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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



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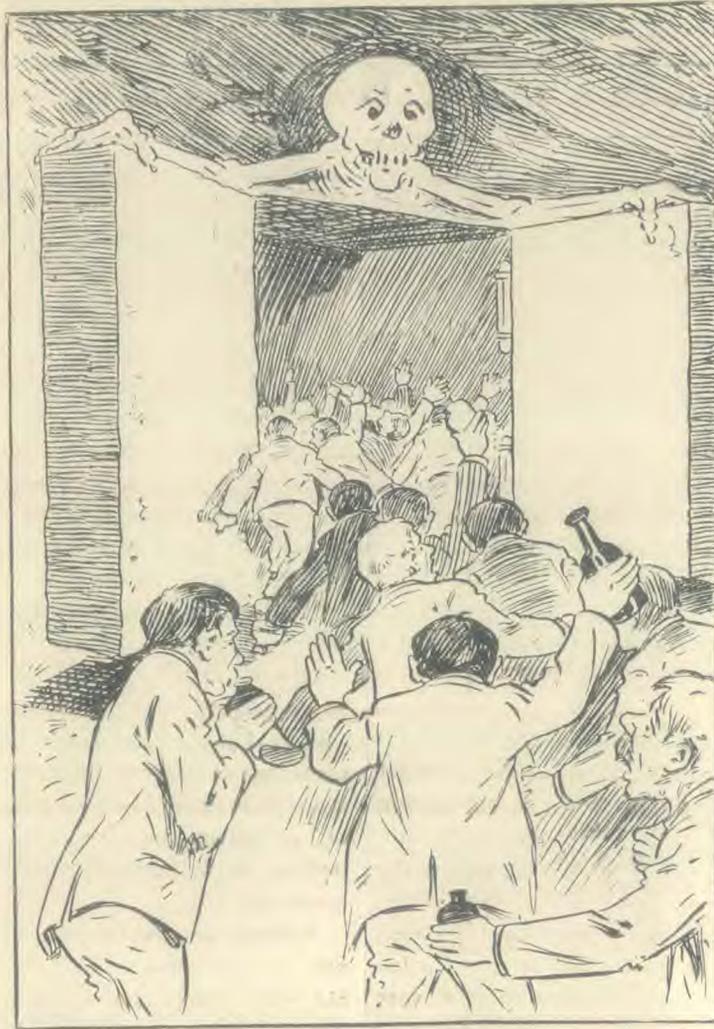
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NO. 9

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The Gates of Death

"Have nothing to do with strong drink. It has turned the earth into a place of skulls, and has stood opening the gate to a lost world to let in its victim's, until now the door swings no more upon its hinges, but day and night, stands wide open to let in the organized procession of doomed men." *Rev. T. DeWitt Talmage. Illustration, and quotation from the "Shadow of the Bottle."*

GENERAL ARTICLES

“Leave Your Headache Here”

BY EULALIA S. RICHARDS, L.R.C.P. & S., EDIN.



LEAVE Your Headache Here.”— Thus read an attractive little card in a chemist's window not long since. This is an invitation which would appeal to many a weary sufferer, for most people suffer with headache some of the time, and some people most of the time.

To leave your headache at the chemist's, paying sixpence for the accommodation, is not a bad bargain at first thought. But one who rightly values his health will think twice before availing himself of this invitation.

This deal is somewhat like the luggage and cloak room business in our large railway stations. A passenger who is burdened with a heavy bag or suitcase may, by paying a small sum, leave his parcel in the care of the attendant. But after a short time he must return and claim his burden. So the person who is suffering from a severe headache may, by paying a small sum to the chemist, leave his burden of pain there for a short time. But the hour usually comes, sooner or later, when the sufferer must take up his burden again. The average headache powder does not cure, but merely stupefies or deadens the nerves which, like faithful sentinels, warn the body that it is being injured by some indiscretion or indulgence. The active principle of most headache powders is one or other of the coal-tar products. These are powerful drugs which, in addition to their other actions, have a depressing or weakening effect upon the heart. In the medical journals one reads rather frequently of cases of serious or even fatal heart failure due to the use of headache powders. Of course, the physician who understands both his patient

and the drug he is prescribing may occasionally order, with due caution, the coal-tar products for the relief of pain. But it is a most dangerous custom for the layman to dose himself with uncertain quantities of a powerful drug of which he knows nothing.

Headache is not a disease in itself, but is a symptom of disease or a sign of some abnormal process in the body, which should be arrested. Hence, when a person suffers from a severe headache, he should seek to find and remove the cause of the pain rather than resort to a dangerous remedy which may remove the pain temporarily but at the expense of the health.

It is not always possible to ascertain the cause of headache, but in the majority of cases one has not to search long to find the cause, nor is it usually difficult of removal.

In exceptional cases, headache of a severe and persistent character is caused by inflammation, or tumour, of the brain and its coverings.

Among the common causes of headache are the following: *Eye strain, anæmia of the brain, congestion of the brain and, indigestion with constipation.* Let us consider briefly these four causes of headache together with the most rational remedies, bearing in mind that a true remedy is one which not only relieves the pain, but also removes the abnormal condition which causes the pain.

1. *Eye strain* is a far more common cause of headache than is generally understood. Very few persons possess eyes which are strictly normal or symmetrical in development. Even slight deviation from the normal may result in considerable nerve tension or eye strain. Pain caused by eye strain

is usually felt in the forehead and temples or in the lower and back part of the head where the visual nerve centres are located. Any person, whether child or adult, who, though in apparently good health, suffers from frequent headaches should have his eyes tested by a competent oculist, and should wear glasses if there is need of them to correct optical defects. Even normal eyes gradually alter after forty years of age, so that the average individual requires spectacles at least for close work after that age.

Many a sufferer from frequent and persistent headache has been effectively cured through wearing correct glasses.

Anæmia of the Brain.—A distressing form of headache is caused by anæmia, or insufficient flow of blood to the brain. Persons who are anæmic either from severe illness or hæmorrhage may be subject to this form of headache. The face is pale, the lips are colourless, the patient is weak, becomes breathless with exercise, and may faint without apparent cause. In such cases the patient must have the best of care, including rest, abundance of pure, fresh air, and a nourishing diet. For the immediate relief of pain in the head those measures should be employed which cause an increased flow of blood to the brain. The patient should recline with the head on a level with or even lower than the body. This may be accomplished by raising the foot of the bed and using a flat pillow or none at all for the sufferer. Hot water fomentations applied to the face and neck will encourage the flow of blood to the head, and so assist in relieving the pain. We have seen anæmic patients who suffered with severe headache, when propped up by several pillows, experience almost instant relief by lowering the head and raising the foot of the bed.

Congestion of the Brain.—This is certainly a much more common cause of headache, which occurs in full blooded individuals. The face is usually flushed, and the blood vessels in the neck and temples throb pain

fully. The treatment for such patients is just the opposite of that suggested for anæmic patients. A spare diet and careful regulation of the bowels are essential. When the headache is severe, the patient should lie with the head and shoulders well raised. Cold water compresses frequently changed should be applied to the face and neck to lessen the flow of blood to the head. At the same time a hot foot-bath may be employed to assist in drawing the blood away from the brain. Even a very severe headache, if caused by congestion of the brain, will usually yield promptly to this treatment.

Indigestion with Constipation.—By far the most common cause of headache is *indigestion with constipation*. The man who chooses his food thoughtlessly, and eats hastily, perhaps worrying about business meanwhile, is certain to suffer with indigestion sooner or later. The stomach, being overburdened with ill-assorted and indigestible food, fails in accomplishing its duty. The bowels, too, become sluggish and inactive. As a result of this condition the blood becomes poisoned through the absorption of toxic substances from the stomach and bowel. This auto-intoxication, or self-poisoning, as it is called, results in headache of a severe type along with other symptoms, such as loss of appetite, palpitation of the heart, sleeplessness, or in some cases drowsiness, mental depression, hysteria, and neurasthenia. The cure is obvious. A careful regulation of the diet, simple, nourishing foods being chosen, will accomplish much. The food should be taken at regular times (two or three meals in the day) and must be masticated with thoroughness. Daily exercise in the open air quickens the circulation, improves the digestion, and increases the activity of all the vital bodily organs. A daily evacuation of the bowels is most necessary, particularly in these cases of auto-intoxication, or self-poisoning. A person subject to these severe constipation-headaches can usually tell several days before the attack

that it is approaching. The indigestion is rather more troublesome than usual, the bowels more sluggish, the tongue coated, the head dull, and the spirits depressed. Prompt treatment just at this point may prevent the attack altogether, or at least greatly lessen its severity.

