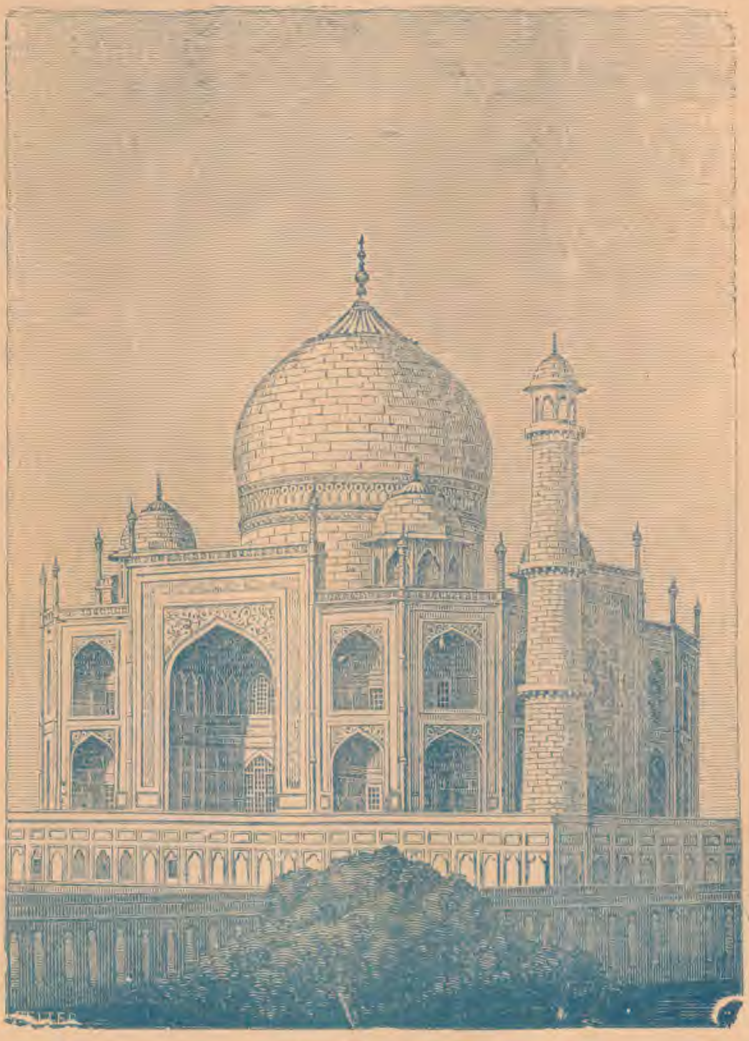
Herald of Health



The Taj at Agra

Vol. I January, 1910 No. I

The Sanitarium Bath and Treatment Rooms

ELECTRIC LIGHT BATH.
RUSSIAN BATH.
ELECTRIC TUB BATH.
MEDICATED BATH.
SITZ BATH.
NAUHEIM BATH.
SHOWER BATH.
SPRAY BATH.
GRADUATED BATH.
NEUTRAL BATH.
FOMENTATIONS.
BLANKET PACKS.
SHEET PACKS.
PERCUSSION DOUCHE.
FILIFORM DOUCHE.
ALTERNATE DOUCHE.
REVULSIVE DOUCHE.
PHOTOPHORE.
MASSAGE (general).
MASSAGE (special).
SCHOTT'S RESISTIVE MOVEMENTS.
SWEDISH MOVEMENTS.
ELECTRICITY.

ELECTRIC LIGHT BATH

This is nature's blood purifier. It has been found of inestimable advantage in dealing with all classes of chronic invalids. Its chief therapeutic value is not so much in its eliminative effects as in its influence upon the circulation. Under the influence of a general electric light bath, the skin is filled with blood. The sweat glands are stimulated, and they throw off toxic matters from the system, thereby influencing the general metabolism. The complete filling of the skin with blood removes the congestion of the liver, stomach, spleen, and other internal organs. This relief is made more or less permanent by the fixation of the blood in the skin, affected by the cold application which always follows the electric light bath.

HYDRO-ELECTRIC BATH

The patient lies in a tub of water at a given temperative. This water is charged with a graduated current of sinusoidal electricity, the effect of the sinusoidal current being stronger than that of any other. The effects of this bath is that of improving the nervous and circulatory functions. This is a splendid bath for relieving the nervous symptoms brought on through over-work.

RUSSIAN BATH

The patient is placed in a room filled with vapour; in cases of pulmonary disease, the vapour is medicated. This is a good eliminative measure, stimulating the action of the skin and relieving the body of accumulated poisons. It is of especial value in overcoming a cold in the head, throat, or lungs, also in bronchial and rheumatic affections.

50, Park St., Calcutta

The Herald of Health

H. C. Menkel, M. D., - - - Editor

Our Own Page

About thirty years ago there were a few men and women in England, America, and other countries advocating a "return to nature" movement, urging that the deterioration of the race and the increase of disease were due to unnatural practices in eating, drinking, breathing, working, etc. They were called "cranks," and their ideas were scoffed at by the "wise" (?).

To-day this idea has impregnated the leading scientists in every country, especially those at the head of departments of medicine and social or political economy.

Each human being is counted as a definite asset to a nation. A monetary value is placed upon him; for he is worth a certain amount to his nation. So an increased mortality means a definite monetary loss. Therefore, the department of economics is devoting itself to the problem of increasing the length of life—the health and vital resistance of each unit that makes up the nation. Committees are being appointed by the national governments to delve into these matters. Societies are springing up everywhere advocating definite reforms. Scientists are devoting themselves to the problem of finding the cause for old age, premature degeneration, and disease. The laws of nature are receiving careful study in order that the secret of health and prolonged life may be found.

Much has been accomplished through municipal and personal hygiene; but very much remains yet to be accomplished ere all preventable disease is abolished.

It is the purpose of this Journal to give the gospel of health to India, to advocate a "return to nature" movement by making plain those natural laws written in every organ and structure of our being, and urge obedience to them; for this is health.

Health is not to be found in bottles and pills, but in obedience to the laws of the Creator.

