

July

Herald of Health

JULY 1916



SIMLA: "BELVEDERE" AND THE ELYSIUM POST OFFICE
See Note Page 168



YOUR STAY IN THE HILLS

Will be doubly beneficial
if combined with a course
of scientific treatments at

Grey Castle, Mussooree

—OR—

The Hydro, Belvedere, Simla

Both institutions have first
class electrical equipment and
skilled operators.

The Best Diet

for the

Hot Weather

is one free from meat

A FRIEND in the KITCHEN

Provides a mine of information
regarding vegetarian menus

SIMPLE—SUCCINCT—SUCCESSFUL

Post free for 13 annas

INTERNAT'L TRACT SOC'Y, LUCKNOW

The Ideal
Breakfast
Food
for
Summer

Granose Flakes

Dainty
Easily Digested
No Cooking Required

Sample and prices from

Sanitarium Health Food Co. 75 Park St. Calcutta

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



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 ad-
dresses. 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 accept-
ed.

Advertisements

We guarantee the reliabil-
ity of every advertisement inser-
ted 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.

VOL. VII

NO. 7

Contents, July, 1916

| FRONTISPIECE | Page |
|--|------|
| The Physician's Prayer | 146 |
| GENERAL ARTICLES | |
| Cigar "Beams" and Cigarette "Motes" | 147 |
| Freedom from Drugs | 149 |
| Encouraging the Industry of Children (Concluded from the June number) | 151 |
| General Joffre | 153 |
| Medicated Wines | 154 |
| MOTHER AND CHILD | |
| Care of the New Born | 157 |
| Fresh-Air Treatment of Respiratory Diseases in Childhood | 158 |
| HEALTHFUL COOKERY | |
| The Common Sense Diet | 160 |
| DISEASES AND THEIR TREATMENT | |
| Palpitation of the Heart | 162 |
| Tar in Chronic M ist Eczema | 164 |
| Picric Acid for Burns | 164 |
| Treatment of Diphtheria Carriers .. | 164 |
| TEMPERANCE | |
| Some Aspects of the Alcohol Problem | 165 |
| NEWS NOTES | |
| Tin in Canned Foods | 167 |
| Dogs as Carriers of Parasites | 167 |
| They may become Cancer | 167 |
| Value of Raw Food | 168 |



THE PHYSICIAN'S PRAYER



LORD, I humbly beseech thee to sharpen my vision, to make my conscience more sensitive, and point out to me more clearly, during the coming year, my full duty as a physician and surgeon. Give me each day thy divine light, and instruct me how I may honestly and conscientiously perform my daily tasks for the good of humanity. Impress upon me mine imperfections both in conduct and in education, and impel me to seek from thee—its source—true knowledge, which, joined to mine own individual effort in those cases intrusted to my supervision, will lead them on to healing. Urge me to seek divine counsel whenever occasion demands, and compel me to act toward every patient as though he were a cherished member of my own family. Eliminate in me all unworthy and ambitious desires, and enable me to perform my daily duties in strict accordance with the golden rule. May I undertake to perform all my medical obligations with honesty and sincerity of purpose, in keeping with the honoured profession of which I am a member. Extend to me thy support and help in every laudable undertaking. Make me the embodiment of all that is holy, righteous, and just, and lend me thine assistance continually in mine efforts to relieve suffering. Steady mine hand and sharpen my wits and be with me, to the successful completion of all my surgical labours, thereby aiding me to restore to health and happiness such as are intrusted to my care, unless it be thy will otherwise—when let it be mine to solace and comfort those bowed in bereavement. Do thou grant all these requests in the name of the 'Great Physician. Amen.—*Texas Medical Times.*



GENERAL ARTICLES

Cigar "Beams" and Cigarette "Motes"

The Cigarette Is Wrecking the Rising Generation

By D. H. KRESS, M. D.



FACT generally recognized is that boys should not smoke tobacco. It injures them physically, mentally, and morally. We teach this in the home, in the church, and in the school. What we fail to accomplish through education, we attempt to do

through legislation. But in spite of this good teaching and legislation, boys continue to smoke, and the practice is rapidly growing among them.

Alarming Ravages of the Cigarette

Last year, at least twelve hundred new youthful recruits were daily added to the list of cigarette addicts. At the rate of increase during the past ten years, ninety per cent of the boys will be addicted to this habit in sixteen more years. This is an alarming situation.

Why do boys smoke?—They smoke because men smoke; and they will continue to smoke, in spite of the good instruction and all our legislative efforts, so long as they have before them the example of prominent and good men. The example of these men is bad, but the boys do not know it. It is difficult to help the boys and not tell them this. But we hesitate to do so, because it would lower, in their estimation, those whom they should respect.

Example Counteracts Good Advice

The best we can do is to say to them, Whatever your fathers and teachers say, *do*. But we ought to add, "Do not ye after their works: for they say, and do not." The scribes who sat in Moses' seat counteracted their teaching by their practice. When Jesus came, He "*began both to do and teach.*" Therefore He was able to speak "as one having authority, and not as the scribes." If we would make much of an impression upon the children, we too must begin "*both to do and teach.*" We have too many scribes seated



WHY DO BOYS SMOKE?

Because of the example of the men they admire

in our educational institutions and our churches, who by their example are counter-acting all they say, and all that others say, against the use of cigarettes and tobacco by boys. Some of these recognize their inconsistency, and have concluded to keep silent.

This habit is possibly doing more to ruin our boys and our nation than any other, because of its prevalence among the young. The boy who smokes considers himself, and is regarded by his associates, as a hero. In the estimation of the boy, smoking is an evidence of manhood. But the cigarette addict is not a hero. He is a slave, a subject for pity, not an object of worship. The real hero is the boy who has sufficient manliness and strength of will to refuse to dabble with tobacco.

Incites to Criminality

The earlier in life the habit is formed, the greater the injury sustained. Seventy years ago, the average age at which the smoke habit was formed was about twenty-two years. Now the practice is to begin at the average of less than eleven years. In some schools as high as seventy-five per cent of the boys over eleven years of age smoke. In one school I visited I actually found that ninety per cent of the boys were smokers. In one Western high school, only two boys in the entire school were free from the practice.

Practically all the boys who now begin to smoke, begin with the cigarette. The practice has already made its impress upon our national life. The cigarette, because of its more prevalent use by boys, is doing more at

present toward lowering the efficiency of our young men than is alcohol.

The cigarette and crime are intimately associated; and while not all who use the cigarette excessively are criminals, yet practically all the youthful criminals are victims of the cigarette habit. The association is so common that judges of juvenile courts, and others who have most to do with youthful criminals, have been forced to conclude that the cigarette is the leading causative factor of youthful criminality.



An Object of Pity

But the boy says to himself: "What about papa, and the principal of the school, and all those great and good men who smoke? If the boy who smokes cigarettes is a slave, and an object of pity, are my father, and the principal of our school, such also?" It is just as difficult for the boy to harmonize these contradictions as it is for us to explain them.

Mr. A. J. Hutton, superintendent of the Wisconsin Industrial School, expresses the honest conviction of

others who have to deal with these wayward boys. He says: "It is of little avail for any man who is himself a user of tobacco to try to bring up his son, or to influence the sons of his neighbours, to abstinence from the filthy habit. There never will be any improvement until men who have formed the habit are willing to give it up for the sake of their sons and the sons of their neighbours. The boy will do what the father does, but not what the father says. I never knew a boy so stupid as to believe in the precepts of his father against his father's example. The

most hopeless thing about the whole situation is the fact that so many good men—ministers, teachers, lawyers, and doctors, and the men to whom the boys naturally look up—are users of tobacco. No man can save his son unless he first saves himself."

Mr. J. N. Barnes, superintendent of the Vermont Industrial School, says: "A large percent of our boys are addicted to the cigarette habit. Legislation against the cigarette habit among boys is to be commended, the same being also true of liquor legislation; but the problem of the boy in regard to both liquor and the cigarette depends for its solution on the position our men take. As long as our men are liquor drinkers and tobacco users, our boys will be the same."

For the Sake of the Boys

The Hon. Henry Sabin, state superintendent of the Iowa schools, in an address delivered before the State Teachers' Association, made the following appeal: "Go into the streets at night and notice the number of boys loitering about the corners with cigars or cigarettes in their mouths. Notice in your

schoolrooms the number of boys whose clothing is saturated with the perfume of smoke, or whose pockets are filled with tobacco, which they are only too willing to distribute among their mates. And then before you tell them that tobacco unstrings the nerves, deadens the brain, stunts the growth, weakens the muscles, aggravates and often causes disease of the heart, ask yourself this question, in the watches of the night, when men's thoughts turn inward: Is it true that there is not enough of the grace of humanity, of the strength of Christian manhood, within me, to give up this habit for the sake of these boys with whom my duty brings me in daily contact?"

