

THE

Herald of Health

A Rest Beside the Way

Belle Case Harrington

In India's temple-dotted land
Where men grope blindly for the Guiding Hand,
If costly dome its pomp they cannot spread
In honour of the virtues of their dead,
They build a little rest beside the road,
A shelf upon two posts, to ease the load,
Set burden-high, so that the sore oppress
E'en as he runs, may snatch a moment's rest.
Thus may I, too, perpetuate the worth
Of kindly voices lost a while to earth,
Though not proud dome, or even humble cot,
I rear to ease my brother's suffering lot,
Nor dare to use the fleet, exacting hours
To strew the way with friendship's perfumed flowers,
Yet even I, with care-fraught, busy day,
At least may build a "rest" beside the way.
Here burdened toilers fainting with the heat
Linger a moment for refreshment sweet,
The lone way-farer, friendly comrade knows
From cheery word flung to him as he goes:
Sweet sympathy doth comfort the distressed,
Encouragement help onward the oppressed,
And I, myself, am blessed quite, as they,
Because I give this rest beside the way.

FOR

THE

HEALING

OF

THE

PEOPLE

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?

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Bronchitis

The Editor

THE unfortunate and sudden death of the King and Emperor resulting from an acute attack of bronchitis has created a keen interest in the nature and cause of this disease. It also emphasizes the serious nature of "colds." From newspaper reports, we learn that the King contracted a cold while in attendance at a theatre. Before this condition was properly corrected, he resumed his regular duties, causing a relapse which speedily terminated his life.

A cold is not the simple, harmless, local disturbance that so many consider it; it is a general disease manifesting its most important symptoms at the point of least resistance, which is usually some part of the mucous membrane, most frequently the air passages. In the nose, it is called coryza; in the throat, laryngitis; in the chest, bronchitis. The term cold is misleading; it is really a congestion of the affected part, accompanied by fever and general disturbances of the circulation, digestion, and elimination. The active cause for this disturbance may be very slight; such as, a short exposure to a draft, getting the feet wet, insufficient clothing, an hour spent in an over-crowded, poorly ventilated room, as a theatre or other public meeting place: but these conditions can only produce a general circulatory disturbance in persons whose resistive powers have been lowered by wrong

practices. Indulging too frequently in heavy dinners, overwork, lack of sleep, and the free use of alcoholic beverages—these render one peculiarly susceptible to colds.

Bronchitis, or a cold on the chest, is an inflammation of the mucous membrane of the bronchial tubes of the lungs, accompanied by infection and the formation of pus. When the inflammation extends to the smaller tubes, it is called capillary-bronchitis, or bronchitis-pneumonia. The usual symptoms are fever, pain and tightness in the chest, harsh, rough, and severe cough producing great distress. Expectoration is at first frothy, but after a few days becomes thick yellow and purulent. In capillary-bronchitis, the disease runs a rapid, severe, and often fatal course.

Treatment

Any measure that builds up the system and increases the vital resistance will increase the natural defences of the body against cold, by maintaining a normal action of the reflex centres through which the equilibrium of the vital forces are maintained. Sufficient refreshing sleep, wholesome food, and active out-door life, the daily cold plunge, cold sponge, or shower bath taken upon rising in the morning, are the most effective preventive measures against colds.

A neglected cold is frequently the fore-runner of tuberculosis, pneu-

monia, pleurisy, chronic catarrh, rheumatism, or other diseases; therefore, a cold should be taken in hand at once, and vigorous measures instituted to re-establish the disturbed circulation. Put the patient to bed for twenty-four hours, give him a hot enema, and let him drink copiously of water. Give a hot foot bath, fomentations to spine, followed by wet sheet pack or hot blanket pack to point of perspiration,

finishing the treatment with a cold mitten friction.

If the cold has settled on the lungs, give fomentations to chest and back two or three times during the day, followed by chest pack.

These measures will prove effective in most cases.

Never give brandy or whiskey; as they lower the resistive power. Avoid cough syrups; for they are dangerous.

Intestinal Auto-intoxication and Disease

THE question of intestinal auto-intoxication is at last coming very much more prominently to the fore (the place where it belongs), and is now beginning to gain wide attention by the medical profession, both in this country and abroad. That this is a subject of tremendous import, cannot be gainsaid; for not only are a large number of disease-processes directly due to intestinal putrefaction, and the poisons resultant therefrom, but also the complication of this unfortunate condition with other definite diseases seriously modifies their progress. To accomplish the desired result in the treatment of intestinal auto-intoxication, several points should always be remembered.

First, all meats should be cut down to a minimum; or, better still, entirely excluded from the diet: for they contain in their tissues large numbers of putrefying organisms, and an excess of proteid or albuminous food makes conditions much more favourable for the proliferation of the harmful bacteria in the bowel. For this reason, all proteid food,—eggs, cheese, dhal, and so on—should be reduced as much as circumstances will allow, and the intestinal contents still further modified by the adoption of an anti-toxic diet consisting of cereals, fruits and fruit

juices, yolks of eggs, and buttermilk.

Professor Metchnikoff, of Paris, who has made exhaustive studies and compilations upon the subject of health and long life, found that with few exceptions the long lived animals are those whose intestines contain few bacteria,—for example: certain birds, fish, turtles, crocodiles, etc.—and that certain classes of people and nations who eat foods which are antiseptic or have power to kill microbes,—such as, yoghurt-using Bulgarians—have many more old people than do other classes. These facts led to the investigation of the intestinal bacteria and of substances which destroy the bacteria. It was found that two classes of bacteria exist in the intestines, especially in the large intestine, which are antagonistic to each other. They have been called the “friendly germs” and the “unfriendly germs.”