The following procedure is strongly recommended: Simplify the diet markedly, letting one or two meals each day consist largely or wholly of fruit. Drink an abundance of water, from eight to ten glasses, in the day. This flushes the excretory organs and rids

the body of poisons. Take a dose of some simple laxative, as Epsom salts, cascara, or liquorice powder. While waiting for the medicine to act, thoroughly cleanse the lower bowel by means of an enema. For this purpose use warm water containing a tea-spoonful of salt to a pint of water.

A moderate dose of laxative may be taken again on the next or the following day, though of course the aim should be so to regulate the diet and other habits of life that buoyant health, without the aid of medicine, may be the result.

The World's Wheat Supply

NO other single article of food, says the *Sphere*, London, has so much importance for civilised races as wheat, and in war time, when a country's food is in danger, the chief anxiety turns on the wheat supply. Bread is one of the main items of food for the bulk of the people, and wheat products of one kind or another enter into the diet of practically every white person.

The United Kingdom is the greatest buyer of wheat in the world, and any serious rise in prices of wheat, flour, and bread means great distress for the millions who hover near the poverty line. The extra expenditure is, indeed, felt in practically every household. Hence it is that the work of the British navy in ensuring regular food supplies is very largely focussed on guarding the conveyance of the immense quantities of wheat which we require.

After the United Kingdom comes Germany as an important buyer of wheat, and this despite the fact that she is high up on the list of wheat-producing countries. The fact emphasises the profound change which has taken place in Germany since 1870. By becoming a great industrial nation she is no longer able entirely to feed herself, and thus

it is essential for her to draw supplies from abroad.

Normally, Germany bought largely from Russia, Hungary, the Balkan states, and America, but, one after another, these sources of supply have been interfered with. Germany undoubtedly made provision against this, and a good deal of the present agitation and bread restriction in Germany may be political manoeuvre to influence neutral countries.

But some time in the future Germany's position will be critical, for she did not reckon on the war closing her food supplies for a long period, and her own blundering and practical policy has drawn the net round her more closely than she anticipated would be the case. Ger-

THE WORLD'S WHEAT PRODUCERS

For the season 1913-14, the crops were:—

	QUARTERS
Russia	120,000,000
U. S. A.	94,000,000
India	45,000,000
France	40,000,000
Italy	26,000,000
Canada	24,000,000
Argentine	22,000,000
Germany	21,000,000
Hungary	19,000,000
Spain	13,000,000
Australasia	13,000,000
Roumania	10,000,000
Austria	8,000,000
United Kingdom	7,000,000
Other countries	32,000,000
	494,000,000

many planned for a short and terribly vigorous war. The extension of the time limit will soon produce marked results.

Continuing its article the *Sphere* shows how important is the free passage of wheat to the mother country. This writer says:—

An effective blockade of the British Isles would, however, have been far more punishing to us at this period. We require more than three times as much imported wheat as Germany, we have very small reserve stocks,

and we did not possess the carefully planned storage organisation of Germany.

So great is our demand for wheat that we draw supplies from all over the world, and if our mastery of the seas was negated for even a few weeks we should be in an unpleasant position. It is absolutely essential for

our national existence that we have a navy powerful enough to keep the food routes open, no matter what combination of naval power is pitted against us.

The importance of our alliance with Russia is clear when it is seen that Russia is the greatest wheat producer, in the world. But the United States is our principal supplier, accounting for nearly one-third of the entire supply. Canada comes next, with India third, Argentine fourth, and Australia

fifth. One of the causes advanced for the increased price of wheat this year is the failure of the last Australian crop. But had Russia a free passage through the Dardanelles, or a warm water port in north Europe, this deficiency could have been made up.

WHEAT-SELLING COUNTRIES

The following figures refer to wheat and wheat flour:—

	QUARTERS
U. S. A.	19,000,000
Argentine	15,000,000
Canada	14,500,000
Russia	12,500,000
India	8,500,000
Balkan states	8,500,000
Australasia	6,000,000
Other countries	3,000,000
	<u>85,000,000</u>

WHEAT-BUYING COUNTRIES

QUARTERS

United Kingdom	29,000,000
Italy	9,000,000
Germany	8,500,000
Belgium	6,000,000
France	5,500,000
Holland	2,500,000
Other countries	19,500,000
	<u>80,000,000</u>

Speeding Up and Slowing Down



SALUTARY little sermon on rest is preached in the editorial columns of *The Nurse* (Jamestown, N.Y., December) under this heading. The speed to which the writer has reference is the rushing, hustling variety that means overwork and the impairment of health. Efficiency experts tell of the possibility of increased output at a lowered rate of energy expenditure; but this is not the "speeding up" that is condemned here. And no matter what the expenditure of energy may be, it requires a "slowing down" ultimately for the repair of wasted tissue, otherwise muscle and nerve will be weakened, strength impaired, and health, at the end, permanently lost. Says the writer:—

"'Speeding-up' has become a recognised term for describing the hustling and straining of factory operatives when they are 'rushed' with work, and eager to accomplish a little more than the usual 'stunt' every day. Speeding-up implies feverish haste, reckless expenditure of energy, wretched fatigue, and stupid accidents due to tired hand and half-dazed brains. It may seem to produce larger results, but it is very costly in the end as compared with the usual rate of working.

"Speeding up is altogether too common; we need not visit factories to see human lives wasting themselves in the deluded idea that they are accomplishing wonders by adding a little bit to their already ample output of

daily product. There are still enough ignorance and recklessness in our rank and file to account for the sacrifice of much health and many lives merely for the sake of a little more speed. For speed means overwork, and fatigue, and these, in their due time, speed the worker on to his death.

"Every human machine is adapted to do a certain amount of work before fatigue asserts itself and demands a rest—a slowing-down for repairs. If time is not taken for repairs, this delicate machine will surely run down and deteriorate. We are so wonderfully formed and adjusted that defects appearing in one part of our mechanism will produce impairment of the whole body with its endless complex of functions. Thus, fatigue of the mind will inhibit the functions of the muscles, and, on the other hand, muscular fatigue will cause mental inertia and 'brain-fag.'

"These principles are of universal application. They hold good for the child at school, the farmer in the furrow, the athlete, the artisan, the professional man, the nurse who works day and night, and even the weary deacon who sleeps in his pew on Sunday. Dr. Stirling, the great Manchester physiologist, has presented some interesting facts regarding the comparative rates of mental exhaustion attending different kinds of study. Mathematics tires the brain more rapidly than other studies; Latin and Greek and gymnastics are about equal in their power to produce fatigue; natural history and drawing are less strenuous. The best time for doing brain work is in the middle of the forenoon, while the body is fortified against fatigue.

"We know considerable today about the causes of fatigue. Work is done at the expense of certain chemical substances—fuels—circulating in the blood. If these fuels are

not replaced as rapidly as they are used up, the body suffers from fatigue, which is a signal for slowing down and resting. Work burns up the body-fuels and wears out the muscles, leaving in them a deposit of poisons which are really the excretions accompanying fatigue. The physiologists have proved this fact by actual experiment. The muscles of a fatigued animal have been washed out, and the extract thus obtained has been injected into the muscles of a perfectly fresh animal, producing the phenomena of fatigue just as surely as if the injected animal had been tired out in the usual way. Again, they have taken a fatigued muscle and irrigated its blood-vessels with normal salt solution, removing the waste products and causing the improvement usually following rest. These experiments permit of but one interpretation: over exertion, or fatigue, generates poisons in the body; rest not only removes these poisons, but it provides the tired muscles and brain with fresh fuel and substance; that act as an antidote to the fatigue-products. Even rest without sleep is attended by these beneficial processes of repair, and may make the worker ready for another period of exertion before the time for sleeping arrives.