To fathers we would say: Why beholdest thou the cigarette that is in thy son's mouth, and considerest not the cigar that is in thine own mouth? Or how wilt thou say to thy son, Let me pull out the cigarette out of thy mouth; and, behold, a cigar is in thine own mouth? Thou hypocrite, first cast out the cigar out of thine own mouth; and then shalt thou be prepared to cast out the cigarette out of thy son's mouth.

Freedom from Drugs

By ALDEN CARVER NAUD



WE speak with scorn or compassion of the "dope" habit and its unfortunate victims. We point out this man as an opium eater, and designate that other one as a cocaine fiend. We have acquaintances who use morphine, and we learn with alarm of the horrors of absinth. This is the extent of our knowledge of or interest in the "dope" habit. We give no further attention to the matter of drugs, and oftentimes close our eyes and our ears to the viciousness of the tobacco and the alcoholic liquor habits. Minor stimulants and narcotics are entirely beneath our notice, and we sip our tea and drink our over-strong coffee in supreme serenity.

There are good and bad drugs—good and bad remedies—which prove themselves either a bane or a blessing to humanity, according to their use or abuse. The ordinary individual will do well to take medicine of any kind only when advised to do so by a reputable physician.¹

It is surprising how few people live without resorting to drugs in larger or smaller quantities. The medicine tipplers far outnumber the medicine teetotalers. Although the human system is handicapped and restricted by various nostrums, there are legions who depend on nostrums to do for them what

¹ It is remarkable to what an extent physicians are learning that they obtain as good or better results with little or no resort to drugs.—ED.

simple hygienic living' would accomplish, with the difference that a nostrum of any sort will not communicate to the body what right living will impart.

There seems to be a general impression that it is eminently proper to consult a physician and rely on his judgment when serious disorders are suspected or detected, but that minor ailments can be corrected by the sufferer without any advice from medical authorities. He feels competent to diagnose his own case and prescribe for his own ailments. We find pronounced cases of chronic headache, rheumatism, dyspepsia, kidney trouble, liver disorder, heart disease, and nerve disturbances where no physician has ever been consulted, but where the patient has treated himself, oftentimes for years, mainly by the use of patent remedies and quack medicines.

The maladies enumerated may have resulted from wrong diet, defective eyesight, overexertion, foul air, or other common sources of trouble, but ignorance or prejudice refuses the inclination to handle these difficulties rationally.

"Know thyself" should not be interpreted as meaning that one should feel competent to attend to his physical ailments unaided. Rather, it should urge a little more knowledge of human anatomy, with a better idea of hygiene and the beneficent results of rational living. To this wisdom one should append a knowledge of the various drugs and nostrums in general use and an enlightenment as to their pernicious effects.

Were there less wrong living, there would be less human suffering. We partake of improper food, eat too much or consume too

rich or overstimulating foods, or perhaps we select an unsuitable diet.

We do not sleep as we should. We sleep too little or too much. Our bed covering is apt to be too warm or too heavy. We sleep at the wrong time of day, and generally in a room improperly ventilated.

We wear improper clothing, almost always too close-fitting, with badly shaped shoes. With women the corset is a chief offender. And yet we expect our bodies to perform their functions normally!

We choose improper amusements, too exhilarating or too exciting, and then we wonder that the nervous system becomes deranged and the body ages prematurely.

We cheat ourselves by thinking that medicines and drugs will correct all the evils attendant upon our careless or haphazard style of living; that we may make use of laudanum, aconite, and sundry kindred agents of a more or less deadly nature, to correct our improprieties and the results of our ignorance.

Of course, it is advisable for every household to keep a few harmless remedies on hand. Among them should be witch-hazel, peroxide of hydrogen, vaseline, alum, and Epsom salts. It would be a balm to countless sufferers if they better understood and appreciated the benefits to be derived from the use of hot and cold water.

To banish the drugs from the households would be to bestow a blessing in myriads of instances. And the blessing would be multiplied and intensified were sunlight, pure air, pure water, and proper exercise given a more prominent place in everyday life.

Regular habits, correct dress, and suitable food will alleviate many ills that drugs can not heal.



Encouraging the Industry of Children

(Continued from the June number)

By CAROLYN SHERWIN BAILEY

THE first work of the little child is usually muscular. The toddler fills his wheelbarrow with sticks or stones, trundles it from one the garden to the other, empties it, and then repeats the trip. Often he carts his load all back to the starting point before he finishes his play. The impulse is not that of doing anything definite with the load but to concentrate upon loading and unloading. The result of the small carpenter's art as he hammers for an hour or so at the pile of blocks in the woodshed is a very crude little toy cart, but the emphasis is upon the muscular effort of hammering.

Cultivate the Industry Impulse

We must grasp this pregnant impulse of the little child to use his muscles in one continued line of activity, and turn it into established habits of work if we are to train him to efficient adult life.

As far as possible, in the beginning of this work of training, follow the child's interests. We may be quite sure that the very young child is interested in carrying, in the work of his mother and father, and in building, the latter being the childish expression of the constructive impulse. The first real work that the children do in the home may be a carrying over into real life of these instinctive interests. To carry a glass of water or milk to some member of the family or from one table to another, to fill and empty a basket of kindlings or chips, to gather fruit or vegetables or berries or flowers in a basket, to put in their proper places in the pantry or cellar the supplies brought to the house by the grocer or vegetable man, to put boots and rubbers in their proper places and wraps and clothing on the proper hooks, are all valuable kinds of work for the younger children, and those that help to develop working muscles.

The impulse of children to imitate, on a lower plane, the activities of their parents has an important place in their training to be industrious. The small girl should have every opportunity to work as her mother does, even if this is only possible of carrying out on the plane of play. Let her wash and iron for her dolls, bake something simple, as cookies or biscuits, set the home table, arrange flowers, make beds, dust, or be responsible for the order of a drawer or two or a shelf in the pantry or in the linen closet. The small boy needs to watch his father at work in the home or about the home garden or fields, and then try to do a part at least of his work. He needs a good set of garden tools that he may prepare flower and vegetable beds, rake leaves and grass, and make and clean paths. He should have, as well, his own set of carpenter's tools that he may try to keep the house in order, mending tinkering, putting up shelves where they are needed, making flower boxes, and doing odd bits of manual labour that are not only of utilitarian worth to the family but of value to the boy who does the work.

Importance of the Natural Bent

The desire that is born with every child to make something with his hands is tremendously important in training him to work. It differs in kind and degree with each individual child, but it is vastly important for the parent to discover it and to give the little one the means to develop it. Perhaps it is the scrap-book-making desire; give the child a good pot of paste, a pair of blunt-pointed scissors, as many scrap books as he wishes, or a card file, and piles of old magazines through which to search for pictures, verse, and articles of interest. A child who made dozens of scrap books, carefully collecting, cutting out, and classifying

his clippings according to the subjects that interested him, animals, outdoor games, toys and the like, developed a marked interest in journalism. To-day he is one of our best-known newspaper editors.

There were never before such adequate materials and outfits for helping children to work on the plane of their own childish interests. There are dolls' garment patterns, and materials and directions for making dolls' hats; there are architectural blocks, meccano and other engineering outfits, clay modelling and painting sets, manual training kits, sand boxes and sand moulds, poster making and cardboard construction material, basketry, weaving, bead, and the most fascinating paper doll outfits, the latter including paper houses and furniture. For a child to have the equipment for carrying on even one of these occupations is to develop his working muscles to a marked degree.

Dawning of the Duty Idea

All work must not be play for the child. When the age of fantasy has passed, usually at nine or ten, and reason begins to develop, work must be accomplished for work's sake, regularly and well. Usually, if a child has had proper work training in the early, impressionable years, this stage will be reached easily and naturally. Having always accomplished a certain amount of work suited to his strength each day the child will continue to work, cheerfully and industriously.

With the beginnings of the child's reasoning powers there comes the dawning altruistic spirit. Children begin to realise that there are other individuals than themselves in the world. Before this period they were naturally selfish, but now there comes to them a realisation of their dependent relation to the world about them. A new word finds its place in their vocabulary, duty. Now they need to be led to work, not for their own uses of the imagination and of play but because this is a work-a-day world, and it is their duty to work for others.

