June

Herald of Health

Is The Vegetarian Diet Adequate ?

June, 1916

HERALD of HEALTH

The Indian Health Magazine

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

V. L. MANN, M. D., Editor
H. C. MENKEL, M. D.,
Contributing Editor
S. A. WELLMAN,
Managing Editor

VOL. VII NO. 6

Contents, June, 1916

Terms

One year, post paid, Rs. 2-8. Single copies of this calendar year, four annas.

Change of Address

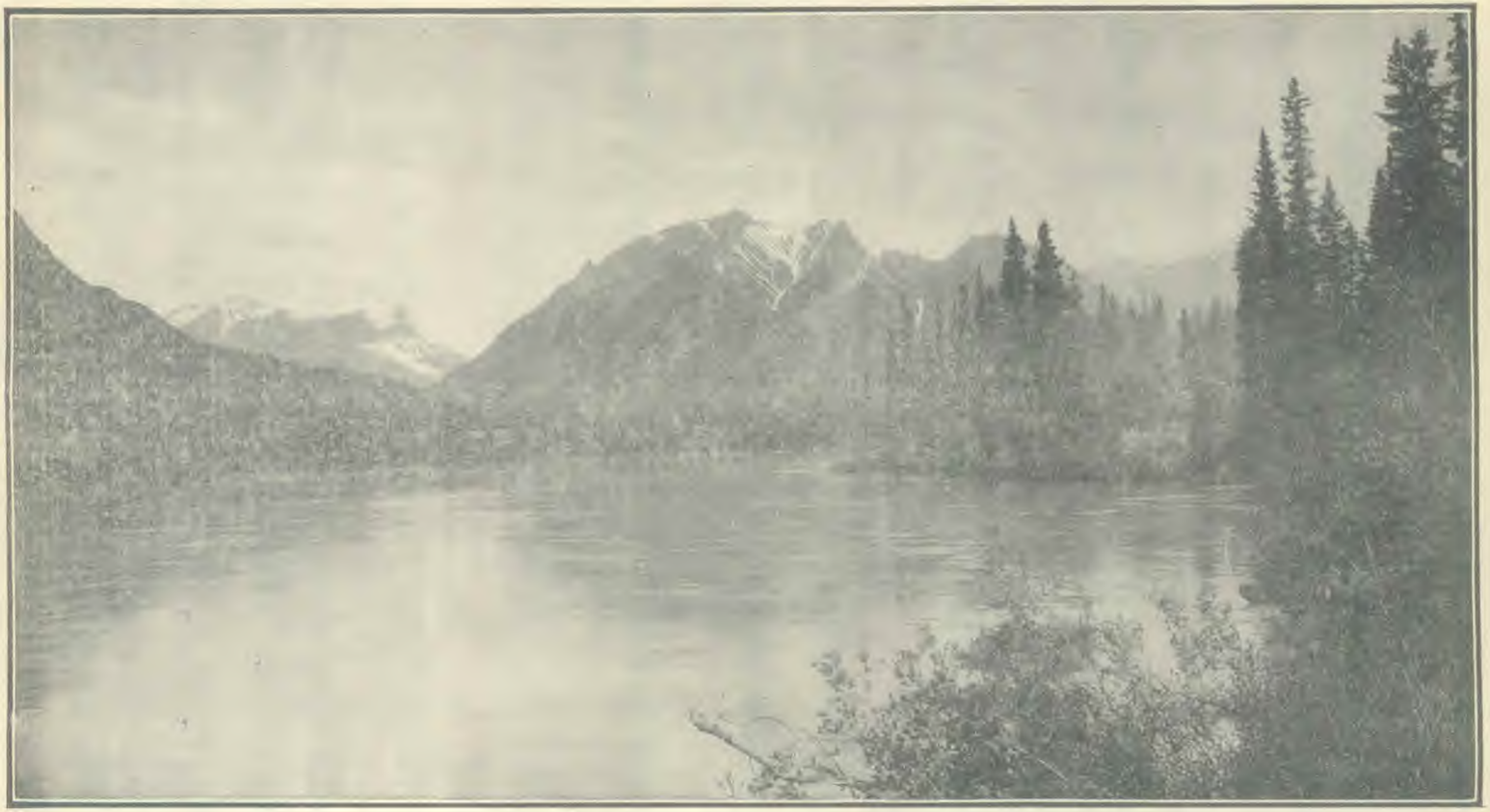
Notice should be given of both the old and the new addresses. If for any reason you fail to receive the paper, inform the publishers at once.

Contributions

All contributions for this paper should be addressed to the *Managing Editor*, and are subject to approval. *Anonymous contributions* are not accepted.

Advertisements

We guarantee the reliability of every advertisement inserted in the *Herald of Health*. We advertise only those things that are in perfect keeping with the principles advocated by the magazine. Advertising rates will be sent on request.



LAKE AND MOUNTAIN

GENERAL ARTICLES

Normal Breathing

By A. B. OLSEN, M.D., D.P.H., IN *Good Health*

IT has always been recognised that children of both sexes breathe alike, but until some twenty or thirty years ago it was generally believed by most people, including many physicians, that there were two types of respiration for adults, a masculine type for men, and a feminine type for women. Doubtless there are still many people who hold this erroneous belief at the present time, and the reason, as we shall see later, is not far to seek.

The "Feminine" Type

The lungs may be likened to a pair of bellows with the hinge, or fixed point, at the base of the neck and the handles at the waist line. Under normal, natural conditions the movement of the chest increases during expiration and inspiration as we pass from the neck to the waist, the largest amount of movement both forward and sideways being in the region of the waist, where the ribs are most free and movable. If you take a tape aud pass it round the chest just under the armpits you will find that the difference in circumference between the empty and full chest will amount to half an inch or more in the case of a girl of twelve or fourteen who has never worn stays. If the tape is now passed around the waist, the difference in expansion will be considerably larger, indicating greater movement.

But what are the conditions in the modern woman of western civilisation? Just the reverse. If she bas worn stays, and the great bulk, nay, practically all modern civilised women of the upper classes of society are addicted to this custom, then we shall find that the movement of the lungs is the greatest in the upper chest, and least at the waist-line. Here we see the characteristic heaving of the chest, which is belived bv so many people to be a mark of femininity. This is known as chest-breathing, or the costal type of the respiration.

The "Masculine" Type

Now let us examine the average adult man and see how he breathes. The type is the same as that of a girl or boy. There is but little movement in the upper chest. Expansion increases as we approach the waist-line, and here we find the maximum.

Suppose we encase a young man, whose ribs are still elastic, in stays, thus giving him a feminine waist. If we now notice the expansions of the chest and waist-line, we shall find that the man encased in a corset breathes like the modern woman. Expansion in the waist-line is markedly diminished, while the heaving of the chest is apparent.

Only One Normal Type

There is but one normal type of breathing, and that is the type which we find in the boy or girl or in the adult man who neither wears stays nor tight belts, either of which would hamper the movement of the lungs, and tend to produce the so-called f minine type. The truth of this statement is easily determined by examining the breathing of a natural woman, this usually means a working woman who has never worn corsets. The German peasant woman who accompanies her husband to the field and assists him in the agricultural work bas not acquired the habit of constricting the lungs

and interfering with their freedom. Indeed, she would find it impossible to do so and at the same time accomplish that which, in the natural condition, she is able to do. The same is true of the peasant women elsewhere, in Italy, in Wales, in France, or in Ireland. The Indians of America, the Negroes of Africa, and the Mongolians of China all possess but one type of breathing, and that is the natural type, with the greatest expansion at the waist-line.

