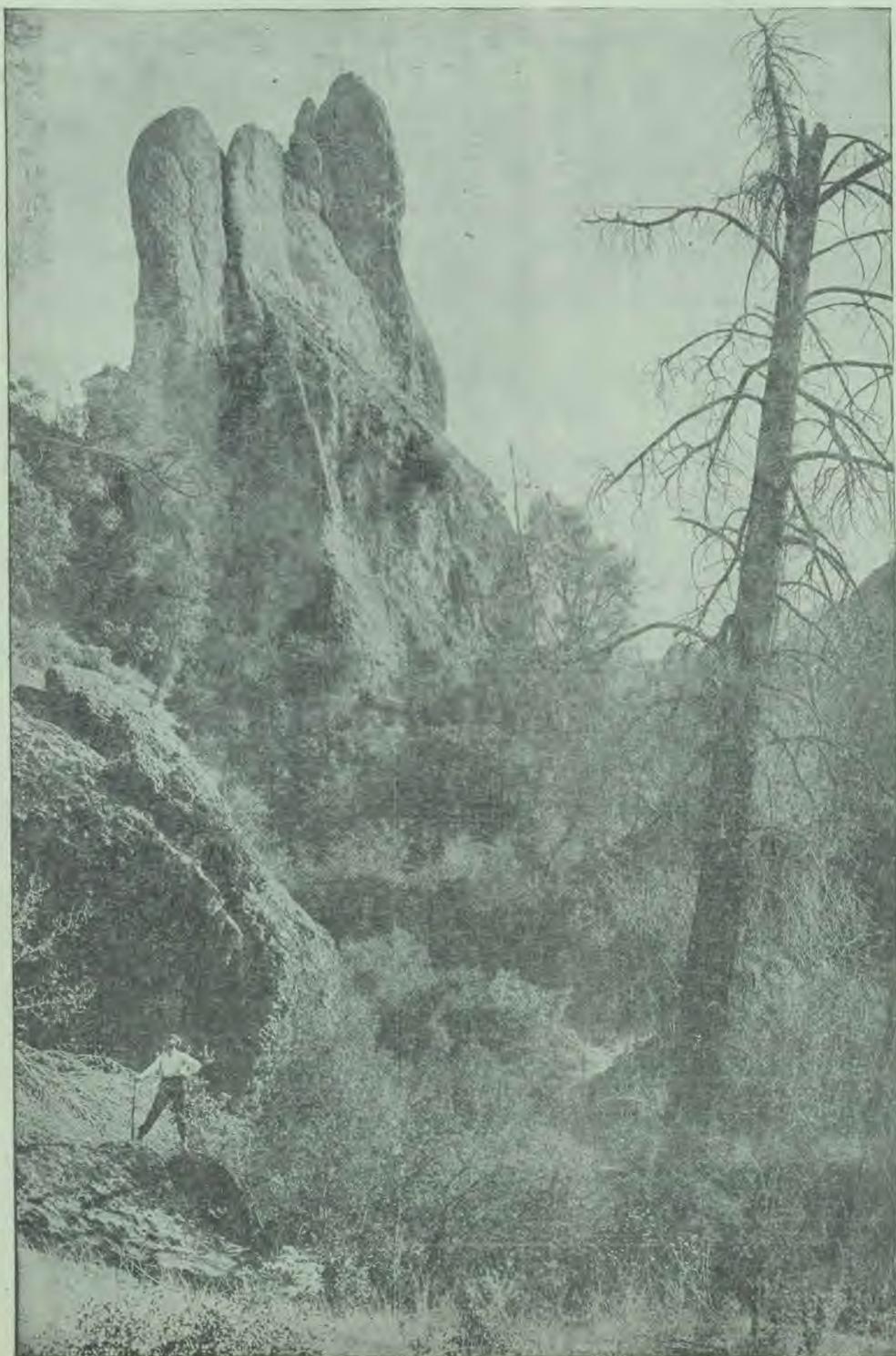


*Mary*

# Herald of Health



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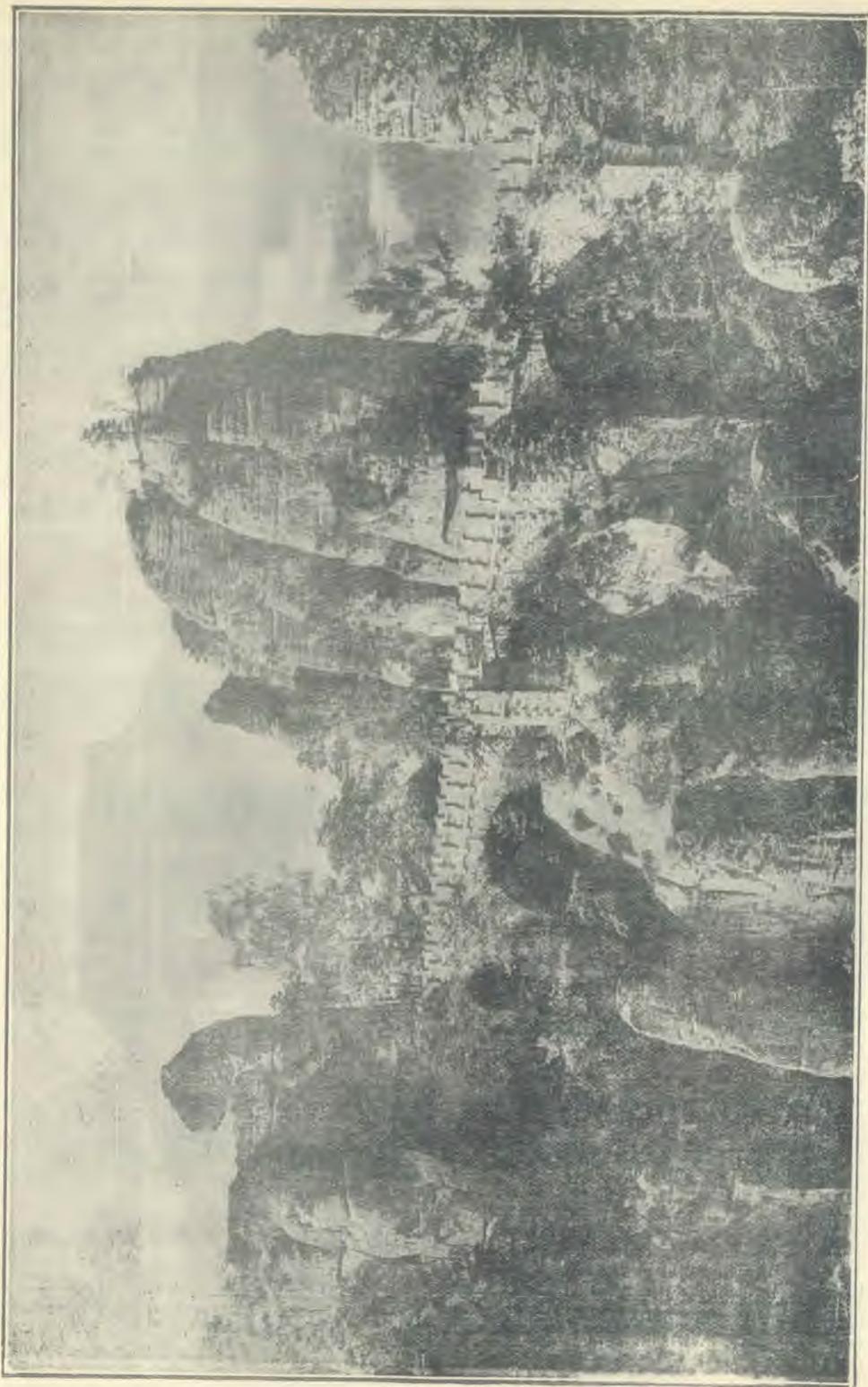
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AMONG THE ALPS.

# GENERAL ARTICLES

## The Spirit in Which to Go into God's Out-of-Doors

GEORGE WHARTON JAMES

EVERYTHING that really matters in life is the attitude of the mind. It is not what one does so much as the spirit in which it is done, that counts; not what a man is so much as what he constantly strives and aims to be.

Civilized men go into the desert and call it God-forsaken, while the Arabs call it the Garden of Allah. Which is nearer right, think you, the white man or the brown? Does God ever forsake that which He has made with a purpose?

Colonel Roosevelt has said somewhere that wild animals instinctively flee from man. Do you believe that? Why? What right have you to accept that statement?—None whatever. *It is not true!* Wild animals flee from Colonel Roosevelt and from all hunters; from all men whose chief idea about wild animals is to slay them. But, thank God, there is another attitude toward wild animals than that of the hunter.

