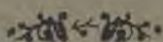


# Herald of Health

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Vol. 2

JULY, 1911

No. 7

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# Herald of Health

Vol. 2

Lucknow, July, 1911

No. 7

## The Power of Influence

WILLIAM J. CROMIE

MANY people think that, because they live commonplace lives, their influence does not amount to anything, and, consequently, they are not careful regarding their words and actions. This is the most erroneous supposition that can be imagined; for all are constantly exerting influence, either for good or evil, in thought, word, and deed.

### Influence of Thought

A thought seems a very small thing, but its influence may change the whole course of a man's life. It may elevate him to the highest pinnacle of wealth, fame, or Christian manhood, or drag him down to the lowest level of degradation and despair. Evil thoughts unchecked eventually express themselves in evil words and deeds. Evil thoughts are the parents of bad deeds; for like begets like. How careful, then, should one be in his thinking; for one who thinks constantly of illicit and degrading things will be more susceptible to temptation than he who banishes even the suggestion of evil, and quickly changes the train of thought.

One can think evil thoughts and not be punished, from a civil standpoint, as is the case in words and deeds, because another can not peer beyond the mysterious curtain of the brain; but if the fire of diseased or evil thoughts is not quenched, it will eventually result in the ashes of burned-out life, which will contaminate other lives, not

ceasing its evil consequences short of eternity. "A small drop of ink," says Byron, "falling like dew upon a thought, produces that which makes thousands, perhaps millions, think." The influence of a good thought is like a little spring that bubbles through the earth and trickles down the mountainside. At the mountain's base it is so small that one can step across it. Traveling across the plain, it becomes larger, as other streams empty into it, and at last it is spanned by mighty bridges. This great river is joined by others, and is used for the commerce of vast cities, until it empties into, and becomes a part of, the fathomless ocean. So with the influence of a good thought: it is first a rill; transmitted to others, it becomes a rivulet, and finally a part of the boundless ocean of eternity.

### Words

How often we would gladly recall the hastily spoken words that pained, injured, or killed the affection of loved ones. Even after having been forgiven, oftentimes the wound will not heal, or an ugly scar remains through life as a constant reminder of an outburst of passion. When one is angry, he should strive to keep his lips tightly closed; for "grievous words stir up anger," and that which is once uttered can never be recalled. He is a man of power who controls the storm and tempest of his mind, and holds back sharp, denounc-

ing, angry words. He who, after receiving a flagrant insult, only grows a little pale, bites his quivering lip, and replies quietly, proves that he is a strong man, and is bound to exert a good influence.

A word at the "psychological moment" may furnish ingredients that will either sweeten or embitter the whole cup of a human life. Many an honourable career has resulted from a kind word spoken in season, whereas an unkind word may drive a hesitating man from the right path forever. Every word uttered, whether good or bad, has its influence, and will return some day with increased power to either exalt or condemn. There is an instrument in every life which, like the sensitive wax in the phonograph, records every word uttered. It registers constantly the slightest enunciation, and renders it imperishable. This phonograph of the mind, which is wound up at birth, is ever running off records of past thought, words, and deeds. We try to drown its appeals, warnings, and advice in distracting pleasures and diversion, as it reels off film after film of panoramic life-moving pictures. Some records are laid away in the deep recesses of the brain, to be used in great trials, severe temptations, and upon extraordinary occasions. Some may not be used until the great day of reckoning, while others may be reproduced in our descendants, in all their beautiful or terrible detail.

#### **Influence of Deeds**

Every act one commits, no matter how small, has its influence on the life of others. A stone thrown by a careless hand into the lake splashes down into the depths of the water, and disappears from view, and that is all, apparently. But it is not all; see how those concentric rings reach out fur-

ther and further, until their influence makes the water vibrate to the very shores of the lake itself. So with a suggestive look or act; it may deepen a man's disgust with purity, sharpen the edge of his sarcasm with truth, shame a half-converted man into turning from religion, kill the good seed in a man's breast, which has not yet taken root, and produce an influence slight, but everlasting, on the destiny of his life. A little dispute, a flash of temper, the movement of a finger, the trigger is pulled, and the soul never returns. "One little act, like a rat-hole in a dam, may flood all the work of years."

Everything in life with which one comes in contact leaves its influence, be it ever so slight. The presence of the bootblack sends a look of inquiry to the feet. A yawn in a crowded room is very often infectious. To a hungry man the sight of food causes the flow of saliva. If these things influence us, how careful we should be in going where danger lies! As the strength of a chain lies in its weakest link, so it is that our greatest weakness measures our real strength.