The Natural Type

It must be evident that anything which interferes with the normal action of the lungs is detrimental to health, and there is no doubt that corset constriction interferes with the health and the efficiency of the modern woman. And such interference with one of the most vital organs of the human body is not infrequently fraught with serious and even grave consequences. Surely the modern woman has the right to breathe in a natural way like men, and it is for her to insist on this right, and to make it possible to enjoy the fullest capacity of her lungs. This means doing away with corsets entirely, as well as all constricting bands at the waist-line, in order to give perfect freedom to the natural movement of the lungs.

An Object-Lesson in Total Abstinence

By B. CRAVEN

THIS war is one of the world's greatest object-lessons; out of it we shall emerge refined. The gold and the dross will be separated, and we shall see lees darkly things as they really are.

Many theories tested by this awful touch-stone will crumble before our eyes to dust, while truth will stand forth with gathered radiance, calling as never before. To the seeing, the vindications of truth are already becoming more and more patent, and perhaps in no domain more so than in the great question of the effects of alcoholic beverages on body, soul, and spirit.

When terror or fear seizes the soul, and the lives of communities are endangered, then men flee to the truth as they know it. Subsidiary considerations which heretofore have loomed big are ruthlessly brushed on one side; and the truth is unhesitatingly and eagerly embraced. "All that a man hath will he give for his life."

This war means life and death. Therefore, whatever in any degree jeopardizes life must not be spared the surgeon's knife.

Ignorance in times past has often brought disaster, but, thanks to religion and science, knowledge has so spread among the great nations that none need err who will walk in their light.

This spread of knowledge has, under the stress of modern warfare, brought before the world, as never before, the important part played by the virtue of total abstinence from alcoholic beverages, and the great lesson, learnt under such unique circumstances, will never, we trust, be forgotten even in times of piping peace.

Russia on this point is the wonder of the world. During the Russo-Japanese war mobilization was reduced to chaos through the inveterate drunkenness of all ranks. In Port Arthur and Mukden hard drinking was the rule, and it did more to defeat Stoessel and Kuropatkin than all the cannon and rifles of the Japanese.

In 1914 Russia consumed 294million gallons of vodka, and was reported to be the greatest consumer of alcohol in the world. On this point Dr. Sergei Vesseletski, a Russian Government official, said:—

"Russia loses every year through death from lack of maternal milk four and a half millions of children under five years of age; over one million working men die every year in the prime of life from alcoholism; hundreds of thousands of sufferers from various forms of

alcoholism fill the hospitals; and some 27,000 lunatics remain at large for want of accommodation in the asylums. There are 800,000 criminals in the gaols, besides millions of more or less defective individuals who contaminate morally and physically all with whom they come in contact."

The National Temperance Society of Russia from inquiries established some terrible facts as to drinking among *children*.

"In Oposhina (with a population of about 12,000) there were 2,117 cases of drunkenness among young people under fifteen years of age, and sixty-five per cent were traceable to parental responsibility.

"Out of 1,350 boys and 600 girls in the village school of Saratof, seventy-nine per cent of the boys and forty-eight and a half per cent of the girls had already imbibed vodka. In the first six months of 1914 the intoxication among minors had increased twelve per cent."

As a result of the consumption of vodka working efficiency diminished thirty or forty per cent.

Mr. Stephen Graham describes the domestic life of Russia as "almost sacramental, serene and quiet, and marvellously affectionate. The only stain upon it was drunkenness. Foreign observers noted that slowly and surely the simplicity, decency, and quiet living of the Russian peasantry were being undermined by the deadly enemy, and that hooliganism was becoming a real menace to the government, whilst wanton crime was alarmingly on the increase."

In 1894 the Czar, on the advice of Count de Witte, made the sale of vodka a national monopoly, hoping state management would lessen drunkenness and benefit the revenue, but direct government control of the liquor traffic in Russia has been a distinctly unsuccessful experiment. The revenue from the sale of vodka received greater administrative consideration than the terrible evil which alcoholism had become in the land.

Next it was decided to spend large sums of money on educative temperance work among the people, and to provide counter attractions to the vodka shops. In the summer of 1914 an anti-alcohol steamer and floating museum, carrying a special lecturer, a doctor, numerous staff and crew, visited lake Seliger and rivers Selidjarovka, Volga and Kama, in north-eastern Russia. Thus twenty-eight cities were visited, seventy-six towns, and two thousand villages.

In the meanwhile the Czar himself gave a strong lead to temperance in a rescript addressed to M. Barck, the Minister of Finance, in which he says:—

"I have come to the conclusion that the duty lies upon me, before God and Russia, to introduce into the management of the state finances, and of the economic problems of the country, fundamental reforms for the welfare of my beloved people. *It is not meet that the welfare of the exchequer should be made dependent upon the ruin of the spiritual and productive energies of numbers of my loyal subjects.*"

Small wonder that the secret reports of the German Embassy ran to the effect that Russia was no longer to be feared as an enemy, because the splendid physique of the peasant soldier was being ruined by vodka, and through drunkenness the Russian army would easily fall a prey to the disciplined troops of the Fatherland; or that Marshal von Hindenberg, in the course of an interview with a Vienna newspaper correspondent last February, said that when he described the Russian army as "rotten" he was only repeating the information which the German staff had received from its Intelligence department, which saw nothing in Russia but signs of drunkenness and revolutionary activity.

Such was the state of Russia with her 17 million population, almost one ninth of the population of the world, occupying one-seventh of the globe, when, with the publication of the order for the general mobilization, all wine shops, beer saloons, and vodka shops were closed, and the sale of alcoholic liquors forbidden.

What tremendous and far-reaching results have issued from this order of prohibition of alcoholic beverages in Russia!

The first result was the quick mobilization of the Russian army. Not a drunken soldier

or peasant was seen anywhere and the process was effected three weeks before the German staff thought it possible.

Field-marshal von Hindenberg, it is said, expressed his surprise at the efficiency and power of the "rotten" army as a fighting machine, and expressed a wish that the embassy staff at Petrograd could be spanked for its persistence in such an obsession.

A German general, taken prisoner, related at Petrograd (says a *Standard* correspondent) the following remark of the Kaiser:—

"I was certain of crushing the Russians when they were freely given to drink, but now they are sober the task is much more difficult." And he added in a melancholy tone: "Who on earth could have foreseen the anti alcoholic coup d' etat perpetrated by Nicholas II?"

Speaking in the House of Commons on February 14th 1915, Mr. Lloyd George said:—

"Since the war began Russia has enormously increased her resources by the suppression of the sale of alcoholic liquors. It is hardly realized that by that means she has increased the productivity of her labour by something between thirty and fifty per cent. It is as if she had added millions of labourers to the labour reserve of Russia without increasing the expense of maintaining them."

His Excellency, M. Barck, fresh from a conference with Mr. Lloyd George in Paris on February 6th, according to the *Daily Chronicle*, said:—

"The prohibition of vodka has already had the most wonderful effect upon moral and economic conditions. Take the economic side alone, and truly the result is astounding. Since His Majesty the Emperor permitted me to prohibit this spirit at the beginning of last year the figures of the savings banks alone have augmented by leaps and bounds. The total amount in the savings banks was thirty-four million roubles in 1913, and more than eighty-four million in 1914. These figures leap to the eye. They do not deceive, but reveal a splendid and astonishing fact.

"But the moral effect is more considerable. Since the prohibition of vodka the people have developed greater energy in their work, so that the output of the factories is enormously increased. Home life has become more beautiful and more secure, so that the women especially have gained in happiness.

"It has created new springs of health, and

EXILED

throughout Russia crime has diminished to the dwindling point. These facts are apparent to the people themselves, and are spoken of in every hamlet.

"When I first made the prohibition by the command of the Emperor, I appeared to myself like a Don Quixote, engaged in a romantic adventure, which would not stand the test of reality. But now I assure you that, even if I desired to remove the prohibition, I should not be permitted to do so: the people refuse to allow this evil thing to come upon them again."

