HERALD of HEALTH

MAY 1917

Practical Guide to Health

By Frederick M. Rossiter, B. Sc , M. D.

A Popular Treatise on Anatomy, Physiology, and Hygiene, with a Scientific description of Diseases, their cause, treatment, and methods of prevention. . . . . .

Designed for Nurses and for Home Use

635 Pages with 12 Coloured Plates and 69 other diagrams
Strongly bound in Cloth, Rs. 9 8 0
Presentation copies in Leather binding at Rs. 15 and Rs. 21

. . . Order from the . . .

INTERNATIONAL TRACT SOCIETY
17 Abbott Road, Lucknow

Granola

—:o:—

THE Breakfast Food for all weathers

Ready for Immediate Use

Supplied to the Army Medical Department by the ton for the hospitals in Mesopotamia

Write at once for sample and prices to

GRANOLA, 75 Park Street, Calcutta

May
1917

Herald of Health

The Indian Health Magazine

Registered No. A 457

Vol. 8
No. 5

Editor - R. D. Brisbin

Contributors: V. L. Mann, M. D. - H. C. Menkel, M. D. - Olive Smith, M. D.

CONTENTS

DO YOU KNOW What is the real

BONE OF CONTENTION

In this present war?

All should read the stirring lecture on this absorbing and vital topic by Mr. Arthur G. Daniells.

Forty-eight pages of intensely interesting reading and good illustrations, tastefully bound in paper —Four annas each. Twelve copies for Rs. 2-8-0. Read it and pass a good thing along to your friends.

Order at once from the International Tract Society
17 Abbott Road, Lucknow

Be Happy

AUGH, and the world laughs with you;
Weep, and you weep alone,
For the sad old earth must borrow its mirth,
It has troubles enough of its own.
Sing, and the hills will answer;
Sigh, it is lost on the air.
The echoes bound to a joyful sound,
But shrink from voicing care.

Rejoice, and men will seek you;
Grieve, and they turn and go,
They want full measure of all your pleasure,
But they do not heed your woe.
Be glad, and your friends are many;
Be sad, and you lose them all.
There are none to decline your nectared wine,
But alone you must drink life's gall.

Feast, and your halls are crowded;
Fast, and the world goes by.
Succeed and give, and it helps you live,
But no man can help you die.
There is room in the halls of pleasure
For a large and lordly train,
But one by one we must all file on
Through the narrow aisles of pain.

—Ella Wheeler Wilcox.

Keep Cool and Keep Sweet

IT is not necessary to be buried under a snow bank or packed in ice like a polar bear in a zoo in order to keep cool during an Indian summer.

Every person in India probably has his or her own ideas about the best way to keep at the minimum temperature during the dry hot and the damp hot seasons. These ideas may include all the different varieties of punkhas, underground rooms or tykhanas, kus-kus coverings for doors and windows, shower baths, cold drinks, hill stations, and various other devices.

We shall not discuss the advantages of these. Our only comment would be that of the man who had considerable difference of opinion with his mother-in-law after his marriage. During his absence on a business trip, the old lady died, and his wife telegraphed to him :—"Shall I bury, cremate, or put her in the morgue until your arrival." Back came the answer immediately, "Do all three : take no chances." So we would say, Do everything you can to keep cool which will not injure the health.

Owners of automobiles and petrol engines use great care in keeping the cylinders of the engines cool either by water or air.

Man is nothing else than an automatic internal combustion engine ; and he must use his common sense to help nature overcome abnormal conditions.

In every place some abnormal climate is found, save perhaps in some of the islands of the sea, either necessitating added facilities for warmth, or methods for neutralizing the heat.

In thinking of heat and cold, however, we must remember that they are only comparative terms. What is cold to the Indian is just agreeable to the Laplander who would think himself in purgatory at 100 or 120 F. and would undoubtedly die. And vice versa, a life long resident of Jacobabad in the North-west would perish even in a Canadian winter, where the mercury often falls to 20 or sometimes 50 or more below zero. Death would be liable to occur in these cases were a quick change made, because nature would not have time to adapt the body to meet the extreme climates. Nature does all in her power to adapt the body to different temperatures, and generally succeeds when given opportunity to work.

We read:—"As a man thinketh, so is he." This perhaps may be the reason why a Madrasi cook cannot endure a U. P. winter, or a Darjeeling ayah a summer on the plains ; whereas the Englishman coming from a much colder climate can stick it out for years in the presidency and district towns of India without hill-leave, as many did before railroads were built or hill stations established.

Undoubtedly the mind has much to do with the condition of the body in many cases. We have known people with diseased imaginations to develop all sorts of maladies and complaints just because they were thinking about themselves so much. Not only that, but they make every one miserable around them as well.

Therefore one of the first things to do is to keep sweet even though the mercury is bursting the glass and the brain-fever bird is screaming overhead. In order to do this it is best to keep the mind occupied. Those who are earning their daily food by the sweat

of their brow do not have much time to complain of the weather, and those who are not blessed with such an opportunity should find something to do. Were we all in England we would have plenty to keep up busy, but out here we let the coolies do the work at 8 annas per diem and forget that the war is still on. It would be a blessing to the most of us if we were there instead of here. There is nothing like good manual labour to keep a good disposition, good digestion and a sound body.

And one thing more in connection with the mind part of it. It has been proved without a doubt that anger, fear, and like emotions produce poisonous toxins in the blood which not only are detrimental to the health but even cause death. On the contrary, happiness, courage and impulses of a similar nature sent out from the brain produce healthy toxins. Therefore to keep sweet and pleasant is not only proper but scientific.

Another matter to which we should give attention is the fuel we supply to the human machine during hot weather. We naturally lose our appetites during the hot season because the system does not require so much nourishment or heat-producing material. This is nature's way of cutting down on the supply. We should heed the warning and not try to eat the same quantities or the same foods as in the winter. Fruits and vegetables are the ideal summer foods, for they contain large amounts of water and the salts and other chemical constituents which help to keep the body in the best shape to resist heat. Meats and animal fats of all kinds are best avoided. They are not necessary at any time of the year in fact.

And the spices. Leave them out of the food you eat. They only produce extra heat and irritation and bad tempers. If the curry powder and the peppers and chilies in an ordinary curry could only be applied in a plaster on one's bare skin a person would get a good idea of the effect such things have on the tender coating of the stomach. Food may be made appetizing without a mixture of all the spices of the East Indies thrown in. It is certainly wonderful what the stomach will stand. Civilized and uncivilized man throws into it all kinds of creatures, creeping, walking, and flying, from the shrimp and the snail and frog to elephant steaks, raw, fried, pickled, spiced, boiled, and fricasseed, and then expects the stomach to turn them all into the brains and body of a man.

THE DOON FROM MUSSOOREE

Care should be taken to see that food is fresh and clean. Spoiled food of any kind is positively dangerous.

The fly should receive more of our attention also than he has in the past. See that he is excluded from the cook-house and the dining-room. Germs like their hosts, the

flies, breed very quickly in hot weather. To screen out insects may be expensive but I am sure you will agree with me it is certainly cheaper than your funeral.

The drink should also be such as will prevent and not produce oxidation in the body. It will therefore be necessary to leave out all drinks containing alcohol in any form. Cold drinks should be sipped and not swallowed hastily. We have known of cases where the constitution has been ruined for life in cooling the body too quickly by drinking ice water.

