THE Herald of Health

FOR THE HEALING OF THE PEOPLE

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Sanitarium Bath and Treatment Rooms,

75, Park St., Calcutta

Herald of Health

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Peace on Earth

E. F. Adams

THERE was a time, in earth's first garden fair,
A beauteous time of love, when the soft air
Vibrated but with tones of peace and joy,
When all was happiness without alloy.
All creatures happy were, for all were good,
And bound in universal brotherhood.
The highest, man—creation's heir—was king,
And to his sway of love was subject everything.

But man became a rebel to his Lord:
Henceforth his sovereign scepter was the sword.
Himself no longer subject to love's sway,
No more will all things else his word obey.
Earth's harmony is broken, and the law
Of brutal force brings universal war
And fear and dread. All things, not willingly,
But through their highest, subject are to vanity.

But hark! Once more the sound of "peace on earth!"
Is heard, as angels sing the blessed birth
Of a new King,—a little, wondrous Child
Omnipotent. The forest creatures wild,
The folded sheep, the cattle in the stall,
Do they not feel peace brooding over all,
A heavenly Presence near? O happy mother!
In fellow flesh, all creatures have a Brother.

This Babe of babes, now sleeping rosy sweet,
Shall bring creation to his pierced feet.
The Golden Age of love he shall restore,
The reign of peace extend from shore to shore.
In all his realm they'll hurt not nor destroy;
The leopard with the kid at rest shall lie;
The wolf and lamb together sweetly feed;
Lions, no longer fierce, a little child shall lead.

Pneumonia

The Editor

PNEUMONIA is a disease very prevalent at this time of the year, due largely to the fact that as cool weather advances people spend more time in poorly ventilated rooms, using artificial heat from oil or charcoal fires without providing escape for the poisonous carbonic acid gases given off from these fires. This practice frequently results in death from carbonic acid poisoning. In many persons, the frequent breathing of these fumes lowers the vitality of the lungs so the pneumonia germ finds little resistance and begins its work of destruction. Still another evil extensively practised during the cold weather in India which lays the foundation for pneumonia is the covering of the head at night so that the individual is obliged to rebreathe the air of his own lungs. These, with other practices that lower the general resistance of the body, as over-eating, use of poor food, sedentary habits, carelessness in exposing the body to cold draft when hot or perspiring, and especially alcoholism, are responsible for the rapid increase of

this disease. The mortality is from twenty to forty per cent., death occurring most frequently between the fifth and ninth day.

Symptoms

The onset is usually sudden, with a severe chill, followed quickly by a high fever. At times the patient may feel ill for several days, have chilly sensations, a little fever, headache, and a feeling of oppression in the chest. The following symptoms appear in pneumonia: high fever, 104° or 105°, continuing till about the seventh or ninth day, when the crisis comes, and the temperature falls quickly, and may then become subnormal; breathing is laboured, rapid, superficial, and painful, the pain at first being very sharp; cough, at times very distressing; expectoration, scant at first, may become quite profuse the second week; the sputum at first thick, glary, tenacious, rusty or bloody coloured; the face is flushed; cold sores form on the lips or nose; there is loss of appetite, with constipation; the pulse is about one hundred, full and strong at first (a pulse over one hundred and twenty in the adult is a cause for anxiety); the skin is very dry and hot, or bathed in perspiration, during the disease.

Treatment

As bad air is the most active cause in producing this disease, so fresh air is found to be the most effective requisite for a recovery. The following quotation from an article in the *New York Medical Journal* by Dr. Frank S. Meara, emphasizes the value of the open air treatment: —

"In employing this method, certain precautions must be observed, especially in cold weather. The bed should be made in a certain way to prevent currents of cold air from sweeping up under the bed and working into the bed clothing; this is accomplished by placing under the mattress a blanket and rubber sheet or a layer of paper allowing them to extend over the sides and foot so the ends can be folded up over the covers and pinned securely, thus preventing the possibility of cold air getting under the coverings when the patient moves. A hot water bottle should be kept at the feet. The amount of clothes should be enough to keep the patient warm but not to over-heat him, and the material should be as light as possible, so that the burden of clothes should not embarrass the breathing or cause fatigue by mere weight. The patient should be in a light suit of flannel underclothes with stockings, and wear a hood."

The following quotation evinces the writer's enthusiasm for the fresh air treatment: "I wish my enthusiasm to be tempered with judgment; but my own results both in the hospital and in private practice with this open air treatment have been such that I am tempted to eulogize it to an extent that will mark me the advocate rather than the judge. Take a very sick patient from the ward into the open air and the improvement is almost immediate; restlessness diminishes, the breathing is less laboured, the quality of the pulse improves, and the whole picture changes. The expressions of satisfaction on the part of the patient are the most convincing evidence of its value. I have watched with interest the effect of the patient when the windows are closed and the room warmed up to expose the body. Although the room had so recently been aired, the respiratory distress was evident in a few minutes and immediate relief was found when the windows were opened again. Such demonstrations have convinced me that the effect of the cold was no mean factor in the sum total of the benefits derived from the open air treatment."

