continuous run, however, in accompanying the carriages of tourists, a distance of three or four leagues without stopping.

"The modern Egyptian labourers and sailors, a class who, from time immemorial, have lived almost exclusively upon melons, onions, beans, lentils, dates, and corn, are remarkable for their muscular strength.

"The miners of South America, very temperate labourers, who never eat meat, carry on their shoulders burdens of two hundred pounds, with which they climb, twelve times a day, vertical ladders sixty to eighty meters high (one hundred ninety-six to two hundred sixty-two feet).

"The Turkish soldier is surpassingly frugal. He drinks only water or lemonade, and lives upon a diet of rice and figs, scarcely ever touching flesh. It is well known that the vigour of the Turk is remarkable, and his courage indisputable. The porters of Salonica and Constantinople, who live upon the same diet, are proverbially strong; hence the saying, 'Strong as a Turk.'

"Addressing himself to his friend, Firmus, who abandoned the Pythagorean doctrine to become an eater of flesh, the philosopher Porphyry wrote as follows: 'It is not among the eaters of simple vegetable foods, but among the eaters of flesh, that one meets assassins, tyrants, and robbers.'"

Diseased Animal Foods

The following notes on this subject are taken from class lectures given by Dr. Kate Lindsay:—

"Animals are subject to functional disturbances. Those that are being reared for market are often shut up in stalls and close pens where the air they breathe is very impure. As a very consequence, their systems become filled with these impurities; and their skins, livers, kidneys, and lungs, becoming inactive for want of exercise, do not do their work of eliminating the wastes from the system. These substances accumulate, and they gain flesh very rapidly. This is why the flesh of stall-fed animals is so highly flavoured. This fattening process is a process of disease production. A butcher's statement is that there is not more than one hog in one hundred that has not abscess of the liver.

"Animals are also subject to contagious and infectious disease, and, in fact, to almost every disease that human beings may have. They are subject to cholera, consumption, scrofula, typhoid fever, and many other kinds of fevers. The milk from a cow suffering from typhoid fever is almost certain to be contaminated, chiefly by the germs being communicated through the excreta, which gets into the milk, but to some degree it may be communicated directly. The use of milk thus contaminated is one of the most frequent causes of typhoid fever in human beings. Milk is one of the most favourable cultures for typhoid fever germs.

"Animals suffer from consumption. They are very much exposed to disease. They have a great habit of licking one another, and in this way one animal contaminates another. The stalls of consumptive animals become contaminated, and if other animals are put into these stalls, they are very liable to become infected with the disease. *One-seventh of the whole human race die from this disease.* In Switzerland, one-fourth of all the inhabitants die of it. Consumption is probably due more frequently to the use of the flesh of animals which have suffered from it than to any other cause."

How to Become a Vegetarian

Reproach is sometimes cast upon the principles of vegetarianism by the careless, unintelligent teaching and practices of its friends. An extremist finds himself able to live and preserve health by following a radical fad. Others are persuaded to follow his example, and the result is disastrous.

From the conviction that the principles are right, many drop the use of all animal foods without studying the requirements of the body, or making any provision for substitutes.

In changing from a meat to a vegetarian diet, the following suggestions should be carefully observed:—

1. Do not follow rules or suggestions arbitrarily.

2. Learn the needs of the body, and so select and combine foods as to supply the requirements.

3. Dietetic rules do not always apply in every case. One must study his personal needs.

4. Do not make changes too radically nor rapidly. Reformation in diet should be intelligent and sure.

5. Avoid stimulants, condiments, and all rich or highly seasoned dishes, for they create a desire for flesh food.

6. Adopt regular, healthful habits of living, and thus assist nature in her efforts to adjust herself to the new and better way.

7. Eat the best food you can get, and then forget it. Do not worry about it.

8. Do not adopt a narrow, meagre diet. The body requires fat and albumen. These are abundant in many foods besides meat.

9. Persevere persistently.—*Selected.*

An Ideal Tonic

EULALIA RICHARDS

ALMOST everyone has enjoyed the luxury of a cool bath on a summer's day. When the mercury is standing in the neighbourhood of one hundred in the shade, nothing appeals more forcibly to the average man, woman, or child than a dip in the surf, or even a splash in the more prosaic bath tub. But there is something about the mention of a cold bath that sends little shivers creeping up and down the average spine in winter weather. We are forced to conclude that these shivering mortals have never experienced the exhilaration of a cool bath on a wintry morning.

A quick splash in cold water, followed by a vigorous rub down with a coarse towel, is the finest possible winter tonic and the best preventive of cold-catching. Even the child who has become accustomed to his morning splash "isn't happy till he gets it."

Benefit

The invigoration of a cool bath, properly taken, is enduring, making one feel energetic, clear-headed, and fit for the day's duties. This is because the dash of cold water rouses the nerve centres, while the vigorous friction of the skin stimulates and strengthens the flow of blood throughout the body. All of the vital body organs are thus stimulated to more vigorous and healthy activity.

But the cold bath must be properly managed in order to prove thus beneficial. A few suggestions may be helpful to the inexperienced who desire this ideal tonic for themselves and their children.

How to Take

The mother on waking slips into a warm wrapper and bedroom slippers, and hurries to the bathroom. A quick shower or an all-over dash from the tap or a bucket is sufficient, followed by a vigorous rubbing of the body with a coarse, dry towel, an operation which requires not more than three minutes. She must then dress quickly while still warm and glowing from the bath. The father follows, unless he prefers to lead the bath procession. If the weather is cold and a fire is required, it should be lighted before the children leave their beds. The children's clothing being in readiness in the bedroom or by the fire, they one by one hurry in slippered feet to the bathroom, where the father or mother assists in drying the child quickly and thoroughly, after which

the clothing is put on at once. With the parent's help several children may be bathed in a very few moments. Each person should have his own towel or towels, and ample space for drying the same should be provided. There should also be a suitable bath mat to prevent the feet becoming chilled after the bath. A cork mat is fairly suitable. The Turkish towel bath mats ordinarily used are not very satisfactory when a number of persons are using the bath, as they quickly become wet, and then feel cold to the feet. A folded newspaper serves nicely, and a pile of old papers may be kept in the bathroom for this purpose. They are comfortable, inexpensive, and labour saving.

