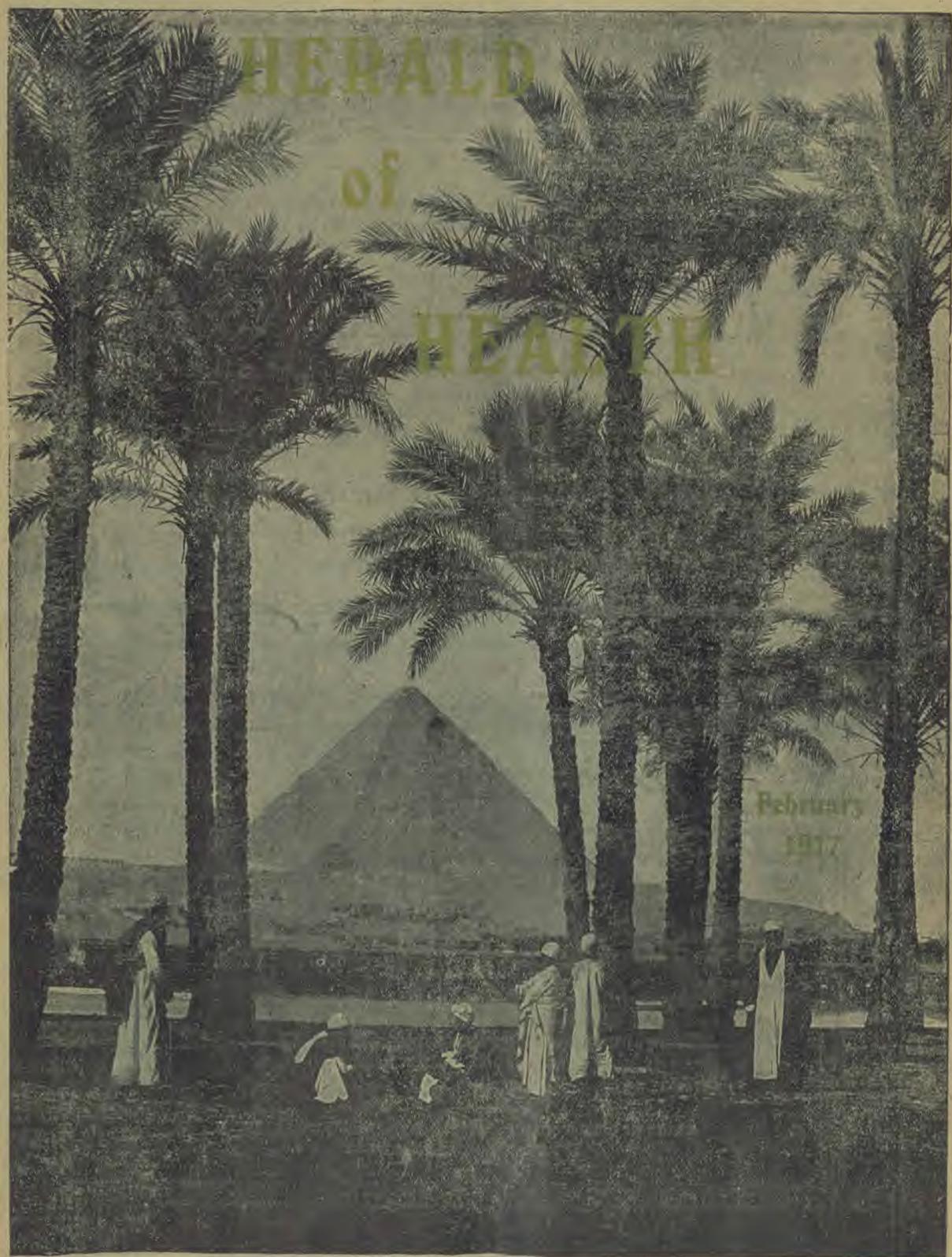


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February  
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H. C. MENKEL, M. D.

Contributing Editor

S. A. WELLMAN

Managing Editor



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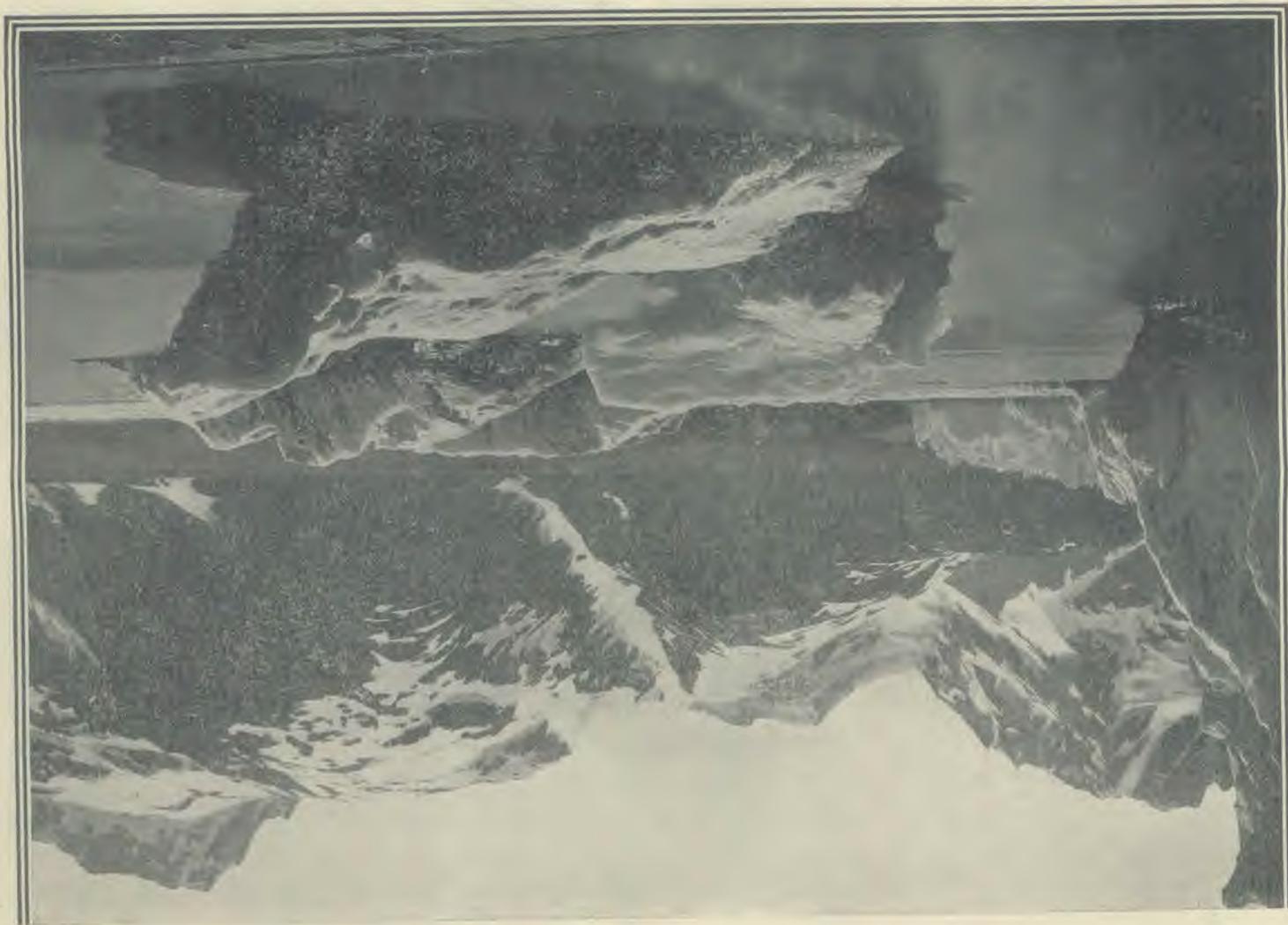
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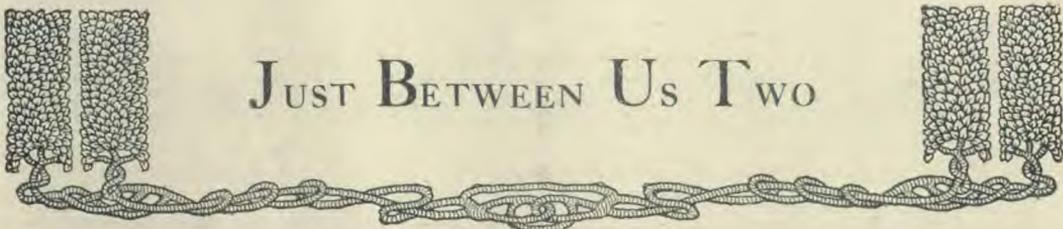
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## JUST BETWEEN US TWO

Q Did you ever meet a dyspeptic? Didn't want to meet him again did you?