Another danger is the soda water and ærized water sold from questionable sources. Two summers ago in Lucknow several boys paid the death penalty for their carelessness in this. We would like to know how many others meet a similar fate each year in India from the filthy concoctions sold on the street corners and even in some respectable places. If you are a regular consumer be sure you know from whence it comes. The best drink though, is pure water. Continued use of soda water has a destructive and debilitating influence upon the stomach. Drink what God has provided.

When ice is used there is also more or less danger in the water from which it is made being contaminated with water-borne diseases. Rules cannot be laid down for all conditions, but good common sense may be used to avoid diseases and an early death. Of course if one *wants* to die there are plenty of chances to help one off the stage of life.

Clothing should be loose and light, dispensing with all unnecessary weight. Here again good judgment will help to combine comfort with neatness and well-fitting garments.

In conclusion, eat plenty of good, well-washed fruit, vegetables instead of meat, drink pure water, dress in cool clothing, hold your temper, get all the clean manly and womanly enjoyment out of life possible, go to the hills if possible and if not get outdoors in the morning and evenings, be happy you are still alive, thank God for all the blessings you receive, and you will have an enjoyable summer although it may be hot. R. B.

The Fat Man

By D. D. Comstock, M.D.

THE majority of the habitually half-sick persons in this country may be readily classified according to two quite distinct types. One presents most or all of the following characteristics: Nervousness, dyspepsia, constipation, prolapse of the stomach and other organs, anemia, subnormal weight, and deficient neuromuscular endurance. The other class is characterized by a stout figure, large waist measure, good digestion and appetite, and a tendency to liver insufficiency, obesity, headache, rheumatism, neuralgia, high blood pressure, and kidney and heart diseases.

To this second type most of the overstout persons belong. Therefore, the first cause of obesity is usually an inherited tendency,—a constitutional fault,—which, of course, cannot be entirely removed; and ordinarily there are but two other causes, and for all practical purposes they are the only ones worthy of mention here.

One is an average daily intake of food in excess of the requirements of the body, and the other an inability on the part of the tissue of the body to oxidize, or burn up, an excessive or even a normal intake of food. Therefore, the rational and logical treatment for obesity, it seems, is obvious.

Since it may be several generations too late to do anything with the hereditary factor we must confine our attention to the other two, and endeavour to increase the power of oxidation in the tissues, or to diminish the amount of food substance taken into the system, and quite probably we should do both

In fact, both can and usually should be done; and to the obese person who will undertake intelligently and systematically, and with a reasonable degree of persistence, to adjust his programme to meet these demands, it can be almost guaranteed that he not only will be relieved of the burden of his unnecessary fat, but will be surprised to find that many other ailments, such as rheumatism, headache, and neuralgia, from which he may be suffering, will also disappear.

Many stout people do not eat more than persons of their height, age, and state of activity normally should. The important thing to be accomplished for them, then, is to accelerate the processes of oxidation in the tissues; and since the muscles are the principal thermogenic tissues and are at once the furnace aud incinerator of the body, it is evident that their capacity in this respect should be increased. This can be done only through muscular activity. Therefore, systematic daily exercise to the point of free perspiration, in the open air, if possible, is essential. Cold bathing with friction will also accelerate oxidation.

For a beginner who is rather tender or advanced in years, it is important that both the exercises and the cold frictions be graduated, beginning mildly, and increasing the amount of work and lowering the temperature of the water from day to day. As these persons improve, the tendency will be to eat more, which they should avoid if they wish to diminish in weight. Many do not observe this point, and will exclaim that the harder they work, the fatter they get. In fact, the harder they work the better they react, the better the appetite; and the better the appetite the more they eat; and the more they eat, the fatter they get.

It is impossible for a person to get fat if he does not eat more than the body burns, and again, he is bound to lose in weight if he eats less than the body burns. Consequently, where the diet can be readily controlled, the treatment of obesity is very simple.

In sanitariums where the heat and energy-producing value of each serving is stated in the menu the dietitian simply orders such articles of food from the menu of the day as will make the daily ration total, say, 250 calories (food units) of protein, 250 of fat, and 700 of carbohydrates (sugar and starch), giving a total of 1,200 calories. On this ration the average person will lose about three pounds a week during moderate activity, and more during greater physical activity. In the home, although the diet cannot be so scientifically supervised, yet with a little care it is possible for any one very satisfactorily to adjust his diet so that he can burn up his excess fat.

The following suggestions will suffice: Make the reduction entirely among the sugars, starches, and fats, and let the scales guide you. The protein and cellulose foods should not be reduced. This is where many fail in their efforts to reduce. The protein is cut down with the rest, and weakness, palpitation of the heart, and other unpleasant symptoms result, and, becoming alarmed, they give up the effort. The body needs a regular amount of protein daily, regardless of the other foods. If one reduces the quantity of his food one third or one half, he must naturally select his diet from things relatively richer in protein, in order to keep from reducing this element of food below the actual needs of the body. Eschew practically all sugar and sweets, butter, oil, ghi, cream, pastries, starchy puddings, potatoes, rice, and nuts, and make your selection principally from green and other vegetables,—such as string beans, spinach, asparagus, cauliflower, cabbage, carrots, salad, and turnips,—fresh fruits, buttermilk, curds, eggs, and skim milk, dal, and peas. Remember that butter, oil, and ghi, if used as seasoning, will add greatly to the food value of vegetables or other foods, and must therefore be reckoned with. It is better to season only with salt.

These foods are suggested because they are nearly all relatively high in protein. They are rich in vitamines and organic salts, which favour tissue activity and health, and in

cellulose, which encourages bowel activity. Bear in mind, however, that of these preferred foods, one should eat only sufficient partly to maintain himself, that he may lose from one to four pounds a week.

It is not wise to attempt to reduce too rapidly, as hunger and faintness may prove too annoying. When hunger proves to be an ever-present disturber, some find it helpful to omit the morning meal, at which time the appetite is not keen anyway, that they may be more liberal with themselves at luncheon and dinner.

It may not be out of place here to urge caution against becoming fascinated with the various advertised obesity cures and easy routes to a "sylphlike form without dieting, exercise, or anything else unpleasant,"—except of course to pay the fee, which we suppose would be a great pleasure. More truthfully speaking, many of these seem to be designed to reduce the weight of the pocketbook rather than the weight of the patient. Others are undoubtedly injurious, and reduce the body weight at the expense of health and strength.

The rational way is to balance more evenly the food supply and the demand. Some should work more—increase the demand. Others should eat less—decrease the supply. Still others should do both. The obese person who attains his normal weight in this way, will increase his health and efficiency in every respect, and, as sort of profitable by-products, will obtain freedom from many other minor ailments besides.

Handicapping The Children

"THERE you go, Mary! What an awkward child you are?" exclaimed a mother as her little girl tripped over a rug and fell just as she was leaving the room where she had been called in to greet a caller.

"That's Mary, all over," remarked the mother, half laughingly, to the visitor. "If it's possible to do a thing in an awkward way, she will do it."

Poor Mary! She certainly lived up to her reputation. She grew more and more awkward and self-conscious as she grew older, until, by the time she had reached womanhood, it was positively painful to be near her. Would this have been the result had she not been handicapped almost from babyhood by the suggestion that she was "awkward"?

The mother who repeatedly calls attention to a physical defect or an uncouth habit on the part of the child is impressing that characteristic so upon its mind that it will be positively handicapped by it—perhaps throughout life.

No mother would ever wish to handicap her child, yet how often it is done unintentionally.