The power of influence is like the rope that holds the guide and tourists together as they climb the treacherous steeps of an Alpine pass. We hold the same relation to those with whom we come in daily contact as does the guide to those entrusted to his care. We should point out pitfalls, rather than lead to them. We should tug at the rope of safety when danger threatens, be it physical, mental, social, or moral. Other guides who have passed before have erected danger-signals all along life's pathway. We should obey the tug at the rope as we sight the saloon, the den of infamy, the gambling table, and other places of contagion.

What a mighty power we possess, this power of influence! It will be either a light to illumine or a tempest to destroy. Some one has said, "Sow a

thought, and you reap an act; sow an act, and you reap a character; sow a character, and you reap your destiny."

## The Tobacco Man

T. C. O'DONNELL

By "tobacco man" I mean the man who is the victim of tobacco—crippled by it for life. If an entire nation acquired a passion for strychnine, becoming so accustomed to its use that they could withstand its toxic effects, and at the same time develop a peculiar moral obliquity, a strychnine heart, a paralyzed mind, defective eye-sight, an irreparably impaired nervous system, a wrecked digestive apparatus, suspended function of the liver and kidneys, not to mention headaches, nausea, dizziness, and a host of other symptoms hypothetically peculiar to the use of strychnine,—I say, if a people in the face of these evils persisted, not only in allowing the traffic, but even in encouraging it, the powers would assemble in congress at the Hague and appoint a guardian on the ground of national imbecility.

Yet this is the condition which in the case of tobacco obtains in every civilized land,—I say "civilized land" advisedly, since the more "barbarous" the people the less it is tainted with the plague. Tobacco intoxication, tobacco lung, tobacco pulse, tobacco heart, tobacco liver, tobacco kidney, tobacco nerves, tobacco dyspepsia, tobacco cancer, tobacco blindness,—these are a few of the terms constantly met with in scientific literature, which show how disastrous is the effect of tobacco upon the human body. And in spite of these symptoms, which to a greater or less extent afflict every user of the

weed, not a government blue book is produced on the subject; not a nation initiates a movement to drown the traffic. International affiliation, it is true, is attempted between groups of what derision is pleased to call cranks, men and women who are patriotic enough to work for the abolition of a habit which is stunting the manhood of the land and producing a race of intellectual pigmies, but the attempt is considered a tremendous joke.

Let us examine a few of the more common effects of tobacco, and see if the strictures we have laid upon its use are too strong.

### Tobacco Intoxication

Nicotine "is found in the tobacco plant to the extent of from three to nine per cent., the latter being an excessively large amount. The larger part of the product put upon the market contains from three to five per cent. . . . The amount of nicotine derived from a cigar in smoking is somewhere in the neighbourhood of one per cent." A recent analysis, made by the most refined methods, found cigar smoke to contain 1.165 per cent. of nicotine."

"My Lady Nicotine" is far from being the harmless creature she is popularly supposed to be. She is, indeed, the most cruel of mistresses,—a vampire of the most cruel kind, and with Kipling we might sing:—

"Oh, the years we waste and the tears we waste

.....

A fool there was and his goods he spent  
 .....  
 Oh, the toil we lost and the spoil we lost"  
 all because of the deluding charms of  
 the sorceress.

"A poison so positively vicious must work havoc with the nervous system, on which its chronic effect "is to induce toxic congestion of the brain, spinal cord, and peripheral nerves; inducing finally in the latter a mild type of degenerative neuritis."

"Its acute toxic effects on the neuromuscular apparatus are, first, as an excitant and mild convulsant; second, motor nerve depressant, and finally a paralyzant of the centres and peripheral nerves of the heart and lungs."

One of the symptoms of tobacco paralysis of the nerves is giddiness. "Giddiness," says Sir Lauder Brunton, "is also a common effect of excessive tobacco smoking."

Among other effects of tobacco, "tremor is one of the most common. It is fine, rhythmical, it is not constant, but if once established it tends to go on, and so becomes more and more definite and persistent. It may be gotten rid of entirely by leaving off the tobacco."

There is no surer or more unfailling symptom of tobacco nerves than insomnia. Of this Sir Lauder goes on to say, "Sleeplessness is one of the most troublesome effects of excessive tobacco smoking. This sleeplessness is of a curious character, and is properly described as 'Intra-nocturnal insomnia.' The sufferer goes to bed and goes to sleep at once. He wakes up at two, or three, or four, as the case may be, and then for an hour or more he is very widely awake, dropping then into a troubled sleep and waking tired and unrefreshed."