Mr. Hugh W. Strong says:—

"The economic adjustments which Russia had to effect were on that heroic scale which she has now taught us to associate with all her enterprises. She had to replace £100,000,000 a year lost to the State Budget by the vodka decree; to find employment for 200,000 men and women formerly engaged in carrying on the State monopoly; to turn 3,000 alcohol distilleries to other and better uses; to liquidate the capital estimated at £20,000,000, represented by the plant and machinery in those distilleries; to find a new source of consumption for the 4,000,000 tons of potatoes, representing the stock-in-trade of the distillers: and to restore to honest and beneficent employment the public-houses and restaurants and the people employed in them, who catered to the vicious demands of drunken and besotted Russia. But "Philip Sober" has to a material extent brilliantly accomplished this stupendous task. *The recuperative powers of a country released from the bondage of drink are wonderful.* Economic theory led us to expect it: Russia has supplied the triumphant demonstration of practice."

Succeeding statistics published only confirm these statements.

In Moscow, the most representative Russian city, it is reported that bills are met and payments made more quickly than formerly; the theatres have had a prosperous winter; people are earning more; crime has decreased forty seven per cent; the condition of the workers has improved; the factory children are better fed and clothed; new savings banks have had to be opened; reading rooms have had to be enlarged; building accidents are eighty per cent less; there are forty per cent less fires; in the Kursk Government, from a maximum of 640 fires for the months of August, September, and October, they have fallen to the low minimum of 306.

In fact, Mr. Francis McCullagh writes from Petrograd saying:—

"If this war makes Russia sober, it will have on the whole done good, no matter what it costs in money and in lives."

Mr. Arnold White says:—

"There is a new Russia, which is wonderful, incredible, marvellous. *Since the first chapter of Genesis was written there has been no events in the history of nations or governments like the ukase successfully abolishing the sale of alcohol.*"

But the most beautiful testimony of the value of prohibition of alcohol in Russia, I think, is that of a woman of the people who, when a plebiscite of public opinion on the new reform was being taken, wrote to one of the editors:—

"Dear Sir, please say for me that we were poor. Then when my man gave up drink we bought hens and a cow."

Nervous Prostration, or Neurasthenia

By LOE A. SUTTER, M.D., Supt. Kansas Sanitarium

Truly this is an object-lesson for the whole world.

WE so often hear the expression, "My wife is suffering from nervous prostration," or, "I have a nervous breakdown." What is really meant by these statements we shall try to point out in this article.

Nervous prostration means a too rapid or a too great physical or mental fatigue experienced in doing the everyday duties of life. There is really an emotional unbalance or an undue irritability of the nervous organism. This leads to a state of inefficiency or nervous disability.

The Cause of Neurasthenia

Sometimes the real cause is to be sought in the parents or ancestors of the sufferer. The mother, perhaps, is a sickly woman, or the father indulges in the use of alcohol, or one of the grandparents may have been a chronic sufferer from general nervousness or some eccentricity. Sometimes there is a family history of hysteria, epilepsy, gout, alcohol-

ism, or some form of insanity. Not infrequently a real genius has a son or a daughter who is a marked neurasthenic.

At times neurasthenia is caused by an infectious disease or some organic weakness. Often an inherited tendency is made worse by the home training. A child who has not been robust is pampered by the mother, its slightest wish gratified. The other children are required to give up to it. The mother never fails to tell company, before the child, that "Jimmy is very delicate and nervous." It is only a short time until the child learns to give vent to an outburst of anger whenever he is denied the slightest desire. An indulged temper or a sensitive and selfish disposition, predisposes to neurasthenia.

The usual age for nervous exhaustion to appear is in the late teens, or the early adult life. However, at puberty a boy or girl may complain of headache, or pains in the back, or may tire mentally and be unable to do the required school work.

There is always some exciting cause preceding an attack of nervous exhaustion, or neurasthenia. This may be a severe emotional shock, exacting mental strain, or fatiguing manual labour. It is not necessary, however, that the mental or physical work done be greater than an average individual would perform under like circumstances with no ill effect.

The exciting cause is often the worry habit, or it may be a severe fit of anger, prolonged loss of sleep, or poor food that lessens the nervous store of an already inherited and cultivated tendency to neurasthenia.

Fear is often noticed in a nervous individual. A close analysis will usually develop the fact that the fear is produced by undue sensitiveness or jealousy.

Another exciting cause is chronic constipation. Here the individual with nervous instability has his small store of vitality sapped by the poisons that he absorbs from his intestinal tract.

I think there can be no doubt that our present method of living has an influence upon our nervous organism. The vibrations from trolley motors and automobiles, the succession of shocks in rapidly moving elevators, and the severe strain incumbent upon earning a livelihood, must lessen nervous stability.

Emotional stress has more effect on the nervous organism than physical overwork. Emotionalism is to a great extent an acquired trait. In the first place, the youngest child in the family, or the only child, usually has all its whims gratified. A child learns to grumble and find fault when asked to work, and is pampered if he complains of not feeling well. Every small ache or pain is made a mountain by an over anxious mother. This develops an enormous ego. Selfishness becomes the ruling motive.

The child's teacher is often a neurasthenic woman. Any trivial thing of beauty she sees may lead to ecstasy of feeling. The child is accustomed to the expression, "Oh, how wonderful! Isn't it just exquisite!" and similar exclamations. A thing is not "bad," it is "just dreadful." And so he becomes accustomed to extravagance of expression. This all tends to exaggerate his emotions. Many such children have no idea what restraint or discipline means.

Many persons develop neurasthenia by playing the game of life without sufficient interest. Others play the game so intensely that they wear themselves out. Either extreme is a departure from the norm that tends to instability.

Symptoms of Neurasthenia

The most constant complaint is that of too rapid fatigue—mental or physical, or both. This may be brought on by as slight an exertion as shaking hands or taking part in a short conversation.

An attack never comes on suddenly. Usually for months previous to the breakdown, the individual has been making mountains out of molehills. Her attention begins to

wander. She begins a task with enthusiasm, but cannot accomplish it as formerly because the mental effort tires her, and she is not able to keep her attention on the task. In time there is fatigue from continuous thinking.

There may be marked fear of impending evil, or dread of being alone. Closed or open places may cause fright. There may be great unhappiness of mind because of the inability to work as formerly.

Unfortunately, the neurasthenic is liable to be fretful, faultfinding, selfish, unreasonable, and to manifest a lack of appreciation for what her family and others are doing for her.

Moderate physical or mental exertion may bring on a headache, usually in the back part of the head or in the top of the skull. Often, however, the pain is in the back of the neck or between the shoulder blades. The head may feel too heavy for the shoulders, or there may be a feeling as if there were a band around the head. There may be pains in the feet and limbs, or hot and cold flashes in the extremities. There may be complaint of a queer feeling in the head. If asked to describe it the patient may tell you that it is just a sort of "dizzy, mean feeling."

The scalp or the spine may be tender. A slight touch may cause pain. There may be a feeling of numbness or dryness in the palms and soles. At times there is numbness or pain along the outside of one or both arms, going down into the little and ring fingers. There may be complaint of a dull, dragging ache in the extremities. The patient may feel as though she is falling to pieces. Often she will come to the doctor complaining of a curious sensation in the chest or abdomen. She may have palpitation of the heart with a choking sensation. She may feel her heart beat at the root of the tongue or in her legs and arms. She may think that the blood is boiling in her veins.

The food does not taste right. The patient may imagine that her food does not agree with her, or that if she could have some certain food which circumstances forbid her having, she would be all right. At times she eats ravenously, meanwhile complaining that there is nothing she can eat. The food seems to lie like a ball in her stomach. Gas may press on the diaphragm and cause palpitation of the heart.