Working to a Programme

One mother who has been able to accomplish quite wonderful results in developing the work habit in her three children, two little girls of eleven and ten and a boy of eight, plans their day's duties as a programme, which is typewritten and posted in the living room. There is a time for each task and a time length for finishing it. The girls' duties include airing their rooms and making the beds, setting the breakfast table, waiting on table, and doing the dishes. After school they do simple sewing and mending for the house, and they iron the handkerchiefs and doilies. The boy looks after the order of the cellar, takes out the ashes and brings in wood and feeds the ducks and the hens. This work which the children do is so arranged that it takes only an hour and a half of the entire day. The children accomplish it cheerfully and easily. An unexpected development of it has been the fact that the children want to do more than is actually required of them. The girls are learning, at their own request, how to cook, and the boy is helping to build a new henhouse.

Our own attitude toward work has much to do with the point of view of our children in relation to it. It would seem that we have lost the fine respect for labour of our great-grandparents, who tilled the soil and made its fertile acres burst into bloom and fruit for their uses, who raised the flocks whose wool they spun and wove into their garments, whose larders fairly burst with the preserves and spicy condiments that were as much a part of the season as were the sun, the blossoms, and the fruits. It is so easy to have our work done for us by hirelings or by machinery that the spirit of work, a respected, venerated spirit, has gone from our homes in many instances, and this is bound to react upon the attitude of children toward work.

The home where homely tasks are treated as opportunities for fine endeavour, where washing and ironing and baking and sewing

and cleaning are done, if they have to be done, as fine arts, performed with cheerfulness and joy, will find a wonderful reaction in the children. They will not only want to work also, but they will demand work, accomplishing it as well as they can, and loving it.

The Exception

The child who does not like to work needs careful study, for he is the exception. The cause may lie in the fact that he was discouraged, interrupted too much in his great working business of play when he was in his early, impressionable years, and on account of this has acquired a habit of dallying over tasks or flitting from one occupation to another without concentrating upon any. Per-

haps he has not been held to a schedule of work in the home, has not worked definitely at certain hours at certain tasks, but has drifted from one task to another without finishing any. Perhaps he is not well. This is more often the cause of child indolence than we realise. A lack of nutrition or an over abundance of foods that do not nourish results in anæmia, and the child's muscles are not in fit shape for work.

The encouraging part of the whole problem, however, is the fact that every well child is a natural worker if rightly encouraged and helped. Our part is to watch for his working impulses and to feed them for growth.

General Joffre

BY H. F. DE ATH

BEFORE the war General Le Pere Joffre was practically unknown to the peoples of Europe. Now his name is frequently on the lips of millions both in this and other European countries, especially those of our allies in this great war. In his sixty-sixth year, the Commander-in-Chief of the French forces is said to be a marvel of vigour and vitality. While other men in similar positions have broken down under the strain, he shows no signs of wearing out. His capacity for work and responsibility appears to grow with the additional burdens that fall upon him. Those who have seen the general have been "struck by his vigorous appearance, the firmness and elasticity of his stride, and his general look of robust good health."

Naturally the personal habits of such a man are interesting and instructive. In the first place the general is said to be a non-smoker, and drinks but little wine, and never touches spirits in any shape or form. In addition to this his daily bill of fare is simple and frugal, and he takes regular and abundant exercise. Hardly a day passes without his

going on a long tour of inspection of the trenches and front line positions, which means that he covers many miles on foot. Nor does he alter his pace throughout the journey, but continues to stride along at an even pace, much to the inconvenience of his staff officers, who find it difficult to keep up with him, and usually finish the inspection far more tired and jaded than their much older chief.

Although instructed to waken the general at 5 a. m. the orderly nearly always finds his master awake. After a simple breakfast of coffee and a roll the Chief of the French forces gets to work in his office, signing numerous reports, documents, and despatches which have to pass through his hands. His principal meal is taken at 11.30 a. m. After lunch he usually takes a drive in his motor car and a long walk, arriving back for dinner at 6.45 p. m. At 8.30 he is again in his office, where he remains until 11 p. m. when he retires to rest.

Those who know him best declare that he is a model of simplicity and frugality. There can be no doubt that the quick working of his mind and the swiftness with which he is able

to grasp essential details is largely due to his temperate and active life. More than once, when, in order to reach an observation post, the French Commander-in-Chief has had to climb steep and difficult inclines, he has arrived at the top before any of his younger staff officers, and looking a good deal fresher and less put about than they.

It will be noticed that he only allows himself six hours sleep. He is one of those

well-disciplined men who have complete mastery over their nerves. Calm, serene, and unhurried, he never becomes excited even in situations of great peril and seriousness. It is said on good authority that the night before the now famous battle of the Marne, on which hung the destinies of France, an officer who arrived at headquarters with an urgent message found the general fast asleep in his bed.

Medicated Wines

BY MARY D. STURGE, M.D., LOND.

Joint author with Sir Victor Horsley, F.R.S., of "Alcohol and the Human Body."

A FEW years ago there appeared in the city of Leeds a statement with regard to this subject which is so simple and arresting that I make no apology for introducing it to the readers of the *British Journal of Inebriety*. It is published for circulation in pamphlet form, and runs as follows:—

"DANGERS OF SO-CALLED MEDICATED WINES:

A Warning by Leeds Medical Men."

"In recent years a number of applications have been made to licensing magistrates for licences to sell medicated wines, and there appears to be some misunderstanding as to what a medicated wine really is. There are seven medicated wines of the British Pharmacopœia—viz., antimony wine, orange wine, colchicum wine, iron wine, citrate of iron wine, ipecacuanha wine, and quinine wine. These wines can be sold by a qualified chemist without any license whatever, and are the only really medicated wines. The wines containing foodstuffs, such as meat, or meat and malt, are not really medicated wines, and are not so regarded by the revenue officials, for a license has to be taken out for their sale. They have been termed by the *British Medical Journal* 'Meaty Wines,' and as there appears to be a greatly increased consumption of these wines by people under the impression that they contain only a small proportion of alcohol, the infor-

mation contained in the following pages taken from the *British Medical Journal* of March 27, 1909, should prove of interest, especially as showing that these wines are highly alcoholic in character, containing as much as port and sherry. The warning from so high an authority as the *British Medical Journal* ought not to be disregarded, especially as some of these wines are recommended to be given to children, and are advertised largely as being strengthening and nourishing in character. It will be noted that these wines contain such a ridiculously small quantity of beef extract that they cannot be really strengthening, and that the claim by the makers for their use on this ground is positively absurd. Some of these wines which are largely advertised in newspapers and magazines can be purchased at the licensed houses and railway refreshment rooms by the glass, and in flasks; and from our personal observation we are sure there is an increase in the consumption of these meaty wines for purposes of hospitality among working-class people. As showing the large sale which these wines have, one company, whose wine is very extensively advertised, made a profit for the year ending December 31, 1909, of £ 48,953."

This warning is signed by fifty-eight medical men, and following their signatures there is given a reprint of the article in the *British Medical Journal* alluded to above.

It is not easy to make a complete list of the preparations now so widely and insidiously advertised, many of them under fancy names, which convey no idea to the reader or the purchaser that they are strong in alcohol; indeed, the only thing to do at present is to regard as possibly alcoholic all advertised mixtures with attractive labels!

The following table, compiled chiefly from analyses reported in the *British Medical Journal* for March 27, May 29, and August 28, 1909, respectively, represents those at present on the English market. A few well-known wines are also listed in order that their strength may be compared.