"The holiday season suggests to us all the pleasure and relief that come from relaxation, amusement, and repose. It is a most beneficent feature of our civilisation—this resting from our labours and enjoying a brief period of recreation. Let no arduous worker cherish the flattering notion that this blest rest is unnecessary, a thing for children and old people to indulge in. If you are tempted to think yourself made of iron instead of flesh and blood, we advise you to get the vacation habit just the same—make this one concession to the merry people who have holidays, that you will take your holiday too."



Tickling Our Appetites

Some Uncommon Common-Sense

BY THE EDITOR OF THE AUSTRALIAN *Life and Health*



YOU want health. Everyone wants health. When you want something that you haven't money enough to purchase, you begin saving or trying to increase your earning, and when you have the money, you purchase what you have been wanting for days or weeks or years.

But when you want health and haven't it, and someone tells you you can have it by ceasing to overload your stomach, by cutting off the tobacco habit, the liquor habit, the too-many-meals-a-day habit, the late-to-bed habit, the sweetmeat habit, and the swallow-without-chewing habit, you feel that the price is too much to pay, or you keep on doing the things you shouldn't in spite of the fact that you know you oughtn't.

Or may be you think, "I'll leave off a little to-morrow, and a little more the next day, and by and by I'll be rid of it." You try it for a day or two or three, and then you forget all about it for a while. You start in again, and you forget again, and then you decide it's no use trying any more.

Why not make the regaining of your health as much a business as any other business? For surely your success in business depends upon your health. When your health is on crutches, your business is on crutches, too. You will not give your horse a half bushel of grain at one feed, when you know the best quantity of feed for him is four quarts. Do you think more of your horse's health than of your own? Do you think more of him than you do of yourself and those dependent upon your earning capacity? But you take good care of your horse's stomach while you stuff your own out of shape, and stretch its walls so tight that it can neither churn its contents nor secrete the

digestive juices to take care of them. Is that good sense? You know it isn't. Why do you do it? Oh, your appetite craves the food, your stomach *yawns* for it. Well, the grave has a habit of yawning, too. It is better to let the appetite crave and the stomach yawn, and let the grave wait.

You know that tobacco is a poison; that it is neither food nor drink; that a great portion of your system's vitality is used up in combating that poison; that it is in many cases a cause of blindness; that it weakens the heart and sometimes completely ruins it; that its use by you makes your very presence offensive to many good people. Yet when the physician tells you this, and that you must give it up if you would regain your health, you flinch and squirm, and try to make him believe it's something else that is to blame; that you are worrying over the war, stock depreciation, business depression, etc. He knows it isn't so, and so do you. Is it real good sense to try to have him doctor you for something you haven't got, and try to make yourself believe that what is hurting you is really doing you good? You know it isn't.

If the doctor tells you you have measles, you accept his advice, and begin to take something to drive them out.

If he tells you that tobacco is injuring your health, why not accept his advice then also, and take a good course of treatment to get that poison out of your system?

But, generally speaking, you don't do it. You would rather tickle your appetite right now in the blissful present than provide for good health for the distant future. You would rather eat five meals a day now and suffer for it some other time than eat two or three meals now and enjoy good health at some future date. You would rather swallow your food without chewing now and eat zwie-

back and granose biscuits in the years to come, than to chew your food properly now and have something worth chewing on your menu as the years go by. A little girl who was warned against eating a second piece of cake lest it should make her sick, replied, "Pass me anuzzer piece, and send for the doctor." So do many of us older children fondle and tickle our appetites at the expense of health and of life.

This is all wrong. And it is childish, too. Let us be sensible men and women, putting a tight rein on our cravings, and loping off

every ruinous or poisonous or debasing or weakening habit, and cherish our health as the most priceless of treasures. Only once are we in this world. Let us not make tools of ourselves for the momentary gratification of a perverted appetite. We really have no claim to high place of honour or preferment in this world if we cannot govern two so small and insignificant things as the tips of our tongues and the tops of our palates.

If we are ill, let us make a business of getting well. If we are well, let us make a business of keeping well.

Two Brothers

From the Russian of Count Leo Tolstoi

IN the olden times two brothers, Nathan and John, lived on a hill of Jerusalem.

They lived alone and worked hard, not for themselves, their wants were few, but for their poorer neighbours. They laboured to plant a garden of Charity and Good Will and the fruit of that garden they bestowed on the widow, the orphan, the sick, and the needy. All day long on Sunday they prayed to God to bless their efforts and as a reward God used to send them the Angel of Peace to console them. Thus their lives passed in simplicity, hard work, and contentment.

One Monday morning Nathan remarked his brother's demeanour rather unsettled. He watched and saw that, instead of going to his work as usual, he climbed to the top of a hill close by. When arrived there he ran round and round some object gesticulating wildly, and then suddenly, as if terrified, rushed off in another direction.

He determined to discover the cause of his brother's strange emotions. He also mounted the hill. To his surprise he discovered a box of gold. This, then, was the cause of his brother's furious demonstrations. He stood for some time contemplating it, his eyes dazzled by the yellow glitter.

"John," he soliloquized, "is young and in-

experienced: it is the fear of the evils of wealth which made him so unsettled. There is no danger in gold, on the contrary it can be put to a good purpose and thousands can be helped by it. The evil is in man not in money, therefore why should John have fled so hurriedly away from it? Alas! we have been hampered all our lives in helping humanity by lack of means, now we can help them more and more." Placing the box of gold on his shoulders he carried it to the city.

There he built three large institutions—one for the poor, one for the sick, and one for the stranger—the rest of the money he gave away in charity.

The fame of Nathan's good deeds spread far and near. He was respected and honoured so much that in time he forgot all about his former life and did not want to leave the city. Yet in his heart he was longing for his brother John.

One day he bade farewell to all his friends, and dressing himself in his old clothes retraced his steps toward the hill of Jerusalem. As he approached the little home, he marvelled at the foolishness of his brother in flying from the temptation of gold.

(Concluded on page 208)

EDITORIAL

Sacrifices

WE hear much said in these strenuous times of sacrifice. War and war conditions demand much on the part of all, even to the remote corners of this wide world of ours. That is, if such little cutting down of luxuries as are practiced may be termed sacrifice. But for some reason we are inclined to look upon such "sacrifices" as no sacrifices at all, but rather as blessings in disguise to the sensible and the efficient, opportunities of knowing and understanding how to meet the varying conditions of life, and that with courage and constancy.

There are some who are making real sacrifices. Sons, husbands, fathers have been sent to the front while brave hearts watch by cheerless firesides at home, waiting for the news that may leave them stricken through the coming years. Personal interests have been laid aside for the sake of king and country. Lives have been sacrificed by the tens of thousands to uphold ideals held sacred, to preserve intact the liberties of peoples and nations. These are indeed sacrifices. And as we let our vision cover the many lurid fields of service in this present war we are led to think soberly as to the duties and responsibilities resting upon those who are not directly involved in the world struggle, those whose daily lives are but little affected by the sight and sound of war, and who benefit by the sacrifices of brave men who have given their all to maintain for us these privileges. They are not shirkers in the needed sacrifice, but how about ourselves?

In a recent number of the *Times of India Illustrated Weekly* the editorial columns contained the following pertinent comment upon the tendencies of the times in India.

Seriously, we have not so much as begun to realize that the sacrifices necessary to victory in so great a struggle as the present must be made equally by the multitude of the nation, its men, women and children, as by the men who face the foe. The *Times* says:

"What would be the influence on that movement (the war savings movement) of placards which reproduced the manifests of ships recently arrived in Bombay?