On the other hand, the mother who is constantly praising her child in its hearing, who is in the habit of repeating before it all its smart sayings and "cute" actions, is handicapping her child almost as much as the one who calls attention to its defects, and who makes it awkward and self conscious. Judicious commendation is necessary for the proper growth of the child, and praise and encouragement should be given without stint; but there is such a thing as making a child too egotistical, making him feel that he is all-important, unfitting him to take his proper place in the world's work. "Paranoiac" is the name given to the person suffering from that form of exaggerated egotism to be found in insane hospitals. There are many who are afflicted with it who are not confined in asylums, and it is largely the result of early training, the "spoiling" by too weakly indulgent, proud parents.

"When are you going to tell about *me*, mother?" questioned a precocious little chap who was used to hearing his mother relate his many achievements and smart sayings

and who was growing weary of the conversation which did not include him and his doings.

This mother was handicapping her child unwittingly. If he grew up to be arrogant, assertive, prone to "show off" on every occasion, would this not have resulted from his early training?

"Olga depends on me for everything," laughed another mother as her child, who was called upon to make some decision, seemed completely at a loss to know her own mind, and deferred hopelessly to her mother, accepting her advice on the instant.

It is necessary that a child should be guided by its mother, but the mother who decides every question for her child, and does not allow it to think for itself, to develop its own individuality and that self reliance which every person should possess, is handicapping her child and making its future harder for it.

Comparatively few intelligent mothers now allow their children to handicap their health and weaken their constitutions by staying up late at night, eating indigestible food, rich pastry, and too much candy; but once in a while we come across one who thus errs, principally through lack of knowledge. If such mothers realised how seriously they were handicapping the children's health and future welfare, they would take prompt measures to remedy such a course.

"I never make my girls help about the house," says another mistaken mother. "They will be young but once, and I want them to enjoy themselves. I never ask them to do any work at all."

The girls do "enjoy" themselves now, but when they are married and have homes of their own what an uphill road they will be forced to travel! They will have to learn by hard experience that which would have come easily to them had they been early instructed in household duties. A girl can "enjoy" herself and at the same time do her share of the work of the home, and receive the training which every future wife and mother ought to have. Even the homely tasks can be made pleasant and beneficial if they are taught properly and undertaken in the right spirit. The mother who does not see that her girls are versed in the art of house-wifery in all its branches, is positively handicapping them in their future lives.

Again, in these days of uncertain fortunes, when it is not always possible for girls to be sheltered in the home, when they are often forced, at a moment's notice, to go out into the world as bread-winner, the mother who does not provide some means by which her daughter may support herself creditably, if such a course becomes necessary, is neglecting her duty.

In these and many other ways, children are handicapped unknowingly by their parents. Every mother should ask herself whether or not she is doing her full duty by her children in this respect. If she is not, then let her avail herself of the remedy for such a course at her first opportunity. To her belongs this responsibility. The remedy will differ with the case, but, "There exists a remedy for every ill."—*Anna G. Neil.*

A Short History of Hydrotherapy

One of the Simplest And Most Efficacious Remedies Known

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

(Hydrotherapy, combined with electrotherapy and proper exercise and diet, is being recognized more and more by the medical profession as one of the best remedial agents known in a large variety of diseases. Especially since the outbreak of the war, a large number of casses of shell shock, scars, neurasthenia, burns and other wounds, have been successfully treated by hydro-electric methods both in England and this country. The Simla Hydro, conducted by Dr. H. C. Menkel, who has charge of our Question Corner; The Calcutta Treatment Rooms, at 75 Park Street, and The Mussooree Treatment Rooms, at "Grey Castle," are perhaps well known to many of our readers already as using these methods exclusively. Forty-two similar institutions, employing 122 physicians and 1700 attendants, are found in England, Australia, South Africa, America, Scandinavia and other countries).

THE use of water in the treatment of disease dates from the earliest times. During the last few centuries it has not received very much attention from the medical profession as a body; recently, however, a renewed interest has been observable. Let it not be supposed that at any time water therapy has been entirely neglected. From the time of the chemical and pharmaceutical researches of the Arabs in the tenth century and later, until the beginning of the nineteenth century, drug therapy reigned more or less supreme, but here and there arose men of wide repute and sucessful practice, though perhaps ostracized by the recognized physicians of their time, who used water as their chief remedial agent with marked success. The names of Floyer and Baynard Currie and Jackson, Hufeland, Oertel, Priessnitz, and Winternitz, may be mentioned in this connection. The last name marks the transition period, in which hydrotherapy changed from a strange mixture of crude theories and practices into an exact science.

The history of hydrotherapy is of great interest. Records exist of the use of water as a remedy by the ancient Egyptians, Persians, Hebrews, and Indians. An interesting Chinese prescription for what would now be termed a wet sheet pack dates from a period several centuries before Christ. Hippocrates (460 B. C) gives minute directions for the use of hot and cold baths. Much later Asclepiades prescribed water in the form of hot and cold baths, douches, compresses, etc. His disciple, Antonius Musa, successfully treated and cured the Emperor Augustus and

THE SINUSOIDAL ELECTRIC BATH

the poet Horace, but was less successful with the emperor's nephew, so that he nearly lost his reputation. As the three essentials of a perfect therapeutic system, Celsus named the bath, exercise, and friction. The public baths of the Romans were brought to a high degree of perfection, and hot and cold water, hot-air or vapour baths, could be enjoyed at will. Of great importance is the statement of the younger Pliny that the bath was almost the exclusive means of treatment used in Rome during five centuries. In the second century A. D. Galen used water extensively.

It is noteworthy that Rhazes (A. D. 923), the Arabian physician to whom we owe our first complete treatise on small-pox, used cold water to reduce the fever in that disease, He also used it for measles, vomiting, nausea, and diarrhœa.

The modern revival of interest in hydrotherapy among all classes, including the medical profession, has been due mainly to the enthusiasm and zeal of the men mentioned at the beginning of this article. Floyer and Baynard published their "History of Cold Bathing" in 1702. To a slightly later period belongs a pamphlet by one Thomas Taylor, entitled: "Kick for kick and cuff for cuff, a clear stage and no favour; or, a refutation of a bombastical, scurrilous postscript, wrote by one who calls himself Gabriel John. others still will have it Daniel Defoe, which he calls reflections on my Hudibrastick reply to his Flagellum, or dry answer to Dr. Hancocke's liquid book, etc. With two remarkable instances of cures by common water, one of a malignant fever, and no less than seven in one family of the pestilence." Several other German, Spanish, Italian, and English investigators contributed serious and careful works to the literature of the subject in this same century. Currie (1750-1805) and Jackson did much to put hydrotherapy on a scientific basis, but it was reserved for Prof. Oertel of Ausbach and Vincent Priessnitz of Austrian Silesia to popularize hydrotherapy and to start that great wave of enthusiasm which has led to the founding of so many hydropathic institutions. In the latter part of the last century Dr. J. H. Kellogg and others further popularized and extended the movement in America, England and elsewhere.

By using very simple methods in a careful, systematic and observant way, Priessnitz gained great success and a world-wide reputation. Since his time (1799-1850) many have been the advances in hydrotherapy, such as the combined use of water and electricity and the revival of vapour and hot-air baths. In the fully equipped institution of to day is found apparatus for giving douches of any form to any part of the body at any pressure and any temperature. The full bath, sitz bath or Schnee bath may be used alone, or with the galvanic, faradic, or sinusoidal electric currents. Every facility is found for the quick preparation of hot packs and fomentations, and cold compresses. In addition there is apparatus for the production of static and high frequency currents; and for the practice of light therapy—white, red, or green light, or the ultra violet rays. Massage, active and passive exercises, gymnastics, fresh air treatment, are also used, besides the ordinary medicinal and surgical methods of curing disease.

