

April

Herald of Health

APRIL, 1916

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MY SYMPHONY



O LIVE content with small means, to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable; and wealthy, not rich; to study hard, think quietly, talk gently, act frankly, to listen to stars and birds, to babes and sages with open heart, to bear all cheerfully, do all bravely, await occasions, hurry never; in a word to let the spiritual, unbidden and unconscious, grow up through the common; this is to be my symphony.

—Channing

GENERAL ARTICLES

The Significance of Fever

BY FREDERIC M. ROSSITER, B. S., M. D.

Fever is not an unmitigated evil, a foe to be annihilated at once. It is, in and of itself, a beneficent manifestation, operating to save the life from destruction.

Twenty five hundred years ago, Hippocrates, the father of medicine, regarded it as a protective process. This view was lost sight of for centuries, but now there is a tendency among the more progressive to view the meaning of fever in this light.

A Safety Valve

Fever is an effort on the part of nature to consume the poison and the dross, hence the vital fires are allowed to burn fiercely at times. But, that the fever may not consume everything, nature offers compensation by taking away the appetite, so that no more fuel will be added; by increasing the thirst for water, to aid in quenching the consuming fires; by taking away the strength and putting the patient to bed and at rest; by taking away even the desire to talk and visit; for every movement or exertion increases the fires. Nature is unrelenting, yet she is merciful. She afflicts, but at the same time she works with all her restorative powers, to bring back the harmony and unity destroyed by the raging conflict.

Causes

Fever is an elevation of the temperature of the body, and, as a rule, is attended with characteristic symptoms, such as headache, and other aches, rapid full pulse, rapid breathing, a hot dry skin, with flushed face, thirst, loss of appetite, and constipation. As a rule, a fever is not harmful unless the temperature persists above 104.5 degrees. Most of the harmful results attributed to

high fever are not due to the fever at all, but to the toxins or poisons, that cause the fever.

With but very few exceptions, possibly none, fever is due to poisons produced by germs within the body. These poisons are absorbed and taken into the blood, carried to the brain, spinal cord, and nerve centres, and there disturb the equilibrium of the heat-controlling centres. The poisons vary in their action according to the germ producing them. In typhoid fever the poison irritates the brain cells, and hence often causes intense headache and sleeplessness, and later, dullness. The poison in diphtheria is so very violent that it prevents a high temperature, and soon exhausts the heart and kidneys. In tuberculosis the poison causes a rapid heart in the very early stages of the disease. In pneumonia the poison is of a peculiar nature, causing a great increase in the number of white blood-cells.

As soon as these poisons begin to be formed within the body the temperature begins to rise; for increased oxidation is going on in the liver, in the lymphatic glands, in the blood, and doubtless in other tissues. The fever is an indication of increased oxidation. If the rise of temperature were prevented; and the formation of poisons continued, death would be very apt to result. In fact, experiments have been performed proving this very point. Chickens and guinea-pigs having been inoculated with malignant germs, were placed in cold water to prevent the temperature from rising. They promptly died. In others the fever was allowed to rise several degrees, and all lived. Nature attempts to combat all poisons with an increase of heat production. In all fevers

which attend such an increase in heat production, the blood elaborates an antitoxin, which tends to counteract the effect of the poison produced. Hence it is obvious that fever is a protection against infection.

Drugs Dangerous

Viewing fever from this standpoint, it is clearly to be seen that to rapidly reduce fever with such drugs as quinin, antipyrin, phenacetin, and other coal-tar preparations, is not only unphysiological and unscientific, but it does positive harm to the patient, lessening the chance for recovery. Many cases of heart failure and of nervous disorders can be directly traced to the extensive employment of these so called antipyretic (to reduce fever) drugs in *la grippe* a few years ago. To break up fevers with these drugs is positively dangerous.

Water Treatment

No doubt, then, the question naturally arises to many, Is it not harmful to use cold water or ice in fever, and in trying to reduce the temperature?

The answer must be, No, and for this reason: cold, when brought into contact with the skin, not only abstracts heat from the body, and hence lowers the temperature, externally at least, but through its effect upon the nervous system the nerve centres are energized; the liver and all glandular organs are stimulated to increased activity—which all means increased oxidation, or the breaking up of poisons, and their elimination through a better action on the part of the kidneys. If the cold bathing simply depressed the heat producing centres, and had no effect on the poisons, then it would be harmful, the same as the drugs. This is the whole philosophy of the use of hot and cold treatments in fever. Give treatment to remove the poisons, and the fever will take care of itself, or, more plainly, there will be no fever.

Since looking at it from this position, I have never been an advocate of the plan to

deluge a patient all day and night with cold water, cold packs, compresses, tub baths, and hot applications, simply because the temperature was 104°, and persisted at that point. Many typhoid and pneumonia patients have thus been treated much to their disadvantage. The fever is not the crying evil. The poisons are doing the mischief. When I am treating a case of fever, it is the amount of poison that concerns me, and not the fever. If the production of poisons can be reduced, and good elimination secured, the fever need give little concern.

Another Danger

This leads to another point concerning fevers, on which there is much misunderstanding, and that is breaking up fevers. There is a very popular notion that typhoid fever and pneumonia can be broken up if only the right medicines are taken. And in every town there are certain learned and skilled (?) physicians who profess to be able to do just that sort of business. My observation leads me to believe that such physicians have to sign a great many death certificates. Then our homeopathic brother often carries a little pill that will check smallpox in its mad career, and abort scarlet fever by the third day. This is all medical nonsense, and worse than that; it deceives the people. When a physician makes the claim that he can break up typhoid fever, it at once shows that he knows but little about the real nature of the disease.

As a matter of fact, typhoid fever has had a start of from one to two weeks before fever and other symptoms of any degree appear. During all this time the germs have been incubating and getting their foothold. When the fever begins to appear, it indicates that the germs are producing enough poison to affect the heat-controlling centres. One might just as well claim to break up scarlet fever or yellow fever after it has once started.

However, typhoid fever or pneumonia that begins with severe symptoms, and gives all indications of running a severe course, may

be converted into a mild form of the disease, and run a shorter course, by withholding all food for several days, and securing thorough elimination from the bowels, the kidneys, and the skin.

So fever is not a dangerous foe, to be attacked with the "Hammer-and-tongs" method, but it is a protective process, healing in its nature, and at work to save the body from the ravages of infection. The fierceness of the fever will depend upon the vital resistance of the patient, his susceptibility to the disease, the amount of dross present and the virulence of the infection.

Disease Preventable

Most of the diseases that afflict the human race to-day are preventable. While certain

of the acute epidemic diseases have been checked in their progress and robbed of their horrors, nevertheless, we are confronted with the fact that pneumonia, diphtheria, cancer, insanity, and all of the chronic diseases are on the increase.

Errors in diet, overeating, the common use of alcoholic drinks, tea, coffee, and tobacco, errors in dress, sexual excesses, the unreasonable demands of society, the mad rush for position and wealth, with the attendant train of evils, are prolific sources of disease. The vital resistance is so lowered by these excesses that the body becomes the prey to every ill. The storm centre of disease is within and not without the body.

Nature's Medicine

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

FRUITS may be regarded as nature's medicine. Besides fruit-sugar, which itself is a sun-cooked and predigested food, possessing tonic properties, they have salts and acids, which render them efficient curative agents.