I was once in the High Sierras, taking my noonday lunch in a beautiful grove of quaker aspens, my horse quietly feeding not far away, when suddenly, there appeared in the thicket a buck, a doe, and a young fawn. They eyed me at first with some surprise, but no alarm, and then the doe came up quietly and gently, and was soon licking my hand. The fawn and the buck followed, and we were soon as friendly together as such shy creatures could be. Of course I was exceedingly careful not to alarm them. By and by they quietly browsed away, and I saw them no more. Why should not the loving heart of a stranger to them make them feel their security?

Some men and women look at flowers merely as something to be picked and put in vases; others think that the only real flowers are not wild flowers but the growths of conservatories and cultivated gardens. The others are weeds. On the other hand, some of my friends know no weeds, and never pick flowers, always leaving them for others to come and look at. Joaquin Miller used to have a sign on his gateway entreating visitors not to pick flowers and ferns, as others who came later might wish to see and enjoy them. Once for two years I was associated with Professor Lowe, who built the Mount Lowe Railway, near Pasadena, California. One of his achievements was to open up a ruggedly picturesque and beautiful canyon in the heart of the mountain, where millions of maidenhair ferns, brackens, and flowers grew. The very first day the canyon was open to the public, the fern beds were almost ruined by reckless people who picked them—roots and all—by the basketful. Many of these ruthless pickers cared no more for them an hour afterward than they would for any other dead weeds—wilted and faded flowers. I immediately had fifty large signs printed positively prohibiting the picking of ferns and flowers, and then had the attendants take away from every passenger who violated the prohibition, the things they had gathered; and where possible I gave them the warning that if they came again and were caught at their nefarious work they would be placed under arrest.

Even the scientific botanist too often is more interested in collecting for his herbarium than in knowing the life habits of

the plant and flower he so eagerly gathers. How much better to let things grow, where possible, and study them as they live! What a joy to make friends with the grasses, watching them as they shoot up their tiny green lances in the spring, rising to the sun and warmth, and gradually gaining strength and maturity.

Take the giant trees of California. Many a time I have picked up a cone dropped from one of these oldest of all living things, and shelled out the seeds. Imagine my amazement when I first saw them. They looked like parsnip seeds, and were no larger. I have planted scores of them, and have longed to be able to watch them grow. What a wonderful fact that this tiny seed can become the giant tree, three hundred feet high, one hundred twenty five feet in circumference at the base, and in time extract from soil and atmosphere enough lumber to build a ten-room house. Yet I know men who have stood before these giant trees and their only thoughts have been how great a financial loss it was that they could not cut them down and turn them into lumber.

Had I the time I would know every tree, shrub, plant, and flower in my locality, whether on the desert below sea-level, or struggling to the heights of the mountain summits, thirteen, yes, fourteen thousand feet above the sea. I would know their habits, when they sprout, leaf, turn colour, shed their leaves, and flower. They should be my daily objects of interest. I would know their every idiosyncrasy, habit, and they should know and feel my tender interest and loving sympathy. I would be able to draw a picture, from memory, of the distinctive leaves of every tree, their flowers, buds, blossoms, and fruit, and were I a colourist, their colours should also be in my memory. And the shrubs and flowers also, from the queenly lilies, the universal roses, to the dainty cacti of the desert and the night-blooming cereus, I would know equally well.

The same with the birds. I know a man—a good man and a learned man—who goes to and fro to scientific institutions with a trunk full of stuffed birds, laid out in trays, like the wares of a pedler. He teaches ornithology to scores who deem him well equipped for the work. Think of it! He teaches others about birds!

Would you, were you desirous of teaching classes about babies, take trunks full of stuffed mummy babies about with you, or would you go to the homes of rich and poor, high and low, into the nurseries, into the bath-rooms, into the playgrounds where parents were playing with their little ones, fondling them, bathing them, training them, disciplining them? A dead baby! Think of it as an object of study! Yet we regard it as all right to study dead birds. How absurd! Let us go out with Olive Nome Miller and Elizabeth Grinnell, and Florence Merriam and Charles Keeler, and the father of John Vance Cheney the poet, and study the birds in their happy lives. Let us go with Wordsworth and listen to the cuckoo, with Keats and listen to the nightingale, with Shelley, and Charles Warren Stoddard, and thrill with delight at the exquisite melody of the skylark.

I once heard John Muir describe, in his inimitable manner, the way some naturalists (perhaps I should say book learned scientists) study the bear. Said he: "First of all they shoot it, then skin it, then dissect its muscles, sinews, tendons, and measure and weigh heart, lungs, brain, etc., and count and scrape its bones. Then it is stuffed and put in a museum, and the 'knowledge' gained is put in a book and called 'science.'" O, what a travesty on knowledge! Muir's own way is really the only way to study the bear,—to go into the mountains, find its lair, make friends with it, and watch it feed and drink, sleep and wake, love and wed, and bring up its family, and climb trees, and dig roots. Rudyard Kipling did the world great service by writing his "Jungle Books;" for they made us all, more or less, long to be

like Mowgli, to be able to go out and talk with the animals as he did.

My Hopi Indian friends even love the rattlesnake, and call it their elder brother. They never kill one, and regard a white man who does so with horror as a murderer. The result is, though their country is surrounded with snakes, I have never known, in over twenty-five years, a single injury to have happened to one of them through the snake. If God made the snake he knew what he was about. Is it not the better

Thus has come to us knowledge of the glaciers, of which before we knew nothing. Thirty years ago no one dreamed of the existence of glaciers in the high Sierras of California. One man climbed these peaks and found there the glaciers. Year after year he studied them, measuring their movements with most careful methods, and finally announced to the world what he had discovered. At first the university scientists laughed and sneered at him. But he knew what he knew, and could afford to wait.



THERE'S MUSIC BY THE LONELY SHORE

attitude for me, also made by him—not knowing why he made it—reverently to seek to know; and if I must, for my own life's protection, kill the snake, even in the killing to wish I might know enough so that I would not have to kill anything that God has made?

It is this spirit that sends the Alpine climber, often at the risk of his life, to the summits of the highest ranges. He wants to know what God has done there, so he and his companions band together, and with pick or alpenstock in hand climb to the heights.

Why did not these scientists at once go with him to see? Fools and blind! It took them years to get over their ignorant prejudices.

How is it with you, reader? Are you foolish and blind through your prejudices, or are you as the little child? See him seated in the oncoming wave of the ocean. He is receptive, he is ready, he is learning his lesson without prejudice. Does he not recall to you the words: "Except ye become as little children ye shall in no wise enter into the kingdom of heaven"?

O for the right attitude of mind when we go out into nature—to be receptive, and ready to learn; not to take our prejudices and notions with us, our hatreds, and artificialities and shams, and pretenses! Many a child left to itself knows far more than its would-be teacher, because it has gone out with unperverted mind and heart to sit at nature's feet and learn. As one very keen, trained, and highly sympathetic friend once wrote: "Do we know by name or on sight insects that fill the summer nights with melody? Do we know whether the katydid, cricket,

and locust sing with mouth, wings, or feet? Do we know what they feed upon, and how long they live? Do we know what becomes of the tree-frog in winter?"

As the poor, weak, erring apostle cried out, "Lord, I believe; help thou mine unbelief," so let us cry, "Lord, I am ignorant; help thou mine ignorance." With this great storehouse of treasures fresh from the hand of God, created for our instruction, our pleasure, our happiness, our profit, O, to have the wisdom of mind and soul to go out into it all and accept all it has to give.

## Hot Weather Suggestions

L. J. OTIS, M. D.

THE hot season is generally regarded with dread,—as an oppressive season, one that we would gladly escape. Heat, during the hot season at least, is considered a vital depressant. Yet heat and moisture are the two essential requisites to growth and vitality, as may be seen by observing vegetation during the hot season. Heat is a form of energy, and from it other forms of energy may be obtained. And whether this energy comes from the furnace under the steam boiler, or from the heat of the sun, the same law holds true.

But while the human body requires energy, it has no means of procuring that energy direct from the sun or furnace. The body is dependent, for the most part, on the foods which have received their stored-up energy from the sun. Taking stored up energy in the shape of food, the body transforms it back into heat, motion, and growth. By this process the heat of summer is indirectly utilized.

Aside from this, there is a certain direct utilization of the heat of the sun, in that heat dissipation, or loss from the body, goes on more slowly when the surrounding air is hot.

Since the body does not require the same amount of internal heat during warm weather that it does when the temperature of the air

is low, we have a suggestion as to how the production of this internal heat may be lessened. Some foods produce more heat than others. Such food, proper in cold weather, should be limited in warm weather.

The foods that produce the least heat we find from investigation, are those that nature provides for the warm season, as fruits, vegetables, and green, or garden, produce. With these and a limited amount of grains, as wheat and rice, we have an ideal warm-weather diet.

