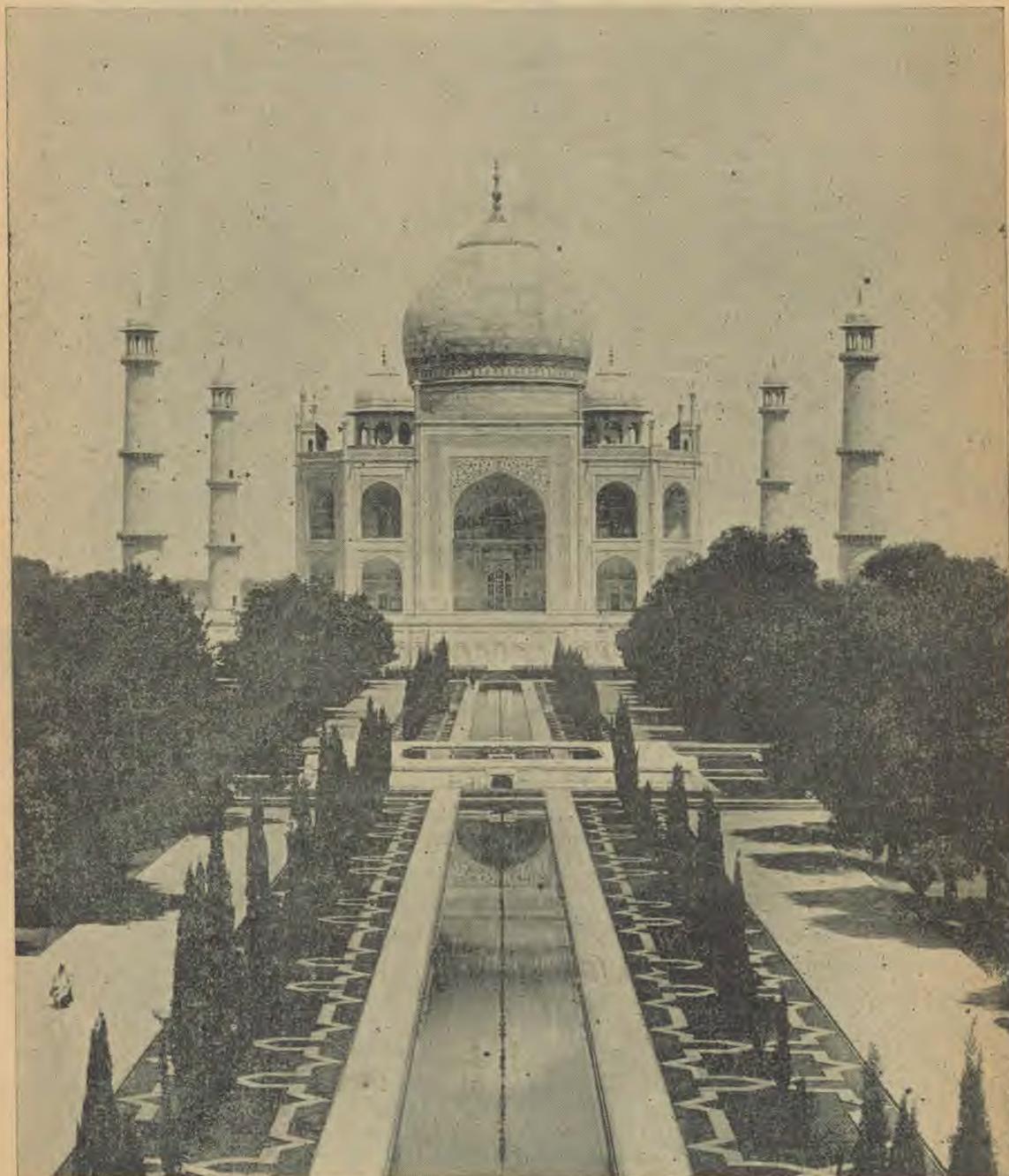


Herald of Health

September, 1917



THE TAJ MAHAL

A Monument of Love

Of all monuments to undying affection, the Taj Mahal stands unrivalled in the whole world. Undoubtedly it will never be equalled. Mumtaz-i-Mahal, (Exalted of the Palace) in whose memory it was erected, was a Persian by descent and daughter to the Prime Minister Asaf Khan, brother to the Empress Nur Jahan.

She was married to the Emperor Shah Jahan in 1612, he being twenty-one and she twenty years of age. Eight sons and six daughters were born to them, six of the fourteen surviving infancy. She accompanied the Emperor on all his travels and was his confidential adviser; and it was during his campaign against Khan Jahan Lodi in 1630 that she died while in camp, after giving birth to her fourteenth child.

Major H. A. Newell in "Three Days at Agra," says:—

"Mystery enshrouds the name and nationality of the architect who designed the Taj. Manrique, a Spanish monk, who was at Agra in 1641, gives the credit to an Italian, Geronimo Verroneo, who died before the work was finished. Local accounts state that Ustad Isa was the chief architect, that Ismail Khan, a native of Turkey, built the dome, and that the inscriptions were made by Amanat Khan, a Persian from Shiraz. The white marble used in the construction came from Jaipur, and the red sandstone from Fat'hpur-Sikri, while the world at large contributed toward the vast treasure of gold, silver, jewels, and semi-precious stones lavished upon the decorations.

"The approach is by way of a handsome redstone gateway. This opens into a large courtyard with gates in each side and arcades all round. A broad stone pavement leads to the great gate of the Taj, a magnificent entrance containing a number of rooms, one of which is utilised as a museum.

"From the main gate a stone causeway, divided down the middle by a water channel and fountains, leads between a double row of cypress trees to the mausoleum. This stands on two terraces, the lower of red sandstone and the upper of white marble, 313 feet square, paved in a chess board design with black and white marble. Each corner supports a three storeyed minaret.

"The cenotaph of the Empress occupies the centre of the marble floor. Above it swings a beautiful bronze lamp, inlaid with gold and silver, from Egypt, the gift of Lord Curzen. The tomb of the Emperor is slightly to one side and is raised some twelve inches above the other.

"Both graves are of white marble exquisitely and elaborately inlaid with mosaic in semi-precious stones. They are enclosed by an octagonal screen of white marble, pierced by two openings so wonderfully and delicately fretted as to suggest the finest lace. Gazing at it makes it almost seem as though a spider had been at work in marble. The indescribably lovely screen displays a flower border in coloured mosaic so minutely worked that no less than sixty-one pieces of many shaded gems are united in one rose.

"The present screen was substituted by Aurangzib Shah, his son, for one of wrought gold, originally placed above the cenotaph of the Empress by Shah Jahan. On the anniversary of her wedding and on Friday nights a canopy, entirely composed of pearls, was spread over her tomb. This was carried off by the Sayyids, Hussain Ali and his brother Abdalla, as were the diamonds, and other jewels of immense value with which the tomb was studded.

"The real graves are immediately under the central chamber. A step passage leads down to this vault where the sarcophagi are almost indetical with those above. Although now plain to bareness, the encircling walls and ceiling were once covered with sheets of purest gold, the same precious metal lining the grave wherein the Empress was laid to rest."

The boast of heraldry, the pomp of power,
And all that beauty, all that wealth e'er gave,
Await alike the inevitable hour:
The paths of glory lead but to the grave.

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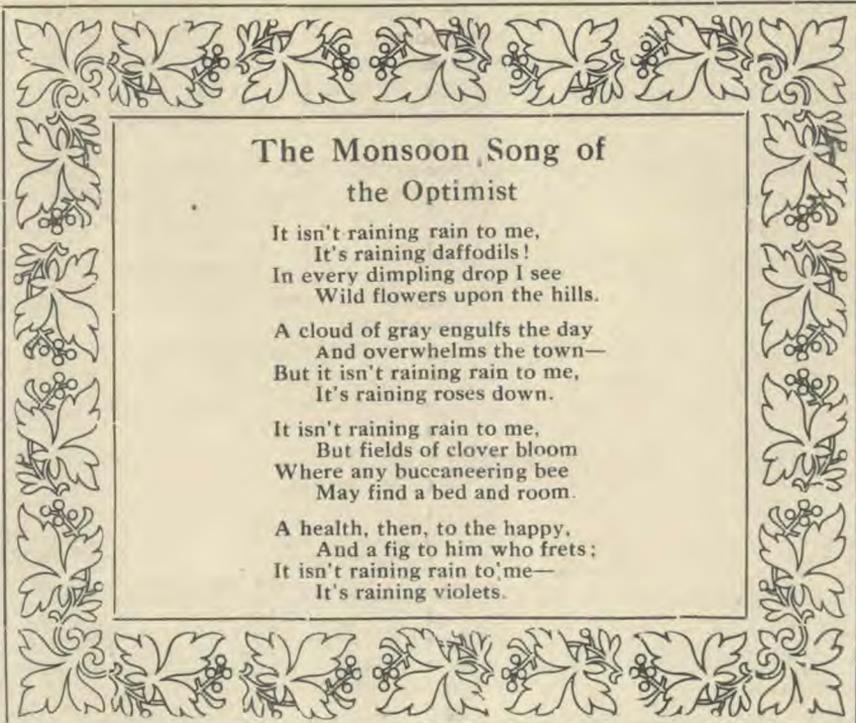
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The Editor's Corner



The Monsoon Song of the Optimist

It isn't raining rain to me,
It's raining daffodils!
In every dimpling drop I see
Wild flowers upon the hills.

