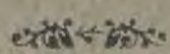




Herald of Health

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No. 5

Adenoids

The Editor

ADENOIDS consist of an over-development of the gland-like lining of the roof of the naso-pharyngeal cavity. The growths may vary in size from a small fringe of over-developed glands to a large mass as big as a walnut, sometimes called the pharyngeal tonsil, completely filling the naso-pharynx.

The pharynx has seven openings, two from the nasal chambers, the two Eustachian tubes from the ears, the mouth, the trachea, and the œsophagus.

The nose and pharynx is the natural channel through which air passes to the lungs, and nature has made abundant provision for warming, moistening, and purifying the air whilst it is passing through this channel that is scarcely two inches in length. The mucous membrane of the nose is richly supplied with blood vessels affording a large moist and warm surface. Two-thirds of a pint of water is daily taken up from the nasal mucous membrane by the air passing into the lungs. The moisture and hair in the nasal chambers also strain out the dust and germs from the air, thus preventing cold, dry, dusty air entering the lungs, which would finally result in an irritation often terminating in bronchitis, pneumonia, or phthisis.

When this air passage becomes obstructed, as it does when adenoids are present, the child is obliged to breathe through the mouth, therefore losing

the protective influence of nature's arrangement in the nose and pharynx.

The seguela of this transfer of the respiratory function from the nose to the mouth is far reaching in its evil effects. The physical expression is very characteristic; the nose flattens between the eyes; the upper lip becomes shortened and thickened so that the upper front teeth are visible; the palate is high and arched, deforming the upper jaw, and the mouth is usually held open. The eyes are dull and eyelids droop; there is also a vacant expression to the face indicating mental listlessness. The shoulders become rounded and the chest assumes a characteristic deformity known as "pigeon breast." The whole general appearance of the child indicates a lack of physical and mental development. There is a reduction of 30 to 40 per cent. in the red blood cells as a result of the lack of oxygen in the system. The child is a frequent sufferer from sore throat, croup, and ear-ache, and subsequent deafness is often the result.

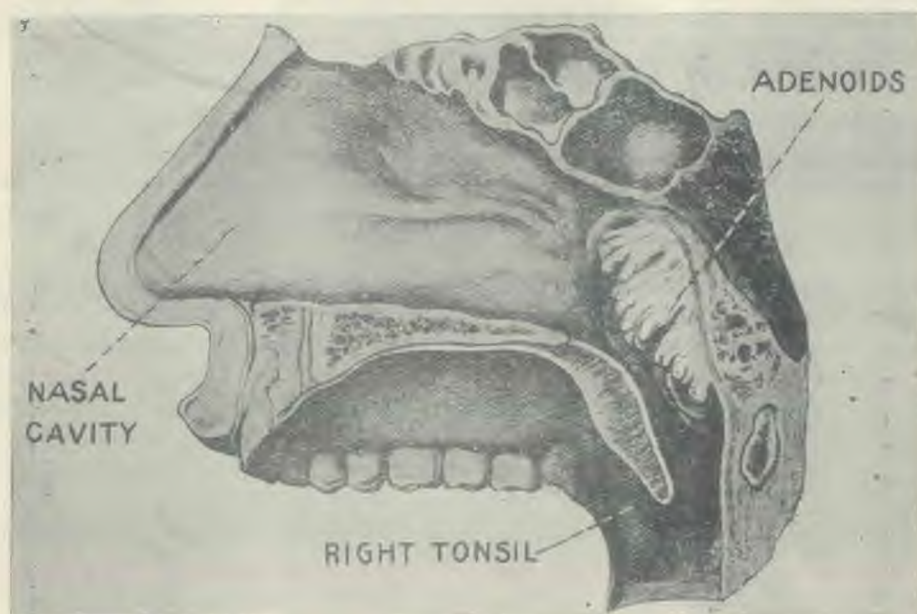
The adenoid growth produces an abnormal condition of the delicate lining of the pharynx, and the consequent disturbed circulation in this region, which is closely associated with the circulation of the brain, is in some cases responsible for meningitis and epilepsy.

In mouth breathing the protective influence of the nasal secretion is ab-

sent; this secretion is destructive to harmful bacteria, and its absence permits germs to invade the body and renders the child more liable to acute or chronic disease. The difficulty in breathing causes the child to assume various positions when asleep, tossing about restlessly first upon the back, then upon the face or upon the hands and knees; the head is thrown back and loud snoring is frequent. The suffocation may become so severe that the child cries out in terror. Upon

removal of the growth by a surgical operation. This is quickly followed by improvement of the general health. The child gains in weight, and the physical deformities are often transformed.

Much may be done to prevent adenoids by a careful regulation of the child's habits in diet, sleeping, stools, and dress. Keep the extremities warm and maintain a well balanced circulation. Nothing is more conducive to the development of adenoids than fre-



awakening, the mouth is dry and the breath foul smelling. There is usually little appetite, and the disposition fretful.