Q But did you ever stop to think what made the poor chap such a burden to himself and the rest of us? Nothing in the world but the food he ate.

Q Don't be too hard on him. You may be the next one taking Peter Pepper's Pancreatic After-dinner Pills.

Q Believe me, you and I can't eat any kind of mixture our khansama sets before us, wash it down with a strong cup of tea or coffee, or a peg of—UNO, and expect to live in peace with that stomach of ours forever.

Q Last month we said something about making a success of life, and one condition, you remember, was "proper diet."

Q You perhaps may not believe it now, but just try out some of the general suggestions you get this month about diet and food, and see if there is not more common sense and benefit in them than you imagine.

Q Perhaps you have not known it before, but we are publishing this magazine for your benefit, not our own.

Q We have tried to present medical topics and terms in language that anyone could understand and profit thereby, so that you would be able to keep in better health.

Q We know from many communications received that the efforts we have made were appreciated, and we thank each one of you for your support.

Q Next month the magazine will have a new department added. We are going to have three live medical practitioners, of many years experience in this country, for medical contributors. Each subscriber to HERALD OF HEALTH will have the privilege of asking any question he may desire and have it answered through the columns of the paper absolutely free of charge. This alone will be worth the price of the whole year's subscription.

Q Now, we want your cooperation in order to make the magazine a real success, and we are sure from past experience that you will not disappoint us.

Q Here is our plan:—  
Any person sending in four new yearly subscriptions at Rs. 2 8-0 each (Total Rs. 10) for HERALD OF HEALTH, will receive his own subscription absolutely free for a year.

Q Another way you can help is to renew your own subscription when it expires.

Q If you will give us a good strong helping hand along these lines, we shall do our very best to make this magazine of yours and mine the truest and most welcome friend of yourself and family.



# General Articles

## Eating to Live

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

**N**UTRITION is what the body requires, rather than stimulation and irritation. Hence good digestion is best encouraged by the omission of most of the dietetic accessories which one finds on the average table. The use of mustard, peppers, curries, and all similar hot and irritating articles, is decidedly detrimental to good digestion and sound health. Most condiments have a decidedly irritating and exciting influence upon the delicate mucous membrane of the stomach, and interfere with and even retard the digestive process. The proper procedure is to develop the natural flavours of the food in cooking rather than to mask them by the use of savouries and condiments.

### Cakes and Sweets

Anything like the free use of sweets, sweetmeats, sugar, jams, marmalades, preserves, cakes, tarts, pastries, and similar articles, must also be seriously deprecated. While the sparing indulgence in some of these articles at rare intervals is of little consequence, still their common use must be regarded as one of numerous factors which encourage digestive disturbances. It is, in more ways than one, a waste of money to spend it upon tid bits. When we bear in mind that the starch of vegetables, rice, and all cereals is changed into sugar in the process of digestion, we can readily see the wastefulness of taking cane sugar,—and, by the way, the two sugars are not the same. Ordinary cane sugar is not capable of assimilation into blood, but must be changed into another form by intestinal digestion.

### The Number of Meals

The people of this prosperous country are given to too frequent eating. Many people

take food as often as five times a day, and there are few who do not take it at least four times. There is every reason to believe that three meals are ample, and more frequent feeding is undesirable. Breakfast in the morning, dinner at noon-time, and suppers in the early evening, provide all that the healthy body requires, and more frequent eating cannot be recommended except in the case of certain invalids.

### Eating between Meals

Eating between meals is decidedly injurious. Too frequent meals and eating between meals gives the stomach no rest. Under such conditions it will always contain food in various stages of digestion and fermentation. Such fermentation processes brought on by micro organisms of one kind or another are unnatural, and give rise to flatulence and the the formation of various poisons which, on assimilation into the blood, cause headache as well as other aches and pains, and a general feeling of drowsiness and malaise. This rule about not eating between meals applies to children as well as to adults, but perhaps is even more urgent in the case of the former.

### Over-eating

The question is not how much food can be put into the stomach, but rather how much can be properly digested and assimilated into the blood. Strictly, food in the stomach is still outside the body, although it is capable of causing a great deal of discomfort and pain. Taking too much of even the plainest and most wholesome food throws unnecessary work upon the digestive and eliminative organs, and if the practice is continued for

any length of time it must lead to dyspepsia, if not to some more serious disorder.

#### Natural Hunger

We wonder how many people wait for natural hunger before partaking of their food. When a man is really hungry, his digestive organs are almost always prepared to deal with the food which he takes, providing it is reasonably wholesome and properly masticated. If the quantity of food were limited to the real requirements of the body, and if people should now and again skip a meal when they are not actually hungry,

drinking is, and this is particularly true of certain unfortunately common drug drinks, such as tea and coffee.

#### Tea, Coffee, and Cocoa

If we were to make the statement that nine out of every ten people in India are to-day enslaved by the use of a poisonous, habit-forming drug, many people might be surprised into asking: "What is it?" The answer is: Tea. According to Dr. Robert Hutchison, tea is "*in no sense a food*," but it is, on the other hand, a poisonous narcotic beverage. Its daily use soon sets up a craving

for it which is oftentimes exceedingly difficult to overcome. Tea, like tobacco, has a pleasant, soothing influence, which arises, however, from the benumbing, paralyzing effect of the drug upon the sensory nerves. When this temporary effect passes off there is a demand for another cup of tea, so that many people are kept under its influence more or less constantly, except while asleep at night. Many people

find it necessary to have a cup of tea in bed in the morning, and by its frequent use keep themselves in a state of seminarcois.

#### Alcoholic Beverages

It is only necessary to mention these drinks in order to roundly condemn their use. Alcohol is in no true sense a food. It does not benefit the body in any way whatsoever, but its influence is, on the contrary, always harmful, whether we regard the nervous system, the digestive organs, heart, kidneys, or the liver. The unnatural craving, not only for alcohol, but also for tea, coffee, and cocoa, is one of the most common symptoms of dyspepsia and debilitated nerves.



FIT FOR A KING

they would not only enjoy plain food better, but also escape much of the stomachic disturbances from which they are prone to suffer. The best sauce, by the way, for either breakfast or dinner, is exercise in the fresh air, which always brings a natural desire for food.

#### Drinking with Meals

The free drinking of any form of fluid with the food not only interferes with mastication by washing down the food into the stomach too rapidly, but also has the effect of diluting the digestive juices and thus retarding digestion. An occasional sip of fluid is not particularly harmful, but free

#### Extremes of Heat and Cold

The frequent use of very hot drinks or foods, or ice cold drinks or foods, must also be emphatically forbidden. Were we to consider the welfare of the teeth alone we should be obliged to condemn utterly both hot and cold drinks and foods. Extremes of cold and heat in the food have a debilitating effect upon the digestive organs. They also interfere with the proper mastication of the food, and their influence must be regarded as another important factor in the production of dyspepsia.

Furthermore, there is abundant evidence to show that foods or drinks which are intensely hot or cold cause irritation in the stomach which is likely to lead to the growth of cancer.

#### "Digestive Pills"

"Eat what you please, but take our Digestive Pills afterwards," is the substance of an advertisement we once saw. It is a complete fallacy to think that any digestive pills are beneficial, and the same, by the way, is true of all digestive teas and coffees. The name is an entire misnomer. We trust that some day we shall as a people, learn that the only benefit of the use of patent medicines and secret remedies is that which is conferred upon the pocket of the manufacturers and vendors. The consumers never sustain anything but injury from the use of such medicines, either directly through their poisonous effects or indirectly by neglecting a disorder which should be promptly and properly treated.

#### Constipation

Let no one think that he has a good digestion if he is suffering from constipation.