A cloud of gray engulfs the day
And overwhelms the town—
But it isn't raining rain to me,
It's raining roses down.

It isn't raining rain to me,
But fields of clover bloom
Where any buccaneering bee
May find a bed and room.

A health, then, to the happy,
And a fig to him who frets;
It isn't raining rain to me—
It's raining violets.



Men Wanted

“God give us men. A time like this
demands
Strong minds, great hearts, true faith
and ready hands:
Men whom the lust of office does not
kill;
Men whom the spoils of office can-
not buy ;
Men who possess opinions and a will;
Men who have honour—men who will
not lie;
Men who can stand before a demagog
And scorn his treacherous flatteries
without winking ;
Tall men, sun-crowned, who live above
the fog
In public duty and in private thinking.
God give us men.”



You and Your Son

IT is a common thing for parents to talk of their "right" to the love and respect of their children. It may sound revolutionary to say it, but that is an absolute mistake. No human being has a "right" to either love or respect in its highest sense. Both must be won.

It may, and probably will, shock the average mother to be told that she has not the right to her boy's respect. But it is true. She has the right to his consideration and respectful treatment, yes. But when it comes to the real thing; the absolute, involuntary feeling, not merely the outward show of it, there can be no question of "right." It rests with a mother whether she wins it. The only right is the child's; he has the right to be able to *give* it.

Do all mothers realize this, however? Do you, who are reading this, for instance? Or are you making the common error of mistaking the outward show for the thing itself? Are you being

satisfied with your boy's obedience, even deference, without asking yourself what thoughts he is perhaps hiding from you and trying to hide even from himself? How do you stand in your son's innermost heart and mind?



The Most Unfailing of Human Relations

Give a boy half a chance and he will love and reverence his mother. There will be some exceptions of course; there is no rule in the world without them. But in all the range of human relations the two which are the most unfailing are the love of a mother for her children, and the love of children for their mother. They are the most steadfast sentiments of the heart. Beside them all others—the love

of friends, the love of man for woman, of woman for man—are accident and ephemeral. A stream cannot rise higher than its source; and the source of human life is in the mothers, just as truly spiritually as physically. All our present efforts toward reform are noble

and necessary, but they work from the surface downward. The root of the whole matter is in the souls of the mothers of our people. Is it not a big question then: What is your son really thinking about you?

The chances are that you will evade it by saying: "Well, I am doing the best I can to teach him to do right. I've told him to do this, and I've punished him for doing that; and if he doesn't do as I've tried to have him, why, I don't see how I am to blame. It's a pretty hard thing to bring up a boy to do just what you think he ought to do."

Indeed it is; the very hardest thing in the world! Because it means not bringing him up to a certain standard, but bringing yourself up to that high level. You think that "telling" and "punishing" and "doing" and "wishing" should bring the result you desire. But there is one thing greater than all these put together. It should be inscribed on the soul of every mother. It is the supreme achievement. It is: *Being!* Mightier than all the words of counsel ever spoken, nobler than all the deeds ever done, more compelling than all the punishments ever inflicted, is it, to *be* what you would teach others to be.

When Our Sons See Us as We Are

Do you dream for one moment that your boy does not see for himself what you *are* while he is listening to your spoken words or smarting under your punishments? Who has not seen that appraising look even in a little child's eyes? One often sees it in children's eyes when they are taking the measure of people less familiar to them; it is natural then. But it is unnatural, and has a sad significance, when it replaces the unquestioning trust with which a child should regard his mother. As I said, if you give a boy half a chance he will love and reverence his mother. He *wants* to

do it. The instinctive craving is there, strong and ineradicable, like all natural instincts. If it is gratified he accepts it as he accepts food or a response to any cry of his nature. But if it is not met there is an abiding hunger, a hunger of his spirit far more disastrous in its result than mere physical hunger.

Children's minds are supposed to be like open books, especially the minds of very little children. But even the youngest of them have a strange power of reserve, especially when it comes to expressing their opinions—say rather their judgments—of older people. For they do judge us: relentlessly and with appalling accuracy they appraise us for what we are.

The Woman and the Little Child

A woman, unmarried, tells of her experience with a little girl with whom she was somewhat intimately associated when the child was at the advanced age of five. She accepted the woman with unimpeachable sweetness and friendliness, but the woman's first long look into those clear child eyes told her with startling vividness that she was on trial. Time and time again she saw that look of suspended judgment fixed on her; and it stimulated her to an extraordinary amount of soul searching—made her scrutinize her inner self with an inexorableness which, she confesses, did her good.

What do We Want Our Boys to Be?

Just what is it you wish your boy to be anyway? Honourable, of course, and loyal and kind; gay, too, yet no buffoon; frank, yet not inconsiderate; law-abiding, yet independent; unselfish, yet not weak; generous, yet not a spendthrift; respecting the wishes of others, but never at the cost of his own self-respect. That sounds like a rather large contract. But if you analyze it the thing becomes comparatively simple. At least it rests mainly on a single basis: integrity. Honour,

loyalty, self-respect, the very gayety which comes from genuine happiness, even manners—all these rise from that foundation of ingrained truth, "integrity."

Just what, then, are you doing to lay that foundation for your boy's character to build itself upon? Can you give him something which he can see for himself you *haven't* to give? You may fool him some of the time, but you cannot fool him all the time. Watch his eyes and you will find in them, sooner or later, the knowledge of what you really are.

One Mother Who Knew How

Take, for example, that wonderful and rare trait of loyalty. Perhaps you have a chance in your family life itself to give your boy an example of it that will serve him always as an ideal standard, irresistibly appealing. Perhaps this can be made clearer by telling of one mother who did give her boys such a standard.

The father, through a train of circumstances, had slipped into the habit of drinking too much. The children were not young enough to be blind or indifferent to the situation, not old enough to meet it with understanding or forgiveness; they were deeply humiliated on their own account and bitterly resentful on their mother's account. Their devotion to her was absolute, and it is not to be wondered at, that, when the father came home in the state commonly described as "not himself," their first impulse should have been to express their condemnation, and not so much to him as to their mother. And as there was in this condemnation not only resentment toward him but more of pity for her, it is not hard to believe that most women would have welcomed it.

But this mother was different. Sympathy for her which involved bitterness toward one to whom she and they owed loyalty was contrary to every instinct of her soul, every standard of her mind. At

the first breath of resentment she would say, gently but inexorably: "Not a word; he is your father!"

Is it strange that this mother's sons have grown to be men whose lives are full of the beauty of friendship, and that they loved and revered her, and since she has left them, they reverence and love her still? That is a marvelous heritage for any mother to give her children.

Your own opportunity may not be the same as that of this mother. But the chance to be loyal knocks at the door of every human heart; and perhaps your children, consciously or unconsciously, are learning how to deal with their chance, when it comes to them, by the way you are treating yours.

If your boy is being forced, in spite of himself, to find you wanting in some of those traits which you are telling him to cultivate, we on the outside may know nothing of it. Children as a rule have a reserve on such matters, which some of their elders might well imitate. You need have no slightest fear that your boy will tell his companions that you juggle the truth, though he is doubtless perfectly aware of it—if you do. He is not likely to make your faults a subject of conversation with the "fellows" even though he not infrequently hears you discussing his faults with your own friends. No! In so far as he can manage it, you will be safe in his hands. But there are times when others cannot help seeing what is happening; those times when a boy is justifiably ashamed of his mother's behaviour. You have seen women lose their tempers in public; or let themselves go in an outburst of boisterous hilarity; or become ridiculous because of their vanity; or even descend to absolute vulgarity. And you have seen their boys regard them with eyes full of the pain of mortification.