Treatment

The result of adenoid growths is so detrimental to both physical and mental development that the very first appearance of characteristic symptoms should receive prompt and careful attention from a competent physician.

The only treatment which accomplishes permanent good is complete re-

moval of the growth by a surgical operation. This is quickly followed by improvement of the general health. The child gains in weight, and the physical deformities are often transformed.

quent colds in the head; therefore, special attention should be shown children who have a tendency to colds and sore throat.

"SKIN may be taken from the human body and kept in a healthy condition for an indefinite length of time. Thus kept, it may be used to replace skin that has been harmed or otherwise destroyed, and answer the purpose as well as skin cut fresh from the flesh."

A Pioneer Health Reformer

David Paulson, M. D.

CORNARO WAS AN Italian nobleman who lived in the sixteenth century. At the age of forty he was completely broken down in health, and his physicians were unable to give him any relief. They advised him to adopt a sober and simple life as his only hope. He suffered from a heavy train of infirmities and weakness of constitution, and had fallen into different kinds of disorders; such as, pain in the stomach, stitches of gout, and an almost continual slow fever and a perpetual thirst. In reference to his change of habits he wrote:—

"When I had once resolved to live sparingly and according to the dictates of reason, I entered with so much resolution upon this new course of life that nothing has been since able to divert me from it, and by pursuing it less than a year I found myself entirely free from all my complaints."

Cornaro lived to become a hundred years old. Fortunately, the secret of his marvelous success he left on record in a treatise entitled "The Sober and Temperate Life," which has been translated into many languages and has been read by millions. From this book we abstract the following choice health ideas:—

"I applied myself diligently to discover what kind of foods suited me best. I found the proverb, 'Whatever pleases the palate must agree with the stomach and nourish the body, to be false, for wine, melons, fish, pork, tarts, garden stuff, and pastry were very pleasing to my palate, but they disagreed with me notwithstanding.

"So I accustomed myself never to clog myself with eating and drinking, but constantly to rise from the table

with the disposition to eat and drink still more. In this I conformed to the proverb which says that a man to consult his health must *check* his appetite.

"I betook myself entirely to a temperate and regular life. I likewise did all in my power to avoid melancholy, hatred, and other violent passions which appear to have the greatest influence over our bodies.

"Whoever leads a regular life cannot be sick, or at least but seldom and for a short time, because by living regularly he extirpates every seed of sickness, and thus by removing the *cause* prevents the effect.

"Since a regular life is so profitable and virtuous, so lovely and so holy, it ought to be universally followed and embraced, and the more so as it does not clash with the means or duties of any situation, but it is easy to all. To follow it a man need not tie himself down to eat so little as I do.

"Nothing Hurts Me" Argument

"Let nobody tell me that there are many who are living most irregularly who enjoy health and good spirits; for it is an argument grounded on a case full of uncertainty and hazard which so seldom occurs as to look more like a miracle than a work of nature. Men should not suffer themselves to be persuaded to live irregularly because Nature has been so liberal with some who could do so without suffering by it, a favour which very few have any right to expect.

"Whoever trusts to his youth or strength of constitution or the goodness of his stomach, and disobeys, *must expect* to suffer greatly by so

doing, and live in constant danger of disease and death."

A Healthy Man has Wonderful Recuperative Powers

He writes about an accident that he met on account of a runaway:—

"I received many shocks, bruises; my head and all the rest of my body were terribly battered, and I had a dislocated leg and arm. When the physicians saw me in so bad a plight they concluded that within three days I should die.

"Nevertheless, they would try what two good things would do me. One was to bleed me, the other was to purge me. But I, on the contrary, who knew that the sober life I had led for many years past had so well united and harmonized my blood, refused to be either bled or purged.

"I just caused my arm and leg to be set, and thus, without using any other kind of remedy, I recovered without any other bad effect from the accident, a thing which appeared miraculous even in the eyes of the physicians.

"Hence, we are to infer that whoever leads a sober and regular life and commits no excesses in his diet, can suffer but very little from disorders of any kind or even external accidents."

Have a "Good Time" and Live Less

We often hear people to-day saying they would rather have a good time and live ten years less. Of that class Cornaro wrote:—

"But be that as it will, I would not act like them. I rather covet to live these *additional* ten years. What importance is ten years more of life, especially of a healthy life at a mature age when men become sensible of their progress in knowledge and virtue!

"I affirm that an old man even of a bad constitution who lives a regular and sober life, is surer of a long one than a young man of the best constitution who leads a disorderly life. He who lives regularly keeps the body cleansed and purified. Hence, the brain of him who lives in that manner enjoys such a constant serenity, he therefore easily soars above the low and groveling desires of this life to the exalted and beautiful contemplation of heavenly things.