Sluggish bowels as a rule mean a sluggish stomach and a torpid liver. By careful dieting and particularly by the selection of mildly laxative fruits, such as figs, dates, prunes, grapes, bananas, oranges, etc., it is possible to cure most forms of constipation. Olive oil in dessertspoonful doses at breakfast or dinner makes a most valuable remedy for inactive bowels, and it is at the same time a nourishing food.

#### Muscular Exercise

A quiet, inactive, sedentary life where there is a great deal of sitting in a more or less close or overheated room is another important factor in the production of dyspepsia. Properly to utilise the food eaten one must engage in a reasonable amount of physical exercise daily. A brisk walk in the fresh, bracing air, a spin on the cycle, a round of golf, a game of lawn tennis, or croquet, or some similar exercise—all these make excellent antidotes for dyspepsia.

#### A Final Don't

If we were not to raise a warning against the common habit of worry and of taking anxious thought for the morrow this article would be very incomplete. Bolt your food with little or no mastication, and then worry about your digestion or business or family cares, or anything else, and you are doing your best to court indigestion and dyspepsia. The man or woman who expects to enjoy a good digestion and sound health must overcome the habit of worry, and be able to bring to the breakfast or dinner-table a cheerful countenance and hopeful, optimistic spirit.



# Controlling Cancer by Dietetic Reform

BY THE LATE DAVID PAULSON, M.D.

THE cancer plague, from a medical standpoint, is the liveliest and yet the most *deathly* problem that confronts the human race. Medical science is slowly but surely compelling malaria to retreat. Diphtheria has been robbed of its terrors, and the deathrate from tuberculosis is decreasing year by year, while that from cancer is increasing at an amazing rate.

## Cancer Stands Second

Dr. Charles A. L. Reed, of Cincinnati, Ohio, U. S. A., formerly president of the American Medical Association, says:—

"I am not an alarmist, but I cannot shut my eyes to the facts that are forced upon me in my daily experience. That experience teaches me that cancer is increasing in this country literally by leaps and bounds. Tuberculosis causes more deaths than any other one disease. Cancer is now *second* on the list. In less than ten years, if present tendencies are permitted to continue, their positions in the death dealing category will be reversed."

In England, while the death rate from tuberculosis has been cut in two in the past generation, that from cancer has increased threefold. There are cities in Great Britain where the death-rate from cancer is already *greater* than that from tuberculosis.

## Too Much Civilisation

Dr. Robert Bell, physician in charge of cancer research at Battersea Hospital, England, said:—

"Cancer is to a large extent the *bitter fruit* of our so called civilisation. We are of necessity compelled to come to the conclusion that cancer is one of the many evils for which civilisation is solely reponsible."

Dr. Roger Williams, a cancer expert of world-wide reputation, has shown that wealth, with its tendency to luxury and idleness, greatly increases the *tendency* to cancer.

Dr. Ewing, another eminent authority, says that cancer chooses a notable portion of its victims among the well-nourished and indolent. Cancer is a growing penalty on a *one sided* civilisation.

Dr. Bell furthermore declares that cancer is nature's protest against disobedience, and is the *penalty* she imposes upon those who have ignored her teachings.

## The Ideal Cancer Diet

Dr. Albert S. Gray, the popular health writer in the *Chicago Daily News*, said that a group of the most advanced physicians for a hundred years have testified that there is a close connection between cancer and *dietetic errors*.

Dr. Evans, formerly health commissioner of Chicago, states that people who belong to families where cancer predominates should live abstemiously.

More than twenty years ago, Dr. Banks, of London, suggested that the principal cause of cancer was the *great increase* in the consumption of animal food.

Dr. L. Duncan Bulkley, formerly the senior physician to the New York Skin and Cancer Hospital, has been a close student of this entire question for more than thirty years, and has naturally had a wide experience with cancer cases. He has recently written a notable book entitled, "Cancer, Its Cause and Symptoms." He asserts that the use of meat in England has *doubled* during the past generation, until now they consume 130 pounds for every man, woman, and child in the land; and during this same length of time, cancer has increased *fourfold*; while in Ireland, where the consumption of meat is only one-third that of England, the deaths from cancer are only one-half as great. He states that in Italy, which consumes the least meat of any European country, the cancer death rate is practically the lowest in Europe. He calls attention to the striking fact that in

the United States, the consumption of meat has increased until the Bureau of Agriculture in Washington has found that it has reached the excessive amount of 172 pounds for every man, woman, and child. At the same time cancer has increased so rapidly that in some of the large cities it is now responsible for seven or eight per cent of all the deaths.

#### The Relation of Meat-Eating to Cancer

In a paper read before the American Medical Association, Dr. Bulkley said:—

"In striking contrast to the enormous extent and increase of cancer in meat eating communities may be mentioned the almost entire absence of the disease in regions where the diet is largely confined to the products of the ground. During a rather extensive trip through the far East, I was unable to see or even hear of any cancer, although I met a large number of medical men, and made enquiries in regard to the same in district hospitals, with a total of many thousands of patients. In Japan, Korea, China, the Philippines, India, Siam, and Egypt, I got the same response—that cancer is *rarely seen* among vegetarian people."

Ehrlich, a famous German investigator, found that when mice live upon a rice diet, they cannot be inoculated with cancer; while mice living on a meat diet can be made to take cancer readily, and the cancerous tumours develop quickly, and continue to grow until they destroy the animals. He even found that when cancerous mice were placed upon a rice diet, the tumours ceased to grow, and in many cases disappeared.

#### A Cancer-Free Community

Russell, who has made a monumental study of this question, makes this interesting observation in his book, "Preventable Cancer":—

"The Russian Dukhobors have existed as a community about a century. They are plain-living, and do not eat flesh or stimulants. About seven thousand of them immigrated to Canada when expelled from Russia. They refrain from fish, flesh, and fowl as food, and live on fruit, vegetables, and nuts,

Cows are kept for milk. No tea or coffee is drunk. Wholesome bread, jam, honey, and vegetable butter from sunflower seeds are eaten regularly. The houses are roomy, airy, and clean. The people are scrupulously clean, regular, and orderly. I have just heard from the manager that he has never known of any cancer among them."

Professor Madden, of Cairo, writes that it is the consensus of opinion among the medical men of Egypt that cancer is never found among the black races of that country who live almost entirely upon a vegetable diet, but is somewhat common among those who live and eat much more like the Europeans.

#### Other Dietetic Errors

Russell writes: "I have brought forward much evidence to show the disastrous effect of the excess in diet, of stimulants, and of alcohol, especially in the form of beer, and of hot drug drinks, such as tea and coffee, a *drug* belonging to the class of potent vegetable poisons which is the ordinary daily drink of millions of people. Moreover, these drugs are usually drunk hot."

Dr. Bulkley notes the fact that the people in the United States consume *one-third* of all the coffee produced, or more than Germany, Austria-Hungary, France, and Great Britain combined.

Dr. Mayo of Rochester, Minnesota, U.S.A., who has no doubt performed more surgical operations than any other man living, says that nearly one third of all the cancers of man are those of the stomach. He raises the question whether it is not possible that there is something in the habits of civilised man, in his cooking or the preparation of his food, that favours this condition; whether the taking of such hot foods does not have something to do with the development of cancer. He says that foods and drinks are often swallowed *hotter* than they can be held in the mouth, though the stomach is not so well protected as the mouth against the effect of heat; but as it does not have sensitive nerves the injury is not immediately manifested by pain.

## Tea, Coffee, and Cancer

Russell asserts that cancer has steadily and rapidly increased wherever there has been a steady and rapid increase in the consumption of rich foods and hot or toxic drinks, tea and coffee. He says that when natives among whom cancer does not occur, adopt this fare, they quickly become *subject* to the disease.

## Auto-Intoxication Favours Cancer

Dr. Bulkley is convinced, after a vast experience with cancer cases, that there is a very close relationship between auto-intoxication, stagnation of the bowels, and cancer.

Dr. Arbuthnot Lane, an English surgeon of world wide reputation, says that cancer is invariably the *last* chapter in the story of chronic intestinal stagnation. Dr. Bell insists upon the following three points as a *preventive* of cancer: thorough mastication of food, a daily complete evacuation of the bowels, and living in a pure atmosphere.