Can you expect your boy to be thrifty when he learns from you to be extra-

vagant? Can you teach him to be brave if you yourself complain and whine over your own troubles? Can you expect him to show courtesy to women when you do not command his chivalrous respect? Can you teach him self-control—you, who do not control yourself? It is not enough that you should give him a

perfectly good moral compass and tell him the right course for him to steer. For during the early years of his life he sails on *your* ship. You may carry him on the wrong or right course.

If you can answer the questions here asked you will be pretty close to knowing the truth.—*Ladies Home Journal*.

The Double Standard of Chastity

BY DR. CHARLES W. ELIOT, *President Emeritus of Harvard University, U.S.A.*

THE social evil really means prostitution and its consequences, and prostitution by women is the practice of offering their bodies to indiscriminate sexual intercourse for hire. The practice depends, of course, on that lust in men which induces them to hire the bodies of women for such use. Prostitution always brings about the moral and physical ruin of the women who pursue that trade, and also frequently produces in the men who resort to prostitutes one or both of two terrible diseases, syphilis and gonorrhoea. These diseases are highly contagious; and although they may be apparently cured, they are liable to break out again in the once cured individual, even after years of apparent health. They are contagious not only in coition, but through the contact of syphilitic or gonorrhoeal discharges with the abraded skin or mucous membrane of a well person. Thus, a syphilitic sore in the mouth may infect another person through an abrasion on the lips or face. The fact that these diseases may long remain latent increases their malign influence. Thus a man who has suffered from either of them can never be sure that he may not infect his innocent wife on or after marriage. Both diseases are transmissible to children through an infected mother; and both are such pervasive diseases that, when inherited, they may affect the whole constitution, and are liable to cripple children in a great

variety of shocking ways. Only physicians understand these horrors. It is impossible to exhibit to an assemblage of ordinary men pictures or photographs of the sores, distortions, and malformations produced in children by inherited syphilis without making many of them sick with disgust and fear.

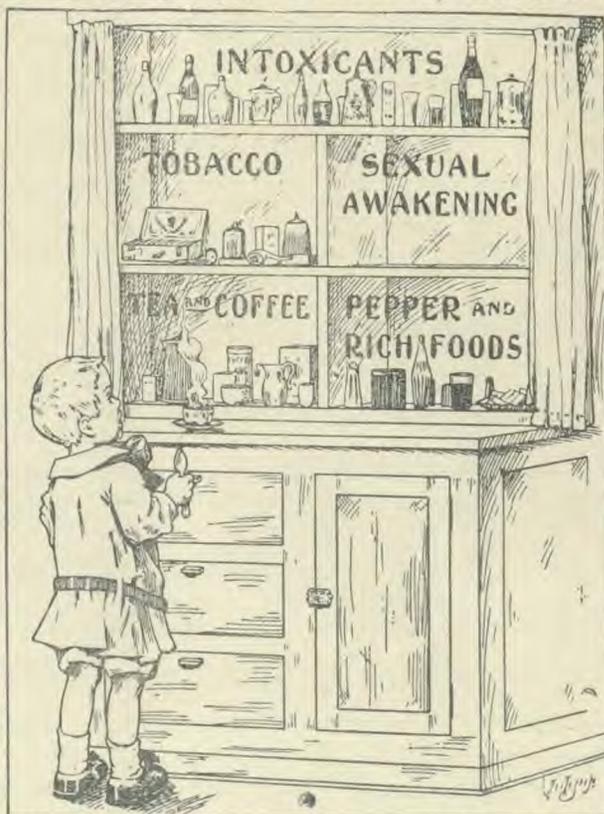
It used to be supposed that although syphilis was a terrible disease, gonorrhoea was but a trivial disorder; but medical science has now demonstrated through the development of bacteriology that the consequences of gonorrhoea are quite as formidable as those of syphilis. Thus, blindness in the new-born is now known to be a gonorrhoeal infection; and more than half the inmates of the blind asylums are said to be victims of that infection. Much misery in families and many divorces are due to gonorrhoeal or syphilitic infection of the wife by the husband. Medical science has also succeeded within recent years in tracing with much more accuracy than formerly the consequences of syphilitic infection. The general paralysis which now sends many patients to asylums for the insane is usually traced to syphilis. Physicians who see much of the insane attribute to syphilis twenty to thirty per cent of all cases in the insane asylums. Since surgery has been enabled by anesthesia and asepticism to treat with some success the diseases peculiar to women, it has become known that

a large proportion of these diseased conditions are due to syphilitic or gonorrhoeal infection. In short, the amount of human agony and degradation due to the diseases of profligacy is unimaginable and incalculable, and the annual toll of misery is not diminishing. All these woes are primarily due to the sexual vices of men. If most men should become as chaste as most women are under present conditions, there would result a great diminution of these abominable evils. If the same true standard of chastity should be effectively applied to men and women, they would gradually disappear.

Within the last twenty years the conduct of civilized communities in regard to the ordinary contagious diseases and the occasional pestilences has changed much for the better. A modern city or state now undertakes to prevent the free transmission of scarlet fever, diphtheria, or smallpox through the whole body of the population. It isolates more or less thoroughly cases of such diseases. It provides hospitals to which the sufferers from these diseases can be promptly carried; and it provides for the registration of every such case. In carrying out such measures for the protection of the community as a whole, the health authorities invade private houses, separate sick persons from their families, prevent children who have been exposed to contagion from going to school, and provide at public expense vaccines and antitoxins.

In striking contrast to the habitual treatment of other contagious diseases is the practice in regard to the venereal diseases. In certain streets or quarters of a city and in certain public resorts prostitutes ply their trade without effective interference by the police, or with only spasmodic interference at long intervals.

The sufferers from venereal disease are often able to walk about and even to do a day's work or a part of a day's work. The disease is habitually concealed; and in many cases it can be concealed for long periods. Accordingly, many men and women suffering from these diseases are walking about the streets, working in shops and factories, travelling in crowded cars, drinking in frequented saloons, and eating in public restaurants, besides liv-



ing in close contact with their families and their associates. Every infected person, male or female, is a dangerous source of contagion. The medical profession cooperates with their patients in concealing all cases of venereal disease, whether they occur in private practice, or in the out-patient's departments of hospitals. There is no public discussion of the evil; and as a rule the newspapers and magazines preserve an absolute

silence on the subject. Parents say nothing to their children about these dangers. Schools give no instruction about either the normal processes of reproduction or the cruelties and horrors of licentiousness. The churches are silent on the whole subject, except in the secret whisperings of the confessional.

Through such a policy and such dumb endurance no widespread evil in human society ever has been, or ever can be, cured. The prophets had to "cry aloud" before human sacrifices were done away with in the religious rites of Israel. The evils of human slavery had to be publicly discussed for generations before that great wrong could be righted. In like manner, public discussion, plain-spoken but delicate and reserved, must precede the adoption of any effective measures to eradicate the "social evil" with all its hideous consequences.

The next thing to be done in order to make head against this evil is to teach parents to tell the truth tenderly but plainly to their children when they inquire about babies and parentage. All children make such inquiries, and often at a tender age. They ask where the new baby came from; and they are too often hushed, or are told that the doctor or the nurse or a stork brought it. Intelligent and affectionate parents should find in such questions precious opportunities for imparting to their children sound instruction on the methods of transmitting life, and on the sanctity or holiness of the process. The truth about the part of the mother in child-bearing will bind child to mother as no fable can.

Many parents, however, are incompetent to give this instruction to their children. They are too ignorant themselves; or they cannot express in suitable language their own best feelings on the subject. It is their duty to teach their children what the natural processes of reproducing life are in plants and

animals, and finally in man. These lessons should begin with young children, and be carried on by the teaching of natural history and of hygiene. It is knowledge on these subjects which the children need. The teaching of good manners in schools would contribute to the limitation of the evils under consideration. Good manners often promote and protect virtue. Thus, in the social relations between boys and girls good manners will prevent the rough familiarity which may lead unrefined boys and girls on to actual vice. Gentle manners in women and in men toward women are a real safeguard against sexual wrongdoing.