With such a diet and an abundance of good soft water, one may so reduce internal heat production that there will be only slight depression because of the external heat.

Clothing should be loose and open, and in as few layers as possible, to facilitate the elimination of heat from the skin. Every layer of clothing adds one layer of non-conducting air.

There are other dangers from hot weather, which should receive attention; for though they are not always apparent, they are more dangerous than the excessive oppression and inconvenience of the heat during the hottest days. With the growth of vegetable life, we have the growth of germs and bacteria. These grow fastest where they have heat, food, and moisture. And during the hot

weather, these conditions may be found in nearly any pantry.

Most food is rendered sterile by cooking; when it is once sterile, we may secure ourselves from the troubles bacteria would cause, for by a little care we may keep them out. Germs have no wings; and since they are heavier than air, they have no way of multiplying in food unless something carries them there. In doing this the common house-fly is without doubt the greatest offender. There is probably no other agency that is responsible for spreading so many germs as is the house fly.

The mosquito is considered responsible for spreading the germs of yellow fever and malaria. The flea is known to be the only means of carrying the germs of bubonic plague from the infected rat to man. But in the house-fly we have a means of spreading not only one or two, but a dozen or more diseases, all of them more or less fatal.

Doubtless you have all seen instances of typhoid fever, cholera infantum, or dysentery

being spread in this way. The fly enters the sick-room, or perhaps visits the place where the discharges from the sick are thrown. It gathers germs by the thousands (the estimate is placed quite conservatively at one hundred thousand), and then takes a bee-line for a neighbouring kitchen, dining-room, or pantry. Here it spreads its load of disease-producing germs over the food of the family, over everything that does not happen to be screened or otherwise shut away from its contamination.

To complete these warm-weather suggestions we should add: Protect all food and drink from such sources of contamination by cleaning up all rubbish and manure heaps that might become the breeding-place of flies; and provide good fly screens, also a refrigerator, which is quite essential in order to retard the growth of germs in food. All fresh fruit should be washed thoroughly or pared before eating. In doing so we avoid the germs on the skins of fruit, some of which sometimes cause very serious bowel trouble.

## Beauty Culture

BY M. E. OLSEN

BEAUTY as well as health is the offspring of out-door life,—a fact which the young woman should not forget. The formative influences of nature, though too subtle to allow of close analysis, are none the less powerful. Wordsworth has given fitting expression to a great truth in those incomparable lines describing the rearing of a natural girl:—

"The floating clouds their state shall lend  
To her; for her the willow bend;  
Nor shall she fail to see  
Even in the motions of the storm  
Grace that shall mould the maiden's form  
By silent sympathy."

"The stars of midnight shall be dear  
To her; and she shall lean her ear  
In many a secret place  
Where rivulets dance their wayward round,  
And beauty born of murmuring sound  
Shall pass into her face.

"And vital feelings of delight  
Shall rear her form to stately height,  
Her virgin bosom swell."

Richard Jefferies has tritely remarked that "it takes a hundred and fifty years to make a beauty—a hundred and fifty years out-of-doors." "Open air," he continues, "hard manual labour, or continuous exercise, good food, good clothing, some degree of comfort,—all of these, but most especially open air, must play their part for five generations before the beautiful woman can appear. These conditions can only be found in the country, and consequentially all beautiful women come from the country. Though the accident of birth may cause their register to be signed in town, they are always of country extraction."

Active out-door habits are necessary to maintain beauty as well as to create it.

There is nothing better than a brisk morning walk to give brightness to the eyes and colour to the cheeks. Let toilet preparations be used in any quantity, a clear, transparent skin is impossible without sufficient outdoor exercise to maintain a good circulation. If we desire

beauty that, instead of quickly fading away, matures and takes on added richness and depth, we must look to the outdoor girl to furnish it. She alone is in the possession of—

"Health and the joy that out of nature springs,  
And freedom's air—blown locks."

## How Much Water Should One Drink and When?

BY H. F. RAND, M. D.

PURE water is the best; and the purest water is distilled water. Many people think that if they should drink distilled water—which has all the lime taken out—their skeleton would soon be affected, or even that their bones would not grow at all; but the fact in the matter is that we take plenty of solids and salts in our foods.

The body is a laboratory so constituted that it can do a great deal of work, for a great length of time, on a limited amount of water. The average amount that the kidneys will throw off every twenty-four hours is 1500 cubic centimeters, or about two quarts. We usually find about one fourth of this amount with the average patient.

Generally speaking, we should not drink water or fluids with our meals. Persons with rheumatic troubles, or with other disorders that affect the nutrition of the body, should drink more, as a rule, than those not troubled in that way. More fluid is needed, in such cases, to carry off the wastes manufactured in the body and taken in with the foods. Many persons have a real aversion to water. If you ask these people to take medicine, they will do so, no matter how bad it may taste; but water, without any taste or odour, is to them a terrible thing. Some people will incur great expense, loss of time, and trouble, to go to Carlsbad Springs, in Germany, and drink several quarts a day of that water, of which you can never forget the taste. I have known many persons who would drink these waters, when they would

not drink pure water from a spring near home. Thousands would be much stronger and healthier if they would drink more water in their own homes.

About all the good that mineral waters can do is to act as laxatives. Soda water is a laxative. Sulphur water is a well-known laxative and skin disinfectant; but after a time even this effect is lost. A vast number of men and women with stomach disorders drink the waters from the numerous springs in the Manitou district, Colorado. If a patient stays only four or five weeks, often he seems to receive considerable benefit; but if he stays longer than that, he has gastritis, and other troubles of the stomach and kidneys, caused by an excess of the minerals. If such persons would only stay at home, and take plenty of pure water there, living in the sunshine, and breathing fresh air, they would be saved both the heavy expense, and the distress and disease caused by the irritation of stomach and kidneys. The persons who get the greatest benefit at these places are those who have been living high, and eating to excess. They secure some benefit from the rest, and also a change to another and perhaps plainer diet.

### The Amount of Water

Ten to twelve glasses a day is not too much water to drink, especially in warm weather. An ordinary glass holds about eight ounces, or half a pint. If fruit is eaten freely, this helps out in the amount of fluids;

*(Concluded on Page 119)*

# EDITORIAL

## The Role Insects Play in the Spread of Disease

We do not wish our readers to be in perpetual misery from the deductions drawn from this series of articles. The object of these articles is not to strike terror into the hearts of people or make them feel afraid that the very ground upon which they tread will emit disease and that every move they make means disease. Being aware of facts in connection with the spread of disease does not make one more susceptible to disease unless he worries about it. If one worries he lowers his vital resistance and leaves his body open to invasion by any organism. An intelligent understanding of the spread of disease, however, enables one to fortify himself against the inroads of disease. One can quite justly ask the question, 'If disease germs are resting on everything we touch and they are carried from one person to another by almost every member of the insect kingdom, how is it that any one is left to tell the tale?' This is not bad reasoning and such a condition could be quite true were it not that here again nature is all-forgiving and resourceful. It is very true that were it not for the fortifications that nature has been able to build up against disease the human race would have ceased to exist by this time, if not long ago. In an article some other time we shall discuss "Why the Human Race is not Extinct."

There are other insects which heretofore we have looked upon merely as household nuisances which have not yet been touched upon in this series of articles, and which are known to be more than pests, and dangerous to the preservation of health.

### The Cockroach

The cockroach, for example, is now credited with being more than an obnoxious in-

vader of the larder. There are several kinds of cockroaches. There is the Croton bug, so called from its becoming noticeable in New York when water from the Croton reservoir was introduced. It is foreign to America, but has followed mankind to all parts of the earth. It is of medium size, brown or yellowish, with wings in the adult extending beyond the abdomen. The Oriental or proper cockroach is a widely distributed pest. Its British name, "black beetle," well describes its dark, shining, robust appearance. Its wings are shorter than the abdomen. The third variety is the American cockroach. It probably originated in tropical America from where it has spread to all sea ports of the world. Another is the Australian cockroach much like, but smaller than the American. In addition to these there is the wood cockroach which frequents houses, bakeries and warehouses, but is rarely seen.

### Habits

Roaches prefer a warm moist climate. With their thin, flat bodies they are able to tuck themselves away unseen in a very narrow crack only to come out at night as marauders. The female carries the eggs about until they are almost hatched. It is not only the food that they eat that is lost, but they destroy everything in the larder that they crawl over because of the offensive odour they leave behind them. Both the feces and the vomitus of the insects are very abundant. They are scattered in great profusion on the food over which they crawl. They are also known to eat the finger nails and eyelashes of sleeping children. The author has heard testimonies in India to the effect that an otherwise peaceful night's sleep was made

intolerable by the constant nibbling of the cockroach.