On rising in the morning she is usually tired and has a bitter taste in her mouth. She has an all-gone feeling. At times she may vomit food which she has taken but a short time before. She is usually constipated, and complains of pain and gas in the bowels. Sleep is very poor. There may be a feeling of faling as she drops asleep, or there may be jerking of the limbs during sleep. Frequently she will affirm that she did not sleep a wink during the night, when as a matter of fact she had sufficient sleep for any one. Dreams are frequent. She drinks but little water, and often complains of irritability of the bladder. Reading for a short time will cause blurring before the eyes. Our neurasthenic is a very imaginative individual.

Men are neurasthenics about as frequently as women, but they do not so often seek relief from physicians. The above-mentioned symptoms are perhaps not all present in the usual case of neurasthenia, and there may be other symptoms not mentioned here.

Treatment

All neurasthenics should have a change of surroundings. Some may recover by adopting a simple, quiet, outdoor life. One thing is imperative, and that is that any one suffering from nervous exhaustion must be treated away from home and from oversympathetic friends. Rest, with massage and bathing, is very beneficial.

At the present time there are many excellent sanitariums where nervous persons can obtain ideal surroundings, with proper food, isolation, and the like.

(Continued on page 143)

EDITORIAL

Why a Health Magazine?

Some times the query comes to our table as to why we devote an entire journal to the discussion of health questions: and some take particular umbrage at the fact that we advocate a non-meat, non-stimulant dietary. But, as the Postum Cereal Company advertises with their products, "There's a reason," and this month we propose to take a little space to tell you what that reason is.

First of all let us briefly survey actual conditions. The insurance companies (they make a point of keeping the records carefully for purposes well known) state that the life of the race is unquestionably becoming shorter in spite of the lowering death rate (this last condition due, they state, to the lowering of the percentage of infant mortality). Mankind does not live in these days to the good old age which it did a century or more ago. The increasing tendency among both men and women is to die young. In the age periods from thirty to sixty there is a steady tendency toward shortening of the life period. The causes given are "the more frequent occurrence of degenerative diseases of the brain, heart, arteries and vital organs in general." And we might here say that behind these stated causes, these degenerative diseases which cause early morality, lie the harmful habits of the race, the departure from the simple life and habits of the past, the introduction of modern artificiality, as well as the radically altered dietary which has done so much to break down the strength of modern manhood and womanhood. This destructive process has been proceeding for many years, and has become a force which till in recent years was not fully recognized.

To combat it many organizations are at work, some popular and some unpopular, mostly the latter, owing doubtless to the fact that the tendency downward has so fastened itself on the race, is so natural to them, that anything which opposes it would, at least at first, find scant sympathy. And it is as one of the combatant forces, seeking to call men back to the natural, the (really) more pleasant way of living, that HERALD OF HEALTH came into being and seeks to pursue its way, to find entrance into the homes, and influence the lives of its readers.

The insurance authority above quoted sums up the needs of this age for the preservation of the lives of the race in the following language:

"It may, of course, be truly said that . . . we do not devote sufficient attention to safeguarding the lives of the people, and that we are not thorough in planning and performing our work pertaining to public hygiene; still the fact remains that the chief aid to natural improvement is *personal and individual hygiene*, involving *moderation in eating and drinking*, proper care of the mouth, teeth and other organs, with *plenty of sleep, regular exercise, and deep breathing*."

This authority sets forth the only road to rational living and to more perfect health. He does not lay the principle blame on the public health department but on the individual. The neglect of the practice of personal hygiene, the intemperate, indolent habits of the multitude, are largely to blame. People themselves neglect even the simplest rules of living, the most primary instruction in those things which would tend to prolong life.

It is to act as a *Watchman* in matters of health, hygiene, and temperance; to call in no uncertain way to the multitude as it treads the downward road; to put in as attractive form as possible, and as simply as

lies in our power, those things which will educate toward the strengthening and building up of the life functions and the lengthening of racial existence that this journal is published. It is at least a worthy purpose, and we are doing our best to accomplish our little part in the great struggle for the betterment of the race, the education of the individual. Ponder the principles presented; practice them; pass them on to your neighbours, and you will learn for yourselves the value of the "more excellent way." W

Mother's Milk for Mother's Baby

OWING to the fact that with the passing years it is becoming more common for some mothers to avoid their natural responsibility in the nursing of their children, it becomes necessary to speak plainly concerning the harm they are doing their offspring by pursuing such a course. Naturally, that which is best for the babe is that which has been provided by Nature, namely, mother's milk. There are instances, unfortunately more numerous in these days than ever before, owing to modern dietary conditions, in which mothers are unable to nurse their offspring, but there are many other cases where this course is pursued to give the mother more social freedom, more untrammelled opportunity to pursue a butterfly life. Such mothers do not realize the harm they are doing, or the trouble they are laying up not only for themselves but for their children.

Doctor Wm. H. Riha, in a paper read at the meeting of the Medical Society of Hudson County, New Jersey, U. S. A., recently stated:

"Baby must creep before he can walk. Figuratively speaking this is just as true of the baby's stomach. Mother's milk is the great educator of the baby's stomach, the changes taking place in the composition of the milk keeping pace with the changes in the digestive powers of the baby's stomach. Mother's milk is for mother's baby, educating the stomach and preparing it for the diet of the adult."

Dr. Riha says further that "the majority of stomach disorders among adults have their origin in the abuse of the stomach in infancy and early childhood." The doctor then continues and says:

"When a baby of seven or eight months of age is getting tea, coffee, cucumbers, pickles, etc., ... a lifelong patheological condition of the stomach must be the inevitable sequel. Mothers tell us that baby cries for the food on the table, and that they cannot endure its distress. A simple and efficient method is to feed the baby first, whereupon the parents can sit down to an uninterrupted meal."

Concerning those unnatural mothers who callously turn their offspring over to other sources for their supply of food, he says:

"We have heard of her who will not sacrifice her social duties for the sacred duties of motherhood. To her, motherhood is a misfortune, and its responsibilities are a bore. My sympathies go out to the mother in the lowest stratum of society. Her life, to be sure, is largely governed by superstition, folklore and myth, and her mind knows nothing of the higher learning, yet she has filled her heart so brimful of love that, among her kind, deliberate weaning is a rarity. One day while making a qualitative examination of poor mother's milk I was amazed to see her pour the portion that I did not use over the baby's cradle. In answer to my question as to her reasons for doing this, she said that her breasts would cease to function, her milk would be lost, and her baby would not thrive if she wilfully destroyed her milk. The superstition that prompted this act seemed ludicrous; and yet how pathetic is the other extreme—the cases where mothers in the circle of the elite sacrifice motherhood for society. Person-

ally, I think there is no greater gift to society than the healthy baby growing up with all the assets of babyhood and none of its liabilities.

"Do you know the maternal habits of the brown-headed oriole? To her motherhood is a joke. She seeks out the nest of a smaller and weaker bird, throws out an egg or two to make room for her own, and forsakes it. The foster mother hatches it and then cares for the founding.

"We find the brown-headed oriole's counterpart in human society where mothers are seen wantonly and deliberately, without medical advice, to forsake their young to be nurtured by such foster mothers as the cow and the can of condensed milk."

Nor do the comments of Dr. Riha apply alone to western lands, for the very conditions which he describes are becoming increasingly prevalent in India among all classes. Unnatural artificial conditions which are rapidly developing among the several communites of the Empire are largely responsible. The educated, as in the west, are the principal sufferers. But it is time that mothers, and fathers too who are oftimes responsible for the social proclivities of their wives, learned to appreciate the responsibilities of parenthood, to know that the proper care of the infant that they have brought into the world is their first and most important business. No desire for pleasure, the theatre, picture palace, tennis, or tea parties of friends, should be allowed to interfere with the regular, natural dietary of the child. She who neglects this heaven-given task, nay privilege, must soon or late pay the penalty over the weakened physique, the sick bed, or the early grave of her little one. Is the social pleasure worth the penalty? W

"ONE SIDE OF A TALE LOOKS WELL TILL THE OTHER SIDE IS TOLD."