According to Dr. William Osler,

there are three types of the tobacco heart:—

First the irritable heart of smokers, seen particularly in young lads, in which the symptoms are palpitation, irregularity, and rapid action.

"Secondly, heart pains of a sharp, shooting character, which may be very severe.

"Thirdly, attacks of such severity that they deserve the name of angina."

Every smoker young or old, suffers from one of these symptoms. The symptoms, whether recognized or not by the victim, are there, as surely as they manifest themselves in animals under experiment in the laboratory.

Tobacco raises blood pressure to a dangerous extent, and produces a brittleness of the arterial walls which ends in arteriosclerosis in the worst phases.

Some four years ago a paper was read by a French physician before a congress on otology at Bordeaux, on the subject of "Tobacco and the Auditory Sense." According to this paper, tobacco exercises a direct and selective action upon the auditory nerve, while nicotine brings about disorders of the circulation, due to its exciting action upon the great sympathetic system. It also give rise to, or stimulates, a nerve disease known as "trophoneurosis," which ends in neuritis of the auditory nerve.

In another sense, that of sight, tobacco is a destructive agent. This is an open secret in every trade, and profession which demands of its votaries quick and accurate sight. Nicotine acts as a nerve paralyzer, preventing perfect co-ordination between the nerves of the eye mechanism and the brain, while at the same time it blunts the power of colour percep-

tion. Those railways which demand of their trainmen the non-use of tobacco recognize these physiological effects, and thus save thousands of human lives which otherwise would be sacrificed by nicotine-shattered nerves.

Among the most deplorable effects of tobacco are the crippled intellect, the dulled sensibilities, the blunted moral sense, the paralyzed conscience, the tendency to do the wrong thing when the victim is confronted with a decision between right and wrong. Especially mischievous is the poison in its operation upon the young.

We cannot close this paper, already long, without quoting from a man who is not only a physician, but who as a clergyman has had exceptional opportunities of observing the evil effects of tobacco on morals, Dr. Len G. Broughton, of Atlanta, Georgia:—

“What I shall say about the demoralizing and destructive effects of the

cigarette habit is not the raving of a fanatic or the rapid utterance of a crank. I speak from a personal knowledge of scientific truth. The smoke is inhaled into the lungs, the poisonous gases are communicated through the blood to the brain and to the nerve centres that control the moral sensibilities, stupefying and destroying. Soon the fine edge of moral distinction is blunted, the difference between right and wrong is blurred; and any man who habitually smokes cigarettes for ten years, unless he is an exception to the general rule, will lie or steal or rob or commit adultery or commit murder or die.”

And yet, notwithstanding the demoralizing and destructive effects of this virulent poison, little or no effort is made legally to stop its use—surely in thus permitting the ruin of its future citizens a nation is criminally guilty, as an abettor of the slaughter.

## Should Flesh Eating Be Abandoned

IRVING FISHER, PROFESSOR OF POLITICAL ECONOMY, YALE UNIVERSITY

THE physiological objections to flesh eating as commonly practiced are two. First, flesh eating tends unduly to increase the “protein” element of food, and thereby creates an unbalanced ration; and, secondly, flesh foods contain and produce poisons.

We may consider the protein question first. Food serves two purposes,—one to build and repair the body tissues, and the other to furnish fuel for heat and energy. Protein is that element of food which repairs tissues. In this respect it differs from the other two main food elements,—carbohydrates (starch or sugar) and fats,—which do not form muscle, bone, or sinew, but only supply energy and heat by being burned up in the body, or else are

stored as fat, which is merely a reserve of fuel. Most foods contain all three elements,—protein, fat, and carbohydrate. But various kinds of food differ greatly in the proportions in which the three elements are combined. Lean meats consist mostly of protein, though partly of fat; cream, nuts, and bacon are mostly fat, though partly protein; bread and cereals are mostly carbohydrate, though partly protein.

Protein food is indispensable. If an insufficient amount is supplied, tissue will not be repaired so rapidly as it wears out, and the person who should persist in a diet too low in protein would waste away and ultimately die. But while an insufficient supply of protein is suicidal, too much protein

is also harmful. If more is supplied than is necessary to nourish the tissues properly, the excess will be treated like the fat and carbohydrate. In other words, if the body cannot use the protein for repairs, it will use it for fuel. But it is a very bad form of fuel; for it leaves behind what might be called "clinkers." Fat, starch, and sugar make good fuel and produce no clinkers. The results of their combustions are only carbonic acid gas and water, which are very easily eliminated. Carbonic acid gas is exhaled from the lungs, and water is excreted through the kidneys. Protein, however, when burned, leaves in the blood not only gaseous and liquid, but also solid material. This solid residuum is far more difficult to dispose of even when dissolved in the blood, and may, if in undue quantities, cause deposits within the body.

