

Herald of Health

DAY IS DYING

Day is dying ! Float, O song,
Down the westward river,
Requiem chanting to the Day--
Day, the mighty Giver.

Pierced by shafts of Time he
bleeds.

Melted rubies sending
Through the river and the sky,
Earth and heaven blending.

All the long-drawn earthly
banks,

Up to cloud-land lifting ;
Slow between them drifts the
swan,

'Twixt two heavens drifting.

Wings half open like a flower
Inly deeply flushing,
Neck and breast as virgin's
pure.—

Virgin proudly blushing,

Day is dying ! Float, O swan,
Down the ruby river ;
Follow, song, in requiem
To the mighty Giver.

— *Marian Evans Lewis Cross.*



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.

What More Could be Asked?

Sanitarium Bath and Treatment Rooms,

50, Park St., Calcutta

HERALD OF HEALTH

H. C. Menkel, M. D.,

Editor

The Contagion of Health

HEALTH is more contagious than disease. At birth the body is endowed with a certain perfection of structure and function which we know as health. The body fights hard to maintain this normal equilibrium. The forces and agencies of nature, as air, light, heat, cold, food, water, are so related to the body as to assist it in maintaining this state of well being throughout life. Nature has so arranged that every normal effort, whether it be breathing, eating, drinking, exercising, etc., shall contribute its share for the good of man. She abounds with health and health-promoting influences.

Disease is the most unnatural thing in man's experience, this imperfection of structure or function by whatever name it may be called is tolerated by the body only after a persistent and long continued course of evil practices. The time is passed when disease was considered an unavoidable necessity. Science has demonstrated that even the chronic invalid by assiduous attention to health culture may regain much of his lost capital. It lies absolutely within the will of every individual to immeasurably increase his power for health, happiness, and efficiency. Our present knowledge of health and disease is being formulated into a new system of personal hygiene and the present activities of health indicate that there will soon be a tremendous revolution in the practices of a large per cent of the race until it will be considered as little respectable to be sick as it is now to be vicious.

In the words of Prof. Irving Fisher, "the health movement means that upon the solid basis of health shall be built for our children's children, a new and greater and more glorious civilization, whose art, literature, science, and every institution shall be radiant with a natural and buoyant optimism of health."

There is no reason why India's people should come behind in any of these great gifts of nature. If education along right lines and moulding of individual practices will bring the great boon of health, let us begin teaching the principles of the "new hygiene to our children, to our young men and women, to our sick and afflicted, until the land is filled with the contagion of health."



Job 1:7

PSALM CIII-25-4

ships, that do business
see the works of the Lord

They that go down to the sea in
in great waters: these
and his wonders in the deep.

Herald of Health

VOL. 1

LUCKNOW, MARCH, 1910

No. 3

Bowel Disorders

The Editor

AMONG the dangers of a tropical climate, bowel disorders hold first place.

Dr. Macy says: "Diarrhœa and dysentery permanently injure or utterly destroy more human beings annually than any other disease except tuberculosis; and more than plague, yellow fever, and cholera combined. At present we see too often some strong man brought low and invalidated for the rest of his life, and the only explanation we can offer is that he had diarrhœa." No disease pulls one down quicker than neglected diarrhœa or dysentery. The prevention and treatment of bowel disorders is therefore of great importance.

Cause

It is now a well known fact that the active cause for bowel disorders is the presence in the intestines of certain germs of vegetable or animal origin, and the poisons they elaborate. These are introduced by the use of contaminated food, milk, or water; and the means by which these substances are contaminated has been carefully traced back to the bowel discharges from persons having either the acute or chronic form of the disease. The sick or convalescing dysentery patient is a great source of danger to others. This is especially true of such individuals as the cook and bearer who handle the food and dishes. The latrine may become an important factor in the spread of dysentery, and the use of the left hand by natives of India for ablution

is also an obvious source of infection.

These places always abound with flies which may be seen swarming over the bowel dijuta, then taking their flight to the dining table, depositing the disease germs on the food from their soiled feet and bodies.

An individual may completely recover from an attack of dysentery so far as normal bowel movements are concerned, and still be discharging the germs of dysentery from the bowels for weeks and even months after the active symptoms of the disease have entirely ceased. Thus he is a source of infection to others and of re-infection to himself. This accounts for the repeated attacks from which some persons suffer. Such individuals are known as "bacillus-carriers," and should be carefully guarded, as they may be the cause of many others contracting the disease.