The predominant ingredient in most fruits is water, which sometimes reaches ninety per cent; although all fruits contain a trace of protein, and to a large extent must be regarded as starch and sugar foods. Most fruits also contain a trace of fat, but carbohydrates constitute the chief source of nourishment.

The sugar most abundant in fruits is levulose, or fruit-sugar, which is sweeter than other sugars, and is more easily digested and assimilated than cane-sugar. Fruit-sugar is a predigested food, which is readily assimilated into the blood and speedily becomes effective for nutritive purposes.

Fruits are rich in salts and acids. The salts of potash predominate, but salts of soda, lime, iron, phosphorus, sulphur, magnesium, manganese, etc., as well as sodium chloride or common salt, are also found. Earthy salts are scarce; hence fruits

can usually be given with impunity to those who suffer from degeneration of the blood-vessels. The pleasant, cooling, refreshing properties of fruit are largely due to the acids. Citric acid, one of the most common as well as one of the most wholesome, is abundant in lemons, limes, citrons, oranges, and pomelos. Tartaric acid (in grapes) also produces cooling and refreshing effects.

Most fruits, when properly ripened and eaten under favourable conditions, including proper mastication, give little digestive trouble. Fruit-juices are most easily digested and assimilated, since their chief contents besides water are fruit-sugar, salts, and acids. Many persons invite digestive trouble by mixing fruit, particularly acid fruits, with milk foods, or by mixing fruits and vegetables. Fruit, either fresh or stewed, always goes well with nuts, breadstuffs, and cereal preparations. It does not assist digestion to eat too large a variety of fruits or other foods at the same meal.

Most difficulties with the digestibility of fruit are due to eating it when unripe or

over-ripe. It is poor economy to buy fruit which is "gone" or is "going bad." Better pay a little more and get perfectly fresh, sound fruit, and avoid danger of colic or diarrhoea. Fruit should be taken at meal time with other food. Eating between meals or at irregular times, is apt to upset the digestive organs.

There is scarcely a drink more refreshing than freshly made lemonade. The larder should always contain lemons. Lemonade, taken freely, is excellent for those who are developing a cold in the head.

Orangeade and the juice of fresh grapes, cherries, gooseberries, green gages, pineapple and apples, make delicious drinks, which can be taken with impunity. Cold fruit drinks are most refreshing and cooling to fever patients. Such drinks are always acceptable, and they help to lower the temperature and alleviate symptoms.

We have little confidence in most of the so called temperance drinks that flood the market. True, many of them contain but a small amount of alcohol, but they make poor substitutes for the home-made fruit drinks.

Non-alcoholic grape wines make a splendid tonic for persons suffering from anemia, nervous debility, neurasthenia, and other disorders.

Nature's aperient consists of laxative fruit taken freely with the meals. The more effective laxative fruits are figs, prunes, grapes, raisins, currants, and dates. The ripe olive is also a very efficient laxative. The beneficial influence of fruits in sluggish or torpid liver seems to be due to the presence of fruit salts. Fruit-sugar, too, is much more easily borne by the liver than ordinary cane-sugar. One may cure biliousness by

dropping all food for a few hours or a day or two, and taking freely of fruit drinks and then adopt a purely fruit diet for several days.

Many dyspeptics could be cured by means of a fruit diet, for a week or ten days. We have often seen the experiment tried, rarely without benefit. Many fruits, when properly selected and prepared, are useful in gastric catarrh. A meal consisting of plain boiled rice, the white of an egg or a small junket and from one to three baked apples, makes almost an ideal tray for an invalid or convalescent. Another excellent preparation for gastric catarrh is mashed kela to which a

small portion of cream is added, say two parts kela to one of cream, and then beaten well with an egg beater.

Many fruits have a diuretic, and assist in the elimination of waste products. The orange, lemon, lime, and citron are perhaps



THE RIPE OLIVE IS ALSO A VERY EFFICIENT
LAXATIVE

the most efficient. The fruit acids are in the body changed into alkaline carbonates, and these serve to diminish the acidity of the blood. Patients suffering from rheumatism almost invariably benefit by the free use of fruits, particularly by the citrous fruits.

In autointoxication there is a general feeling of depression, and various irritations, sometimes leading to actual ache or pain, a headache, a backache, or an ache in some other part of the body, with a distinct lack of fitness. The victim may feel drowsy, and yet not sleep well.

When a person is thus suffering, the best diet is a light fruit ration for a week or two, with plenty of water drinking. This will quickly enable the system to throw off the accumulated poisons. The salts and acids have a cleansing effect upon the blood, and the result is a marked improvement in both health and spirits.

One of the best means of acquiring and keeping a clear, supple, healthy, active skin is by the free use of fruit. Oranges are almost always recommended by cosmetic authorities. Persons who follow a fruitarian diet and avoid flesh rarely develop the muddy, sallow complexion which is so common among meat eaters; and those who use fruit largely are rarely subject to eruptions.

Dr. Burney Yeo recommends the pomelo for certain forms of gastric catarrh, as well as for constipation combined with congestion of the liver. Three to six pounds may be taken daily. The grape juice is helpful in the case of hemorrhoids and certain heart diseases. In congestion of the abdominal organs, a modified grape-cure often brings relief.

I affirm that the constant use of the fruitarian diet is one of the best preventives that we possess against the invasion of disease. The fruitarian diet means a pure, clean diet, one that is free from hurtful ingredients.



EDITORIAL

The Role Insects Play in the Spread of Disease

IN nearly all countries an abhorrence has been established against allowing the body to become infested with vermin; but poverty, over-crowding, and uncleanness among the poorer and lower classes of people, has created an indifference to the subject. This is the case in India in connection with the *Pediculosis corporis* (the body louse), the *Pediculosis capilliti* (the head louse), and the *Pediculosis Pubis* (the pubic louse). Very little attention is paid to their existence. It is only when their numbers increase beyond the ordinary, or in other words, when they become intolerable that any effort is made to thin out the numbers. So the common roadside or bazaar incident is not from the standpoint of cleanliness so much as it is a necessity to maintain a peaceable existence. And yet any reforms that emanate from voice or pen may not come directly to those who are the most needy. Every one, whether implicated or not, must realize that in order to have a clean India and one free from epidemics, personal uncleanness must be eradicated.

Carries Disease

The louse, apart from its being a sign of uncleanness has been the cause of epidemics that have claimed their thousands of victims. In olden days, over-crowding in military camps, jails, and ships, has been the means of mowing men down like grass. In many instances disease was spread from one to the other by means of vermin, especially the louse. In those days, epidemics of this sort were called ship fever or jail fever, which were nothing more nor less than our present-day typhus fever, and proven beyond a doubt to

have been spread from one person to another through the medium of the louse. Nor do we have to go back to early days for examples of this kind. In the present war one nation alone in an epidemic of typhus fever lost 45,000 people in one month. In one hospital fifty men died in one day. This epidemic was placed under complete control by the inauguration of personal cleanliness and sanitation, thanks to modern sanitary engineering and hygiene.