Meat, however, is not the only food element which is high in protein. Eggs are quite as high, and white of egg far higher. The yolk of egg contains a great deal of fat, and is relatively low in protein. Milk, cheese, peas, beans, dahl, and groundnuts are, like yolk of eggs, only moderately high in protein. Any or all of these "high-protein" foods may be used with advantage so long as they do not predominate. They should be balanced with a corresponding amount of "low-protein" foods; such as, fruits, butter, cream, and fats. Cereals, bread, potatoes, most vegetables, and nuts are intermediate, containing protein in about the normal proportion.

We can now partly understand why those who adopted vegetarianism a generation or more ago met sometimes with failure and sometimes with success. In a general way, it is extremely

probable that those who succeeded, and who became enthusiastic on the subject, like Benjamin Franklin, were those who happened to reduce their protein to the normal level, and that some of those who failed owed their failure to the fact that, dropping out meat and using only low protein foods, they had insufficient protein to nourish their tissues. In consequence, they became anæmic, and many of them died. Others failed because their protein, after the exclusion of meat, remained just as high as before, or was even increased, especially by the too free substitution of eggs.

The second objection to meat eating found by modern physiology is that meat contains poisons, and increases the production of poisons in the body. It is well known that animal tissue is a "factory of poison." Even the purest foods produce some poison when consumed. The liver and the kidneys, in fact, are organs the chief work of which is to destroy and eliminate poisons. The flesh of an animal must necessarily contain a certain amount of these poisons. When, therefore, flesh is used for food, our bodies have to deal not only with the poisons which are manufactured by us in consuming the flesh, but also with the poisons already manufactured by the animal whose flesh we eat.

Furthermore, it has recently been discovered that meat encourages the growth of bacteria in the large intestine, and that the poisons produced by these bacteria are very likely to be absorbed into the system, producing depression and other disagreeable symptoms,—at times, it is believed causing acute diseases; such, as, rheumatic gout and pernicious anæmia. In a recent experiment it was found,



that without meat the fæces of the person experimented upon contained from twenty to fifty million bacteria per gram. The same person, after two days of meat-eating, excreted fæces containing no fewer than twenty-five billion bacteria per gram, or five hundred times as many as when abstaining from flesh food.

The efforts of dietitians in the future

will be directed largely to reducing the number of bacteria in the fæces. This can be accomplished in various ways. One, suggested by Mechnikoff, is by using sour milk, buttermilk, or lactic-acid kumiss—not yeast made kumiss—as a disinfectant for the intestines; another is by reducing the quantity of meat consumed, or, still better, by wholly excluding flesh food.

## The Power That Heals

DR. SCHOFIELD, a brilliant English physician, contributes to a recent number of *The Contemporary Review* an interesting article on "psychic healing," in which he attributes to the "sub-conscious mind" the healing power manifested in so-called "faith healing." We quote as follows:—

"Time would fail to record the marvellous resources and extraordinary ingenuity of this unconscious curative power. Some of them are enumerated by Dr. Mitchell Bruce, Sir Frederick Treves, and others; and physicians in all ages have recognized this power, which acts without any hesitation in novel and untried situations, and deals successfully with invading microbes of new high order, though unconscious.

"No true physician stands by his patient's bedside without reverently recognizing that the sufferer is already being treated by one greater than himself, and that his wisest course is to follow the lead given, and seek to help and not hinder the action of 'nature.' In many cases, however, this force, good and wise as it is, is not sufficient of itself to cope with the complicated disorders which are results of an effete civilization. In a state of nature little medicine and few doctors are needed."

Dr. Schofield believes that the healing power of the sub-conscious mind

may be greatly increased by the co-operation of the will. In reply to an inquiry whether Divine Power has anything to do with faith healing, Dr. Schofield says: "That process which you glibly call natural is a great power placed by God in the body for its own cure." In this statement, according to the writer's way of thinking, Dr. Schofield comes very near the truth. All healing is divine healing. Faith heals only through establishing a mental attitude which aids the Divine healing power of the body in accomplishing what may be done under the circumstances. This Dr. Schofield recognizes, admitting that while any faith "may effect a cure of the mere bodily ailment, faith in God alone can cure the man, can restore the spirit, and bring the sufferer into tune with the Infinite, and thus make the result a lasting blessing."

Healing is creating. Healing power is the power which we see working in all the animate world about us,—in the processes of growth, development, flowering, fruitage, and in all organic processes. The power that heals can be no less and no other than the power that creates.