Capt. Forester, I. M. S., who was delegated on special duty to investigate the subject, says: "As long as the patient has unhealed lesions (ulcers) in the bowel, as indicated by tenderness on deep pressure over the large intestine, and occasionally, also, a feeling of weight and pain in the region affected, he is capable of infecting others. No patient should be regarded as cured until he has remained perfectly well for a year after the treatment has been discontinued." Lieut.-Col. Buchanan, I. M. S., says: "I again urge the importance of recognizing the sick and

convalescing patient as the great source of danger. With this clue borne in mind and logically followed out, I believe it is possible to practically banish dysentery."

It is important to understand that the perfectly healthy body is able to defend itself against germs in a great variety of ways. The mucous lining of the intestines prevents the development of germs, and to some extent destroys them. Ordinary germs can not live for any length of time in contact with the living tissues of the intestines; but when these tissues have become deteriorated by wrong habits, such as improper eating, and overeating, the use of irritating condiments, alcohol, tea and coffee, and whatever serves to lower the vitality of the tissues, they being no longer able to defend themselves, permit the germs to gain a foothold.

Lieut.-Col. Buchanan continues: "Amongst the predisposing causes must be counted the disturbance of the digestive tract produced by unsuitable food, or badly cooked food. I am therefore firmly convinced that good cooking and well prepared clean food are important measures in preventing dysentery."

It thus appears that the primary cause of bowel disorders is not the germs themselves but the weakening of the body defences by incorrect habits of life. A simple natural life is the most effective means of defence against germs. Nevertheless, it is of the highest importance that we use every precaution to avoid these agencies of death.

Treatment

It must be recognized that the frequent bowel movements are an effort on the part of nature to remove deleterious substances, and the unwise checking of this effort may prove serious. On the other hand, it is equally essential to govern this eliminative effort.

In acute cases the bowels should be thoroughly cleansed by administering a saline laxative. After this has produced its effect, the colon should be thoroughly flushed by a hot enema, 100°-105° F., the water made perfectly aseptic by long boiling. Repeat the enema at intervals of from two to six hours. This in a measure washes out the offending matter, allays irritation, and is most successful in relieving the distress caused by gas. If an astringent be required, one teaspoonful of tannic acid may be added to the pint of hot water. Hot fomentations applied to the abdomen every two hours, or a hot sitz bath is also of great value. Rest in bed is essential. The diet must be low during the acute stage, and should consist only of arrowroot or cornflour made with water. For Indian patients a good dish is strained rice-pulp mixed with curdled milk. After the acute stage the patient may be given gruel prepared from thoroughly cooked grains. The best food of this kind is gluten gruel, then beaten raw eggs, gradually adopting a solid diet. As bowel disorders are very largely due to the presence of putrefactive germs, and these germs must have favourable condition to develop, it is evident that a measure of great importance as a curative and preventive means is the adoption of an anti-toxic diet.

Prof. Metchnikoff has demonstrated the value of introducing lactic acid forming germs (friendly germs) by the daily use of milk soured with these germs. This is of great service in chronic dysentery. In chronic amebic dysentery the only treatment that promises result is a surgical operation by means of which the large bowel is irrigated through the appendix until the infection is overcome and the ulcers healed.

Errors in Diet as Related to Inebriety and Crime

D. H. Kress, M. D.

DIETETIC errors I believe to be largely responsible for the craving which exists for alcohol, and indirectly for the results of alcoholism. If this be so, reforms must begin in the home.

The saloon-keepers, by experience and observation, have learned that certain foods create an unnatural irritation or thirst that calls for alcohol. They keep a lunch counter for their patrons, but not because they have compassion on the unfortunate poor. If it were pure benevolence on their part, we should expect them to feed not merely the drunkard, but the drunkard's wife and children. With them it is a matter of business. The secret of the free lunch table we may discover by taking an inventory of the food that is found upon it. It is not laden with juicy peaches, pears, oranges, etc. They know that such foods would ruin their business. We find upon this table sausages, pickled pig's feet, smoked ham, mustard, pepper, and other irritating products. Experience has taught the saloon-keeper that these things create a thirst which alcohol satisfies.

Many a good wife and mother is supplying her husband and sons with the same kind of food that is found on the table in the saloons, and is thus unconsciously cultivating in the members of her family a craving which leads to the open saloon door. I believe with Dr. Lauder Brunton, that schools of scientific cookery conducted for the benefit of the wives and mothers of the labouring classes would do more to abolish strong drink and close our saloons than any number of teetotal societies.

There can be no doubt that flesh foods, served so abundantly at our

modern tables are responsible for much of the craving which causes drunkenness. In countries where flesh foods are freely used, alcohol is also freely resorted to. The meat eater finds it necessary to keep in a mild state of alcoholic intoxication all the time.