Early Observations

As early as 1606, the louse as a factor in the spread of camp epidemics was recorded by such scientists as Cober in a series of observations on Hungarian camp diseases, and put in book form. The Journal of the American Medical Association quotes a translation from this early work and shows what a nuisance the louse was. "Among the insect pests of war the most terrible is pediculi, hardly to be thought of without a sense of discomfort, which in themselves, through their constant promenading and sucking of the body are enough to stir up one's bile. For it is impossible to avoid the bites of these miserable creatures, especially the first years in the field, as they enjoy the right of citizenship on the camps. The atmosphere is so lukewarm, mild, and stuffy that when clothes which have been washed in swamp-water are exposed to the sunlight, they are seen to swarm with these "vermibus syllanis." One cannot hope therefore to get away from these constant attendants and companions, as they seem to arise from the very moisture of the body itself. At first I thought to rid myself of the pest by a constant change

of newly washed clothing, but even this seemed to bring them more and more into play, instead of destroying. And phthirias (infestation by lice) which even the Egyptian magi of old could not produce, but which in these localities every one can create in his own person, can, as I bear witness, drive a man into fury. For as often as I was bitten by these miserable, abject animalcules, I gave full rein to my anger, fairly gnashing my teeth with rage, and cannot even now think of them without vexation. One cannot ward off these armed six-footed Turks, even with iron and steel. And among many soldiers I have noted the frightful spectacle that this fearful plague, lice, had gone far enough to cover parts of the body with ulcers, the flesh not only excoriated to the breadth of one or two fingers, but actually excavated, and the men were condemned to this miserable fate, dying with groans and lamentations."

In these days of enlightenment it would be hard to credit conditions like the foregoing, but it shows how and to what extent this little pest can become implicated in the spread of disease since we now know it is the sole distributor of that dreadful disease—typhus fever.

Later investigations have attached another charge against the insect. This is its relation to the spread of relapsing fever. By means of a series of experiments it has been proven that this disease is carried from one to another by the louse. In this respect the head louse as well as body lice stand convicted.

These discoveries have thrown light on a great many things that heretofore were a mystery.

Result on Skin

Aside from the two infectious contagious diseases, for whose spread this insect is responsible, there is the local skin lesions produced by it. These consist of excoriations due to the scratching caused by the intense itching. These excoriations are usually linear, radiating from each bite, and they may be mingled with minute pimples.

Crusts composed of dried blood, rarely of serum or pus, are generally conspicuous. This condition practically relieves itself into an eczema of the skin. Long neglected cases follow with furuncles, abscesses, carbuncles and ulcers, resulting in serious implication of the skin, which may even exist for weeks after the patient has been freed from the insect. These local lesions are the result of bites, and from scratching the excoriations may have which become infected. The severity of the results are in proportion to the impoverished health and poor hygienic surroundings. If it is the head that has been invaded by the head louse, much the same condition occurs; only the hair complicates matters by becoming matted with the secretions coming from the abrasions in the scalp. The long hair of the woman or girl makes it doubly disagreeable.

Infection from Bite

The description of this insect and its cannibalistic habits farther than they are related to the spread of disease, is not necessary. It being a blood-sucking insect it acts as a host for carrying certain diseases which we have mentioned. As an example, having fed upon the blood of a person who is suffering with typhus fever, the body of the insect becomes a favourable medium for the preservation of the vitality of the germ and in turn is injected into another person by means of the bite. In this particular instance, unlike many insects in connection with diseases, the bite is the chief factor in the mischief because the germs of the typhus fever frequent the mouth and haustellum of the louse; yet crushing the infected insect against an abrasion in the skin will bring about the same results, or the carrying of it to the eye with the fingers. In this way the relation that the louse bears to the spread of recurrent or relapsing fever differs from the relation that it bears to the spread of typhus fever. In the former disease the bite is not implicated in its spread. The insect infected must be crushed into an

abrasion in the skin to carry the disease. In the latter disease, it takes five to seven days after the fatal bite before the symptoms begin to put in an appearance. In recurrent fever, the spirilli causing the disease remain in the body of the louse about eight days, but do not come to the exterior as in the mouth and haustellum, hence the harmlessness of the bite as long as the insect is alive. When the insect dies the spirilli die also.

Eradication

The eradication of pediculosis is not an easy task, especially if in the long hair of the head. Something must be used that will kill both insects and the eggs. In a clean family, if found early enough, nothing is better than a fine toothed comb. For the destruction of the lice the most popular remedy is petroleum, not kerosene, with equal parts of Balsam of Peru. This should be poured over the head in sufficient quantity to cover it without overflow on the brow. Cover over with a cloth and leave for 24 hours. Then wash off with tincture of green soap and hot water, and after this use a little vaseline. The following prescription may be used in the same way.

Petroleum	5 parts
Balsam of Peru	1 part
Olive Oil	2½ parts

Use as described above.

Rectified spirits of turpentine sprayed liberally over the hair, especially into the roots with an atomizer, covered over with flannel and left for 24 hours, is also efficient.

For the body louse a bath, a change of clothes, and the heating of the infected clothes in the oven at a temperature of 169° to 170° for ten minutes will accomplish the results to be sought.

An ointment may be ordered for the destruction of the insects as follows:

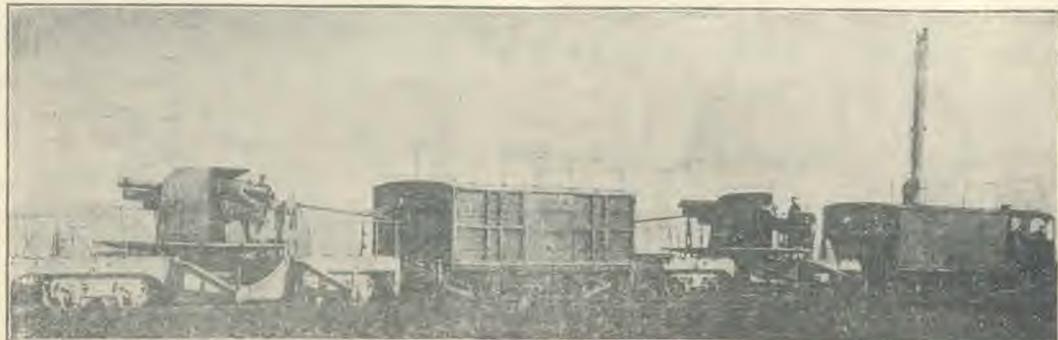
Freshly powdered staphysagrad	2 drachms
Hot vaseline	1 ounce

To be rubbed into the underclothing and on the surface of the body.

If the bathing is carried out there ought to be but a very little use for the prescription. The former is much cleaner. It has been found at the front in the present war that sprinkling the underclothes with flowers of sulphur has been the means of keeping the soldiers free from vermin. Silk underwear is another thing that the louse does not like.

For pediculosis pubis, the pubes should be treated as outlined for the scalp.

In any of these conditions resulting inflammation of the skin should be treated with bland ointments. With this more than with anything else, "If at first you don't succeed, try, try again."



MOTHER AND CHILD

The Training of Our Girls

BY ELIZABETH ATWOOD

How many mothers are training their girls for the cares and responsibilities of life? I do not mean just caring for them, loving them to their injury by keeping all responsibilities out of their lives, but, by wise guidance, teaching them how to meet responsibilities, preparing them for that which is sure to come.

To begin with, what are you doing to create permanent "Ideals" for which your daughter may strive. Is your daughter finding sympathy and understanding in you, or does she have sympathetic friends outside, gradually drawing her away from you? Are you her comrade and confidante? Are you living your own life separated from your girls—and your boys too? These are questions each mother should ask herself, and then have a care that her life is such that they may be answered well.