"As I advance in years the sounder and heartier I grow, to the amazement of all the world. I, who can account for it, am bound to show that a man can enjoy a terrestrial paradise after eighty. My memory, spirits, understanding, even my voice and teeth, are perfect."

Importance of Symptoms

It is important that every chronic invalid should know that the outward expression of his disease,—those things to which his attention is particularly directed, and which are, perhaps, the immediate source of the suffering and inconvenience,—are by no means the whole of his malady. In general, for example, it may be said that the condition for which the patient usually seeks medical relief is nothing more

than the surface expression or outcropping of the real malady, which is more deeply seated and quite out of sight.

For example, Combe has shown that eczema and other diseases of the skin are only surface expressions of a chronic auto-intoxication, the primary seat of which is the colon. Dr. Duncan Bulkley, of New York, discovered the same thing more than thirty years ago

when he observed that patients suffering from eczema usually recovered in a short time when placed upon a non-flesh dietary.

Neurasthenia is no longer regarded as a really pathological entity or a distinct disease; but is well understood to be nothing more than a group of symptoms resulting from general malnutrition, and especially from the absorption of poisons from the intestine. Neuralgia, sleeplessness, nervousness, arteriosclerosis, premature senility, apoplexy, and scores of other maladies which might be named, are likewise simply the results of disturbed nutrition and perverted bodily conditions, which are the result of erroneous habits of life.

Back of all these symptoms and so-called maladies there is one common condition which may be regarded as fundamental in most chronic diseases; *viz.*, a failure of the body to destroy and remove its poisons. As Bouchard pointed out many years ago, the body is a factory of poisons. The same is true of a stove. The wood, coal, and other materials which go into the stove as fuel are harmless, inert substances which may be handled with impunity and capable of doing no harm by contact with the body; but all these substances are, by the process of combustion, converted into deadly poisons. The poisonous carbonic acid gas, together with various volatile poisons, such as creosote, pyroligneous acid, etc., escape through the chimney. Poisonous alkalis remain behind in the form of ashes. Dissolved in water, these ashes form a caustic lye which produces highly corrosive, destructive effects when brought into contact with the living tissues.

Food is fuel, and the process of oxidation which it undergoes in the body

converts it into poisons, some of which are identical in character with those produced by the burning of fuel in the stove,—the very same poisons which would be produced if the food itself were burned in the stove instead of undergoing wet combustion in the body. The gaseous poisons escape through the lungs and the skin. Other poisons, corresponding to the ashes of wood and coal, are dissolved in the fluids of the body and find their exit through the skin, liver, the mucous membrane of the intestines, and the kidneys. The liver not only eliminates poisons, but destroys them. The kidneys eliminate poisons, while the suprarenal capsules, a curious attachment of the kidneys, produces a substance which burns up or destroys poisons in the blood and tissues. Both the liver and the kidneys are thus engaged in destroying and eliminating poisons.

The ability of the liver and kidneys to deal with poisons gradually diminishes with advancing years. In vigorous youth, the liver and kidneys are able to deal with enormous quantities of poisons, far more than the natural requirements of the body demand. There is, in other words, a great margin of safety, provision for emergencies. This is the reason why a vigorous young man may smoke tobacco and drink whiskey, gormandize and abuse the body in a variety of ways with apparent impunity. He has a great capital of surplus vitality from which he is drawing, but which, with each cigar, each cocktail, each act of excess, is growing less. By and by the capital or margin of safety is used up. Then chronic disease makes its appearance. This may be manifested by hardening of the arteries and rise of blood pressure, periodical attacks

of headache, a coated tongue, disease of the skin, colitis, frequent bilious attacks, insomnia, nervous break-down, —any one of a hundred forms of chronic disease, each of which must be regarded not as an arbitrary affliction or even as an accident, but as the natural result of abnormal habits of life which have gradually consumed the vital resources of the body, and which have exhausted the defensive powers of the body to that degree that there has finally come a break-down in the body's line of defence.

When, for example, a doctor finds a little albumin in the urine of a patient, that fact does not indicate that the patient is beginning to get Bright's disease; it means that he has been suffering from chronic auto-intoxication for months, probably years, and has finally reached the point where his liver and kidneys have lost their power to destroy and remove toxins as fast as they are produced in the body, so that they are left to accumulate in the blood and the tissues. Such a condition could not possibly arise until after the liver and kidneys had become so crippled as to be utterly unable to prevent it.

The body fights hard to maintain the normal equilibrium of health. It never permits the accumulation of dangerous toxins or the development of any other morbid state if it can possibly prevent such a catastrophe. When the break-down occurs, it is a certain indication that the liver, kidneys, and other vital organs have been damaged and crippled.