The “unfriendly germs” that thrive in protien foods cause a decay of the refuse food in the large intestine, producing poisons, which harden the arteries, irritate the nerves, cause rheumatic pains, and produce an early breaking down of the bodily structures.

The “friendly germs” belong to the family of lactic acid bacilli, which are found in sour milk. When these are taken into the intestines they grow,

producing lactic acid. The lactic acid hinders the growth of the "unfriendly germs," and, consequently, stops the poisoning of the body. A glass of buttermilk two or three times a day, then, will not only help one to live longer, but will prevent the headaches, rheumatism, neuralgias, sluggishness, and depression which are such common results of auto-intoxication.

The intestinal canal should be frequently and thoroughly flushed throughout its entire length, in order to remove the often tremendous numbers of accumulated offending organisms, together with their poisonous products.

Given a clean intestinal canal as a beginning, the treatment of many acute chronic ills is a much easier matter.

The Eye

Walter Bushneff, Calcutta

THE eye is nature's camera, composed of a box blackened inside by the choroid pigment, having a system of lenses in front with the usual diaphragm (the iris with its aperture the pupil) which involuntarily dilates or contracts according to the intensity of the light, and the sensitive retina at the back, which receives the image of the object to which the camera is directed. The optic nerve is stimulated by the image thus cast upon the retina by the lenses of the eye, and carries the impression received to the brain.

It is important to bear in mind that the eye is not only a small optical instrument, but it is a living, organic part of the human body, and is therefore liable to suffer from diseases which affect the human system. Bright's disease, diabetes, and albuminuria affect the retina and optic nerve, impair the vision, and sometimes destroy the power of sight. Indeed, doctors diagnose these diseases with the utmost certainty by examining the eye and noticing on the fundus white patches or retinal hemorrhages. Syphilis affects the eyes along with the rest of the body, and loss of sight is not infrequently one of the prices paid for immorality. Excessive to-

bacco smoking affects the sight, the optic nerve seeming to absorb the poison which saturates the whole system and produces slightly progressive atrophy of the optic nerves. One of the symptoms is that the centre of the field of vision is worse than the circumference; thus an object looked at directly cannot be seen so well as when the sight is not immediately directed to it. Loss of sight due to tobacco poisoning is proportionately worse in those who drink heavily. Bluntness of sight due to quinine is another form of "amblyopia" (absence of sight). Excessive doses of quinine are bad, and although no case of permanent total blindness has been authenticated, the writer has seen one case where the patient was blind and apparently permanently so; for he had been in that condition for several years. When sight does return it is generally with more or less colour blindness.

It is a well known fact that if good pictures are to be taken with a camera the sensitive plate in the camera must be at a certain given distance from the lenses; otherwise, the camera will be "out of focus." Reliable statistics show that the eye is thus out of focus in a large per cent. of earth's population. It is obvious, therefore, that

too great stress cannot be laid upon the importance of parents and school authorities noticing the sight of the children committed to their care. Many a child is classed as "dull" or "stupid," whereas it is not, and the little one would be perfectly normal in every respect were the eyes put properly into focus with a pair of glasses. Astigmatism is by far the most common defect existing in the lens system of the eye. Astigmatism means that one or the other of the component parts of the lens system of the eye is not, in an optical sense, perfectly formed; viz., in this respect that the curvature of one or more of the surfaces varies in different meridians. Tiredness, inability to read long, a headache in any form, particularly over the brows and at the back of the skull, a gritty sensation in the eyes, excessive lachrymation, unaccountable feeling of sickness, dizziness, irritability, despondency, etc., may all be symptoms of astigmatism, which may be corrected by properly fitted glasses.

Short sight is that condition where the eyeball is too long. It is important to correct this mainly because there is always a risk of short sight becoming progressive, which means that the globe of the eye becomes softer and longer, and finally the delicate little membrane called the retina tears and collapses into the vitreous humour. Surgeons can do but very little with either drugs or operations where this happens. A person who is ordinarily short sighted generally has no symptoms excepting that he cannot see ordinary sized objects at a distance, but finds that he can see the smallest object close to him with the greatest ease. The inconvenience of not being able to see further than a few yards generally

drives him to the use of glasses very soon, and the important thing is to have the glasses perfectly fitted.

Long sight in low degrees gives the patient as a rule very remarkable sight at a distance; but before the age of thirty he generally complains that reading, writing, etc., are very difficult and trying. It is most important in long sight to take to glasses as soon as the symptoms show themselves; not only because of the intense comfort the glasses are, but because in the case of little children long sight is a prolific cause of squint, and in older persons authorities tell us it is very often the cause of the dreaded disease called "glaucoma."

Yet another defect of sight is "presbyopia," or "old-sight," which comes to people in the ordinary course of nature somewhere between the ages of forty and forty-five. The person begins to complain that the lamps are not good in the evening, that the oil is bad, that the print of books nowadays is not what it used to be, and so on; but it is found that well fitted glasses never fail to restore the quality of the lamps, the oil, and the type of the books.