Don't Be A Grumbler

MRS. HIGGINS, says *Answers was* an incurable grumbler. She grumbled at everything and every one. But at last the vicar thought he had found something about which she could make no complaint; the old lady's crop of potatoes was certainly the finest for miles round.

"Ah, for once you must be well pleased," he said with a beaming smile, as he met her in the village street. "Everyone's saying how splendid your potatoes are this year."

The old lady glowered at him as she answered, "They're not so poor, but where's the bad ones for the pigs?"—*Selected.*

Hints on How to Spoil a Child

Never Known to Fail

1. IN the child's presence, tell friends of its cleverness, and let it show off.

2. In the child's presence, hold it up as a pattern for another child.

3. Tell it how pretty it looks.

4. Help it to admire its new clothes, and call friends' attention to same.

5. Never say "No" to a request, but give it whatever it asks for, more especially if it cries and persists in asking.

6. Let the child hear you say he is too much for you; you can do nothing with him. (He is thus encouraged to keep it up.)

7. Let the child hear and know father and mother disagree as to how to punish and how to train him.

8. Let him be told "I'll tell father when he comes home, and he will whip you." (A monstrous injustice to father, and robbing the child of the loving confidence in his father).

9. If a child is disobedient, say, "Never mind, when it is older it will be better."

10. If you have told a child to do something, don't insist if the child delays and is unwilling.

11. If a healthy child gets tired over some task, make excuses for it, but don't insist the task must be completed.

12. Slap it for being tiresome, and naughty, and then kiss it if it cries.

13. Don't punish quietly and deliberately but irritate a child by "nagging," by crossing it, by slapping and hitting it.

14. Give it money to spend, and do not ask questions as to how, when, or where it is spent.

15. Don't keep an eye on its companions or concern yourself about its playtime.

16. Let him read whatever he likes.

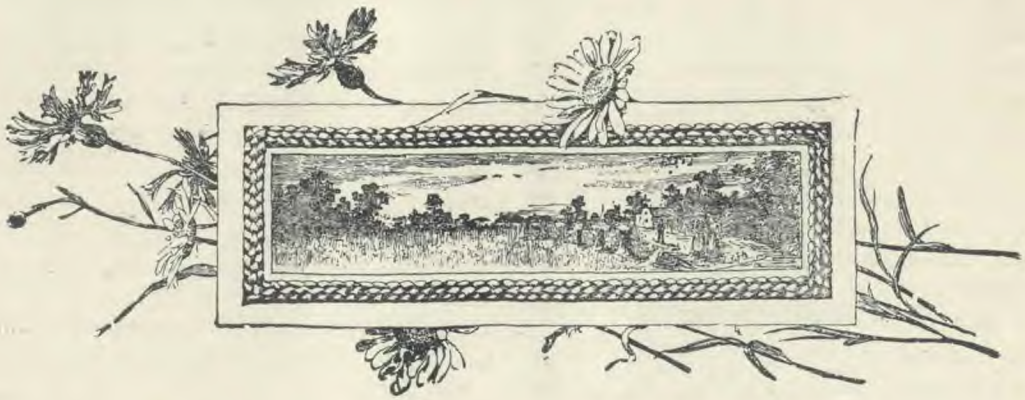
17. Whip well for a trifle; show amusement and laugh at a vice.

18. Neglect the advice, "Train up a child in the way he should go."

19. Do yourself what you tell your child not to do.

20. Devote yourself to making money, to pleasure, to fashion, and let your child grow as it will.

21. Laugh and sneer at religion and teetotalism; joke about young men sowing "Wild Oats."—*The White Ribbon, N. Z.*



A New Remedy for Colds

One of our exchanges recommends one to rub the nose between the thumb and forefinger in case of cold. This presses the blood to the mucous membrane and helps wonderfully in throwing off the cold. This of course must be done at the outset, they add. Another suggests oiling the inside of the nose with vaseline or other mineral oil in the first stage of a cold.

The American Diet

We read that in 1916 over sixteen crore worth of peanuts were raised in the United States. Most of these were made into peanut oil which is rapidly supplanting cottonseed oil in the markets.

That Prohibition Scare

"Almost every newspaper, both in its editorial and advertisement columns, is advocating prohibition for the period of the war or the immediate state purchase of the liquor trade. The London *Spectator* sums up the demands of the nation thus:—(1) Prohibition for the war. (2) The elimination of private profit from the manufacture and sale of intoxicants after the war."

All Right to be a Minister's Son

It has always been considered unfortunate for a boy to be born into a minister's family—that is, unfortunate for the boy. From the "Dictionary of Biography" it is found that more than one-twelfth of the men whose biographies appear in this book of the good and the great have been sons of clergymen.

Among these names we find,—Oliver Goldsmith, Linnaeus the naturalist, Jenner, the father of vaccination, Ben Jonson, Cowper, Sir Joshua Reynolds, Charles Spurgeon, four of the U. S. presidents, among them being President Wilson, Agassiz, the naturalist and painter, Morse the inventor of the telegraph, Mergenthaler, inventor of the Linotype, and many others.

An Excellent Example

It is refreshing to learn that Lord Ronaldshay has proclaimed "down glasses" for the Government House of Bengal. This is true patriotism and a splendid example for the rest of India.

Asking the Doctor

"Ask papa," replies the blushing maiden in the early Victorian stories, when her equally bashful swain pops the question. We are substituting the rejoinder, "Ask the doctor," says *Amerian Medicine* (New York), quoting a writer in *The American Journal of Clinical Medicine*:

"In former years nobody thought of asking a physician for permission to get married. . . . The parents would investigate the young man's social standing, his ability to make a living, his habits perhaps, whether he was a drinking man or not, but to ask the physician's expert advice—why, as said, nobody thought of it. And how much sorrow and unhappiness, how many tragedies the doctor could have averted, if he had been asked in time! Fortunately, in the last few years, a great change has taken place in this respect. It is now a very common occurrence for the intelligent layman and laywoman, imbued with a sense of responsibility for the welfare of their presumptive future offspring, and actuated perhaps, also by some fear of infection, to consult a physician as to the advisability of the marriage, leaving it to him to make the decision, and abiding by the decision." —*Literary Digest.*

Soaring Food-prices

"The retail price of food on January 1 showed an increase of 87 per cent. over July, 1914. The corresponding increase in Germany was 111 per cent., and in Vienna no less than 177 per cent. The prices in Norway in the same period are up by 82 per cent., in Canada by 35 4, and in the United States by 18 per cent."

Taking the rise of prices in England during one year, it remarks:

"The total increase during 1916 was about 42 per cent. on the prices of July, 1914, or 29 per cent. on those of January, 1916. Of the total increase of 87 per cent. 6 per cent. is due to additional taxation an tea and sugar imposed since the beginning of the war, but only 1 per cent is due to such additional taxation in 1916."—The London *Board of Trade Labour Gazette.*

Energy Wasted in Coughing

"A patient German statistician has calculated that a patient who coughs once every quarter of an hour for ten hours expends energy equivalant to two hundred and fifty units of heat, which may be translated as equivalent to the nourishment contained in three eggs or two glasses of milk. In normal respiratian the air is expelled from the chest at the rate of four feet per second, whereas in violent coughing it may attain a velocity of three hundred feet.