We believe it possible to improve one's health fifty to one hundred per cent, and our contributors will tell you how.

We hope to receive the enthusiastic co-operation of our readers in this effort of bringing better health and longer life to India's people.

A Floating Religious Festival in Southern India

Herald of Health

VOL. 1 LUCKNOW, JANUARY, 1910 No. 1

Your Health in India

HEALTH and disease have the same relation in India as elsewhere.

In health, the body is working under favourable conditions; in disease, it is working under unfavourable conditions. Disease differs from health essentially in the fact that, in consequence of some wrong-doing on the part of the individual, the harmony of his bodily functions is disturbed. This disturbance of function is associated with certain unpleasant symptoms, the severity of which depends upon the organ affected and the nature of the disturbance. This condition is known as functional disease, and is given a name according to the parts involved.

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Resistive Power

Through this disturbance of function, the resistive power of the body against disease germs is diminished. Typhoid or cholera germs cannot injure an individual whose stomach is sound, as the normal digestive fluid is capable of destroying these germs. But a stomach that has been abused by too frequent eating, the use of blistering condiments and indigestible substances, has undergone permanent structural changes in its walls. Some of the secreting glands are destroyed, and it is unable to produce a normal digestive fluid, and, instead, secretes a fluid deficient in power and ability to destroy germs of putrefaction and disease. Thus the disease germs find entrance to the body.

Diet

The white blood cells, if present in sufficient numbers, are able to destroy malaria germs, and protect the body against this disease. Their activity depends upon the purity of the blood; so when the blood is deteriorated by wrong habits of eating and drinking,—overeating, the use of tea, coffee, tobacco, alcohol, and flesh foods,—the vitality of the blood cells is lowered, and the disease germs gain a foothold and extend their ravages. The ingestion of not less than two quarts of water daily and an abundance of fruit is the best way of purifying the blood and keeping it strongly alkaline.

It thus appears that the cause of germ disease is not due primarily to the germs themselves, but to the weakening of the body by incorrect habits of life, thus allowing the germs to gain the supremacy. It has been found that most people carry consumption germs about in their systems; but these can do no harm until the resistive power of the lungs has been reduced by sedentary habits, breathing bad air in poorly ventilated rooms, and restricting the breathing capacity by tight clothing.

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Exercise

Exercise is one of the essentials to good health. All of the vital functions, as blood circulation, respiration, digestion, and elimination, depend upon muscular activity. It should be remembered that there is an intimate

relation between the external muscles of the body and the internal muscles,—those of the heart, stomach, intestines, bladder, etc.,—and that the strength and health of the latter muscles depend upon the strength of the external muscles. When the external muscles are allowed to become weak, the internal muscles also become weak; consequently, the heart, stomach, etc., are not equal to the work required of them.

It has been demonstrated that fifteen minutes of regular, energetic exercise every morning, during which every muscle of the body is worked, is essential to counteract the debilitating effect of India's climate upon the muscular system.

It is evident, therefore, that the cause for the existence and spread of disease is to be found in man's "failure to harmonize himself with his necessary natural conditions." Most diseases are preventable by right living, and their existence is due, as Major Ross recently expressed it, to "human stupidity." When we learn to take as good care of our bodies as we do of an automobile or a prized horse, we shall have solved the problem of our state of well-being.

Malaria

In this day of anti-malarial campaigns, it is interesting to note every successful effort in combating this disease.

That malaria is a preventable disease has been amply demonstrated; and now that we understand the part taken by the mosquito in spreading the germs of malaria, it is possible to witness its eradication in the same manner that epidemics of yellow fever have been relegated to the annals of the past. But before this is accomplished, the people will need to be educated to sense the importance of the part they must assume in self protection.

In this article we shall deal with the methods of treatment that offer the best hope to the victim of the malaria germ.

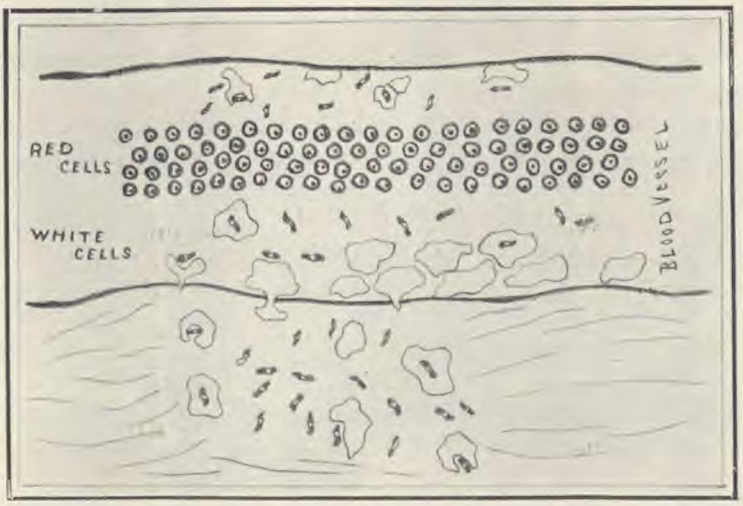
The individual suffering from malaria is a battle-field. In his blood-vessels two antagonistic forces are engaged in mortal conflict. On one side are millions of the white blood cells fighting for the integrity of the organization of which they are a part; on the other side are the malaria germs, whose object is to disorganize the body. A fierce, and often long-continued, battle is waged between the white blood cells and the invading germs.

If we examine, through the microscope, a drop of blood from an individual suffering with malaria, we may see the blood cells attacked by minute animal organisms, which, developing within the body, produce poisonous substances that give rise to chills and fever. These parasites feed upon the red blood cells, sometimes destroying them with great rapidity. But the white cells, if present in sufficient numbers, are able to capture and destroy the malarial parasites before they have done their work of mischief, thus preventing the usual consequences of malarial infection.

The white blood cells probably constitute one of the most important of all the defences of the body; and it has been demonstrated that in the treatment of malaria it is highly essential that they be in good fighting condition, that they may destroy the malarial germs.

The first essential consideration, then, is preventive measures: such as, prevention of mosquito bites, thus guarding against the introduction of malaria germs into the body; the extirpation of the mosquito; and strict sanitation to prevent their breeding.