Some one may ask, "What do you recommend to preserve the sight?" My answer is, "Do not indulge in any habit which you know is likely to cause ill of any sort to the body." In all cases of headache or eye strain and unaccountable stomach troubles, in all cases of difficulty in doing ordinary work of any kind with the eyes,—have them carefully examined by a thoroughly qualified practitioner, and follow his advice to the letter. The use of cold water for bathing the eyes, at least once a day, is strongly advocated by some, and the eyes of these people seem to bear splendid testimony

to the good results following this practice. It is most important to prevent children, or, indeed, grown-ups, from working in a bad light. The light should always be good, and should come from the left, preferably from behind as well as from the left. Children should on no account stoop over their work; they should sit as upright as possible, and have the edge

of the desk slightly below the level of the breast at an angle of about fifteen degrees from horizontal.

In conclusion, one may say that the later a child begins to study books, the stronger its sight is likely to be; and nourishing food and out-of-door exercise are essential for everyone, if the eye-sight is to last the appointed three-score years and ten.

A Case of Acid Dyspepsia

J. R. Leadsworth, B. S., M. D.

THE following case presents a series of symptoms that are frequently met in the consulting room by a physician. A man aged forty, of strong muscular build, sedentary habits, complains of indigestion. He has had attacks of stomach trouble for years; but of late they have grown in frequency and intensity. His appetite is always good; but about two hours after eating, a dull gnawing pain begins over the stomach just below the breast-bone. Left to itself, the pain continues for an hour or two, and then gradually subsides. By taking food at the onset of the pain, immediate relief is experienced; but this, in turn, relieves only for an hour or two. Neither the amount nor the kind of food taken at a meal seems to influence the pain for better or worse. His bowels are sluggish, sometimes constipated. Of late he has grown more nervous and irritable, with disturbed sleep during the latter part of the night.

Several test meal examinations gave unmistakable evidence that this patient was suffering with a marked increase in the amount of hydrochloric acid present in the stomach. This acid is a normal product of the stomach, and is quite as essential to digestion as is the presence of pepsin. But when the gastric juice contains

hydrochloric acid in too concentrated form, it is often the cause of erosion, or ulcer of the stomach walls. And since more accurate means of making a diagnosis are obtainable, ulcer is found to exist much more frequently than was formerly supposed. It may be said in passing, that our strenuous life and sedentary habits are important factors in the production of hyperacidity.

In cases where hyperacidity does not give rise to ulcer, it continues to increase until the acid forming cells in the stomach are actually worn out. The consequence is, there follows an entire absence of gastric juice, and without this the action of the pepsin is inert. Frequently when the stomach fails to manufacture hydrochloric acid, there is also a failure to produce pepsin. This condition is known to the physician as *achylia gastrica*. This condition, which is very obstinate to treat, occurs frequently in individuals who are lean and anemic, and who suffer constantly with intestinal indigestion.

The case afore referred to was treated as follows: Before breakfast, the patient was instructed to take two or three tablespoonfuls of olive oil; following this, two glasses of buttermilk were allowed. About 10 A. M. half a

dozen blanched almonds were eaten, being thoroughly masticated and creamified before swallowing. At noon two glasses of buttermilk were again slowly sipped. At 3:30 p. m. the ration of almonds was repeated, and at night the buttermilk. In this case, the almonds were taken at 10:00 a. m. and 3:30 p. m. for the reason that they could be taken more conveniently than buttermilk while at work; but where a glass of buttermilk could be taken instead of the nuts, the results were realized more quickly. In aggravated cases it might be necessary to take olive oil at noon and night, followed by a drink of buttermilk; or where that cannot be taken, by a cup of almond cream, made as follows: A dessertspoonful of sweet almonds are blanched by scalding in hot water and removing the skins. After being allowed to dry, they are ground into powder, and poured into a cup of boiling water. This mixture is then rubbed by means of a spoon, after which it is strained. While it is more pleasant to take, the almond cream lacks the nutritive value of olive oil. This plan of diet was continued for one week; but in cases where the patient has already lost considerable flesh, it may be necessary to add to the nutrition from the first. For these patients, I often recommend very soft boiled or raw eggs, to be taken in addition to the buttermilk.

After the first week or ten days, a diet list was furnished as follows: Stale white bread, zwieback, rice or granose biscuits, steamed rice with cream, dextrinized grains, cream soups of various kinds, purees of vegetables and legumes, macaroni, spaghetti, sago, tapioca, spinach, asparagus, baked potato, hulled Lima beans, roasted blanched almonds, olives, olive oil,

cream, butter, poached or soft boiled eggs, especially the yolks.

There has been a question as to the influence of flesh foods in these cases, the majority of physicians arguing that the proteid of flesh more readily takes up the excess of acid gastric juice than does either the fats or carbohydrates. But while it may be admitted that flesh does readily combine with the hydrochloric acid in the stomach, it is the one article of diet that excites an increased flow of hyperacid gastric juice. Flesh food, in the end, materially increases the difficulty that it is sought to relieve. So, if meats are taken as a part of the dietary, they should be limited in amount and frequency.

Of this diet list, only three or four articles should be eaten at a single meal; variety can come in from day to day. Usually in cases with hyperacidity the appetite is too good, and one is inclined to eat too heartily. The small meal is gotten rid of by the stomach in two or three hours, while the hearty dinner requires seven hours. In addition to the diet, our patient was given sweat baths three times a week. After the evening meal, the hot water bottle was used over the stomach for half an hour, followed by the wet girdle,—a strip of linen toweling eight inches wide, wet in cold water, encircling the body at waist line, covered with a snug fitting flannel girdle. Upon removing this in the morning, the abdomen was sponged and rubbed with cold water.

With these simple measures, this patient, and many others, have been entirely relieved of the distressing condition known as hyperpepsia. But as patients, not diseases, are to be treated, it is necessary to modify the therapeutic measures according to the individual case. It is naturally presumed that the causes which have contributed toward the production of this disease have been sought out and removed. No other class of diseases responds so readily to treatment when the diet and other conditions are brought as nearly as possible to the normal.

RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Ruth Merritt-Miller

Wet Sheet Packs

The Wet Sheet Pack in Fevers

IN fevers, when the skin is dry and hot, the wet sheet pack is a safe and reliable means of reducing the temperature. It is especially useful in typhoid, and seldom fails to reduce the temperature and quiet the restlessness which so often accompanies a high fever.

All antipyretics are dangerous drugs; as they almost invariably reduce the temperature by lowering the vitality. The wet sheet pack abstracts heat from the body, but does not depress any of its organs. In fact, it acts more as a tonic, and is, therefore, immeasurably superior to drugs as a rational treatment. It should never be used, however, when the skin is cold and clammy.

When the simpler treatments, such as, the sponge bath, cold compresses, and ice bags, suffice to keep the temperature below the danger point, the wet sheet pack need not be given; but when the temperature persists in staying above 103° in spite of these treatments, the wet sheet pack should be given as follows:—

Turn the patient on one side, roll one-half of a blanket together and lay it close to his back. Smooth the other half of the blanket over the bed, and then turn the patient on his other side. The rolled half of the blanket should then be drawn out and smoothed over the bed. Now remove the patient's

clothing and protect him with the blanket; wring a sheet out of water, the temperature of which should be about 65° or 70° F. Turn the patient on his side again, shake out half the wet sheet, leaving the other half gathered in as small a space as possible, and place it close to his back; then turn the patient enough to draw out the gathered half of the sheet. Now have him lie on his back with his arms extended over his head. Quickly bring one-half of the sheet over his body, and wrap it about the leg of the same side. Place the arms by the sides, bring the other half of the sheet across them, and wrap about the other leg. Give rapid but light friction over the sheet, and when it begins to feel slightly warm, draw the blanket over it. How long the patient should be left in the pack depends upon the rapidity with which the sheet is warmed. When the sheet becomes as warm as the body, or nearly so, it should be again wrung from cold water, and applied to the body the same way as before. This treatment should be repeated if possible until the temperature has been reduced as low as 101°. At first the sheet will have to be changed every few minutes.

The patient will often rest for some time after this treatment, and the temperature usually rises less rapidly than it does after other treatments.

The Wet Sheet in Insomnia

Sedative drugs are always depressing to the nervous system, and their use should be avoided as far as possible. In many cases the neutral wet sheet pack has been found an effectual, as well as harmless, substitute. Insomnia caused by nervous excitement will often yield to the soothing effects of this pack. It is also helpful in quieting and controlling some cases of insanity. It is given as follows:—

Spread one or two blankets on a bed, and over these a sheet wrung as dry as possible from water having a temperature of about 70° F. The wet sheet should come about two inches below the upper edge of the blankets, and the blankets should cover about half of the pillow. Have the patient remove his clothing, lie down on the wet sheet, and extend his arms over his head. Wrap him in the wet sheet in the same way as described before. His arms may be left out of the sheet if he desires. The blankets should be brought over the patient and tucked in snugly. Do not leave any of the wet sheet exposed, and be sure that the surface of the body is everywhere in contact with the sheet. Place a warm bag to the feet. The amount of covering required depends upon the temperature of the room and the condition of the patient; only just enough covering to keep the patient comfortable should be used. The patient may be left in this pack as long as it is restful to him.

The Wet Sheet Pack as an Eliminative Measure

As an eliminative treatment, the wet sheet pack is less depressing than the hot blanket pack, and should be used in place of it when the patient is strong enough to re-act from the effect of the cold. The blanket and wet

sheet should be placed in the same way as in the neutral pack just described; but more blankets will be required. Heat should be placed to the feet and to the sides of the legs if necessary. The sheet should be wrung from water at 60° F.

This treatment should be preceded by a thorough cleansing of the bowels. The patient should take a good drink of water, preferably warm. Continue the pack until perspiration is induced. To remove the patient from the pack, first expose one arm, sponge it with cool water, dry and cover it with the blanket, pushing the wet sheet under the patient as far as possible. Treat the other arm, the chest, and the legs in the same way. Now have the patient turn on one side and withdraw the sheet. Sponge and dry the back, put on the clothing, and let the patient rest for a time.

The Hot and Cold Trunk Pack

The wet pack applied to the trunk only is used as an aid to the digestive organs. Fold a blanket once and lay it across a bed; over this place half a sheet wrung from as cold water as can be obtained. The sheet must be narrow enough to come at least two inches within the upper and lower borders of the blanket. Have the patient lie down so that the upper border of the blanket comes just below the armpits. Wrap both ends of the sheet about the trunk of the patient and protect snugly with the blanket. Place a hot water bag on the abdomen above the first layer of the blanket. Cover the patient with just enough blanket to make him comfortable, and let him remain in the pack from twenty minutes to half an hour; then remove the sheet, sponge the part treated, and dry it thoroughly. This treatment is a good tonic for the digestive organs.



HEALTHFUL COOKERY



Gruels and Toast for the Sick

THESE simple foods play a very important part in the dietary for the sick when wholesomely prepared; but the sloppy dishes termed gruels, "ready to serve in five minutes," are not fit foods for the delicate stomach with digestive powers impaired by illness. Gruels are best made by boiling the grains in water until thoroughly cooked, thus changing the starch into dextrine, which renders the grain a very easily digested and nutritious form of diet. Should the water evaporate in the cooking, a little boiling water may be added. Such grains as barley, wheat, oatmeal, and corn need from three to five hours' continuous cooking in a double boiler. It is desirable to strain the gruel, then just before serving dilute the mixture with rich milk, or thin cream which has been previously heated but not boiled. In this way, the composition of the milk will not be injured by the constant boiling.