Had man always continued to eat freely of fruits, and to live on the simple foods to which his attention was directed, strong drink would probably be unknown: for it is impossible for any one to cultivate a taste for fruits and a craving for strong drink at the same time; and, furthermore, it is impossible for an inebriate, unless he is an utter degenerate, to live on these simple foods exclusively for six months without losing his craving for strong drink.

For years we have successfully employed this diet in connection with other measures in treating alcoholics in our sixty or more sanitariums, scattered throughout the world. Our experience is that upon a non-irritating, non-stimulating diet the craving for drink weakens, and after a time disappears, but reappears as soon as meat and irritating foods are again eaten.

Over-eating is another cause of drunkenness. It is generally conceded that two-thirds of the food consumed by the average civilized man would sustain him well; the remaining one-third is therefore superfluous, and furnishes nourishment for bacteria. The poisons formed serve to irritate and disarrange the organs of digestion. The local and general irritation produced creates a thirst that cannot be quenched with water, and nothing will afford relief so quickly or effectively as will alcohol. This the glutton soon

discovers. Naturally, therefore, over-eating leads to drunkenness.

A great variety of even wholesome foods many cause similar symptoms. Both nature and science teach that the digestive organs are capable of digesting one or two simple foods; but when, as is often the case, potatoes, cabbage, milk, butter, puddings, fruit, pastry, etc., are taken at the same meal, indigestion, fermentation, and auto-intoxication are apt to result. By the putrefaction of protein in the colon, toxins are formed, which tend to increase the blood pressure and produce neurasthenia.

The inebriate must be taught not merely what to eat, but how to eat. The free use of soft, starchy foods, and improper mastication, are causes of drunkenness, since they favour fermentation and auto-intoxication; and the free use of liquids with the meals is responsible for digestive disorders and fermentation. Of all creatures, man alone drinks at his meals. Drinking at meals is wholly unnatural. Nature designs that the food should be moistened with saliva, not with drink.

Condiments create a desire for narcotics. Because food is not allowed sufficient time in contact with the nerves of taste located in the mouth to derive satisfaction from its delicate and natural flavour, pronounced artifi-

cial flavours are added, to produce an immediate effect upon the palate. This has led to the free use of salt and sugar, and to the use of pepper, mustard, and other substances which irritate the stomach, all of which create and help to keep up the thirst for narcotics.

Professor Metchnikoff says: "The human system is poisoned in no other way so frequently as by the innumerable microbes which swarm in the large intestines."

So long as man feeds on unnatural foods, he will cultivate bacteria, and the poisons formed will create an unnatural thirst, which will lead the mentally defective to alcohol for relief. Hufeland, the eminent German physiologist, said: "Animal food is more liable to undergo putrefactive changes in the alimentary tract, while substances of the vegetable kingdom contain acid principles that retard our mortal enemy, putrefaction."

From my study and observation, I am forced to the conclusion that the food question when given the attention by physicians, ministers of the gospel, and temperance advocates that it demands, will not only remove the existing desire for drink, but will result in the removal of much of the crime and domestic unhappiness that at present exists.

Forget

"Would you increase your happiness?

Would you your life prolong?

Would you be loved by everyone?

Then listen to my song.

"Forget your neighbor's fault, my friend,

Forget what you've been told,

Let kindness and unselfishness,

Win those whose hearts are cold.

"Forget peculiarities:

Their good points keep in mind;

Forget old strifes and histories:

Sad memories leave behind

"Blot out what happened yesterday:

Begin a new clean sheet;

And write thereon, for memory's sake,

Things lovable and sweet."

RATIONAL TREATMENT IN THE HOME

CONDUCTED BY DR. RUTH MERRITT-MILLER

The Heating Compress

IN order that the normal temperature of the body may be retained, heat must constantly be eliminated by the pores of the skin: but by applying some non-conductor of heat to a certain part of the body, the heat naturally thrown off by that part may be conserved, and used in giving a very simple but effectual treatment.

I have described the benefits derived from local applications of heat. The heating compress, while it does not give the immediate relief to pain which follows the fomentation, may be used for a longer period of time. By it the salutary effects of the fomentation may be prolonged, and cell activity, which is all-im-

portant in the restoration of diseased tissue, greatly encouraged, while the affected part is, at the same time, protected from chilling.

Method of Application

The simplest heating compress is a dry flannel placed snugly about some part of the body. If mustard or some other oil be first applied, more heat may be retained. The effect of the

treatment may be further increased by adding to the oil a few drops of some irritant such as turpentine, spirits of menthol, spirits of camphor, or eucalyptus. The irritation thus produced brings more blood, hence more heat and moisture to the part being treated. The flannel protector retains that heat, and it assists in the restoration

of the diseased tissue.