The training of our girls is a very serious matter, and calls for self-training and self-examination on the part of each and every mother. Mothers are the examples which always influence even the baby. Right here is a large responsibility. Do you discuss your neighbour's affairs? Remember that just so will your children do. Are you selfish? Then selfishness will influence your girls. Are you thoughtful, generous, and sympathetic? So will it be returned to you. Oh, this mother business is a great one, calling for all the skill and love and wisdom you can accumulate.

We all know the courteous boy and girl, but do we know many such? Now just what is courtesy? Nothing but gentle, kind thoughts for all, which are bound to show in kind acts. Just think of how much the face

reflects kind thoughts and the desire to serve others, and out of sheer vanity one would suppose girls would practice with increasing regularity until this love expression would be habitual. The ideal girl could not be rude. Too few show the kind smile that helps, too few reach out the strong hand and with courteous greeting make even the stranger feel at home.

But mothers must lead the way. Not in selfish absorption of their own particular loved one, who, of course can do no wrong, but in watchful care weeding out her own selfish tendencies (we all have them), putting in whole armfuls of love, truth, and honesty, to build up their character. This is the ideal mother's task in hand. She must train herself if she would wisely train her girls. She must make her own "Ideals" worth her striving, before she is ready to lead her girls upward.

Discretion, I honestly believe, is an "Ideal." How few possess the discretion which is really tact. A mother who recognizes this is a long way on the road toward peace. Someone once said: "What we never say or write will never cause us regret." The discreet girl will never be over smart in her talk, lavish in money-spending; never argues, never criticises; and, if added to this quality of discretion she is loving, sympathetic, she is surely cultivating an "Ideal" well worth striving for.

Manners, too, become an "Ideal" to work for. Of course manners, to a certain extent, are the reflection of what is inside, but surely capable of development. Carrying oneself with nose high in the air, is not indicative of superiority. I knew the greatest and sweetest

of little ladies who would have graced any court, and who brought joy and peace to every home she visited. She never studied any rules of etiquette, I am safe in saying, yet she practised them all.

And what made her the lady? Just this, she was uniformly quiet and gentle. Her voice, like Annie Laurie's, was low and sweet. She always had a kind word for everybody, and a smile which would lift your profoundest gloom; more than that, you felt rebuked for

attention paid to singing than to talking; more attention to vocal gymnastics than to a well-modulated, every-day and to-be-lived-with voice. Loud and noisy laughter is too often heard.

Loud voices do not mark the lady anywhere, least of all in public places. If girls only knew how much the quiet ones are admired, there would be an age of quiet girls instead of the noisy ones demanding attention everywhere. Do not train for the ap-



EDUCATE THE CHILD FOR THE CRISES OF LIFE

being gloomy in this beautiful world. I have never met another quite like her.

This is my understanding of her: First of all she felt a generous, great love for all humanity, and then she lived it. Her life was lived according to the Golden Rule, literally and truly. She was gentle because she had only the gentlest of thoughts for all. Criticism is rampant in this age, and is death to love in its broadest sense. Cultivate generosity of thought in your girls—anyone can be generous in gifts—it will surely produce gentleness of manner.

The cultivation of the voice is also necessary. There are more hard voices now than soft and musical ones. There is more atten-

pearance only of a lady, but like my friend in the hills, be one, with love and truth in your heart, feel and live like one, and your appearance and manner will reflect the glory. Is this not an "Ideal" worth striving for?

"The world delights in sunny people," but most of all in sunny girls. It is upon the shoulders of the mothers that this responsibility lies, for it is not all temperament. The mother, first of all, must set the example of a cheerful countenance, even if all the irritating things of the house combine against her. If the mother is snarly and loses her temper easily, when her girl reaches maturity she will, very likely, be just what her mother has been in these respects.

The girl who is constantly analyzing the motives of others, and her own actions as well, of a necessity is selfish. It may be because she is selfish that she is so critical. The two are closely interwoven, and this combination does not make the sunny girl. These are habits hard to get rid of, and should be nipped in the bud. The woman who has this habit of criticism would hardly be charming, and that is what we wish our girls to train for. Do not let the habit of distrust grow in your girl, either of others or of herself. This, too, is "Ideal."

Help your girls to a proper appreciation of themselves, not to make them vain, but to rid them of self-consciousness. Let them know that you see their good points of looks, and that you appreciate their efforts, and you will not have the regrets to carry that I have. I always told my first children that if I did not criticise or correct they might be sure I was pleased. I never praised, for that might lessen effort. Now I believe that it would stimulate effort. I never told them of their good points in appearance for fear of creating vain thoughts. I humbly apologise to those children of long ago, but that will not bring back lost opportunities for giving well-merited pleasure, for we do love to be appreciated. They say I am spoiling these other children!

Do not let your girl get the idea into her head that any work of the house is petty. If she does get it, help her to get rid of it at once. All of the ideals of life have a common centre in the home. When an ambitious woman is filled with real and true ambition, she regards every act of the day as a stepping-stone toward a greater and more important work. Discontent too often masquerades under the guise of ambition, luring its victim and blinding the eyes.

To every woman who makes each little thing about the home of sufficient importance to lift it out of the feeling that such work is "petty," will come the larger opportunity, for she, her own little self, will have created it. Unless one can prove equal to the smaller

duties, can one hope to master more important ones? Making the home attractive certainly is a great "Ideal," and every one knows that "The way to a man's heart is by way of the stomach."

But the gravest responsibility of all the many responsibilities which the earnest mother has to bear and qualify for, to set the example for, is that of marriage. This work should begin in infancy. Health, strength, a proper regard for the body, must be all made into "Ideals" to work and strive for. Motherly sympathy at the crucial age is the girl's right, yet how often these girl children must go through this period unhelped save by injudicious help from outside.

"Mother" with all that the dear title implies should give her girl-child the knowledge which protects. Happy are the girls and boys whose parents understand and appreciate the most critical periods of their lives, and whose sympathies make them friends of all; who delight in hearing their confidences and encourage the coming together of the young people in homes where the games are most enjoyable that are shared by parents. The mother should make her daughter understand that real love does not come for the seeking, but will come upon her unawares, and she must be ready and worthy of the honour. It comes because we go on working, making ourselves worthy of it, then it suddenly appears before us when least we expect it. It does not come to the woman who is seeking selfishly for all she can get out of life.

Without this true and holy love, a girl's life is in danger of becoming a failure. So it is in the mother's power to avert such a failure, if she can make home so attractive, herself so good a comrade, that her girls are held by the attraction of home-love until years of discretion are reached.

"Measure thy life by loss instead of gain,
Not by wine drunk, but the wine poured
forth;
For love's strength standeth in love's sacrifice,
And whoso suffers most hath most to give."

HEALTHFUL COOKERY

Eggs—Their Use

AS NOTED in the last number, our space this month will be devoted to recipes for the use of eggs. Perhaps some will not be new recipes but rather will be *new methods* of preparation of a very widely used food; but they are all tried, and upon trial will prove their worth.

Eggs in the Shell

The objection to the "soft boiled" egg is that the white is hard while the yolk is soft. To obviate this difficulty, put from 1 to 4 eggs into boiling water, 1 pint for each egg (cover if the dish is broad and shallow; if deep leave uncovered), and let stand off the fire for from 5 to 10 minutes according to the age of the eggs. Fresh laid eggs will cook in a shorter time than those several days old.

Roasted

Prick the shells of the eggs several times at the pointed end to prevent their bursting during cooking, set them on the large end in the hot sand or ashes under the fire, cover with hot sand, ashes or embers and cook for 10 minutes. This is a very expeditious way of preparing them when out camping. When opened they will be smooth and of a velvety consistency.