Dr. Cabott, an eminent Boston physician who has given much attention to psychotherapy, in a recent article

emphasizes the value of creative assertion as a curative factor. Dr. Cabot cites as evidence of the curative power of creative assertion the well-known stimulating influence of hope, as well as the destructive tendency of despair. The assurance of the sick man that he will recover and the determination to recover on the part of the patient unquestionably tend to insure recovery, even when the prospects are most unfavourable. On the other hand, it may be readily believed that to assure a sick man that he is certain to die will, if he is convinced that his malady is incurable, hasten his death.

The success of Christian Science is doubtless due to the optimistic attitude of mind which belief in the cult naturally creates. The sick man who is made to believe that disease does not exist and cannot exist, who is thoroughly convinced that to be well it is only necessary to believe this fact, possesses a mental attitude in the highest degree favourable to recovery. The unfortunate thing about this method, as well as others akin to it, with which must be classed the so-called Emmanuel Movement, is that it has no scientific basis for its support.

Disease is something real, not imaginary. It is the result of real and tangible causes. To undertake to cure a man of a toxic headache, the result of saturation of his body with putrefactive poisons, by any sort of mental jugglery and without removal of the poisons, is as absurd as to undertake to save a house from destruction by fire without putting out the fire. How much success could one expect, for example, in an effort to steady the staggering steps of a drunken man by saying to him, "My friend, why do you walk in such an unsteady manner and

talk so incoherently? Set your subconsciousness to work. Call creative assertion to the rescue. Believe in the supremacy of mind over matter, and your steps will be steadied and your mind balanced."

Alcohol is a poison which, by contact, cripples the machinery of the brain and nerves so that normal mind and nerve action become impossible. Ninety-nine per cent. of the so-called neurasthenia, nervousness, headaches, depression, irritability, and mental confusion, to say nothing about the various sorts of pain and other morbid sensations, weaknesses, and various bodily disorders from which chronic invalids suffer, are just as really and directly due to poisons as are the effects of alcohol and opium. To say to the hypochondriac with a coated tongue and colon loaded with putrefying remains of undigested flesh-meats, "Cheer up! Curative assertion that you are well will cure you," is just as absurd as to arouse the opium habituary from his lethargy by exhorting him to awake and assert his liberty.

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"NO MAN has a right to be a shadow. Life has enough clouds without any one setting up a gloom factory. When I am tempted to groan and complain, I ought to go into a closet, and complain in secret. Usually there would be little satisfaction in that. We fail to see how such emanations of the blues change the hue of the social atmosphere, spreading their indigo into other lives. We all need more thought of the sunshine we owe the world and less of the sympathy the world may owe us. No one loses either health or happiness by giving away all he has or can transmit. Both perish only as they are stored."



## Healthful Beverages and Sandwiches

THE most natural and the most healthful drinks, aside from pure water, are fruit juices; and if people would use them more freely, they would find their taste for harmful beverages disappearing. Various nectars may be made by mixing different kinds of fruit juices. Following are a few recipes:—

### Fruit Nectar

Strain the juice of three oranges, three-fourths cup of lemon juice, and one cup of grape juice so that it will be perfectly clear. Add this, with one half cup of sugar, to four cups of water, stir well to dissolve the sugar. Chill before serving.

### Nectar of Aidenn

Mix two and one-half cups of unsweetened raspberry juice with one-half cup of lemon juice, and two-thirds cup of sugar. Lastly add two cups of water. Chill and serve.

### Strawberry Nectar

To lemonade add one-fourth as much strawberry juice. Serve very cold.

### Fruit Punch

Dissolve two-thirds of a cup of sugar in two cups of water. Add juice of one orange, one-half cup of lemon juice, one-half cup of red fruit juice, one-fourth cup of diced oranges or pineapple, and one-fourth cup of whole red fruit. Chill and serve.

For sandwiches bread should be at least twenty-four hours old, and cut very thin. Fresh bread does not cut well. Sandwiches are made more attractive by trimming. Favorite shapes

are triangle, oblong, and round. Fancy cutters add still further to the variety.

### Egg Sandwiches

Boil two eggs fifteen minutes, then pound them with one tablespoonful of butter and two teaspoonfuls of finely chopped parsley. When well pounded add a little salt and lemon juice, and spread on thin slices of buttered bread. A tablespoonful of minced tomato may be added if desired. Serve garnished with parsley.