—*Medical Critic and Guide.*

Chinese Foot-Binding

In an article in the *China Medical Journal* Dr. Preston Maxwell writes as follows:—

It seems strange that in the fifth year of the Republic of China one should have to report that in many regions, such as South Fukien, the anti-foot-binding movement has made but little progress. And it is still worse to have to report that the principal obstacle is the attitude of the woman themselves. Again and again has the writer secured the consent of the male members of a family to the unbinding of a child's feet only to be thwarted by the older female members of the same family. It is true that in the coast ports the movement has made considerable progress, but in inland cities such as Yungchun there is scarcely any progress to be noticed.

Of the general evils following on this senseless and cruel practice much has been said and written, yet the subject is not exhausted and the purpose of this paper is to deal with some of the severer physical evils which may affect its victims. These may be divided into two classes:—(*a*) Due to septic infection and strangulation of the tissues. (*b*) Due to weakening and displacement of bones and ligaments.

(*a*) Due to septic infection and strangulation of the tissues.

In greater or lesser degrees almost every bound-footed woman suffers from these conditions, and ulceration during the process of foot-binding is very common.

The severer forms are the following:—

1. Acute ulceration of the skin on the dorsum of the foot.
2. Gangrene of the toes.
3. Gangrene of the foot and leg.
4. Pyæmia.
5. Granulomata of the instep or in the fold of the toes."

Consistency

Some one suggests that we could place more faith in the prohibition editorials of some of our daily newspapers in India if they would leave the whisky and beer advertisements off the back page.

Tropical Sanitation Board

Professor W. J. Simpson, formerly health officer in Calcutta and now Professor of Hygiene at London University, refers in a letter to the *Times* to the absence of wastage due to diseases of a preventible nature among the troops on the Western Front. "It is a triumph," he says, "of which the Royal Army Medical Service may be proud and deserves the highest praise and reward. It would, however, be a mistake to suppose that our armies in tropical and sub-tropical countries have enjoyed the same good fortune. In Gallipoli there were thousands of casualties from sickness in a small army and most of them were preventible. In Mesopotamia the army was seriously attacked with dysentery, cholera and enteric diseases. In Salonika, malaria and dysentery lessened the strength and efficiency of the army at a time when a healthy army was of the utmost importance. The Balkans have always been known as a hot-bed of disease. These diseases will reappear in due season in our armies in the East and spread in an intense form unless organised precautions are now taken while there is time. For the attainment of this I suggest a Board of Tropical Sanitation at the War Office, composed of men familiar with the tropics and the prevention of tropical diseases, and the appointment of an Inspector-General of Sanitation for each army in the East in touch with the Board and with the generals in command. It is not generally realised that the prevention of excessive wastage from disease not only saves a vast amount of sickness, pain and mortality, but also is a very efficient means of increasing our man-power."

—*Statesman.*

Unpedigreed Children

I KNOW a man who has a dog that's got a pedigree,
And he is just as proud of him as any chap can be,
And careful, too: he never lets him loose except he's there
To see he doesn't run away and lose himself somewhere.
He never goes to bed at night until he's been to see
His fifty-rupee dog is in the place he ought to be.

I know a chap who owns a horse, a splendid thoroughbred.
He never eats his meal until the animal is fed;
And every minute he can spare, out to the stable goes,
To comb and brush his glossy coat or gently rub his nose.
No stranger's hands have ever tugged this horse's silver bit—
They might abuse his mouth, and so he couldn't think of it.

I know a man, the father of three splendid, manly boys.
But when he's home, they're not allowed to make the slightest noise;
And they can roam the streets at will, and play with whom they choose,
And he is not at all afraid that one of them he'll lose.
In strangers' hands they're often left to do just as they please;
For boys are not at all like dogs with splendid pedigrees.

Whene'er I see a man who owns a fifty-rupee pup,
Or keeps a thoroughbred that he alone must harness up;
Whene'er I see the care that's paid a bulldog or a horse;
I always feel a touch of pain, of pity and remorse,
Because I think of boys and girls about me everywhere
Who really need, but never get, such tender, watchful care.

—Selected.

MOTHER AND CHILD

Care of the Baby in Summer

BABIES and young children frequently suffer from thirst. They should be offered a drink of water several times a day, particularly in hot weather. If baby cries in the night, a drink may quiet him and send him to sleep.

Irritating clothing is at times responsible for baby's fretfulness. Woolen socks or shirt or stiff cap strings may spoil his comfort, even if he is well, and, in hot weather especially, a superabundance of clothing is frequently responsible for much real suffering.

Dress the baby in the lightest cotton garments and keep him as cool as possible. Do not be afraid to let him have nothing on but his napkin and one other thin garment on hot days.

Prickly Heat

One of the troubles from which a baby often suffers in summer is prickly heat. This ailment appears as a fine red rash, usually on the neck and shoulders, and gradually spreads to the head, face, and arms. It is caused by overheating, due either to the hot weather or to the fact that the baby is too warmly dressed. The rash comes and goes with the heat, and causes intense itching.

The remedy for it is to take off all the clothing, and give the baby a sponge bath in tepid water in which common baking soda has been dissolved, one tablespoonful to two quarts of water. Use no soap, and do not rub the skin, but pat it dry with a soft towel. After the skin is thoroughly dry dust the inflamed surfaces with a plain talcum powder.

This ailment, like all others, is more readily prevented than cured. Frequent cool baths, very little clothing, simple food, and living in cool rooms or in the open air will probably save the baby from much of the annoyance of prickly heat and other more serious ills.

Chafing

Fat babies are liable to suffer from chafing, especially in hot weather. It appears as a redness of the skin on the buttocks or in the armpits, or wherever two skin surfaces persistently rub together.

Much the same treatment is required as in prickly heat. Never use soap on an inflamed skin. Instead use a soda, bran, or starch bath.

Great care should be taken not to let the baby scratch the skin when it is irritated. Sift together two parts powdered cornstarch and one part boric acid, and use it freely on the chafed places. Remove wet or soiled napkins at once. Wash and dry the flesh thoroughly, then dust the powder freely between the legs.

Milk Crust

This a skin disease affecting the scalp, in which yellowish, scaly patches appear on the baby's head. These patches should be softened by anointing them with olive oil or vaseline at night, and the head should be washed with warm water and Castile soap in the morning.

If the crust does not readily come away, repeat the process until the scalp is clean. Never use a fine comb or the finger nails to remove the crusts, as the slightest irritation

of the skin will cause the disease to spread farther. The scales will usually disappear after a few days of careful treatment.

Constipation

If the baby does not have at least one full bowel movement in twenty-four hours or in thirty-six at the outside, he is in need of such care as will bring about this result. Breast-fed babies often respond to an increased supply of laxative food in the mother's diet. If this is not sufficient, a six months old baby may have a tablespoonful of strained orange juice between two of his morning feedings.

Bottle-fed babies may have fruit juice in the same way, and thin oatmeal gruel may be subsituted for barley water in making up the feedings, after the baby is four months old.