I come now to the phase of the general subject on which I was requested to write—different standards of chastity for men and women. Barbarous and civilized peoples alike, Buddhist, Christian and Moslem peoples alike, have insisted strongly on chastity in women; but no one of them has ever seemed to expect a like chastity in ordinary men. A few particularly holy men have been expected to be chaste, and the priests of some religions have been celibates and supposedly holier for that reason—a very disastrous implication; but the mass of men have not pretended to maintain for themselves the same standard in this respect which they have forced upon their women. Kings, princes, and rulers have not been expected to be continent. Good society, so-called, took no offence at young men who were dissolute before marriage; and even women spoke lightly of such conduct in youth. To yield to the sexual passion was supposed by young men to be an evidence of virility and boldness. It was commonly believed that incontinence for men was healthier than continence, particularly if marriage was long postponed; and the carrying over into the marriage state of the characteristic diseases of profligacy was ill

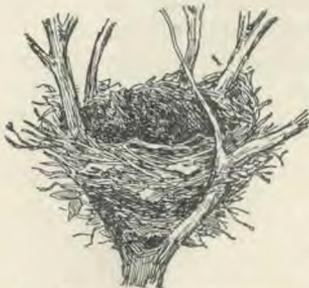
understood. Young men left by their parents and schools ignorant concerning the natural processes of reproduction, and filled by ignorant or coarse companions with false notions on the subject, fell into evil ways without deliberation, in a spirit of adventure, or almost accidentally while under the influence of alcohol.

The advance of preventive medicine, and the far better understanding of the conditions of health and bodily vigour which obtains to-day, have put the whole subject of masculine chastity in a new light. It is now absolutely known that complete continence is consistent with perfect health, and indeed, that continence is necessary to the highest development of bodily strength and endurance. It is clearly understood that the consequences to offspring of lack of chastity in the father may be just as grave as those of lack of chastity in the mother; and that the happiness and security of family life is quite as apt to be destroyed by want of purity and honour in the father as in the mother. Thus the lack

of children, or the limitation of children to one or two in a family, is not infrequently the direct result of immorality in the male.

There is, therefore, no physical reason, and there never has been any moral reason, for maintaining two standards as regards chastity, one for men and the other for women. The same virtue is needed in both sexes for the happy development of that family life on which the security of the race and the progress of civilization depend. All down the centuries, modesty, chastity, and fidelity in women have been desired and honoured, because these virtues were held to contribute powerfully to the welfare of the family and the race. In the light of modern science it is plainly to be seen that these virtues in men would have the same uplifting and consecrating effect on the family and the race. The double standard of chastity for men and women ought not to survive the increase of biological knowledge, the improvement of ethical doctrines, and the developed sense of social obligation.

Marriage. What Does It Mean?



MARRIAGE!
What *is*
marriage?

Wedding
bells? White
raiment? A
bridal feast?
Many gifts?
The admiration

of other girls, because I have a lover, and am now a bride? Is this marriage?

No, my dear young fellow-countrywomen. This is not marriage: these are only the outside show, the superficial joys. Yes, these things *are* joys, and very legitimate joys, when they are

the accompaniments of true marriage

What, then, *is* true marriage? The joining together of two lives; the founding of a new home, a home which is to be a blessing and an influence for good to every inmate of it; and not to these alone but to the community at large.

Oh, that we could grasp this idea! the living not for our own benefit and happiness, but for the good of the community; that not only the members of our home, but our neighbours, our village, our immediate circle, our very generation may be the better for our influence, for our having lived! And if this is to be the outcome and result of

marriage, of the founding of a new home, surely the two who are joining together to found it are taking upon themselves a great responsibility; and to be ready and fit for responsibility there must be a record for good training and character building.

Let us consider two things then: first, in what ways must I prepare myself for marriage, that I may prove a good wife, worthy of a good husband; and a true mother, if such is to be my privilege? And secondly, what characteristics do I look for in the man that is to share with me the cares and anxieties as well as the joys of life; that is to be a father to my children?

Firstly, how can I prepare myself for wifehood and motherhood? I want to be a downright womanly woman; capable of perceiving intuitively the needs and necessities of those around me; quick and ready to sympathize with and share the burden of anxieties and difficulties, and full of joyous cheerfulness to share the joys of well-earned relaxation.

To be thus ready, I must be strong physically and mentally; I must be free from any inherited disease. I must lead a vigorous, pure, active, healthful life; with work and sleep and exercise and relaxation well balanced; I must build up my body by pure, wholesome food and drink, clothing it neatly and modestly without harmful constriction, that it may be in the most fit condition possible for the bearing of healthy children. I must be temperate and self-controlled in all my habits and relations of life. I must understand household management, so that whether I am rich or poor I may be able either to direct wisely or to carry on the work myself. And to understand household management every girl must herself experience the work in every department; and all honour to the girls of wealthy and cultured families who realize that honest

work is honourable, and themselves go through it that they may make just and considerate mistresses in their future homes!

Then I must be ready to devote myself to the care of my children; for surely no mother ever knows the *real* joys of motherhood until she experiences the love and confidence the child can only give in response to the self-sacrificing love poured out by the mother who keeps the care and upbringing of her little ones in her own hands.

Furthermore, I must know something of the care of the sick; to be ready to meet the accidents and emergencies of everyday life.

Also I want to be able to sew, mend, and make, for many are the occasions when a ready needle can save largely in the expenditure, and render valued help to a friend.

Then I must understand the value of money, that I may make a wise expenditure, considering mainly the solid benefits that money will provide, and caring little for outward show.

Then again, let me cultivate my mind, that I may be a sympathetic and interested listener to my husband's interests, and to the doings in the great world around.

And let me find my pleasures in the simple God-given joys of life—the beauties of nature, the delights of friendship; for these will fit me to be young and merry with my children, so that they will always look first and foremost to mother for sympathy in all their joys and sorrows.

And let me consider home to be the first and most important sphere of my activities, and remember that not until its needs are attended to can public or outside work have any claim upon me.

Secondly, what characteristics do I look for in the man that is to share with me in the cares and anxieties, as well as

the joys of life, and who is to be a father to my children? He also must have the good of the community at heart; he must be an honest worker; looking above the world's standard of good—money-making and pleasure-seeking; directing his strength to the bettering of mankind, anxious to bring up children who will be of use in their generation, promoters of good in the world.

Unto this end I require of my future husband the same qualifications as I require of myself. He must come of a healthy family, free from taint of disease; he must have led a pure, restrained life; he must be healthy, vigorous, and sound, and ready to cooperate with me in self-

control, that we may together give our children a sound and healthful start in life, and make their upbringing and education our mutual joy and care. Furthermore, I would like my husband to possess the real joys of life—good friends, good books, healthful hobbies, gardening, walking, the delights of the country, things that can be enjoyed and shared with others without money and without price; and lastly, but most important of all, I want God to be the head of our home, to be the inspiration of the life there; the God in whom we live and move and have our being, to be the beginning and the end of all things—the light and the life.—*Selected.*

Cause and Prevention of Disease

BY V. L. MANN, M. D.

(This is the first of an interesting series of articles by Dr. V. L. Mann, one of our medical contributors. His experience among the people of India gives an added value which will be greatly appreciated by our readers. Dr. Mann is at the present time located at Chuharkana, in the Gujranwala District, Punjab, where he is giving all his time and service to the people of that province who come for treatment from early morning to nightfall to the new hospital which has been provided for them—Ed.)

THE prevention of disease is a subject of great importance to mankind, as the old saying is, "An ounce of prevention is worth a pound of cure." Even more than this, many are suffering from a chronic, incurable disease when a little ordinary care in the beginning would have prevented the long-continued suffering. Some preventable diseases are not curable. When the body has been attacked by a severe illness, although it often appears to be overcome and the patient in good health, yet he rarely ever feels as well as he did before he was taken ill. Thus the necessity for the prevention of disease.

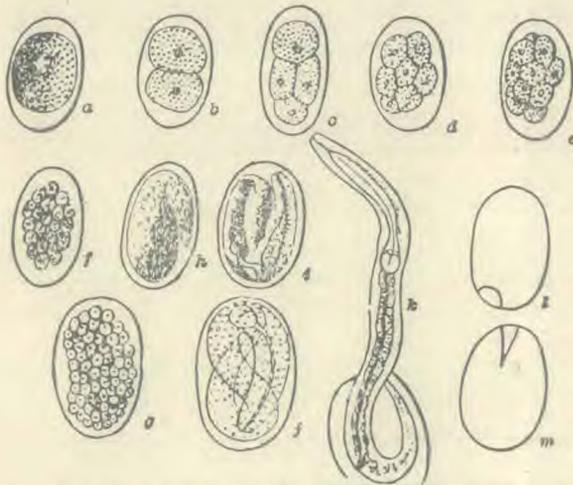
Some diseases cannot be prevented; others can be prevented to a great extent; while still others can be entirely prevented. The two great classes that we term preventable are the infectious, due

to germs, and the chronic constitutional diseases brought on one by wrong habits of living.