For the prevention of stagnation of the bowels, he recommends apples and carrots as especially excellent articles of diet, and genuine Graham bread, made of flour ground in an old-fashioned burr mill. He says the white bread so generally consumed is a poor substitute, and should be avoided.

## Is Cancer Ever Cured?

Dr. Bulkley, in his recent book, records a number of cases of undoubted cancer in the early stages, where the disease *disappeared* when the patients were placed upon a strict vegetarian diet, with tea and coffee excluded, and proper attention was given to the bowels, and other hygienic measures were adopted.

Dr. Bell reports a case in which the open air treatment was given, the bowels were thoroughly flushed every day, and the diet was restricted to non-cooked green garden stuff, vegetable juices, fruits, milk, and eggs beaten in milk; and within three months all traces of the disease had disappeared.

## Surgery, X-Ray, and Radium

When the blood and the tissues have so nearly lost their *vitality* as to permit cancer to flourish, it is too much to expect, except occasionally, that even a thorough reformation will result in a cure. This article is written to *induce* tens of thousands who would otherwise have cancer within the next few years, to leave behind forever their juicy beefsteaks and their toxic tea and coffee, and eat instead, plenty of fruits, green vege-

(Concluded on page 46)

## A Message to Garcia

WHEN war broke out between Spain and the United States, it was very necessary to communicate quickly with the leader of the Insurgents. Garcia was somewhere in the mountain fastnesses of Cuba—no one knew where. No mail or telegraph message could reach him. The President must secure his cooperation, and quickly.

What to do?

Some one said to the President: "There is a fellow by the name of Rowan will find Garcia for you, if anybody can."

Rowan was sent for and given a letter to be delivered to Garcia.

How the "fellow by the name of Rowan" took the letter, sealed it up in an oil skin pouch, strapped it over his heart, in four days landed by night off the coast of Cuba from an open boat, disappeared into the jungle, and in three weeks came out on the other side of the island, having traversed a hostile country on foot, and delivered his letter to Garcia—are things I have no special desire now to tell in detail. The point that I wish to make is this: McKinley gave Rowan a letter to be delivered to Garcia; Rowan took the letter, and did not ask, "Where is he at?" . . .

General Garcia is dead now, but there are other Garcias. No man who has endeavoured to carry out an enterprise where many hands were needed, but has been well nigh appalled at times by the imbecility of the average man—the inability or unwillingness to concentrate on a thing and do it. Slipshod assistance, foolish inattention, dowdy indifference, and half-hearted work seem the rule; and no man succeeds, unless by hook or crook or threat, he forces or bribes other men to assist him; or mayhap God in His goodness performs a miracle, and sends him an angel of light for an assistant.

You, reader, put this matter to a test. You are sitting now in your office—six clerks are within call. Summon any one and make this request: "Please look in the encyclopædia and make a brief memorandum for me concerning the life of Corregio."

Will the clerk quietly say, "Yes sir," and go and do the task?

On your life he will not. He will look at you out of a fishy eye and ask one or more of the following questions:—

Who was he?

Which encyclopædia?

Where is the encyclopædia?

Was I hired for that?

Don't you mean Bismarck?

What's the matter with Charlie doing it?

Is he dead?

Is there any hurry?

Shan't I bring you the book and let you look it up yourself?

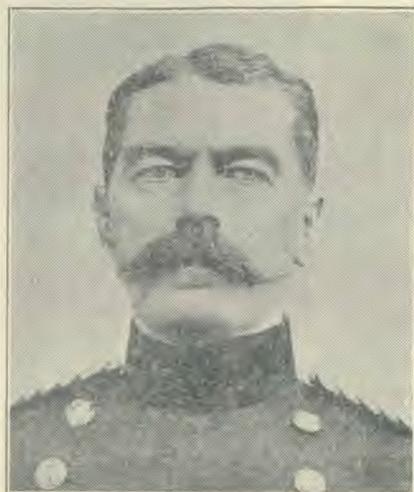
What do you want to know for?

And I will lay you ten to one that after you have answered the questions, and explained how to find the information, and why you want it, the clerk will go off and get one of the other clerks to help him try to find Garcia—and then come back and tell you there is no such man. Of course I may lose my bet, but according to the law of average I will not.

Now if you are wise, you will not bother to explain to your "assistant" that Corregio

is indexed under the C's, not in the K's, but you will smile sweetly and say, "Never mind," and go and look it up yourself.

My heart goes out to the man who does his work when the "boss" is away as well as when he is at home. And the man who, when given a letter for Garcia, quietly takes the missive, without asking any idiotic ques-



"THE WORLD TURNS ASIDE FOR THE MAN WHO KNOWS WHERE HE IS GOING"

tions, and with no lurking intention of chucking it into the nearest sewer, or of doing aught else but deliver it, never gets "laid off," nor has to go on a strike for higher wages. Civilization is one long anxious search for just such individuals. Anything such a man asks shall be granted. He is wanted in every city, town, and village—in every office, shop, store, and factory. The world cries out for such; he is needed, and needed badly—the man who can carry a message to Garcia.—*Elbert Hubbard.*

King Albert of Belgium drinks nothing but water and is a giant in strength. Between his two hands he can bend an inch wide bar; he can take his fourteen-year old boy with one hand and his ten-year-old daughter with the other and hold them out at arm's length.

# DISEASES AND THEIR TREATMENT

## Measles: Causes, Symptoms, and Cure

BY FREDERICK ROSSITER, M.D.

THIS is one of the most common diseases of childhood, and was first described by Ahrun, a Christian priest and physician of Alexandria, in 610. It prevails in epidemics in Europe, Asia, North and South America, and the islands of the sea. Epidemics of measles die out in two or three months for want of material. Measles is very uniform in its signs, symptoms, course, and complications, and is not to be feared as is scarlet fever, although measles has nearly depopulated aboriginal tribes when first introduced by travellers.

### Causes

The poison is transmitted by means of clothes or through the air, for it is very diffusible. Measles, like *la grippe* and other infectious diseases, respects nothing but sanitation and sound health. Dirt, filth, lack of sunshine, poor ventilation, poor blood,—all favour and encourage the spread of the disease. The infection is associated with the nasal and bronchial secretions, hence it is most infectious in the beginning of the attack, and the infection may be transmitted three or four days before the eruption begins. Measles occurs most commonly between one and five years of age. As a rule, measles attacks but once.

The incubation, or lapse of time between exposure and the appearance of the first symptoms, is fourteen days.

### Symptoms

Chilliness, sneezing, increased nasal secretions, watering of the eyes; eyelids are red, light is painful; cough, expectoration, nose-bleed; and the child is feverish, drowsy, listless, fretful; the temperature rises to 100 or 103 degrees until the second day, when it

may drop nearly to normal, and then it rapidly rises again to 102 or 104 degrees during the eruption. It remains high for two or three days, and then rapidly subsides in a few hours. There is headache, pain in the back and limbs, coated tongue, dry lips, loss of appetite, at times nausea and vomiting, constipation; the glands in the neck are enlarged, and often the bronchial disturbances are very marked.

The eruption usually appears on the morning of the fourth day, but it may occur on the third or fifth day. It manifests itself in spots about the size of a pinhead, slightly elevated, dark red or tinged with blue, first showing itself above the temples, near the ears, or on the chin and face, then spreading rapidly all over the body. These little spots run together and form crescents.

The eruption in measles usually appears first on the mucous membrane of the mouth in the form of bluish-white specks on a red background. These are called "Koplik's sign." These spots appear a day or two before the red spots mentioned above, and are first seen opposite the molar teeth.

The tendency of the eruption in measles is to form blotches. In two or three days the eruption begins to fade, and the outer skin comes off in small branny scales. During the time this is going on there is little if any fever. In black measles there is hemorrhagic condition of the skin and mucous membrane. This form is attended with great prostration.

The course of measles is as follows, if uncomplicated: Ten to fourteen days, incubation; three days, invasion; three days progress, and three days of decline.

### Complications

Among the more serious complications are the following:—catarrhal pneumonia, croupous pneumonia, tuberculosis, inflammation of the middle ear, ulceration of the cornea, inflammation of the eye, and gastro-intestinal catarrh.