Of equal importance is it to avoid every practice that retards or weakens the activity of the white blood cells, as the use of foods containing unwholesome substances and poisons having a deleterious effect upon the blood cells; such as, flesh meats of every kind, saturated as they are with venous blood and tissue poisons that render the blood impure; alcoholic beverages and condiments; overeating and overwork; sedentary habits; and breathing bad air from poorly ventilated rooms.



White Blood Cells Destroying Disease Germs.

Drugs of various kinds, such as, opium, tobacco, tea, and coffee, also contaminate the blood and lessen its defensive powers.

Quinine Treatment

The prevailing treatment for malaria is quinine in some form. Many physicians believe they cannot treat malaria without this drug; and, in fact, it has become so popular in India that a great many people take it daily as a prophylactic. That quinine is destructive to malarial plasmodia no one can deny. But recent investigations leave no room for doubt that it also has a detrimental effect on the white blood cells, thus lowering the defences of the body and laying it subject to renewed attack from the malarial germ. Professor Kock considers this to be a dangerous practice and responsible for the increased death rate in certain parts of West Africa during late years. He holds that the indiscriminate use of quinine as a prophylactic in malaria countries is in many cases the direct cause for the pernicious "black-water fever," one of the most virulent forms of malarial disease; that this drug seriously weakens the action of the heart when taken regularly in excessive doses; and that it will so inure the system to its influence that it becomes useless as a remedy when required for this purpose. Professor Metchnikoff says: "Even quinine, the prophylactic effect of which in malarial fevers is indisputable, is a poison for the white

blood cells. One should, therefore, as a general rule, avoid as far as possible the use of all sorts of medicaments, and limit oneself to the hygienic measures which may check the outbreak of infectious disease. This postulate further strengthens the thesis that the future of medicine rests far more in hygiene than in therapeutics."

Experience seems to indicate that quinine gives its best results in recent cases of malaria ; whilst in old, regular, or irregular cases the results are by no means flattering; and there are many whose systems will not tolerate quinine.

Hydrotherapy

Hydrotherapy bids fair to become a successful rival to quinine in the treatment of this disease. Winternitz says: "The best water treatment for malaria consists in the employment of cold applications." The procedures most popular are : Vigorous cold shower bath, cold full or plunge bath, cold douche to spine, cold wet hand rub, wet sheet rub, cold sitz bath for ten minutes, cold mitten friction, and other suitable measures. The important result to work for is to produce a good reaction. When this fails to take place success is wanting. In a recent medical journal the following plan of treatment was outlined :—

Give the patient a cool half bath about ten hours before the time of chill, and follow every two hours with cold mitten friction, with hot and cold to the spine to tone up the nervous system. A carefully regulated diet is essential in order to keep the alimentary tract in as normal a condition as possible. Regarding the results of this procedure, the doctor says : "The chills kept coming farther and farther apart until finally they ceased altogether." In most cases a week of this treatment is sufficient to stop the chills, and microscopical examination of the blood shows the entire disappearance of the plasmodia.

The value of this treatment lies in the fact that short cold applications bring the white blood cells out into the circulation in large numbers. Winternitz demonstrated that the "increase of leukocytes was almost thrice the number, and the hemoglobin was increased 14 per cent" after an application of cold water. It also causes a breaking down of the red cells which have been weakened by containing the malaria germs, and furthers the destruction of the germs that have left the red corpuscles, either by phagocytosis or by increased oxidation.

The effect of cold water is to enhance the normal antiparasitic power of the blood serum, as well as that of the cells. It developes the highest reactive capacity of the body.

We are therefore justified in regarding hydrotherapy as an effective measure in combating malaria.

The Moderate Drinker

By Charles W. Eliott, L. L. D.

I HAVE been all my life what is called a moderate drinker,—that is to say, I have used beer and wine on occasion, though never habitually—and I have never experienced any ill-effects whatever in my own person from either beer or wine. Again, I have always recognized the truth of the Bible saying about wine, that "It maketh glad the heart of man." There is no doubt of that fact; nevertheless, it may be doubted whether it be expedient that the heart of a man should be made glad in that way. Frequent observation has made me sure that alcoholic drinks have a tendency to cheer people up temporarily, and make them jolly and noisy; but the doubt about the expediency of that kind of elevation has gained on me as years have passed.

The recent researches in physiology and medicine tend strongly to show that even the moderate drinking of alcohol is inexpedient. As a result of experience, one old practice in regard to the use of spirits has been absolutely abandoned. No longer are men who are to be exposed to cold, heat, fatigue, or hardships of any sort, prepared or braced for such encounters by any form of alcohol. It used to be considered essential that a sailor in the merchant marine or in the navy should be braced every day for his arduous work by grog; but now grog has been abolished in our navy for many years, and is no longer served in well-conducted ships of the merchant marine. The result is a demonstration that the rough, exposed life of a sailor was not really helped by the moderate use of alcohol; in truth, it was injured. No captain of an ocean liner ever supports himself now against the fierce exposures of the bridge by means of alcohol. He may take hot tea, coffee, or lemonade to help him keep warm and awake; but he never braces himself when exposed to terrible weather by means of alcohol.

It is just so in regard to strenuous intellectual labours. It was long supposed that nobody could bear the labours of a Prime Minister of England,—in the House of Commons late every night, and in Downing Street during long hours every day—unless he was supported by one or two bottles of port each day. Many famous men have lived that laborious life under such stimulation; but all such practices are now absolutely abandoned. It is well known that alcohol, even if moderately used, does not quicken the action of the mind, or enable one better to support hard mental labour. On the contrary, all intellectual workers find alcohol a drag on their mental processes; and if they get accustomed to working on alcohol they are apt to offset its effects by an immoderate use of tea or coffee. Hard mental workers who use the double stimulation of wine and tea or coffee are admittedly burning the candle at both ends. On this subject—the value of alcoholic drinks to men engaged in intellectual labour—I have myself witnessed a great change of opinion among well-informed men. The new psychological laboratories of the learned world, some German and some American, have supplied valuable evidence on this subject, and their results are plain and all go one way. For instance, the effect of a moderate use of alcohol on clerks whose principal function is to add up columns of figures has been thoroughly studied.