The Cause of Disease

Germs are small vegetable organisms invisible to the naked eye, which, when once they have gained access to the body, multiply rapidly and cause certain disorders. The best way to avoid this class of diseases is to avoid the germs that cause them. Enteric fever, Cholera and dysentery are good illustrations of this class. The germs of these are carried from person to person by food, insects and fingers. If we eat food that has been handled by some one who has one of these complaints, we are very liable to take it also. If the food that we eat becomes infected by the excreta from a patient having one of these maladies, or

by dirty fingers in the bazaar, we are very liable to contract it. If we drink water that is unboiled or eat uncooked vegetables that have in any way come in contact with the excreta of an enteric fever, cholera or dysentery patient, we are almost sure to become ill. Flies play an important part in the spread of these diseases. They walk over discharges from a patient having dysentery, for instance, and the germs stick to their feet, and then they walk over the food we eat. We in turn become infected by the food the fly has contaminated.



Development of the hookworm which has been found responsible for much of the slackness and langour of the Indian labourer.

Prevention

Therefore to avoid the foregoing, our food should be thoroughly cooked, or, in the case of fresh vegetables and fruits that cannot be peeled, they should be immersed in boiling water or in potassium permanganate, 1 to 2000 solution, for 15 to 20 minutes. All drinking water should be boiled 20 to 30 minutes. Drinking water should be cooled by placing it in ice and not by putting the ice into the water. Freezing does not kill germs, therefore ice made out of contaminated water will spread disease. The hands

should be thoroughly washed before using to convey food to the mouth.

Flies should be kept away from the food as much as possible by screening and by proper covering while being cooked or after preparation. The excreta coming from patients afflicted with any of the above diseases should be disinfected, either with phenol or by burying deep in the ground and covering carefully with fresh earth.

The prevention of malaria which is so prevalent in India is conducted along a little different line because there is an intermediate host, the mosquito, that carries the organism from person to person, therefore the problem of prevention of malaria is the prevention of the growth and the destruction of the mosquito. Low moist land, stagnant water, rank vegetation, and rice fields are favourable to the growth of the mosquito which carries malaria.

One should sleep under mosquito nets; any water near the house should be drained off or covered with kerosene oil. If possible, one should not live near rice fields. It is wise to keep a careful lookout for possible places in which the mosquito can lay its eggs near the house. Old tin cans, broken dishes, cans of water, even the shallow earthenware dishes used under the legs of a meat safe, are often found to contain wrigglers which will later develop into mosquitoes.

Constitutional Disorders

The other class of diseases that we have mentioned caused by following unhygienic principles, are indigestion, constipation, rheumatism, gout and nervous disorders, etc. These are caused by errors in diet, tea and coffee drinking, alcohol and tobacco using, condiments, overeating, starvation, overwork, insufficient exercise and licentiousness. To prevent this

class, it is necessary to remove the cause.

Another class are those such as ring-worm, itch, and so on, which may be avoided by not coming in touch with those that are suffering with them. Using a towel in common with someone having these affections is sure to spread the disease as well as instrumental in spreading sore eyes and such complaints.

Insects

A great factor in the prevention of certain diseases is the destruction of insects that carry them. We have mentioned the relation of the mosquito to malaria, and the fly to cholera and enteric fever, but there are others worth mentioning. The fly is also thought to be responsible for infantile paralysis, pellagra, sleeping sickness and elephantiasis. The body louse carries typhus fever; the bug, leprosy and kala azar; the tick, Rocky Mountain fever; and the flea, the plague. An untiring warfare should be waged against these pests and the dwelling place kept free of them.

Cleanliness

Personal cleanliness and cleanliness of the surroundings have a great deal to do with the prevention of illness. It may seem foolish to mention the need of daily bathing in a country where bathing is so prevalent; but among the poorer classes we find this duty sadly neglected, especially when it is most needed.

Do Not Delay

Delay in seeking medical relief is one great cause of death or chronic invalidism in India. Too many depend upon superstitions, the *fakir*, patent medicines, or do nothing until they are beyond hope; whereas, if the proper medical advice had been sought in the early stages of the affliction, the life of the patient could

have been saved or kept from future wretchedness.

Wells

Wells, if not properly cleaned and cared for, are also important factors in the spread of disease. Cholera, enteric fever, dysentery, and worms of various kinds infest the water of the wells. They become contaminated many times by water running in from the top. They should be cleaned at least once a year and purified by putting in 2 to 4 ounces of potassium permanganate, according to the size of the well. The water should have a faint pink colour for at least 24 hours after putting in the potassium, after which it will turn brown. The longer the water remains pink, the purer the water is. If it turns brown soon, it shows great foulness and more of the chemical should be added. Coverings should be kept on wells to keep out dust, leaves and animals. These precautions with the supply of water will avoid a great deal of disease. Boiling all drinking water is, however, the safest.

Animals

Pets are a frequent cause of disease for they carry vermin and infection from house to house. Cats, dogs, guinea pigs, monkeys and other animals which are liable to carry vermin should never be allowed about the house during plague, smallpox, cholera or other like epidemics.

Occupation

The occupation and its relation to the cause of disease is another phase of the subject. Confinement in offices is the forerunner of neurasthenia, nervous prostration, rheumatism and gout. To avoid the evils resulting from office work plenty of exercise should be taken each day in the open air.

(Concluded on page 216)



Abstracts

New Remedy for Malaria

DR. HORACE WILLS announces in the *Indian Medical Gazette* a new specific for malaria, which is composed of raw juice of certain species of lemon, crude biborate of sodium, and the sulphate, phosphate and chloride of calcium. 23 chronic cases were treated with complete and permanent success.

Kill the Cats!

At the Royal Medical Society, London, Arnold Lawson, a surgeon, reported three cases of sore eyes resulting from fondling cats.

Changing the Name

His Majesty, King George, had to call a meeting of the Privy Council in order to have his family name changed from Wettin to Windsor. His subjects, the women at least, only have to go to the parson.

Kerosene for Diphtheria

The *British Medical Journal* records a number of cases of very severe diphtheria cured by using kerosene oil in doses of 30 minims, three times every four hours at first, and then 10 minim doses three or four times daily until normal breathing was established. The taste can be disguised by using compound decoction of sarsaparilla. Kerosene is also very effective in croup and other throat affections.

An "Arbor Day" for India

Professor Geddes in his report on improving Lucknow, suggests the adoption in India of an "Arbor Day" such as is observed in Canada and the United States, for planting trees and shrubs about dwelling houses, public buildings and in open spaces about cities and towns. It is certainly a good suggestion.

Bullet in the Heart

A bullet moving about freely in a soldier's heart, though causing no discomfort, was the late unique discovery of a French surgeon.

German Milk!

German cities of more than 40,000 population are gathering kitchen waste and table scraps, which are dried, pressed into cakes, and used to feed milch cows. Animal waste matter, including slaughterhouse refuse, bones, bodies of dead animals, some from the war zone, are also being dried and mixed with carbohydrates for animal feed. Let us be glad we don't live in Germany, even though we have to pay two annas a seer for our water which has been coloured with milk.

How about an Examination in India?

In New York City, all persons who handle foods for the public are examined by the health department. Last year they found that out of 20,357 food handlers, 1,000 had tuberculosis, and 133 had venereal disease, 8 of whom had syphilis,

Paraffin Wax for Burns

Molten paraffin wax has been a tremendous success in the Army in the treatment of burns caused by liquid flame. It is a simple remedy which may be kept in every home.

Stop Eating and Save the Money

Some patient mathematician tells us that if all the vegetables a person eats in a lifetime could be collected, they would fill a train three miles in length. Five tons of fish, one-fifth of a ton of cheese, twelve thousand eggs, ten thousand pounds of sugar, and fifteen hundred weight of salt would also haunt him.

Sandflies and Mosquitoes

Oil of cassia, 1 part; brown oil of camphor, 2 parts; vaseline or salad oil, 4-5 parts. Mix well and smear on the skin in small quantities and it will keep the insects away. Another suggests equal parts of citronella, essential oil of lavender and methylated spirits: or oil of pennyroyal: or equal parts of oil of eucalyptus, oil of anise, and oil of turpentine.

Removal of Ear Wax

Do not attempt to dig it out, as this is injurious to the lining of the ear, but gently syringe it out with a fountain syringe, using warm water to which a teaspoonful of baking soda to the pint of water has been added.

Remedy for Prickly Heat

Major Gordon Tucker, I. M. S., of the Grant Medical College, recommends "a lotion of Eau-de-Cologne in ten ounces of a 1 in 2000 solution of perchloride of mercury, dabbed on the skin and allowed to dry: followed by dusting with equal parts of boric acid powder and talc." We have tried it, and found it a good one.