Summary

We may summarise our suggestions as follows:—

1. Take the bath immediately upon leaving bed so as to avoid becoming chilled before the bath.

2. Bathe quickly, whatever the form of bath, and dry vigorously with coarse, dry towels. The skin should be warm and glowing at the close of the bath.

3. Dress at once after bathing.

4. Exercise moderately for a short time after the bath so as to avoid chilling.

5. Should the feet be cold on leaving bed, immerse them for a few moments in hot water before taking the cold bath.

6. Do not take a cold bath when chilly. A little vigorous exercise will usually prepare one to react to the cold application.

7. Aged persons, very young children, or persons suffering from heart or kidney disease, should not take cold immersion baths; in fact the shower or spray is best suited to all but the most robust individuals. Delicate persons should attempt nothing more vigorous than the so called sponge bath or cold mitten friction bath.

8. Invalids and young children require assistance in bathing. Only a portion of the body should be bathed at once, and the drying must be prompt and vigorous, else chilling may result.

9. Having a cold should be no barrier to cold bathing. In fact, a cold is more quickly recovered from if a cold bath be taken daily. Persons who take their morning bath with faithful regularity seldom catch cold except when travelling or under circumstances which prevent the enjoyment of this routine tonic.

10. The daily cold bath is suited to almost every one, but particularly to persons who suffer from faulty circulation of blood, indigestion, inactivity of liver and bowels, headache, and dulness of thought. And lastly, the cold bath is the best possible cure for the *blues* and for that *tired feeling* from which so many unfortunate people suffer.

EDITORIAL

The Role Insects Play in the Spread of Disease

The bed bug, generally known as "the bug," although Shakespeare did not designate it as such in his writings, would hardly excite the suspicion of the laity s a transmitter of disease, but this insect is a typical example of the plodder who accomplishes his object with but little noise and fuss and not without leaving dire results behind him. This insect is supposed to have originated in India —a fact which we could well credit after having spent some time in the country and having had the opportunity of seeing the extent to which they really exist. It migrated to new and unopened pastures in the seventeenth century when it made an appearance in England. From Europe it found its way to America, until now it has spread itself all over the world. Aristotle mentions the insect as springing spontaneously from the sweat, but this old philosopher must have presumed much in order to come to such a conclusion. Yet judging from the number extant in India one might reasonably look for other means than the ordinary laws of reproduction to account for their existence.

Habits

Being of nocturnal habits, it is seldom seen during the day, although great numbers may be present. Its place of selection for living is the bedstead. But this is merely because it offers the greatest chances for provender. It is a frequenter of walls, behind the wall paper, loosened whitewash, plaster, and pictures. Upholstered furniture is probably its second choice, as here again it is closest to its heart's desire, the blood of the human being. It has been mentioned as having been found in the nests of pigeons, hens, bats, etc., but these are probably insects of a different species.

The species infecting the human being is a degenerate bug, having a very flat body and being without wings. Its degeneracy is attributed to the fact that it is not always situated in an environment conducive to its development. When placed under circumstances under which it is unable to make a selection of a dietary which appeals to its taste most, it lives upon the juices of plants. If not a vegetarian by choice, he becomes one on the point of necessity.

Where Found

Its resisting power is great. It survives long periods of time without its proper food, being found in old buildings that have been deserted for years. During these periods of famine it will be found to be almost transparent, but apparently as lively as ever; but on being transferred to more favourable environment, it takes on an altogether different appearance. In this way it is tided over from one period of depression to another until more favourable circumstances can be maintained. Yet it is quite likely that many succomb to these periods of depression. Other lurking places for it are lumber camps, summer houses and huts, log cabins, empty apartments, trunks, trains, ships, hotels, and hospitals. The good house wife, whose house is cleanliness beyond reproach, some day awakens to the sad fact that her home has been invaded by these insect intruders, they having entered through a window or along the water pipe from the adjoining house, whose surroundings are less clean than her own. Books might be mentioned

as another very important factor in the spread of the "bug". It should be noted at this juncture that whatever is said of the spread of this insect applies also to the spread of diseases carried by it. After having been convicted as the carrier of disease, naturally the factors in the distribution of the insect also apply to the spread of disease.

The Bite

In biting, the bug fastens itself to the skin by inserting a pair of mandibles, and pushes his three-parted proboscis, shaped like gutters, into the flesh. The three parts of the proboscis in coming together form a tube that is used to extract the blood and to put saliva into the wound. The reaction or inflammation caused by the bite varies in different individuals. Some are troubled with a considerable amount of swelling and itching, while others suffer little inconvenience.

Means of Propagation

There is nothing striking connected with the development of the bed bug. The eggs are minute whitish oval objects, laid in clusters in the crevices used for concealment. A brood is hatched out in eight days. The young being almost transparent nits gradually become a darker brown. The growth is attained by three molts, and under favourable circumstances maturity is reached in three months. Several packets of eggs and several broods are produced each year. Cold retards development, but is not destructive to it. The extreme heat only causes it inconvenience.