For the first twenty-four hours during the stage of congestion, apply cold compresses 50° to 60° to the affected

side, changing them every ten minutes or as often as they become warm; cracked ice in a rubber bag or between towels may be used. The effect of these cold applications is to produce contraction of the congested blood vessels of the lungs. Every two hours fomentations must be applied for twenty minutes to the skin area which has been subjected to the cold treatment to prevent paralysis of the cutaneous nerves. Great care must be exercised to avoid chilling the patient; as this would counteract the good effects of the treatment.

In addition to the local continuous cold compress, it is essential to use general hot applications, as the hot blanket pack, hot leg pack, or hot sponging, to dilate the capillaries in the skin and the large blood vessels in the legs and arms, thus helping to divert the congested blood from the lungs and preventing the second stage, that of engorgement.

If the condition advances, by the end of twenty-four hours the lungs become engorged with blood, serum, blood cells, germs and waste tissues, so that it becomes consolidated and the blood cannot circulate through it. The continuous cold compress must now be discontinued and treatments applied that will hasten the absorption and elimination of the exudate matter and re-establish an active circulation of blood through the affected lung as speedily as possible. This is best accomplished by using fomentations to the lung every two hours, wearing the heating compress between. Once or twice daily a general hot treatment should be applied, followed by short cold tonic treatment, as cold mitten friction, cold towel rub or cold sponging; as these short cold applications increase the resistive power and greatly aid the organism in its battle against the pneumonia germs and their toxins. These applications are also the most effective means of controlling the temperature.

The methods of giving these treatments have been described in past issues of *Herald of Health*.

The bowels must be kept open by the daily use of cleansing enemas or salines.

The diet should be largely liquid, consisting of such foods as fruits, fruit juices, gruels, buttermilk, milk, milk toast, egg-nog, and vegetable broths. Avoid combining milk and fruit at the same feeding.

During high fever, digestion is poor; therefore the patient must not be urged to eat unless he desires food, and this must not be solid. Fruit juices without sugar are the very best during the stage of high temperature.

The object of treatment is to increase the patient's resistive power and assist him in passing safely over the crisis. Absolute rest, abundance of fresh air day and night, and plenty of water inside and outside regulated according to symptoms are the measures which will accomplish the best results in the majority of cases.

"Are those at fault who maintain that walking is the most beneficial all-around exercise in which man or woman can indulge for the benefit of health and the prolongation of life? Weston is one of them, and he ought to know whether walking is beneficial or detrimental. He has been walking more than other people since 1860, and although he is not likely to repeat his transcontinental tours, it is obvious that he will not desist from daily walking as long as he retains the power of locomotion."

The New Dietetics

The old dietetics was guess-work and experimentation. Sometimes patients were somehow relieved, nobody knew just how; more often there was no relief, and even an aggravation of troubles. There were no clearly defined principles, no precise and definite method.

The new dietetics is based on solid facts which have been demonstrated by laboratory researches, and are accepted as the latest dictum of science. The principles are few, simple, and easily understood. Here they are:—

1. Pawlow has shown that each natural food contains subtle elements which act upon the nerves with which they come in contact in such a way as to cause the digestive glands to secrete fluids exactly adapted to the digestion of the particular food in question. This action is due in part to the flavouring substances of food, and in part to little known substances termed *peptogens*.

The gastric juice produced by different food substances varies greatly in both quality and quantity. Milk produces the least active digestive fluid. Meat produces a strongly acid digestive fluid. Bread produces during a long period a moderately acid but powerfully digestive gastric juice. Represented numerically, the digestive value of the juice produced by the substances named, according to Pawlow, stands as follows: milk, 11; meat, 16; bread, 44.

2. It is very evident from the above that gastric juice cannot be at the same time in the highest degree adapted to the digestion of several different kinds of foodstuffs, as, for example, meat, milk, and bread; hence, the necessity for simplifying the bill of fare for invalids, or, at least, grouping together at a single meal articles of food which are allied in character. Dyspeptics cannot digest several articles at the same time because the enfeebled stomach is quite unable to make gastric juice suited to all. There may be no difficulty whatever in the digestion of a single, simple article of food, particularly if the article selected is especially adapted to the patient's condition; that is, a patient might not be able to digest bread, meat, and milk, but might be able, without difficulty, to digest bread or milk. A stomach not able to digest anything without difficulty, may by careful training be rendered capable of digesting at first single, simple articles, and later simple combinations.

3. By the continuous use of concentrated preparations of peptogens or peptogenic foods, even feeble stomachs may be made to do very satisfactory work. If hydrochloric acid is lacking, acid-forming peptogens are required. When both acid and pepsin are needed, peptogenic foods capable of evoking both acid and pepsin will be required.

These principles, taken with what has previously been known in relation to food-stuffs, render possible a new and complete classification of foods; as follows:—

Peptogenic

Highly flavoured foods and those which stimulate the appetite cause the formation of highly active appetite juice. Concentrated vegetable juices encourage the formation of gastric acid. Dextrinized foods encourage the formation of both acid and pepsin, particularly the latter; hence, the importance of the thorough mastica-

tion of farinaceous food so the starch may be dextrinized by the action of the saliva.