Delhi and the Fly

The health officer, Dr. K. S. Sethna, reports a severe outbreak of flies in Delhi during the first quarter of this year. Various measures were adopted against (1) fly-breeding places, and (2) flies themselves. A very large reduction in the number of flies was brought about within a short time.

Popular Lectures on Sanitation

"The Madras Government have inaugurated a series of popular lectures to be given in villages with a view to educating the people in the elementary principles of sanitation." Good! Let us hear from all in the same strain.

Scorpion Stings

A correspondent of an exchange recommends the application of pure carbolic acid for scorpion stings. We do not doubt its efficacy, but the remedy almost equals the complaint. If you don't believe it, try it.

Dengue Fever and the Mosquito

Advantage was recently taken of an epidemic of dengue in Queensland to make experiments with a view to clearing up the matter. Mosquitoes were allowed to bite patients who were suffering from dengue, and then they were taken to Sydney, a town free from dengue, and allowed to bite healthy persons there. Of seven persons who were bitten, four developed dengue. The mosquitoes whose bites produced dengue belonged to the species *Stegomyia fasciata*. Two of the other persons who did not take dengue had been bitten by the *Culex fatigans*, but it would not be safe to infer from this that the latter may not also be a possible carrier of dengue.

War Babies

They tell us that Germany's war babies already number 360,000 which are supported by the government.

Calcutta Mosquitoes

The Corporation of Calcutta spends Rs. 8,000 a year to minimize the mosquito pest. The effort expended seems wholly disproportionate to the immensity of the task, and Dr. Bentley, the Sanitary Commissioner, recommends further legislation or greatly increased appropriations for carrying on a successful campaign. There are other cities which need an awakening also regarding both mosquitoes and flies.

Strange!

"Yes," said the old man, "I find my strength is failing somewhat. I used to walk around the block every morning, but lately I feel so tired when I get half way round I have to turn and come back."—*Woman's Home Companion*.

How to Deal with State Dinners

The President of France sets a good example to other presidents, state ministers, and high officials. He is obliged to attend many banquets, where he is expected to at least "make a show of eating and drinking." Writing of his abstemiousness the *British Medical Journal* says: "President Poincare, we believe, subjects himself to an ordinance, self-denying indeed, but eminently prudent. He was once asked: 'How do you manage to attend so many dinners, M. le President?' The reply was: 'By not eating them.'"

Each One to Her Fancy

English women lace their waists; Chinese, their feet; but this is the latest:—

"Karen belles must be somewhat formidable, judging from the following description of them taken from a recent narrative appearing in the *Rangoon Gazette*:—

Each wears nearly 60lbs of thick brass wire coiled round her neck and shoulders, and the process of coiling begins from childhood; thus the neck is gradually elongated and we saw several whose necks were nearly a foot long. Shoulder pieces of brass wire and coils round the legs and arms, with chains of silver beads on dark red, blue and black clothes make up a strange sight in this twentieth century.—*Statesman*.

Impurities of the Air

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



follows: 1. Gases; 2. Dust; 3. Microbes-

Gaseous Impurities

The contaminating gases of the air are mainly associated with smoke and other products of combustion, with decaying organic matter and with the exhalations of animals and plants. Carbonic acid gas is found everywhere in the air, even hundreds of miles out at sea, but being a heavy gas it is most abundant nearest the surface of the earth, and is most dangerous in deep wells, pits, and mines. Carbonic acid gas is entirely odourless, and therefore sometimes difficult to detect, but it is easily discovered by means of a lighted candle or lantern which very soon becomes dim and goes out in the presence of much CO_2 . One of the most dangerous of gases produced in the process of combustion, whether of coal, coke, or gas, is CO or carbon monoxide. This, too, is an odourless gas and it is vastly more poisonous and dangerous than CO_2 . It is always found in gas in varying proportion and is by far the most dangerous constituent of lighting gas. Wherever combustion of any kind

BESIDES its normal constituents, the atmosphere always contains numerous impurities of great variety which are more or less inimical to health and life. These impurities can be classified under three heads as

is going on adequate ventilation must be provided in order to get rid of the CO and other poisonous gases produced. Then there are ammonia, marsh gas, and various sulphurous gases which are chiefly found associated with the smoke arising from our fires. Ammonia is mainly produced from the decomposition of organic matter and the same is true of sulphuretted hydrogen (H_2S) which gives the characteristic odour to a rotten egg.

Dust

The fine particles of matter always floating in the air even on the mountain top as well as a thousand miles out to sea are known as dust. The term includes inorganic or mineral particles of all kinds as well as the minute particles of organic matter which are most abundant in the presence of vegetation and animal life, and the pollen of flowers, grasses, and plants generally. The abundance of dust particles in the air is almost inconceivable. According to Aitken, a cubic inch of the purest air in the open country contains 2,000 or more dust particles. In towns and cities a cubic inch of air contains upwards of three million dust particles, while the same quantity of air in inhabited rooms may contain as much as thirty million particles of dust. Most of these dust particles are not actually poisonous or dangerous, although there are exceptions, but they are always more or less irritating and often give the air a stuffy smell. This is particularly true of the ordinary dust particles which are so abundant in our homes. The greater the amount of dust in the air the more irritating it becomes to the delicate lining of the air passages. Some people are susceptible and suffer from a sort of a cute catarrh or coryza of the nose and eyes

during the summer season of the year when dust is most abundant. Most of these individuals are particularly susceptible to the pollen of plants, and therefore sometimes find it necessary to shun the country and flee to the seaside.

Microbes

In the ordinary way the most dangerous impurity of the air is found in the living microbes which it contains. These microbes which are usually attached to dust particles, are of two kinds: pathogenic or those producing disease, and nonpathogenic, or those which are not capable of causing disease. Fortunately these latter are far more abundant. Nevertheless, the air in thickly populated centres very frequently does contain the germs of influenza and various catarrhal

disorders, pus microbes of different kinds, and the germs of tuberculosis and other more or less grave diseases. A healthy, robust person breathing these germs is soon able to destroy them, and suffers little or no ill effect. But the man who is weak and feeble, who is debilitated and possesses little vigour and vitality, or one who is anæmic and is perhaps losing weight, is far more susceptible, and having little natural power of resistance, is not unlikely to succumb from an invasion of the germs. It is well to bear in mind that the air of our living-rooms is seldom entirely free from the germs of disease, and therefore it is of the greatest importance that ample ventilation should be provided so as to enable pure, fresh air from without to enter the rooms to displace the impure air.

MOTHER AND CHILD

The Discipline

COULD Solomon be with us today in person, his writings give us to believe that he would take no little exception to the easy-going methods that many parents adopt in the training of their children. Apart from measures directly affecting a child's health, how many of those responsible for its training give conduct the important place it deserves. An out-and-out conformity to their wishes is rarely insisted upon, and it is difficult to say which failing is mostly to blame—a lack of back-bone in dealing with



of Children

a child, or a selfish affection for it arising out of ownership. Neither of these is a creditable trait of character, and yet we have to admit that in this country they are common shortcomings which, being practised for the supposed benefit of the children, are passed on to them.

Who knows of a greater nuisance than a spoiled child, making itself objectionable to all and sundry, including its own all-important self? It is constantly being addressed in irrational terms of endearment, altogether unnecessary, encouraging it to become affect-

ed and fretful, crying half its time for no reason whatever, the mother supposing that her baby has a pain—somewhere.

Children are unable to decide wisely for themselves in any one thing; at least, for the first few years of life, so that in the interests of the bairns themselves a parent's wishes should be enforced, even though it means resorting to some form of mild punishment. Instead, often because of the trouble involved, a child is allowed to go as it pleases, usually to its own detriment and the discomfort of those it comes in contact with.

Punishment does not necessarily mean corporal chastisement, although this is often the only form that appeals to young children. Neither does it follow that one must fly into a temper and spank the infantile offender one moment, only to condole with it the next. Better not beat it at all. Only do so when your feelings are under control, and show no sorrow for the act, or your prestige is impaired. Most of all, be consistent, displaying firmness on all occasions. Nothing is worse than an invertebrate attitude toward a child which takes full advantage of such weakness. It is in us all to take a yard where an inch is given.