Relation to Disease

The bug is seldom found to be a host in the spread of disease. That is, the disease germs, causing the various infectious diseases in man do not find favourable lodgement for living and reproduction in this insect. A germ taken into the insect by the infected blood of a sick person by means of the bite is tolerated for some time, and, if while the germ is yet alive, is brought in contact with the blood of a second person by another bite the disease of the first person will be produced in the second person. Aside from the biting, the second person may also become infected by accidently crushing the insect on an abrasion on the skin, or by scratching the insect's bite. For example one may be travelling on one of those nicely upholstered first-class compartments on the railway. As usual the upholstering is filled with vermin. Prior to one's arrival suppose the insect inhabitants of the compartment have just finished a repast on the blood of a tubercular person. Once again the pangs of hunger having seized these merciless little pests, they this time claim the newcomer as their victim, who sometime afterwards hunts up a physician because he is not feeling well and finds out that he is a case of which we hear so much, "bordering on tuberculosis." In this way any infectious contagious disease can be spread from person to person. Others worthy of mention are bubonic plague, smallpox, enteric fever. In some places relapsing fever and kala azar remain endemic due to the bug.

How to Destroy

In the destruction of these pests, we first turn our attention to depriving them of their hiding places. This will go a long way toward getting rid of the invaders. Before re-papering or white-washing a room, all the old loose paper or whitewash should be scraped off, and a preparation that will kill both the bug and its eggs should be squirted into the cracks. Why custom has so decreed that the living room in our houses are not presentable without having draperies here and there, dusty carpets, ponderous, clumsy upholstered furniture and useless articles, only intended for decoration, is hard to understand. These are all insect catchers. Anything that is rich and well-made does not have to be decorated in order to look well. Decoration more often cheapens a rich article. If custom had not clung to some of these things they would not appeal

to the esthetic eye. A marble or tile floor with a couple of loose rugs thrown here and there will appeal far more to the esthetic eye than any dhurrie, carpet, matting, or anything else in the domain of floor covering. A plain richly made mantle over the fire place is only cheapened by the addition of some cover of various colours and designs. Who would argue the point that the natural grain of a pretty wood like oak, teak, or rosewood, nicely finished, does not make the prettiest furniture with which to decorate a room. It far surpasses the time-honoured insect depository of upholstered furniture. If pictures become a necessity in wall decoration, far better a large scene from nature by some notable artist hung well out from the wall, than many of our dead or living relatives.

The bed being the favourite abiding place of the bug, a word regarding this article of furniture is not out of place. The old fashioned wooden bedstead, almost large enough for a medium-sized family, although slowly passing away, is yet seen in many homes. In these days of modern enlightenment, a single iron bedstead of the take-down type are only allowable. These should be kept freshly enamelled.

Now for the immediate remedy for the destruction of bugs, when once they have entered a dwelling. The rooms should be made air-tight by pasting up the cracks around the door and windows. All loose paper or white-wash should be scraped off and two pounds of sulphur dampened with methylated spirits to the 1,000 cu. ft. of room space should be burned. Brass and iron beds can be treated by wiping with alcohol and setting fire to it or by passing a burning paper under the springs. Wooden bedsteads can be treated with hot water or a liberal application of benzine or kerosine alone, or—

Nitro benzine (oil of mirbane)		1 dram.
Oil of turpentine	...	7 drams.
Benzine enough to make	...	1 pint.

A solution of corrosive sublimate, 1 part to 500 parts of water, can be sprayed in cracks and crevices by means of a bulb commonly used in the laboratory. Other methods are fumigation by bisulphide of carbon and sulphur dioxide under pressure in an air-tight room for two minutes. The best thing to bring about a quiet night's sleep under adverse circumstances is to sprinkle pyrethrum powder liberally between the sheets. In this subject, cleanliness is better than the remedy. In other words an ounce of prevention is better than a pound of cure.

MOTHER AND CHILD

Studies In Child Culture

BY MRS. S. M. I. HENRY

"WHAT would you do in case a child will not answer, but sits or stands with closed lips, and utterly refuses to speak?"

First of all, try to find a reason for this strange behaviour. Some time when he is talkative, when you have been able to come into a good understanding with him on other matters, ask him about this peculiar freak, and get him to open his heart to you about it. You will probably obtain a clue from a frank talk which will help you to help him. If he proves stubborn, treat him as if he were ill; *for he is.* Put him to bed. Make some special applications to his chest, throat, and face, nurse him tenderly, don't ask him to speak, have it understood that he *cannot*; for that is true—he *cannot* if he *will* not. A few courses of such treatment will cure the most stubborn, leaving no sting of anger in the child's heart against you, and you nothing to regret. It may be that some peculiar form of nervousness is at the root of the trouble, so that he is actually unable to speak when under pressure of any sort.

"When several children living together acquire the habit of all talking at the same time, what method of training would you adopt to correct the habit?"

The first trouble is in leaving the children by themselves. Talk with them, and teach them how. To make a beginning in correcting the evil, I would have a talk with them, end enlist each to help in reducing this Babel to order. A conversation like the following would probably ensue:—

"Children, what do people talk for?"

"Because they want to say something."

"But do they want to say something just for the sake of saying it? or is there some other reason?"

"They want to ask for something, or tell about something?"

"When anyone is telling you about something, or when you start to ask for something, what do you yourself want to do, first of all, or have those to whom you talk do?"

"Hear."

"Yes; you would not talk much if no one would hear you. That is why people who are deaf are also dumb. They cannot hear their own voices, and so there is nothing to make them talk.

"Now I am interested in what you children all say, just as much in one as the other; so are you; but when all are talking together, no one is able to hear the words or get any new ideas. Now let us all begin to talk so as to be heard—just one at a time. When one has something to say, let us all listen and hear what it is."

"But if Johnny wants to talk all the time, what shall the rest do?"

"Listen until he gets through. But he will not talk all the time, because 'all the time' is a great while; and besides, we can time ourselves by the clock, if you think best. Let each one have five minutes to tell what he has to say. I am sure we can depend on one another to help get this talking tangle straightened out. Let us not talk unless we really have something to say; and then when one has something to say, let us all listen, and see what we would like to answer back. That is conversation, which is one of the most beautiful gifts of God to us—one of the ways by which people find

out those things which make them happy and cultivated."

Of course this made up formula could not live in any talk with children. Their replies would break in with startling and delightful variety. But in any home where there is even average sympathy, the kind of understanding that should result would subdue the disorder of which you complain.