Gruels should always be served in a clean hot dish; they should not be sweetened unless ordered, and salt alone is to be preferred. Gruel should be taken slowly, and thoroughly mixed with the saliva in the mouth before being swallowed, that the starch may be partially digested.

Arrowroot Gruel

Rub one dessertspoonful of arrowroot smooth in two tablespoonfuls of cold milk, and then stir it into one pint of milk brought to the boiling point. Add a little salt, and cook slowly for ten minutes in a double boiler.

Barley Gruel

Blend one tablespoonful of barley flour with enough cold water to form a smooth paste, stir this slowly into one cup of boiling water, cook for thirty minutes; then add one cup of rich milk, bring to the boiling point, and strain.

Gluten Gruel

One tablespoonful of gluten mixed with three of cold water; stir this slowly into two cups of hot milk, bring to boiling, and serve.

Oatmeal Gruel

Slowly mix two tablespoonfuls of oatmeal with two cups of boiling water. Cook for five hours. Strain and add one-half cup of rich milk. Heat to the boiling point.

Toast

To prepare toast properly so that it may be easily digested is to convert the starch as much as possible into dextrine. In order to do this, the bread should be twenty-four hours old. Cut it in uniform slices one-third of an inch thick, and bake or toast dry, crisp, and light brown throughout. If the slices are allowed to toast quickly, a sheath will form on the outside at once, retaining the moisture, and leaving the mass softer than before toasting.

MRS. M. P. MENKEL.

"WHETHER, therefore, ye eat, or drink, or whatsoever ye do, do all to the glory of God."



The Home

Morbid Habits and Practices Acquired in Infancy

Kate Lindsay, M. D.

THERE are many children destined to grow up into an invalid adult life because of injurious habits formed and fostered in their training during infancy. One of the most common of these is the sucking habit. This is so common a vice among infants that to meet the demand of badly trained infants for its indulgence an industry has sprung up, and pacifiers, falsely so-called, of every make and form, adorn the showcases of the modern chemist, and, hung by a much soiled ancient ribbon, ornament the modern infant neck on half of the babies one meets on the streets. The woman who most fastidiously washes the spoons, forks, and other table utensils she puts into her own dainty mouth, will allow her infant to wipe the dirtiest floor with its pacifier, and if dropped will often pick it up herself and put it deliberately into the mouth of the helpless little one, floor dust incases and germ infected as it always is.

The wonder is, not that intestinal auto-intoxication kills so many infants, but that any little one lives through the first year of life, when the dirty things the average baby is allowed to put into its mouth daily are considered.

But the fact that the pacifier is always more or less a dirty contagion carrier, is not the only evil which results from the abnormal sucking

habit. Dentists and nose specialists all testify to the fact that this habit produces mouth and nasal deformities and encourages the growth of adenoid in the nose, mouth breathing and deformities of jaws and palate, imperfect teeth which decay easily, and predisposes to diseases of the ears, enlarged tonsils, and colic and flatulency. The child who is a victim of the sucking habit is likely to form other vicious practices; as nail-biting, head-banging, nose-picking, and, saddest of all, may become a victim of the ruinous habit of secret vice. This habit also predisposes to nervous disorders and intellectual impairment.

To prevent the solitary vice habit, keep the infant clean and dry. Do not allow it to become chafed or overheated. The hand always tends to rub any part of the body which is itching or irritated, even in the adult, and much more so in the infant. This intuitive desire to get relief from the irritation of coarse, soiled napkins in the six-months-old little one may be the beginning of a ruinous habit which ends in a suicide's grave or the insane hospital. A small seed of vice sown in infancy often grows to be a deadly upas tree, which blights and destroys all that is noble and true in life, and impairs physical, moral, and mental health.

Rough, badly fitting clothing leads to the formation of body deforming

habits; as shrugging the shoulders, or elevating one shoulder to keep a loose apron strap from slipping off, pulling at the clothing, and twisting the body to adjust itself in comfort to the ill fitting garment. Nervousness, fretting, and ill temper may all come from the discomfort of a badly fitted pair of shoes; and many a child has been punished and sent to its room in disgrace simply because of the discomfort from pinched, hot, aching feet, the physical suffering making the poor little patient irritable and quarrelsome, and spoiling the pleasure of both itself and playmates in their innocent, childish sports. There are stoop shoulders, curved spines, bowed legs, pigeon breasts, prominent shoulder blades and narrow chests and contracted waists and over-distended abdomens, all resulting from ill-fitting clothing and bad positions in sitting, standing, lying, walking, and working.

The predisposing, exciting causes of bad habit formation are chiefly summed up in bodily weakness due to ill health, abnormal restrictions of natural bodily activities, and irritation. The weak patient, be he either infant or adult, tends to allow the body to stoop forward and the spine to assume abnormal curves and positions because he lacks the physical energy to put forth the effort to walk or sit upright. The muscles of the spine and abdomen become weak when they are deprived of proper blood supply and hindered in normal activity by tight bands and improper position, as in one starved for want of food or water supply. The little one kept fast to crib, cab, and high chair to keep its clothing clean and never given a chance for the normal muscular exercise of the baby-hood gymnastics of kicking, rolling, creeping, and falling, will grow up

illy developed, and when old enough to walk will find it difficult to keep erect and assume an easy and graceful gait in walking.