It is perverted sentiment to regard sensible correction as unfair to a young child. On the contrary, the unfairness lies in neglecting to administer reproof when needed. Commence to give way in essentials, and you will continue to do so, however strong your determination to "pull up" at some vague time in the future. Start as you mean to end, allowing liberty only in non-essentials. Fail in this and the chances are that the young autocrat will do the "bossing," you playing to its own tune the while. The unfortunate school teacher has the time of his life breaking in these recalcitrants. Also the privately employed nurse and governess have "to go through it."

So don't coddle or spoil your children. Remember they are the rising generations that go to make nations—not playthings.

This subject of discipline has many rami-

fications, affecting a person's whole life, concerning usefulness, deportment, regularity, dependableness, application to work, etc., as well as general traits of disposition. The practice of self-control is to be recommended almost before anything else, bringing with it a right sense of proportion and responsibility. How much better though to have been taught control from the first! It then becomes a fixed quality by reason of habit.

We now have our model villages, dairies, farms, restaurants, and factories; then why not model men and women by careful, early training?

We all wish our children to become men and women of refinement, but it is not easy to see how this can be attained if due consideration is not given to table manners, to which might be added good behaviour while visiting other people's houses, such as the careful wiping of feet—on the mat of course—and a just regard for your host's belongings whether expensive or otherwise.

Young children, too, can be more useful both to their parents and themselves, than is generally thought. The writer is acquainted with a little chap of four years who is able to do everything for himself but wash, a tribute to his parents who foster in him the true spirit of manliness and self-reliance. He is thoroughly disciplined, but at the same time far happier than many of his age who have been pampered from birth. Such a boy can be taken visiting and to entertainments without any risk as to behaviour, allowing the parents pleasures they would otherwise be compelled to forego. Besides which, the mother's work and responsibilities are considerably lessened, particularly by reason of the boy's good example to his younger brother.

The Scriptures are rich in wisdom pertaining to the training of children, and they emphasize the value of obedience. If parents would remember this, it would influence for good their own as well as their children's lives.

These are stern times in which we live,

and it is reasonable to suppose that there are still sterner times ahead. See to it, then, that your children understand what discipline and obedience mean. We have already learned much from our enemies, and in respect to discipline we can also take a few lessons to heart, however much we despise the Prussian system in general.

The joys of married life can be increased a

thousandfold by the right upbringing of children. You can either mar or beautify these creations of God by the use of lax or strict methods in dealing with your boys and girls.

One final piece of advice: let both mother and father pull in the same direction, but make sure that it is the right one.—A. J. Mather.

Baby's Muscle and How to Develop It

ONE of the well-meaning but foolish individuals who is engaged in revolutionising the world by his so-called physical culture system, and is thereby inflicting rheumatism and nervous prostration on a lot of old men who ought to know enough to keep quiet instead of attempting circus stunts, tries to answer in a certain periodical a question as to how to train a year-old baby's muscle.

He soberly tells us to swing the baby by hands and feet, and suggests other muscle-racking stunts for the helpless child.

Now the true method of exercise, for the baby as well as the grown person, is by activity, and the more interesting this activity is, the more beneficial and rapid will be the result.

Baby will develop his own muscle if he is given a chance. As a matter of fact, he is usually so swaddled up in clothes, bands, blankets, and mufflers that it is generally impossible for him to kick up his heels or swing his arms, while it is a real impossibility for him to turn over.

Dr. Page of Boston declares that many babies are made weaklings by being kept helpless on their backs, and by being compelled to sit up instead of being allowed to lie on their stomachs, in which position they quickly learn to creep, walk, and to roll over and to handle themselves like active and healthy young children. The true objection to the method advocated by Dr. Page is that the very small baby placed face downward

on pillows or cushions would bury his breathing apparatus and be suffocated.

This is what he says of his own experience:—

In the rearing of our five children, now eight to twenty, the plan herein indicated was employed. None of them was ever on his back, except incidentally, until sufficiently developed in strength to turn over himself. This would happen occasionally: but directly he would bellow until we returned him, as for a time he would not be able to turn himself.

None of the five but was creeping before three months; the first born crept at seven weeks. By the sixth month they were creeping upstairs and backing down safely. The backing-down procedure demanded some special coaching at first, placing the hind legs for them a few times until they acquired skill and courage.—*The Healthy Home*.

A Hint to Municipalities

"Many municipalities do not realize any benefit from drainage water which could be sold with advantage to cultivators of neighbouring lands. If a storage tank is sunk, away from the houses, and all refuse water is collected there, cultivators will buy this to fertilize their holdings. Of course at the start the scheme will entail great difficulties in some places but the money received will justify the means and the effort expended."—*Hira Singh, Late Sanitary Inspector, Jhelum*.

HEALTHFUL COOKERY

(NOTICE—Unless we receive special requests from our subscribers to continue this department, it will be dropped with this number; and in the future only occasional articles will be given regarding the preparation of foods—Ed.)

Some Common Vegetables

BY THE CONNOISSEUR

Vegetables provide a large portion of the diet of the human race. Some of them are as old as the race, and others have been developed from time to time from useless weeds or ornamental plants. Vegetables contain valuable salts as well as many other ingredients, and have always proved excellent blood purifiers.

The fresh vegetables will be coming into the *subzi bazaars* before long and will provide a welcome relief after the long summer months of a more or less limited dietary.

In the following recipes we do not attempt to give anything new; although some may prove to be new to our readers.

Carrots

Carrots are among the most nutritious and healthy of the vegetables to be obtained in India. With a little care they may be made exceedingly palatable.

Unless very fresh, let carrots stand in cold water for some time before paring. When they are full grown, or late in the season, parboil them to remove the strong taste.

Carrots Minced

Scrape or pare carrots, cut into strips, grind in food cutter or chop fine, cook in water until tender, add salt, boil, drain. Add a little cream, butter or oil, re-heat and serve. A little sugar will improve the taste for some.

A la American

1 quart sliced or diced carrots, 1 cup to 1 pint of sliced onions, $\frac{1}{4}$ cup strained tomato,

$\frac{1}{2}$ tablespoonful of browned flour, $\frac{1}{2}$ 1 teaspoon of salt. Cook all together in a small quantity of water until carrots are tender and well dried out.

Pickled Carrots

Slice and cook as many carrots as desired. Take 2 parts of lemon juice or lime juice, 1 part water, 1-1 $\frac{1}{2}$ parts of sugar, a trifle of salt or none; heat to boiling, pour over vegetables, drain off before serving.

With Onions

Pour hot cream over a mixture of stewed onions and carrots; heat and serve.

With Beets

Heat mixture for Pickled Carrots, add 1 part carrots and 2 parts beets; serve as soon as hot. Butter, lime juice and salt may be used instead of the dressing.

With Maize or Bhuta

To equal parts of stewed carrots and maize or kernels, add cream; heat and serve.

Onions

Plain Boiled

Select onions of about equal size. Peel them, then at the root end cut into the onion about $\frac{1}{4}$ of the way at right angles. This causes the onion to cook tender at the heart. Let stand in cold water 20 minutes to 1 hour. Put into boiling salted water and cook until tender. The water may be changed 15 minutes after they commence boiling. Drain, add cream or butter, heat a moment and serve. Some prefer onions

plain with a little of the liquid in which they were boiled.

Stewed

Cut peeled onions into halves, then into quarters then into thin slices. Put into just enough boiling salted water to cook tender; dry out well and serve plain or add a little oil or melted butter or hot cream. Serve separately or over plain boiled or mashed potatoes.

Baked

Select large, perfect onions; peel and boil until about half done; drain, put into a baking pan, sprinkle with salt and crumbs, pour a little oil or melted butter over and bake, covered part of the time, until tender. Onions may be dried after boiling, wrapped in oiled paper and served with melted butter or cream sauce.

Raw

Peel and slice and let them lie in cold water for an hour or more, changing the water occasionally. Drain, dry and serve with salt, salt and lemon juice or with French dressing. Sprigs of parsley are sometimes served with the raw onions to destroy the odour in the breath.

Cabbage

Plain Boiled

Trim, and if not very crisp let stand in cold or ice water 1 hour or over night.

Dr. Frank Crane, writing in the *People's Home Journal* on the importance of gardening, has the following good advice to give concerning the use of vegetables as a diet as against the common practice of meat eating.

"If you will cut out the meat from your table and substitute vegetables, it will not only reduce your expenses vastly, but it will mean health and vigour to your husband, your little ones and yourself.

Drain, cut into sixths or eighths as desired across the broadest part. Lay in sufficient boiling salted water to cover; let come to the boiling point and set near the fire where it will simmer gently $\frac{1}{2}$ of an hour, until tender only, and still perfectly white. Drain and lay on a hot dish with pieces overlapping. Serve at once.