If such a clerk drinks during the day a moderate amount of beer or wine it has been proved that he can not add so well the next day. These experiments have been conducted on a large number of persons, so large as to establish the psychological fact.

An interesting line of experiment has been on what is called the time reaction. By time reaction is meant the interval that elapses between hearing a sudden noise, or seeing a flash of light, and putting the muscles of the hand and arm in motion to touch a given spot or object. The signal enters the brain through the ear or eye, and the will then sets the motor nerves of the arms and fingers at work to make the indicated motion. In different individuals this interval varies much. Now it has been demonstated that alcohol—even in the most moderate quantity—affects unfavourably the time reaction, —it slows down the whole nervous action of the man who takes it, and this slowing effect lasts for hours and even days.

Some years ago I had occasion to learn about the actual time reaction of a well-known pugulist. He was expecting to fight in a city at some distance from Boston. The day of the fight had been fixed, but the pugilist had been on a succession of sprees. His trainer could not control him, and he had been under the influence of alcohol a good part of his time. He was brought to Cambridge and his time reaction was tested. It proved to be slow. Now this man had always been famous for his quickness of eye and fist. A prize-fighter has need of a very short time reaction. He must see by the motion of his adversary's fist just where his adversary is intending to strike, and quickly put his own arm in the right place to fend off the coming blow. A slow time reaction makes success impossible for a boxer, a fencer, or a runner of short races. The effect of alcohol on the time reaction of the human being has now been tested carefully in hundreds of cases, and there is no question about the ill-effect of alcohol, even in moderate doses. That means that alcohol, even in moderate doses, diminishes the efficiency of the skilled workman, or, in other words, makes him incapable of doing his best in the work of the day.

Benjamin Franklin made a very early observation of this subject when he first worked, as a very young man, in an English composing-room. Drinking no beer he found he could easily surpass the English workmen in the printing office, and he attributed his greater capacity to his abstinence from beer, which was the favourite and habitual drink of his fellow-workmen. So I say that the recent progress of medical science, largely accomplished through animal experimentation, has satisfied me that the habitual use of alcohol even in moderate quantities, is inexpedient, because it lowers the nervous and intellectual power of the human being. If a man be leading an intellectual life, if he be engaged in work which interests him keenly, stirs him, and requires the active use of his powers of thought, then he will inevitably feel the retarding and deteriorating effect of this drug.—*This is an extract from a recent speech by President Eliott before the Massachusetts No-License League.*

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PROHIBITION has been in effect in North Dakota for so long a time that in many counties there are no jails. Kansas, also prohibition, is the only other State in the Union that can present a similar record.

CONDUCTED BY RUTH MERRIT-MILLER, M, D.

Dr. Miller will answer questions pertaining to the subjects treated in this Department if accompanied by return postage.

Practical Home Treatments

A KNOWLEDGE of how to administer a few simple treatments will often make it possible not only to relieve suffering, but to prevent serious complications which arise from neglecting some apparently trivial ailment. Only those treatments that may safely be given in the home will be described.

A perfect circulation of pure blood is necessary to keep the organs and tissues of the body in a healthy condition, and the blood itself very soon becomes impure if its circulation is impeded. This may be illustrated by placing a tight band about the base of the finger. Notice how quickly the colour changes as the veins become filled with dark, impure blood. There are many influences which affect the circulation of blood, very noticeable among which are heat and cold.

Plunge the hand into warm water for a few minutes, and watch the results. The blood vessels are dilated by the heat, and the hand becomes red. There is more blood in the hand than before, and correspondingly less in the rest of the body. This shows that blood may be drawn from one part of the body to another by the application of moist heat. Suppose there be congestion in some organ of the body; by applying heat to another part, we can draw a portion of the blood from the congested organ, and thus relieve the pressure and consequent pain caused by the stasis of impure blood. A very simple treatment based upon this principle is the.

Foot Bath

The articles necessary for giving this treatment are : A large, deep basin or a regular foot tub, a towel, a blanket, and plenty of hot and cold water.

Have the patient sit in a chair well protected from any draft, and proceed as follows : Place the feet in a bath of warm water, the temperature of which should be gradually raised (by adding hot water) as the patient can bear it. Avoid burning the patient by placing your own hand between the feet and

hot water you are adding, mixing the water well with that of the bath before it strikes the patient's feet. The blanket is thrown over the patient so that the feet are protected, as well as the rest of the body. The feet should remain in the hot water ten or fifteen minutes, then be lifted out, quickly dashed or sponged with cold water, thoroughly dried, and covered at once. If the bath be given to induce sleep, it should be somewhat prolonged, and the temperature should not be raised to such a high degree that any excitant effect is produced, but be soothing throughout.

When giving this treatment to a patient in bed, let him lie on his back, with the knees well flexed. The feet are then placed in a basin or foot tub of warm water. The bedding may be protected by a mackintosh or several thicknesses of paper placed under the tub. Another mackintosh or large paper should be placed over the tub to protect the blanket which covers the patient. The remainder of the procedure is the same as described before.

A throbbing headache may be greatly relieved by placing the feet in hot water, and at the same time applying a cold, damp cloth to the head. The cold contracts the blood vessels in the head, while the hot water dilates those of the feet, thus relieving the pain caused by the congestion of blood in the head. In the same way a cold may be aborted. In the first stages of a cold the mucous membranes of the nose are highly congested. If a circulation of pure blood through them can be established before the tissues are diseased, the cold may be avoided. There is no better way of doing this than by taking a hot foot bath.

Every mother should know that croup may be greatly relieved by dilating the blood vessels of the feet. If the lungs are congested, thus making it difficult for a little child to breathe, relief may often be obtained by placing the feet in warm water until they are quite red, then oiling them and placing a hot water bottle or warm stone near them to insure their retaining as much blood as possible.

Pain in the pelvis may often be relieved by the hot foot bath. It is also a very restful treatment to one who has been confined to the bed for some time.