Poached

In an oiled, shallow pan have unsalted boiling water deep enough to be at least $\frac{1}{2}$ inch above the eggs. Slide the broken eggs into the perfectly boiling water, singly, or all from one large dish. Set pan on asbestos pad, cover and leave where the water will keep hot but will not boil, until the eggs are jelly-like. Remove carefully from the water with a small oiled skimmer and cut off the

ragged edges with a biscuit cutter. Besides the usual toast, poached eggs may be served on cream toast, round slices of creamed vegetables, or in shallow nests of boiled rice, mashed potato, or spinach. Do not forget the garnish, as there is no place where a spray of parsley gives a better effect than on poached eggs. Sometimes they may be poached in thin cream or in milk and butter, and layed on slices of toast or halves of biscuit and cream poured around them.

Creamed

Break eggs into a shallow baking dish, cover with thin cream and bake in a moderate oven; sprinkle with salt and dot with parsley leaves before serving. Or, bake or steam singly in custard cups. Bread crumbs may be sprinkled in the bottom of the dish and over the eggs for variety, also ground nuts.

Creamed on Toast

Cut hard boiled eggs in halves lengthwise, lay on toast and cover with cream sauce, plain, or flavoured with celery or onion, with chopped parsley sprinkled over all.

Stuffed

Cut hard-boiled eggs in halves lengthwise, remove yolks and add to them bread or biscuit crumbs soaked in cream, a little chopped parsley and salt. Rub all together until smooth, add raw egg to bind together, fill spaces in the whites and press the halves together. Add beaten whole egg to the mixture remaining, dip eggs into it, roll in crumbs and heat in oven or steamer, covered, until just warmed through. Serve with any desired sauce. A little onion juice may be added to the yolk mixture, or with chopped mushrooms.

Pickled

2 parts each of lemon juice and water, 1/3 part sugar, salt, and a little celery salt, Heat to boiling, pour over hard-boiled eggs with a few slices of red beet. Let stand for 24 hours.

A la Salade

Cut hard boiled eggs in halves lengthwise, remove yolks, rub through wire strainer and mix to a smooth paste with mayonnaise dressing (flavoured with onion or garlic if desired), fill the whites and press the halves together. Lay in nests of shredded salad leaves, dotted with the dressing.

Shirred

Butter and crumb individual dishes, break 1 or 2 eggs into each, set over pan of hot water in oven and bake until eggs are set.

Scrambled

Put oil in pan and heat very hot, not smoking. Turn in eggs which have been broken and salted but not beaten. As they set, draw carefully from the bottom of the pan with a spoon without turning over. When all are set but not hard, slide quickly, leaving the shining side up, on to a plate or platter. The dish must be all ready, as a moment's delay will over-cook the eggs.

Various Scrambles

Simmer sliced celery or onion in oil a few minutes before adding eggs. Or, add asparagus tips, green peas, mushrooms, a little boiled rice or a few broken nuts before scrambling.

Tomato Scrambled

Take $\frac{3}{4}$ to 1 teaspoon thick tomato pulp to each egg, with salt. May flavour with onion.

Florentine

Spread nicely scrambled eggs on rounds of moistened toast and place a broiled or baked half of a tomato on top. Garnish with parsley or spinach leaves or with salad leaves and fringed celery.

Scalloped with Potatoes

4 cold, boiled potatoes crumbs
4 hard boiled eggs chopped parsley
1 pint cream sauce salt

Put alternate layers of sliced potatoes and eggs in serving dish, sprinkle with salt, pour sauce, with parsley stirred through it, over whole. Cover with oiled crumbs and bake. Sage, savoury, onion, or celery salt may be added.

Perfection

For Luncheon or an Invalid

Poach yolk of egg and rub through coarse strainer; beat white stiff with a trifle of salt and place in mound on a gilt edged plate or small platter; dot with a riced yolk sprinkle with salt, press slightly salted, green tinted, whipped cream through pastry tube in small roses on the top. Serve immediately with wafers or sweet biscuit.

Many variations of the above recipes may be given but they are best if worked out according to the tastes of the individual. Hints have been given, however, which may prove useful in making a very necessary article of diet more tasty and appetizing.

Our next issue will contain some prize recipes for cakes. Be on the lookout for them. They will be worth the price of a year's subscription in themselves.

The Connoisseur



TEMPERANCE

Alcohol as a Habit-Forming Drug

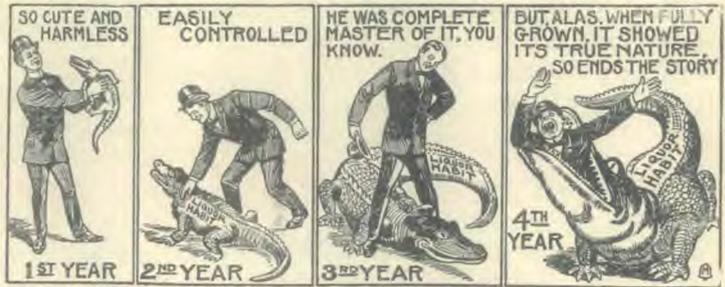
BY A. B. OLSEN, M. D., D. P. H.

IF beer, wine, whisky, and other alcoholic beverages are not taken as a food, if they are not necessary to life and health, if they do not in any way benefit healthy men or women, then we may well ask, Why are intoxicating drinks used so universally and so freely throughout the civilized world? When athletes and men who wish to excel in health and strength avoid alcohol; when great scholars and literary men find that it does not help them in doing their best work; when business men and employers prefer abstaining workmen; when railway companies discourage the use of alcohol by their employees, and sometimes even forbid it entirely; when leading military men of the army and navy, such as Lord Charles Beresford, Gen. Baden Powell, Sir George White, and a host of others, both officers and men, are themselves abstainers, and seek to persuade their fellow soldiers and sailors to avoid strong drink; when we have great scientists and doctors of the character of Sir Victor Horsley, Sir Thomas Barlow; Sir Frederick Teves, Sir Alfred Pearce Gould, Prof. G. Sims Woodhead, and others too numerous to mention, earnestly advocating total abstinence; when great judges and lawyers, including the lord chief justice of England, leading civic authorities like Sir Thomas Vezey Strong, late lord mayor of London, and statesmen, such as Mr. Lloyd George and Mr. John Burns, and many others equally famous, recognize the evils associated with the trade, and strongly and

earnestly discourage the use of intoxicating drinks; when great leaders of both church and chapel, including the archbishop of Canterbury and Mr. Meyer, take, if any thing, a still stronger stand against the use of all intoxicants; when thinking men and women of all professions and occupations are awakening to the dangers of alcohol,—then we ask again, "Why drink alcohol?"

Alcohol as a Narcotic Drug

The answer to this question, at least in the case of the majority of drinkers, is simply this: Alcohol is a narcotic drug, which, by its peculiar effect upon the human system, creates an unnatural appetite, and exercises a



A DANGEROUS PET

strong desire for a repetition of the drug, which finally dominates the will-power. In other words, alcohol is related to tobacco, opium, and cocain, all of them habit-forming drugs. Strictly speaking, alcohol is a drug, and only a drug, as far as its effect upon the human body is concerned, and the nervous system and brain are the tissues which are most susceptible to its evil influence. Although it is often called a narcotic stimulant, it is more correct to speak of it as a narcotic

drug. The word narcotic is derived from a Greek term which means *torpor*, and it may be defined as a drug that is used to ease pain, benumb the nerves, and produce sleep. This explains the popular notion that the "whisky nightcap" or some other alcoholic drink taken at night, helps to bring on sleep.