#### How it Carries Disease

The cockroach as a carrier of disease is concerned with tuberculosis and cholera. With these two diseases only have investigations been made regarding this insect. In the future further investigation will quite probably prove that it bears the same relation to enteric fever and dysentery. It attacks tubercular sputum with great voracity. The organisms ingested in this way remain alive in the body of the insect from two to four days. These same organisms when deposited on food stuffs in the feces of the insect remain alive for one or two days. Thus it is easily seen what a factor the cockroach may be in the spread of not only tuberculosis and cholera, but also dysentery and enteric fever.

#### The Ant

Another insect that comes in the same category as the cockroach is the ant. Like the cockroach it enjoys coming out at night when everything is quiet, to see what new line of eatables has been added to the food supply since making the tour of the previous night. It does not come in the domain of this article to record the many interesting things in connection with the life cycle of the ant, but those who have studied the lives of these little creatures mention some wonderful discoveries regarding their methods of labour, care of the young and the dead, their domestic life and their intelligence, and their methods of communication. One scientist says, "When a captive colony was placed by an experimenter near the fire, the heat was so grateful to its members that they embraced each other and skipped and danced like playful kittens or lambs." But like most other insects there is a more serious aspect to be considered. The ant is not always found to adhere to the most clean quarters. In other words, like the cockroach, just before he enters your meat safe he has walked through all manner of infected material, thus polluting the food supply.

#### Extermination

To wage a war of extermination against such pests as the ant and the cockroach requires an abundance of perseverance. The first thing to be done is to protect the food from the invaders. This can be done by keeping the legs of the meat safe in water. All dishes and food should be kept in a meat safe so arranged. Then to rid the place of the insects, powdered borax should be sprinkled in the haunts of the insects. Formaldehyde gas or sulphur dioxide under pressure will not only kill cockroaches and ants, but all life is destroyed that comes in contact with the gas for ten to twenty minutes. Formaldehyde gas can also be liberated for this purpose by adding four ounces of potassium permanganate to a pint of formalin; and sulphur dioxide can be liberated by burning sulphur in alcohol; but the gases liberated in this way are not as efficient as the gases under pressure. The destruction of any colonies goes a long way in keeping the house free from ants. Boiling hot water poured on a colony soon kills every one of the insects. It is not so much the particular kind of chemicals used, as long as they will do the business, but it is keeping at it. Any good regimen for the extermination of such pests will certainly fail if it is not kept up.

#### The Honey Bee

There is another insect to which we have always attached nothing but innocence except for the little stinger in his tail. The little busy bee although spending most of his time among the flowers, yet is often seen hovering about dirty, polluted material which he carries to the food stuffs in the bazars and smears it over the honey which he is filling into the comb. And while it is quite probable that this source of disease has not been a serious menace to life, yet it must be thought of as a very possible factor in the spread of disease.

One has only to try to put in an existence under a net for the night during the hot season in India, to become acquainted with

dozens of little pests that delight to gnaw away at the epidermis and thus cause conditions that are hardly represented by the word miserable. Many of these little creatures are so small that they readily pass through a net of ordinary mesh. One among these is

#### The Sand Fly

He is a vicious little creature. His poisonous bites make themselves felt for days in intense itching and burning. Sometimes the body becomes so marked up that even physicians are led to make an incorrect diagnosis. Just what damage insects of this kind are doing in India in spreading some of our infectious contagious disease has not been ascertained. Some work of this nature has been carried out in connection with the sand-fly, but nothing of any definiteness that allows of recording here. These lines open up a wonderful field for research work in India,—without doubt a field that will ere long be explored. The great donation of millions of pounds made by Rockefeller may be the solution of this arduous task as this money is to be spent in cleaning up the tropical world. A great start has already been made in the Phillipines and there is no reason why India

cannot share the prosperity in the same line.

#### Remedies

There are many remedies that will enable one to put in a peaceful night in spite of these little nuisances. Pyrethrum sprinkled on the bed clothes, or the application of bich-bride of mercury 1 to 500 solution to which is added enough hydrochloric acid to make a one per cent solution should be put to the parts generally attacked. Also sprinkling the flowers of sulphur over the skin or rubbing in a volatile oil as pennyroyal, anise or citronella, separately or equal parts of each, also kerosine, are all valuable applications to keep such insects away. As fine a net as is consistent with sufficient air will also help in this respect. The punkah cannot be relied upon to keep away such insects as a sand fly or a mosquito.

Wearing stockings while sleeping will protect the ankles from the sand flies, but are too uncomfortable in warm weather. It is these little insect pests that bear a factor in tropical morbidity by causing loss of sleep, later nervous exhaustion, and finally heat stroke or heat exhaustion. Therefore anything that can be done to make away with them is worth while.



# MOTHER AND CHILD

## The Responsibility of Motherhood

OF all the blessings bestowed upon the human race by an all-wise Father, none is more precious than the privilege of parenthood. God has not only endowed us with His own life, but He has permitted us to become partners with Him in the creation of new beings.

The little child brings to his parents a wealth of love and joy, but he also brings a sacred and solemn responsibility. This responsibility is three-fold in its character, for has not the babe a body, a mind, and a soul, each of which should be trained for God who is the giver of the child life?

There is a little body to be cared for during a long period of helplessness, to be nourished with the purest food, to be clothed and washed, to be guarded from physical harm, to be cherished in health and nursed in sickness. There are little feet to be guided in life's pathway, and small hands which must be taught to perform their share of the world's work.

There is a young mind to be stored with whatsoever things are true, honest, just, pure, lovely, and of good report, so that there shall be no room for that which is evil.

There is a little soul to be guarded from the corrupting influences that are in the world so that a noble Christian character may be developed.

Such is the responsibility which the little

child brings to his parents. While this responsibility should be shared by the parents, the heavier burden as a rule must be carried by the mother. The father, whose business takes him away from home during the greater part of the day, sees but little of his children, and consequently has less opportunity of influencing their lives than the mother. She is with the little ones day after day, month after month, year after year. During these years of intimate association with her children, the mother has many precious opportunities of moulding their characters not only for time but for eternity.



THE LITTLE CHILD BRINGS TO HIS PARENTS  
A WEALTH OF LOVE AND JOY

What a pity that we mothers become so absorbed in keeping our houses in order, that we forget or find no time for the culture of our children's minds and souls.

When we have provided our little ones with a clean and comfortable home, with wholesome food and suit-

able clothing, we have performed but a part of our duty, we have merely provided for their physical development. We need also to give earnest thought to their mental and spiritual growth. The words of our Master might well be applied to us, "These things ought ye to have done and not to have left the other undone." But we hear the cry from many weary overburdened mothers, "How can we do more than we are doing? We are busy from early morn till late at night, how can

we find time for companionship with our children?"

We sense deeply the difficulties which these busy mothers experience, for we know just how much work is entailed in the making of a home and the rearing of a family. But surely by the help of Him who has promised, "As thy day, so shall thy strength be," we may each one be enabled to rightly perform our whole duty to our children.

In many cases the difficulty lies in the mother's failure to recognize her more important duty. As mothers we need to learn what are the really big things in life, the things that are worth while. We need to learn how to let slip those things which are of no vital importance to the welfare of our children.

Let us make our homes clean, bright, attractive; let us provide our children with wholesome and appetizing food, and with sensible and becoming garments. But oh, let us do more than this! Let us each one endeavour to make our home the happiest place on earth for those who have been entrusted to our care. Let us so simplify the routine of our daily domestic life that we shall find time for the helpful word and the kindly deed—time to *live* with our children. Thus shall we bestow upon our children a priceless treasure, the cherished memory of a happy childhood. Thus shall we be enabled by God's help to fit our children for the responsibilities of manhood and womanhood.

—EULALIA RICHARDS, M. D.

## Injurious Habits of School Children

EMELYN L. COOLIDGE, M.D.

CHILDREN of school age often contract injurious habits unnoticed by the parents or the teacher until much harm is accomplished. At this age the bones and muscles of growing children are very pliable, and considerable injury may be done the tender framework and muscular structure of the growing body.

If a child is allowed to sit bent over his desk or book in a more or less humped-up position for any length of time, the muscles of the back will soon become weakened, and before long the child will be round shouldered, or the spine will become curved. Great care should be taken to see that the seat and the desk are perfectly comfortable and fitted to each child's size. The child's legs must not dangle in the air, but must rest firmly on the floor, and the back of the seat must afford proper support for the child's back. When the child is studying or reading at home a comfortable seat and table should be provided for his use, and he should not be allowed to curl up in an easy-chair or lie on the floor or couch while he reads or studies.