Foods which Lessen the Production of Gastric Acid

Fats of all sorts have a remarkable restraining influence upon the production of hydrochloric acid in the stomach. This accounts for the influence of milk in diminishing gastric activity. The larger the amount of fat, the less the amount of gastric juice and gastric acid; hence, cream, butter, nuts, ripe olives, olive oil, and all oleaginous foods are useful in cases of hyperpepsia and hyperchlorhydria. Breads and farinaceous foods in general, such as rice, toasted flaked foods, zwieback, and all dextrinized foods, diminish acid formation. The latter increase the formation of pepsin and cause a combination of the acid with the proteids, thus lessening its irritating effects.

Laxative Foods

Saccharin foods of all sorts, such as sugar, honey, syrup, malt honey, malted nuts, concentrated juices, and sweet fruits, are laxative in character. Acid fruits and fruit juices are also laxative. Fats encourage intestinal activity, as do also acid and peptogenic foods which increase gastric acid. Foods which contain a considerable amount of indigestible residue tend by their bulk to increase paristalsis. In some cases such foods increase constipation by encouraging impaction.

Anti-laxative Foods

Liquid foods which contain little indigestible residue are anti-laxative, or constipating. Rice, fine wheat flour in bread and similar preparations, corn flour, Iceland moss, gelatine; white of egg, boiled milk, are constipating. The same is also true of oatmeal mush and gruels, and similar preparations of other grains. These are highly constipating in character.

Anti-septic Foods

All peptogenic foods which encourage the formation of gastric acids are antiseptic foods for the reason that the acid of the gastric juice is powerfully germicidal. Acid fruits and other juices are anti-septic through the germicidal influence of the organic acids which they contain. The juices of all acid fruits are deadly to all disease-producing germs which can grow in the stomach.

Blood-making Foods

Spinach and egg yolks are excellent foods for improving the blood, on account of the large amount of organic iron which they furnish. Potatoes and other vegetables are valuable for the organic salts which they furnish whereby the alkalinity of the blood is increased, thus increasing the oxidizing power of the blood, and so raising the general nutrition and the resisting power of the body.

Fattening Foods

All foods rich in fats, starch, or sugar are fattening in character.

Diabetic Foods

Fats, acids, and proteids are admissible. Vegetables of nearly every sort may be eaten. Nuts are especially valuable in this disease. Potatoes, though highly farinaceous, are of great value in diabetes; by increasing the alkalinity of the blood, they increase oxidation, so the sugar is burned up. Gluten preparations are of the greatest service in this malady, especially 40 per cent. gluten biscuit; eggs, buttermilk, and kumyss are also valuable additions to the limited bill of fare of the diabetic. Cane-sugar, honey, and cereal preparations, bread, etc., must be avoided.

Tissue-forming Foods

All foods rich in proteids belong to this class. With the proteids are always associated the organic salts which all the living tissues require and which are needed in large proportion for the development of bony structures. With the exception of some varieties of rice, all cereals contain a sufficient amount of proteids to meet the demands of the body for blood and tissue building. Wheat is rich in gluten; corn, in vegetable albumin; oat-meal, in other proteids. Peas, beans, and dahls contain more proteids, pound for pound, than does beefsteak or mutton chops. Milk and eggs present animal proteids in a form most easily digestible. Various gluten preparations made from varieties of wheat rich in gluten are important sources of easily digestible proteids.

Nuts and nut products must be mentioned among foods especially valuable as blood and tissue builders. Nuts contain a larger amount of proteids than the same quantity of beef, besides fats in a most digestible form.

As regards the value of the several elements, starch, sugar, and proteids are practically equal in value; vegetable acids have half the value of starch and fats double that of starch. But digestibility and absorbability must also be observed. Fruits, sugars, and acids give the quickest returns; hence their refreshing qualities. Fats easily clog the appetite, and are absorbed only in limited quantity. Proteids yield toxic and clogging products when burned or oxidized. Hence starch is left for the staple heat and strength-supporting element. It is easily digestible, completely absorbable, and readily transformed in the tissues.

The Outdoor Life for Tuberculosis

ALTHOUGH, as the cynic may remind me, the great principle of aerotherapy dates from the Garden of Eden, somehow as time went on the principle ceased to be followed save by a few. The experience of the last two decades has greatly influenced the medical attitude toward aerotherapy. Its methods have gained an assured place in therapeutics. We have come to recognize from a comparative study of pulmonary tuberculosis as it occurs throughout the world, that it is not a disease of any one latitude or climate.

The fallacy, which in the popular, and perhaps also in the medical, mind associated consumption particularly with these islands, has been exposed. The relative infrequency of consumption in England and Scotland as contrasted with other European countries has not only contributed to dissipate ignorance as to its etiology, but tended actually to a reversal of the conception that climatic conditions have to do with its production. The pioneer work of the earlier sanatoria in this country led rapidly and certainly to the conclusion that open-air treatment was a method of universal application. Facts and statistics have speedily accumulated which go to show that tuberculosis results chiefly from the exclusion of a sufficient supply of fresh air in the dwelling-room, work-room, and other haunts of man, and, further, that in proportion as the supply of fresh air and sunlight is improved, under better conditions of sanitation, there follows a corresponding reduction in the mortality from tuberculosis.—*R. W. Philip, M. D.*

RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Ruth Merritt-Miller

The Salt Glow

THE salt glow is a most refreshing tonic treatment. While it is seldom useful in acute diseases, or in cases where there is much irritation of the skin, it is very valuable in many cases to stimulate a reaction where the skin is inactive and does not readily respond to the cold friction.