However, the most marked results are obtained by the following procedure: Take a piece of puggery cloth, or some similar cotton material of sufficient size that when folded in the desired shape there will be three or four thicknesses. For the throat the folded cloth



should be four or five inches in width and long enough to wrap around the throat and lap well. For the chest the cloth should be doubled and folded diagonally, wrapped about the shoulders, and folded across the chest in front. It should be large enough to cover well both the back and front of the chest. The abdominal compress should consist of four thick-

nesses, extending from the sternum to the hips and passing entirely around the body. When a joint is to be treated, the compress should encircle it and extend a few inches beyond. When the cotton cloth is folded in the desired shape, wring it well from a small amount of very cold water, to which a few drops of menthol or camphor may be added. Shake lightly, and quickly apply to the part to be treated. Have ready two thicknesses of some heavy woolen material folded so that it will completely cover the cotton compress. Just as soon as the cold compress is applied, cover with the woolen one, and secure it with safety pins. Be sure that there are no openings; if there are, air will enter and come in contact with the damp cloth.

The cold application first contracts the blood vessels, but this contraction is quickly followed by a greater dilatation than was at first present. Its action has been aptly likened to that of a pendulum when drawn to one side and released. It swings far beyond its original position.

Greater activity in all the cells is thus stimulated and a very comfortable feeling of warmth follows. Now if the woolen protector be quickly and properly applied, this pleasant feeling will continue and healing processes will follow. Do not make the mistake

of thinking that some heavy cotton material will serve the purpose as well as the woolen. Cotton is a conductor of heat, and will not only prove unsatisfactory, but harmful, if used over a damp cloth.

The compress is usually worn at night. When removed the part should be rubbed briskly with cool water, dried carefully, and protected with suitable clothing. The compress may be renewed and worn during the day.

Indication for Use

A slight irritation in the throat resulting from cold is an indication for the use of the dry flannel. A severe sore throat may often be avoided by this simple means. Slight colds and coughs in small children are much benefited by rubbing the throat and chest with oil to which one of the irritants mentioned before has been



added, and then protected with a dry flannel. Children will not resist this treatment as they often do applications of heat and cold. In more severe cases, such as croup, bronchitis, whooping cough, and tonsillitis, fomentations followed by the heating compress, are indicated. The abdominal compress is very helpful in cases of digestive and intestinal disorders. In strains and sprains the heating compress following a thorough application of heat is a very valuable treatment.

The first illustration shows the compress in place; the second, the woolen covering.



Preparation of the Potato

Mrs. M. P. Menkel

THE potato is one of the most popular vegetables in use. A regular meal does not seem complete without it. Potatoes, like other vegetables, may have their composition, and consequently their nutritive value, greatly altered by the mode in which they are cooked. If a potato be cut across with a sharp knife three distinct layers may be made out on the cut surface, the first a thin outer skin, next the fibro vascular layer, and last the flesh of the potato. The fibro vascular layer contains most of the proteid and mineral salts, the fleshy part consists mostly of starch and water and some nitrogenous matter and salts. The starch granules of the potato are large and easily changed, because they contain little starch cellulose. In cooking the starch cells absorb the moisture, swell and rupture, and easily separate, and when this change is complete the potato is white and mealy. The chief danger in the ordinary method of preparing potatoes is that their nitrogenous constituents and mineral salts are dissolved and washed away. Steaming, roasting, and baking are much better methods of cooking potatoes than boiling.

Roasted Potatoes

Potatoes roasted are more mealy and richer than when cooked in any other way.

Wash the potatoes carefully with a vegetable brush; dry them with a cloth and wrap them in paper; bury in warm

ashes, and cover well with hot coals. Roast until tender. Renew the coals if necessary.

Stuffed Baked Potatoes

Choose large, smooth potatoes; wash carefully and bake in a moderate oven. When done, cut off one end; scrape out the inside, being careful not to break the skins, season with salt and a little hot sweet cream or nut cream, and beat with a fork until light. Refill the skins with the seasoned potatoes and quickly reheat in the oven.

Scalloped Potatoes

Pare the potatoes and slice thin, put in a baking tin, and dredge lightly with flour, add salt, and pour over this enough rich milk to cover well. Cover, and bake until tender, remove the cover, and brown nicely before serving.

Browned Potatoes

Pare the potatoes and place in an oiled tin, put a little butter on each potato, and bake until tender. Brown nicely.

Potato Balls

Two cupfuls mashed potato.
Four hard-boiled eggs.
One teaspoonful lemon juice.
One-half teaspoonful minced onion.
One teaspoonful butter.

Cut the boiled eggs in halves, take out the yolks and mince with the lemon juice and a little salt. Place in the whites, join the halves, mould around each egg equal layers of potato, roll the balls thus formed in the brown minced onion and butter, and brown until thoroughly heated.