### Treatment

The disease cannot be cut short, but must be allowed to run its course. The patient should be placed in a well-ventilated room, isolated, temperature at 65 to 70 degrees. The room should be light, but the eyes must be carefully shaded with smoked glasses, or by screens, otherwise they may be seriously injured. Unless the eyes can be protected in this way, the room should be kept dark; this, however, is not best for the patient. There should be absolute rest in bed, and a fruit or liquid diet. If the eruption is slow in appearing at first, the body of the patient may be sponged with hot water, but care should be taken that the patient is not exposed. If the eruption prematurely disap-

pears, or strikes in, give a hot bath and keep the skin well oiled with cocoanut-oil or vaseline. The cough, as a rule, needs no special treatment. If it does, put on the chest at night a cloth wrung from cold water and covered with several thicknesses of flannel, and use a nebulizer containing sixty grains each camphor and menthol in four ounces of albolene. Until the eruption appears, the fever should be controlled by warm baths or hot or tepid sponging. Keep the eyes cleansed with a solution of boric acid, ten grains to an ounce of water, and smear the edge of the lids with vaseline. Keep the bowels open with enemas, at 90 degrees, for constipation is the rule. After the eruption appears, if the temperature remains high, give an enema at 80 degrees three times a day, and sponge the patient with cool water.

In very many cases, measles runs such a mild course that, aside from rest and care in diet, but little else need be done. In all cases exposure during convalescence must be avoided.

## Test Yourself

**Y**OU should be able to walk ten miles with ease. Are you? The only way to find out is to try it—not all at once, but see if you can work up to it.

You should be able to enter into conversation with a stranger of your own sex (under suitable circumstances), courteously, agreeably, and profitably. Are you? Try it.

You should be able to entertain company at your own table so that all present will enjoy themselves. Are you? Try it.

You should be able to read a volume of history, biography, essays, or poetry, with as much real enjoyment as a novel. Are you? Try it.

You should be able to listen to a sermon or a lecture on a substantial subject, and carry away the main points so that you can repeat them afterward. Are you? Try it.

You should have mental resources so that, if left alone for a day, you will be good com-

pany for yourself, and be happy all day long. Have you? Try it.

You should have grace enough to submit to insult or injustice patiently, put up with crossness serenely, and answer anger with love. Have you? Try it.

You should be able to read your Bible by the book instead of by the chapter or verse, and delight in the reading. Are you? Try it.

You should be able to pray for at least fifteen minutes by the watch (mechanical?—there is no other way of getting at the facts), and still have much left that you want to talk over with your heavenly Father. Are you? Try it.

These all indicate fundamentals of the physical, social, mental, and spiritual life. Have you ever tested yourself in regard to them, strictly and honestly? If not, do it. I dare you!—*Amos R. Wells, in the Christian Endeavor World.*

# MOTHER AND CHILD

## What Really Happened

(Concluded)

WHAT happened to the little boy? I don't think I'll tell you in real language what happened to the little boy, because I don't think either you or I could stand it. But I'll set down some dry facts, which bear on the question, and comment on the situation in safely sterilized pseudo-scientific terms, guaranteed to be insulated from any personal emotion.

When the little boy was born, although he was as fine a baby as ever lived, he was by no means a perfect specimen of humanity. Like all of his kind, he was born blind and deaf, and had very little sense of taste and not much sense of touch. He put in the first year of his life acquiring all these senses, and he made a fine job of it, thanks to his excellent constitution and the care his mother took of him.

But even then he was by no means completed. He had, as you will remember, a finely delicate set of nerves; but, of course, they were not as yet adequately linked up, either with one another or with the world; and now he was busy every waking moment on this new job of adjusting and settling his nervous system, ready for the long lifetime of hard, accurate service expected from it. Everything was grist that came to that little mill; every sight, sound, sensation, impression—the little boy's brain took them all in, and began arranging them for future reference. Little by little his nerves began to get hooked up in the right order, and because he was a very normal child, they began to

give him accurate information about what was outside him in the world.

All this information was stored away by the little boy's brain according to the law of association, that law which makes us hold a flower up to our nose, although we may never have seen that kind of flower before.



It's the law which, after one experience with fire, makes us take hold of the lower end of a burning candle, and not of the flame; it is the law by means of which we have from babyhood sorted out and set in order the vast numbers of sensations brought us by our nerves.

The little boy was in full swing of this process, and fairly breathless with his interest in it. Every single object in his world was becoming enriched with an ever-increasing cluster of associations. The cat was all thick with them, associations of softness, and purriness, and occasionally of scratchiness. When he looked at her now, all her qualities were present to his mind, and he no longer needed to feel of her to know that she was soft. He did not even need to see her. If

he heard the word "cat," the little boy's nerves instantly presented him with a neat, well-ordered group of all the things he knew about a cat. And so it was with everything. Soap meant a white, wet smoothness, and the "give" of it under a vigorous digging fingernail; and scissors meant—but we'd better not say anything about what scissors meant to the little boy.

In fact, I find that it is very hard to bring myself to put down, even in the driest words, what happened to the little boy at the moment when his investigation into the nature of things made him inconvenient to his mother's plans for impressing Bella Parsons. I think I will not try to tell you at all.

It is safer not to attempt to tell you for fear of using too strong language. It's best not to try to give you any idea of how the little boy screamed and screamed until he lost his mind as truly as any fear-crazed person in a burning theater, nor how all the delicately adjusted mechanism of his little body was knocked temporarily all crooked, as the mechanism of a grown man's body is twisted by the emotion of being under fire on the battlefield for the first time; nor how later, as he lay in his little bed, sobbing and crushed, his fear, his horror, his inability to understand, and his hatred, poured veritable poisons into his blood, as though his mother had given him a dose of strychnine.

No, although all those, and many more, are plain, well established facts, we will not describe them, because there are plenty of unpleasant things in real life without reading about them in stories. And, anyhow, he was only a baby of three, who had destroyed what would cost at least eight sacred dollars to replace, and he had very properly been spanked for his mischief. It wasn't a hard spanking either. We have his mother's word for that.

Let us therefore look the other way from the bed where the little boy lies sleeping it off, with an occasional nervous tremor running over him; and let us observe the more cheerful phenomenon of his astonishing capacity for readjustment. For he was made of

sturdy stuff, and he rose up the next morning, made over by his sleep, perhaps not quite so rosy as the day before, but quite as lively and alert as ever, and quite as hungry for his breakfast and for life. Externally, he looked exactly the same child, and if internally he had added to his old associations about cats, and stoves, and flowers, a whole new set of associations connected with his mother and a certain tone of voice and a certain look in her face, why, all this was quite invisible, did not induce a degree of fever which would have showed on the clinical thermometer, and so nobody was troubled about it.

"All this" became, however, troublesomely visible again, the day after Bella Parsons' visit began. Like most visits of this sort, it brought with it a considerable amount of nervous tension for the household, and the little boy's nerves recorded nervous tension as accurately as a wireless apparatus records vibrations. In addition, his nerves were quicker to feel nervous tension than ever before. He didn't like the visiting lady either, because he soon learned that she thought little boys a great nuisance and always likely to be in some mischief. It was very trying for his young mother, so anxious to have everything "go exactly right" in the presence of her critical acquaintance, when her little son, on the second morning of the visit, refused to go and shake hands with Mrs. Parsons. Although he could not have told why, the little boy refused because he felt that Mrs. Parsons wanted to shake his hand as little as he wanted to shake hers. But he did not know that he felt this impolite analysis of the situation. He only shook his head and backed away.

His mother did not, as you might think she would have done, thereupon consider the question of exactly how valuable it was for a three-year old boy to shake the hand of a lady who considered him a nuisance. No, she stiffened all over her nervous young body, because she knew her visitor was looking at her with malicious eyes, and she said in a stern voice, with a vibration of anger in

it like the shimmer of heat over a red hot bar, "Come right here this minute, and do what I say." That was what had been said to her in her childhood, and the words flowed smoothly from her tongue.

Now, human bodies are so constituted that by far the most vivid impression the little boy got from this speech was from the heat of anger in the voice; and—again that is the way we are all put together—this came to him accompanied with a horrifyingly clear and burningly prompt association. That was the way his mother's voice had sounded in the guest-room. This recollection instantly tied his nerves up tight in aching ganglia again, so that all the quick, pleasant give-and-take between them and his intelligence was gone. They no longer told him accurately what was happening in the world. They only burned, and twitched, and snapped with the recollection brought to them by that tone in his mother's voice.