"ISN'T HE SWEET"

TRAINING THE CHILD'S APPETITE

PARENTS know that their child is not capable of wisely deciding what is best for him to wear or what his amusements shall be, but when it comes to deciding the most important matter of all, what shall go into his stomach, they allow him free rein. Anything and everything he wants he gets, and not a firm word of denial is spoken.

Then mother takes care of him through the long night when he is sick, and everybody wonders what makes the baby have colic, and complains that they "couldn't get a wink of sleep." And grandmother says: "Why, every baby has colic. That is one of the things you have to put up with when there is a baby in the family."

A very little baby that has never had anything but milk has been unable to make comparisons in food, without which experience, taste cannot be formed. This fact was amusingly illustrated when my baby was very young, and I had occasion to give him castor oil. My mother thought it a shame to give it to the child without some peppermint or something else to "take away the taste."

"Why," I laughed, "he has not formed any taste yet. What is castor oil to him? Just something strange to put into his mouth; I'll wager that he will not mind it a bit. Just watch his face."

And the little fellow actually smacked his lips, and looked up as if he wanted more of the horrid stuff! If he had nothing but such tasting things as castor oil to eat, that baby would soon have enjoyed its taste, and called it good! And perhaps he might have gone to college declaring that he was accustomed to having castor oil for his breakfast and simply could not eat anything else.

A child's appetite is just what his parents make it. If the father and mother are wise, members of their family learn to eat "everything." If the mother caters to some preference, her son and daughter soon begin to think that they must have that article of food and no other. The children accustomed to eating whatever is set before them are welcomed everywhere; they are the joy of an hostess. But those brought up under the opposite conditions are the despair of everybody. They cannot eat this, and cannot abide that, and the other thing "makes them sick." Truth to tell, they make most people "sick," poor things!

When a child's stomach has been accustomed to a milk diet only, it will not take food of varying degrees of indigestibility without rebellion. Many a grandmother objects to such a statement, and will tell you immediately:—

"I brought up eight children, and every one of them had everything they wanted

from the table from the time they came to it. Tea? Certainly; I gave them tea and coffee—all they wanted. And everything else besides, and they lived through it."

Yes, thousands lived through such treatment, but it was in spite of, not because of, such ignorant methods. No one ever tells of the awful nights or the excruciating stomach aches they caused.

There are few children that are underfed compared with the thousands that have so much to eat that it makes them poor to carry it around. Three times a day they have their stomachs filled "chuck full," and then we wonder why they do not get along better in school, and why they are so peevish all the time. "Some member of the family is sick all the time," one mother after another complains. And a person with a grain of common sense does not wonder a bit when he sees how their children eat.

The tendency is to overeat rather than not eat enough. The body requires only a certain amount for physical growth and development, and to enable it to perform its daily functions. If more food is taken than is required it is to clog the system, bring about organic disorders, and sap the nervous strength of the individual. Intellectual attainment is difficult or altogether impossible to one who has not the will power to deny himself too much food, or the rich and stimulating foods we are liable to find upon our tables to-day. It is a physical impossibility for the brain to work while the stomach and other digestive organs are being overtaxed. Keepers of very fine animals show their recognition of these principles in feeding them at regular intervals and in moderation, a practice that has proved conducive to their best health. If men can do such things for horses and cows, cannot women take as intelligent care of their children? Are not these children of ours of more value than the highest priced animals?—*Bertha Bellows Streeter.*

A SUGAR-COATED PRESCRIPTION

IT is no new discovery that the best medicine is concocted from equal parts of prevention and vigilance. Likewise, the best prescriptions are not of the sort usually written out by Dr. Æsculapius. They are written in plain English and have nothing to do with drugs. The reason why they are not popular and do not drive physicians out of business is that they demand considerable effort on the part of the patient, and voluntary effort at that. And many and many are they who would rather drift slowly doctorward than strike out for the shores of Good Health. It reads:

Don't worry. "Seek peace and pursue it."

Don't hurry. "Too swift arrives as tardily as too slow."

Sleep and rest abundantly. "The best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman."

Spend less nervous energy each day than you make. "Work like a man, but don't be worked to death."

Be cheerful. "A light heart lives long."

Think only healthful thoughts. "As a man thinketh in his heart, so is he."

Avoid passion and excitement. "A moment's anger may be fatal."

Associate with healthy people. "Health is contagious as well as disease."

Don't carry the whole world on your shoulders, far less the universe. "Trust in the good Lord."

Never despair. "Lost hope is a fatal disease."

This recipe for good health, declares *The Wisconsin*, contains not a single hurtful ingredient. Further:

It is so pleasant to take that children would cry for it, if they knew what was good for them. This recipe is not protected by patent, and is within the reach of the slenderest purse. It is made public with confidence that those who take it will receive benefit.—*Literary Digest.*

HEALTHFUL COOKERY

Eggs—Their Composition and Use

As will be seen from the analysis given below, an egg is particularly rich in nitrogenous elements. It is indeed one of the most highly concentrated forms of nitrogenous food, about one-third of the weight being solid nutriment, and for this reason is often found serviceable in cases of sickness where it is desirable to secure a large amount of nourishment in small bulk.

Composition of the White of an Ordinary Hen's Egg

Nitrogenous matter ..	20.4
Fatty Matter	10.0
Mineral Matter	11.6
Water	68.0

Composition of the Yolk

Nitrogenous Matter ..	1.0
Fatty Matter	30.7
Mineral Matter	1.3
Water	52.0

The white of an egg is composed mainly of albumen in a dissolved state, inclosed in layers of thin membrane. When beaten, the membranes are broken, and the liberated albumen, owing to its viscous nature, entangles and retains a large amount of air, thus increasing to several times its original bulk.

The yolk contains all the fatty matter, and this, with a modified form of albumen called vitellin, forms a kind of yellow emulsion. It is inclosed in a thin membrane, which separates it from the surrounding white.