If the feet are cold, some of the blood which should be circulating through them is probably congesting some other organ of the body. It is important, then, that the feet be kept warm. It is almost impossible to sleep when the feet are cold, because in such a condition the head is usually congested. A sleepless night may often be avoided by taking a warm foot bath before retiring.

The Foot Bath

Is a Meat Diet Required?

High-Proteid Foods Absolutely Unnecessary to Sustain Vigorous Muscular Labour

A POPULAR error, which obtains very widely among both the laity and the medical profession, is the belief that the free use of proteid, that is, the lean substance of flesh, for example, is essential for the support of severe muscular work. The sole basis for this belief appears to be the long-established custom. And yet there are to be found any number of examples of great muscular power and endurance manifested by those who do not use flesh food at all, or at most very sparingly. The Hindu runners, the mountain tribes of Mexico, the peasantry of Ireland, the people of Northern China, the peasant class of Japan, are only a few of the scores of examples which might be cited.

There are so many complicating factors, however, that the mere citing of these examples seems to have little influence. We are hence glad to be able to present the results of laboratory research by such men as Pettenkofer and Voit, as quoted by Dr. Lusk, of New York, professor of phrenology at the University and Bellevue Hospital Medical College, researches which have been confirmed by Krummacher and other eminent authorities.

The investigators have shown by actual experiments upon animals and dogs, as Fick and Wislicenus showed by their climbing feats more than thirty years ago, that increase of muscular work does not materially increase the consumption of proteid. It is the fats and carbohydrates, not the proteid elements, which are consumed in work. What the working man needs is not, then, a diet extra rich in proteids,—meats, fish, eggs, —but an abundant supply of fats and carbohydrates, especially the latter, which encourage muscular activity even more than fats, according to Dr. Lusk ("The Science of Nutrition," 1906).

There is not the slightest scientific foundation for the notion that a high proteid diet is especially favourable to muscular activity or endurance. Indeed, Chittenden and Mendel have shown that a low-proteid diet is conducive in a high degree to both strength and endurance.—*Modern Medicine.*

A Cancer Suggestion

The *Lancet* presents a curious suggestion in regard to cancer: It has been noticed that the essential characteristic of the cancer cell is its apparently unlimited power of multiplication. The nucleus determines this power of the cell. It is possible so to act upon the nucleus as to rob it of its abnormal power of proliferation?

The following proposition is made: The diet for those with carcinomatous tumors to be entirely freed from nuclein and nucleoproteids. Such a diet would correspond somewhat with the purin-free diet of the gouty, and observations on the association between this disease and cancer would be extremely interesting. Cancer has much greater incidence among those taking a mixed diet than among vegetarians, and a vegetarian as well as a restricted nitrogenous diet has been extolled as beneficial in internal and external cancers.

Foods and Recipes

Foods to be truly defined as such should fulfill the following conditions: Facilitating the nutritive processes of the body; supplying material for the repair of waste; and furnishing energy and heat to the body. An essential addition to this definition is that food in itself, and its products in its transformation in the body, shall not be injurious to any structure or function of the body.

The great question is, then, What foods are the best to sustain mental and physical health? or what foods are best adapted to build up strong muscles, pure blood, and well-balanced brain and nerves? All the essential nutritive elements may be found in the vegetable kingdom and in a state of absolute purity. Fruits, nuts, cereals, and properly cooked vegetables are the natural foods for man.

Cream of Tomato Soup

2 cupfuls rich milk,
2 tablespoonfuls flour,
1 cupful strained tomato,
½ teaspoonful salt.

Heat the milk to boiling and stir in the flour previously rubbed smooth in a little cold milk; when cooked, add the hot tomato juice and salt. Serve at once.

Stuffed Squash

Select a firm, medium-sized squash. The long squashes, light green in colour, are the best. Pare and cook until tender in enough boiling water to cover. Cut off one end, remove the seeds, and fill with the following dressing; then brush with a little cream or butter and place in a moderate oven for one half hour, or until nicely browned. Slice and serve hot.

¾ cupful rich milk or cream,
1 cupful crushed nuts,
2 eggs slightly beaten,
1 teaspoonful salt,
2 cupfuls stale bread crumbs,
½ teaspoonful celery salt.

Nut Curry

2 cupfuls tomato stock,
1 tablespoonful flour,
1 tart apple,
1 tablespoonful sugar,
1 medium-sized onion,
1 tablespoonful curry powder,
2 tablespoonfuls butter,
1 cupful diced Nuttolene.

Boil down four cupfuls strained tomato juice until you have two of stock. Put the butter in a pan and add the finely minced onion and sliced apple; stir until nicely browned. Add the flour and curry powder, brown, then add the tomato stock with sugar. Broil the Nuttolene over bright red coals until a golden brown, and add to the stock just before serving.

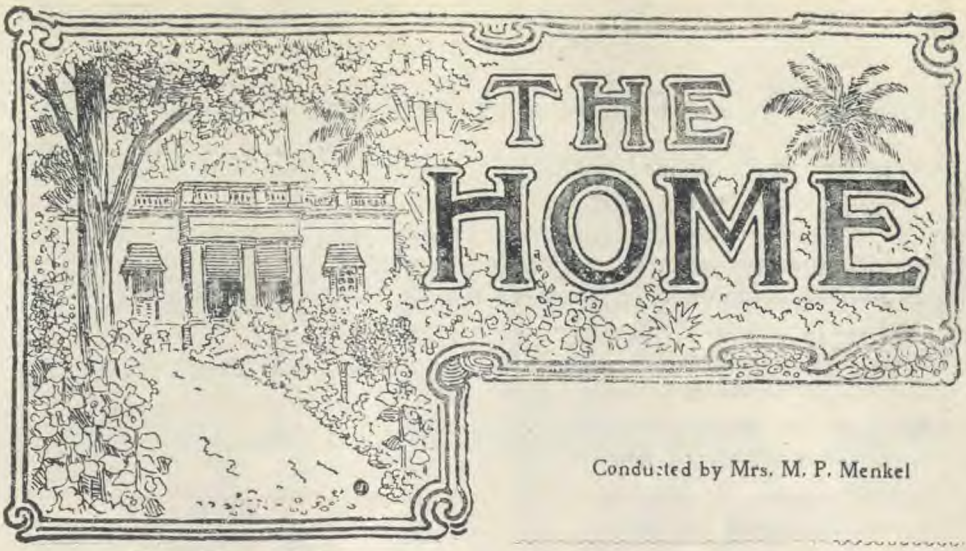
Lemon Cream Pudding

2 cupfuls rich milk,
½ cupful sugar,
2 egg yolks,
1 cupful grated bread crumbs,
¼ cupful butter,
Juice of one large lemon,
Grated rind of half a lemon.