MOTHER AND CHILD

Encouraging the Industry of Children

By CAROLYN SHERWIN BAILEY

A UNIVERSITY professor whom I know has one brilliant son. Almost from the day that the boy was born his father planned his education; as soon as he could read, this education was started, having in mind the boy's college and university courses. His child reading was guided along academic lines, leading his interests into the fields of history, science, and literature. He began studying Latin and Greek at thirteen. He passed his college examinations easily because he had an unusually good memory and wonderful powers of concentration, but it was a noticeable fact that he never seemed really to enjoy his school work. He attacked it with an it's-necessary-but-boring air, and also as if he were trying to make a good record in order to please his father, not to satisfy any ambitions of his own.

Then he entered Harvard, as it had been planned from his babyhood that he should do. He was seventeen then, and he easily completed his course, and was graduated at twenty, having finished four year's work in three. His next step was to enter the Boston School of Technology, upon which his father had decided, as the boy had shown an interest, half submerged by his classical education, in mechanics.

To his father's amazement, the day after his graduation, the boy rebelled. Gentle, docile, anxious to please all his life long, he suddenly developed the tenacity of will of a wild beast, hunted but escaped.

"Want to work with my hands"

"I am not going to 'Tech,'" he told his father. "I am tired of being educated, and I am going to work. I've got a job in a machine shop that will pay me enough to feed and lodge me, anyway, this summer, and I can do the thing I've wanted to always —work with my hands. I've longed for years to work and you haven't let me. You never asked me what I wanted to do, and so I've studied to please you. I'm almost of age now and I'm going to please myself."

The Result

The boy's father was crushed at first as he saw the boy in jumper and overalls working from seven to twelve and from one to six for two pounds a week, but the results in the boy's development soon made him change his mind. The boy's slender frame filled out, his chest broadened, his eyes grew luminous and bright. Through the coating of soot and grime of the machine shop there shone the clear light of the boy's new-found joy of spirit. He was at the work for which he was born, and he was happy.

The Age of Laziness

One of the crying faults of the average home is the laziness of the children. It reacts upon the community in the indolence of the grown-up children. Mrs. Housewife rides in her automobile instead of walking, and she telephones for her day's supplies instead of going to the market to select them. The result is an increased cost of living and a waste that is even more dangerous than this, that of the individual. Both children and adults fail to give themselves to work as much as they should. The tendency of this century seems to be a most deplorable burying of our talents.

How can we make our children industrious? mothers ask.

This is not the point at all. The average

child, if he is physically and mentally and morally well, is a dynamo of industry. He hasn't an ounce of laziness in his make-up. He doesn't want to be waited upon, to be helped over life's bunkers, to be over-educated. He wants to do something and to do it by the sweat of his brow and the blistering of his hands. It is difficult to believe it, but parents cause most of the laziness of the normal child.

Examples of the indomitable industry of children are all about us. A public school superintendent in a very progressive New England town decided recently that a certain sultry ninety-degree day was too oppressive to keep the primary children in school until the end of session, so he ordered the schools to close for the day at one o'clock. In one of the districts where the children came from homes of comparative luxury and the children's welfare was very carefully considered, there was a new road in process of construction, and a huge steam roller was taking its lumbering way up and down the street. Instead of going directly home the children, tired, perspiring, but happy, followed the steam roller up and down in the torrid heat of the sun, intent and concentrated upon its mechanism, and playing that they, too, were driving it. They did not know that the thermometer registered high; they were working, and they were oblivious to everything but that.

Imagination Blooming into Industry

Our homes are full of similar instances. The little girl sewing for her doll folds and cuts and stitches her scraps of lace and bright cloth for hours at a time; she stops only when we rouse her from her day-dream of domesticity by asking her to put away her work and do something that we wish. The small baker of mud pies seated in the sunny comfort of the garden and spreading out his rows of mud cakes and pastry on a board, is a little captain of industry until we stop him because he is soiling the rompers that we have to wash and iron. A young man who is a successful architect has surprised his family by his wizard-like skill in designing.

"I never knew that George was especially interested in architecture when he was a boy," his mother said when the boy brought home a much-coveted European prize for his work.

"You never let me finish the houses I wanted to build with my blocks," the man said a bit sadly. "You always said that they were too high and I'd tumble them down and make too much noise."

Interference vs. Encouragement

We must sometimes interfere with the doll play of little daughter when we have something more vital for her to do. We can't let the baker of mud pies carry on his blissful occupation to the point of ruining his garments, and we need to have the children's help in preserving the peace and quiet of our homes. The suggestive part, however, of the almost unfailing concentration with which little children carry on their play is that it proves their willingness to work and to work hard. At first this work is along the lines of a child's instinctive interests, make-believe; but this play of the imagination work of the adult. The doll presages the seamstress, if we encourage her, will sew later for her own babies with all the devotion that she dresses her dolls. Mud-pie making develops into sculpture, and to build well with blocks often means to carry on one's life business with all the precision and originality used in making a block house.

Our first step in curing the lazy child is not to interfere with, but to encourage, his concentrated play.

Like most of the good habits that we wish to establish in children, that of industry has a physiological basis. If children's muscles are trained to work, we will not need to urge them to work. The impulse to be busy about something will then become so natural and habitual that it will not need the urging of adults.

(To be continued.)

HEALTHFUL COOKERY

Is the Vegetarian Diet Adequate?

By FREDERICK M. ROSSITER, B.S.,M.D.

THE purposes of food in the economy of human life may be briefly stated as follows :—

1. To furnish suitable material for the repair and building of the tissues.

2. To furnish energy for the production of heat necessary to maintain the proper body temperature.

3. To supply force to enable the functions of the body to be performed; or, in other words, that work may be done.

Of the thirteen elements that enter into the formation of the human body, oxygen and hydrogen form more than two-thirds of the total weight, carbon about one-fifth the total weight; next comes nitrogen, then calcium and phosphorus. The other seven elements are present only in small quantities. All of these elements are furnished by the vegetable kingdom, and only by the vegetable kingdom, for the animal is dependent directly or indirectly upon plant life for its food.

Oxygen, carbon, hydrogen, and nitrogen are the great energy and force producers, as well as tissue builders, of the body. These elements abound in plant life in such a form as to meet fully the needs of the animal body other than the air we breathe and the water we drink.

That the vegetable kingdom does furnish a diet of sufficient quality to keep the body at the highest point of efficiency is witnessed by more than half of the human race and the entire animal kingdom. Most of the manual work in the world is performed by men and women whose food is obtained from plant life, with a total or nearly total absence of meat. This conclusively proves that vegetable foods are force and heat producers and tissue builders.

The cow grazes all summer in the meadow and the sheep on the hillside. In the autumn both are fat and in the best of physical condition, the result of simply eating grass. There is a very small percentage of fat in grass, yet the animal puts on no inconsiderable quantity of fat. If fat is lacking in a food, the body makes fat from carbohydrates. If, then, the animal is able to keep in the best of physical condition by eating succulent grasses, where water predominates and the food elements are greatly diluted, surely man ought to be able to maintain his vital forces at the maximum point of efficiency by partaking of the fruits of the vegetable kingdom, where the food elements are concentrated, containing the least amount of waste material, in the form of cellulose.