The method of giving the salt glow in the home is described as follows in *Good Health*:—

"The appliances required are a small tub to stand in, a large wash basin of cold or tepid water, and about a pound of salt, together with a good bath towel. The room in which the treatment is given should be comfortably warm.

"Let the patient strip and stand in the little tub, which may be partially filled with water as hot as can be borne. The nurse, or whoever gives the treatment, should take a little of the salt, moisten slightly with water, and briskly rub one of the arms, then quickly wash off the salt with water, and dry. Proceed to do the same with the other arm, the chest and back, and the rest of the body, ending with the feet. Every part should be thoroughly rubbed, first with salt moistened with water, then rinsed with the hands dipped in water, and finally dried.

THE SALT GLOW

"Another, and, in most cases, equally good way, is to rub the whole body at once with the salt, then rinse off in tepid water, and dry altogether. In either case, the patient will have a marked sense of warmth and well-being, and the skin will be delightfully smooth. Cold blooded persons, and all whose vitality is low, experience great benefit from this simple measure.

"Many prefer to follow a salt glow with an oil rub, using fine vaseline or a little olive oil. In this case, after thoroughly rubbing in the oil, be careful to remove any excess with a towel.

"Any person desiring to do so can give this treatment to himself, though it is a little awkward to reach and fully treat the shoulder-blades. It may be taken to excellent advantage in connection with a warm or hot full bath as follows: After lying in the warm

water for a little while, arise, and, standing in the bath, apply the salt according to instructions, moistening it with the warm water. If the salt is rather fine, moisten it very slightly, and this will increase its effect upon the skin. After rubbing the salt over the body, lie down again in the bath, and turn on the cold water. Then after lying for a few minutes in cool water, apply the towel vigorously.

"The salt glow is an especially effective means of drawing the blood from the internal organs, and setting up a vigorous circulation in the skin. Congestion of the head, lungs, and other organs, is thus relieved, and cold feet and hands made warm.

"In giving this treatment, care should be taken not to use such coarse salt or to apply it so severely as to injure the skin. Let the movements be brisk, however, and take care not to let the patient get chilled."

What a Cold Bath Does

WHEN a man faints, you dash cold water on his face. Why?—Because it touches the nerves that are connected with the brain, and wakes the man. If it does so much good to put cold water on a few inches of the skin, how much more good will it do to put it on the whole surface of the skin! Did you ever think of that? After a cold bath you have twenty per cent. more healing power in you, and that is power preventive as well as curative of disease. Of course, I do not mean to go in and stay in for about twenty minutes; but just to dash in and out again. We cannot grow health any more than we can grow grain; but we can do the planting and God will do the growing. The skin is the keyboard of the whole body. You can play on that and influence every organ in the body.—*David Paulson, M. D.*

Aids to Perpetuate Youth

ONE way to arrest old age, or prolong youth, is to avoid those things which lower the tone of health. Besides giving way to hurry and worry, discontent, envy, anger, jealousy, hatred, and other emotions, we also break almost every law of health and hygiene. We take too little muscular exercise, and consequently deteriorate in bodily stamina. We frequent theaters and other public places, and sit for hours in the poisonous bath of carbon dioxid. We eat almost twice as much as is necessary for the proper sustenance of the body; we crowd down meats, vegetables, pastry, candy, nuts, wines, fruits, spices, condiments, ice-cream, coffee, etc., into a stomach which is probably tired and overworked, and expect it to take care of this incongruous burden without a protest. In an hour or so a glass of ice water is tumbled on top of this trying load, and then another, until the poor horse (the stomach) is "stalled," and labours under extreme difficulty. We do not keep the million or more drain-pipes of the body (the pores of the skin) open by frequent bathings, while our lungs do not properly perform their function, due to shallow breathing. We burn the "midnight oil" while these poor tired bodies should be resting and recuperating. We do not live slowly enough; we are zealous after wealth, position, and power, to the exclusion of recreation and vacation, and are therefore becoming neurasthenic and are shortening life.—*William J. Cromie.*

Christmas Dinner

CREAM TOMATO SOUP

COCOANUT CREAM NUT LOAF LEMON JELLY

ROASTED POTATOES SAVOURY MACARONI

GREEN PEAS BAKED TOMATOES

CELERY FRUIT SALAD SNOW PUDDING

CREAM CONES

Cream Tomato Soup

1½ cups water,
3 cups tomato juice,
2 teaspoons sugar,
2 tablespoons butter,
3 tablespoons flour,
1 small bay leaf,
2 teaspoons salt,
2 slices onion,
1 cup hot cream.

Cook all the ingredients except cream, flour, and butter for twenty minutes. Strain through a colander. Rub the flour and butter together and pour over them the hot liquid, stirring meanwhile. Boil for five minutes. Add the hot cream just before serving.

Cocoanut Cream Nut Loaf

1 cup English walnuts or pecans, chopped,
2 eggs well beaten,
1⅓ cups hot cocoanut cream,
2 teaspoons browned grated onion,
1 cup rolled toasted bread crumbs,
4 tablespoons butter,
1 teaspoon salt,
1½ teaspoons ground sage.