To prevent physical deformities is much easier than to cure the same after the body has become misshapen by abnormal bone-curving and uneven muscular development. Don't let her sit on her feet or curl up in the rocking chair or lie in a cramped-up, ungraceful position on the bed or couch. It is just as easy to assume right as wrong postures. Above all, set the children good examples. The little year-old-baby is a natural mimic; he is wide awake if he is a bright child, and tends to imitate what he hears others say and do. So, therefore, speak and act before him in the way he should speak and act when he grows older.

Never teach a child to imitate any abnormality of speech or action in others. It may look cunning or be amusing for the little one-year-old to squint and make sheep eyes at his elders. It will not be quite so mirth-provoking to find the ten-year-old boy or girl cross-eyed, or with a disagreeable habit of blinking, leering, and making other facial grimaces. Do not let the little ones hear stammering or defective speaking. Many a boy and girl have ruined their lives and suffered mental tortures by reason of acquiring the bad habits of speech of some other poor unfortunate. Parents who would take their children and expose them, knowingly and purposefully, to some deadly contagious disorder, would be justly condemned, punished for their lack of good judgment and want of interest in their welfare. To subject children to the imitation contagion by surrounding them by an environment of body deforming ac-

tions and speech corrupting language is still more cruel. There may be complete recovery from small pox, diphtheria, or scarlet fever; but the spine once bent is never likely to become entirely erect again. The contracted chest will never be so well developed, or the lung expansion so great as that of the normally formed, broad chested man or woman. The

stutterer must go through life with a halting speech which will prove of great hindrance to life's success, and may result in a complete failure by reason of a physical, moral, and mental health wreck due to discouragement because of inability to control the halting tongue or to restore the habit deformed body to a more normal form and a healthful working activity.

Some Simple but Wonderfully Valuable Health Ideals

David Paulson, M. D.

Chew for Your Life

THERE is nothing simpler than chewing. We learn to do it before we can remember; yet there are but few who remember to chew properly. We are just beginning to appreciate that thorough mastication brings a harvest of blessings. We receive so much more benefit from the food we eat that we do not need to eat so much.

Thorough, mastication means, in the majority of cases, a cleaner tongue and a clearer head. It means the awakening of a more discriminating taste, so that one will be more disposed to discard unwholesome food and to be more content with a simple variety.

All one has to do is to keep chewing, and little by little the back of the tongue clears the food away, so when mastication is completed the mouth is empty. Very soon one comes to relish the food so much more than before that he gets enough extra satisfaction from eating to abundantly pay him for the extra chewing.

Deep Breathing a Paying Investment

The average individual is shiftless about breathing; for he only breathes in enough air to ventilate the centre of the lungs; yet by deeper breathing he could do himself more good than by taking medicine. Every time we

take a full deep breath the diaphragm is pushed down over the liver and gives it a good squeeze, just as you might press a sponge in your hand. This gives the circulation in that region of the body a good stimulation.

I once heard Dr. Babcock, the noted heart specialist, tell of a patient who was suffering with a terribly congested liver from a crippled heart. He said he could get no effect from any drugs. He then instructed the patient to breathe deeply for fifteen minutes at a time several times a day; and in a few days the liver was the normal size.

You who read this, why not take a hundred deep breaths a few times a day without having a doctor prescribe it for you? You will receive so much benefit from it that you will wish somebody had told you of this simple measure long ago. There are thousands of people who take long sea voyages and do other expensive things for their health when, if they would stay at home and practise deep breathing, adopt the thorough mastication of simple, wholesome food, drink from one-half dozen to a dozen glasses of water a day, and get plenty of fresh air at night, they would get twice as much help by staying at home; and it

would not cost them a penny, which is the only thing that spoils these most important remedies. Most people only appreciate what they pay for. If a deep breath cost a shilling, hosts of people would flock to Deep Breathing Head-quarters and buy some.

Work Out Your Physical Salvation

The fundamental exercises by which Sandow built himself up from a spindling youth to the giant lifting something like a ton and a half, were similar to the following movements: Pull your hand slowly up toward your shoulder, all the time imagining that you are lifting a heavy weight. Then take a deep breath and push it away again, as if you were pushing over a stone wall. Repeat with the other arm. Then lift your knee up toward your chest, imagining that you have about two hundred pounds hitched to your foot, then push it down, just as though you were pushing a post into the ground. Do the same with the other knee. Make each movement slowly. That gives you the idea. You will soon be able to invent a whole system of exercises all your own.

It is more important to have strong

abdominal muscles than it is to have strong muscles of the arm; for while we think up in our brain, we live, move, and have our being down in our abdomen. A capital way to strengthen these muscles is to sit near the front of your chair, then tilt backwards against the back of the chair, at the same time raising the knees. Repeat this a dozen or more times, with the chest well up, several times a day, and you will soon have strong enough abdominal muscles to pay you well for the trouble.

When you are standing or walking keep your neck pressed back against your collar button. If you wear no collar button, do it anyway. Raise your chest well up toward your chin, and all other things in the way of proper position are sure to be added to you.

While you are doing your daily work, imagine you are taking physical culture in some gymnasium. In other words, imagine that you are playing; and you will get twice as much good out of the work, and will do no less of it, either. Your work cannot be a drudgery unless you make it so.