A delightful change is given by eating with English walnuts or almonds. Or the plain cabbage may be served with lime juice. Do not cook cabbage until it commences to turn brown.

Creamed

Shave crisp cabbage fine, cook in boiling salted water 20 30 minutes until just tender and still white. Drain, pour on cream, heat to almost boiling, serve.

In Tomato

Prepare as for plain boiled, cook for 20 minutes, drain, add stewed tomatoes (not too juicy), add salt and cook until cabbage is tender. A little cream may be added before serving.

Sweet Sour

1 quart of fine shaved cabbage, $\frac{3}{4}$ cup of water, 2 tablespoonfuls of butter, 1 level teaspoonful salt, $\frac{1}{4}$ cup of sugar, $\frac{1}{2}$ teaspoonful of caraway seeds, $\frac{1}{4}$ cup lemon juice. Cook cabbage in water 15 20 minutes, then add the other ingredients and simmer slowly until the cabbage is tender.

"Meat eating may be called the great American sin. Workmen don't need meat. The champion long-distance runner in the United States, Kohlemainen, is a vegetarian.

"The hardest, toughest soldiers now fighting in France are the Algerians. They live on fruits and vegetables, having meat but once in about two weeks.

"Meat is fruitful of many diseases."

TEMPERANCE

The Moderate Drinker

BY L. D. MASON, M. D.



THE term moderate drinking cannot be used in a scientific or practical or safe sense. A prevalent and popular fallacy is that the moderate drinker may always remain as such, that moderate drinking is always under control, and the habit can be left off at any time and always kept within the limitations of safety and sobriety. *This false doctrine has ruined more lives than any other argument brought forward to sustain the habitual and moderate use of alcoholic beverages.* The drink habit is accretive and progressive. Tolerance is easily established, and larger quantities are required to meet the daily growing demand. It is exceptional for the moderate drinker to remain as such. *As a rule all immoderate, habitual drunkards were once moderate drinkers.* Exception to this does not prove the rule, and no amount of specious sophistry can alter the natural sequence in this particular. The accustomed dose under *normal* conditions will not be sufficient under *abnormal* conditions.

The term moderate or temperate use of alcoholic beverages is not definite. There is not any established or definitely ascertained quantity that we can use daily or habitually within the bounds of safety, and exclude any possibility of mental or moral or physical degeneration. This is especially true of the reformed man, or the man with hereditary tendencies, or diseases, or injuries affecting the cerebro-spinal axis, that is, the brain or spinal cord, or chronic painful conditions, in which the alcohol in some form is used for its anæsthetic or narcotic effect. The constant,

habitual use of alcoholic beverages even in so-called moderation is more dangerous than occasional excessive use. Personally, moral considerations excepted, the occasional excessive drinker is safer physically than the every-day habitual moderate drinker, for the latter keeps his blood up to a certain percentage constantly alcoholized, while the former, at least during the interval between his debauches, has a chance of recovering a normal blood current.

Moderate drinkers are more liable to disease than total abstainers, and are regarded as an inferior risk by underwriters for insurance, and therefore not entitled to share the benefit of insurance in the same company with abstainers. There is a marked difference between the abstainer and the non-abstainer or moderate user of spirits or alcoholic beverages as to the death-rate and longevity. Official statistics prove this, and the total abstinence department of any insurance company will give the record.

In the great majority of cases of habitual drunkards the parents or grandparents used alcohol in moderation habitually or in excess. In a study of 600 cases that came under my supervision, in which I made a study of the family history, none escaped the record of antecedent degeneracy from various forms of narcomania, nervous disease, consumption and other conditions of alcoholic degeneration, there being evidence enough to demonstrate the relative sequence between drinking parents and a drunken posterity. I believe that the starting point of the alcoholic degenerate can be traced not infrequently to the so-called moderate habitual use of alcohol in

some form by a respectable, temperate, immediate progenitor who was never drunk, and who prided himself on his self-restraint, and yet this paragon of virtue and respectability was giving to the world, through his poisoned blood (although moderately alcoholized, it is true), a posterity of physical and mental weaklings, and ignorantly and unconsciously starting a race of neurotics, idiots and lunatics, and begetting a long line of alcoholic degenerates. And how many families in this land of ours are free from the alcoholic taint in the direct or collateral branches extending even to one generation back!

The question of communion wine comes in here, and the conditions present the strongest possible plea for the use of the unfermented juice of the grape in the sacrament of the Lord's supper so that no reformed man, or one with an hereditary tendency to alcoholic excess may be excluded therefrom. The fact that the *tendency to alcoholic excess* exists in a large majority of the human race should exclude the habitual moderate use of alcohol either as a beverage or medicinally. In the latter case there are as equally good if not more efficient remedies. Modern medical science is gradually eliminating alcohol from its list of remedies as a most *unsafe* and *dangerous* as well as *useless* drug. The consensus of the highest medical opinion of to-day is this, "There is no such thing as a healthy beverage containing alcohol."

The family bottle or private emergency flask kept by the laity has been more productive of harm than good. The belief that the whiskey bottle is absolutely essential in every household as a medicinal necessity is very prevalent, whereas the best modern authorities maintain that this is an error, and that the best results can be obtained by safer and more efficient means.

The use of wine or brandy in flavouring is where the strictly temperate may overstep the line. Let us not tolerate a poison in our homes as a remedy, or in our kitchens

for culinary purposes, or flavouring our food.

Cases of extraordinary longevity, in which alcohol has been used habitually in reasonable or moderate quantities without seeming detriment to the user, as far as he himself is concerned, does not prove its evil and degenerate effect on his immediate posterity, or his evil example on others. Besides, the exception does not prove the rule. There is a *moral side* to this question. The greater the character, respectability and influence of the moderate drinker, the more *powerful his example for evil*, for he is practically advancing and advocating the fallacious theory that the use of alcoholic beverages in moderation is safe, healthful, and respectable, and thus leading the young and inexperienced into fatal error. "No one liveth to himself." The conscientious moderate drinker should be moved to this consideration. "How many, by my silent example and influence, have become immoderate drinkers or drunkards?"

The drink habit may be *innocently acquired* through the habit of using patent or proprietary medicines containing a greater or less percentage of alcohol, not to speak of other forms or narcotics. No one ought to use any of the so-called nervines or tonics with which the market is flooded, and their name is legion, without being aware, whether they contain alcohol or other deleterious drugs. An action of the Government compelling a *proper labeling* of all such preparations, will do much to protect the public in this particular, but the best rule is not to take any so-called medicine without the advice of a physician or accurate knowledge as to whether the so-called remedy *contains alcohol in any form*, and thus avoid the danger of *innocently and unconsciously acquiring* the habitual use of alcohol in this manner.

From any side from which we may view this question, the only conclusion in the whole matter and the only absolutely safe rule is to practice total abstinence.

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Control of American Food Supply

The House of Representatives has passed a Food Control Bill empowering the President to control the distribution of food and fuel, forbidding the use of foodstuffs for making intoxicants, and authorising him to take over all distilled liquors. If the bill passes the upper house it will mean another long step toward national temperance.

Cause and Prevention of Disease

(Concluded from page 205)

Living Quarters

It is needless to say that to prevent disease our living quarters should be designed and maintained to this end. The house should be kept free from dirt, and the premises from all rubbish or decaying matter of any kind. The refuse from the house should be taken at a great distance from the house where there are conveniences for its proper care. The night soil should not be allowed to remain around the house. A constant warfare should be made against vermin. Some of the homes of the poor are models of neatness and cleanliness. Why not have all the homes of India likewise?

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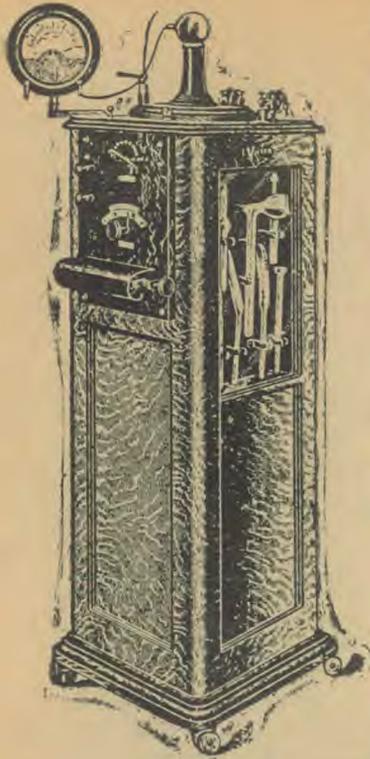
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