To the bread crumbs add the hot cocoanut cream and seasonings, then the beaten eggs and nuts; bake until firm throughout.

Lemon Jelly

Recipe given in the November number.

Roasted Potatoes

Peel the desired number of potatoes and cook until tender. Place in an oiled baking dish. Put a small piece of butter on each potato and brown in a quick oven.

Savoury Macaroni

1½ cups macaroni, cooked,
½ cup diced cucumber,
3 cups tomato juice,
1 tablespoon chopped onion,
1 bay leaf,
2 tablespoons butter,
1 teaspoon salt.
½ teaspoon sugar.

Put the seasoning between two layers of the macaroni in a baking dish. Pour over this the tomato juice. Bake slowly one hour.

Baked Tomatoes

Scald and peel the desired number of tomatoes. Remove the cores and cut down from the stem end about half way, making six or eight sections. Sprinkle salt into the openings and place a piece of butter in the centre. Arrange the tomatoes closely in a pan, pour about one-fourth cup of hot water in the bottom of the pan, and set in the oven to bake slowly about an hour. Slow cooking of tomatoes develops a delicious flavour.

Fruit Salad

2 oranges diced,
2 plantains diced,
1 cup pineapple,
¼ cup chopped pecan nuts.

Serve with the following dressing:—

2 eggs,
¼ cup sugar,
¼ cup orange juice,
¼ cup lemon juice.

Add the fruit juices and sugar to the slightly beaten eggs. Cook, stirring constantly until thickened. Cool, and combine with the prepared fruit.

Snow Pudding

4 cups milk,
½ cup sugar,
⅓ cup cornflour,
4 egg whites,
½ teaspoon salt,
2 teaspoons vanilla.

Stir the cornflour smooth with some of the milk. Add the sugar to the remainder of the milk and heat to boiling. Slowly add the cornflour mixture and salt; cook twenty minutes over a slow fire. Beat the egg whites stiff, then gradually add the hot mixture to them, beating it in thoroughly. Add the vanilla. Pour into moulds and serve with whipped cream or sweetened crushed fruit.

Cream Cones

Whites of 2 eggs,
1 cupful flour,
⅓ cupful sugar,
⅓ cupful butter,
Flavour with whipped cream.

Beat the butter to a cream. Gradually beat in the sugar and continue beating until very light; then stir in alternately a part of the whites of eggs beaten to a stiff froth, and the flour. Have ready a buttered tin sheet cold, and drop the mixture on it in spoonfuls, leaving plenty of space between the little piles. With a broad bladed knife spread the mixture very thin. Bake in a quick oven, being careful not to brown too much. On taking them from the oven, while they are still hot, roll them into cones. Just before serving them fill with the whipped cream flavoured to suit your taste.

Tomato Salad

Peel and core the tomatoes, scooping out some of the seeds to make room for a filling of finely chopped nuts mixed with cold cooked green peas (two tablespoons of nuts and one of peas to each tomato). Pour over the stuffed tomato two tablespoons of mayonnaise dressing. Serve cold.

Stuffed Tomatoes Baked

Select six smooth, firm tomatoes, cut a slice from the stem end, and remove the seed. Mix

1 cup chopped nuts,
1 cup dry bread crumbs,
1 egg,
Salt and a little parsley.

Stuff this in the tomatoes, replace stem end, and bake in a moderate oven for thirty minutes. Serve with hot tomato cream sauce if desired.

Tomato Catchup.

To two quarts of strained stewed tomato juice, add two tablespoons of sugar, four teaspoons of salt, and two large heads of celery. Boil until reduced one-half.

Nut Tomato Curry.

2 cups tomato stock,
1 tart apple,
1 medium sized onion,
2 tablespoons butter,
½ tablespoon sugar,
1 tablespoon flour,
1 tablespoon curry stuff,
1 cup diced nuttolene.

Boil four cups of strained tomato juice down to two cups of stock. Put the butter in a pan and add the finely minced onion and sliced apple. Stir until nicely browned. Then add the flour and curry stuffs, brown and add the tomato stock with the sugar. Boil the diced nuttolene over bright red coals until a golden brown, and add to the stock just before serving. The curry stuffs consist of haldi, dhanya, dal chini, adrak, and jira.

M. P. MENKEL.

"HAVE you ever praised the Lord because he has given you such a wonderful mechanism as the human body?"

The Home

Home Nursing from a Patient's Standpoint

E. M. Graham

THERE are many little things in nursing that make a great difference to the comfort of a sick person, which appear trifles not worth notice to one who is well. Perhaps the mention of some of these may be helpful to those who are called upon to care for sick ones in their own homes or families.

A patient who is very ill should be questioned as little as possible. The nurse should watch the patient, and learn to know what needs to be done and when to do it, without reference to the patient. Questions at such times are often intensely aggravating to the sick person, though no complaint may be made. Neither should a patient be left to ask for needed attentions. Many will suffer in silence rather than take the trouble to make a request. A good nurse is very watchful of her patient, and gives constant but unobtrusive care.

On the other hand, the nurse should not be overcareful, or fussy, so that her attentions become burdensome. It takes a great deal of tact to deal with a very sick person and to strike the happy medium between needful care and over-attention.