TABLE SHOWING ALCOHOLIC STRENGTH

| Wines | Alcohol per cent by vol. | Meat Ext'ct per cent by weight. |
|----------------------|--------------------------|---------------------------------|
| Claret..... | 9 | |
| Hock..... | 10 | |
| Champagne (dry)..... | 10-15 | |
| Sherry (dry)..... | 18 | |
| Port..... | 20 | |

I. WINES CONTAINING SOME MEAT EXTRACT

| | | |
|--------------------|------|-----|
| Bovril Wine..... | 20 | 0.5 |
| Lemco Wine..... | 17 | 0.6 |
| Wincarnis..... | 19.6 | 1.2 |
| Bendle's Wine..... | 20 | 2.5 |
| Glendenning..... | 20.8 | 0.4 |
| Bivo..... | 19 | 3.4 |
| Vin Regno..... | 16 | 0.3 |

II. WINES CONTAINING COCA (ALKALOID COCAINE)

| | Alcohol per cent by measure. | Alkaloid per cent. |
|--------------------------------|------------------------------|--------------------|
| Ambrecht's Coca Wine.... | 15 | 0.006 |
| Savar's Coca Wine..... | 23 | 0.07 |
| Hall's Wine..... | 17.8 | 0.003 |
| Mariani's Tonic Coca Wine | 16 | 0.01 |
| Marza Wine..... | 17 | 0.001 |
| Max Morrell's Coca Wine | | |
| Bravais Wine..... | 16 | |
| Spiers & Pond's Coca Wine..... | 17 | |
| Robinson's Coca Wine.... | 16 | |
| Coca Bynin..... | 10.7 | 0.025 |

III. WINES TO WHICH SMALL QUANTITIES OF VARIOUS SALTS AND SUBSTANCES HAVE BEEN ADDED

| | | |
|--|------|-------|
| Christy's Kola Wine..... | 18 | 0.03 |
| Vana..... | 19 | 0.03 |
| Vibrona..... | 19 | 0.02 |
| Serravallo's Tonic Bark and Iron Wine..... | 17 | 0.05 |
| St. Raphael Tonic Wine.. | 16 | 0.008 |
| Quina Laroche..... | 16.9 | 0.05 |
| Dusart's Wine..... | 16.8 | |
| Vin Burgeaud..... | 14.8 | 0.01 |
| Baudon's Wine..... | 12.7 | |
| Nourry's Iodinated Wine.. | 11.5 | |
| Junora Wine..... | 11.9 | |

IV. SO-CALLED DIGESTIVE TONICS WHICH ARE REALLY WINES TO WHICH SOME PEPTONES, ETC., HAVE BEEN ADDED

| | Alcohol per cent. |
|---|-------------------|
| Carnick's Liquid Peptonoids.. | 20 |
| Panopeptone..... | 20 |
| Armour's Nutritive Elixir of Peptone..... | 15 |
| Carnbyn..... | 17 |

Undoubtedly the consumption of these wines is enormous, and the result to the community disastrous. Patients, especially amongst the poor, constantly ask leave to take them, and can we wonder at this when we see so many beguiling advertisements on hoardings and in the lay and religious papers? These constantly alter in their wording and their illustrations, but it is always to the weary and those who are run down that the appeal is made. Thus, in regard to a meat wine which contains nineteen per cent of alcohol, the advertisement runs: "Test it for yourself. Note how it invigorates you—how it strengthens you—how it gives you a delicious feeling of exhilaration—how it sends the blood dancing through your veins. Note how quickly it dispels that 'run-down' feeling, and gives you new life and vigour. Test it to-day."

Of course, to a trained mind, this description is that of the action of alcohol, but we

have always to remember that the vast majority of the population are un-trained and very credulous, and only judge of results by their immediate, and not their remote, effect. The same wine is recommended in another paper thus: ". . . During convalescence after a severe illness, as a preventative against disease, and in all cases of mental and physical breakdown *Stands Supreme.*"

Until such entirely misleading statements were flaunted before the public, there was a steadily increasing and accurate belief that mental breakdown and the onset of other diseases was accelerated by alcohol. All scientific evidence shows that this is true. The moral question arises as to what right advertisers have to delude the laity by their counterstatements? If they condescend to refer to the *British Medical Journal*, they will find the following: "Without labouring the question whether meat extracts can properly be called nutritious or not, it may be pointed out that, by the use of these meat wines, the alcoholic habit may be encouraged or established, and that it is a mistake to suppose that they possess any high nutritive qualities."

The *Lancet* is even more severe. The following is from an article on "Port, Meat, and Malt." "On several occasions in these columns we have exposed in the light of indisputable evidence that very common fallacy of a large section of the public that the restorative properties of port wine are immensely increased by the addition to it of extracts of meat and malt. The fact is, the triune formula sounds as though some constituent of it, if not all three, must do good. . . . This is very forcibly shown in a number of analyses which we have made of many meat and malt wines offered to the public as invigorators and restoratives—in all we examined seven such preparations. The total nitrogen found in such wines seldom exceeds .03 per cent, and a very small proportion of this is nutrient nitrogen. Raw beef contains a total of four per cent

nitrogen, while roast beef contains 5.4 per cent of nitrogen. So much for the 'food' part of beef and malt wine. As to the malt which is added, presumably this is regarded as a 'digestive.' So possibly it might be, were it not for the fact that the activity of the starch digesting principle in malt is impaired, if not suppressed altogether, by the alcohol and other constituents of the wine. In our experiments not a particle of starch was converted into the soluble variety. . . . Meat and malt wine is, in fact, a farce, as these considerations abundantly testify. It is obviously absurd to add substances to port wine, which serve little better than condiments. If an invalid is in need of the restorative properties of meat, malt, and wine, he would do far better, and in reality it would cost him less, if he took his meat and malt extract separately, and with them, if permissible, a glass of port. The idea that beef can be combined serviceably with wine is a delusion and a snare."

It is impossible, in the limits of a short paper, to do justice to this most important subject. Suffice it to indicate that the opinion of the profession against these wines is becoming more outspoken year by year. In 1909 the following appeared in the *British Medical Journal* over the name of Dr. J. S. Boothroyd: "The specious and ingenious advertisement of alcoholics under the guise of harmless medicaments is introducing drinking habits into numberless households. Hardly a day passes in which I am not asked my opinion of some drugged or otherwise sophisticated wine; and this occurs to an alarming extent in families hitherto practising total abstinence." This testimony is now supported in many quarters, and I hold a large number of letters written this year by medical men pointing out the widespread and evil effect of this casual and often daily use of medicated and meaty wines, which provide various classes of the community, and especially the women, with alcohol in disguise.

(To be continued)

MOTHER AND CHILD

Care of the New Born

BY HAROLD J. MORGAN, M. D.

CONSIDERING that the newborn infant has just completed a very arduous journey to the outer world, twisted, turned, and violently squeezed in transit, to say nothing of now having to breathe for himself, common sense would indicate that the best thing for him would be to wrap him up warmly and allow him to rest.

What usually happens is, that almost before he has had time to breathe, he is oiled and scrubbed, freely exposed to his new environment, due to the frantic haste of the nurse to remove the vernix. His delicate skin is subjected to this process over and over until the nurse is satisfied, and the oiling process is repeated day after day.

Now the vernix, while unsightly, does no harm, and its removal may very well be left for some hours. True, it dries and is more difficult to remove then, but my opinion is that it is better to safeguard the strength of the infant, rather than that of the nurse. Wipe off excess vernix, oil the body and especially the head, dress the cord lightly, weigh the baby, and then lay him away wrapped up in a blanket with a hot water bottle or two, for at least four hours. If the vernix does not come off easily at one sitting, try again a few hours later, even a third effort may be necessary, but do not allow the child to become exhausted by these efforts.

For the first few days the temperature should be taken per rectum twice daily. If this falls below 98° , enough external heat should be added to bring the temperature up to this figure.

Why oil the skin daily? There is no proof that any appreciable quantity of oil is absorbed by the skin; certainly there can be

no nourishment acquired in this way, and while the dry skin of the under-nourished child may be benefited by oiling, that of the healthy infant does not need it.

Care of the Mouth

The mouth and nose should be cleansed of mucus immediately after birth, and the eyelids carefully wiped off, after which some form of silver is put in the eyes as required by law. Water should be given after feeding, to cleanse the mouth. Daily swabbing of the mouth and nose and cleaning of ears, as so frequently recommended in our textbooks and regularly practiced by our nurses, is not only unnecessary, but positively injurious. The mucous membranes, while not sterile, are reasonably clean, and are exceedingly delicate; and I am convinced that the sore mouths, ears, and noses so frequently seen, are directly induced, in many instances, by abrasions occurring during the toilet.

Babies under my supervision are not subjected to these processes, and the number of sore spots are thus materially reduced both in the hospital babies and in those seen in private practice.

It is difficult to break nurses of this swabbing habit, and only inspection and repeated caution will do away with it. Even when sore mouth exists, it is well to remember that, as in cases of sore buttocks, swabbing of the former, or the application of ointment to the latter, is apt to prove futile unless the diet, especially the quantity of sugar, is altered.

Care of the Cord

As infection may be transmitted through the cord, it is important that this be treated, as is any other wound, with sterile gauze;

but nurse and grandmothers usually have some favorite application, septic, of course, which they regard as having mysterious good qualities, and which they will use unless forbidden.

Infection is common in girl babies, often caused by feces coming in contact with the vagina. I believe that if nurses and mothers are taught to wash and wipe the parts toward the anus and away from the vagina, many an infection will be prevented.

Binder and Pinning Blanket

The infant's bellyband, or binder, is really useful to protect the cord dressing while such is used. It is neither a strengthener of muscle nor a preventive of hernia, nor will it ward off colic, as so many nurses and physicians believe. Nurses usually apply the binder on the infant just as tightly as they can pin it, while it should be so loosely fastened that two fingers may be slipped under either edge, the center only being a little more snug.