The foodstuffs required by the body for heat production, for work, and for repair are proteid, starch, and sugar, fat, and mineral salts. These all abound in plant life. Meat is rich in proteid and fat. The very best meat contains less than 20 per cent of proteid, whereas peas (dry) contain 26.70 per cent; lentils, 24.81 per cent; and beans, 23.12 per cent. In addition, these foods contain from 56 to 59 per cent strach, and more than twice the percentage of mineral salts found in meat. In addition to these foods, almonds, pecan nuts, peanuts, beechnuts, and many others contain more proteid and fat than the best of meat, and in addition are rich in carbohydrates and mineral salts. For instance, the almond contains proteid, 21 per cent: fats, 54.9;

carbohydrates, 17.3. The peanut, proteid, 30.9 per cent ; fats, 49. 2 ; and carbohydrates, 16.2. The food value per pound of almonds, peanuts, pecan nuts, English walnuts, chestnuts, is more than three times that of beefsteak.

Many of the cereals are not only rich in proteid and starch, but some of them contain considerable fat. Oats have over six per cent of fat, and corn about five per cent; while wheat, rye, and barley have about two per cent. The fat of the body is estimated at about one-fifth of the total weight. It is evident that this indispensable foodstuff is abundantly supplied in nuts, ripe olives, and some of the cereals. Then, in some mysterious manner, fat is made from starch in the body.

Furthermore, nature has lavished upon mankind a marvellous variety of the most delicious fruits, which are indispensable to the healthy body. While with a few exceptions they do not posses a high nutritive value, they are rich in acids, sugars, and mineral salts, all of which are needed in the body.

Plants are the natural food builders. In these natural foods there are no products of disintegration or waste such as are found in flesh foods. Furthermore, plant foods are always built up under healthful conditions, whereas meat may be diseased during the entire life of the animal, or made so by the conditions incident to slaughter. The process of life in the animal tears food down or breaks it up into its elements again, and then forms it into a more complex molecule, but more unsuitable for food, because of the waste products held within its structure.

Vegetable foods tax the excretory organs less than a meat diet, and require less oxygen in their oxidation, and hence have a tendency to increase the duration of life, as their conversion into brain, bone, and muscle is accomplished at a less expenditure of energy. A flesh diet increases the quantity of urates, phosphates, sulphates, and other waste products, hence increasing the work of the kidneys. The consumption of meat increases the function of uric acid and its antecedents in the blood and tissues of the body, which are well-recognised factors in many chronic diseases. Moreover, meat diminishes the alkalinity of the blood and increases the acidity of the urine. Fruits and cereals increase the alkalinity of the blood and also of the urine, an important factor in the prevention of disease. Physiologists who advocate meat as a necessary article of man's diet, universally admit that civilised man eats too much meat for his best good.

Sir Henry Thompson says, "It is a vulgar error to regard meat in any form necessary to life." Again, "To many it (meat) has become partially desirable only by the force of habit, and because their digestive organs have thus been trained to deal with it." Then he says, "A preference for the high flavours and stimulating scents peculiar to the flesh of vertebrate animals mosly subsides after a fair trial of milder foods when supplied in variety." This variety can be found in the list of cereals, vegetables, fruits, and nuts.

When a well-balanced diet of these foods is partaken of, there is no desire for meat. Usually, when there is a craving for flesh foods after once having given them up, it is because the body is not receiving sufficient proteid, fat, or salts.

Nature amply furnishes man with food of sufficient quality, quantity, and variety to meet all the needs of the body under all circumstances and conditions, and when he wisely subsists upon such food he is better off physically, mentally, and morally.

TEMPERANCE

Tobacco and the Human Body

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

A paper read before the Autumnal Conference of the British Anti-Tobacco and Anti-Narcotic League at Manchester, October, 1915.

TOBACCO amblyopia or blindness is a far more common defect in the vision of smokers than is generally recognized. The symptoms usually develop insidiously and there is gradual loss of sight equally in both eyes. It appears that the centre of the field of vision is most affected. There may be congestion of the optic discs but this is not always the case. In the early stages the disturbance is purely functional but if the use of tobacco is persisted with destructive organic changes may develop, producing atrophy of the optic nerve leading to increasing dimness of vision and sometimes to tobacco amaurosis or blindness.

Dr. T. D. Savill writes as follows:—

"Tobacco amblyopia arises sometimes in hard smokers of over three or four ounces per week or in debilitated persons from a much less quantity. The patient first complains of defective vision in bright light; he sees better at dusk than at noon. The defect is slowly progressive, becoming most marked in the central part of the field. . . . At first there may be no changes in the fundi, then the discs become slightly congested in the earlier stages, and pale and atrophied, especially on the temporal side, in the later. In several cases which I have seen a defective vision was the earliest symptom to attract the patient's notice. Tobacco amblyopia, it should be borne in mind, is very occasionally met with in females."

Tobacco Deafness

A disease of the ears known as *otosclerosis* can be traced to the use of tobacco in some cases and this disastrous effect of the nicotine poison is probably far more frequent than is generally realized. The deafness, like dimness of vision, begins insidiously and develops slowly and gradually but is progressive. One of the distinguishing features of otosclerosis is the absence of a discharge of any kind. Otosclerosis is said to be an extremely common disorder and there are many causes. The striking symptoms are dullness of hearing and various subjective sensations of sound or noises in the ears. Sometimes the noises are more distressing than the deafness itself, and cause keen worry and suffering on the part of the patient. The noise may be either intermittent or continuous, and varies much in character and intensity; it is sometimes like a buzzing sound, or rushing of waves of the sea, or a singing or whistling noise, etc. Dr. Albert A. Gray writes: "Alcohol and tobacco even in small amounts, increase the intensity of the noise and the patient is wise to renounce them altogether. . . . Much more important than the administration of drugs is the avoidance of alcohol and tobacco. These are always deleterious in the disease, even in such moderation as would have no noticeable effect upon the hearing in healthy persons." Other special senses including taste and smell are vitiated or destroyed by persistent use of tobacco.

Other Organs

We must all agree with the following statement from Dr. Seymour Taylor: "The advent of irritating smoke, charged with nicotine, to the delicate passages and recesses of the lungs is distinctly injurious." All the

air passage are affected by the pyridine and nicotine of tobacco smoke and congestion and even inflammation of the throat and wind pipe are common results. There is hoarseness and unnatural secretion of mucus producing chronic catarrh of these passages which is most annoying and objectionable. The continued irritation of the smoke may produce "deleterious effects on the strongest constitution"—in the words of Dr. Taylor. The smoke causes drying of the throat and lungs, which interferes with breathing, causing cough, also which encourages the use of alcoholic beverages.

Dr. Schneider believes that the tobacco habit renders one more susceptible to lung disease. He writes: "The tendency of Germans to disease of the lungs may be traced to their incredible passion for smoking, and our principal medical men and physiologists compute that out of twenty deaths of men between the ages of eighteen and twenty-five, ten originate in the waste of the constitution by smoking. So frequently is vision impaired by the constant use of tobacco, that spectacles may be said to be a part and parcel of a German, as a hat is to an Englishman."

Neuralgias of various description are rather common symptoms of tobacco poisoning. These neuralgias are described in Sir Clifford Albbut's *System of Medicine* in the following language:—

"These [neuralgias] are of some importance, as until the cause is removed the pain may be recurrent and severe, and sometimes the cause is not hit upon. In one smoker we remember the neuralgia was seated in the anterior crural nerve and was acutely lancinating. Happily the suspicion of tobacco was awakened; in abstinence he found perfect relief, and, as a return to tobacco was repeatedly found to recall the pain, he determined to remain abstinent and well. In other cases, and much more commonly, the pain is about the intercostals, and the humeral and scapular regions. Dr. Judson Bury records peripheral neuritis as a rare consequence of the use of tobacco."