Meringue

2 whites of eggs beaten stiff,
3 tablespoonfuls powdered sugar.

Soak the bread crumbs in the milk. Rub the butter and sugar to a cream and add the beaten yolks; add the milk and bread, lemon juice and grated rind. Put in a buttered dish and bake slowly twenty minutes. When cold and ready to serve, pile on the beaten whites with the powdered sugar.



Conducted by Mrs. M. P. Menkel

The New Baby

THE utterance of the first cry announces the beginning of a new life. Up to this time the little one has been wholly dependent upon the mother for existence; the circulation and oxidization of the blood, in fact all the functions of the child's body, have been carried on through the mother's organs. How truly then is it the privilege of each mother to express: "My child! Part of my heart in human form: My living thought, plucked from my throbbing breast."

The mother's thoughts, her words, her every motive during the time of her sacred mission have influenced the little life within her own; and now that the child begins a life apart from herself, the added responsibilities of motherhood await to tax her knowledge.

Respiration. The delicate organism is ushered from a temperature of 99° F. into one of 75° F., or lower. This change produces an irritation of the skin, a shock which causes a reflex action of the muscles and a stimulation of the respiratory centres. This assists in establishing regular breathing. The rate of respiration varies from forty to fifty a minute.

Circulation. The circulation of the blood is carried on very differently after birth than before. A small valve in the heart that has been used in prenatal life gradually closes after birth to insure perfect circulation. If this does not take place perfectly, the baby's skin has a blue colour, and it may lead to serious heart trouble. To assist the closure of this valve, keep the child on its right side for a few days. The pulse averages between one hundred thirty and one hundred forty a minute, being increased twenty to thirty beats by exercise or vigorous crying.

Bathing. Have everything in readiness before beginning the bath. A soft blanket is wanted to envelope the child while having the bath. Other requisites are, a bowl of warm water, about 95° F., castile soap, soft washcloths, and a soft towel to absorb the moisture; also a bowl of warm boric acid solution for cleansing the eyes and mouth, sterile cotton or pieces of cloth and pulverized borax for use in dressing the cord, and a good powder for the skin. The little garments should be in readiness, and, if the weather is cool, they should be warmed before dressing the infant.

It is better not to give a tub bath

until the tenth day, as it tends to prevent healing of the cord, and may cause infection through this medium. Gently bathe only a part of the body at a time, being careful to cleanse all folds of the skin thoroughly. After the first bath, apply a little sweet oil. Use powder to prevent irritation of the skin. All manipulations should be gentle.

Clothing. The object of clothing is principally for protection, and custom demands it. It should be the first aim of every mother to clothe her child in a way to encourage the highest development of the physical, mental, and moral powers. Babyhood is the period in which to lay the foundation for health of body and mind. The body of the child is made up of soft, pliable tissues which may be moulded into almost any shape or form. How important, then, that every muscle and organ should have freedom, to insure perfect development. The infant's clothing should be warm, loose, easily removed, and not irritating. The knitted or soft flannel band for the abdomen should be loose enough to insure perfect freedom; as a tight band interferes with respiration, and the development of muscles and internal organs. A knitted vest of soft material is necessary. The next garment is a soft flannel petticoat with high neck and long sleeves, buttoned all the way down so that it can be easily removed, over which is worn a muslin slip, likewise buttoned all the way down. The little knitted boots should come to the knees. The diapers are best made of soft cotton material, unhemmed.

Guard against too warm clothing; for the child must not be kept in a state of constant perspiration, as this weakens vital resistance, laying a foundation for colds. But great precautions against chilling are also necessary. The amount and quality of clothing should be regulated according to the temperature.

Food. Mother's milk is the only natural and truly wholesome food for the infant. Every mother should consider it her duty and privilege to nurse her child, unless there are contra-indications. The infant must be trained to nurse at regular intervals, and not put to the breast every time it cries. Irregularity in feeding is a prolific cause of indigestion and flatulence in infants.

The first six weeks nurse the child every two hours between 6:00 A. M. and 10:00 P. M. Between 10:00 P. M. and 6:00 A. M. one nursing is generally sufficient. It is well to give the child a teaspoonful of warm, boiled water several times a day.

Sleep. The child's sleeping hours should be sacredly guarded. A sweet, clean bed in a well-ventilated, quiet room generally affords rest. The warm bath with gentle rubbing, given just before retiring, is restful and induces sleep. During the first few weeks the child should sleep eighteen to twenty hours out of the twenty-four.

Malaria Conference

THE following extracts are taken from the recommendations of the Malaria Conference held during October, at Simla, by call of the Government of India, for the purpose of ascertaining the most effective means of dealing with malaria, both as a prophylactic and remedial measure. This Conference was made up of men who are devoting themselves largely to the solution of this problem. The recommendations were:—

1. Extirpation of mosquitoes; 2. Quinine treatment and prophylaxis; 3. Education.

Among the measures for the extirpation or reduction of mosquitoes, the Conference made recommendations as to (1) drainage, including the restriction of wet cultivation in the vicinity of towns if likely to breed mosquitoes, (2) the oiling with petroleum of small collections of water that cannot be filled up, and which contain the larvae of anopheles mosquitoes, (3) the introduction of fish into collections of water, if enquiry shows that this will check the breeding of anopheles mosquitoes.

The conclusions of a sub-committee were adopted which recommended that quinine should be given in the form of sulphate or hydrochloride for adults and in a palatable form, such as tannate, for children, and should be available in tablets of five grains each, which is the proper prophylactic dose for adults.