The yolk, being lighter than the white, floats to that portion of the egg which is uppermost, but is held in position by two membranous cords, one from each end of the egg. The average weight of an egg is about two ounces, of which ten per cent consists of shell, sixty of white, and thirty of yolk.

On no account should eggs be selected, the freshness of which there is any reason to doubt. The use of stale eggs may result in serious disturbances of the digestive organs.

A gentleman who has investigated the subject quite thoroughly, finds upon careful microscopical examination that stale eggs often contain cells of a peculiar fungoid growth, which seems to have developed from that portion of the egg which would have furnished material for the flesh and bones of the chick had the process of development been continued. Experiments with such eggs upon dogs produce poisonous effects.

There are several ways of determining with tolerable accuracy respecting the freshness of an egg. A common test is to place it between the eye and a strong light. If fresh, the white will appear translucent, and the outline of the yolk can be distinctly traced. By keeping, eggs become cloudy, and when decidedly stale, a distinct, dark, cloud-like appearance may be discerned opposite some portion of the shell. One of the most common methods is by water. By adding a tablespoonful of salt to each quart the test may be made more certain. Newly laid eggs will sink to the bottom; those of three days will tilt slightly on one end; if a week old, they will lie at an angle of forty-five degrees; and if wholly unfit for use will float. But even this test is not always certain for sometimes bad eggs are "treated" to make them lie in water as fresh eggs.

Eggs should not be classed with meat, for though to some extent stimulating, they do not contain the poisonous, excrementious matter found in the flesh of dead animals; and no animal life is destroyed by their use. Care should be taken, however,

whenever possible, to obtain eggs from healthy, well-kept fowls.

The beaten raw egg is usually considered the most digestible, but there are some with whom lightly cooked eggs, as "Eggs in the Shell," agree best; and still others upon whom the soft yolk acts almost like poison, who can take omelets or scrambled eggs better, where the whites and yolks are thoroughly mingled. Try taking the beaten raw white of an egg when you have a sour stomach. It is very soothing, also, to an irritated, sensitive stomach. The white of an egg relieves the pain and prevents inflammation when applied quickly to a burn or scald.

Hints on Preparation

Salt should not be put into the water for poaching eggs; it renders them less digestible.

The cocked yolk of the egg is most digestible when cooked long enough to be dry and mealy, and the white when just jellied.

Never use milk in scrambled eggs or omelets. The casein of the milk hardens with cooking and renders the eggs tough; the flavour of eggs is much finer with water, and omelets are lighter. Cream spoils the flavour though it does not toughen the egg as does milk.

Always bake souffles, puff omelets, cakes, all things to be made light with egg, slowly and well, from the bottom, so that they will stay up after rising. Serve souffles and puff omelets as soon as done.

For custards or any thickening, beat eggs just sufficiently to mingle, not to a foam.

Drop yolks of eggs in cold water to keep them from drying up when whites only are desired, and lift carefully from the water with a teaspoon when ready to use.

Add a trifle of salt to white of eggs before beating: they will be lighter.

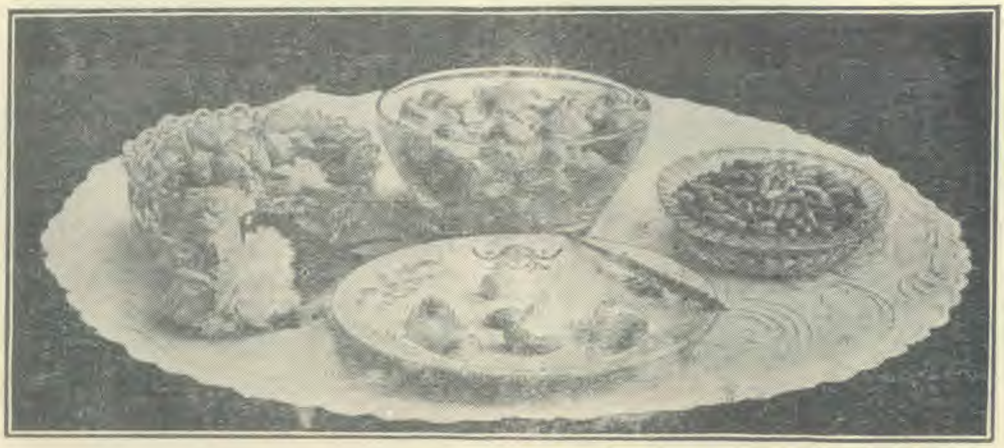
When eggs are used freely in breads, cake, or puddings, other proteid foods will not be required, so they need not add to the expense of the meal.

In very hot weather it is advantageous to leave the eggs in ice water for some time before beating.

When a number of eggs are to be used, always break each by itself into a saucer, so that by any chance a stale egg may not spoil the whole.

In the April number of HERALD OF HEALTH, a pleasing and appetizing variety of recipes will be given in continuance of this article.

The Connoisseur



TEMPERANCE

India's Greatest Enemy

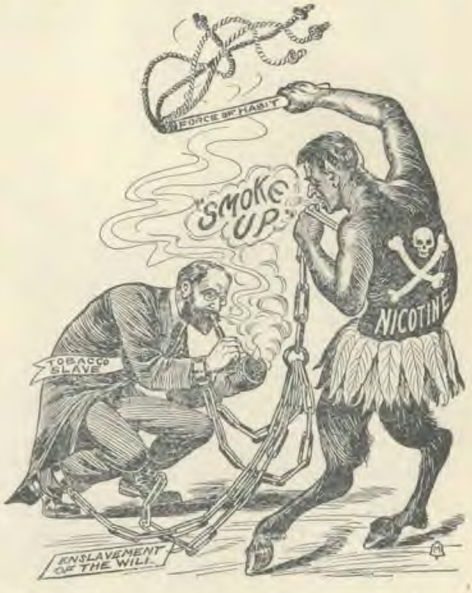
Ruskin said, "Tobacco is the worst national curse of modern civilization." What he said of the nation is doubly true of the individual, and of the world as a whole. From the king on his throne to the beggar in the streets this poisonous weed has carried mankind into captivity until from the North to the South and from the East to the West one foul world-wide wreath of smoke goes up to the godess Nicotine. It has become a link which binds the respectable to the lowest dregs of society, for wherever we see the gambler, the prostitute, the drunkard, the criminal, or the outcast, there we see the image of the serpent in the smoke which curls from the cigarette, the cigar, and the pipe. Every year it is crushing the life from thousands of thousands, and each year like the evil breath of the plague is invading new territory and crossing the thresholds of the men of the nation, never to depart until it has dragged them down —down to perdition and an eternal death.