It is of the highest importance that every person suffering from chronic disease should know these facts and allow them to influence him in his daily habits. A person who has suffered for years from periodic attacks

of sick headache, or frequent bilious attacks, or whose tongue has for years been coated, or who has for many years suffered from skin eruptions, or who has suffered from gallstones or attacks of jaundice, or any other grave, chronic malady,* should know that however thoroughly he may seem to be cured of his disease he still carries with him the crippled liver and kidneys which were more or less permanently damaged by the fundamental cause of his malady.

The practical teaching of these facts is that a man who has once suffered from chronic disease and has apparently recovered can hope to retain health only by fighting the cause of his disease and living as closely as possible in harmony with the natural laws which govern his being.—*J. H. Kellogg, M. D., in "Good Health."*

A Sturdy Race

THE following truthful bit of Scandinavian history well illustrates the influence of habits of frugality upon national character:—

"The Danes were approaching, and one of the Swedish bishops asked how many men the province of Dalarna could furnish.

"'At least twenty thousand,' was the reply; for the old men are just as strong and brave as the young ones.'

"'But what do they live upon?'

"'Upon bread and water. They take little account of hunger and thirst, and when corn is lacking, they make their bread out of tree bark.'

"'Nay,' said the bishop, 'a people who eat tree bark and drink water, the devil himself could not vanquish!' and neither were they vanquished. Their progress was one series of triumphs, till they placed Gustavus Vasa on the throne of Sweden."

Proper Attitude in our daily Occupation

Wm. M. Scott

WE frequently hear the retort, when advising physical culture to the working man or woman: "I get plenty of exercise—I'm working from early morning until late at night." That may be perfectly true, but exercise can only be helpful and healthful as we realize the relation of work to *re-creation*. By all means, make your work a source of physical culture and re-creation.

Workshop Gymnastics

When we consider that possibly only one person in a thousand is in the habit of going to a gymnasium or even making an attempt at systematic exercise, the true influence of daily occupation upon health is apparent. How to make the best of his lot is about the most that can be expected of the average man. To move into a more congenial or healthy environment is not within his power. To see that he uses every means of making his lot better and more conducive to health is within the scope of all. Correct position is one of the most important questions to be considered in this direction. No argument is needed to convince an engineer that a piece of machinery runs best when all the parts are in proper

position and relation to surrounding parts, and that the opposite is the case when working parts are misshapen or cramped.

One of the marvels of the living machine is its ability to adapt itself to various and changeable conditions. It may often be that the machine does faultless work while some of its vital parts are being permanently injured—deformed for life. These are known as *occupation deformities*; as they are produced by daily assuming a contracted, bent attitude while at work. In almost every instance they are altogether uncalled-for, and can be remedied or, better still prevented, by a little care.

Correct Position of Spine Essential

Many, in their creditable endeavours to correct wrong standing, sitting, working, or lying position in others, give such advice as, "Hold up your chest," "Pull back your shoulders," "Sit straight," etc. We believe that a recognition of the relation of the spine to the general health of the whole body will make plain even to a child the fundamental truth of correct attitude. Let any reader simply straighten the back, and ease and freedom will be found to follow in the chest, and deep



RIGHT WAY OF WALKING UPSTAIRS

breathing be easy. Now next allow the spine to bend forward and the opposite state at once exhibits itself.

In bending the body, the movement should be principally at the hips, whether standing or sitting. Joints were made so that one might bend without injury. The region of the stomach is a bad place for bending to habitually take place.

The accompanying illustrations speak for themselves with no uncertain voice.

Straighten and stretch the spine. That is the attitude for health.

THE greatest good is accomplished when one engages in purposive useful work with such enthusiasm that the work becomes play to him.

THE value of play as a developer is recognized in the fact that no university worthy of the name attempts to eliminate play as an essential feature of the curriculum.



WRONG WAY OF WALKING
UPSTAIRS

Hygiene of the Mouth and Teeth

A PROMINENT cause of decay is the lodgment of particles of food, especially starches and sugars, between the teeth and in the depressions. In order to prevent decay of food, which begins very quickly in the mouth, it is important to brush the teeth thoroughly after each meal. The best instrument for this purpose is the old-fashioned tooth-brush made of hog's bristles, which should not be so stiff as to injure the gums, but should be stiff enough to remove all foreign matter from between the teeth.

With the greatest care, it is difficult to keep the teeth entirely clean, and the majority of people are careless with their teeth. Hence it is of great importance to arrange the food so as to diminish the tendency of starches

and sugars to lodge between the teeth. Food should therefore be eaten dry, coarse, and fibrous in order to require mastication; incidentally, this prolongs mastication in children, and tends to strengthen the teeth and develop the jaws. As a result of this, the jaws become larger and broader, affording more room, and as a consequence there is less crowding of the teeth.