Faulty methods of standing are also harmful. I have seen children who have formed

the habit of standing more or less on one foot. This may throw the body "out of gear;" one shoulder will become more elevated than the other, and also one hip raised, if the faulty position is allowed to continue too long.

Walking on the sides or edges of the feet is another thing some children seem to delight in doing, and sitting with the legs crossed and the feet turned in is another position often seen. Both of these habits are more or less harmful.

All of these faulty positions may be corrected if taken in time both in school and at home. Therefore the teacher and the mother should co-operate in overcoming these faults before it is too late.

Reading in a poor light is another thing school children are apt to do. In most schools the light is properly arranged so that the child's eyes are not under a strain, but at home very little attention is given to this important subject. Reading by the flickering light of a wood fire is especially bad for a child's eyes, yet how many children love to sprawl out on the rug before the fire and

read by its light! When reading the child should be provided with a good light that falls over his left shoulder. He should not be allowed to read so long at a time that his eyes become tired or feel strained. If it is noticed

that he holds his book nearer to his eyes than is customary he should be taken to an oculist and have his eyes carefully examined. If found necessary glasses should then be fitted to his eyes.—*Ladies' Home Journal*.

## The Story of a Cigarette Fiend

FRANK was in an insurance office where his services were much appreciated until cigarettes got in their work and made him forgetful and slow. His presence was obnoxious because of the sickening odour that constantly clung to him, and he was informed that he must quit cigarettes or quit his job. At this time he came to the Anti-Cigarette headquarter for help. He was the son of a poor woman who needed his help, and he was in desperation over his inability give up the habit. After a long talk and a prayer to God for help, Frank went out determined not to smoke again if it killed him. He was advised to drink strong lemonade, and eat plentifully of fruit and simple, non-stimulating food, and not to be off his guard for a minute. For five days he fought heroically and conquered, but on the sixth, getting a whiff of cigarette-smoke full in the face, as he told it afterward: "I was crazy. I could think of nothing but cigarettes, and I bought a bag of tobacco and smoked it all before I stopped." Then a long, hard battle began to recover the lost ground. For a day or two he had the victory, then would come the yielding to temptation. He lost his position and began to be a chronic job hunter. One day, in great indignation, he said: "Why are cigarettes allowed to be made and sold when they only ruin us boys? If it hadn't been for cigarettes I would have my job and my mother would have my money and we would be so happy." He begged that other boys be told his story, so they would never begin, and "tell the boys," he said, "they will have to suffer for every bad thing they ever do." The last seen or heard of poor Frank, he was a piece of human driftwood in the great city, of no use

to himself, his family, or to society.—*The Boy Magazine*.

### THE WORD THAT SPELLS SUCCESS

THERE used to be an old Irishman who was a ditch-digger. But he made a profession of it; he made an art of it. When he dug a ditch it was dug, and it couldn't be dug better, and of how many ditch-diggers can you say that to day? That man's pride in his work was positively stimulating—the only thing old John knew was to dig a ditch, but he was an artist at it. He dug a ditch not for the day's wage, but because he loved it. He never did anything else; to the end of his time he dug ditches, and hundreds blessed him because they could rely upon him to dig their ditches well. Yet how many would call old John a successful man?—But he surely was. None more successful—in his line. He was a success in his work as a ditch-digger; and, what is better, he was a success as a man: the very highest type of man. For the part that God gave him to do in the world he did honestly, lovingly, and well: the very best he could do. He was competent! To be competent: one man as president, the other as ditch-digger: each in his own sphere—but competent! That spells success!—*Ladies' Home Journal*.

### CLASSIFYING THEMSELVES

"HELLO, old man!" exclaimed one man on meeting a friend on board ship, "How are you?"

"First class," said the one accosted. "And how are you?"

"Steerage."

# HEALTHFUL COOKERY

## Eggs: Their Use in Cakes

IN this article we promised to give some prize recipes for cakes. Although seemingly difficult to make, with a little practice a much superior cake can be made in comparison with those turned out by the average confectioner of the towns of India. The greatest objection to baking one's own cakes is the lack of a good oven, but as many people have them in one form or other we venture to give these recipes and make suggestions regarding the art of making them. Soda or baking powder are not used in any of these given herewith, as these chemicals even when used in small quantities have an injurious effect on the tender lining of the stomach. Eggs are much better as they are fully as good for raising and are a food in themselves.

### Suggestions

Use pastry flour for all cakes and as brands differ it is best to use the same kind each time and become accustomed to it.

Sift flour before measuring. Do not shake the flour down when measuring.

At high altitudes, more flour and less shortening and sugar will be required.

Two whites of eggs are said to equal one rounded teaspoon of baking powder, for lightness.

Boil treacle before using.

Saffron may be used for both colour and flavour in cakes.

Always beat whites of eggs in a platter or large bowl with a whip and not with the revolving beater.

Chop and fold, never stir, the whites into cake, the flour also.

Have all materials as cold as possible.

Bake cakes in which shortening is used in a moderate oven. Cool all cakes slowly

and be careful not to handle roughly or they will "fall".

To loosen them from tins, set on a jharan wrung out of cold water.

### Nut and Citron Cake

3 large eggs	$\frac{3}{4}$ cup walnuts, almonds, or other nuts desired
1 scant cup sugar	
1 tablespoonful lemon juice	$\frac{1}{2}$ cup fine chopped citron
1 tablespoonful ice water	1 cup pastry flour

Sift the sugar, sift the flour twice and leave it in the sifter; beat the yolks of the eggs with a revolving beater and add sugar gradually to the yolks. When stiff, add part of the water and more sugar; beat, add more sugar; beat, add more water, sugar and half the lemon juice, beating until all the sugar is in.

Stir into this mixture half the nuts desired, a pinch of salt and the citron. Beat the whites of the eggs to a moderately stiff froth, add the remaining lemon juice and whip till dry and feathery; let them stand a moment then slide onto the yolk mixture; sprinkle part of the nuts over them and sift on a little flour; chop in lightly, dipping from the bottom with a large thin spoon three times; add more meal and flour; chop; continue this until the flour is all in. Take care not to mix too much; the mixture must not get soft. Put into a pan at once and bake slowly until done. Try the cake with a fine splint of wood about as large as a hat pin. When the cake is done it will not stick to the splint. Bake about  $1\frac{1}{2}$  hours according to the heat of the oven. Other dried fruits may be used in place of the citron if desired.

### Birthday Cake

2 cups of sugar	8 eggs
$\frac{1}{2}$ -1 cup butter flavouring	2 cups flour

Rub butter and sugar together, add flavouring desired and a little of the flour, then the beaten yolks; beat well. Slide the stiffly-beaten whites onto this mixture, sift flour over gradually and chop together as for Nut and Citron cake; bake in moderate oven in 3 medium sized layers; sift a little sugar over one layer before baking, sometimes, to make a crust for the top. If possible set in an ice box for an hour before baking. (For icing for this cake see recipe at close of this article.)

#### Cocoanut Loaf

2 cups sugar	2 cups fine grated co- coanut
4 level tablespoons butter	2 teaspoons lemon juice
8 eggs	1 to 2 teaspoons vanilla if desired
2 cups flour	

Put together the same as the Birthday cake. Let stand on ice for two hours, or bake at once in loaf or layers.

#### Canadian Loaf Cake

1 cup butter	5 eggs
1½ cup sugar	2 to 2¼ cups flour

Cream the butter, add sugar and work very light; add one egg at a time and stir only until no yolk can be seen; mix in flour, turn into paper-lined pan and set in ice box for two hours. Bake in a slow oven for about one hour until done.

#### Superfine Fruit and Nut Cake

1½ cups sugar	3 cups currants
¾ cup butter	1½ cups ground citron
1½ cup flour	¾ cup blanched almonds ground
6 eggs	¼ to ½ extract rose, according to strength
4 cups seeded raisins	

Mix fruit and part of the flour, add nuts; cream butter with a little of the flour; beat together the sugar and yolks of eggs until very light and add with extract to creamed butter; beat well; whip whites of eggs with pinch of salt to stiff froth, add fruit and nuts to yolk mixture, chop in beaten whites and remainder of flour; bake in well oiled tin 1½ to 2½ hours in moderate and slow oven; cover when necessary to keep top from burning.

The cake may be steamed 3 to 4 hours and then baked for ½ to 1 hour.

This cake will keep a long time with care and is unusually good. Three times the quantity given will make four medium sized loaves.

#### Brown Betty

4 large eggs	1 teaspoon lemon juice
3 level tablespoons butter	1½ „ grated orange peel
½ cup treacle	1½ tablespoons brown flour
½ cup sugar, brown or white	1 cup pastry flour

Beat eggs and lemon juice in bowl set in boiling water, add sugar, then boiling treacle with butter and orange peel and lastly the flour. Bake in moderate oven.