### Olive Sandwiches

Put one hard boiled egg through a fine sieve. Stone and chop one dozen ripe olives; season with salt and two teaspoonfuls of lemon juice. Mix these with the egg and three tablespoonfuls of cooked mayonaisse dressing. Spread on thin slices of buttered bread.

### Marmalade and Cheese Sandwiches

Butter thin slices of bread, spread one slice with orange marmalade and the other slice with cottage or yogurt cheese thinned to the proper consistency to spread with cream. Put the two slices together, trim the edges and cut into any desired shape. These make a nice accompaniment to any fruit salad.

### Plantain and Almond Sandwiches

Chop up four good plantains; roast slightly two ounces of almond meal. Mix these very thoroughly, and add a few drops of lemon juice. Spread upon stale bread and serve. Dates or raisins may be used in place of the plantains.



# The Home

## The Place of Play in Boyhood

To see a boy at play is to see the whole boy; for in nothing is the fresh, free, frolicsome, and full spirit of youth so revealed as in play. He who has lost his love for play has severed forever the chief tie which binds his life to childhood and youth. The muscular interests predominate in boy life. Every muscle is quivering with a desire for motion. Gymnastics, sports, games, cross-country tramps, running, climbing, and swimming are all supreme things in his mind in the days of youth. Now this passion for muscular exercise, which finds its chief expression in play, is nature's call for the development of the muscles which are the servants of the will in the work of the world and in the struggle of courageous character; and play is the chief instrument which she uses in this muscular development. The first preparation for any work is play. The blind kicking of the baby's legs and the impulsive waving of the baby's arms are not blind to the all-seeing eye of mother nature, but are her first efforts in the formation of strong legs and strong arms for the burden of work in later years. Play, then, even of impulsive kind, creates instruments for the use of the brain and nerves and mind in their direction of the activities of the world's work. When we remember that muscles, which constitute forty-three per cent, of the average adult male human body, express a large part of the energy of the adult body, and

further that they are the tools which the nerves and brain use under the direction of the mind, we can begin to appreciate the value of play in building up these great servants of humanity. In a most intimate and peculiar sense they are organs of the will, and some have even called them the organs of thought.

Many of the plays of childhood and youth are imitative plays, and are valuable not only for the pleasure they give, but because they are filled with activities useful in later work. Thus, in specific ways, the imitative plays prepare for the duties of life. The impulsive plays develop principally the basal muscles, while the imitative plays develop chiefly the specific muscles. When we realize the wide use that the specific muscles have in the division of labour of our civilization, we feel something of the value of play in its work of developing these muscles. I should like to go into this subject in detail, dealing with different kinds of play which contribute toward the education of the child or youth for the specific tasks of later life, but space forbids. Let readers study the whole question for themselves.

There is another place for play in boyhood, and that is it tends to crystallize and preserve the spirit of youth in later manhood; and if, as Jane Addams says, the spirit of youth is the most precious possession of the race, this is no mean contribution. "All are young

at play, and only in play, and the best possible characterization of old age is the absence of the soul and the body of play. Only senile and overspecialized tissues of brain, heart, and muscle know it not." It is here that we may see the value of play as a mental stimulus, and come almost to believe with the one referred to above who said that muscles were the organ of thought.

Still another use of play in the life of the boy is its moral value, and this is far greater than the average parent or worker with boys is apt to feel. Indeed, much of our work with boys in religious and other lines would be more successful in character building if we recognized more the spirit of play and used play activities more in connection with our work. The strength of any mental ideal is in the amount of muscular and nervous force one can bring to its service. A sound mind in a sound body is the only absolutely successful moral guarantee. As Stanley Hall, with wonderful insight into the needs of youth, has well said: "Play, at its best, is only a school of ethics. It gives not only strength, but courage and confidence, tends to simplify life and habits, gives energy, decision, and promptness to the will, brings consolation and peace of mind in evil days, is a resource in trouble, and brings out individuality."

Surely, in the light of what has been said above, you will come to feel the necessity of providing play for that boy of yours if you would make the most

of him. Especially is play needed at this early adolescent stage of his life, which is the stage we are discussing in this article. A correct motor form is the most economical way of doing things, but the early adolescent age is the age of wasteful ways, awkwardness, mannerisms, and tensions that are a constant leakage of vital energy. Properly directed, play will help to turn all these things toward valuable developments in the boy's muscular and mental life, establishing correct and helpful habits. We repeat, then, provision must be made for play. The home, the school, and the play-ground forces must all work together to provide this play. Fortunately, we are on the eve of a great play revival in our modern educational work. The study of childhood and youth and their needs for the last thirty years has turned the eyes of the world toward the child. The playground movement was, therefore, inevitable. When we look from adult as the centre to the child or youth as the centre, we are bound to see that play is one of the supreme instruments in the education of the race.