The Home

Our Sleeping Rooms

Mrs. M. P. Menkel

THERE is no other one room in our homes where we spend so much consecutive time as in the sleeping room. By our various occupations during the day we keep moving from room to room, out of doors and indoors, continually changing atmosphere and conditions. But during the sleeping period we must accept our surroundings as they are; hence, the great importance of making these environments the very best.

Body Repair

It is during the hours of sleep that the body stores up large quantities of oxygen; so the repair and healing of worn out nerves and organs are greater and more active during sleep than when awake. This can be done more perfectly under favourable conditions, and with an abundance of fresh air, cleanliness, and quiet.

Location

The ideal sleeping room should be situated on the second floor and should have an east and south exposure. Especially is this desirable in India, where we have several months of constant dampness. The room should be large and well ventilated; but whatever its size it should be situated so as to get the sunlight, and should have a sufficient number of windows to allow an abundance of fresh air. Sunlight is a purifier and a disinfectant. This should be particularly taken advantage

of in a room where we spend one-third of our life time.

One experiences the importance of light and air when going into a room from which these have been excluded for some time. Though unoccupied, the atmosphere is close and musty; but these disappear when given a good sun bath and airing.

Ventilation

The human body is constantly throwing off impurities through the skin and lungs. Every twenty-four hours the lungs throw off nearly three thousand gallons of poison-laded air. Hence to maintain air purity it is necessary that impure air be constantly replaced by pure air. This can be done by a free circulation through the windows into the room, being careful to avoid any direct draught on the bed. An open fire-place is also an excellent means of ventilation and drying the sleeping room. Dark, ill-ventilated rooms harbour germs, which are a menace to health, and individuals who sleep in such rooms, inhaling air that is laden with impurities, not alone those thrown off by the human lungs, but musty odours from damp dark corners, nearly always suffer from colds or more serious disorders, as their vitality is lowered and they become an easy prey to such diseases as pneumonia and lung tuberculosis. Whatever we may need to deprive ourselves of, let it not be the luxury of fresh air.

Furnishing and Drapings

All furnishing should be plain and on simple lines; otherwise, it catches and holds dust. Bedsteads of iron or brass are preferable, as in case of illness they can be easily cleaned and disinfected. Whatever the covering on the floor, it should be laid so that it can easily and frequently be taken up and cleaned. Dispense with heavy drapings, as they gather germs and dust. All curtains and canopies are best made of light, washable material and should be often cleaned.

Bed

The sleeping room may be well located, well ventilated, and beautiful in appearance, and still be unsanitary if the bed clothing be not given due consideration. To change the sheets, pillow-slips, and counter pane frequently without sunning and airing the mattress, pillows, and blankets is far from rendering a bed clean and sweet. Under ordinary conditions, the skin throws off moisture containing impuri-

ties to the amount of one and a half ounces each hour. During the eight hours of sleep, twelve ounces of impurities have been thrown off; and these are identical with those eliminated by the kidneys. Most of this is absorbed by the bed clothing; hence the importance of daily subjecting each article of night clothing and bedding to the air and the purifying rays of the sun.

The extensive verandahs around our Indian homes and heavy foliage prevent to an extent the free access of sunlight; but one thing is possible, and that is, to take all the bed clothing out of doors and expose it directly to the sun's rays for two or three hours. During the rainy weather, dry them near a fire.

Is it not important that we give greater consideration to the place and its environments where we spend so much of our time, that each new day we may awake feeling that life is a song.

A Warning to Mothers

THERE is a little article, commonly known as a "pacifier" or "mother's comfort," that causes harm out of all proportion to its size. To see pacifiers in use one has only to take a walk in any park or sunny street where babies are taken for an airing. It will be noticed that about two-thirds of these little children are placidly sucking away on a black or white rubber nipple, sometimes having a bone or ivory ring attached. Often the pacifier is tied around Baby's neck with a ribbon, or it may be fastened to some part of his carriage with a string; then, when Baby occasionally drops it from his mouth, it may strike against the carriage wheel or simply expose its moist surface as a dust collector for

street filth. If Baby is old enough he will soon put it into his mouth again, or, if too young to help himself, his mother or nurse will do so for him.

Physicians and nurses who treat babies agree that pacifiers are the cause of many ills. The constant suction on the nipple produces enlargement of the tonsils and promotes the growth of adenoids; catarrh soon follows, then a chain of evils, chief among which is deafness. It is very easy for catarrh to extend from the nose and throat into the little tube that connects these organs with the ear, and the catarrhal deafness that may then occur is one of the most frequent forms and also the most hopeless to treat.—*Selected.*

The Use of Narcotics

A. Stuver, M. D.

OUR strenuous modern life makes great demands upon our physical and mental strength. This leads, especially in the case of those having a weak spot somewhere, to disease or breakdown. Ailments attended by pain and suffering are prone to arise. These conditions at once demand something for their relief, and the question of the use of some narcotic or pain-relieving drug presents itself both to the patient and his physician.