"S. S. — from London, 25 cases liquor, 27 cases cider, 760 cases brandy, 40 cases champagne, 35 cases sherry, 200 cases and 22 hogsheads gin, 1 hogshead rum, 2 hogsheads, 32 casks, 6 packages, and 85 cases wine.

"S. S. — from Liverpool, 150 barrels, 16 hogs ale, 4 hogs stout, 6 hogs and 125 casks port wine, 125 cases gin, 35 cases rum, 170 cases lager, 66 cases wine, 80 cases ginger wine, 740 cases beer, 3,070 cases and 3 casks whisky, 80 cases spirits.

"We are wonderfully prone to advise the munitions worker and the labouring man what he should do and how he should sacrifice his holidays: do we think of the impression which would be made on that man if he could visit our hotels and clubs and holiday resorts? . . . The nations which will emerge most triumphant from this colossal struggle — we are not speaking of the actual clash of arms but of the whole clash of nations that will last as long as we and our children live — will be the nations that have made the heaviest sacrifices for the war."

In the foregoing the *Times* strikes a note in full accord with what has been printed in this magazine in the past. It is evident that to win victory in this or any other colossal struggle supreme sacrifice on the part of all is needed. And it points out that one of the

evidences of the fact that we do not realize what is required is that week by week the ships' manifests show a continued importation into India of large quantities of alcoholic liquors, and that the scenes in our hotels and clubs and holiday resorts are such as would, if known among the labouring men of England, utterly discourage them in making the supreme sacrifices that are in these stressful days demanded of them.

The *Times* is right. There are conditions in our midst which are far from satisfactory in view of the world situation. There are conditions, widely prevalent, which are absolutely and unqualifiedly detrimental at all times, but criminally so today. Our provincial centres are given over to pleasure, our holiday resorts are more fully patronized than in times of peace, and our interests seem centred in trying to forget in a round of pleasure and carousal that serious conditions are abroad which vitally affect the future welfare of ourselves and of our children.

We wonder how long the importation of spirituous liquors into India will be allowed without special prohibition and restriction. Harmful to an unprecedented degree in times of peace and national prosperity, they are in time of stress the munition of death and a ten fold curse. They bring in conditions which give the impression of carelessness in the carrying out of the supreme work of the hour, if nothing more. A degrading potion which lowers the consumer in the eyes of his fellows under normal conditions, it becomes that, in these strenuous times, which should ostracise him from the companionship of sane and sensible men and women. Could government see its way to abolish, at least for the period of the war and for six months after, the sale of spirituous liquors as beverages, it would confer an inestimable boon upon India and set an example which would place India in the forefront of progress in the constituent parts of the Empire. Better still, we believe that the benefits which would be apparent in the country would lead eventually to the total abolition of the traffic and

a more accelerated progress in all departments in the years of economic strain which inevitably follow every great conflict, and must this unprecedented strife.

India has made sacrifices. She will gladly make more. The Indian people as a whole would welcome the entire prohibition of the sale of intoxicants, as would a constantly growing number of the ruling community. It would mean little of sacrifice in revenue in comparison with the great benefits it would confer to the whole community. Why should it not be done?

But, and if for reasons deemed sound, government should not feel clear in making the change, how about ourselves? While men are giving up home and life and family ties to protect you, what are you doing? Suppose you cut out this you have deemed a luxury, perhaps a necessity, but which has really cursed your life, and use the money saved to help in repairing the wrecked fire-sides of bleeding Belgium, or to some other worthy enterprise, or to providing against the financial stress that must follow the war. Suppose you make this paltry sacrifice, that will some day prove a boon and a blessing to you and yours, and to your country. No man who knows but will tell you the move will be to you a blessing in disguise. None but will tell you how much better equipped for life you will be.

Long ago the King banished the deadly beverage from his table. Lord Kitchener and many of the government leaders had laid it aside; multitudes at home are conserving their energies by abandoning the cup that cheers and inebriates and incapacitates. Come reader while you ask others to sacrifice for you, do your part. The work of preparing for the future is in your hands. And remember that afterward will be too late either to benefit yourself and yours, or the nation. The time to prepare for the future is now—not when the future has become *today*. Start yourself on the right road, and bring others into line. Your King and country need you. And in this as much as on the firing line.

MOTHER AND CHILD

The Proper Care of Children

BY DR. E. S. MAXSON



WHAT care should children have in order that they may grow and develop properly?

First, in regard to sleep. It is important to see that children have their due amount of sleep. A young infant normally sleeps eighteen hours out of twenty-four, a child of five years should sleep eleven hours out of the twenty-four, and a child of ten years should sleep nine hours. Of course I am merely speaking of averages, for some children require more sleep than others. It is important, however, that the little people have their sleeping hours encroached upon as little as possible.

It is far better for each child to have a bed by itself. In this way contagious diseases are less likely to be communicated, and in the case of young infants the danger from overlying is avoided. The child's sleeping room should be thoroughly aired. In the winter time it may not be wise to leave open the window in the room; but it may be practicable to open a window in an adjoining room.

The matter of diet is necessarily one of very great importance. Milk is not only the proper nourishment for infants, it should enter largely into the diet of older children. Cow's milk for children should always be fresh and clean, but should not be too rich in cream. Dr. L. Emmett Holt, of New York, who is perhaps the most celebrated specialist in diseases of children in America, thinks that Jersey milk is ordinarily too rich for children. The average healthy child should take, altogether, from a pint and a half to one quart of milk each day.

Many of the vegetables, when well cooked and mashed, may be given to your children. Such, for example, are baked potatoes, vegetable marrow, and asparagus. On the other hand, none of the vegetables that are eaten raw, as radishes, onions, and cucumbers, are suitable for children to eat.

In the diet of children, cereals, when well cooked, are of great value. Rolled oats or some of the wheat preparations are to be recommended. These also tend to lessen the decay of the teeth. These cereals should be eaten with milk, and preferably without sugar. Toasted stale bread is better than fresh bread for children.

Very little cake, except sponge cake, should be given to children under seven or eight years of age.

Sweets are a great source of temptation. Dr. Holt places sweets among the things that should be especially forbidden. On the other hand, he recommends for young children the use of the juice from sweet oranges, also the eating of stewed fruits, as apples and prunes.

It is very important for both children and adults to avoid eating between meals or before going to bed.

Children should be trained as far as possible to have the bowels move regularly at the same hour each day.

The clothing of children should be light but warm. The legs and forearms, being at a distance from the heart, should be warmly clad in cool weather. When the feet become wet, the shoes and stockings should be changed at once.

The matter of exercise is of importance. The infant takes exercise by waving about its arms and legs, and later by creeping

Older children are naturally active. There is nothing so good as exercise in the open air. Some of the running games are to be recommended for strong children. Children should be encouraged to play with soft rubber balls that will not injure the fingers, or cause other accident. In my opinion boys should be discouraged from playing football.

Children should receive a bath often enough to keep them clean. Naturally some children who play in the dirt require more attention in this way than others. Some children enjoy sea bathing. Parents should be careful that their children do not remain in the water too long. If the lips turn blue and the teeth chatter, the child should come out of the water. Care should also be taken that the surf does not strike against the side of the child's head so as to injure the hearing.

Not only should the teeth be kept clean, but parents will be doing their child a great

service by regularly having some good dentist examine and care for the teeth.

Mental strain should not be overlooked in children. This overstrain is made manifest by irritability of temper, headache, and by restlessness in sleep.

In the lives of children and young people there are periods in which mental fatigue is more easily induced than at other ages. The first fatigue period comes between the ages of seven and nine years. The second fatigue period usually occurs in girls about the thirteenth year and lasts for several months. The second fatigue period in boys generally comes a year later, or at the age of fourteen.

A child might better go more slowly in his studies than break down in health. It is not always a calamity for a child to have to repeat some of his work in school.

I would exhort parents to be ever vigilant in looking after the interests of the children that God has given to their care.

Importance of Children's Teeth

BY HARVEY W. WILEY, M.D.