#### Climax Icing for Cakes

1 cup sugar	½ teaspoon vanilla or proper proportion of any desired flavouring
½ cup water	
white of one egg	

Stir sugar and water together over the fire until sugar is dissolved, then boil without stirring until the syrup will spin in threads when dropped from the tines of a fork, or until a hard ball is formed when dropped in cold water. Pour slowly over the stiffly-beaten white of egg, beating briskly, until stiff enough to spread. If the icing gets too stiff, set over hot water or thin with a little lemon juice or hot water. ½ to 1 teaspoon of lemon juice added to the white of egg when about half beaten will make the icing more creamy. Some beat the white of egg slightly, only.

One more suggestion we would add. If you do not have an oven, put together the ingredients at home and have the cakes taken to the baker by the khansama with instructions for baking; and "if at first you don't succeed, try, try again."—*The Connoisseur*

"THERE is a blessing in the air,  
Which seems a sense of joy to yield  
To the bare trees, and mountains bare,  
And grass in the green field."

# TEMPERANCE

## Purity and the Boy's Preservation

REV. H. T. MUSSELMAN, EDITOR OF "YOUTH'S WORLD"

BY the preservation of the boy we mean, first of all, the protection of his body from disease, weakness, and death—the conservation of his physical life and health. Physical life and health are divine rights of every boy. The guaranteeing of these rights to the boy is no easy task; for in the struggle for existence the forces which make for disease and death are ever at work. But it is a task which can be accomplished; for the forces which make for life and health are also at work, and these are more than the former. Nature and God are on the side of the boy's preservation.

It is not the purpose of this article to enumerate and discuss in general either the forces which make for disease and death or the forces which make for life and health. Our task is to stir up your pure minds with reference to one of the greatest forces which make for the preservation of that boy of yours; namely, that of purity. We are persuaded that nothing is more important in building up and maintaining the bodily health of a boy than clean living. Sexual sin and sickness are the fiends of hell in the work of undermining and destroying the life and health of youth. Every physician and student of eugenics, or race culture, knows this all too well. It is not necessary to give nauseating details of this matter; for any statement along this line is recognized as a mere truism to-day. Those who wish to read up on the matter can find plenty of literature.

### Meaning

By the preservation of the boy we mean, in the second place, the building up and conservation of his moral ideals—his moral life and health. Through the home, school, and

religion, the average boy of sixteen has formed certain genuine and fundamental ideas which lie at the basis of manhood and civilization, such as loyalty to friends; patriotism, or love of country; respect for property rights, or honesty; justice, or the sense of a square deal; altruism, or the spirit of lending a hand; and, in many cases, the sense of responsibility to God for his conduct in life. But it is right here that we come upon one of the strangest facts in all modern educational history, namely, that neither through the home, the school, nor religion has the boy been led to form the moral ideal of purity in life. Indeed, our double standard of morality has tended to lead him to form the opposite ideal. Say what we may, there is in our land a let-it-alone spirit on the part of our people regarding this whole matter. There is a feeling that every boy is to sow his wild oats, and then he will come around all right. The climax of this spirit is seen in the fact that respectable parents ask no questions, as a rule, with reference to the moral health and purity of the young men who are to marry their daughters.

Reared in this kind of an atmosphere, is it any wonder that the average boy of fifteen or sixteen has little or no thought of living a clean life? Indeed, many of the boys of fifteen have already entered upon a life of impurity, either secret or social, and there are few boys between fifteen and twenty who have not experienced the sexual fall.

These are terrible truths when we come to see that clean living is fundamental in the preservation of all those other moral ideals furnished by the boy's education. Just as sexual sin undermines and destroys the

physical life and health, so also it undermines and destroys the moral life and health. Let a boy of sixteen who has formed all the moral ideals enumerated above enter upon a life of impurity, and gradually these ideals will weaken, and if the life of impurity be kept up, his whole moral life and health will be completely wrecked. Every man who is working for the physical and moral redemption of humanity knows this to be true. If we would preserve the boys from physical and moral decay, we must keep them pure. The problem of purity is, therefore, the fundamental problem in the conservation of the life and health of the nation.

#### How to Keep Them Pure

Doubtless many of my readers are now eager to ask the question, "But how can we keep our boys pure?" The question of the how is always a hard question to answer, but there is a feeling on the part of the faithful worker in this field that the day will soon come when this question can be answered. This faith in the possibility of purity is a great gain. Faith in a cause is always a great gain; for all things are possible to him who believes. Inspired by this faith, the prophets of purity are studying and working as never before. Their labours have shown that the building up of a pure boyhood and manhood is a broad educational task. It can never be done by the methods of cures alone, even if those be patented under the fatherly love of a paternal government. Of course, like all moral and redemptive movements, the first efforts in the purity movement were chiefly along the line of cure.

It seems difficult for man to learn the truth of the proverb, "An ounce of prevention is worth a pound of cure." Most churches let the children and youth grow up and go to the devil, and then get up a brass-band evangelistic campaign to get them back into the kingdom. And with all their spectacular getting, they only get about five men out of a hundred by this method. But just as the church is slowly learning that the kingdom

of God comes child-end foremost, so the workers for purity are coming to see that the problem of purity will have to be solved along broad educational lines. All honour to those honest priests of the bodily temple who are seeking to uproot the evil already in existence by the methods of cure. Many of them have done noble work. But the chief work for a pure manhood must be along the lines of prevention rather than those of cure.

From the point of view of prevention, there are five forces which can be used directly for the maintaining and building up of a boyhood of purity. These forces are heredity, or racial inheritance; instruction in the physiology and sacredness of sex; physical exercise and cleanliness; the sentiment of chivalry, and the home instinct, with its conjugal love.

#### Foundation of Purity in Parents

Purity finds its foundation in parenthood. The right of every boy to clean, healthy, and pure parentage is an inalienable right. Alas, not every boy has received this right! Many are doomed either to a life of impurity or to a terrible struggle for the preservation of moral life and health. One of the curses of our civilization is its loose conception of marriage regulations. Ever and anon there is a great protest against the looseness of our divorce laws, and the demand is made for the enactment of rigid laws to rid us from this social evil. It is the same old cry for methods of cure rather than for methods of prevention.

May we not look forward to the day when we shall turn to the causes of human ills rather than their effects? If ever the scales of ignorance and slavery to custom fall from our eyes, we shall begin to fight for racial purity through the selection of parents fit to give our boys life free from the taints of sin and impurity. In other words, we shall have stringent marriage laws, preventing the marriage of physical fiends, chronic inebriates and moral weaklings. Great will be the gain for purity when this glad day comes, as

come it will sometime under God's blue skies.

But pure heredity, or racial inheritance, is not enough to maintain and up-build the purity of our boys.

If we are going to keep our boys pure, the great truths of procreation must be taught to our children and youth. The boy who in childhood is taught the truth of his coming into this world, by a wise mother or father, will have the advantage of having learned these truths, first of all, from pure lips and in a pure atmosphere; and this will be no small matter. In the early teens, when sex is especially keen, every boy should be carefully instructed in the fundamental facts of sexual life and the relation of purity to the making of genuine, heroic manhood and the preservation of that manhood in the world. Moreover, he should be told of the ever-present dangers to his physical health and happiness if he chooses the ways of sin. And the horrible effects can not be made too plain to him.

There is not space here to discuss the method of this sex instruction, but we feel constrained to say that it should, as a rule, be personal and private. A lecture now and then for the boys' club by a wise physician is all right. Moreover, the instruction should be pointed and brief. There is no need for minute details. These are usually too suggestive. One further word of caution: Be careful, yes, be very careful, of the kind of literature you put into your boy's hands on this subject. Three fourths of what is written is worthless if not at times harmful. However well meaning these writers are, they miss the point by going too much into details. Of course, there are a number of good books and booklets which can be wisely used. For a boy of sixteen the best picture of the dangers of sin here is that drawn by the wise man in the seventh chapter of the book of Proverbs.

#### The Best Antidotes

Physical exercise and bodily cleanliness as forces for purity are now everywhere re-

cognized. Youth is full of fiery energy, and if this energy be not used in wise ways, it will be used in unwise ways. Swimming and other outdoor exercises and games are especially conducive to the preservation of purity in the life of a boy. In the light of the god of day and under the blue of the sky we are apt to think pure thoughts; and as a boy thinketh in his heart, so is he. In this out-of-door life and exercise, Mother Earth seems to have a better chance to take care

of her children. Furthermore, the muscular hardihood which comes through physical exercise and training enables the boy to withstand temptations when they come. It is the hothouse boy, with pale skin, flabby muscles, and a jelly-fish

back-bone who goes down at the first seductions of sin. The closest allies to the demon of impurity are luxury and ease.