I have said enough to call the attention of every wise parent and worker with boys to the place of play in boyhood, and that is all that the space allowed for this article permits. My one hope is that it may lead every one of you to feel great sympathy with the eager play spirit of the boy, and to see that your boy is given proper place for play in his life.

## Electric Light Bath

J. H. KELLOGG, M. D.

LIGHT is one of the most powerful of all remedial agents, acting not only upon the skin, but penetrating the tissues and favourably influ-

encing the blood and all the vital activities. The penetrating power of all the electric rays may be readily seen by holding the hand with the

fingers close together against the globe of an electric light. It will be seen that the light penetrates the whole thickness of the fingers, producing a bright red glow.

In the same way the light rays penetrate the body. The powerful influence of the electric light upon the vital functions is shown by the readiness with which perspiration is induced in this bath. It is not even necessary to confine the air of the bath; as perspiration is induced, not by the heating of the surrounding air, but by

the conversion of the radiant energy from the light into heat in the depths of the tissues after they have penetrated the skin. The light and heat rays powerfully stimulate the glands of the skin, often causing profuse perspiration within four or five minutes after entering the bath, even though the temperature of the surrounding air may not be materially greater than that of the room in which the bath is administered.

An electric light bath cabinet consists of a chamber within which are



THE ELECTRIC LIGHT CABINET

placed a number of electric lights, thirty to sixty, the bath being lined with reflecting material of some sort so that the light rays are turned toward the centre of the bath from all directions. The patient's head is usually excluded. Cabinets are constructed so that the patient may take the bath while in the sitting position or while lying down.

A cold bath of some sort is administered after the electric light bath. A wet sheet rub, a cold towel rub, shower bath, shallow bath, or, a pail douche, may be given, as may be most convenient, or, on the other hand, as the nature of the case may require.

The electric light bath can be so administered in cases in which the vapour and hot air baths are not admissible. This is especially true of cases of heart disease which will tolerate the electric light bath, provided it is not too long continued. Any tendency to heart weakness may be antagonized by an ice bag placed over the heart during the bath. When the bath is prolonged, care must be taken to cool the head and neck, though this is of much less importance than in the vapour and hot air baths, as the patient suffers less from over heating.

The electric light bath is an exceedingly valuable remedial agent and may be given to great advantage as a means of reducing flesh, in chronic rheumatism, gout, sciatica, and other forms of neuralgia, in chronic jaundice, psoriasis, and other chronic skin diseases. It is especially valuable in cases of hyperchlorhydra or hypersecretion of gastric juice. In these cases it should be used one or two hours before the principle meal.

Various forms of the local electric light bath are constructed. A single light enclosed by a cone of tin or some other metal is an excellent means of local heating. It may be applied over the stomach, back, and other fleshy parts in place of the hot pack or the fomentation. When thus used it produces more intense effects than other ordinary hot applications. Special appliances are arranged for the arms, the legs, the trunk, the spine, and other parts. Every family to whom the electric current is accessible should be provided with some means of utilizing the light in treating such disease conditions as neuralgia, gastritis and intestinal disorders, and painful affections of all sorts, for which it is a most efficacious remedy.

## Ophthalmia Neonatorum

LOIZA ELWELL-JOHNSTON, M. D.

OPHTHALMIA neonatorum means blindness of the newly born,—a preventable blindness, the result of gross ignorance and carelessness, and not of developmental defect. It is now known to be due to ignorance because some uneducated woman, called a midwife, was entrusted to do a work requiring great skill and experience, and again as a result of carelessness

on the part of the physician.

The price paid for this ignorance and neglect is that a human soul is forever robbed of the light of the world, deprived of one of the greatest natural gifts of the Creator to his creatures, and doomed to lifelong darkness. An irreparable mistake has been committed. The inherent right of the child to be well born has been inter-

fered with, and its eyes, the windows of the soul, become sightless forever.

The following is from a report made by Miss Cromwell, who visited the homes of and had personal interviews with five hundred midwives:—

“As for bags and their equipment, from a professional standpoint, by far the greater number would make a fit decoration for a chamber of horrors. Rusty scissors, dirty string, a bit of cotton, a few corrosive tablets, old rags and papers, some ergot and vaseline, a gum catheter, wired, were the usual contents. Out of three hundred and three bags inspected, thirty-four only were marked as first class; that is, they were clean, and their equipment complete and sterile.”