The Cigarette

Some evil genius, within the span of our short lives, made this most deadly poison into the charming, bewitching and omnipresent cigarette and put it on the market. "Coffin nails" they have been aptly called, for he who uses them is surely preparing his tomb when he rolls that tempting potion of death and imbecility. This modern Circe presides at every banquet and gathering and turns our companions into swine, and even worse. Said a great railroad magnate, "Cigarettes are unsafe. I would just as soon get railroad men out of the insane asylum as to employ cigarette smokers."

Do you want to Succeed?

Said another, "More and more young men are hoisting the sign, 'I am a fool,' by appearing in public with a cigarette." Robert Burdette, the poet, is quoted as saying, "A boy who smokes cigarettes is like a cipher with the rim knocked off." Do you want to succeed? then burn your cigarettes, but not with a fire at one end and a fool at the other. Put them anywhere but in your mouth. Don't give them to any other animals for it



will kill them outright, but no doubt they would have sense enough to refuse. Of how much use would your horse be if he got the habit? Man is the only animal which has been known to survive its effects, and yet there is enough nicotine in one cigarette to kill two toads, which are most tenacious of life.

Rejected!

During the Boer War, England rejected eight thousand men out of twelve thousand who offered their services. One cause of their disability was found to be smoking. Government only knows how many are be-

ing refused now for this same reason. The following cable was sent to the newspapers of the world at that time: "The cigarette is playing havoc with the British army; and if something is not done soon, Great Britain will be defended, or rather undefended, by a collection of weak-minded, weak-bodied youth capable of no real effort of any kind." Do you want the Germans to win? then send your friends at the front all the cigarettes they can smoke. You will then be doing your duty to the best of your ability. Who knows but that some of the defeats already suffered have been because of the unthoughtful kindness of friends and the avarice of the tobacco companies who have sent enough cigarettes already to the front to poison the whole army and the Germans and Austrians as well had they been administered at once instead of in doses. Because they do not kill at once is no sign they do not kill. A man may take arsenic or any other poison in increasing quantities until he is taking enough to kill several men, but is that any sign that it is not poisonous. Isn't it about time to stop poisoning our friends?

Precedes Worse Habits

But the worst is yet to come in the train of the "fragrant" drug. Why?—Because it is the entering wedge of two lines of dissipation, either of which may defeat success. The first line is the dissipation of cash for things unnecessary. The second line of dissipation is that of sense-gratification. One uses tobacco partly because of its flavour, and partly for the sedative action which it exerts upon the nervous system. It is just this sedative effect which steals away a young man's vigilance and alertness, and handicaps him in the struggle for success. The use of tobacco paves the way to other dissipations by requiring a compensating stimulant to overcome its sedative effect, and by making the common, wholesome foods taste insipid and flat. A vast majority of drunkards were smokers before they were drinkers. A famous writer once said, "Show me a drunkard that does not use tobacco, and I will show you a white blackbird." Dr. Brewer said, "It can be asserted with great certainty that the boy who begins to use cigarettes at ten, will drink beer and whisky at fourteen, take morphine at twenty-five, and spend the rest of his lifetime alternating between cocaine, spirits, and opium." Do you want to spend your life in this manner?

Leads to Insanity

And yet worse to follow. Personal impurity of the most loathsome type is often found with the cigarette habit, and the two together cause many sad cases of insanity. A man with his eyes open to the danger said: "If something is not done to check cigarette smoking and the vice that goes with it, we shall not be able to build insane asylums enough for the victims." A world famous magistrate has said, "Judges know that in nearly every case the drunken sots who appear before them, a disgrace to their parents, themselves, and the state, began as boys smoking cigarettes. The cigarette habit not only had a grip upon them in boyhood, but it invited all the other demons of habit to come in and add to the degradation that the cigarette began."

Effect on Posterity

And the evil does not end with the smoker himself. Sir Benjamin Brodie says: "No other evils are so manifestly visited upon the third and fourth generations as are the evils which spring from the use of tobacco." If you want your children to be weak-minded, your grandchildren confirmed drunkards and opium and drug fiends, and your great-grandchildren idiots, and your family name to go out in everlasting infamy, continue smoking that cigarette.

The Expense

One thing more. Suppose you spend foru annas a day for tobacco, which is a very moderate estimate even for one's bearer con-

(*Concluded on Page 72*)

DISEASES AND THEIR TREATMENT

The Use of Remedies

THE LATE MRS. E. G. WHITE

DISEASE never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents, and by correct living, place themselves in better conditions.

The greater number, however, suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, dressing, and working. Their transgression of nature's laws produces the sure result; and when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions. But God is not responsible for the suffering that follows disregard of natural law.

God has endowed us with a certain amount of vital force. He has also formed us with organs suited to maintain the various functions of life, and He designs that these organs shall work together in harmony. If we carefully preserve the life force, and keep the delicate machanism of the body in order, the result is health; but if the vital force is too rapidly exhausted, the nervous system borrows power of present use from its resources of strength, and when one organ is injured, all are affected. Nature bears much abuse with apparent resistance; she then arouses, and makes a determined effort to remove the effects of the ill treatment she has suffered. Her effort to correct these conditions is often manifest in fever and various other forms of sickness.