Tobacco tends to Anaemia

"Tobacco, in common with most kinds of chronic poisoning, tends to anæmia"; a matter of vital importance to smokers. This fact helps to explain why smokers are far more susceptible to pulmonary tuberculosis than non-smokers in the proportion of two to one.

According to the late Dr. Norman Kerr "Tobacco exerts a *powerfully depressant* and *disturbing* influence on the nervous system. So potent is this influence that the writer has seen abstainers from liquor from fifty to sixty years of age, before they had had their morning pipe, which steadied them, trembling in every limb and with tremulous tongue, as if they had been alcohol drinkers and were labouring under an attack of delirium tremens."

It is only lack of space that prevents me from dealing with tobacco as a potent and prolific cause of sterility. It is a notable fact that men employed in the manufacture and preparation of tobacco, cigars and cigarettes have very small families, as is so clearly and ably pointed out by Dr. Herbert H. Tidswell in his book *The Tobacco Habit*.

Non-Smokers live longer

All are agreed that both alcohol and opium are unnecessary drugs but the same is equally true of tobacco for in no way is tobacco necessary to the perfessional man, the artist, the clerk, the labourer, or the navvy. Tobacco is quite as superfluous in the life of a healthy man or woman as any other habit drug. At the very best it is only a luxury and one that we can ill afford at the present time of financial stress. Tobacco is no more able to impart energy for work whether physical or mental than alcohol, but both do cast a physical, mental, and moral blight over their victims. Dr. Seymour Taylor admits that non-smokers enjoy a slightly longer life.

The soothing effect that is claimed for tobacco is of course due to its benumbing influence upon the nerves and must be looked upon as a mild form of paralysis, the daily repetition of which cannot fail to weaken both nervous energy and brain control. The will power is already weak enough in most people and certainly it is not desirable to weaken it further by paralysing its controlling centres. Such paralysis cannot fail to do grave damage to the higher faculties of the brain. As in the case of alcohol the victim is blind to the injury he is suffering because he is to a greater or less extent under the benumbing influence of tobacco. Literally he is in a state of nicotine inebriety however slight or severe that may be. Nicotine inebriety is not distantly related to the inebriety of alcohol or opium. Smokers may be subject to a form of delirium not unlike that of alcohol.

Moderation

What is excess? Shall we wait until actual and tangible damage is done before stopping or would it be better to advocate prevention? I have yet to hear any good or adequate reason for indulging in the noxious weed. When I ask my smoking friends if they are prepared to advise me to learn to smoke I am always discouraged from doing so, and many add that they wish they too had never acquired the habit. One even hesitates to trust the advice of a smoking medical man because he is naturally a biassed witness and is less likely to see the disastrous effects of tobacco than the non-smoker. Furthermore, he is far more inclined to attribute the disorder, whatever it may be, to almost anything else than tobacco.

David Johnson, M.R. C.S., says:—

"It seems very difficult for any man to go through this world with his eyes open, without perceiving thousands of persons who are suffering physically, mentally, and morally through indulgence in this obnoxious habit. What then is the testimony of facts on the subject of smoking? Why, for one inveterate smoker who will bear testimony favourable to the practice, ninety-nine such of the candid of these are found to declare their belief that this practice is injurious; and I scarcely ever met one habitual smoker, who did not in his candid moments, regret his commencement of the practice. It is a certain fact that devoted smokers are liable both to constitutional and local disorders of very serious characters."

It is a well-known fact that 80,000 or more officers, bandsmen, and cadets of the Salvation Army abstain from tobacco as well as from alcohol. The same is true of the Protestant religious body known as Seventh-Day Adventists numbering about 130,000 and scattered pretty much everywhere over the earth, all the members of which are strict abstainers from both alcohol and tobacco. The Doukhobors, found in both Russia and Canada, also follow the same practice with the best results.

DISEASES AND THEIR TREATMENT

Rickets: How to Recognize It and How to Cure It

By A. G. SIMMINS, L.R.C.P., M.R.C.S.

THE commonest diseases are often the easiest to treat. They are often also the most easily preventible. Rickets is one of these. It has been known for many years. A Dr. Glisson described it fully in the year 1681. It then seemed to be a new disease in England, but since that time it has become only too common. It can be readily recognized when it occurs and the treatment of it is simple and effectual. The mother or nurse can do far more than any doctor in curing a child of rickets. In this article the object is to show how she can do this, but a medical man should always be consulted first and the nurse may then co-operate with him on the lines laid down below.

The disease does not begin until the child is six to eighteen months old, and is rarely recognized before the age of twelve months. It is not an hereditary disease; it is the result of bad feeding or bad hygiene or lack of care in looking after the child. It is much commoner in children fed from the bottle than in those who are breast fed. Work for women which takes them away from their homes is one of the things which is helping to increase the number of rickety children. They are left at home all day without a mother's care and are often improperly fed. Even in times like the present when there is such a dearth of men, when women's wages are high, when the nation is passing through such a crisis—even now the place for the woman with children is emphatically at home if it be at all possible. It is the right of the children, a right which cannot be gainsaid, that they should have the benefit of a mother's care. More will be said later on about the importance of proper food, lack of which is the main cause of the disease.

How is rickets to be recognized? The most obvious signs of it are the changes in the bones, amongst which may be noticed the bending of the bones of the legs, and of the arms if the child crawls much on all fours. The bones are soft and cannot bear the weight of the body but bend under it. Bow legs or knock knees may occur if the child is allowed to walk. Then it will be noticed too that he is weak and does not play like other children. Though perhaps fat and plump, yet he is a little anæmic and does not thrive. Digestive troubles such as vomiting and diarrhœa, also colds in the head and chest, are common. Children with rickets are "pot bellied" and usually "pigeon breasted." They may not be able to sit up straight. The head appears big, the forehead high and "square."

The disease sometimes comes on quickly and then the observant nurse will notice that the child is slightly feverish at night and throws off the bed clothes as he moves about restlessly. He sweats profusely, especially about the head and neck.

If one or two of the symptoms noted above are seen in a child and they continue for several days, a doctor should be seen and his advice followed. Be careful to give him full particulars of how the child is fed and looked after so that he can find out the cause of the illness and can see how to cure it.

If taken in hand early, there is every reason to believe that the disease will be stayed and that the child will not suffer in later life from its after-effects.

In curing most things common sense is the important part of the treatment. Most people however would much rather wear an "anti-rheumatic" belt costing a guinea or two than alter their habits of life. In the same way a mother usually feels that she is doing more for her child if she gives it a complicated medicine than if she feeds it a little differently. But rickets is mainly due to improper feeding, done in ignorance though it may be, so the common sense thing to do is to alter the diet to suit the child better. It has been found that most children with rickets have been fed with food containing too much starchy material, and that if the food is altered so that it contains less starch and more fat and proteins, then the child improves in health. Most patent foods contain a very high proportion of starch. To increase the proteins and fats more milk must be given, with a little cream and occasionally the yolk of an egg.

A few words about "artificial" or bottle feeding of infants. For the first few months at least it is better to give milk only and not any patent foods. Take six tablespoonfuls of milk (scalded), six of boiled water and add two teaspoonfuls each of cream and of sugar. As the child grows older less water may be added and more milk. After nine months a prepared food such as Benger's or Allenbury's No. 3 may be given once a day and at another meal the yolk of a lightly boiled or raw egg. If the baby does not take cow's milk very well but has to depend largely even from birth upon patent foods a little grape juice or orange juice should be given every day. This helps to prevent the occurrence of rickets or scurvy.

A child who is already suffering from rickets does not as a rule require any medicine, but will need two or three teaspoonfuls of extra cream daily. Before it will take this it may be necessary for the doctor to treat any digestive disturbances present.