At the joint session of the American Public Health Association and the American Mouth Hygiene Association held in Jacksonville, Florida, Dr. Wiley read a paper on "The Importance of Mouth Hygiene," which appeared in the May issue of the *American Journal of Public Health*, from which the following is taken:—

"As I look at the matter, it is highly important that we should begin our work of conservation of the teeth long before the children enter the school. The tooth is a tissue which needs a particular kind of nourishment. While it is true that there is no such thing as special food for nerves, or brains, or muscles, or teeth, it is true that a properly balanced diet is necessary for the

general sustenance of the body. The tissues of the tooth are composed chiefly of lime, phosphoric acid, and nitrogen. The foods that contain the proper amount of these bodies are therefore fundamental in securing the proper growth of the teeth. The campaign for sound teeth in the child should be inaugurated many years before his birth.

"The temporary teeth of children should be good, solid, and enduring, in order that they may remain in place until the permanent teeth are ready to erupt. Otherwise the permanent teeth may be extremely irregular in character and deformed in contour. If decay sets in in the temporary teeth, it is highly important that it be arrested by a filling of a cheap character, but nevertheless sufficiently enduring to last as long as the temporary tooth. Thus the proper direction of the permanent teeth is secured; and at the same

time they are not subject to any special germ of deterioration by reason of contact with decayed temporary teeth.

"In regard to the production of teeth of the right character as a function of food, I may say that the milk of a healthy mother has in it all the elements necessary to nourish the temporary teeth. As some of these teeth, however, erupt after weaning, it is of the utmost importance that the child, after weaning, be fed a diet sufficiently rich in tooth-building material to produce a complete temporary set of teeth of the best quality, and to lay a foundation for the production of the permanent teeth. My own experience leads me to believe that the child, after weaning, should receive a generous supply of pure, clean, wholesome milk from tuberculin-tested cows, and at the same time be fed cereals which have not been denatured. Of these, wheat, Indian corn, barley, and oats are types. Rice which has not been polished, which has not lost the important principles of the rice bran, may also be given once or twice a week in moderate quantity. As soon as the temporary teeth are sufficiently developed, hard substances, such as toast, zwieback, or wheatmeal biscuits, should be given daily in sufficient quantity to develop, by the proper exercise of their functions, the character of the teeth. Fruits and vegetables suitable for the child's nourishment are not to be neglected. A little spinach once or twice a week is excellent in the furnishing of some of the elements, such as iron, which are important.

"The things to be avoided in the nourishment of the young child are starch, sugar, sweets, and polished rice. The child that is fed on good, wholesome milk and such cereals, fruits, and vegetables as I have mentioned, needs scarcely any other adjuvant for the nourishment not only of his teeth, but of all the tissues of the body. If milk is not given in some considerable quantity, a little powdered carbonate of lime or a little lime water may be given from time to time

to supply the deficiency of lime in the cereals, where the phosphoric element is usually in excess. Such a diet will develop in the child a normal growth of temporary teeth and lay the proper foundations for those of a permanent character. If you do not get good teeth in childhood, you will never have them. The mature molars are of but little account.

"When the first permanent molars begin to crop, the necessity for continuing this diet is still paramount. In fact, the whole regimen of the child, as long as growth continues, should be based upon a balanced ration in which all the elements necessary to nutrition are present in proper quantities. This idea of the balanced ration in respect of the development of good teeth is somewhat at variance with the common practice of dosing children from earliest childhood—in fact almost during infancy—with sweets. My own experience shows that a child has no natural sweet tooth. If he is not fed sugar and other sweets, he will have no craving for them; in fact, may have a positive dislike for them. Nature not only is one of the best chemists, but also one of the best hygienists. In the sugar which she puts in milk she finds no place for a sweet taste, milk sugar being almost tasteless.

"I am more and more convinced by experience, study, and observation that the common practice of feeding children sugar, sweets, and starches is highly detrimental, and especially so to the development of the teeth. It is a common idea, which I think is a correct one, that the eating of sugar and sweets is bad for the teeth. It is not so much that it tends to produce decay in the teeth. That, in my opinion, is not the chief objection. The eating of sugar and sweets unbalances the ration and interferes with the proper composition itself during growth, thus leaving it especially subject to the ravages of decay.

"The child who has hard, sound, regular teeth needs to be taught the principles of

proper care. This means, of course in the first place, the proper functioning of the teeth. There must be an abundance of chewing of the right kind, and it must be well done. The tooth is different from any

other organ of the body. To be in prime condition, it must be properly exercised. In order that it may be kept from the ravages of decay, it must be kept clean. Eternal vigilance is the price of good teeth."

HEALTHFUL COOKERY

Food Combinations

BY GEORGE E. CORNFORTH



Consider the combination of foods for two purposes. One, that we may eat at the same meal only foods that digest well together; the other, that we combine foods in such a way as to supply all the needed elements in about the right proportion.

Foods that digest well together are:—

- Grains and fruits
- Grains and vegetables
- Grains and nuts
- Grains and milk
- Grains and eggs
- Grains, fruits, and nuts
- Grains, vegetables, and nuts

Foods that do not digest well together are:—

- Fruits and coarse vegetables
- Milk and sugar in large quantities
- Mush and milk and sugar
- Foods cooked in fat

A fair combination is milk and fruit.

To combine foods in such a way as to supply all the needed elements, we should choose something from each of the different classes of food elements; that is, some foods supplying building material, some supplying fat, some supplying starch and sugar, and be sure that there is included among these, foods that supply cellulose and mineral elements.

I will write down some poor meals and tell why they are poor meals, that we may understand the more forcibly, by contrast, what a good meal is.

Unbalanced or One-Sided Meals

No. 1

- Lentil Soup
- Baked Beans
- Cottage Cheese
- Custard Pie
- Milk

Such a meal would contain too much building food. It is too concentrated. It contains too little bulk and cellulose.

No. 2

- Boiled Rice
- Potatoes
- Macaroni
- White Bread
- Butter
- Cake

Such a meal would be made up too largely of warmth-and-work food. It lacks building food and bulk and mineral elements.

No. 3

- Vegetable Soup
- Carrots
- String Beans
- Lettuce
- Tomatoes
- Strawberries and Cream

Such a meal would contain too little building food and too little warmth-and-work food. It is too bulky. It is lacking in nourishment.

It also has the bad combination of fruits and vegetables.

Now, to make balanced meals, it would only be necessary to choose something from each of these poor meals. And it is not necessary to choose a large variety in order to supply all the needs of the body. For instance, a breakfast consisting only of oatmeal and prunes would contain everything a balanced meal needs to contain. The oatmeal and milk would supply the building food. The oatmeal would supply starch. The milk would supply the fat. The milk and prunes would supply the sugar. The starch, sugar, and fat are the the warmth-and-work foods. The prunes would supply the bulk. The milk and oatmeal would supply the calcium and phosphorus. The prunes would supply the iron and potassium. The oatmeal would supply the magnesium.

That the reader may see what exactly balanced meals are like, I will write out meals for one day for a medium-sized person at sedentary work. Such a person would require about 2,100 calories of food. The per cent of this, or 210 calories, should be building food; twenty-five to thirty per cent, or 525 to 630 calories, should be fat, and the rest carbohydrate, or warmth-and-work food. We will let the dinner contain one half of this, the breakfast one third, and the supper the rest. Then, observing what an exactly balanced meal is like, a person can make other meals, imitating it, that will be sufficiently well balanced for all practical purpose.

Lest some of the readers should fail to understand the purpose of my giving these balanced meals in figures, I would state that I would not advise being so careful as to take the trouble of figuring out the calorific value of every meal eaten. I am only giving these meals in this way that the reader may see what exactly balanced meals are like, and how nearly, perhaps, they are like the meals he is in the habit of eating.

Since one ounce of protein, starch, or sugar produces 116 calories, and one ounce of fat produces 264 calories, the calorific value of foods can be figured from a table of percentage composition of food, by multiplying the protein and carbohydrate by 1.16, and the fat by 2.64. This will give the number of calories of protein, fat, and carbohydrate which one ounce of the food yields. By adding these together, we obtain the total number of calories yielded by one ounce of the food. In previous lessons on foods we have given the food value of the food under discussion, in calories per ounce.