Our Best Drink and When to Take It

D. H. Kress, M. D.

WHAT shall we drink? With the lower creatures this question is a simple one; for they desire no drink but water. Man feels the need of something that is not furnished by brook or cistern. He possesses a thirst that water fails to satisfy. Why?—The irritation produced by the use of pepper, curries, mustard, large amounts of salt, etc., calls for some narcotic to deaden the irritated nerve terminals. Narcotics do not lessen the irritation; in fact, they intensify it, but they

paralyze the nerves, so that the irritation is not felt. Alcoholic beverages, tea, coffee, coca-cola, and a host of other drinks have been invented to meet this abnormal necessity. Without them, man, eating as he does, is uncomfortable. The meat and highly seasoned foods and the wine found on many tables form a natural combination; while the simpler foods call for no stronger drink than water.

The best water is that which is freest from minerals. Hard water

produces indigestion; soft water aids digestion. There are times, however, when it is conventional, if not necessary, to have something more than water. Very simple, refreshing, and beneficial drinks may be made with the addition of fruit juices. Tea and coffee should be discarded; they contain a poison which affects the nerves, and which will in time bring about serious structural changes and organic disturbances of body and mind. All beverages are produced by the addition of something to water. But water—never that which is added—is the thirst quencher. Anything added to water depreciates its value as a drink.

To be of value, water should be taken at proper times. The best time to take a drink is three or four hours after a meal. It is not best to drink freely with meals. The best time to drink freely is when the stomach is empty. The drink acts as an internal bath, washing out and cleansing the stomach after work. At night before going to bed is a good time to take a drink. Hot water, if taken, is best taken at this time, being relaxing; it will help to cleanse the stomach after it is through with its day's work. It also draws the blood from the congested brain, and acts as a sedative, thus favouring sleep. A cool drink taken half an hour before meals, especially in digestive disorders, is beneficial. In cases of catarrh of the stomach, a drink of hot water about three-quarters of an hour before meals is helpful. In such cases, a thick mucus is thrown out, and upon this the germs feed and multiply. Food, if introduced while the germs are there, will decay, and a bad breath result. The stomach is not prepared to receive and digest food when in this condition. The use of

hot water should not be too long continued; as it results in debility of the organs of digestion. Care should be taken not to drink freely with the meals. If very thirsty, a few sips of water or some other drink may be taken near the close of the meal. It should be remembered that the more liquid we take with the foods, the more indigestible they become; because the liquid dilutes the digestive juices, and has first to be absorbed before the digestive process can be carried on. The contents of the stomach should be in a semi-solid condition in order to stimulate a flow of gastric juice, and to stimulate the peristaltic action of the stomach. A large quantity of water drunk at one time between meals is often an injury; it overloads or over-distends the stomach, producing dilatation of the organ. A small glassful of water should generally be sufficient. Thirst is more readily satisfied by drinking slowly, and by taking frequent small drinks, than by drinking a large quantity at one time. Injury has resulted from too free drinking of water.

When large quantities of water are swallowed, the kidneys may be overstimulated, and a large amount of fluid be removed from the blood, more than is compensated for by the amount taken in, so the thirst may be actually increased. Very cold drinks and very hot drinks should as a rule be avoided at meals. The digestive process is carried on at a temperature of a little above one hundred degrees. Lowering the temperature by the use of cold water retards, and may entirely arrest, the digestive process. Anything that delays digestion favours fermentation. Many persons are troubled with sour stomach, because they drink large quanti-

ties of liquid at their meals. Some persons think that liquid foods agree with them better than solid, because their stomachs feel more comfortable after taking liquid foods. The stomach, being abnormal, is not a safe guide, and must be educated to the use of solid foods. Foods should be well masticated in order to obtain from them their full nutritive value. Reason and enlightened conscience should rule, the digestive organs being thus

brought into subjection to reason.

Fruits may be taken with benefit at the close of most of the meals. The fruits contain a liquid which is not only nutritious, but which acts as an antiseptic and aids the digestion. A little fruit taken at the close of the meal allays thirst, so that drinks will not be desired. If drinks are taken, it is best to masticate the food well, and take the drink near, or at, the close of the meal.

Dry Farming

Revival of System of Agriculture that may Prove the Commercial Salvation of India

The Editor

THE most important economic development of the day is the organization of a world-wide association of students, farmers, and scientists for the co-operative study of Dry Farming, or farming without irrigation in countries or districts where rain-fall is light or irregular. This movement is known as the Dry Farming Congress, and has diverted many hundreds of families from the disease-producing environment of city life to the health-promoting life on the land. This is the latest of the great reform waves to command attention to agriculture. Rainbelt or "Natural" farming has developed all of the eastern and central States of America. The Great Plains, for many years known as the "Great American Desert," had been encroached upon by irrigation, and practically every irrigation project of value had been surveyed, and the districts organized either for federal or private irrigation development—yet the enormous and rapidly increasing population of the United States demanded more land.

In the face of traditions and failures of the past, thousands of homesteaders settled upon the plains or in the valleys, and on the table-lands in the mountain districts. Public policy demanded the quick establishment of an educational movement to establish some method of scientific operation of farming under the peculiar conditions existing. In thousands of square miles there had never been any attempt to produce crops, while in many districts farming had been given up as a dismal failure. It was soon learned that deep plowing, (in most soils) frequent harrowing, rolling and mulching the plowed surface, aided in preventing evaporation which naturally resulted from the long hot seasons and the scorching winds; special implements were found to be of value, and drouth resistant plants, such as, cereals, clovers, alfalfas, and other legumes were introduced to advantage.

The fifth annual session of the Congress will occur in Spokane, Washington, U. S. A., October 3, 4, 5 and 6 of

(Concluded on Page Seventeen.)