Another thing to be avoided is the admittance of many visitors. In serious illness quietness is essential. Conversation is much more fatiguing to one who is ill than most people realize. A very few minutes' talking will sometimes so exhaust a patient as to take several hours for recovery from the effects. The patient will not show this while talking; but after the visitor has gone, the effects may be plainly seen, and will be still more plainly felt. In chronic cases and convalescence, more visitors, of the right kind, may be allowed; but, at all times, care must he exercised in this respect.

A patient should never be asked by the nurse what he would like to eat. Such a question will almost certainly destroy what little appetite there may be. The invalid's tastes should be ascertained from others, and humoured as far as is consistent with the doctor's order. If a desire is expressed for any wholesome food that has not been forbidden, it should be gratified. Many times, if the meals are served daintily, with no word to the patient until they appear, they will be eaten as a matter of course. The meal is there, and it is easier to eat it than to argue about it. Usually, the less said about the food the better.

There are many other such little things that add to a patient's comfort; such as, keeping the room well aired, so that it always feels fresh; changing the bed linen frequently; keeping the windows properly shaded, so that the room is neither too dark nor too light; keeping the room at the right temperature; and such coverings over the patient as are needed for comfort. The nerves of a patient who is seriously

ill are usually very irritable, and trifling departures from the happy medium in these things are acutely felt. The nurse who gives thoughtful attention to all these things will do much for the recovery of her patient, and will certainly earn the gratitude of the one she has cared for.

Remember this at Christmas

WHAT shall we have for Christmas dinner? is a question which will soon confront many housewives. In another department of this paper will be found a menu which is intended as a suggestion for a wholesome feast. We would here sound a few words of warning to our readers against the awful penalty of suffering and death which always succeeds the Christmas-tide, and which is entirely out of harmony with the gospel of peace on earth and good will to all for which this festival stands.

Flesh eating, with its attendant cruelties and slaughter-house horrors, with its enormous and useless sacrifice of life, its torrents of blood, the scourge of maladies and degeneracies which follow it, and the debasement of manhood and womanhood which this murderous industry necessitates, has no proper place in a high and enlightened civilization; and it is most fortunate that the labours of bacteriologists, chemists, physiologists, economists, and clinicians, represented by such men as Brieger, Tissier, Pawlow, Metchnikoff, Fletcher, Chittenden, Fisher, Dujardin-Beaumetz, Combe, Gautier, and Roger, have in recent years made clear the fundamental facts which demonstrate beyond any chance for doubt that meat is not only a non-essential foodstuff, but that its use is attended by dangers and injuries so great that it should be discarded from the human bill of fare.

Everybody knows that death is the beginning of decay. The ancient fiat, "Dust thou art, and unto dust shalt thou return," applies to all animals as well as to man. Within a few hours after death, decomposition is sufficiently far advanced to produce a distinct taint. This fact is far less evident to the human olfactory sense than to that of many animals; such as, rats, ants, turkey buzzards, and other scavengers. A dead hen in the compound will tickle the nose of a turkey buzzard a mile away in the sky the next day after its neck was wrung. The same hen in the kitchen would be regarded by the cook as scarcely "ripe" for eating.

Everybody is familiar with the vigilance needed to prevent the attacks of various tribes of scavengers during the few hours which elapse between the death and burial of human beings, and the thorough-going and expensive processes necessary to prevent decay when burial is to be postponed even for a few days. And the decomposition which takes place after burial is only the continuation of what begins before. The case is in no wise different with a dead ox, turkey, or cow, a dead sheep, pig, horse, or rat. Germs are the agency by which is carried out the decree of nature that all living things must return to the earth from which they sprang. At a low temperature the process of decay goes on more slowly than at a high temperature; but it proceeds at all temperatures above actual freezing. Germs which grow at low temperatures differ, however, from germs which grow in high temper-

atures, in that they do not produce the aromatic substances,—indol, skatol, and other malodorous products—which are produced by decomposition at a high temperature.

Observation made by Metchnikoff relative to two particular germs which are found in great abundance in fecal matters of persons who live largely upon meat, the Bacillus putrieficus and the Bacillus Welchii showed that these bacteria produced most deadly poisons and that great care should be taken to protect the body against the influence of the noxious products of these highly virulent germs.

Metchnikoff also made careful study of the processes of putrefaction in the intestine as compared with the putrefactive processes outside the body. His investigation showed that the process is exactly the same whether within the body or outside of it. Note was also made of the fact that in the body, as out of it, the most virulent poisons are produced during the early stages of the putrefactive process. Meat eaters are continually renewing the putrefactive process by introducing fresh material daily, or several times a day, and thus the body is continually swamped with the most virulent substances, to which may be traced hardening of the arteries, degeneration of the liver, kidneys, and other organs, and, in fact, a large part of the chronic degenerations and other disorders to which the human body is subject.

These facts borne in mind may help in deciding what is best to have for Christmas dinner.

Nervous Exhaustion—Neurasthenia—Part Two

W. H. Riley, M. D.

EXCITING causes may be considered under certain groups.

Mental

Mental causes of nervous exhaustion are mental strains and mental shocks of all kinds; such as, fright, worry, and anxiety. The thing above everything else which in my experience seems to cause nerve exhaustion most often is overwork and worry associated together in the same individual. Overwork is a relative term, depending upon the capacity for work of the individual to whom the term is applied. Overwork and worry are among the principal causes of nervous prostration.