Perhaps the best preventive of constipation is to teach the baby to move the bowels at the same hour every day. This training should be begun when the baby is three months old, and should be faithfully continued until the habit is firmly established. This practice establishes in the baby from the beginning of his life a custom which will greatly increase his chances for good health, and result in an enormous saving of work to the mother. She no longer finds herself confronted with a pile of soiled napkins to wash, but instead gives fifteen minutes of careful attention to the baby each morning. Do not use enemas for the relief of constipation save in emergencies, and do not resort to purgative medicines except with the doctor's advice.

Look After the Boy

MOTHERS are partly to blame for immoral tendencies of boys in their failure to confide with and teach them that all things good are also manly. We are fussing too much about the protection and care of our girls. We would be protecting our girls if we properly cared for our boys. It is time for someone whose eyes and ears are not prudishly shut to conditions, to sound a note of warning to pay more attention to the care of the boys and waste less time agitating insignificant movements.

I say to mothers, take care of your boys. You may think I ought to say, take care of your girls first, but if we had been taking care of the boys all these years since we had them, girls wouldn't need any taking care of whatever. They would be perfectly safe. Think of what it would mean to know that our girls would be perfectly safe wherever they go, that they would not need the strong hands of the corner policeman to protect them. It is in the power of the mothers so to shape conditions that a girl's brother and his friends and all other girl's brothers and their friends would take such good care of a girl that the mother might feel perfectly safe and at ease about her.—*Mrs. A. M. Palier, in The Purity Advocate.*

Do You Know That

SEDENTARY habits shorten life?

Cockroaches may carry disease?

Pneumonia is a communicable disease?

Many a severe cold ends in tuberculosis?

Heavy eating, like heavy drinking, shortens life?

Health first is the highest form of safety first?

Physical fitness is preparedness against disease?

Intelligent motherhood conserves the nation's best crop?

A low infant mortality rate indicates high community intelligence?

The hand that carries food to the mouth may also carry disease germs?

Neglected adenoids and defective teeth in childhood menace adult health?

The registration of sickness is even more important than the registration of deaths?

TEMPERANCE

Auto-intoxication or Self-poisoning

By Alfred B. Olsen M D, D. P. H.

(Some people have the idea that the only way to be intemperate is to use spirituous drinks. Nothing is farther from the truth. A person may become just as drunk and injure himself far more by eating quantities of injurious food or too much of good food as by drinking a glass of beer. Temperance, as we have said before, means temperance in all things,— eating, drinking, exercise, work, study, relaxation, and all the rest. Blessed is the man who is temperate in all things, and of whom it may be said, "There is a sound mind in a sound body." Here is an article about self-intoxication, which, by the way, is the cause of many more deaths than we are aware).

AMONG various forms of auto-intoxication, it is that one which is due to the absorption of poisons formed in the intestinal canal through the action of germs, which we shall here briefly discuss. Although this is perhaps one of the most common forms of self-poisoning, but little attention is paid to it. Many people suffer from headaches, and backaches, and various other aches and pains, from drowsiness, from a feeling of languor, amounting sometimes even to stupor from general inactivity, and a want of fitness, all of which symptoms can be ascribed to auto-intoxication.

Fermentation of Food

When food is taken into the alimentary canal it begins to undergo digestion at once, under normal conditions. But if the digestive processes are slow and uncertain for any reason, the germs already in the intestinal canal, or those which accompany food, begin their activities. The result is an abnormal process called fermentation, which is due to the action of the germs. Instead of being digested and prepared to nourish the body, the food is decomposed by the germs, and various processes of decay take the place of ordinary digestion.

WHAT OFTEN HAPPENS TO THE ANTO-INTOXICATED

Fermentation Products

This means the production of certain fermentation products, all of which are more or less injurious, that is, poisonous, to the human system. The action of germs upon food, and particularly upon nitrogenous food such as animal flesh, is a putrefactive one, and the stomach and intestines become the seat of putrefaction instead of digestion. Some of the putrid bodies which are formed are exceedingly poisonous and cause intense irritation in the stomach and bowels, and may lead to violent vomiting and purging. But although most of them are far less violent in their action, their influence upon the system is anything but benign, and they are often the cause of much physical discomfort and annoyance, the causes of which are little understood by the average patient.

Constipation

If, in addition to these fermentation processes which are going on in the intestinal canal, the bowels are also constipated, the harmful effects are proportionately magnified, for this means that there is every inducement possible for the absorption of the poisonous products. A daily evacuation of the bowels is essential to good health, and would aid much in mitigating the evils of fermentation.

Flatulence and Wind

In the putrefactive processes mentioned above there is often a production of more or less offensive gases, which cause the well-known symptom called flatulence, and sometimes lead to belching of wind. The presence of these gases in the stomach and bowels may cause a good deal of disturbance and also considerable pain at times. But let no one think that the absence of flatulence and wind means also the absence of fermentation and putrefaction, for this is by no means the case. Some of the worst forms of putrefaction that take place in the alimentary canal are not accompanied by any perceptible formation of gas.

Preventive Measures

Aside from the accidental use of spoilt food, the two chief causes of intestinal putrefaction are, first, over-indulgence in flesh foods, and, second, overeating of food, especially proteids. Prof. Chittenden, of Yale University, has made a special study of the quantity of nitrogenous food required by the average man or woman. His conclusion is, that the amount ordinarily taken by most people is altogether out of proportion to the requirements of the body, and that the surplus makes for ill-health and disease. According to Chittenden, ten per cent of the food which the body requires should consist of proteids, such as the albumen of egg, the gluten of wheat, the legumin of haricot beans, etc.

The truth is that people who indulge in flesh food to any extent are almost certain to take more nitrogenous food than they require. Practically speaking, lean beef consists of proteid only, aside from the large amount of water that it contains. Ordinary bread, and especially wholemeal or brown bread, contains about the proper proportion of nitrogenous and non-nitrogenous material. Both eggs and milk are rich in proteid, and the same is true of haricots, lentils, and dried peas. All nuts, except Italian chestnuts, contain a large percentage of proteid. On the other hand, fruits, and most vegetables as well, contain but a trifling amount of nitrogen. Rice is a distinctly farinaceous food, and so are potatoes.

The Benefits of Exercise

Besides regulating the diet, and omitting entirely, or at least to a large extent, flesh foods, physical exercise is necessary for good digestion. Such exercise means a large increase in the intake of oxygen, and this brings about a corresponding increase of oxidation, so that many of the poisons which are assimilated into the system are readily burned, that is, oxidized. The presence of an abundance of oxygen in the tissues means a more complete oxidation of the food mate-

rial used by the body. Consequently there will be less of these poisons formed in the tissues themselves as a product of incomplete metabolism Furthermore the digestive processes will be more active, and there will be less chance for the putrefactive germs to do harm.

Bathing

Tepid, cool, or cold baths and cold sponging are also useful in increasing the oxidation processes of the body. They serve to stimulate both respiration and circulation, and their general influence is to vitalize the tissues and strengthen the resistive forces of the body. Warm and hot baths, on the other hand, such as the electric light, Turkish, and vapour baths, improve the eliminative processes of the body, and help to get rid of waste matter that may have been absorbed from the alimentary canal, or result from imperfect metabolism. A good sweat assists very materially in purifying the blood.

HEALTHFUL COOKERY

Some Delicious Sweets

BY THE CONNOISSEUR

NEARLY everyone in India probably knows how sugar is made, but perhaps all do not know that the home of the sugar cane is India, and that undoubtedly the people of India were chewing sugar cane the same as we see them now, as far back as the days of Julius Cæsar or before. The Arabs in the middle ages introduced it into Egypt, Sicily and the south of Spain. Dom Enrique, of Portugal (1394-1460) transported it about 1420, from Cyprus and Sicily to Madeira, whence it was taken to the Canaries in 1503, and thence into Brazil and Hayti early in the 16th century, whence it spread to Mexico, Cuba, Guadeloupe and Martinique, and later to Bourbon ; and about 1640 was introduced throughout the West Indies.