So it happened that he did not step forward and shake Mrs. Parson's hand. He was now only dimly aware that there was any Mrs. Parsons in the world. He stood perfectly still, his face very deeply flushed, his

jaw set hard, his hands and feet as cold as ice, and a sick, dull look of anger in his eyes,—his eyes which we have seen shining like stars. He was in the state of mind which, two centuries ago, was called madness or insanity, which doctors nowadays call hysteria, and which his mother called stubbornness.

But she did not call it stubbornness in herself as she stood there facing him, her own sensitive nerves jangling fiercely. No; although she was in precisely the same state of mind as her son, she called it firmness; nor did she perceive in it a considerable admixture of fear lest Bella Parsons report to her wealthy in-laws that her old friend "could not make her little boy mind."

If at this critical moment she had taken her little boy by the hand, led him quietly upstairs, given him a warm bath, several degrees hotter than usual, and laid him gently down on a bed in a silent darkened room, with plenty of fresh air, those terribly tense nerve knots of his might have relaxed, and his blood might again have circulated freely, so that his feet and hands would have lost their icy chill. Then, the next time the heat



A LITTLE CHILD SHALL LEAD THEM

of anger shimmering ominously over her voice had brought back those brutal associations of violence and rage to pluck with tragic finger at her little son's nerves, if she had taken him out to his sand pile, and left him alone to watch the clean white sand slide between his fingers till his heart had gone back to its normal pulse; and so and so and so for several months and years, why, perhaps she might have got her little boy back to the state he would have been in if, upon entering the guest-room, she had sat down by him and by intelligent, patient questioning had extracted from him and corrected his baby idea that if it was all right for strange women to sit cutting cloth into strips, it was all right for a little boy to do the same. Perhaps—let us hope so. Let us forget the hard law of nature, which never lets us undo anything.

However, she did none of these things. Poor young mother! But the point is to tell you what she did do. She said to herself: "I must be firm now. It's now or never! It's for his own good!" and then, with one eye on Bella Parsons' wealthy in-laws, she put on his shoulder a nervously gripping hand which conveyed to his little mind ten thousand more quivering associations of violence and rage. And she pushed him forward, not very gently, and when he would not shake hands, being by this time practically blind with anger and fear and horror, she shook him; and finally she took him upstairs and—No, decidedly, I will not give you even an outline of what passed between this loving, well-educated American mother and her son. Besides, there was nothing unusual in it. Very likely her neighbour next door was doing the very same thing to her little son.

After a time she came hastily out of the nursery,—the nursery she had spent so much loving care upon,—and locked the door behind her. Instantly there was a sound of furious kickings on the door, and beatings with small, clenched fists; and a strange, shrill, choked, suffocated voice, which had

never been heard in that house before, began shrieking out: "I hate you! I hate you! I wish I could kill you!" Yes, it was very likely that the little boy next door was saying the same thing. Just the ordinary thing, you see, when little boys have to begin to learn to mind their mammas.

This mamma went downstairs to her visitor rather flushed, but with a surface of calmness which reflected great credit on her powers of self-control. "You just have to be firm with them," she informed the childless Mrs. Parsons, with an air of mature experience. "If they ever once get ahead of you, there's no end to it." Then they went upstairs to the guest-room, and said how pretty it was and remarked how much more *chic* applied cretonne was than chintz, and agreed that the roses in the wreaths were "just too lovely!"

The other day a nerve specialist, a rather sad, stern, disillusioned old man, was visiting my home, and he chanced to speak to me of the little boy. He said: "The child is eight years old now. His mother brought him to me the other day for treatment for some obscure nervous trouble that borders on St. Vitus's dance. And he has some morbid desires, too, that are increasingly hard to control. And he has the nightmare nearly every night. His mother said she couldn't understand what was the matter with him. All his ancestors had had such good constitutions. And she'd always taken such good care of him. She said she's simply given up her life to do the right thing for the child. She said she thought it must be due to the exciting conditions of modern life that are so hard on children."

"Could you do anything for him?" I asked.

"Not unless I could unlive his life for him, and get him a new mother to begin again with," said the doctor, wearily.

"Well, don't you think modern conditions are responsible for the prevalence of nervous disorder?" I asked. "Three generations

(Concluded on page 46)

# HEALTHFUL COOKERY

## The Tomato

At this time of year the tomato is plentiful in most parts of India. This month we present a few well-tried recipes for the preparation of this delicious vegetable and fruit.

BY GEORGE E. CORNFORTH

**F**OOD value means the proportion of tissue-building or heat and energy-producing material which the food contains; that is, its food value tells how concentrated a food is, and the proportion in which the proteids, fats, and carbohydrates are contained in it. Now it would not be well for us to live entirely on food of high nutritive value. Our diet would be too concentrated. Part of our diet should be made up of less concentrated food. There are other qualities besides high nutritive value, or concentration, which make foods valuable to the body. The nutritive value of foods not only tells us what proportion of the food may be utilized by the body for tissue repair and energy, but it also tells us whether, when we are buying foods, we are paying for a large amount of water and little food, or whether we are buying a considerable amount of food for the money we put out.

Food value does not *always* mean value as a food. A food may be high in food value, nutritive value, or nutritive constituents, and yet be a poor food because it is hard to digest or because it contains bacteria or other harmful substances; while a food may have a low nutritive value and yet be valuable as an appetizer, or because of its cooling, refreshing, and cleansing properties, or because it contains certain salts needed in the body. Foods of this kind are melons and other fruits, and such vegetables as tomatoes, celery, and salad.

This lesson will be about the vegetable fruit, the tomato.

Tomatoes contain the smallest amount of tissue building and energy-producing material of any vegetable thus far considered. But they are highly esteemed as a relish, their value, like that of all vegetables, being due to their mineral elements, their appetizing and cleansing acids, and the large amount of nature's distilled water which they contain. The acid of tomatoes, which has been somewhat commonly believed to be oxalic acid, is mostly citric acid. They contain only a very small amount of oxalic acid. The tomato was formerly called the love-apple. It was, some seventy-five or eighty years ago, supposed to be poisonous, and even to-day we sometimes hear people say they have heard it causes cancer, but there is no foundation to such a supposition.

Tomatoes are at their best when served fresh as a salad vegetable. They may be peeled by pouring scalding water over them, allowing them to stand for a moment, then putting them into cold water, when the skin can be easily peeled off. After being peeled, they should be put on ice until they are served. They may then be sliced and served on lettuce leaves with lemon quarter or a spoonful of mayonnaise salad dressing on each individual dish. Some prefer to peel them without scalding. They should be peeled thin with a sharp knife. They are then more firm. They are sometimes served without removing the peeling. Instead of simply slicing the tomatoes, they may be cut into quarters, thirds, sixths, or eighths, and these pieces placed side by side on an individ-

ual dish and garnished with parsley; or the pieces may be placed in the shape of a cross, and a spoonful of mayonnaise dressing put where the ends meet. Another way is to cut a tomato as if you were going to cut it into quarters, but only cut three-fourths through it. Let the quarters fall apart slightly and put a spoonful of mayonnaise dressing in the opening. Serve on lettuce. Still another way is to put a whole tomato, stem end down, on a lettuce leaf or a bed of lettuce, dip a knife in mayonnaise, and cut across the top of the tomato; dip the knife again into the mayonnaise, and cut at right angles to the first cut, making a cross on the top of the tomato.

#### Stewed Tomatoes

After peeling the tomatoes, cut them into pieces, put into a stew-pan, and cook slowly till tender. Season with one tablespoonful of vegetable oil or butter, if desired, and one-half teaspoonful of salt to a pint of tomatoes. Canned tomatoes need only to be heated and seasoned.

#### Scalloped Tomatoes

To one pint of stewed or canned tomatoes add sufficient stale bread-crumbs or biscuit-crumbs to make rather thick, one-half cup cream or two tablespoonfuls of vegetable oil, or butter, and three-fourths teaspoonful of salt. Bake twenty minutes. Or drain some of the juice from the tomatoes, season them with salt, oil, or cream, and a little onion if desired. Sprinkle some of the crumbs on the bottom of a baking-pan, cover with tomatoes, and sprinkle more crumbs over the top of the tomatoes. Bake till well heated through.