As a measure to disseminate knowledge, moveable camps, itinerant dispensaries, leaflets, and advertisements, especially in the vernacular press, and instruction in all grades of schools are proposed.

Text books for schools should include lessons on malaria and hygiene, and the Sanitary Department should be organized with reference to the suppression of malaria as well as to general sanitation.

Although the Conference declared itself in favour of quinine as being the most effective remedial measure within our present knowledge, there were those in the Conference who believe that experience has demonstrated that quinine will not yield the results as a prophylactic or curative agent that had been hoped for, as shown by Lieut. Aldridge's position. He says:—

"I think there is some danger of repeating an error so often committed before in matters of preventive medicine in connection with plague, enteric fever, and with malaria itself, that is, the error of centering the attention on this measure alone and of anticipating, and teaching the public to anticipate, too much from it, while neglecting other important measures. There have been disappointments in cantonments in India. We have not realized the phenomenal successes claimed for larvicidal measures in other places more favourably situated. . . . . And I feel sure that if we anticipate phenomenal successes from quinine prophylaxis alone we shall only court further disappointments and discredit."

The investigations of the action of quinine are revealing the fact that while it unquestionably has a destructive action upon the malaria plasmodia, at the same time it has a detrimental effect upon the tissues of the body. Especially does it have a deleterious effect upon the white blood cells, its action being, according to Metchnikoff, practically the same as that of alcohol in paralyzing these cells and prohibiting their phagocytic properties.

* * *

Typhoid Fever Costly

ACCORDING to a recent estimate, typhoid fever annually costs the United States two hundred seventy million rupees.

* * *

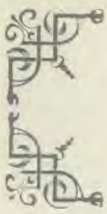
A Triumph For Simple Living

WESTERN, the pedestrian, at the age of seventy crossed the American continent in one hundred five days, on a diet consisting largely of eggs and milk. He finished in good shape, and thinks he could make the return trip in ninety days.

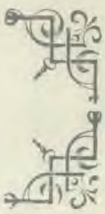
* * *

Infant With Smoker's Heart

IN a medical school examination in England a child less than four years old was found to be suffering with tobacco-heart. The father, who had taught the child to smoke, was making money by exhibiting the youthful prodigy.



Question Corner.



1. Gastric Juice—Sour Stomach.—1. Can you tell me why food turns sour in the stomach? 2. Is the gastric juice at fault?

Ans.—1. Sour stomach may be due to the fermentation of the food or increased acidity of the gastric juice. Drink a glass or two of water half an hour before the meals, and avoid drinking at the meals. It is better not to take sweets, pastries, and puddings, coarse vegetables, and anything that is likely to ferment. Toasted breads, nuts and nut foods, gluten preparations, stewed fruits and mild fresh fruits, and egg preparations can usually be taken to advantage. 2. Yes; quite likely. It may be too acid, or so deficient in digestive powers that fermentation results before the food undergoes the proper changes.

2. Palpitation.—A correspondent has had palpitation of the heart at irregular intervals for fifteen months, but says that physical examination showed his heart to be organically sound. He asks: 1. Do you think it has been or will be injurious to my heart? 2. Can you suggest a remedy?

Ans.—1. Yes. 2. The palpitation is probably caused by reflex irritation brought on by errors of diet, which should be corrected. Avoid alcoholic drinks, tobacco, tea and coffee, also physical and mental excitement. Limit yourself to three rather light meals, consisting of plain, wholesome food. Fomentations to the spine, alternating with cold applications, are an excellent treatment. An ice bag applied to the heart for a short time often brings relief. Camphor water in tablespoonful doses has also been recommended.

3. Constipation.—How can I overcome constipation?

Ans.—We recommend fresh air, sunshine and exercise. You must find time to get out of doors for an hour or two daily. Use fruit freely, both fresh and cooked, and especially oranges and stewed prunes and figs. Coarse breads and grain preparations are helpful. Take a glass or two of water in the morning before breakfast; also drink freely two hours after your meals. Avoid all stimulants, condiments, and highly-seasoned food. Eat at regular intervals, and not more than three times a day. Chew your food well, and see that it is well cooked. Fried foods are hard to digest, and should not be taken.

4. Bad Taste—Foul-smelling Breath—Pain in the Stomach.—A. C. has a bad taste in the mouth every morning, a foul-smelling breath, and pain in the stomach after the mid-day meal, also depression of spirits, and oftentimes horrible nightmares. He asks advice as to treatment.

Ans.—Drop the supper, confine your diet largely to fruit, grains, and nuts, and avoid drinking at mealtime. Your meals should be six hours apart. Fomentation will relieve the pain. Regulate your bowels by the use of fruit, also plain water enemata if necessary. Lie on your side at night. Take a tepid or cold sponge bath every morning.

5. Coated Tongue.—Mrs. X. wishes to know why she cannot get rid of a coated tongue. She has adopted health principles, but the coat on the tongue still persists.

Ans.—A coated tongue usually means a dilated or prolapsed stomach. It always means an infected stomach, and not only an infected stomach, but a diseased body. Germs cannot grow on or in a thoroughly healthy body. It is only when the tissues and the blood are so deteriorated that they have lost the power to render themselves inhospitable to microbes that the tongue becomes coated. A coated tongue is simply a tongue covered with a growth of germs.

6. Increased Action of the Heart after Eating.—What is the cause of my heart beating faster after meals than before?

Ans.—The increase of the pulse rate is the result of the natural excitation of the heart arising from the increased activity of the stomach muscles.

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Mussoorie Sanitarium Idea

MOST people are sick because they have cultivated sickness.

GETTING well is the reverse of getting sick.

THE Mussoorie Sanitarium is a place where people do everything for health.

Health Culture

EXPERIENCE has demonstrated that health can be cultivated as well as any other bodily faculty or property. Muscles can be made strong by using them in such a way as to stimulate muscular development. Lung capacity may be increased; heart power may be doubled or even tripled; endurance may be multiplied many times. The man or woman who has little life and energy, who is poor in health, may become strong and well, rejoicing in strength and vigour.