Who first decreed that an infant needs long clothes, stockings, and knitted "bootees" is not known. We do know that the baby

gets along very well without them, the hot water bottle furnishing any heat that bed-clothing will not.

A baby does best in a room temperature of from 65° to 70° F., with the face exposed. Most babies are reared at bothouse temperature. Most nurses and grandmothers have a fear, which almost amounts to an obsession, that a baby will take cold; so after heating the room to 85°, they carefully wrap up his head. Overdressing, faulty construction of clothing, too much bedclothing, too high room temperature, and lack of fresh air really cause many digestive disturbances, which the physician vainly tries to correct by skipping from one food formula to another.

To any one who has observed the average obstetrical nurse put a baby through his daily paces, lifting, turning, dressing and undressing, scrubbing, oiling, and swabbing,—it does not seem remarkable that we have so many cross babies. Let us try to instil some common sense into those who are to care for the infant, beginning with the doctor and ending with the relatives.

Fresh-Air Treatment of Respiratory Diseases in Childhood

BY JOHN LOVETT MORSE, A. M., M. D.

IT was formerly supposed that the discomfort felt in a close room was due to the presence of poisonous organic constituents derived from the breath, or to an excess of carbon dioxide in the air. There is much difference of opinion as to the presence of organic matter in the expired breath. The weight of evidence seems to show that it contains very little, if any. However this may be, it has been proved conclusively by experiment that the symptoms experienced in a badly ventilated room are not due to poisons excreted in the breath. It has also been proved that people can breathe for many hours, without discomfort, air contain-

ing a very much larger proportion of carbon dioxide than is ever present in a room, provided the temperature of the air is low and the air is in motion. Recent experiments seem to show, on the other hand, that the discomfort is due to a disturbance of the normal heat relations of the body, the symptoms experienced in a close room being very similar to those felt on a hot, damp day. The cause of the discomfort is apparently an interference with the normal rate of loss of body heat. Three factors are concerned in this interference,—the high temperature of the air, its high moisture content, and the lack of movement in the air.

It is evident, therefore, that as fresh air is the opposite of bad or close air, the essential characteristics of fresh air are not freedom from carbon dioxide or some other organic poison, but coolness, dryness, and motion. Therefore, fresh air may be defined as air which is cool, dry, and in motion.

It is self-evident that if the well feel better in fresh air than in close air, fresh air is better than close air for the sick, whether or not suffering from diseases of the respiratory tract. It is also evident that air which is free from dust is more suitable in these conditions than air which is full of dust. It is also evident that improper ventilation increases the dangers of reinfection from the patient, and of infection from other patients or attendants.

Coolness is one of the essential elements of fresh air. Cool air is not, however, cold air.

In the early stages of a fresh cold in head and throat, cold air increases the irritation of the mucous membrane, and consequently intensifies the symptoms; but in the later stages, when the mucous membrane is swollen, it relieves the discomfort to a certain extent. Cold air predisposes to affections of the ears. Fresh air is of advantage, however. Children with acute colds should therefore be kept in the house in cold weather, in well-ventilated rooms at a temperature of about 60° F. if they are in bed, and between 65° and 68° if they are out of bed.

In acute sore throat with marked hoarseness, cold air has a strong irritant action on the inflamed mucous membrane, and in the early stages increases the symptoms very materially. Cold air does no harm in the later stages. Patients are more comfortable when the air is moist than when it is dry. Children with this condition should, therefore, be kept in well-ventilated rooms, at a temperature of about 70°, the air being kept moist.

In the early stages of acute cold in the chest, cold air increases the cough and the sense of constriction of the chest and of heat under the breastbone. The cough is

less troublesome when the air is moist than when it is dry. Children in the early stages should, therefore, be kept in well-ventilated rooms at a temperature of from 60° to 70°, with the air moistened. During the later stages, cold air ceases to act as an irritant, but there is no apparent advantage in cold air over air which is warmed. Moisture is of no importance, because the mucous membrane of the bronchial tubes is already moist. The temperature of the room is of less importance at this time. During the later stage they should, therefore, be kept in well-ventilated rooms in which the temperature of the air is moderate, but not cold.

In very acute cold in the chest associated with difficulty of breathing and tendency to turn blue, the objections to the use of cold air are the same as in the milder cases. There is never any lack of oxygen in the air, therefore there is no advantage in outdoor air. There is no more oxygen, moreover, in cold air than in warm air.

While children with lobar pneumonia are undoubtedly more comfortable when treated with cold air, it is doubtful whether the mortality of lobar pneumonia in childhood has been lowered materially, if at all, by the cold-air treatment. The statistics at present available are sufficient to show the influence of this form of treatment on the mortality.

If children who have lobar pneumonia are exposed to cold air, whether out of doors or in the house, they must be dressed for it. They, in the same way as children with broncho-pneumonia or even well children, may be injured by exposure to cold. It is sufficient to expose the face. The body must be warmly covered and protected.

In conclusion; Fresh air is of advantage in the treatment of all diseases of the respiratory tract. It is also of advantage to have the air pure, that is, free from bacteria, dust, and smoke. Cold air is of advantage in some conditions, but harmful in others. It must be used with discretion. It is not possible to treat all diseases of the respiratory tract in the same way.

HEALTHFUL COOKERY

The Common Sense Diet

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

THE modern man uniformly abuses his stomach. He eats and drinks as appetite dictates, paying little or no attention to the laws of nutrition or the requirements of the living machine which he controls. It is true, as Walker tells us, that "anybody can dine, but few know how to dine so as to insure the greatest quantity of health and enjoyment."

The Orthodox Diet

The diet that prevails almost universally in our country, as well as in some other civilised lands, includes both animal flesh and plant foods, and is usually spoken of as a mixed diet. Animal foods, whether flesh, fowl, or fish, are usually taken once, twice, or even three times a day. There is no doubt that people readily become fond of the savoury flavours of flesh foods in much the same way that they become addicted to such habit-drugs as coffee or tea, and greatly miss the beefsteak, mutton chop, or bacon when it has been dispensed with. Owing to the constant presence of various poisonous waste matters, the flesh of animals when eaten, however tasty and appetising it may be to the perverted appetite, produces a distinct stimulating and narcotising effect, which is anything but wholesome and beneficial. There is a great deal of ignorance with regard to the supposed preeminent value of animal foods; and, as a consequence, many think it quite impossible to get a square meal without including one or more varieties of flesh. But why eat the flesh of dead animals?

The Scientific Ideal (!)

It is usually claimed for flesh foods that they are more readily utilised by the body than similar elements obtained from the vegetable

kingdom. Some recent experiments upon dogs would seem to confirm this belief. Dogs were fed upon various diets, and it was found that those animals had developed and thriven best which were fed not on a diet of beef or mutton, but on the flesh of other dogs. It appears that dog flesh is more readily digested and assimilated by dogs than other fleshmeats, because its physical structure and chemical composition are identical with those of the animal consuming it. From this fact of similarity of composition, and from the results of the above experiment, they conclude that the diet of dead dog flesh is more easily and speedily changed into living dog flesh. If this contention is true, then the ideal diet for man is healthy human flesh, and the savage cannibal of Africa or the farmyard hog that eats her young, are the best dietitians.

Semi-cannibal Diet

Of course these scientists do not advocate man-eating, but they do claim that animal flesh furnishes a better supply of tissue food, that is, protein, than can be obtained from the vegetable kingdom. They reason that animal flesh is more readily and also more perfectly and more completely digested, assimilated, and converted into human tissue than is the flesh of plants. Many scientists and doctors go so far as to contend that although a few, a small minority, might be able for a time to subsist reasonably well on a non flesh diet, the vast majority, indeed the great bulk of our population, require a mixed diet.

While from the scientific standpoint there is a modicum of truth in this contention about the advantage of animal flesh, we contend that the associated disadvantages of

the flesh diet, more than neutralise this small apparent advantage; and we also contend that the eating of dead animals is but one small step removed from out-and-out cannibalism. A flesh eater is in reality a semi-cannibal; for the structure and chemical composition of the flesh of a sheep, for example, is almost identical with that of human flesh, and when placed under the microscope it would be difficult and oftentimes impossible to differentiate the one from the other.