#### Scalloped Tomatoes, No. 2

Fill a baking-pan with alternate layers of sliced raw tomatoes and crumbs, sprinkling a little salt over each layer. Pour a tablepoon-

ful or two of oil over the top, and bake for an hour or longer.

#### Baked Tomatoes

Dip thick slices of tomato in flour, then in beaten egg, then in biscuit-crumbs or bread-crumbs. Put on an oiled baking-pan and bake till nicely browned.

#### Tomatoes Stuffed With Peas

Fill the hollowed-out tomatoes with peas with which a little cream sauce has been mixed, and bake.

#### Stuffed Tomatoes

Peel solid tomatoes and cut a hole in the stem end. Scoop out most of the inside. Refill the tomatoes with this filling:—

- 1 cup stale bread-crumbs
- 1 tablespoonful oil or butter
- 1 tablespoonful brown gravy
- $\frac{1}{4}$  teaspoonful salt
- $\frac{1}{4}$  teaspoonful sage
- $\frac{1}{8}$  teaspoonful thyme

A little grated onion, if desired.

The herbs may be omitted if desired.

Put the filled tomatoes into a baking-pan, and bake till tender but not broken.

#### Filling No. 2

Add to the above filling the pulp scraped from the tomatoes, and one beaten egg.

#### Filling No. 3

Add to either of these fillings one-half cup chopped nut meats.

#### Breaded Tomatoes

To one quart of stewed or canned tomatoes add sufficient stale bread cut in dice to thicken one teaspoonful salt, and two tablespoonfuls vegetable oil. Heat in a double boiler.

#### Eggs Baked in Tomatoes

Select very large tomatoes. Peel them and carefully remove the inside so as not to break the tomatoes. Place them in a baking-pan. Break an egg into each tomato. Sprinkle with salt and a little chopped parsley, if desired. Bake till the egg is set. Garnish with parsley or watercress.



# TEMPERANCE

## Is Moderate Drinking Justified?

### The Logic of Life Insurance

**I**N the year 1840, Robert Warner, a member of the Society of Friends and a total abstainer from intoxicating liquors, applied to an English life insurance company for a policy. The directors made a condition for granting the policy that he pay ten per cent more than the ordinary premium because, as they viewed his case, he was "thin and watery and mentally cranked in

we find arrayed against alcohol as a beverage the church, social workers, educators, scientists, and statesmen, with "big business" as a recent recruit.

The attitude of life insurance to alcohol is especially significant because there is no phase of business that is so scientifically accurate and mathematically demonstrable. Life insurance turns its prospective policy-



holder inside out and outside in.

It examines his heart, lungs, liver, kidneys, stomach, bowels, nerves, and brain. It asks impudent questions about pedigree, history, and habits; and when the examiners get through with their examinee they know more about him than does his own mother, or

that he repudiated the good things of God as found in alcoholic drinks."

On December 10, 1914, at a convention of presidents of American life insurance companies held in the city of New York, Mr. Arthur Hunter, chairman of the Central Bureau of the Medico Actuarial Mortality Investigation, representing forty-three companies and covering the records of over two million policy-holders, reported on results of a very searching investigation, and classed liquor dealers among the most hazardous risks, and even very moderate drinkers as decidedly unsafe, exhibiting a higher mortality than total abstainers.

The seventy-four years that have intervened between these two incidents have witnessed a complete revolution in sentiment on the alcohol question, based upon ethical, scientific, sociological, and economic investigation and experience. As a result,

his father-confessor. Then they either throw him into the discard or classify him, and make their wagers on their estimate of him as a life risk.

#### Attitude of American Companies

I have recently interrogated forty life-insurance companies as to their attitude toward insuring liquor dealers and liquor drinkers, and from their replies I gather that every reputable company either refuses entirely to insure liquor dealers, or treats them as a hazardous class and imposes extra premiums and limitations.

The actuary of one very prominent Eastern company writes:—

"Retail dealers are excluded.

"Wholesale dealers limited to favourable cases.

"Employees in distilleries are excluded.

"Grocers having bars are excluded.

"Saloon-keepers and bar-tenders are excluded.

"Restaurant-keepers who sell liquor are not desirable. Special cases only are considered.

"Travelling salesmen for liquor houses are excluded."

A Philadelphia company answers, "We do not accept any liquor retailers, and only a limited number of those who are brewers or wholesale dealers," and, "We prefer total abstainers to those who imbibe even moderately."

A Canacian company answers, "The practice of this company is to require an extra premium wherever an applicant is engaged in the manufacture or sale of intoxicating liquors."

A Southern company answers, "This company does not insure the lives of persons engaged in the sale or manufacture of intoxicating liquors."

The answer is practically the same from New England, New York, New Jersey, Maryland, Illinois, Ohio, Michigan, Wisconsin, California, and Canada,—liquor dealers and liquor drinkers are undesirable citizens from the view-point of life insurance.

The New York Life Insurance Company prints tables of hazardous occupations showing the number of years age advance required for acceptable risks:—

#### Liquor Dealers' Extra-Hazardous Risks

Eight years' advance in years, limited to ten, fifteen, and twenty-year endowments: Army officers, cranesmen on railways, electric linemen, veterinarians, beer-bottlers, brewery salesmen and mechanics, distillery salesmen and collectors, wholesale liquor collectors.

Twelve years' advance in years, limited to ten, fifteen, and twenty-year endowments: Soldiers, employees in cartridge factories, conductors and firemen on railway passenger trains, stokers on ocean liners, deep-sea fishermen, saloon-keepers, bar-tenders, brewery labourers, saloon porters, brewery drivers.

There can be only one legitimate reason

for considering that saloon-keepers and bar tenders have as dangerous occupations as soldiers, railway firemen, or stokers on ocean liners, and that is the temptation to drink.

In the report above referred to by Mr. Arthur Hunter, giving the result of a searching analysis of records, he says, "Among the men who admitted they had taken alcohol occasionally to excess in the past, but whose habits were considered satisfactory when they were insured, there were two hundred and eighty-nine deaths, while there would have been only one hundred and ninety deaths had this group been made up of insured lives in general. The extra mortality was therefore fifty per cent, which was equivalent to a reduction in the average life of these men of four years.

"With regard to men who had used alcoholic beverages daily, but not to excess, the experience of the companies was divided into two groups: (a) men who took two glasses of beer or a glass of whisky, or their equivalent, a day; (b) men who took more than the foregoing amount, but were not considered by the companies to drink to excess. The mortality in the second group was fully fifty per cent greater than in the first—an excellent argument for moderation in the used of alcoholic beverages."

#### Alcohol Reduces Longevity

It will be noticed that this comparison is not between total abstainers and moderate drinkers, but between two classes of drinkers, both of whom would be classed as "moderate," and who were acceptable insurance risks; yet for the extra indulgence of a few glasses of beer or whisky the heavier drinkers on an average exchange four years of life.

The Medico Actuarial Mortality Investigation, which is accepted as authoritative, reports results in a variety of classes where there has been a history of one or two drinking excesses prior to the application. The results were as follows:—

Where the excesses were within two years of the application the mortality was one

hundred and seventy-four per cent of the expected; between two and five years the mortality was one hundred and forty-eight per cent; between five and ten years, one hundred and fifty per cent; more than ten years, one hundred and thirty-nine per cent; clearly demonstrating that the drinker is an undesirable risk and a great burden to be carried by temperate policy holders.

#### Experience of British Companies

Robert Warner, the Quaker gentleman mentioned in the opening paragraph of this article, refused to accept the dictum of the company that made total abstinence a handicap, and founded what is known as the United Kingdom Temperance and General Provident Institution, to insure the lives of total abstainers. Warner took the first policy, and, notwithstanding the doubts expressed by the directors of the company that refused his application of any possible longevity for one with unalcoholised blood and tissues, he lived to the ripe age of eighty-two.

In 1848 the company extended its field so as to cover very moderate drinkers, who were carried in a separate class, and very

full statistics have been kept of the two departments.