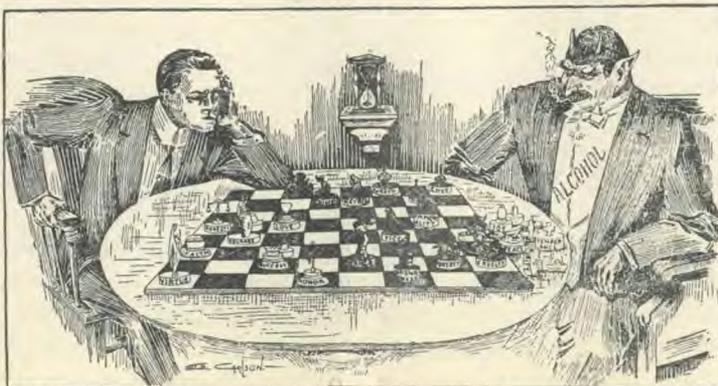
Of course there are a few persons who take alcoholic beverages because it is considered the fashion to do so, and they do not wish to be thought old or peculiar. But it is undoubtedly true that a far larger number, including most of those who style themselves moderate drinkers, take the beverage because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

Habit Drugs

A narcotic drug, whether opium or alcohol, has a double effect upon the brain and nerves, or rather, we may say, there is a direct action, and afterward a reaction. To begin with, the narcotic poison benumbs or paralyzes the nerves which carry the sensations of pain and discomfort, and, as a consequence, gives a temporary sense of well-being, comfort, and more or less exhilaration, and even excitement. The higher controlling nerve-centres which are directly concerned with the finer balance of the mind and cool judgment, are also benumbed, and to a large extent put out of action. This explains the sense of irresponsibility and unwisdom, not to mention foolishness and

silliness, often manifested by those who are under the influence of alcohol. With the temporary loss of these inhibiting and controlling centres there is also a loss of the ordinary responsibilities of life, and for the time being, the more or less intoxicated individual forgets his troubles, distress, and misery, and is prone to excesses and vices of various kinds to which he would never give way if he were in his right mind. He is obviously in an abnormal and morbid state, and it is on account of the perversion of his mind and judgment that he fancies himself very happy and comfortable, while giving way to convivial and carnal pleasures. This is the first stage.

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

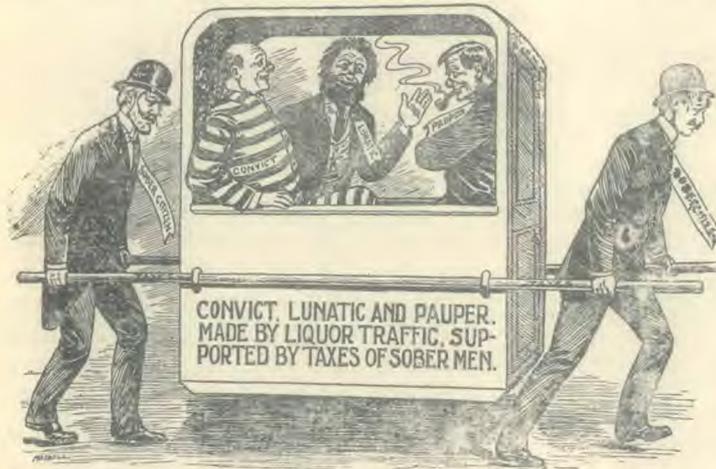


PLAYING WITH THE DEVIL.

The brief picture which we have drawn is a lurid one, and only too true of those who have given way to the liquor habit for any considerable time; but it is by no means an extreme picture, for the final hell which is ultimately reached by the drunkard is delirium tremens, one of the most terrible of all known diseases.

The Craving for Drink

All habit-drugs have this in common that they produce in the one who uses them a craving for the narcotic, which craving gradually increases as time goes on. Undoubtedly some persons are far more susceptible than others to this terrible craving, and find



THEY SAY "IT'S NO ONE'S BUSINESS IF WE DRINK." ISN'T IT?

it exceedingly difficult, if not impossible, to overcome the craving and conquer the habit. This craving for the drug soon becomes deep seated, and seems to be a part of the very life of the victim. The appetite for strong drink develops in time into a veritable bondage which can scarcely be shaken off by the most supreme efforts. The man may recognize the evil; he may wish to give up the drink, and determine to do so, but it has got beyond him, and he is no longer his own master. He resolves to shun strong drink, to abstain from it entirely; but how long is he able to keep his pledge? The fact is that in many cases he has become so demor-

alized both physically and morally by the degrading influence of alcohol that he is utterly unable to withstand the temptation, and nothing short of a mild form of imprisonment under conditions which make it impossible for him to obtain any alcoholic beverage is successful; and even this success is often temporary, lasting only as long as the temptation is removed.

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

The Formation of Habit

We are all prone to form habits of various kinds, physical, mental, and moral; and even such a simple thing as walking, which is an art a child must acquire by patient effort, soon becomes a fixed habit, and we come to do it finally in a sort of automatic way without giving it special attention. Just as long as these habits are useful, wholesome, and beneficent, they are desirable and entirely satisfactory. But it is just as easy, and perhaps some would say easier, to form bad habits than good ones. We are all most susceptible to the formation of habit in childhood and youth. Then the living cells, including the nerves and the brain, are in a soft, plastic state and most susceptible to influence of any kind, good or bad. The tender years of childhood and youth are the best time in which to lay a sure foundation

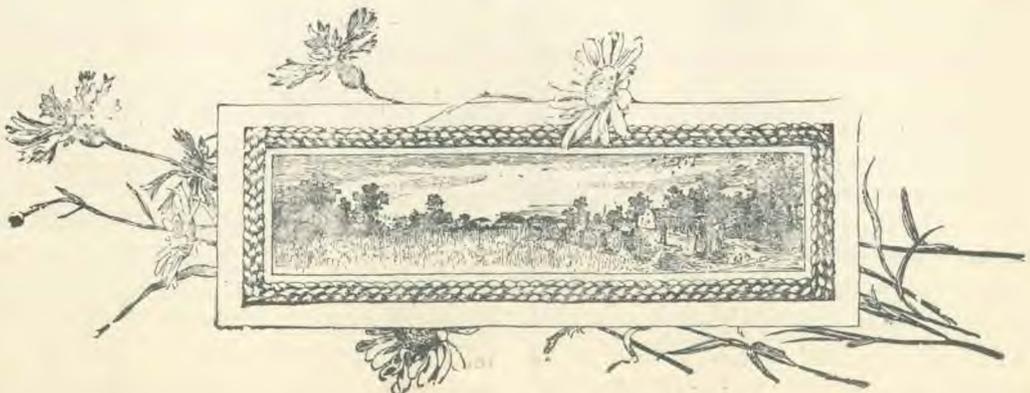
for sound health, physical and mental and moral. Then the brain is easily moulded for good or ill, and the habits which are fixed in youth are the most difficult of all to overcome in later life. Naturally, in youth the body and mind are far more susceptible to evil influences of any kind than in adult life, and the habitual use, even in small quantities, of any narcotic poison, whether alcohol, tobacco, or opium, does far more damage than in later life. Both alcohol and tobacco are drugs which stunt the growth of the growing boy, dwarf his intellect, demoralize his morals, and mar his physical, mental, and moral power as for life. Youth is the best time in which to form good habits, and the counsel of Solomon to "train up a child in the way he should go" is particularly sound advice with regard to the formation of habits in youth. The boy who shuns tobacco and alcohol in his teens is far less likely to acquire these habits; for when he arrives at years of discretion, he will understand better the terrible evils which always accompany them.