We are not going to tire you with the chemical composition, or the processes of manufacture when we know you are just waiting to try a new sweet. We will say, however, before beginning on recipes, that sugar like other good things should not be partaken of freely either in sweets or other forms, especially by children. It not only is responsible for many poor teeth and consequent dentists' bills, but is also the cause of much indigestion and other worse complaints in those who do not use it in moderation.

Well, here are the recipes. They are all good ones and if at first you do not succeed in making them just right, try it over again.

Glace Sugar for Fruits and Nuts

2 cups of sugar.
⅛ teaspoon cream of tartar
⅔ cup of boiling water

Boil the sugar, water and cream of tartar together until a little dropped into cold water is quite brittle and clear. Do not stir at all while cooking or the syrup will be cloudy and grainy. If the boiling is allowed to continue too long, so that the sugar becomes too hard, add a tablespoon of water, boil a moment longer and test again. Have nuts or fruit ready and dip each portion into the hot syrup, using a pair of sugar tongs, and being careful not to shake or stir the syrup.

Lay each portion of fruit or the nuts on waxed or greased paper or on a greased plate to harden after dipping. The pan containing the sugar should be placed in another pan containing a little warm water, while the

fruit and nuts are being dipped, that the syrup may not cool to rapidly. The same glace sugar may be used to coat creamed nuts or marzipan sweets.

Cocoanut Creams

1 fresh cocoanut
1½ cups of sugar
1 tablespoon of butter

Put the sugar and the milk of the cocoanut together into a saucepan and cook them together for five minutes. Remove the brown skin from the cocoanut, and either grate the nut or pass it through a meat chopper, using the finest knife. Add the pulverized nut to the milk and sugar, and cook five minutes longer, stirring constantly to avoid burning.

Add the butter, pour into greased pans and when cool cut into squares. Let it stand two days in a cool place to harden. If wanted at once, put on ice until it hardens.

Butter Scotch

2 cups of sugar
2 tablespoons water
1 piece of butter the size of an egg.

Put all together into a degchi, and cook, without stirring, for about fifteen minutes, or until a little dropped into cold water is hard and brittle. Pour into a well greased shallow tin and, when nearly cold, mark off into squares. Shelled English walnuts, almonds or other nuts may be added to the butter scotch just before it is turned into the cooling pan.

Fudge

College Favourite

3 cups of sugar
A piece of butter the size of an egg
1 teaspoonful of vanilla extract
¾ cup of milk
4 teaspoons cocoa (some prefer more)
1 cup English walnuts in halves

Boil the sugar, milk and cocoa together for about five minutes or until a soft ball will form when a little cooled. Remove from the fire and beat in the butter, and vanilla.

Pour out into shallow greased pans to the depth of one inch. As soon as it begins to harden, quickly drop the walnut halves at regular intervals over the surface and cut in squares with one half walnut in each. Or the walnuts may be chopped and stirred in just before pouring into the pans.

The secret of good fudge is not to boil it too long, but to beat it well.

Sultana Fudge

3 cups of sugar
¼ cup treacle
½ cup nut meats
½ cup milk
4 teaspoons cocoa
⅓ cup of raisins

Boil the sugar, milk, cocoa and treacle together until a spoonful will make a soft ball when cooled. Remove from the fire and beat in the nut meats and raisins. Beat until thick, then turn into well greased pans and when nearly cool, cut into squares.

Peanut Brittle

2 cups of sugar
1 teaspoonful of butter
1 cup coarsely chopped peanuts

Put the sugar into an iron saucepan or frying pan and let it melt gradually over a moderately hot fire: just as soon as melted, add the butter and nuts and immediately pour into a well greased shallow pan. When sufficiently cooled, mark off into squares.

French Nougat

½ pound sugar
½ pound shelled almonds

Put the sugar into a shallow pan—preferably an iron one—melt it very slowly, stirring constantly. Chop the almonds fine and add them to the melted sugar.

Pour into well greased pans to cool, cut into squares when nearly cold. If desired, dip the squares into melted chocolate.

Fudge Nougat

2 cups of sugar
1 tablespoon butter
1 cup milk
Pinch of salt

Boil all together until they reach the soft ball stage. Add juice of half an orange, beat one minute and then stir in 1 cup nuts, raisins and figs, coarsely chopped. Pour into buttered pan. When cool, cut into squares.

Stuffed Dates

With a sharp knife extract the stone from firm, well-washed dates, taking care not to cut the dates in two. Insert whole peanuts or portions of English walnuts and roll in powdered sugar. Or when possible use peanut butter (peanuts ground into a paste) instead of the whole ones. This is a delicious and healthy confection, and one which will not spoil your teeth.

Stuffed Figs

Use the same materials for well cleaned figs and roll in powdered sugar.

Bible Hygiene

By Mrs. E. G. White

IN the teaching that God gave to Israel, the preservation of health received careful attention. The people who had come from slavery, with the uncleanly and unhealthful habits which it engenders, were subjected to the strictest training in the wilderness before entering Canaan. Health principles were taught, and sanitary laws enforced.

Prevention of Disease

Not only in their religious service, but in all the affairs of daily life, was observed the distinction between clean and unclean. All who came in contact with contagious or contaminating diseases were isolated from the encampment, and they were not permitted to return without thorough cleasing of both the person and the clothing. In the case of one afflicted with a contaminating disease, the direction was given:—

"Every bed whereon he lieth . . . is unclean; and everything whereon he sitteth shall be unclean. And whosoever toucheth his bed shall wash his clothes, and bathe himself in water, and be unclean until evening. And he that sitteth on anything whereon he sat . . . shall wash his clothes, and bathe himself with water, and be unclean until the evening. And he that toucheth the flesh of him . . . shall wash his clothes, and bathe himself in water, and be unclean until the evening. . . . And whosoever toucheth anything that was under him shall be unclean until the evening; and he that beareth any of those things shall wash his clothes and bathe himself in water, and be unclean until the evening. And whomsoever he toucheth . . . and hath not rinsed his hands in water, he shall wash his clothes, and bathe himself in water, and be unclean until the evening. And the vessel of earth that he toucheth . . . shall be rinsed in water."

The law concerning leprosy is also an illustration of the thoroughness with which these regulations were to be enforced:— "All the days wherein the plague shall be in him [the leper] he shall be defiled; he is unclean: he shall dwell alone; without the camp shall his habitation be. The garment also that the plague of leprosy is in, whether it be a woollen garment, or a linen garment; whether it be in the warp, or woof; of linen, or of woollen; whether in a skin, or in anything made of skin; . . . the priest shall look upon the plague. . . . If the plague be spread in the garment, either in the warp, or in the woof, or in a skin, or any work that is made of skin; the plague is a fretting leprosy; it is unclean. He shall therefore burn that garment, whether warp or woof, in woolen or in linen, or anything of skin, wherein the plague is: for it is a fretting leprosy; it shall be burnt in the fire."

So, too, if a house gave evidence of conditions that rendered it unsafe for habitation, it was destroyed. The priest was to "break down the house, the stones of it, and the timber thereof, and all the mortar of the house; and he shall carry them forth out of the city into an unclean place. Moreover he that goeth into the house all the while that it is shut up shall be unclean until the evening.