The Source of Our Foods

All men recognise that the vegetable kingdom is the final and ultimate source of the food of all animals, including man. It is in the plants and their fruits that we find food material in its cleanest and purest state. And there is no doubt that plant foods contain all the elements, including sugar, starch, oil, and proteins, and all the various salts, required for the building and nourishment of the human body. There can be no question with regard to carbonaceous foods, such as sugar, starch, and oils; so the crux of the problem rests with the nitrogenous element, that is, the protein or albumen, which is the chief and by far the most important ingredient of animal flesh; but we have already shown by various tables that this important food element is found equally abundant, and in some cases more abundant, in nuts and pulses, and it is never entirely absent from any plant foods.

The Fruitarian Diet

The strict fruitarian diet would naturally consist of fruits and nuts only, which many might regard as a limited diet, and more or less difficult to obtain, as well as expensive. There seems to be no reason why a person in average health ought not to be able to obtain the necessary nutrition, and also maintain sound health, strength, and vitality on a diet of nuts and fruits, for they contain all the elements required for the sustenance of the human body. There seems good reason to believe that such was the original diet of man and it is certainly quite in harmony with his

physical development and anatomical structure. There are those who follow the strict fruitarian diet very closely, and with most excellent results.

When we add to the fruits and nuts the numerous cereals, pulses, vegetables, and greens of almost endless description, we have a much larger variety to select from. Although pleasant and wholesome salads can be prepared from a number of greens and vegetables, still, most of these additional foods require cooking in order to make them wholly digestible. By careful selection and combination, on such a diet it is possible to obtain wholesome and palatable, as well as nutritious, food.

The Milk-Vegetarian Diet

What is sometimes called the milk or lacto-vegetarian diet is one that includes all the dairy products, such as milk, cream, butter, cheese, and eggs. Milk and eggs are both animal products, and in many ways partake of the character of animal flesh itself. When they are obtained pure and clean from healthy animals, it is only fair to say that they do not possess all the disadvantages of flesh, fowl, and fish; and most people who adopt food reform find it an advantage to use these animal products moderately. That they are essential to the maintenance of the health of the average man and woman is very doubtful, but that they add both nutrition and pleasing flavours to the diet must be granted. Eggs are generally rightly regarded as "bilious" foods, and many can take them only very sparingly. Pure milk from a healthy animal is preferable to eggs, although it is prone to undergo fermentation and produce acidity and flatulence.

Table Worries

After adopting the natural diet of pure, wholesome, and nourishing food, after making the food digestible by proper cooking, and after giving the food thorough mastication, the next step is to forget all about the meal. Many food reformers are liable to make the

fatal mistake of analysing the food they eat, and worrying about nearly every mouthful they swallow. Will this suit? Will that cause trouble? Is this the right combination? Am I eating enough? These, and a thousand and one other questions are rapidly passing through their minds, and it is small wonder that they are conscious of a stomach, and perhaps also of a liver, most of their waking hours. In most cases it would be both safer and better to eat an ordinary diet, chewing

the food well, and then think no more of it, than to set up a state of worry about each meal and anticipate what effect it is going to have upon the digestive organs.

The counsel of the apostle to "let your moderation be known unto all men," applies most emphatically to our daily food. It is a safe rule in most cases to arise from the table with an appetite, for there is little doubt that the majority of persons are more inclined to eat too much than too little.

DISEASES AND THEIR TREATMENT

Palpitation of the Heart

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

A HEALTHY person knows nothing about his heart beat or the action of any other organ of the body. He is ignorant of the working of his internal organs as far as feelings are concerned, and it is wise that he should be. His only knowledge of the heart or liver or other organs is acquired by diligent study of anatomy and physiology, and he is free from unwise introspection. But just as soon as there is even a slight departure from health the perverted functions of one or more of the internal organs make themselves felt by the appearance of various symptoms and signs, all of them more or less unpleasant and painful. Sir William Osler writes:

"In health we are unconscious of the action of the heart. One of the first indications of debility or overwork is the consciousness of the cardiac pulsations, which may, however, be perfectly regular and orderly. This is not palpitation. The term is properly limited to irregular or forcible action of the heart perceptible to the individual."

Palpitation Defined

Palpitation is a neurosis of the heart, that is, a functional disorder which is manifested

by a rapid, forcible, and more or less irregular beat. There is tumultuous pulsation and the throbbing is always perceptible to the patient. The fluttering of the heart indicates that it is in a state of excitement and the condition is oftentimes alarming, especially to nervous persons or those who are not accustomed to such attacks. Palpitation is usually a temporary attack which does not last long. Some patients suffer very little, if any, distress and otherwise are quite comfortable, while others are much distressed and may become faint, giddy, or nauseated, and complain of difficult breathing or lack of breath. There is rarely real pain of any significance, but the patient may complain of pressure and smothering sensations. But the heart beat may be very violent, and the irregularity decidedly pronounced.

Causes

The causes of palpitation are numerous. Females are far more susceptible than males, probably in the proportion of three to one. Both sexes are more liable to palpitation during puberty or adolescence, and women are especially susceptible while

passing through the climacteric or change of life.

Nervous patients and especially those suffering from hysteria, neurasthenia, and other forms of nervous debility are peculiarly susceptible to palpitation. Fright, shock, and excitement, whether physical, mental, or emotional, may bring on an attack. Attacks of palpitation may be a sequel to many of the acute fevers.

Digestive disorders of one kind or another are a prolific cause of palpitation of the heart. Both acute and chronic dyspepsia, as well as nervous dyspepsia, favour palpitation, and particularly flatulence. Indeed, flatulence alone with the accompanying abdominal distention is sufficient to provoke an attack.

Drugs and Palpitation

There are a number of drugs, including alcohol, tobacco, tea, and coffee, which, on account of their direct action upon the heart, are capable of causing palpitation. Of these drugs alcohol is one of the most pernicious and there is no doubt but that many drinkers and even those who consider themselves very moderate in its use suffer from functional disturbance of the heart, the most common sign of which is palpitation. But it is well to remember that tobacco as well as alcohol affects the heart and may set up palpitation. There is a pathological condition of the heart known as the "tobacco heart" in which the organ becomes diseased through the poisonous influence of nicotine. Of course, the over-use of tobacco is more liable to bring on palpitation, but it must be remembered that some individuals are far more susceptible than others, and what would be looked upon as a very sparing use of the weed might be quite sufficient to cause palpitation. Writing with regard to tobacco and palpitation one medical authority states that "a persistence in tobacco smoking, in spite of this warning [the palpitation] leads to further disturbance and dilatation of the heart with very much more serious symptoms,

which may prove fatal." The only safe course for smokers who suffer from palpitation is to discontinue the use of tobacco entirely.

Organic Heart Disease

We are not particularly concerned in dealing with organic heart disease in this article, still we might add that palpitation is a very common symptom of such disease. By organic disease we mean destruction or alteration of the actual heart substance or the valves through disease. Rest combined with careful treatment will often bring about further growth and increased strength of the heart muscle sufficient to compensate for the defect, whatever it may be, and then the victim is able to go about ordinary work in a satisfactory way, but is obliged to avoid over-exertion of any kind. Patients suffering from any form of organic heart disease should strictly avoid the use of tobacco. It is not wise to put any further burden or hindrance upon an already weak heart. There is no doubt but that many a life has been cut short by indulgence in the use of alcohol, tobacco, or similar drugs. Even in the case of tea and coffee it is best not to take them, mild stimulants though they are. Tea and coffee as well as alcohol and tobacco raise blood pressure and thus put an extra and unnecessary load on the heart.

Treatment

The first step is to ascertain the cause and get rid of it if possible. If it is any of the drugs mentioned their use should be promptly discarded. If the palpitation is due to excitement, worry, or overwork, these things must be corrected. Provide the patient with absolute quiet and rest as soon as an attack manifests itself. Endeavour to calm the patient. Except where there is serious organic disease, palpitation is not dangerous, although the patient may and often does feel a sense of great fear and dread. It is not wise to administer drugs but better to let the patient sip slowly a

glass of either hot or cold water. If the stomach is much distended the belching of the gas will afford relief. Sometimes an emetic for the purpose of emptying the stomach is necessary. Constipation is not uncommon and should be promptly relieved by the use of a mild laxative such as medicinal paraffin or an enema of two or three pints of tepid water. Very frequently the enema alone will relieve the stomach as well as the bowels and ameliorate the palpitation. It is most desirable to give careful attention to the food, and sometimes the patient may fast for a day or two or simply take fruit juices or fruit, or at any rate a very plain and sparing diet.

It is unwise to administer port wine, brandy, whisky, or any alcoholic beverages,

for the alcohol is almost certain to aggravate the mischief. The mere act of sipping water is itself a mild and effectual stimulant. But rest in the recumbent or reclining position with several pillows to the head is necessary, whatever other measures may be taken.