(To be concluded)

Two Brothers

(Continued from page 201)

Suddenly the road was barred by the Angel of Peace; the same angel that came in the old days to bless them, but his face now wore a contemptuous expression.

"Why, angel, do you keep me from seeing my brother?" he asked in astonishment.

"Away from here! You are not worthy to live with your brother," answered the holy angel.

Then Nathan told of all the good and great things he had done with the golden treasure, the hungry people he had fed, the sick he had cured, the homeless who now dwelt in fine houses.

The angel replied: "You are still under the influence of Satan's gold, it is he that speaks these words, not you. The salvation of humanity comes not through gold but by personal labour and service."

And Nathan understood.

The two brothers were united again and dwelt as before in peace and contentment; living by the sweat of their brow and helping their neighbours with love and kindness.—
Translated by Sidney Arnold.

TEMPERANCE

The Right to Prohibit

BY ELIHU, JR.

Many good people not among the intemperate class look with disfavour on every legal effort to suppress the liquor traffic, because, they say, by so doing we are interfering with the personal rights of others. We recommend the following lines to the careful attention of all such, feeling sure that none will fail to see in the true basis of civil law just where the right to prohibit is founded.



ALL just civil law is an authoritative expression by civil government of personal human rights. Every true law exists first of all in the personal authority of the individual. These

rights and this authority are the personal heritage by birth of every human soul. What, then, are these inalienable human rights?

1. DEFENSE OF LIFE.—First of all, every person has the right to preserve and defend his own life or that of any other person. Failing in this, he becomes guilty before God and his fellow men. If he fails to defend the helpless, he is worthy of scorn and detestation. In some cases failure to defend makes him partaker of the crime.

2. DEFENSE OF PROPERTY.—Every one has a right to defend his property from any and all attacks. The law of Moses said, "If a thief be found breaking up and he be smitten that he die, no blood shall be shed for him." Defense of a neighbour's property is none the less imperative. Again, under some circumstances failure to defend would make a man partaker in the crime.

3. DEFENSE OF CHASTITY.—It is the plain duty of every man to defend his own or the family of another from all impure attacks.

He who fails to defend is a villain or weakling. A woman who fails to defend her honour to the extent of her ability is counted little better than a harlot.

4. DEFENSE OF REPUTATION AND CHARACTER.—It is not permissible to do bodily injury in return for slander or reproach. Every man's best defense is a correct course of conduct. The civil law assesses damages where it is shown that slander has proved a financial loss to the assailed. This line of defense lies very close to the defense of property, for the best business asset any man can have is a good reputation and character.

THE BASIS OF ALL CIVIL LAW

These rights to defense of life, property, chastity, and reputation form the basis for all civil law. There are no personal civil rights that may not be classified under these four heads, and all jurists agree that they form the foundation of all just civil enactments.

In representative government, when we send men to the halls of legislation, we delegate to them the authority that we possess by reason of these inherent rights. These legislators, thus clothed with the personal authority of all the citizens, are empowered to make authoritative civil laws.

EXTENT OF THE RIGHT OF DEFENSE

We prohibit or regulate the sale of poisons and all articles that are dangerous to life and property and chastity, and we shut up or kill the mad dog or any dangerous domestic animal.

Now we are aware that there are many people not in the intemperate class who look with disfavour on every legal effort to sup-

press the liquor traffic, because they think such a suppression would be an interference with the personal rights of others. To such, and others we now appeal. Does the sale of intoxicating drinks interfere with the comfort and happiness of the community where sold and used? Has that woman and those helpless babes down in that hovel any right to the necessities of life which could be purchased with the money the drunken husband squanders on liquor? Where is their defense when he loses control of himself through having the drink constantly placed within his reach?

Must I be held responsible to use my time and means to supply the necessities of life to the starving, chilling, wretched ones, made so through failure to keep the bottle out of the reach of the poor weaklings?

Does the sale and use of the liquor endanger human life? Does it make men dangerous in their families and in their community? How many murders have been committed by men who took the intoxicant to nerve them for the bloody deed?

Is the sale of intoxicants harmless to life and property? Are men who drink fit to run railroad trains or steamships, to drive automobiles, or to handle horses? Are they fit to act as night watchmen or policemen to guard the lives and property of waking and sleeping citizens?

If you can answer these questions affirmatively, let the liquor flow! Employ a drinking chauffeur for your auto, or a tipsy dude to chaperon your family to the watering place, or call a drunken doctor when you are sick. But the writer will prefer a leave of absence from such conditions and surroundings.

Is chastity safe where liquor is permitted to flow? Would you send your family to a resort for rest and pleasure where drunken guests were harbored, if you could find a clean, sober place? Would you consider your sister or your daughter safe with a man who would lead her to places where drink

was sold, and would drink himself and try to induce her to drink?

Will you answer the question truly, Is the sale of liquors that make men and women drunk, a menace to virtue?

What about the reputation of a man who is sober only part of the time, or of a town only a part of whose inhabitants are ever sober? Are such men and places what they ought to be according to your ideal?

If you had an important case in court, involving your life or property or reputation, would you want a judge who drank, or a jury of tipplers? or would it please you if your witnesses were under the influence of liquor?

Now, what is the matter with the whole liquor business? The strongest impeachment against it is that it is a constant menace to life, property, chastity, and reputation. Every principle of law involved in the defense of human rights may be justly invoked against it.

To prohibit its manufacture and sale as a beverage is no infringement of any man's rights; for no man has a right to damage himself and his family with the drink habit, and no man has a right to force the community to tolerate and repair the damage he inflicts on society when he brutalizes himself and debases others with strong drink, just because some one can make money out of the business. Who is the brave, wise man—he who bars out the enemy, or he who lets him in and then endures the damage he inflicts?

Brother, what will you do when the opportunity is offered you to help cast out this giant evil that is doing so much to debauch human society? Thousands who are suffering from the curse of drink will bless you, and many a weakling who cannot resist the temptation so constantly set before him will live to show his gratitude for having the bottle put out of his reach.

We do not need to shut up the drunkard, as we would a mad animal, after the liquor

men have taken his money in exchange for a curse. All we need to do is to shut out the maddening drink.

"If thou forbear to deliver them that are drawn unto death, and those that are ready to be slain; if thou sayest, Behold, we knew it not; doth not he that pondereth the heart consider it? and he that keepeth thy soul, doth not he know it? and shall not he render to every man according to his works?"

Business and Booze

American Firms Bar Booze

ACCORDING to Mr. C. W. Baines in the *Sunday School Times*, an investigation was made among the great steel and iron plants of Pennsylvania, West Virginia, Ohio, Indiana, and Illinois, composing 140 companies capitalized at more than a billion dollars. Of these, 113 sent replies. Of this number, 107 absolutely prohibited the use of strong drink in their works. "Almost without exception they testify that the abstainer is more efficient, more reliable, and that teetotalers alone are considered when promotions are made." One hundred of these companies report that they are doing everything possible to prevent drinking by employees out of working hours. Eighty-three of the concerns, when employing or promoting men, discriminate against users of alcoholic liquors, even though they drink only outside of working hours. Ten of the concerns prohibit drinking by employees at all times. The following are quotations from some of the replies sent in:—

The Lockhart Iron and Steel Company, of Pennsylvania, replied,—

"When it becomes necessary to reduce the force, regular drinkers are the first ones let go."

The Interstate Steel and Iron Company, of East Chicago, said,—

"We do not allow any liquor on the premises, discharge immediately any man under the influence, preach abstinence through foremen and bulletin board literature, and we are succeeding famously. Most important is the fact that our men also see the good of it."

In the reply of the Follansbee Furnace Company, Follansbee, W. Va., was this statement:—

"The efficiency of a man is reduced in exact proportion to the amount of alcohol he drinks. The total abstainer ranks above the moderate drinker in reliability and efficiency in all classes of work, nearly as much as the moderate drinker does above the heavy, regular drinker."