Having in mind only the prevention of decay, the foods to be eaten not too frequently are the soft, mushy foods, especially if loaded with sugar, and candy. Raw foods and salads, dry toast, stale bread and butter, and vegetables, cooked so that they are dry and require chewing, are better for the health.—*Selected.*



HEALTHFUL COOKERY

Fruits

It is customary in many households to regard fruit as a luxury; but experience and scientific study of the question of dietetics are bringing it to the front as a very important constituent of the daily fare. Fruits, with the exception of dates, figs, raisins, etc., are not rich in nourishment, but are especially valuable as appetizers, and in promoting activity of the eliminating organs, while the acids they contain are highly valuable as a means of cleansing the stomach and alimentary canal.

The free use of sugar in the preparation of fruit for the table is probably responsible in part for the popular impression that fruit is unwholesome, also the habit of eating it between meals, or near the close of an elaborate meal consisting largely of rich and indigestible viands.

Fresh fruits make a pleasing and wholesome dessert in their natural state, provided they are sufficiently matured, but not over ripe, and well cleansed. For a change, they may also be made up into various moulds with the use of vegetable gelatine. Served cold, this makes a most delicious and cooling dish for the hot weather, and when served with a liberal supply of whipped cream such a dessert is sufficiently elegant for any occasion. To prepare vegetable gelatine, or agar-agar, soak it one hour in hot water. Remove from this water, then pour over it boiling water, four cups to the ounce, and boil until perfectly clear.

Strain through cheese cloth or a fine wire sieve.

Fruit Mould

To one and one-half cups of strawberry, raspberry, pineapple, or grape juice, add one-fourth cup of lemon juice, one cup of sugar, and one cup of the cooked gelatine. Pour into moulds which have previously been wet with cold water. Place in the jelly a few ripe berries or pieces of pineapple corresponding to the juice which has been used.

Plantains in Lemon Jelly

Prepare a lemon jelly by adding one cup of sugar, one and one-fourth cups of water, and one cup of cooked gelatine to one half-cup of lemon juice.

One minute after it has been poured into the moulds, slice ripe plantains into it.

Peach Canapes

The canapes are prepared from sponge cake at least a day old. Cut the cake into large cubes, removing the centre, which should be filled with sliced peaches, and placing a spoonful of whipped cream on each canape. Garnish with halved peaches.

Stewed Figs with Nut Cream

Use the dried whole figs, not the layer figs. Wash them well and cover with cold water until plump and swollen. Then heat gradually and simmer until very tender. Skin them out and boil the syrup down until thick. Strain it over the figs. Cool, and serve with cocoanut or almond cream. If preferred, whipped dairy cream may be used and the syrup flavoured with a little vanilla or lemon.



The Home

The Child Body

Mary Heath

GROWING things are much alike, babies and plants, in that they require loving, careful attention for best results. Culture means as much in the nursery as in the garden, in fact, all the difference between failure and success. It is more trouble to do it yourself of course. It takes less time and thought to hire a gardener—or a nurse—and turn the tender growing things over to this person, who ought to know his business, but who frequently does not.

But, by, and by, when the plants which should be strong and beautiful, and blossoming gaily, are small and puny, and just struggling to bud, the woman who has left her garden to a hireling, or given only a hasty and occasional moment to it, regrets her neglect. If she does not, it is because she is so blind that she does not see that the failure is her own fault.

Many a mother has only herself to blame for the fact that her boys are pale, stoop-shouldered, delicate, or her girl fretful and anæmic, when they should be sturdy and happy and beautiful at the blossom time.

It is usually the older children who are neglected. A baby ordinarily gets more thought and care than a four-year-old. I heard one woman remark recently:—

“I’ve stopped fussing over Bobbie’s food. He’s four years old now, and can just eat what the rest have, at

table. It’s such a relief not to have to prepare extra food for him.”

“Bobbie” was still plump and rosy, for as a baby he had good care, and had not yet felt the change, but poor little Muriel was a thin, white faced, fretty little creature, constantly in disgrace and being punished for something,—which is, usually, only another way of saying that she was ill-fed and neglected; for children who have proper care and are well and strong in consequence, are seldom cross or naughty.

The idea that naughty children who have passed the “baby stage” can “eat anything” with impunity is one of the most disastrous mistakes mothers make. No child can digest and thrive on certain foods. No child should be allowed to touch pork, or veal, in any shape; anything fried; pie or rich puddings; fruit that is in the least green or over-ripe; tea, coffee or other stimulants. This list is so obvious that it seems ridiculous to give it; yet only the other day I saw a little four-year-old eating mince pie, and a small boy of my acquaintance, whose years number just nine, was drinking claret punch without restraint. He sits up at night until the rest of the family retire, and is treated as a grown-up in every way,—and his mother wonders why he is so thin, and why he “catches everything,” so that he spends half his winters under the doctor’s care.

Too many sweets are injurious for children. Let them have all the sugar they crave in the natural state, in fresh, ripe fruits, for instance. One mother, complaining that her little girl never seemed quite well, mentioned that the child was fond of chocolate. "And I let her eat all she wants of it," she declared, "in hopes she'll get fat."