Poisons and Toxins

These may be divided into certain classes. First, poisons which are taken voluntarily into the body. These are tea, coffee, tobacco, alcohol, drugs, and unwholesome articles of food. Second, poisons that are generated within the body. Poisons that are taken voluntarily into the body:—

Tea and Coffee.—The word poison may perhaps be a little strong to apply to tea and coffee. However, it is certainly true that they are not wholesome, and they contain substances which to a greater or less degree are harmful to the various tissues and organs of the body. The most common symptoms produced by each of these beverages are the following: Indigestion, to a greater or less extent; constipation, nervous irritability, mental irritability, insomnia, tremor of the hands and extremities and eyelids. When used excessively they may lead to a feeling of exhaustion and fatigue, insomnia, headache, loss of flesh.

There are those who claim that tea

and coffee do them no harm. The reason for this is probably that they see no seriously bad results following their use; but if their cases were carefully studied by a trained and scientific physician, he undoubtedly could in all cases detect more or less harm as a result of the use of tea and coffee. The amount of harm will depend to some extent on the ability of the individual to resist the bad effects of these beverages. If one has inherited a nervous system which is not very strong, it is all the more important that he abstain from the use of tea and coffee. They are certainly contributary to a greater or less extent in the production of nervous exhaustion in many invalids.

Tobacco.—The nicotine in tobacco is one of the most deadly poisons known to man. When a very small amount is injected under the skin of the frog, the animal dies at once. It is well known that a small amount will kill a cat or similar animals. The severe nausea and vomiting and pallor and headache and sickness which the school boy experiences when he attempts to smoke his first cigar is another strong evidence of the poisonous effects of tobacco. Tobacco is a certainly a poison to the body, and particularly to the nervous system. The symptoms produced by the use of tobacco are much the same as those caused by tea and coffee, only in a more pronounced degree; and in addition to this there is very much more disturbance of the heart's action, and not infrequently degeneration of the nerve fibres is caused by the use of tobacco. This is particularly true of nerve fibres in the optic nerve. Tobacco causes degeneration of the optic nerve. This degeneration caused by the use of tobacco is of a particular kind so that it is readily recognized by a skillful examination of the eye. I have seen scores of men suffering from neurasthenia which could be directly traced to the excessive and prolonged use of tobacco.

Alcohol.—The medical profession has known for a number of years that alcohol is responsible for causing a large list of organic diseases of every other organ in the body. Statistics undoubtedly prove that a large percentage of inmates of our insane asylums are there either directly or indirectly as the result of alcoholic liquors.

Drugs.—There are certain drugs the use of which continued for any considerable length of time gives rise to symptoms of nerve exhaustion or neurasthenia. The most important of these are the narcotic and hypnotic drugs, and metallic poisons. Such drugs as morphine, cocaine, opium, cannabis indica, chloral hydrate, bromides, and the coal tar products used any length of time interfere seriously with the nutrition of the nerve cell and the nerve fibres of which the nervous system is composed, and produce serious derangement and disorders of the nervous system.

In addition to these drugs, the metallic poisons, like mercury, lead, and arsenic, when used in any considerable quantities and for any length of time also interfere with the healthy nutrition of the nerve tissue and sometimes give rise to symptoms of nerve exhaustion.

There are also certain substances which may properly be called poisons or toxins which are introduced into the body with the food we may be eating. Meat contains substances which are not altogether wholesome to the body, and when any consider-

able quantities of meat are eaten these poisons are introduced into the body and give rise to uric acid and other chemical poisons which interfere materially with the proper nutrition of the nervous system.

The poisons that are generated within the body are:—

1. Those that are formed in the alimentary canal as the result of bacterial action and are absorbed from the alimentary canal into the blood, and then carried to the different tissues of the body, particularly the brain, spinal cord, and nerves; and on account of their deleterious effect upon the nerve tissue they produce headache, insomnia, general nervous irritability, mental irritability, neuralgic pains, and other symptoms which are the result of poisoning and the weakening of the nerve tissue with which these poisons come in contact.

2. Those that result from chemical changes which take place in the tissues. They occur in the normal and healthy individual, and in diseased and disordered conditions the nutritive processes may be so changed as to produce certain abnormal chemical substances which are not formed in healthy individuals. If these poisons are rapidly eliminated from the body they do little or no harm; on the other hand, if they are not eliminated and are retained in the body they may be the cause of many troublesome symptoms, among which may be those belonging to nervous exhaustion.

In addition to these disordered conditions, we have certain constitutional diseases; such as, gout, rheumatism, and conditions of poor nutrition from any source which may be attendant on or follow the symptoms of neurasthenia.

Physical Education

AMONG the primitive races the right of might ruled. Men were hailed as chiefs who could do things with their brawn. Names were conferred in honour of deeds of valour. The gods were pictured as ideal specimens, physically, lacking very often in morals and mentality, but heroes in mythical conflicts. The occupations were physical,—hunting, herding, farming, and waging hand-to-hand conflict. The pastimes and sports were contests and games of strength.