Avoid All Temptations

No one can take too great care to avoid all forms of temptation that would lead to the use of intoxicating drinks. This is a case when the counsel to "touch not; taste not; handle not," is in order. We think that

medical men and women should be particularly careful when prescribing medicines, to avoid as far as possible anything which contains alcohol. Some persons are more susceptible to the influence of narcotic drugs than others, and it is a fact that many medicines contain a large percentage of alcohol, and are consequently not safe, even as medicines, in the case of those who are especially susceptible. We are glad to know that year by year doctors are giving less alcohol, not only in their private practice, but also in the hospitals. The liquor bill of the leading hospitals of London is steadily diminishing year by year, and at the same time the milk bill is rising, and this is as it should be.

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



DISEASES AND THEIR TREATMENT

Infantile Diarrhoea

By E. S. RICHARDS, L. R. C. P. AND S., EDIN.

OF the baby's foes perhaps none is more dangerous than diarrhoea. But few parents realize the seriousness of this disease. The Registrar-General recently reported that out of 22,000 deaths from diarrhoea in Great Britain, 17,000 occurred in children under the age of one year. It will be seen from these figures that diarrhoea is a common as well as a most fatal disease of infancy.

One may naturally inquire, Why is diarrhoea so common in infants? and why does it so often terminate fatally? It may be answered that the digestive fluids of the infant are too feeble to destroy the germs which cause the disease. These germs, which are usually destroyed by the gastric juice of the adult, pass through the stomach of the infant unharmed and set up inflammation in the bowel. Again, the baby's diet consists chiefly of milk, a fluid which is seldom free from bacteria, and in which disease germs multiply with great rapidity. The great fatality of disease is accounted for by the fact that young infants possess but little vitality. Diarrhoea greatly lessens this vitality, and lowers the child's power of resistance by draining fluid from the blood. The wise mother will safeguard her baby from the disease by carefully avoiding its various causes. Among these we may mention the following:—

1. *Unhygienic surroundings* are favourable to the development of diarrhoea. The germs which cause the disease thrive on all kinds of decaying plant and animal matter. Thus excellent breeding-places for diarrhoea are furnished by dung-heaps, garbage piles, open cesspools, foul drains, and soil contaminated by kitchen and bedroom slops.

Overcrowded, unclean, and badly ventilated rooms are contributing indoor conditions.

2. *Impure milk and unclean nursing-bottles* are the immediate cause of diarrhoea in many cases. Milk is often obtained from diseased cows, the milking process being conducted under the most filthy conditions by careless and unclean milkers. The milk may be further contaminated by improper methods of transportation, and by the use of unclean nursing-bottles.

3. *Flies distribute diarrhoea.* Flies act as the middle man between filth and the baby's food. They breed in dung, and feed on filth, and carry liberal quantities of both on their hairy bodies and legs. A single fly may carry millions of diarrhoea germs from bowel discharges left uncovered in earth closets, to the baby's milk. Breast fed babies are, as a rule, free from diarrhoea because their food cannot be contaminated by dust and germs. Bottle-fed infants would doubtless share this immunity if the milk supplied them was always fresh and free from contamination.

4. *Too frequent and irregular feeding* must be avoided if diarrhoea is to be prevented. Many mothers seem to think that a baby never cries except for food, and so feed their infants at all hours of the day and night. As a matter of fact, the irregularly fed baby often cries because of indigestion, and if this unwise method of feeding is continued, diarrhoea is almost certain to result.

5. *Chilling* due to insufficient clothing must be mentioned as one of the most potent causes of diarrhoea. Just as chilling of the arms, neck and chest causes catarrhal inflammation of the nose and throat, so chilling

of the feet, legs and body causes catarrh of the bowels, which is shown by frequent slimy motions.

We may then summarise the prevention of diarrhœa briefly as follows:—

1. Keep the house and premises clean. Attend to all drain and outdoor closets. Throw no garbage or household slops upon the surface of the soil. Have all garbage tins covered and frequently emptied.

2. Secure the cleanest milk possible. Sterilize all milk by scalding it in a double saucepan for one-half hour. Keep milk in a cool place, and always cover it with several thicknesses of butter muslin to keep out flies and dust. Always rinse baby's nursing-bottle with cold water immediately after use, then wash in hot soapy water, rinse, and leave immersed in borax or boracic-acid solution until required again. Boil the bottle at least once each day, putting it over the fire in cold water, thus permitting it to heat gradually. A folded cloth must always be placed in the saucepan under the bottle. These precautions will prevent the bottles being broken. Rubber nipples should be turned inside out and carefully cleansed after each nursing. They should be left in the borax or boracic solution with the bottle.

3. So far as possible keep flies out of the house by screening all doors, windows, and fireplaces. Destroy any flies that may gain entrance to the house by sticky fly-paper or other fly destroyers. Protect all milk and other foods from flies.

4. Feed the baby only at proper and regular intervals, allowing nothing between feedings except water, or fresh, sweet fruit juice. This should be strained, and should not be given sooner than two or two and one-half hours after a milk feeding, nor should a second milk-feeding be given sooner than half or one hour after a fruit juice feeding.

5. Clothe the infant warmly in cool weather. Particular care should be taken to keep the legs and abdomen warm, even during the summer season.

Symptoms of Infantile Diarrhœa

Infantile diarrhœa varies in degree from the ordinary simple form of looseness of the bowels, from which any young child may suffer, to the deadly cholera infantum. A point of great importance to mothers is that the milder forms of disease if neglected or unwisely treated tend to become more severe.

Summer Diarrhœa

This dangerous disease is apt to begin with symptoms so mild that it is liable to be mistaken for simple diarrhœa. There may at first be nothing beyond looseness of the bowels and slight indigestion, these being usually attributed to teething or a chill. The disease, however, may progress rapidly. The diarrhœa becomes more marked; in a few days vomiting sets in, and the child wastes rapidly. There is usually some fever. In the more severe cases the attack begins quite suddenly with fever, vomiting, great thirst, and restlessness. Even convulsions may occur at the onset. The little patient soon becomes collapsed, with feeble pulse and pale face. The eyes are sunken and encircled with dark rings, and the "soft spot" on the head appears depressed. Diarrhœa now becomes a marked symptom, the motions being extremely offensive and irritating. Their colour may be yellowish, green, or somewhat brown, and later on they may contain mucus. The number of motions per day varies from six to twenty. In favourable cases the symptoms begin to abate after a few days' careful treatment, but in the more severe forms of the disease the infant rapidly grows worse, and the greatest care is necessary in order to save the little life.



Value of Inoculation Against Typhoid

IF additional proof were required (says a medical correspondent of the *Times*, that the policy of inoculation against typhoid, which has been pursued in the present war, has been justified, it is to be found in the figures given yesterday by Mr. Tennant in the House of Commons in reply to a question by Mr. Thorne. Mr. Tennant stated that from the beginning of hostilities to November 10 last, 1,365 cases of enteric fever were reported as having occurred among British troops in France and Belgium. Of these 1,150 had diagnosed after bacteriological examination. In 579 cases where there had been inoculation there were 35 deaths, and in 301 cases where there had been no inoculation there were 115 deaths.