Those who are liable to palpitation will find it necessary to lead a more quiet and moderate life and bear in mind that oftentimes "it is the pace that kills," and that worry and anxiety combined with overstrain may lead to serious heart mischief. Violent exercise and unwonted exertion should be avoided. On the other hand reasonable physical exercise out-of-doors in the fresh air, such as walking, is one of the best means of improving digestion, steadying the nerves, and warding off palpitation.

Tar in Chronic Moist Eczema

A German physician advises application of tar preparations to dry up moist eczema. He favours the use of anthracite tar in acetone, applied direct to the affected surface and covered with a thin layer of gauze. No water or soap should be used. The surface will begin to dry in twenty-four hours, and in three or four days a dry crust will have formed. This may be softened by the application of an ointment containing two per cent of salicylic acid. About the seventh day, the scab may be removed with the aid of a bland soap containing an excess of fat.

reapplied as above, and the procedure repeated every four or five days until the healing is complete. Inasmuch as there is an opportunity for the absorption of picric acid in dangerous quantities, this treatment should not be applied to extensive surfaces except under the instruction of a physician.

Treatment of Diphtheria Carriers

Wherry, in the *Western Medical Review*, January, 1916, gives an account of three diphtheria carriers, with the infection in the tonsils. Treatment with *bacillus bulgaricus*, silver nitrate, and even with galvanocautery failed to cause the diphtheria organism to disappear. In view of the fact that other surgeons have used other agents locally without effect, it would seem that the eradication of the diphtheria germ by medical means is a failure. In the three cases Wherry removed the tonsils, and the condition was at once cured.

Picric Acid for Burns

One authority states that picric acid is the most widely used moist dressing for burns. It is best used in a saturated aqueous solution. Its value seems to depend on the fact that it is a powerful antiseptic, and that it coagulates albumin and thus forms a scab over the denuded surface. The method recommended is to apply a number of thicknesses of sterile gauze over the burn, and then to saturate it thoroughly with picric acid solution; cover with oiled silk, and bandage over all. Such a dressing will ordinarily afford prompt relief to pain. Should the pain return, the oiled silk may be removed and the bandage again saturated with the solution. On the third day the dressing may be removed, the vesicles punctured, the bandage

Aeroplanes as Ambulances

During the retreat from Serbia the French army utilized aeroplanes to transport a number of wounded soldiers who were just behind the line of retreat, making it impossible to carry them on stretchers to a point of safety. Six aeroplanes accomplished the work successfully.

TEMPERANCE

Some Aspects of the Alcohol Problem

THE Fifth Norman Kerr Memorial Lecture was delivered in Edinburgh recently by the eminent nerve and mental specialist Sir Thomas Clouston, M.D., L.L.D., author of *The Hygiene of Mind; Unsoundness of Mind*, etc. We should like very much to publish this most excellent lecture in full, but lack of space forbids. The complete lecture is published in the January, 1914 number of *The British Journal of Inebriety*, to which we are indebted for the following extracts.

After dealing with his own experience in the study of the alcohol problem Dr. Clouston tells us of the attitude of great men toward alcohol, and then deals with primitive man and his alcoholic propensities, and goes on to discuss the effects of alcohol upon the sex, reasoning, courage, etc.

Sex

"The difference in the effects of alcohol on the two sexes is very great. Less alcohol will show bad effects on the brain of the average woman far sooner than in that of the average man. The woman seems not to have so commonly the kind of craving that men have for either alcohol or tobacco; but when she does come under the influence of the stronger liquors, a craving is set up which is more uncontrollable and difficult to deal with than it is in the average man. When many women take to the stronger drinks, it has a far more generally demoralizing and disastrous effect on the whole social organism. In this respect the woman's brain in civilized countries is like the brain of the primitive peoples.

Reasoning

"Looking to the reasoning power—I am still speaking of the effects of a moderate

amount of alcohol circulating in the brain—it cannot be said in any way to increase a man's power of coming to right conclusions from facts, or to strengthen any form of reasoning whatever. It does, to begin with, seem to increase the power of endurance of irritations and hardships, and to diminish the sense of intellectual fatigue; but I believe that this is transitory, and does not last long enough to pay for its being so employed for such purposes.

Courage

"Taking the virtue of courage, which is partly a mental and partly a bodily quality, alcohol may undoubtedly increase it; but it does so by diminishing the rational fear of consequences and lessening those protective instincts of which fear and even cowardice are expressions. It produces a sort of "Dutch courage." Undoubtedly it has been the custom of many nations to give alcohol to their soldiers on the eve of a battle, and probably that produces a greater willingness to a rash exposure of their lives.

Memory

"The faculty of memory cannot be said to be in any way stimulated by alcohol; on the contrary, it tends always to be obscured and made less accurate.

Attention

"The power of attention is a faculty which many psychologists have carefully studied of late years. It relates to the action of the special senses, and the manner in which the impressions from them become a part of the mental furniture. Without attention there would be little memory, and therefore an insufficient basis on which to form sound

reasoning judgments. I think it may be stated without hesitation that the action of alcohol on the power of attention is to make it less keen. It lessens also the power of mental representation, because the original picture produced in the presentation is less vivid. This applies both to sense pictures and to trains of thought. Without attention being directed to them as they occur, they become like mere fleeting dreams. The process of rational association of ideas is more likely to be carried out. Alcohol I believe to be an enemy to the fruitful working power of the mind by diminishing the attention.

The Will

"Rising to the supremest mental faculty of all—that of the will—can it be said that alcohol has any effect in strengthening it? The ego, the self, the conscious power of choice, freewill, the power to do this or not to do it, the faculty of inhibition, is certainly not rationally strengthened, and may as certainly be greatly weakened by the presence of alcohol in the brain, through which will-power is exercised. At least, this is so under the ordinary circumstances of life. When a great choice has to be made by a man, when a great temptation has to be resisted, when the wills of other men have to be dominated by great volitional and mental efforts, who would advise any man to take to alcohol to help him to exercise this supreme power? If he need such help, his brain is to that extent shown to be weak. I do not say that there may not be circumstances in which particular men will have their will powers strengthened for doing special acts by alcoholic stimulus, but that would be a dangerous thing to do too often or to rely on.

"Looking at the will-power in relation to control either of bodily and of mental action, or to resistance against foolish and hurtful desires, there can be no question whatever that alcohol in ninety-nine cases out of a hundred weakens and lessens such

inhibitory action. This faculty is at the root of human conduct. It is the basis of moral action. It is the foundation of wisdom. It is the controller of impulse. Without it duty cannot be done. It makes for self-denial and altruism in individual life and in society. It is the regulator of passion and desire. Without it in some strength no civilized, moral, and permanent form of human society could exist. If it be true that this most authoritative faculty of man is in any way lessened by alcohol, that substance would seem to need no other condemnation. The only thing that can be said in mitigation would seem to be that it is possible to imagine such a regulation of the alcohol taken that it would produce an accentuation of happiness and the social instinct, and yet stop short of seriously interfering with the inhibitory and the moral powers. We might thus, in fact, get the good of alcohol without incurring its dangers or engendering its evils. The objection to this hypothesis is, I fear, that a certain diminution of control is one of the first things that happens in most brains when alcohol is taken. We no doubt meet with men slightly under the influence of alcohol whose benevolent feelings seem to be expanded, and even their moral sense quickened; but this is in speech only, and it seldom takes the form of practical action. I admit most readily, because it is a fact, that there are some men who are much nicer, less rasping and irritating to their fellow-creatures, when under the influence of a certain amount of alcohol, and we get them to do a good turn to their fellow creatures more readily than when they are in a normal condition. That, however, merely shows that their will-power is then lessened, and they have become more under the influence of the will of another. I have yet to learn that any great well-thought-out scheme of benevolence or advantage to humanity was ever conceived and carried out by anyone as the result of alcohol.

(To be continued.)

NEWS NOTES

Tin in Canned Foods

Two investigators have reported in a German medical publication results of their investigations. They find that tinned vegetables contain traces of tin, and that the amount is larger when the vegetables are left for some time in the tin after it has been opened. The authors, however, state that since the dissolved tin forms with the vegetables insoluble substances which are not redissolved by the digestive juices, these small amounts of tin are not injurious to the body.

Dogs as Carriers of Parasites

The United States Bureau of Animal Industry has published a bulletin in which Dr. M. C. Hall asserts that the destruction of all superfluous dogs, including those whose owners do not keep them at home and in a sanitary condition, would mean the saving annually of hundreds of lives, and of millions of dollars in the wealth of the nation. To allow a dog to lick a child's face or its candy is to subject the child to chances of dangerous parasitic disease. Among the diseases which may be transmitted from the dog to man and to other domestic animals are: rabies (hydrophobia), hydatid (liver abscesses), gid "measles" (of sheep), tapeworm and roundworm in man, and tongue-worm in man and stock.