It is almost unnecessary to add that scrupulous attention should be given to the cleanliness of the child, that he should be warmly but not too heavily clothed, and that as far as possible he should live in the open air day and night. A little scheming may be necessary, but it is wonderful how many hours out of the twenty-four a baby can get in the open air if some thought is given to arranging it. It is particularly important that children inclined to rickets should get an abundance of fresh air. Even London air is better in the open than shut up in a room!

Besides ensuring good food, good air, regular bathing and warm clothes, the mother must look to certain other things of almost equal importance. The child must not be allowed to walk, and to prevent this it is usually necessary to fix splints to the legs which reach below the feet. Care must be taken not to bandage them on too tightly or to let them press too hard on the bony parts about the knee and ankle. They should be taken off and replaced once or twice a day. Slight deformities usually pass off if the child is not allowed to run about, and proper attention is paid to the diet and other things mentioned, but it is always safest to have a doctor's opinion, as rickets may produce deformities which seriously handicap a person in later life. Let me emphasize again that rickets should never be taken lightly, particularly as it is a disease readily curable by common sense methods which can be put into practice in almost every home. It is not simply a bone disease but the whole health of the child is affected, and he is much more likely to pick up other diseases while in this weak state. Fresh air and sunlight, with food with a sufficient amount of protein and fat (these are lacking in most of the patent foods, Glaxo being a notable exception), combined with rest and a daily rubbing massage all over, will soon build up a child suffering from rickets.

CURRENT COMMENT

A Cruel Handicap

THE insistence of saloon keepers and saloon employees that they be rated in point of citizenship as high as merchants and mechanics is pathetic. They are not accorded such rating. The best fraternal organizations deny saloon keepers membership. At decent social gatherings announcement that this or that guest is a saloon keeper proves most embarrassing.

"My little girl is as good as any other man's child," announced a prominent San Francisco saloon keeper in resenting a slight his child had suffered.

So far as the child is concerned, that saloon man was right. His little girl is a bright little girl; she attends the best schools; she has home surroundings as admirable as money can secure. In all ways she is quite as interesting, competent, and worthy as the little girls about her. But already, the child—unjust though it undoubtedly is—has felt the handicap which her father's calling places upon her.

The child is not to blame. But it ill becomes the father to rave against the injustice of visiting his status upon his little girl. There are ways of making a living which society holds more honourable than dealing out drinks. The handicap upon his child is of his own making.—*The California Liberator.*

Pneumonia and The Grip

THIS past winter the case incidence and the mortality from influenza and pneumonia were unusually high, and it behooves every one to avoid exposure if possible. The following rules are to the point:—

Avoid crowds whenever possible, especially stuffy street cars.

Do not remain in the vicinity of one who is coughing, unless it is absolutely necessary to do so.

Dress for the weather. Do not have too much on when indoors, especially in hot, ill-ventilated buildings: and be sure to have on enough when out of doors.

Be especially careful to have the feet warm and dry.

Remembering that most infections enter the system through the mouth and nose, be careful to maintain a good hygiene of these orifices.

Bad teeth or other faulty dental conditions, diseased tonsils, chronic catarrhal condition, and the like, should have careful attention. It is well to wash the mouth and throat with some mild antiseptic solution, perhaps dilute peroxide of hydrogen, once or twice a day. If there is a catarrhal discharge, it is well to irrigate the nose by one of the approved methods, using a teaspoonful of baking soda or salt, or a mixture of the two, in a pint of water, and gently drawing the water through the nostrils. Too much force used in this operation will endanger the ears.

Avoid all dietary indiscretions. Live on a moderate amount of well-selected food; "keep the head cool, the feet warm, and the bowels open."

If you find yourself contracting a cold, your best course is to go home and immediately go to bed. A foot bath or other hot treatment is good, but when not taking treatment, stay in bed until the cold is "broken." You will save time thereby.

If you have a cough, do not expose others. Keep out of public places as much as possible.

Never spit on a sidewalk or crossing or on a floor.—*American Life and Health.*

NEWS NOTES

Carbon Monoxide Poisoning

IT has been shown that in cooking with gas there is a chance for carbon monoxide poisoning, owning to the fact that when the flame strikes a cold surface, there may be imperfect combustion with the formation of carbon monoxide. The same condition is present when gas water heaters are installed. The symptoms of carbon monoxide poisoning are headache, nausea, and failure of the circulation. The gradually increased use of "water gas," which contains a considerable proportion of carbon monoxide, makes gas leaks more dangerous than formerly. The preventives are: avoidance of all leaks, and the provision of hoods and air drafts to stoves and heaters to convey off the products of combustion.

Chauffeur's Knee

Dr. Gustav F. Boheme, Jr. of New York describes in the *New York Medical Journal* of December 11, a condition which he has found among chauffeurs. During the past two years a number of drivers of cars have consulted him for pain in the knee, made worse by ascending stairs or on moving the knee to control the pedals of the machine. Movement of the knee is limited and painful, and to the patient there is a sense of grating in front of the knee. There is more or less swelling on the sides of the kneepan. It seems to be an inflammation of a bursa beneath the tendon of the patella. The cause is supposed to be the continuous use of the knee in a cramped position. The treatment given was cessation from driving, rest for a short time, with local application of aluminum subacetate, or lead and opium solution. Passive movement with massage and baking are given early to prevent stiffening.

Nervous Prostration, or Neurasthenia

(Continued from p 129)

A severe attack of nervous exhaustion demands complete isolation in a sanitarium where no one but a nurse and the phycian is allowed to see the patient for a time. The patient is put to bed, the bowels are kept open, and she is given plenty of nourishing food at regular intervals, with light massage once a day. Later the massage is given heavier, with resisting movements, and as the patient gets stronger, electricity can be used. A definite amount of water is given to the patient every day. As the condition improves, she is taken out of doors. Exercise is increased as strength returns. The patient is encouraged to smile and laugh, and so gradually returns to normal living. The patient's nurse should not allow the patient to discuss her troubles.

Warm sponge baths are given at first, and as the patient improves, warm tubs. The water is generally cooled until the patient enjoys cold water. It is well to give the patient's hair a shampoo two or three times a month. The teeth and tonsils should be carefully examined and treated, if diseased.

(Concluded on p 144)

Herald of Health,

The Indian Health Magazine

Published by the

International Tract Society,

17 Abbott Road, Lucknow

REGISTERED, - - - No. A. 457

(Continued from p 143)

Eyestrain, if present, should be corrected. Constipation should be relieved by a regulated diet. Abdominal massage and movements may be administered, and at times an abdominal binder may be worn with great comfort to the patient. A neutral pack or a warm blanket pack at night is very soothing, and may induce sleep. Hot foot and leg baths, with fomentations to the spine, followed by a tepid sponge, may soothe the patient's tired nerves. Improvement should be observable in six weeks, in weight, in appetite, in the colour of the skin, and in the condition of the tongue.

The patient should begin work very gradually. It is well to take up some hobby that will afford amusement and keep the mind busy so there will be no tendency to think about self. Cheerful and tactful friends may help to keep the patient's mind diverted from herself.

Some women who enjoy the distinction of being sick, have a marked aversion to work and a strong inclination to lie around. Such individuals should be encouraged to take active exercise from the first. Those who are weak and have lost a great deal of weight and strength need the rest-cure.

Neurasthenia is a disease that demands institutional care. Those who are suffering from this malady should be encouraged to go to some sanitarium where they can receive not only skilful treatment, but what is more beneficial, wise counsel and advice for the future. Some patients need only a few weeks away from home, to have awakened in them a new interest in life. Others require a longer stay at an institution.

The SHADOW OF THE BOTTLE

100 Pages, 46 Pictures, All for Temperance.
10 Annas, post free.

Printed by W. S. Mead and Published monthly by the International Tract Society, Lucknow. 482/16