For example, a man or woman who is almost exhausted at the end of a half-mile walk may by carefully graduated exercises for a few weeks be enabled to walk ten miles.

Education of the Stomach

BY proper training of the stomach, digestion may be improved. Even the vigour and efficiency of the liver and kidneys, the strength of the bones, the tonicity and endurance of the nerves, may be enormously increased by proper training by the physiologic method.

So the person with little health may increase his vital stamina, his fund of health, and hence his capacity for efficiency and usefulness and the enjoyment of life, by a systematic course of health culture.

The Old Man and the New

THE cure of the chronic invalid requires the "putting off of the old man," who is sick, and the putting on of the new man of health. The old diseased tissues must be gotten rid of. They must be replaced by sound, healthy tissues. This requires tissue change. By means of baths, massage, exercises, and various physiologic measures, the old tissues are broken down and the diseased residue carried away. By proper diet, carefully selected and adapted to each individual case, especially food which is of the most highly nourishing character and most easily digested, and by the employment of all rational recuperative means, the building up of the new tissue is encouraged.

The Natural Method

THE powerful healing forces of nature are exhibited in operation by the Mussoorie Sanitarium System, being utilized by means of the most efficient and thoroughly perfected methods and appliances. Here one can get all the advantages of a vacation combined with the scientific application of the most powerful healing methods known to medical science.

◆ ◆

Teacher.—"What do you mean by the 'quick and the dead'?"

Boy.—"Well, the quick get out of the way of the motor-cars, and the dead don't!"—*Lippincott's.*

◆ ◆

"Shake well before taking," read the fever-and-ague victim from the label on the bottle of medicine.

"Talk about your sarcasm," he said to himself, "that is sure the real thing."

Common -:- Diseases Their Treatment

The new book, "School of Health," by the editors of *Good Health*, takes up in order all the most common diseases, gives their characteristic symptoms, and full instructions for treatment. Following are some of the diseases considered :—

Respiratory Diseases

Common Cold, Acute Sore Throat, Laryngitis, Influenza, Asthma, Pleurisy, Bronchitis, Winter Cough, Pneumonia, Pulmonary Tuberculosis.

Diseases of the Heart and Circulatory System

Functional Diseases of the Heart, Fatty Degeneration, Organic Heart Disease, Hardening of the Arteries, Apoplexy.

Diseases of the Digestive Organs

Acute Gastric Catarrh, Nervous Dyspepsia, Atonic Dyspepsia, Dilatation and Prolapse of the Stomach, Ulcer of the Stomach, Cancer of the Stomach, Constipation, Diarrhœa, Hæmorrhoids, Worms, Jaundice, Hardening of the Liver.

Diseases of the Kidneys

Inflammation of the Kidneys, Chronic Bright's Disease, Floating Kidney.

There is also a division dealing fully with the diseases of the Nervous System. Then we have **Constitutional Diseases**, such as Rheumatism of various kinds, Gout, and Obesity. **Diseases of the Skin** are considered fully; and under **Fevers** we have Measles, Whooping Cough, Mumps, Scarlatina, Diphtheria, Typhoid Fever, Enteric Fever, Rheumatic Fever, etc.

Among **Diseases Peculiar to Children** we notice Rickets, False Croup, True Croup, Cholera Infantum, Convulsions.

There is also a fully illustrated section showing how to give a large variety of simple home treatments. The book is an excellent, all-round guide to have in any home. Being provided with a good index, one easily finds anything that is wanted.

Price, in fine cloth binding, post free, Rs. 5.

The "School of Health" is sold by subscription, but if there is no agent in your district you may send the money direct to the undersigned, and the book will be forwarded without delay.

International Tract Society,

19, Banks Road, Lucknow

The Diet Question

The Natural Food Products of the Earth

when properly prepared are undoubtedly best adapted to the development of a clear mind and a healthy body, the possession of which is essential to real success in life

WHEAT takes the first place because it contains an almost perfect proportion of the various food elements required by the body. Raw wheat, however, is not digestible: the more thoroughly it is cooked the more easy it is of digestion and assimilation. For this reason, such foods as Granose Flakes, Granola, and Gluten Meal have been produced. Granose Flakes consist of super-cooked kernels of choice wheat in the form of delicate, crisp flakes, and constitute the ideal food for all. The weakest infant and the feeblest invalid, as well as robust people, thrive better on Granose than on any other cereal food extant.

Gluten Meal is a wheat food of great value. It is sometimes described as "Wheat Extract," because the gluten, which is the life element of wheat, has been extracted from the grain. Gluten Meal is practically a necessity for invalids (it ought to be in every sick room), is a luxury for the well, and an excellent food for young and growing children.

Granola consists of wheat and several other grains combined in the proper proportion to secure perfect nourishment. It is in the form of "nuts," but is a better food in point of nutriment and digestibility than any of the much-advertised breakfast "nuts." It is the best concentrated cereal food. Try it.

Under this heading Caramel Cereal, though not actually a food, ought to be mentioned, because it is made from wheat and other grains so blended as to produce a fragrant, healthful, and refreshing beverage designed to take the place of tea and coffee, which are injurious to the nerves on account of the poisonous principles they contain.

NUTS are of very high nutritive value. Indeed, bulk for bulk, dry nuts are amongst the most nutritious foods which nature provides. They are more nutritious than meat, containing the same elements, proteid and fat, but in larger proportion, and are now being largely substituted for meat in the every-day diet.

A close resemblance to meat is obtained in the the following prepared nut meats: Protose and Nuttolene, the former being especially remarkable for its similarity. These nut meats are packed in tins in three sizes. They may be eaten cold, as taken from the tin, or cooked and served in any way like flesh meats.

Malted Nuts in the form of a fine, granular powder, are very digestible and nourishing. May be served dry, sprinkled over Granose Flakes or stewed fruit, or taken as a liquid with the addition of hot water or milk. In this form they are far superior to any meat extract on the market.

All of the foods mentioned above are manufactured by the **Sanitarium Health Food Coy.**, 50 Park St., Calcutta, who for many years have been giving careful scientific study to the diet question. They will send you a box of assorted samples, price list, and pamphlets for Re. 1, or a price list on application.

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