When I suggested that this was probably the reason for the child's ill-health, the mother shook her head. "Oh, no," she said, positively, "chocolate is very healthful. They give it to soldiers and it has been found very nourishing." So her poor, little, mis-used baby still eats chocolate between meals and comes to the table without an appetite for healthful, strengthening food.

Eating between meals is one of the most harmful proceedings. Children, are, and should be, little creatures of habit. They should be fed regularly—at regular hours—and given nothing between meals. Breakfast at seven, with plenty of fruit and cereals and good clean rich milk; dinner a good hearty meal, with fresh vegetables and a simple desert, at twelve or half past; tea at six, consisting of a light meal without meat—this makes a well divided day. Crackers are not to be recommended, in any quantity, certainly, never between meals. Biscuits before meals spoil the appetite without furnishing the proper nourishment, and are apt, at any time, to be constipating.

Proper habits of eating mean much to the child's health. Children are prone to bolt their food, hearty children in particular, and it is, of course, somewhat troublesome to teach them to go slowly and chew properly. Make a game of it, if necessary, but manage

somehow to teach the child to masticate thoroughly, and see how his "little attacks of indigestion" will vanish.

Do not allow a child to drink large quantities of water with his meals, (the more he drinks of it between meals, the better); make him sip, rather than drink, his milk with a spoon if he prefers it that way. Withal, do not bother him with these suggestions. Let him eat in a serene frame of mind. I know it sounds rather impossible; but a mother can do anything if she will.

A placid state of mind is so essential to good digestion that mothers should be very careful about this. Never punish a child, or allow him to get excited or angry, just before, after, or during a meal. A lapse of discipline is better than punishment at this time. And if punishment is not to be avoided just before a meal, see that the child is comforted and calmed before he eats. Just before meals is a hard time for babies to be good, and it is better to overlook offences a little at that time.

So much for feeding; though this by no means exhausts the subject, rather, it but opens it. A mother should study dietetics thoroughly. She should learn food values and food composition, and work out a properly balanced programme for each meal. It takes time, of course; but what is woman's province, if not the health of the home?

Every child should have a bath once a day, if only a sponge bath. If the mother cannot manage to give it she should teach the child to take it himself. A cold sponge-off, at least of the upper half of the body, every morning will save the child many a cold. Make sure that he reacts quickly from the shock; there are some children who

cannot stand cold baths, and they should have tepid or warm ones, of course not hot.

The child's clothing should be loose, and so arranged as to give as little restraint as possible to his movements. All the weight should fall on the shoulders. Dress the child for comfort. One of the common faults in dressing children is keeping them over-warm. They should wear just

enough to keep them comfortable, and no more. Cotton or linen undergarments are better than wool, provided they are warm and soft, but wool should be used in the outer garment.

If all these details are considered, and thought and time spent on our little gardens, our plants will be strong and sturdy and will blossom in due season—and what greater reward can we ask?

Is there Hope for the Drug Habitue

David Paulson, M. D.

A PROPERLY equipped sanitarium operated upon rational principles, is best prepared to undertake the cure of the typical drug-habit victim. Yet, in view of the alarming increase of this class of patients, it is evident that a large number will either have to be cured at home or else abandon all prospect of securing the longed-for deliverance from this slavery.

The average drug fiend soon develops definite traces of moral depravity. One of the most characteristic of these is an invariable tendency toward falsehood, and a peculiar deceitfulness which frequently enables him to continue the use of the drug when his friends do not in the least suspect it. One of my patients for several days successfully eluded the vigilant eye of his trained attendant and succeeded in supplying himself with morphine tablets which he had secreted in the cap of his fountain-pen. This shows how utterly useless it is to attempt to cure such a patient unless he is placed under the constant supervision of some responsible person who acts under proper medical direction.

The "tapering off" method appears at first thought to be the most feasible plan. This consists in slowly reduc-

ing the dose until finally the patient, without his knowledge of the fact, is given nothing but pure water at each hypodermic injection; but in actual practice this process generally proves to be a delusion and a snare to the patient, for when he experiences the first trifling physical alimental depression, he as readily again falls back into the old habit. It assists materially in the permanency of the cure for the patient to be able to recognize the decisive moment when he secures the victory from this slavery.

Another popular idea consists in substituting some less harmful drug for the particular one to which the patient is addicted. The majority of the widely advertised "cures" are based upon this principle. As a rule, they are unsatisfactory; for the patient soon discovers that he is leaning on a broken reed, which does not afford his wrecked nervous system the support it craves, and when the desire for more unearned felicity than the substituted drug can furnish becomes almost irresistible, the patient again resorts to his favourite drug.

It is not enough merely to cure the drug habit. The patient himself must be cured; he must receive such a phy-

sical uplift as will enable him henceforth to camp above the drug line. As long as he maintains himself upon this plane, by the diligent cultivation of moral and physical health, so long he remains cured.