When physical exercise and training can not be provided in God's great out-of-doors, the gymnasium is a valuable aid. Through its wise and benevolent ministry, thousands of boys have been built up to muscular strength and manhood and through these have been able to withstand the temptations of impurity. The gymnasium is a mighty educator, especially when provision is made for bathing and swimming.

Still another force which makes for purity in a boy is the sentiment of chivalry. Chivalry has been called "the very religion of school boys." The period of adolescence is one of strong though repressed sentiment and emotion. The best way to use this



WHAT KIND OF MEN WILL  
YOUR BOYS BE?

sentiment of chivalry seems to be through the ideals and spirit of knighthood. Now, the ideals of knighthood seem to come natural to a boy. The knight vowed to follow "all that makes a man." The aspiration of every normal boy is to become a genuine man, and he is ready to fight anything in his life which will keep him from realizing this aspiration. Another vow of the knight was reverence for womanhood, and the protection of women from all harm. This is the knightly sentiment of chivalry, and is easily made a master passion with boys in the early adolescent stage. Now, when the question of preserving the purity of our girls is shown to be one of the knightly aims of chivalry, the boy gets a new vision of the sacredness and importance of purity. The writer has found in his work with boys' clubs many a boy who was rough and coarse in the presence of girls, change his whole bearing when the sentiment of chivalry was awakened in his soul. Further-

more, the ideal of the knight was to be a gentleman—tender, generous, and helpful, as well as brave. By making use of this ideal, the boy can be led to feel that it is his duty to protect and defend all those who are weaker in the battle of life than himself. With this thought in mind, to desecrate the person of one weaker than himself is next to impossible.

It is the belief of the writer that the wise use of the four forces which make for purity, described above, will enable us to get most of our boys through the age of early youth or adolescence pure and clean.

The conclusion of the writer is that, if we can keep our boys pure and clean until they have reached the age of later adolescence and have come under the influence of the homing instinct, with its romantic sentiment, the battle for pure manhood and a pure parentage for the generations to come will be almost won.

## DISEASES AND THEIR TREATMENT

### Measles and Its Treatment

DURING one winter in England an epidemic of measles occurred, which was especially severe in Sheffield. Reports from that city told of 8,000 cases with a death-roll of 300 in three months. From this it is quite evident that in Sheffield measles must have caused some apprehension; but, as a rule, the disease is looked upon as a mild one. We find from experience, however, that it is sometimes very severe, and becomes dangerous to life or subsequent health upon the occurrence of certain complications. When introduced as a new disease, as has happened in the Pacific Islands, it becomes extremely fatal. Cases have been reported amongst the Maoris in New Zealand in which the results have been fatal, particularly when the

native has been placed in cold streams or baths, thus preventing the appearance of the rash.

Measles may be described as an acute contagious disease characterised by a sudden onset, marked by a rise of temperature—100° to 104°—catarrhal symptoms, chilliness, sneezing, and appearance of cold in head, watering of eyes and nose, light cough, slight hoarseness, intolerance to light, restlessness, headache, and loss of appetite, reddish mottling of palate and roof of mouth. The eruption appears on the *fourth* day (less frequently on the third) first on the cheek, forehead, and chin, and spreads rapidly over the whole surface. This eruption consists of small red papules which increase in size,

become rounded, and are slightly elevated and closely arranged over skin. The disease reaches its height in thirty-six or forty eight hours, and after two or three days rapidly fades away. With the disappearance of rash the temperature decreases and catarrhal symptoms also decline; with the convalescence we have a desquamation, or shedding of very fine scales.

If no complications arise, the convalescence is usually complete by the tenth or twelfth day.

We should isolate the patient for three weeks from onset, and the quarantine should extend fourteen days from exposure.

The complications consist usually in an exaggeration of the existing catarrhal inflammations. They may affect the eyes, nasal passages, throat, larynx, and chest. Inflammation of the middle ear also occurs, sometimes causing deafness.

The patient must be protected from draughts of cold air. Keep the temperature of room at 68° to 72° F. The dread of exposure of eyes to bright light makes it necessary to keep the room slightly darkened. It is well to see that the rash is not delayed in its appearance. Permit the patient to drink freely of plain hot water, give hot baths and hot blanket packs. The hot blanket pack may be given by wringing out

thoroughly a blanket which has been immersed in hot water. Permit patient to lie down in this and have it applied round the whole body. Over the wet blanket apply a dry blanket. Sometimes it is necessary to place a number of hot bottles just outside the blankets. After free perspiration remove the blankets, and sponge the patient with warm water. See that the bowels have been emptied, preferably by giving an enema.

For inflammation of nose and throat, hot compresses may be applied to nose, and also to throat. Inhalation of steam and vapours of aromatic oils also prove useful. The eyes may be bathed with a boracic lotion, and the edges of the eyelids may be touched with vaseline. Complications involving the chest, such as cough and pain, can be treated with fomentations every two or three hours. Pain in region of ear can be also relieved with fomentations.

The diet may consist of an abundance of good ripe fruit and fruit juices, avoiding the seeds and skins; grains and gruels of various kinds, zwieback, toasted breads, buttermilk made from tablets, whey, junket, beaten-up egg and milk, malted milk, malted nuts, etc. Children of delicate organisation and of families liable to glandular enlargement or pulmonary consumption must be nourished and well cared for until full health is gained.

## The Care of the Eyes

IF we realized that the eyes are commercially important, that a person's earning capacity depends largely upon his having good eye-sight, and if we appreciated how easy it is to ruin the eyesight in childhood by a little carelessness on the part of parents or teachers, we should be more careful regarding the eyes of our children. It ought to be known, though perhaps it is unknown to many parents, that from one fourth to one third of all cases of blindness are due to the neglect of physicians or nurses to instill a drop of medicine in the eyes of the baby at

birth. If this simple procedure were practiced in connection with every birth, the number of blind children would diminish to a minimum in a short time.

### Poor Eyes in School

Many so called stupid children are so because of poor eyesight, and they do better work as soon as their eyes are restored to the normal by properly fitted glasses. Very rarely is the eye difficulty manifest. Quite frequently the child can see perfectly; and in case he cannot see perfectly, he may not

know but that he sees just as well as others around him. He has nothing with which to compare his eyesight, and may think it is normal.

Among some of the signs of eye troubles may be mentioned crusts between the lids, twitching lids, reddened eyeballs, the book held very close to the eyes, a frown on the face when the child is attempting to read, headache after close work. In some cases the child may complain of blur. All these symptoms indicate eye trouble and the necessity of a visit to an oculist. Migraine, that is, headache on one side of the head, nervous troubles, stomach troubles, and the like, may be caused by the eye. And at the same time the child himself may not realize that he has eye trouble at all.

Sometimes eye trouble which has been present in a latent form will manifest itself when a person is exhausted, or after some weakening disease, such as measles.

Cross-eyes can generally be corrected before the age of seven. After that, cure is not so easy. The correction of such difficulty should not be postponed. The belief that cross-eyes will correct themselves later in life has no foundation in fact. Many eyes, if properly treated while the child is young, would be prevented from serious and perhaps incurable troubles later. If the eyesight is blurred, it may be due to faulty refraction,—something that may be corrected by proper glasses,—or it may be something more serious. Though an eye sees perfectly, it may be on a strain that is causing headache, stomach trouble, or other disturbances of the body.

In case of headache and nausea, the eyes may need attention. Not infrequently there is eyestrain which is not recognized as such by the patient, but which manifests itself in headache or disturbances of digestion or of some other function of the body, apparently not at all connected with the eyesight; and sometimes it is impossible to obtain any relief until the eyes are corrected.

Be careful not to rub the eyes after handling infected objects, like the street car straps, which are handled by perhaps many immigrants; otherwise one may contract such a grave disease as trachoma, or granular lids.

In case sand or dust gets in the eye, do not rub it, but keep it closed with a bandage or handkerchief until it can be washed out with boracic acid.

Never under any circumstances make use of drops prepared for the eyes of some one else. Great injury has been caused in this way.

For black eye the best treatment is fomentations or hot bathing.

If the eye is cut, apply a bandage or handkerchief, and go immediately to the surgeon or physician.

Never under any circumstances gaze at the sun.

In case the light is too bright or the eyes are sensitive to light, use amber glasses, which are better than green, blue, or smoked glass.

During illness, when the body resistance is low, it is well to prohibit reading, especially if reading is at all painful, or if followed by any disagreeable consequences. During convalescence have glasses fitted if the eyes appear to have become weakened during the course of the disease.

Excessive reading in bed or on the train sometimes strains the eyes unduly.