No song of the siren was ever more seductive than the first trials of some of these drugs in relieving pain, producing sleep, or calming excitement. The sufferer passes from agony to comfort and quiet and rejoices in the belief that he has found a balm for his pain and sorrows. In this *ecstatic* condition and prompt relief lies one of the deadly perils of these pain-relieving or sleep-producing drugs. First, because the effects are so prompt and favourable; and, second, because every dose helps to create a taste, craving, or habit for more—and the longer the drug is used the greater this craving becomes, the more loudly every cell and tissue of the body calls for its continued and increasing use, until the poor victim becomes a complete slave to it. And what a slave he is!

As his craving for the deadly poison grows stronger his body grows weaker; his appetite fails and his digestion suffers; his muscles become weak and flabby and he loses strength; his senses lose some of their acuteness and his nervous system its power and tone. The elimination of poisons from the system is retarded, and his body which, as a result of weakened digestion and assimilation is deprived of its proper

amount of nourishment, must fight against this added load of retained poisons.

The mind loses much of its force and activity. Clear thinking, correct judging and prompt willing are replaced by aimless reveries, distorted conclusions and vacillating purposes.

Regard and affection for and duty to those near and dear—in short all those things most highly prized in the world—are overwhelmed in the resistless flood of this enslaving appetite, and the morphine or cocaine habitue, or “fiend,” will barter anything—everything—for a dose of the drug he craves.

In view of these facts the question naturally arises, What are you going to do about it, and how can the evil be checked? I would answer: (1) Educate the people as to the dangers in the use of all kinds of narcotics; (2) restrict their sale and transportation.

Under the first heading I would suggest the following rules for the public:—

1. Never give a baby a dose of paregoric, laudanum, soothing syrup, or anything of that nature to quiet it. If it is sick enough to need medicine, send for your physician, who will probably be able to relieve the trouble without creating a craving for or a lifelong habit of addiction to the drug.

2. Never use pain-relieving medicines on yourself. If they by chance afford temporary relief, they merely mask the symptoms and your real condition is as bad or worse than before. Medicines that give relief in painful conditions nearly all contain habit-forming drugs. If they did not, a great majority of their manufacturers

and exploiters would have gone out of business long ago.

3. Avoid so-called catarrh powders and cures. Many of them contain cocaine—one of the most dangerous habit-forming drugs in existence. The use of cocaine has very rapidly increased the last few years and led to most deplorable results.

The use of chloral hydrate and other sleep-producing medicines as well as the headache medicines of various

kinds number their victims by thousands, and their use is entirely too widespread and common.

Avoid as you would the plague anything containing opium, morphine, cocaine, chloral, phenacetin, and the host of anodyne and habit-forming drugs.

Do this, and you will avoid one of the causes of weakness and degeneration which is threatening our civilization.

Blood Circulation and Respiration

Mrs. E. G. White

IN order to have good health, we must have good blood; for the blood is the current of life. It repairs waste, and nourishes the body. When supplied with the proper food elements, and when cleansed and vitalized by contact with pure air, it carries life and vigour to every part of the system. The more perfect the circulation, the better will this work be accomplished.

At every pulsation of the heart, the blood should make its way quickly and easily to all parts of the body. Its circulation should not be hindered by tight clothing or bands, or by insufficient clothing of the extremities. Whatever hinders the circulation forces the blood back to the vital organs, producing congestion. Headache, cough, palpitation of the heart, or indigestion is often the result.

In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright colour, and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite, and renders digestion more perfect; and it induces sound, refreshing sleep.

The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. Hence the ill effects of the practise so common, especially in sedentary pursuits, of stooping at one's work. In this position it is impossible to breathe deeply. Superficial breathing soon becomes a habit, and the lungs lose their power to expand. A similar effect is produced by tight lacing. Sufficient room is not given to the lower part of the chest; the abdominal muscles, designed to aid in breathing, do not have full play, and the lungs are restricted in their action.

Thus an insufficient supply of oxygen is received. The blood moves sluggishly. The waste, poisonous matter, which should be thrown off in the exhalations from the lungs is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain is clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and peculiarly susceptible to disease.

The knowledge that man is to be a temple for God, a habitation for the revealing of his glory, should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame,

and he bids us make it our study, understand its needs, and act our part in preserving it from harm and defilements.

The health of the entire system is in a great degree dependent upon the amount of pure, fresh air breathed.