Rational Remedies

When the abuse of health is carried so far that illness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness, and then go to work intelligently to remove the cause. If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavour to adjust the difficulties by adding a burden of poisonous medicines.

The Diet Cure

Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of illness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health.

Rest as a Remedy

Some make themselves ill by overwork. For these, rest, freedom from care, and a spare diet, are essential to restoration of health. To those who are brain weary and nervous because of continual labour and close confinement, a visit to the country,

where they can live a simple, care-free life, coming in close contact with the things of nature, will be most helpful. Roaming through the fields and the jungles, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery.

The Use of Water

In health and in illness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drank freely, it helps to supply the necessities of the system, and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores, and thus help in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.

But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skilfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.

Benefits of Exercise

Action is a law of our being. Every organ of the body has its appointed work, upon the performance of which its development and strength depend. The normal action of all the organs gives strength and vigour, while the tendency of disuse is toward decay and death. Bind up an arm, even for a few weeks, then free it from its bands, and you will see that it is weaker than the one you have been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system.

Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. This state of the system throws a double burden on the excretory organs, and disease is the result.

Invalids should not be encouraged in inactivity. When there has been serious over-taxation in any direction, entire rest for a time will sometimes ward off serious illness; but in the case of confirmed invalids, it is seldom necessary to suspend all activity.

Those who have broken down from mental labour should have rest from wearing thought, but they should not be led to believe that it is dangerous to use their mental powers at all. Many are inclined to regard their condition as worse than it really is. The state of mind is unfavourable to recovery, and should not be encouraged.

Clergymen, teachers, students, and other brain workers often suffer from illness as the result of severe mental taxation, unrelieved by physical exercise. What these persons need is more active life. Strictly temperate habits, combined with proper exercise, would insure both mental and physical vigour, and would give power of endurance to all brain workers.

Those who have overtaxed their physical powers should not be encouraged to forego manual labour entirely. But labour, to be of the greatest advantage should be systematic and agreeable. Outdoor exercise is the best; it should be so planned as to strengthen by use the organs that have become weakened;

and the heart should be in it; the labour of the hands should never degenerate into mere drudgery.

In all these cases, well-directed physical exercise would prove an effective remedial agent. In some cases it is indispensable to the recovery of health. The will goes with the labour of the hands; and what these invalids need is to have the will aroused. When the will is dormant, the imagination becomes abnormal, and it is impossible to resist disease.

Inactivity is the greatest curse that could come upon most invalids. Light employment in useful labour, while it does not tax mind or body, has a happy influence upon both. It strengthens the muscles, improves the circulation, and gives the invalid the satisfaction of knowing that he is not wholly useless in this busy world. He may be able to do but little at first, but he will soon find his strength increasing, and the amount of work done can be increased accordingly.

Exercise aids the dyspeptic by giving the digestive organs a healthy tone. To engage in severe study or violent physical exercise immediately after eating, hinders the work of digestion; but a short walk after a meal, with the head erect and the shoulders back, is a great benefit.

Notwithstanding all that is said and written concerning its importance, there are still many who neglect physical exercise. Some grow corpulent because the system is clogged, others become thin and feeble because their vital powers are exhausted in disposing of an excess of food. The liver is burdened in its effort to cleanse the blood of impurities and illness is the result.

Those whose habits are sedentary should, when the weather will permit, exercise in the open air every day, summer or winter. Walking is preferable to riding or driving, for it brings more of the muscles into exercise. The lungs are forced into healthy action, since it is impossible to walk briskly without inflating them.

Such exercise would in many cases be better for the health than medicine. Physicians often advise their patients to take an ocean voyage, to go to some mineral spring, or to visit different places for change of climate, when in most cases if they would eat temperately, and take cheerful, healthful exercise, they would recover health, and would save time and money.

THE BEST EXERCISE

When invalids have nothing to occupy their time and attention, their thoughts become centred upon themselves, and they grow morbid and irritable. Many times they dwell upon their bad feelings until they think themselves much worse then they really are, and wholly unable to do anything.

Fix on that course of life which is the most excellent, and custom will render it the most delightful.—*Pythagoras.*

CURRENT COMMENT

HONEY IN DIABETES

A Russian physician, having discovered accidentally that honey in the diet of a diabetic patient did not increase the urinary secretion of sugar, added honey to the diet of a number of diabetics, and found that as a result the urinary sugar was not increased, and in some of the patients there was an actual decrease in sugar after the addition of honey to the diet.

STRYCHNINE NOT A HEART STIMULANT

Newburgh, in *Archives of Internal Medicine*, March 15, 1915, says that strychnine in medical doses does not increase the output from the heart, slow the pulse, or materially raise blood pressure, and that there is no logical basis for its use as a stimulant for the circulatory system. He is also doubtful that caffeine is a true stimulant to the circulation.

IODINE TREATMENT OF ERYSIPELAS

According to Magi's experience, as recorded in *Policlinico*, April, 1915, brilliant results were obtained as a result of painting the inflamed area with tincture of iodine, especially when there was infection complicated with enlargement of the lymph glands, following infected wounds of the hands. After one application the swelling usually subsided, and even the rebellious cases yielded after several applications. He found that erysipelas of the face and scalp also responded promptly to the iodine treatment.

SWITZERLAND'S MEDICAL CONTRIBUTION

Switzerland, which has already played an important humanitarian role in the present war, in the way of looking after the interests of wounded prisoners, is now to undertake a new task,—the hospital care of certain of the prisoners of the various belligerents who are not in a sufficiently serious condition to return to their own country, but who suffer from the life of the prison camps. The first class to be taken care of will probably be the tuberculous, who will be distributed among the various Swiss resorts. Prisoners will be allowed a measure of liberty necessary for recovery.