The best light for reading is produced by a kerosene lamp fitted with an Argand burner, placed to the back and to the left of the reader. If an electric globe is used, it should be concealed from the eye, and so placed that the light striking the object will not reflect into the eye.

For children the print should be large and clear, ten point or long primer; and the desks should be adjustable and portable, and should not reflect the light. The schoolrooms should be lighted from the back and left. The walls should be light green, buff, or gray, with light wood-work. White walls are very trying to the eyes. There should be no blackboards between windows.

# CURRENT COMMENT

## BILL AGAINST ADULTERATION OF FOOD

Mr. R. Braunfeld, Barrister-at-Law and Commissioner, Calcutta Corporation, has prepared a Bill for the prevention of adulteration of foods and drugs. The Bill will be applicable to all Municipalities and Districts in Bengal. The draft Bill is now being revised by the Health Office of Calcutta and will soon be placed before the Government for consideration. Provision has been made in the Bill to prevent adulteration of articles of food used by all classes and also the sale of drugs, or patent medicines, that have lost their virtue or potency through length of time.

This is a step in the right direction and should be carried into effect all over India as well. We would like to see the Bill provide also for the prohibition or at least listing for the public good, of all patent medicines and drugs and mechanical appliances that are positively known to be frauds. Why expose the people of India to the frauds of the patent medicine business?

## THE BRITISH MEDICAL ASSOCIATION WINS

The case of Stevens *vs.* the British Medical Association has been decided finally in favour of the Association. As will be remembered, C. H. Stevens put on the market under various names "Sacco," "Stevens' Consumption Cure," "Lungsava," a fraudulently exploited "consumption cure" containing a hypothetic African herb "umckaloabo." The British Medical Association, in its work of giving the public facts regarding fraudulently exploited nostrums, exposed Stevens' preparation and charged him with being a swindler and a quack who had foisted on the public a worthless remedy. This was in 1909. Stevens brought action for libel against the British Medical Association, which defended its observations on the claim that they were fair comments on a matter of public interest. At the first hearing of the case in 1912, the jury failed to agree; at the second hearing in 1914, the jury declared that the words were not libelous, that the comments were fair and it returned a verdict in favour of the British Medical Association. Stevens appealed the case and the appeal was heard on May 5, 6, and 7, 1915, with the result that Stevens lost. In his appeal, Stevens attempted

to make much of the personal attack on him by the British Medical Association, but one of the judges before whom the appeal was taken, pointed out that "a comment may be fair, although it contains a personal attack." The rule as to fair comment in such cases, it was pointed out by the judge, had been clearly stated in the classic case of *Dakhyl vs. Labouchere*:

"A personal attack may form part of a fair comment upon given facts truly stated, if it be warranted by those facts. . . ."

The judge further pointed out that the courts had made it plain that "the defendant may go very far in imputing motives." One other of the three judges before whom the appeal was heard, stated that whatever was in Stevens' medicine the evidence indicated that it was, to all intents and purposes, valueless. The judge concluded that it was most important "that the right to comment should be freely exercised in cases such as this, where large sums were made out of proprietary medicines." In view of the fact that the investigations by the British Medical Association have been upheld by the courts and the fraudulence and general worthlessness of Stevens' nostrum have become a matter of record the following item that appeared in an Albany (N. Y.) paper last October is of interest:

"To acquire the secret process for manufacturing a remedy for tuberculosis and other diseases, discovered by Charles H. Stevens of London, the Umckaloabo Chemical Company of New York City was incorporated with the Secretary of State yesterday. The capital of the concern is \$250,000. The incorporators are Samuel S. Ryckman, Edward A. Sprong and Irene V. Russell, all of New York City."

## How Much Water Should One Drink, And When?

(Concluded from Page 104)

and some moisture is taken in from the atmosphere.

There should be about two quarts going through the kidneys each day, and the same amount from the skin and the lungs. The digestive tract uses a large quantity of water. The temperature has to do with the amount required; but in the average climate, this amount of water should be taken into the body each day.

About three fourths of our body weight is composed of water. This indicates how much is needed to keep our tissues bathed and built up. If the body is kept well supplied with water, this keeps up the blood

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pressure, and helps in the elimination of the wastes and poisons produced in the body.

The greatest benefit is received from water taken early in the morning. Two or three glasses taken before breakfast, at intervals of ten minutes,—the last glass half an hour before eating,—and the same before dinner and the evening meal, will prove of decided benefit. Where there is fermentation, it is better to use water than to suffer from irritation, and hot water is best for this condition. If we take a large quantity of fluid at night, it stimulates the circulation, by increasing the blood pressure, and thus makes it more difficult for one to relax and to sleep. This is especially true of those who live a sedentary life. The lesson is, Drink more, but drink pure water.

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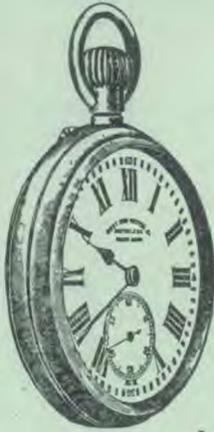
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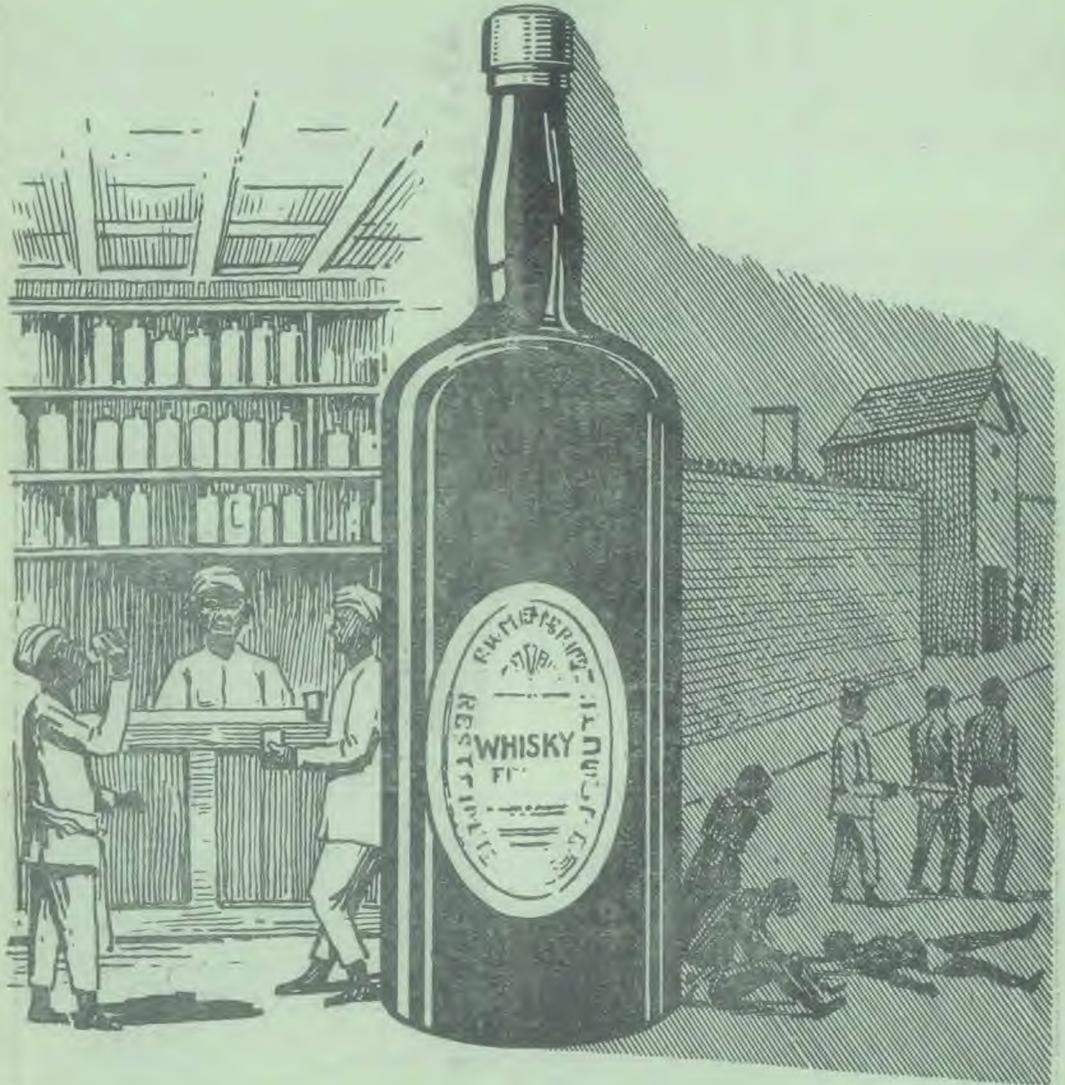
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