When the patient's irritated nerves are properly quieted by sedative physiologic measures, the drug may be completely withdrawn at once, and in the majority of cases it is not necessary to administer even a second dose; in fact, incredible as it may seem, a number of these patients do not even call for a single dose of the drug after beginning a proper line of treatment. It is absolutely essential that other enslaving agents should be abandoned at the same time. If the patient persists in the use of alcohol or tobacco, or even is so habituated to tea or coffee as to be miserable when deprived of them, it will be only a question of time when these agents will serve as connecting links in a chain of circumstances which will eventually lead back again to the old life; for the temporary stimulation which they afford will sooner or later fail to satisfy him, and nothing but morphine or cocaine or some other drug will then answer the purpose.

Dr. Haig, the eminent English medical authority upon this subject, says: "No doubt all stimulation is wrong, and we thus merely enjoy to-day by mortgaging to-morrow, and just as we may rise to-day a few inches above our normal level, so shall we fall to-morrow exactly the same amount below it."

Often an individual is addicted to the liquor, tobacco, and drug habits at the same time. It is as great a folly to advise such a victim to abandon these habits on the instalment plan as it would be to suggest to a man with sev-

eral fingers in the fire to withdraw only one at a time.

One of the most soothing measures that can be employed in these cases is a neutral bath, the temperature of which should be precisely that of the skin or about 94° to 96° . The patient may remain in the bath from half an hour to several hours. The sedative effect of this upon the system is so marvelous that the patient invariably feels refreshed and soothed, and often secures some refreshing snatches of sleep. Patients who have sustained severe external burns frequently live for a number of weeks constantly in such a bath without experiencing any unpleasant effects. The mistake is likely to be made in allowing it to become too warm, in which case it is both weakening and debilitating. The application of fomentations quickly relieves to a large degree the distressing pains which are apt to develop upon the withdrawal of the drug. Firm rubbing will often accomplish the same result. Properly applied galvanic electricity is also a very useful agent in these cases.

The diet should be extremely simple, consisting of egg toast, gluten gruel, buttermilk, fruit and fruit juices. The patient should be inspired with the thought that he has a right to expect divine assistance while he resolutely determines to give up these life-destroying habits.

It is highly essential for the permanency of the cure that the patient should have indelibly stamped upon his memory that there is no royal road out of the morphine habit; that it is utterly impossible to trifle for years with Nature and not expect her to inflict some penalty.

When the case is managed in harmony with the principles outlined in

this article, the patient ordinarily passes the crisis of his ordeal within thirty-six to forty-eight hours, and then experiences little discomfort.

After the patient has been cured of his drug habit his health must be gradually restored, and to accomplish this it will be necessary for him to adopt a natural and wholesome dietary, and to undertake some systematic course of physical development. He should daily utilize such tonic hygienic measures as a cool sponge bath or cold mitten friction, or brief cold baths, gradually lowering the temperature as his ability to react increases. Such

an individual must change his sedentary life for one that includes a considerable amount of vigorous outdoor activity. He must learn to look to divine sources to impart to him permanently that calmness of spirit which he has sought to secure from the delusive effects of drugs.

It is scarcely necessary to state that when drug victims are treated in accordance with these principles, they remain cured, unless they allow themselves again to degenerate from their high plane and fall into physical decay by adopting various health-destroying habits.

Temperance Reform from a Bible Standpoint

Mrs. E. G. White

A Bible Example

WE can have no right understanding of the subject of temperance until we consider it from a Bible standpoint. And nowhere shall we find a more comprehensive and forcible illustration of true temperance and its attendant blessings than is afforded by the history of the prophet Daniel and his associates in the court of Babylon. When they were selected to be taught the "learning and the tongue of the Chaldeans" that they might "stand in the king's palace," "the king appointed them a daily provision of the king's meat, and of the wine which he drank." But "Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, or with the wine which he drank."

Not only did these young men decline to drink the king's wine, but they refrained from the luxuries of his table. The food apportioned to them "from the king's table" would include swine's flesh and other meats pronounced unclean by the law of Moses,

and which the Jews were forbidden to eat. They requested the officer who had them in charge to grant them more simple fare; but he hesitated, fearing that such rigid abstinence as they proposed would effect their personal appearance unfavourably, and bring himself into disfavour with the king. Daniel pleaded for a ten-days' trial. This was granted; and at the expiration of that time, these youth were found to be far more healthy in appearance than were those who had partaken of the king's dainties. Hence the simple "pulse and water" which they at first requested was thereafter the food of Daniel and his companions.

Right physical habits promote mental superiority. Intellectual power, physical strength, and longevity depend upon immutable laws. There is no happen-so, no chance, about the matter. Heaven will not interfere to preserve men from consequences of the violation of nature's laws. There is much of truth in the adage that every man is the architect of his own for-

tune. While parents are responsible for the stamp of character, as well as for the education and training which they give their sons and daughters, it is still true that our position and usefulness in the world depend, to a great degree, upon our own course of action.