And he that lieth in the house shall wash his clothes; and he that eateth in the house shall wash his clothes."

Cleanliness

The necessity of personal cleanliness was taught in the most impressive manner. Before gathering at Mount Sinai to listen to the proclamation of the law by the voice of God the people were required to wash both their persons and their clothing. This direction was enforced on pain of death. No impurity was to be tolerated in the presence of God.

During the sojourn in the wilderness, the Israelites were almost continually in the open air, where impurities would have a less harmful effect than upon the dwellers in close houses. But the strictest regard to cleanliness was required both within and without their tents. No refuse was allowed to remain within or about the encampment. The Lord said: "The Lord thy God walketh in the midst of thy camp, to deliver thee, and to give up thine enemies before thee; therefore shall thy camp be holy."

CONDUCTED BY DR. H. C. MENKEL, OF THE "SIMLA HYDRO," SIMLA

Increased Blood Pressure

Will you kindly recommend a course by following which a man 46 years old may lower his arterial blood pressure which is 134 near the wrist and 150 above the elbow. His urine is free from sugar or albumen. His habits are abstemious and his occupation is intellectual and sedentary His father died of apoplexy in his 36th year. What should be his diet and mode of living. He suffers from wind in the stomach —G. C. G., Cuttack.

The highest pressure you mention, 150mm, is only about 20mm above the average normal for a man of your age, and unless its permanence has been established by several tests under different conditions it may be accounted for by such factors as mental state in a nervous temperament, the time of day,—as pressure increases to its maximum in the evening, posture-pressure being higher when sitting and reclining than when standing, also shortly after partaking of food or quantities of fluid or after smoking. Muscular exercise also may account for arise of 5 to 15mm.

The most common cause of increased blood pressure not associated with organic disease is overeating and partaking of food at frequent intervals during the day, also heavy meals at late hours resulting in imperfect digestion with putrefaction and fermentation of food pabulum.

The food canal is thus never allowed to become empty for necessary periods of rest and recuperation, presenting a condition of intestinal stasis. There is present for twenty-four hours of the day a mass of putrid, decomposing, fermenting food from which one absorbs poisonous products, and filling not only the bowel but also the blood and lymph circulations with poisonous gases. These gases may be retained in the bowel for hours, especially at night, slowly filtering into the blood and giving rise to many symptoms as headache, coated tongue with foul breath, dizziness and increase of blood pressure.

The remedy is obviously to remove the cause by reducing the quantity of food taken at a time and increasing the interval between meals. A clear conscience, a hopeful spirit, a well regulated diet, and a clean bowel with suitable outdoor exercise,—these will go far in maintaining a normal blood pressure.

Cataracts

1. Are cataracts in the eyes of aged people a symptom of disease?

No, not in the ordinary sense of the word.

2. Is it possible so to order one's life that cataracts will not appear?

Probably not in this degenerate age.

3. What is the nature of the operation for cataract?

The lens which becomes opaque in cataract is removed, suitable glasses being furnished to take the place of the lens.

4. What per cent of such operations are successful?

In the hands of experts, nearly all.

5. The writer will probably have to have an operation for cataracts. Where can this be done to best advantage!

There are in every large city oculists who are competent to do the operation.

6. Are gray hairs in aged people a symptom of diseases?

No, not in the ordinary sense in which the word "disease" is used.

7. Will right living obviate gray hairs?

No, but proper living will unquestionably delay the appearance of gray hairs.

Climate for Catarrh

What is the best climate for one 26 years of age who is troubled with catarrh of the nose and throat?—J. F. M.

Catarrh of the nose and throat is not due to the climate, but is due to the lowered vital resistance which results from an erroneous diet, particularly to flesh eating and to chronic constipation. When these faults are corrected, almost any climate will be found helpful.

Herald of Health,

The Indian Health Magazine

Registered No. A 457

卐

Issued every month by the International Tract Society, 17 Abbott Road, Lucknow.

Price Rs. 2-8 0 per year

Subscriptions are paid in advance and expire with the date given on the wrapper, unless renewed.

Money Orders and all business matters should be addressed to the Manager.

Manuscripts and all editorial matters should be addressed to the Editor.

Requests for change of address should mention both old and new address.

Replies to advertisements should always mention where the ad. was seen.

Printed and published at and for the International Tract Society, Lucknow, by W. S. Mead, 1079/17

My Body is a Queer Machine, Answers

WERE you able to answer all those questions in the last issue? If not, here are the answers.

1. Chest
2. Eyelids
3. Ear Drums
4. Nails
5. Palms
6. Soles
7. Muscles (mussels)
8. Heart (hart)
9. Calves
10. Veins (vanes)
11. Feet and Hands
12. Arms
13. Lashes
14. Insteps
15. Eyes and nose (ayes and noes)
16. Iris or tulips
17. Adam' apple
18. Pupils
19. Temples
20. Tendons (ten dons)
21. Palate (pallet)
22. Waist (waste)

INDIAN MEDICAL RECORD

Monthly Journal of Public Health & Tropical Medicine

Annual Subscription:

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

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

Our Special numbers are highly successful.

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

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

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

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

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

Address:— INDIAN MEDICAL RECORD,

2, HAROKUMER TAGORE SQUARE, CALCUTTA.

Bombay:— Thacker & Co., Ltd.

London:—8, Henrietta Street, Covent Garden.

ELECTRIC POCKET LAMPS.

Storm and rain Proof!

Absolutely dangerless!!

No smell!!! No blackness!!!

No matches or oil necessary!!!

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

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

Postage. As. 6. extra.

Spare battery. As. 12.

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

T. G. SHAH'S ELECTRIC STORES

AHMEDABAD

"COMPETITION"
WATCHES

The "Competition" is the result of 30 years' constant endeavour to provide a **SOUND** and **RELIABLE** timekeeper at a moderate price. For

ACCURACY—STRENGTH—DURABILITY

and general all-round excellence, they are only equalled in the most expensive makes.

NICKEL SILVER

OPEN FACE only,	16‴ or 18‴ size	Rs. 18
" " "	22‴ size	" 21

STERLING SILVER

Engine-turned or engraved

OPEN FACE	16‴ or 18‴ size	Rs. 27
HUNTING		" 31
HALF-HUNTING		" 34

WEST END WATCH CO.

373 Hornby Road, BOMBAY - - Dalhousie Square, CALCUTTA

SCIENTIFIC MEDICAL TREATMENTS

FOR

DIGESTIVE DISORDERS
NERVOUS CONDITIONS
RHEUMATISM
GOUT, ETC. ETC.

ARE APPLIED AT THE

Sanitarium Treatment Rooms

SIMLA — : The Hydro, Belvedere
MUSSOOREE : Grey Castle (Camel's Back)
CALCUTTA : 75 Park Street

MODERN APPARATUS - - - - SKILLED NURSES

Write the managers for fuller particulars.

THE OTHER SIDE OF DEATH?

¶ This is surely a subject which concerns us all.

¶ What do you know about it?

¶ What does anybody know about it?

¶ For a summary of the available authentic information you should read the book of this name by

CARLYLE B. HAYNES.

128 pages of engrossing matter. Illustrated. Paper covers 1 0-0

¶ INTERNATIONAL TRACT SOCIETY,
17 ABBOTT ROAD, LUCKNOW.