Joel G. Van Cise, Actuary of the Equitable Life Assurance Society of the United States, in a paper read before the Actuarial Society of America, October 20, 1904, summarised the results of the two departments as follows:—

“The figures given cover over sixty years in the case of abstainers, and over fifty years in the case of non-abstainers.

“I give the figures on male lives—non-abstainers: Total number of years of exposure to risk, all ages, 466,943; expected deaths by Om table, 8,911; actual deaths, 8,947; per cent of actual to expected, 100.4.

“Male lives—abstainers: Total number of years of exposure to risk 398,010; expected deaths by Om table, 6,899; actual deaths, 5,124; per cent of actual to expected, 75.3.

“The difference between the percentages of actual to expected deaths as between abstainers and non-abstainers is therefore 26.1 per cent, and the rate of death among non-abstainers was 35 per cent higher than on the lives of abstainers.”—*Outlook*.



WHERE "ADAM'S ALE" IS MADE

## What Really Happened

(Concluded from page 40)

ago he wouldn't have had any such understanding upbringing."

"No, but three generations ago his body wouldn't have had any intelligent care either, and nature would have had a chance to kill him kindly with a germ. Did you ever walk through an old churchyard, and estimate the rate of child mortality? Typhoid, scarlet fever, diphtheria: they must have accounted for innumerable nervously under-par children. Nowadays we take such good care of the bodies that sick souls can't escape." (You must not take the nerve specialist too literally. He is very tired and old, and weary with watching human folly.)

Something about this talk had given me a new idea, and I went to the Wise Man with whom I talk everything over. I told him the story, and asked him what he thought of it. He said, very impolitely, "I think that that cruel and vulgar woman thought more of her curtains than of finding out what was in her little boy's mind." When the Wise Man is stirred, he often shows it by being cross. I looked to see if his eyes were sad. And they were! The Wise Man loves little children,

I said: "I don't believe she was vulgar and cruel. I don't believe she cared more for her curtains than for her little son. I think she hadn't the slightest idea what she was doing. I think she was only a poor little girl herself, all confused with her silly desire to show off to a woman she didn't esteem. I think she was a little girl who had had put on her a responsibility for which she wasn't prepared. And she paid a tragic price for her mistake."

The Wise Man's eyes were sadder than ever when I finished. He nodded his head as if he saw what I meant. And after a moment of silence, he said: "You'd better write that into a story. It may be in time to save the little boy of some other little-girl mother."—*Dorothy Canfield, in Good Housekeeping for September.*

## Controlling Cancer by Dietetic Reform

(Concluded from page 33)

tables, and other wholesome foods containing the necessary "vitamines" and minerals that the blood needs, and that at the same time furnish sufficient bulk to stimulate the sluggish bowels.

Stagnation of the human sewerage system is a *more* serious matter than a similar condition in the city sewerage system. Some cases that cannot be promptly benefited by diet alone can be helped by liquid paraffin. This is not a laxative, but acts merely as a lubricant.

At our present stage of knowledge, unquestionably competent surgery, performed in the early stages, holds out the best hope for the cancer victim. Only let it not be forgotten that the same hygienic programme which would have prevented cancer in the first place should now be instituted to prevent its *recurrence*. The same principle applies equally well when cancer is benefited by X-ray or radium. None of these things can *cure* the cancerous condition in the system. Unless the *cause* is removed, they can at best only shrivel up the growth, and thus postpone the evil day.

### The "Sure Cure" Delusion

Thus far, the so called "sure cures" for cancer have all proved to be a "delusion and a snare"; and in view of the principles brought out in this article, they are likely to continue to be such, just as the "sure cures" for consumption were doomed to be failures. When we discovered that the consumptive needed *fresh air* to vitalise his blood, and *nourishing food* to build up his vitality, then we reached the real cause.

Unquestionably the same principle holds good for cancer; and the quicker the public becomes thoroughly converted on this point, the sooner we shall see a *mighty reformation*, and people will begin to eat for health instead of eating for destruction and disease, as they do at present. A momentary grati-

fication of a perverted appetite is a *small* recompense for the terrible penalty that nature too often imposes sooner or later in the way of torturing death by cancer, or a wrecked brain from a stroke of apoplexy, or crippled circulation from partial heart failure, or a wretched death resulting from Bright's disease.

The intelligent physician knows that these chronic diseases are rapidly *increasing* in every part of the civilized world; and directly or indirectly, the *root* of them can be traced to dietetic errors and other wrong habits.

It can be truthfully said of this generation, "My people are *destroyed* for lack of knowledge." Hosea 4: 6.

Let those who have treated *genuine* dietetic reform as a joke, tremble as they consider how *thin* and *ghastly* is the jest, when all around them are the sad and suffering victims of violated law. We have the divine assurance that as we reform, and obey God's natural law, He will add His special blessing, not only physically, but also spiritually. So "come, and let us return unto the Lord and He will *heal* us." Hosea 6: 1.

## CURRENT COMMENT

### Housecleaning in Italy

Since the beginning of the war the number of liquor stores and wineshops in Italy has decreased by 14,842. We are wondering how many they have left.

### Up-to-date China

In western China a campaign of publicity has been organized to inform the people regarding the danger of tuberculosis. For this purpose large numbers of calendars and circulars are distributed.

### Pessimists and Idiots, Attention!

"One of the most prevalent maladies, and that productive of misery, is meat poisoning—from over-indulgence in good, wholesome meats. . . . The three principal symptoms of meat poisoning are grouch, pessimism, and stupidity."—*Medical World*.

### Let's Try It in India

As part of the "clean-up" programme brought about by the epidemic of infantile paralysis, a campaign of extermination of stray cats was inaugurated, and fifty thousands of these animals were caught and killed in Brooklyn, N. Y., U. S. A.

### Save Your Orange Peels

In the French army, orange peel is being used in the treatment of chronic constipation. The

peeling is boiled for an hour, the liquid being used for a flavouring mixture or a mouth wash. The boiled peel is then dried and given freely. It stimulates not only the action of the intestinal canal, but also the flow of bile, it is thought.

### Danger from Soda Water Glasses

The Maryland, U. S. A., State Board of Health has issued an order to all dispensers of soft drinks forbidding the serving of drinks to customers in glasses, unless they are willing to destroy the glass after it has been used once. Did you ever stop to think who might have been drinking from the glass from which you were enjoying that refreshing draught?

### Who Will Try It?

A writer in the *British Medical Journal* gives a remedy for whooping cough which seems to be quite common in some countries, but which is not generally known to medical men. The method consists of wearing under the soles of the feet, between two pairs of socks, slices of garlic. It is said that if the garlic is worn under the feet in this way, the odour may be detected in the breath within a half hour. The garlic treatment should be continued for a week or ten days or more, according to the severity of the case. It may also be taken internally, by chopping, boiling in milk, and mixing with bread crumbs.

## Herald of Health,

The Indian Health Magazine



Printed and published monthly at  
and for the International Tract  
Society, 17 Abbott Road, Lucknow,  
by W. S. Mead.



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### Temperance Resolution

At the biennial conference of the India Union Mission of Seventh-day Adventists, held in Calcutta, January 4-14, the following resolution was passed:—

“Resolved, That we continue our efforts publicly and privately in behalf of total abstinence, and place ourselves on record as in full sympathy with those legitimate interests which are endeavouring to bring about total prohibition for the Indian Empire.”

The denomination also requires its entire membership to abstain from the use of tobacco, and also discountenances the use of tea coffee, or flesh meats of any kind.

### America Going “Dry”

At the recent presidential election in the United States, five more states joined hands with their prohibition sisters. The total number now “dry” is twenty-four, or half of the number of states, including 60 per cent of the population and 80 per cent of the U. S. territory. Alaska, which for many years was notoriously “wet” is also on the honour roll.

### Cancer Curable

According to the American Society for the Control of Cancer, there is but one positive cure for cancer—early and complete removal. The secret of the successful cure of cancer is to consult your physician at the first sign of an unusual growth or lump upon the body. Delay greatly reduces the chances for recovery.

### Infant Mortality in India

“In India, where about a quarter of the children die within twelve months, years when births are exceptionally numerous are frequently years of high mortality. In some parts as many as a third of the children die during the first year of life and it is believed that the majority of these die during the first month from septic poisoning. If so, the deaths of the mothers also must be very numerous.”—*Government Census Report of 1911.*

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