To-day diplomacy rules. The man of brain is master of the situation. Many of the trades are carried on by automatic machinery. A stripling can to-day tend a machine which puts out more of a finished product than a dozen strong men could have put out fifty years ago. The actual demand to-day is for brain, and not muscle. The youth is apt to be blinded by this market for brain energy.

There probably is not more than one in a hundred who at the age of thirty is satisfied with his physical education, barring, of course, professional gymnasts, soldiers, and sailors. A view of a surging crowd of young men and women during the noon hours will lead one to conclude that physical development has suffered in the educational system of the last twenty years.

Dr. Curran Pope says: "A man is known to-day, not by his muscular prowess, but by the energy he can discharge from the neuron batteries of his cerebral cortex."

Truly great men combine vigorous, healthy bodies with active brains.

(*Concluded on Page Seventeen*)

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Effects of Tea on the Heart

HUCHARD, one of the most prominent physicians of Paris, a specialist in diseases of the heart, calls attention to the fact that distressing palpitation of the heart is often due to toxic causes which are overlooked. Illustrative of this he gives the case of a fashionable young woman who had constant and painful palpitation of the heart, and was labouring under the impression that she had an organic disease of the heart. On examination he found no evidence of any disease of the valves or heart structures, and on inquiry found that the young lady was in the habit of spending her afternoons in calling, frequently making several stops and at each taking a cup of tea, so that in the course of the afternoon she drank many cups. Following his urgent advice, the young lady renounced the use of tea, and in a short time was entirely relieved of her cardiac trouble.

Huchard calls attention to the fact that it has long been known that the use of tea produces functional disorders of the heart of a very pronounced character. Dyspepsia, insomnia, and neurasthenia have also been shown by Morton and Bullard, of Boston, to result from the use of tea. He also asserts that coffee frequently produces the same symptoms, with tremor of the limbs, pain in the region of the heart, nausea, and profuse sweating. Here is something for tea-drinkers and coffee-drinkers to think about.—*Medical Missionary.*

The Ball and Chain and the Yellow Finger Stains

HUDSON MAXIM, the leading gunpowder and high explosive expert in the world, recently wrote for the *Boy Magazine* his estimation of the cigarette. He says:—

"The cigarette *burns poisonously.* The smoker of the pipe and cigar finds his injury in the nicotine, while the nicotine of the cigarette is far less virulent than the deadly carbonic oxide and other products of its poisonous combustion. The blood of persons poisoned by the inhalation of illuminating gas, rich in carbonic oxide, is found to be coagulated, and indurated, and from the veins and arteries may be pulled into strings.

"Carbonic oxid [which is found in deadly quantities in the gas from a coal fire], when inhaled in small quantities, produces faintness, dizziness, palpitation of the heart, and a feeling of great heaviness in the feet and legs. These are exactly the effects of the cigarette, and the depression and nervousness which follow as a reaction make the victim crave some balm or tonic for his malaise. He is then led to consume the drug in ever-increasing quantities.

"The wreath of cigarette smoke which curls about the head of the growing lad holds his brain in an iron grip which prevents it from growing and his mind from developing just as surely as the tight bandage does the foot of the Chinese girl.

"If all boys could be made to know that with every breath of cigarette smoke they are tapping thair arteries as surely, and letting their life's blood out as truly, as if their veins or arteries were severed; and that the cigarette is a maker of invalids, criminals, and fools—not men—it ought to deter them some. The yellow finger stain is an emblem of deeper degradation and enslavement than the ball and chain."

"A WINE-GLASS is never right side up until it is upside down."

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Physical Education

(*Concluded from Page Fifteen*)

Gladstone, whose wonderful brain grasped immense world problems and delicately weighed minute details, regularly exercised out of doors daily. Roosevelt, whose brain capacity has amazed the world, has kept it up only because he had a powerful physique and cultivated it constantly. The lad who hopes to succeed by the energy sent out from his mental dynamo must *first* build his physical engine large enough to drive it. A ten-horse-power head on a five-horse-power body will soon arrive at a state of nerve exhaustion, neurasthenia, collapse, and premature retirement.

The baneful effects of city life on racial vitality is shown by statistics from London. It has been shown that any family will run out by the fourth generation if all the members have been dwellers in London. This means that there is no one in London whose parents, grandparents, and great-grandparents have all lived this city life. Those richer classes that can take excursions now and then are saved, of course, from this catastrophe.

Against this tendency, then, the growing child must be given an antidote. The city air, the sedentary life, the mental occupations, must be counteracted.

He must be educated into a physical fitness for civilized life. He must learn the necessity of attaining a certain physical standard. More, he must realize the importance of retaining this physical equipment by proper muscular work after he enters upon his round of brain work which will daily tend to sap the energy of his constitution.—*B. Colver, M. D., in American Good Health.*

Herald of Health Index, Volume 1

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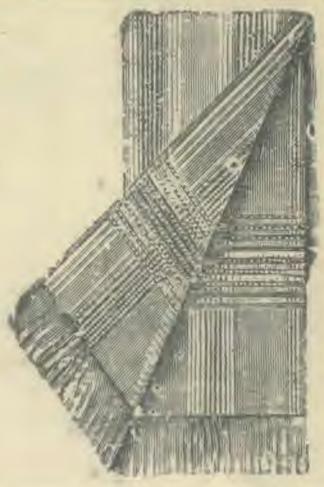

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