Let old and young remember that for every violation of the laws of life nature will utter her protest. The penalty will fall upon the mental as well as the physical powers. And it does not end with the guilty trifle. The effects of his misdemeanours are seen in his off-spring, and thus hereditary evils are passed down, even to the third or fourth generation. Think of this, fathers, when you indulge in the use of the soul and-brain-benumbing narcotic, tobacco. Where will this practise leave you? Whom will it effect besides yourselves?

We are suffering from the wrong habits of our fathers; and yet how many take a course in every way worse than theirs! Every year millions of gallons of intoxicating liquors are drunk and millions are spent for tobacco. Opium, tea, coffee, tobacco, and intoxicating liquors are rapidly extinguishing the spark of vitality left in the race. And the slaves of appetite, while constantly spending their earnings in sensual indulgences, rob their children of food and clothing and the advantages of education.

The use of intoxicating liquor dethrones reason, and hardens the heart against every pure and holy influence. The inanimate rock will sooner listen to the appeals of truth and justice than will that man whose sensibilities are paralyzed by intemperance. The finer feelings of the heart are not blunted all at once. A gradual change is wrought. Those who venture to enter the for-

bidden path are gradually demoralized and corrupted. And though in the cities liquor saloons abound, making indulgence easy, and though youth are surrounded by allurements to tempt the appetite, the evil does not often begin with the use of intoxicating liquors. Tea, coffee, and tobacco are artificial stimulants, and their use creates the demand for the stronger stimulus found in alcoholic beverages. And while Christians are asleep, this giant evil of intemperance is gaining strength and making fresh victims.

There is need now of men like Daniel,—men who have the self denial and the courage to be radical temperance reformers. Let every Christian see that his example and his influence are on the side of reform. Let ministers of the gospel be faithful in instructing and warning the people. And let all remember that our happiness in two worlds depends upon the right improvement of one.

THE December issue of the *American Journal of the Medical Sciences* gives a paper in which the soy-bean is recommended for diabetics, because of the fact that this bean contains practically no starch. A French pharmacist has succeeded in making bread from the bean, which is said to resemble gingerbread, and a number of diabetics in Algiers have been fed with this bread, with excellent results. The beans may also be used as a vegetable by soaking from twelve to sixteen hours, until the skins come off, and stirring until the skins rise to the surface, after which the beans are boiled with salted water, seasoned, and served hot. A gruel flour is made from the bean, which is very serviceable in the preparation of gruel broth, or biscuit.

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THE PUBLIC DRINKING CUP

THIS little story makes significant reading. It was told by a physician out of his personal experience: "A man consulted me for a severe sore mouth and throat. I examined him, and discovered a number of patches on his lips, tongue, and throat indicating that he had a certain unmentionable disease, and he admitted having the disease. I warned him to use a private drinking cup, and under no circumstance to use a public drinking cup. A half hour later I was surprised and disgusted to see him drinking from the common drinking cup at the hotel where I was stopping." It is no exaggeration when we say that the public drinking cup is one of the gravest dangers we face to-day.

RESULT OF MOSQUITO WAR

DR. HOWARD, of the Bureau of Entomology, reports that as a result of the campaign against mosquitoes in Italy, there are now to be seen numbers of fat, healthy children in place of the miserable, yellow-skinned fellows of mosquito time. As a result of draining the Campagna marshes, which were practically uninhabitable on account of the prevalence of malignant malaria, the marsh land is now being extensively farmed, and will probably in time support a large population.—*Erchunge*.

INFANTILE SPINAL PARALYSIS

THIS disease is becoming more and more a public menace. In some places it seems to be endemic, that is, it has a permanent foothold; and epidemics are constantly being reported in new places. There is a mortality of from five to twenty per cent., and of those that recover, three-fourths are permanently crippled, so that it is one of our very serious diseases. The worst of it is, though it appears to be mildly communi-

cable, and is evidently an infection, we do not as yet know just how it is transmitted. It is giving physicians much concern.—*Selected*.

PRESERVATIVES IN ENGLAND

THE list of powders sold for preservatives is appalling. On one of these powders is this astonishing language, "The required amount varies according to the class or article, a superior article requiring less than an inferior article," which means, in other words, that if the article is decomposed or spoiled, use more preservative!" According to the *Lancet*: "The variety of foods so treated is so wide that it is possible that the consumer may be confronted with chemicals at every single meal of the day. He may have borax for breakfast, benzoates for lunch, and salicylic acid for dinner. In the matter of the use of preservatives in food there is something wrong with every branch of our public health administration."—*Life and Health*.

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A Gentle Nurse	Sleep
A Wicked Thief	Tobacco
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