From the Crane Company, Chicago, came the reply,—

"The moderate use of liquor tends to impair efficiency and reliability, and we do not knowingly employ men who drink, nor advance them to positions of authority if they are employed."

These corporations are not fighting liquor because the officers are Sabbath-school superintendents or Good Templars or members of the Band of Hope, but because they know that liquor, even in moderate quantity, gradually lessens the efficiency of their men, increases the blunders and the number of accidents, and hence makes for smaller profits and a lessened dividend. It is a cold business proposition; but when business is fully awake to the fact that liquor is hurtful, and only hurtful, liquor is doomed.

Leaving off the Drink

DR. RICHARDSON says: "When my mind became turned toward the action of alcohol upon the body, I said: 'Here is a crucial test about the leaving off.' I inquired at the prisons, 'Do you let these people down drop by drop, and gradually reduce strong drink?' 'No,' I found was the response. As the prison door closes, the tap closes so far as they are concerned. Then I asked, 'Do they suffer in any way?' The answer was, 'Never!' And wherever I have made inquiry into discipline and life, I have never once found an instance where it could be shown that the sudden leaving off of strong drink by people was a cause of any disease or any kind of defect whatsoever."

—Selected.

DISEASES AND THEIR TREATMENT

Baldness

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



BALDNESS of the head may be either physiological, when it is probably a matter of heredity, or pathological, when it is associated with disturbance of the nutrition of the hair, whether caused by a tight hat band or some disease. The baldness may be either partial or complete, and temporary or permanent. It is not uncommon to lose the hair after some very severe illness such as an attack of typhoid fever. But in these cases the hair soon grows again, and usually a full and luxuriant growth takes place whether hair growers are resorted to or not.

There must be some reason why men are far more liable to baldness than women. Some think it may be due, at least partly, to the ill-ventilated hats and the tight hat bands which men so frequently wear. The latter must interfere with the circulation of the blood and to a certain extent diminish the nourishment of the hair roots.

Causes of Baldness

The more common causes of baldness may be briefly summarized as follows: heredity, old age, tight hat bands, overheating of the head as when working near a gas jet, fright or other forms of shock, injuries of the scalp, damage or destruction of the nerves of the scalp, dandruff and certain diseases of the scalp including those caused by parasites, and, finally, constitutional diseases and particularly syphilis. Anything that interferes with the nutrition of the scalp must retard the growth and development of the hair, and sooner or later lead to some degree of baldness.

The Treatment

Little or nothing can be done as regards heredity although it is worth while for those who are prone to baldness to seek to maintain as high a degree of general health and vitality as possible. There is no doubt that the state of the general health has much to do with the health of the scalp and the hair. The baldness of old age is due to nutritional changes that creep on with advancing years and serve to lessen gradually but none the less effectively the nourishment of the hair roots. The preventive treatment obviously has to do with food supply and anything that will improve the nutrition of the body as a whole ought to and doubtless will retard the loss of hair. It is always important for those who are advancing in years to maintain a certain amount of daily activity and to cultivate the fresh-air and the outdoor life as much as circumstances permit.

There is little doubt that if men were content to go without hats the growth and the vitality of the hair would be greatly benefited. Although unnecessary in this country except in rare conditions, the wearing of hats by men is a matter of habit and custom and is probably a fashion that will not die out for a long time. Doing without hats would be a very considerable economy both to the individual man and to the nation. If we put the average annual cost of hats per capita for males only at 3/, there would be a total saving of £3,375,000 which would make a nice little contribution to the war funds of the Exchequer. We are inclined to think that an equal amount could be readily saved on the hats of the other sex

and still enable them to wear a modest and comfortable hat. But it must be said that with rare exceptions a lady's hat does not interfere with the health of the hair, so that from the hygienic standpoint they are innocent.

Hair Brush Drill

As far as possible the causes which are at work in destroying the hair should be removed. Furthermore, five or ten minutes should be given to the efficient brushing of the hair morning and evening. Use a medium stiff brush and administer the brushing to all parts of the scalp alike. After the hair drill there is no objection to moistening with a little water provided the hair is naturally oily. But if the hair is dry it is wiser to rub in a very little paraffin, vaseline, or some other plain hair oil once or twice or even three times a week.

Massage of the scalp with the finger tips for five minutes morning and evening is an excellent means of keeping the hair in a healthy state and thus preventing baldness. Faradic electricity, using the wire brush, and also static electricity and high frequency have been recommended for preventing and treatment baldness. In the hands of a skillful physician such electrical treatment can do no harm and there seems every reason to believe that real benefit will accrue.

The Shampoo

It is a good practice to shampoo the hair with soft, tepid water and a mild soap once a week or once a fortnight. This will keep the hair clean and also prove a real aid to the healthfulness of the scalp. It is necessary to wash out the soap well before drying and then take pains to dry both the scalp and the hair so as to avoid taking cold. If the hair is habitually dry and lacks oil a little paraffin may be rubbed in with the finger tips after the hair has been properly dried. But it is a mistake to keep the hair in a greasy state. If the water is hard it should be boiled before using. The addition

of a very little borax to the water will add to the effectiveness of the shampoo.

Diseases of the Scalp

Seborrhœa or dandruff is the most common disorder to which the scalp is subject. There are numerous degrees of dandruff. In the mild form dandruff is little more than a slight excess in the natural elimination of epithelial scales from the scalp, but in the severe degree great crusts of scales form, and if the disease is not treated promptly and efficiently some measure of baldness will follow. If the scales of dandruff are dry and thick it is well to wash thoroughly, using warm water and green soap if necessary. But as a rule a milder soap is all that is required. After the scales are removed the exposed parts should be treated with a little paraffin or vaseline and the shampoo repeated once a week. In the meantime massage of the scalp and the daily hair drill with a brush should be resorted to and this will help to make the cure permanent.

Ringworm of the scalp is always liable to produce more or less baldness if not promptly treated. It is one of the most obstinate of skin diseases to deal with and diligent daily treatment for months is usually necessary for permanent success. An ointment of sulphur or mercury is necessary in dealing with ringworm and should be applied daily and every care should be taken to prevent spreading of the infection. Ringworm, as the name indicates, is a parasitic disease and decidedly catching, so that the greatest care will have to be taken, and especially in dealing with children.

Ordinary eczema of the skin also has a tendency to produce baldness and if for no other reason prompt measures should be taken to treat it and thus bring about a cure. But it is well to bear in mind that constitutional measures are necessary in dealing with all forms of eczema and the diet and drink require careful attention.

When syphilis attacks the scalp the loss of the hair is almost always permanent. In

this case the hair is lost not only from the scalp but also from the face, and the eye-brows too are likely to be affected. It is well to bear in mind that when the hair follicles have once been destroyed no remedy is available to make them grow again, no matter what the claims may be. And, on the

other hand, as long as the hair roots have not been destroyed the hair will grow again whether treated with hair growers or not. Most of the hair tonics, hair restorers, and hair dyes are more liable to do harm than good, and it is an excellent rule to avoid all such preparations entirely.

CURRENT COMMENT

Prevention of Influenza

It is a well-known fact that influenza is a contagious and infectious disease and there is plenty of evidence forthcoming to show that influenza "carriers" are common. A man who is enjoying robust good health possesses a large amount of resistance to cold, to germs, to sickness, and untoward circumstances and conditions of all kinds. But when that resistance has been lowered he naturally succumbs to sickness and disease more easily. Confinement in close, over-heated rooms, whether at home or in business premises, is one of the most common means of lowering physical resistance and thus rendering one more susceptible to colds, influenza, and other disorders. Carelessness with regard to foot covering is another important factor. Cold, wet feet materially reduce the resistive powers of the body and often render one liable to infection. The same results come from sitting in cold, damp, and foul halls, churches, chapels, and theatres, the ventilation of which is usually conspicuous by its absence.