May Become Cancer

Dr. Dyer gives the following as a list of growths which should be observed with suspicion: All moles or warts which grow in size; all moles which change their colour and grow dark brown or black; all small scaling spots which grow thicker and scab or bleed easily; all scaling warts, especially on the lips, the ears, the eyelids, the cheeks, or the hands. He asserts that "perhaps the most frequent excitant of all, so far as skin cancer is concerned, is dandruff. It falls from the scalp and lights on the ear, eyelids, nose, neck, lips, and face, and if there is already a scaling spot, or a thickening, or a wart, a mole, or a gland ready to receive the dandruff scale, it sets this spot alive with activity, and it goes on to form a skin cancer. Probably sixty per cent of skin cancers are due to this cause, and many a cancer has been prevented and may be prevented by curing the dandruff or by preventing it."

A careful study of

Events to Come,

Showing those things which are soon to take place in this world.

"His Glorious Appearing"

Fully explains Jesus' wonderful prophecy given in the 24th chapter of Matthew.

8 As.

Post free if cash accompanies order
112 Pages, board covers

INTERNATIONAL TRACT SOCIETY
LUCKNOW

INDIAN MEDICAL RECORD

Monthly Journal of Public Health & Tropical Medicine

Annual Subscription:

| | |
|--------------------------------|--|
| Indian Empire—Rs. 5 post free. | } Vol. XXXVI. Begins January 1916. |
| Foreign—7s. 6d. post free. | |
| Sample Copy free. | |

Entirely reorganised and remodelled. Caters to the Medical profession. No Sectarian principles. Eminent European and Indian contributors. A real help for Promotion Examination.

Our Special numbers are highly successful.

Special Tuberculosis number: Contains the most recent literature on Tuberculosis, its diagnosis, prevention and treatment. Price Re. 1.

Venereal Diseases Number: (July, 1914), their prevention and treatment. Price Re. 1.

Rules for the Guidance of State Medical Faculty Examinations: Price Re. 1.

The Duties of Sanitary Inspectors in India.—By A. G. Newell, M. D., D. P. H., C. M., Late Health Officer, Lahore. Several Governments have recommended it to all Municipalities and District Boards, in their presidencies. Third and enlarged edition: Re. 1-2; By V. P. P., Re. 1-5.

The Hypodermic Syringe.—By George L. Servoss, M. D., Deals on the administration of hypodermic medication. Highly eulogized by the American, English, and Indian Medical Journals. Price Rs. 7-8, V. P. P. extra.

Address:— INDIAN MEDICAL RECORD,
2, HAROKUMER TAGORE SQUARE, CALCUTTA.

Bombay:— Thacker & Co., Ltd.

London:—8, Henrietta Street, Covent Garden.

Herald of Health,

The Indian Health Magazine

Published by the

International Tract Society,

17 Abbott Road, Lucknow

REGISTERED, - - - No. A. 457

—Our cover illustration this month gives a glimpse of the Simla Hydro and its surroundings, one of the sisterhood of institutions operating in India on the principles advocated by sanitariums in America, Europe, and many other lands. The methods used are rational hydrotherapy, massage, and electricity in their varied forms, all of which give relief to suffering humanity if applied by trained men and women. In all these institutions a force of efficient workers is maintained, working in co-operation with the medical fraternity and seeking to make their labours a blessing to those who suffer. The Simla Hydro is under the direction of Dr. H. C. Menkel.

—Under the auspices of the Bombay Humanitarian League Mr. Keshavlal L. Oza, M. A. gave a well-received lecture on vegetarianism as a rational dietary. Mr. Oza is very much interested in these lines and in his part of India is doing all in his power to advance the cause of natural living.

Value of Raw Food

Dr. Toulouse (French) discusses some of the advantages and disadvantages of raw foods. While salads, radishes, and fruits cause more work to the digestive organs, on account of the cellulose, they afford ferments which greatly aid digestion. Raw food is essential for the preservation of life. When no raw foods are eaten, diseases of the scurvy type are likely to appear, especially in children. The drawback is that with raw food one may be infected with disease germs [and parasites]. Moreover, cooking develops certain flavours which stimulate the secretion of digestive juices. The doctor concludes that eating entirely of raw food is not warranted.

ELECTRIC POCKET LAMPS.



Storm and rain Proof!
Absolutely dangerless!
No smell!!! No blackness!!!

No matches or oil necessary!!!

Just press a button to get a dazzling flood of light.

Price Rs. 2/-, 2-8, 3/-, 3-8, 4/-, 5/-, and 6/-.

Postage. As. 6. extra.

Spare battery. As. 12.

We stock Torches, Hand lamps, Cycle lamps, call bells, bulbs, batteries, wires and every thing electric.

T. G. SHAH'S ELECTRIC STORES
AHMEDABAD (H. H.)

EXCELLENT BOOKS

For Students, Teachers, Sanitary Inspectors, and others concerned with Public Health and Sanitation.

Primer of Sanitation for the Tropics: By J. W. Ritchie. The first book to present to children from the standpoint of the tropics, the important subject of Disease Germs and how to fight them. Cloth bound. Illustrated. Price Rs. 1-9.

Human Physiology by John W. Ritchie. It presents to young men those essentials of physiology, hygiene and Sanitation which every citizen ought to know. Profusely illustrated in black and colours. Cloth bound 362 pages. Price Rs. 3.

Primer of Hygiene: By T. D. Tuttle. The purpose of this book is to teach boys what they themselves can do to keep their bodies in Health—personal hygiene. Cloth bound. Illustrated. 184 pages Price Rs. 1-7.

Principles of Public Health: by Thos. D. Tuttle. A simple text book on hygiene presenting the principles fundamental to the conservation of individual and community health. Illustrated. Cloth. 186 pages. Price Rs. 1-9.

Agency Department :

"Practical Medicine," Delhi.

The WEST END "MATCHLESS"

ANTI-MAGNETIC

KEYLESS LEVER WATCH



18" MEDIUM SIZE

NICKEL SILVER Case R^r 10.- only

FINE SILVER " " 16.8 "

16" SMALL SIZE

NICKEL open face, Case R^r 11.- only

FINE SILVER " " 16.8 "

" " hunting " 19.- "

" " half-hunt, " 21.- "

Fully guaranteed for 1 year

Matchless for Accuracy

Matchless for Strength & Durability

Matchless for Value.

I got
a MATCHLESS watch

at your shop in Bombay in
October 1907. It has gone
without stopping ever since;
it is an excellent time keeper
not varying more than about
1 minute in a month.

Its price was only Rs. 10.

But I can not wish for a
better time keeper

Col. W. A. T.

31 at Lancers.

WEST END WATCH CO

BOMBAY. CALCUTTA.

373 HORNBY ROAD,

14, DALHOUSIE SQUARE.

Illustrated catalogues free on demand.

The Test of Efficiency

If you would know how well the methods in vogue at the Sanitarium Treatment Rooms are appreciated, how effective they are, how much good they will do you—ask our patients.

We Can Give Their Addresses.

The Sanitarium Treatment Rooms,

Grey Castle (Late Kirkville), Mussooree.

The Hydro, Belvedere, Simla.

75 Park Street, Calcutta.

Four Books

WHICH BIBLE STUDENTS FIND OF
INESTIMABLE VALUE, AND WHICH
SHOULD BE IN EVERY
CHRISTIAN HOME

Patriarchs and Prophets

Traces the great conflict between Good and Evil from its inception down through the ages to the time of David's death.

762 Pages with 50 Engravings. Rs. 9 8 0

The Great Controversy

Presents the most wonderful and intensely interesting history that has ever been written of the great conflict between Christianity and the powers of darkness as illustrated in the lives of Christian martyrs and reformers,

704 Pages. 43 Full page illustrations. Rs. 9.8 0

The Desire of Ages

Tells the story of Christ's mission to earth in a way that attracts and often converts. The book abounds in helpful and beautiful thoughts.

866 Pages. Profusely illustrated. Rs. 9.8 0

Acts of the Apostles

A help to every earnest worker. A guide to all who seek salvation.

630 Pages. Rs. 5 8 0

These four books are by that widely and very favourably known author Mrs. Ellen G. White. The last two books make especially choice wedding gifts in any of the special bindings.

INTERNATIONAL TRACT SOCIETY, LUCKNOW