It would be interesting to know further the percentage of vaccinated and unvaccinated persons in relation to the whole force exposed. But even without that the work of Wright and Leishman is justified to the hilt, and also that the policy advocated in letters to the *Times* at the beginning of the war by Lauder Brunton, Osler, and Wright has saved innumerable lives. In fact a record of this kind is nothing short of a miracle when one compares it with the terrible records of disease and death furnished by other wars—for example, the Spanish American War.

The policy pursued by the Royal Army Medical Corps in regard to typhoid has been extraordinary throughout. It falls naturally under three headings:—

(1) Every man who consented was vaccinated and thus protected against the disease.

(2) A careful search was made for "carriers"—people who, while remaining well themselves, harbour the bacillus of enteric fever in their bodies and so are liable to spread infection. The carrier is especially dangerous, of course in the commissariat department, and it is a fact that all men engaged in handling food are specially examin-

ed so that by no chance shall a "carrier" enter upon this work.

(3) Public health work was carried out on a great scale as regards sanitation, water analysis, and water purification. In this way the possible vehicles of infection were rendered secure.

These three measures cover the field. They attack the disease upon every side, for not only is the soil made unreceptive of the seed, but the seed itself is reduced in amount and the means of its transmission is controlled.

Yet lest any argue that the measures of sanitation and not the vaccination have solved the problem, the figures given as regards recoveries and death must be borne in mind. Of the vaccinated, 35 died, of the unvaccinated, 115—or three times the number of the vaccinated. There is no explaining away this difference as an accident. This kind of accident happens by deliberate intent and only by deliberate intent. The British people must recognize that here they are regarding a victory as great as any of the victories of our arms. These two men, Sir Almroth Wright and Sir William Leishman, have, between them, saved this people more precious lives than it is possible to reckon. The debt we owe to them can never be repaid, but it is well that we take cognizance of the debt and find expression for our gratitude.—*Exchange*

QUESTIONS AND ANSWERS

Q. What is the *Bulgaricus Bacillus*?—*N. A. I.*

A. The *Bulgaricus* is a strain of bacilli recommended by Metchnikoff to counteract the absorption of toxins from the intestinal canal. Assuming that many diseased conditions arise from such an intoxication it was suggested that old age could be materially postponed by a liberal use of the above

bacillus. As usual the real worth of a food or preparation is most always spoiled by competition. This is the case with the Bulgarian Bacillus preparations. We have so many claims made by firms purporting to put out the true *Bulgaricus* that it makes one suspicious of them all. However, the American Medical Association in "New and Non official Remedies" recommend "Culture of the Bulgarian Bacillus" by Mulford, Philadelphia, and also Zacto Bacilline milk Tablets" by the Ferment Co., New York. Of British makes, the tablets made by Burroughs and Wellcome are about the best. The last two can be obtained in India from any European chemist. Full direction of its use in milk accompany each bottle of tablets.

Q. Is toddy injurious to health?—N.A.I.

A. Toddy being of fermented produce where the sugar molecule is converted into alcohol, it is injurious to health and has the same action upon the system as does alcohol.

Q. Give general instruction and treatment for tuberculosis.—P. A.

A. This is a vast subject, more than can be considered here, but it includes the following:

a. Prophylaxis, that is the adoption of measures to curtail the spread of the disease by the destruction of the sputum of the patient, advice as to his social intercourse and coming in contact with others, the use of separate dishes, etc.

b. Hygiene, a strict adherence to all of the rules that will keep the functions of the body at their highest standard of work.

c. Food should be abundant and of the best and most nutritious kind.

d. The climate should be advised in accordance with each case but generally a cool, dry air, at an elevation of 4,000 to 6,000 feet is the most suitable.

e. Medicinal; *f.* serum; *g.* vaccine; and *h.* pneumotherapeutic treatment should be referred to a competent physician.

The keynote of success is the strictest hygiene and open air life.

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Herald of Health,

The Indian Health Magazine

Published by the

International Tract Society,

17, Abbott Road, Lucknow

REGISTERED, - - - No. A. 457

SURGERY TO MUSIC

SURGICAL operations are actually being performed to musical accompaniment in Pennsylvania, and *American Medicine* (New York) believes that this combination constitutes "a new and valuable agent in surgery." In June last, the use of the phonograph in the Kane (Pa.) hospital was reported by Dr. Evan O'Neil, of that town; and Dr. W. P. Burdick, also of Kane, now writes to assure the medical profession of the entire success of the innovation. Says the journal named above:

"There was a great outburst of wit and humour on the appearance of the first announcement, as might have been expected, and it is not improbable that the group of interns and nurses in the pit of the operating-theatre irresistibly suggested to the onlookers the chorus of a comic opera, while those assistants themselves, probably young and retaining some vestige of the layman's frivolity, may have found it hard to resist lifting a rhythmical foot as the machine ground out its 'trivial fond, records.'

Dr. Burdick, however, is very much in earnest. . . 'If mankind was always consistent,' he writes, the idea of suitable music as an accompaniment to surgical clinics would seem entirely rational.' The attitude of a patient about to be relieved of a distressing and possibly fatal lesion should be one of joyful anticipation, instead of which the subject now enters the theatre, after a tearful farewell to family and friends, with such feelings of horror and dread as to be on the verge of collapse. This frame of mind is not alleviated by the demeanour of the surgical staff, the whispers of the nurses, or the almost complete silence broken by the harsh rattle and banging of instruments.

"On the eve of an operation Dr. Burdick has a talk with the patient, in which he encourages him in every way, assures him of probable relief, promises absolute lack of pain during the operative ordeal, and tells him of the

coming use of music as a sort of key-note to the cheerful attitude of the staff toward the operation. He inquires into the patient's nationality and asks if he has any favourite tunes; and when he is ushered into the operating-room next day and the anaesthesia begins, the phonograph is softly playing one of the airs thus selected. . . The effect is all that could be desired."

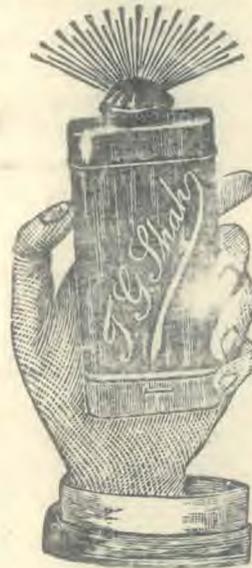
"ZONETHERAPY."

THIS is the name given to the method of relieving pain by pressure recently discovered by Dr. William H. Fitzgerald, of Hartford, Connecticut, an account of which is given in the *January Strand* by Dr. Edwin F. Bowers. Dr. Fitzgerald, who was two years in one of the London hospitals, does not advance any theories explaining his alleged discoveries. He deals only with what he calls "facts":

Accident disclosed that pressure on a certain spot in the nostril gave practically the same result as the use of cocaine. That was six years ago. He began experimenting, and he found there were many spots in the nose, mouth, throat, and on the tongue, which, when pressed firmly, deadened certain areas to all sensation. He began using nerve pressure instead of local anaesthetics in his operations, and now he has rarely any use for cocaine.

Dr. Fitzgerald is said to have found that nerve pressure will completely obliterate pain in about 65 per cent of the cases, while it will deaden pain in about 80 per cent.

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