"Eat Less Meat"

WE are still urged by the Government to eat less meat, and if people only realized the benefit in health, strength, and vitality that would ensue by cutting down animal flesh to the minimum there would be no danger of a meat famine. There is no need of taking meat of any kind for breakfast, a small helping once a day provides an ample supply of the repair and building nourishment material which is the chief ingredient of lean meat. When one uses fat in the form of butter or margarine little if any other fat is necessary. A breakfast

consisting of brown or standard bread and butter, oatmeal porridge and milk, stewed fruit such as prunes or currants or a few dates with or without an apple or a banana makes a wholesome, nourishing, and well balanced meal on which to start the work of the day. A few pine kernels or other nuts may be added if desired. Pine kernels make an excellent substitute for ham or bacon and are far superior in food value and wholesomeness.

Garlic juice as a Wound Dressing

A very successful dressing for wounds in the present war has been garlic juice. Efficient drainage is first established, then the wound is washed out twice daily with a lotion of garlic juice and distilled water, 1 to 3 or 1 to 4. A notable improvement was observed within 24 hours, and a decided improvement in 48 hours. In a large number of cases the purulent discharge markedly diminished, and the pain and surrounding inflammation were relieved. The wounds treated included recent, dirty wounds, in which suppuration had not yet occurred; foul, lacerated, suppurating wounds of the face and scalp, thigh, etc.; and extensive superficial burns.

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Care of the Teeth in Tuberculosis

If the proper care of the teeth is generally desirable as a matter of personal hygiene, it is of surpassing importance in those suffering from pulmonary tuberculosis. In these, it is necessary not only to prevent the absorption of poisons from suppurating gums and decaying teeth, but also to provide the patient with as good a masticatory apparatus as possible.—*Bulletin of the Department of Health, New York.*

Dealcoholized Wine

AN Italian farm paper, *L'Italia Agricola* describes a new wine, different from unfermented grape juice in that it contains all the components of wine except the alcohol, including the ethers and aldehydes which give to wines their pleasant flavours and stimulating properties. It also contains the same acids as wine, including trannic acid, which is supposed to be a protective against cholera and typhus fever. The wine is dealcoholized by fractional distillation under low presure.

Deficiency Diseases

AMONG the more common deficiency diseases are rickets, scurvy, pellagra, and beri beri. We have long known that scurvy was due to deficiency in what have been called anti-scorbutic foods and we have also known that rickety children are always benefited by a liberal supply of milk and cream as well as fresh fruit. Scurvy is very rare nowadays even on shipboard because care is taken to provide an abundance of fresh vegetables and fresh fruit, the use of which prevents scurvy. Lemons, limes, and oranges may be regarded as particularly anti-scorbutic fruits, but all fresh fruit and fresh vegetables possess the same property in varying degree.

It is interesting to note that cream and milk contain what is supposed to be a vitamine which is not destroyed by heat. Only very small or rather minute quantities of the vitamines are necessary to maintain normal health and strength but a certain minimum amount appears to be absolutely necessary.

"He used to be a great cricketer."

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The Organism of Mumps

Recent experimental work seems to establish the fact that mumps is caused by a "filterable virus"—some organism small enough to pass filters which would retain the organisms known as bacteria. A number of diseases which long baffled bacteriologists seem to be due to such minute organisms. It is now believed that immune serums can be prepared to protect against mumps, similar to the serums which confer immunity against scarlet fever and measles.

Diet in the Causation of Mental Disease

In the *Lancet* (London) of March 11 Charles Mercier attempts to show that mental disease may be brought on by a deficiency of protein in the diet, or by an excess of fat, starch, and sugar. Most of the cases showed marked improvement or complete recovery when the diet was changed. Among the symptoms were confusion of mind, depression, screaming fits, emotional hyperexcitability, defects of memory, and even hallucinations. Mercier does not believe that diet is usually a factor in the production of mental disease, but that it is in a certain number of cases.

Nuts and Fruits in the Diet of Young Children

Scott, in the *New York State Journal of Medicine*, March, 1916, speaks of the high food value of nuts, particularly in respect to protein and fat. Nuts, he says, are digestible if properly prepared, and should, with fresh fruits, form part of the diet of children after weaning. They are best given in the form of freshly prepared butters made by rubbing nut pastes with fresh fruit juices. Such foods act as mild laxatives. The fruit juices are also of value in scurvy and in many forms of digestive disorders.

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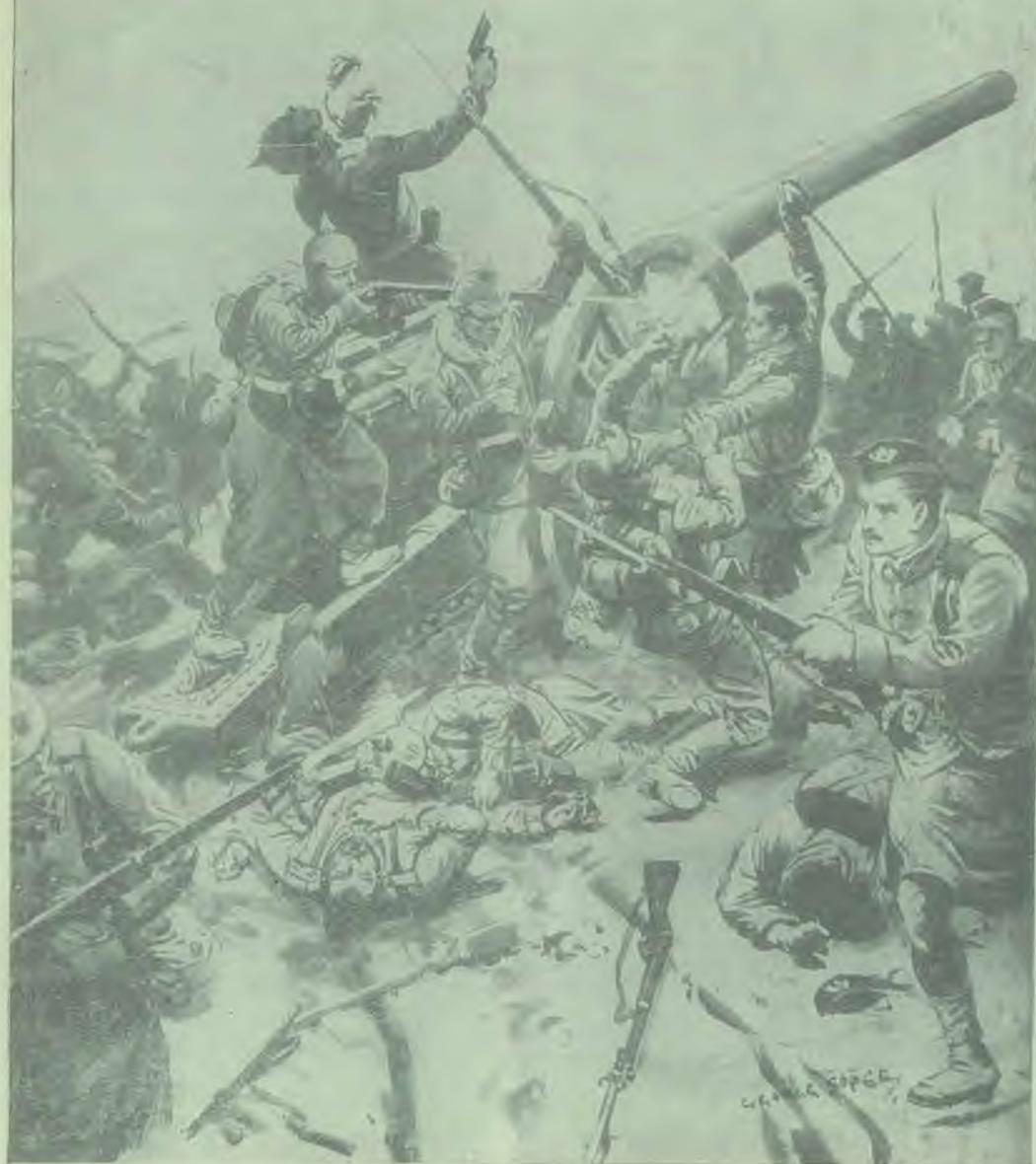
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