The Growth of Insanity

CAREFULLY compiled statistics show that insanity is increasing among civilized nations at a very rapid rate. The evidence is that there has been an increase of over 300 per cent in the number of insane per million within the last fifty years. The proportion of insane to the total population at the present time is about 1,800 to the million. Besides this, there are about an equal number of imbeciles, idiots, and congenital epileptics. In England, an older civilization, the number of insane is 3,000 to the million.

Other maladies resulting from physical deterioration or degeneration are increasing at an even more rapid rate. For example, the statistics of the last census showed an increase in the mortality from Bright's disease, diabetes, cancer, and various other chronic disorders sufficient to amount to many times the present rate fifty years hence, provided the same rate of increase continues. According to these statistics, cancer will kill five times as many as at the present time fifty years from now, and diabetes seventeen times as many.

Most acute maladies are due to infection, hence may be called accidental. A susceptible person incidentally comes in contact with the germs of some infectious malady and contracts the disease. In due time, the patient recovers, provided his vital resistance is sufficient to enable him to success-

fully combat the invading germs. There may, or there may not, be more or less permanent damage left behind as the result of the influence of the germ poisons upon the body, the full effect of which will appear later.

Chronic diseases are, however, for the most part due to wrong habits of life. Diabetes, cancer, Bright's disease, and, in fact, nearly all chronic maladies may be directly traced to faults of conduct, particularly dietetic errors. There can be no doubt that the habits and customs current among civilized people tend to the production of chronic disease and increasing susceptibility to acute disease. Numerous evidences in support of this proposition have been presented from time to time, and new evidence of considerable interest is offered by the experiences afforded by the new experience in Japan.

Dr. Saito, the director of the Aopama Hospital for the insane in Tokio, Japan, is now visiting America. In a recent interview with a newspaper reporter, he said: "Fifty years ago insanity in Japan was very rare. Thirty years ago it began to increase, and after the Chino-Japanese war there was further increase. The increase was even more marked after the war with Russia. I believe that, as civilization advances in Japan insanity becomes more general, due to the struggle for existence."

Dr. Saito's testimony with reference to the increase of insanity in Japan is highly valuable, although it seems more probable that the causes to which he attributes this increase are not the only causes, and, possibly, not the most potent. Along with the culture of knowledge, the arts and sciences which civilization brings, many other things have been introduced into Japan which go along with civilization as it is known at the present time, especially an increased consumption of alcoholic drinks, of tobacco, meat eating, and other departures from the simple, wholesome life which was practised universally in Japan one hundred

years ago. [That these causes are producing their natural effect in Japan is not a matter of surprise. The experience of Japan is an object lesson which ought to receive serious consideration from thinking people in India. — EDITOR.]

Civilized life, as it is known at the present day, is far removed from the conditions of life natural to human beings, and to these perversions and abnormal conditions must be attributed in large measure the increasing evidences of degeneracy and race deterioration which are to be seen on every hand.—*The American Good Health.*

In the Place of Meat

SCIENCE has demonstrated beyond dispute two fundamental facts. First, that meat-eating is dangerous because of its excessive proteid, the poisonous elements it contains, and its liability to germ infection; second, that we can obtain all the nutritive elements that meat contains from other kinds of food, the various preparations of rice, wheat, or millet, also dhal, peas, and beans, with native or imported fruit and the variety of vegetables that grows in every locality, to which may be added eggs, nuts, milk, and butter. This gives us an opportunity to select a dietary that is complete without the use of flesh meats.

In making the change to a non-flesh diet, great care should be taken to supply the table with wisely selected, well prepared articles of food, avoiding too great variety at one meal. Two or three kinds of simple foods are sufficient. It must be remembered, however, that all persons cannot eat the same dishes; therefore, in planning the meals, provision must be made

according to the needs of those who are to dine.

One reason why some have not been successful in their efforts to adopt a simpler diet is that their food has been poorly prepared and impoverished, and then no appetite for it is enjoyed.

Those who can afford to will find great satisfaction in using the prepared nut and cereal foods, as a very large variety of dishes may be prepared from them. While these preparations supply variation and aid in simplifying the work, yet they are not essential; all the requirements of the body can be met by the use of fruits, grains, and vegetables prepared in a simple way, free from spices and grease. These with milk or cream make the most healthful diet.

Flesh food is an unnatural diet for man. Its use induces disease and causes physical deterioration, for the reason that man belongs to the frugivorous and not to the carnivorous order of beings. Let us train the appetite to relish the foods that are most natural, most wholesome, and which tend to produce the best results in the development of body, mind, and spirit.