MEDICAL SERVICE FOR THE SOLDIERS

One would suppose that constant contact with the wounded would make men callous. It would seem, however, that this is not necessarily so, from the following, taken from a letter written by a Canadian medical student who was with the British Army medical corps. The letter appeared in the *Journal A. M. A.*, Oct. 9, 1915:—

"The attitude of the surgeons and nurses toward the wounded in the war is commendable in the highest. I have not witnessed in civil hospitals so much tenderness and compassion toward patients as has been exhibited in dealing with these boys from the front.

If a patient is a bit restless at the approach of anesthesia, the administrator will gently and quietly allay the nervousness by ways and means not often used at home. In the admission and examination tent where the chaps come in fresh from the trenches, dishevelled, dirty, and weak, their vitality and nervous energy at a low ebb, the senior surgeons will gain their confidence and good will on the spot by quiet, tactful, and sympathetic questioning, terminating with the inevitable, 'We'll fix you up all right, old man.'

"In the whole wide world of suffering, there is no class of helpless more deserving and more in need of tender ministrations than this broken humanity—the first fruits of war. In this phase of the war, America will have a share in the glory. Recently a British Tommy told me he was in the Chicago Hospital (a British general hospital operated by doctors and nurses from Chicago), 'where they are absolute bricks. After being up there on the line for months, you forget that there is that sort of kindness floating around.' A Harvard unit near by is very popular with British soldiers, too."

In a letter from London we are informed that the Indian wounded are cared for in part by native officers, and that these are careful, even in the hospital, to preserve caste distinctions. There is no female assistance, even the laundry work being done by Indian washermen brought over for the purpose. There are eight different kinds of diet and separate cookhouses for six different castes."

CONTROLLING CANCER IN ENGLAND

Portsmouth was the first municipality in England to undertake a public educational campaign for the control of cancer, and it would appear that the measures adopted in 1913 are already taking effect. The annual report of the medical officer of health, Dr. A. Mearns Fraser, for the year 1914, which has just been received, states that there were only 197 deaths from cancer in Portsmouth last year, as compared with 230 in 1913. This decrease, which occurs in the face of an increase of population, is hailed with satisfaction by the Portsmouth sanitary authorities, as justifying their efforts to reduce the cancer death rate by persuading persons who are attacked with this disease to avoid delay and to seek treatment before it is too late for more than palliative measures. Dr. Fraser reports that from statements made to him by local medical men, the publication of circulars and newspaper articles by the health department has been instrumental in inducing a number of persons suffering from early operable cancer to secure treatment, the result of which, it is hoped, will be permanent.

ALCOHOL A POOR KIND OF FOOD

THE question as to whether alcohol is in any sense a food, has given rise to much heated controversy. Much of this has been unscientific and partisan, and has arisen from a loose use of the term "food." It may not be amiss to remind our readers that there are two great classes of foods: those which serve mainly or wholly as fuel, that is, supply heat and energy; and those which serve largely to reconstruct worn-out tissue or to build new tissue (as in growth). Chief among the fuel foods are sugars and starches and fats; chief among the tissue-building foods are proteins and mineral salts.

Physiologists are agreed that moderate quantities of alcohol taken into the body in diluted form, are completely burned, just as sugar is burned. In this process, it undoubtedly serves as a source of heat, and it is probable that under these conditions it can also serve as a source of mechanical energy.

On the other hand, alcohol differs from other fuel foods, such as the sugars, starches, and fats, by not lending itself to storage in the body. Even though physiologists regard alcohol as, under certain conditions, a food, we should be careful to note that they do not class alcohol as at all equal to the other fuel foods mentioned.

(*Concluded on page 72*)

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ALCOHOL A POOR KIND OF FOOD

(*Concluded from Page* 71)

But this is not all. Not only does alcohol *lack certain valuable properties* possessed by other fuel foods, but it *possesses injurious qualities* in so high a degree as to make its intemperate use the greatest single menace to health known. The injurious qualities are, (1) the toxic effect on the body tissues; (2) the habit-forming character of alcoholic indulgence.

Inasmuch as small amounts of alcohol, taken into the body are rapidly oxidized, that is, completely burned up, the claim has been made that under these conditions alcohol is without toxic effect on the body tissues. That it does injure these tissues, even when taken in moderation, is indicated by studies conducted by various life insurance companies, to which reference has been made in previous numbers. Unlike the observations by physiologists on relatively small numbers of individuals, the figures collected by the insurance companies are derived from an analysis of the life histories of millions of persons.

The habit-forming properties of alcohol are so well known that further comment on this phase of the alcohol problem is unnecessary.

Altogether, the conclusion is inevitable that though technically, physiologists are correct in classing alcohol under certain conditions as a food, practically, the consumption of alcohol, even in moderate quantities, constitutes a grave menace to health. As Woods Hutchinson has well said, "Alcohol as a food is a joke, and rather a bad joke at that."—*Weekly Bulletin, Department of Health, City of New York.*

INDIA'S GREATEST ENEMY

(*Concluded from Page 66*)

sidering the war prices, for 365 days in the year. This would amount to Rs. 91-4 to be precise. Suppose you continued smoking for 20 years, although any respectable insurance company would not give you a policy for that time if they knew your habit. Your tobacco bill would amount to nearly Rs. 2,000 besides all the accessories which go with the weed and the time you spent smoking it. This also does not include the compound interest that would have been accumulating had you put the money in the bank yearly. And this does not begin to represent what some spend.

"I am not much of a mathematician," said the Cigarette, "But I can add to a man's nervous troubles; I can subtract from his physical energy; I can multiply his aches and pains, and divide his mental forces; I can take interest from his work, and discount his chances for success." Where are you going to put your money, young man—into smoke or into the bank?

And what does all this mean to India? It means that what the individual is the country will be; and if the individual is intemperate his posterity will be more so and the country under a greater load than it is to day. With you lies the remedy and the responsibility. Be a man and do your part.

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