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Nature's Methods Applied at the Mussoorie Sanitarium.

A PRACTICE that is laying the foundation of a vast amount of disease and of even more serious evils, is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience; so they resort to patent nostrums, the real properties of which they know little, or they apply to a physician for a remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.

People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases, the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time; but the results still remain in the system, and work great harm at some later period.

By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both body and soul. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, and the morphine habit, which are so terrible a curse to society.

The people should be taught that restorative power is not in drugs, but in nature: pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water and other physiologic measures, are the remedies that assist nature's process of healing and up-building, which is a gradual work, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.

"Most persons consult a physician for their acute ailments, but it is the chronic sufferers that fall a prey to the quacks and charlatans who do not hesitate to advertise and make claims that the etiquette of our profession and common honesty deny to the physician whose chief end is not dollars. The quack is not interested in curing the disease, but in selling his "cure." So loud does he holler, and so persuasively, that at times he misleads not only the laity, but the doctors as well.—T. H. Farrell, M. D., in *New York State Journal of Medicine*, February, 1910."

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DRY FARMING

(Concluded from Page Fifteen.)

this year, and in connection there will be held an International Exposition of Dry Farmed products which will show the success of the nations in conquering the desert.

The establishment of this propaganda in India, although in the face of religious traditions it might take root slowly, would eventually revolutionize farming in this great country, and it is believed by students of economic problems in India, so completely overcome the effects of drouth that death and suffering from this cause would be greatly minimized.

The secretary of the Congress, Mr. John Burns, whose address is 214, Hutton Building, Spokane, Washington, U. S. A., writes that Mr. James Bryce, British ambassador to the United States, has taken up with the Colonial Ministry the question of selecting a vice-president for India as well as for New Zealand and other British Colonies not already enrolled, and India may be represented at the next meeting of the Congress.

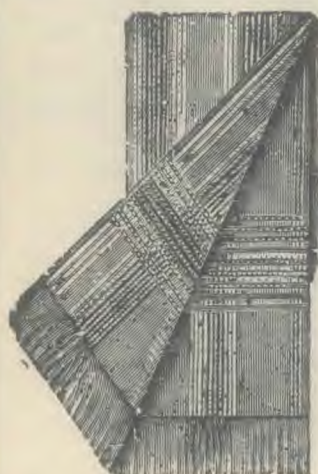
Dry Farming experimental stations now established in the semi-arid countries of western America are constantly developing new information which is disseminated in the Bulletins of the Congress. These statistics show that successful crops of grain forage and fruits are being grown with rainfall as low as $7\frac{1}{4}$ inches annually, although the most profitable results, 35-40 bushels of wheat and other cereals to the acre, and some of the most marketable vegetables and fruits are grown at high altitudes with 13 to 16 inches of rainfall.

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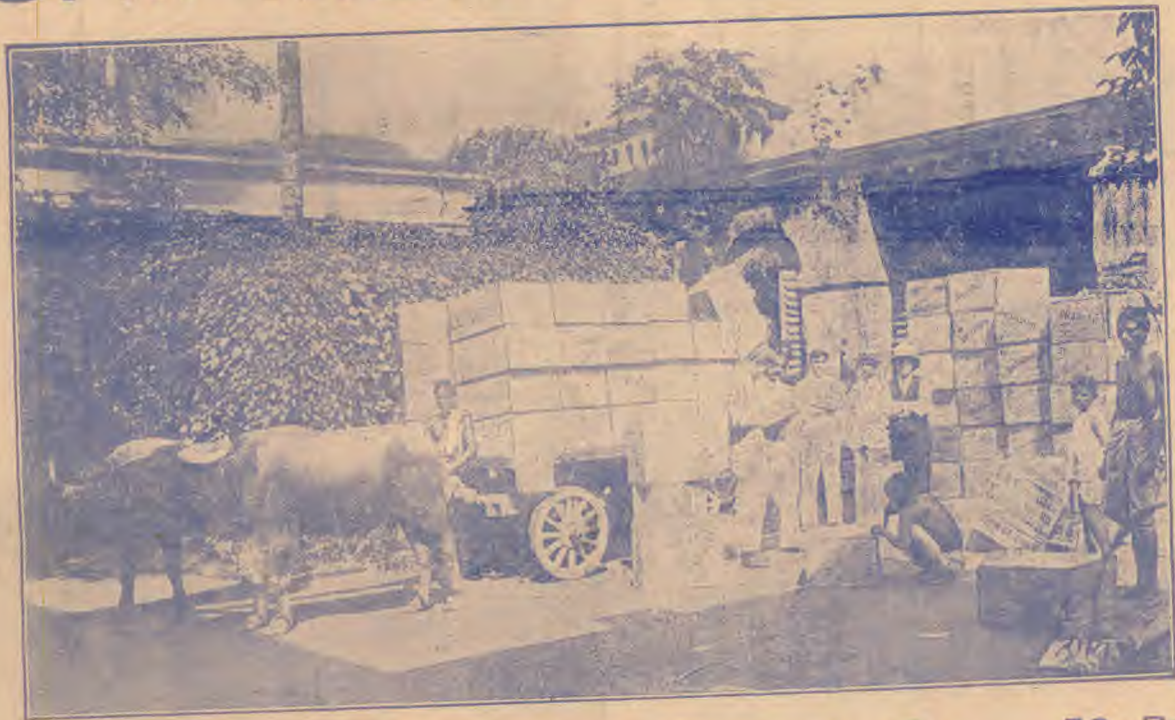
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