Herald of Health,

PUBLISHED MONTHLY BY
International Tract Society,

19, Banks Road, Lucknow

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

Subscription, Post Free, - - - - - Re. 1-8

REGISTERED, - - - - - No. A. 457

Hot-air Treatments as Used at the Mussoorie Sanitarium

THE treatment of disease by means of superheated air has been placed upon a scientific basis by August Bier, the famous surgeon of Berlin. The physical effects of hot-air treatment are due to the action of hot-air in increasing the local and general circulation of the blood, and to the properties which the blood possesses.

To understand the beneficial and curative action of hot-air treatment, it is well to understand blood and its properties relative to disease. The properties of the blood that come into play in the control and cure of disease are chiefly the analgesic, the absorbent, the solvent, the nutritive, and the bactericidal.

The analgesic effects of the blood are witnessed when the severe pain and tenderness accompanying chronic rheumatism are relieved by thirty minutes or more of the application of air heated to about 200° F. In a milder degree this property is manifested in the application of hot poultices, hot-water-bags, fomentations, etc., all of which produce hyperemia of the part to which they are applied, and lessen pain even when it is deeply seated.

In the dictum "Pain is the cry of a nerve for food," we have a satisfactory explanation of the soothing effects of such hot applications, inasmuch as they

increase the blood flow in the parts over which they are applied, the consequence of which is that the nerves receive more food from the increased flow of blood bathing the tissues, and irritating substances that cause pain are washed away in the larger volume of blood circulating in the parts. Thus hyperemia has an analgesic effect that can be relied upon safely, in many cases, to prove very efficacious.

The absorbent effects of the blood are witnessed in pleurisy with effusion, in those cases in which the effusion becomes absorbed; and in joint effusions, especially in traumatic synovitis.

The blood-vessels are the channels through which absorption takes place. This power of absorption is greatly increased by hot-air treatment. Hot-air applications increase the solvent action of the blood. We have witnessed the disappearance of nodules of rheumatic origin under the effect of this treatment. Nodules upon tendons and arthritic granulations melt away likewise under hot-air hyperemia. The nutritive or regenerative properties of the blood are manifested by the phenomena of tissue growth, as in the hair, the skin, the nails. Bone reunion is hastened by means of hot-air treatment in fracture cases. The healing of chronic varicose ulcers is also hastened by the same treatment. Both may be considered examples of the regenerative powers of the blood, explaining one of the means by which the sanitarium system produces such good results in all forms of chronic disease. It is easy to understand this action when we remember that the local circulation is increased by hot-air hyperemia, and that it is through the blood that the regeneration of tissue takes place.

HEALTH FOODS

The Foods included in the following list are called HEALTH FOODS because they are entirely free from all that is injurious, and because they contain just the elements required to build up the human system. They are made from the purest materials, combined in the proper proportions, and so PERFECTLY COOKED as to be easily digested.

PROTOSE

A Vegetable Meat. A tasty, nutritious, and easily digested food. It contains the same food elements as beef and mutton, with 25 per cent. greater nutritive value, and no impurities.

NUTTOLENE

Prepared exclusively from choice edible nuts. Nuttolene being in a state of natural emulsion, presents fat in a state in which it can be easily digested and assimilated.

MALTED NUTS

Especially desirable for persons who require an increase of fat and blood, and especially valuable as a nutrient for persons suffering from inability to digest starch.

GRANOSE

The best food obtainable, in the best form possible, for men, women, and children.

CARAMEL CEREAL

A healthful and fragrant beverage prepared from cereals. Better than tea or coffee.

UNFERMENTED GRAPE JUICE

It is just the article required for communion purposes. Preserved as it is by a process of sterilization, and not by artificial means, the natural flavour of the fruit is entirely preserved, as well as its nutrient and wholesome properties. In the process of making ordinary wine, fermentation takes place at the expense of the grape sugar, with consequent almost complete sacrifice of the food value; but in our Unfermented Grape Juice, no fermentation having taken place, the entire food value of the grape is preserved. Unfermented grape juice can be taken by persons with the weakest digestive power. It is the food-and-drink combination *par excellence* in fevers.

Sanitarium Health Food Co.,

50, Park St., Calcutta

Mussoorie Sanitarium

—:O:—

This institution offers the best inducements to the true seeker after health. Its location in Mussoorie enables it to combine the benefits of rest and change and a vacation in the hills with medical supervision, and the advantages of the most complete and effective remedial system embracing such measures as,

Electric Light Bath,
Electricity in Various Forms,
Hydrotherapy,
Massage,
Vibratory Treatments,
Carefully Regulated Diet.

Our aim is to bring to bear in one place the most health-promoting agencies.

For rates and further particulars, address,

MUSSOORIE SANITARIUM, MUSSOORIE