Here is appended the treatment

suggested by the Special Committee on Prevention of Blindness, of the New York Association for the Blind:—

“When the lids become red and swollen, are gummed along their borders, when the child sleeps, or cries and mattery discharge is mixed with tears, an oculist or a physician should be called immediately, or the child taken to the nearest dispensary. Each hour of the delay adds to the danger. While waiting, bathe the eyes of the child every half hour with pledgets of cotton dipped in a solution of boric acid. Open the lids wide and allow the solution, which should be warm, to flood the eyes and wash out any matter which may have gathered there.” If one eye only is affected, the child should be kept lying on the same side as that of the affected eye.

## The Mustard Plaster

THE mustard plaster is one of the best medicinal agencies at our command. We fear that its true value is not always properly estimated. Applied locally, mustard is a dependable neurovascular stimulant; its effects are systemic as well as local. In gastritis, with an upset stomach, nothing is more efficacious and prompt in its remedial action. Its value in pleurisy, backache, abdominal pains, ovarian neuralgia, etc., is too familiar for reiteration here. The mustard plaster is one of the effective measures calculated to break up a cold on the chest, provided the patient is content to remain indoors a day or so. No one questions its value in most cases of pneumonia at some stage.

There are several ways of making an efficient, active mustard poultice, and there are, likewise, wrong ways of making it. If the fresh ground seed

can be obtained, the poultice is preferably made from it, although the commercial drug answers reasonably well. An expedite way of applying mustard is to dip flannel cloths in hot water and then sprinkle the powder on them. A more common method is to incorporate a quantity of mustard, say a teaspoonful, with twice that amount of flour, using sufficient water to make a paste. The mustard sprinkled on a bread or flaxseed poultice is a choice method with many. A thin layer of gauze or muslin should in most cases be placed between the poultice and the skin. Another expedite manner of securing the action of mustard is to rub the powder into the skin, applying over the surface cloths wrung from hot water. It is well known that the white of an egg incorporated with a mustard paste will prevent blistering or scarring. Some skins are so sensi-



tive and susceptible to the action of mustard, that a poultice must be carefully watched, especially if the patient be asleep or unconscious. For a mustard burn, lard is better than vaseline.

Boiling water should not be employed in making a mustard plaster. The action of mustard is dependent mainly upon a volatile oil which is liberated slowly. Boiling water kills this effect; for the heat neutralizes the oily principle in the mustard. To heat the poultice over a stove until it is as dry and hard as a pancake, deprives it of

its therapeutic usefulness. It is then no more efficacious than a hot towel. It soon curls up, dry, hard, and useless. A fact ever to be borne in mind is that heat destroys the activity of mustard.

A mustard poultice need not be thick. Volume has nothing to do with its worth, as in case of most other poultices. An eighth of an inch in thickness is sufficient. Oiled silk or impervious coverings over it may increase its efficiency.—*The Medical Summary.*

## Alcohol a Narcotic

If there is one thing which the imbibitor of alcohol believes, it is that under the action of alcohol he has greater muscular powers and greater mental powers, too. But this is a thing not to take any one's word for. Experiments have been carried out and repeated again and again, and it has been found that alcohol, far from being a stimulant for muscle, is a poison for muscle. The investigations of the greatest of the world's physiologists now unanimously agree with this verdict, that "it may therefore be seen that the use of alcohol to give muscular strength is completely irrational." And not only muscle but every gland in the body is in the same category.

Now think of the nerve-system which ramifies throughout the body, bringing in messages from the organs into the brain, the brain being looked upon as a sort of central exchange receiving messages and switching them on to the nerves that go out of the brain. Every organ of the body is under discipline through the nervous system. Take the heart for example. The heart is connected with the central nerve-system by two sets of nerves,

one set able to increase its rate and force, another set diminishing its rate and force. All through life the heart is perpetually under the discipline of the central nerve system. It increases its action if there is an increase necessary. It decreases if a decrease is necessary. If the heart of an animal were to be cut away from the central nerve-system, we would find that the heart would be wholly emancipated from that discipline. It would slog away at a violent rate, and in a very short time would simply hammer itself into degeneracy and decay.

But it is not necessary to cut a nerve to stop the nerve's action, for if you tamper with the insulating mechanism of a nerve, or with the mechanism of the nerve-cell in the brain, you are doing the same as taking a pair of scissors and cutting it across. Thus you see what happens when alcohol is taken. The nerve-cells and fibres are so damaged that the control of this system of messages is lessened, or even abolished altogether.

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## Herald of Health,

PUBLISHED MONTHLY BY  
International Tract Society,

19, Banks Road, Lucknow

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

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

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

### THE VERDICT OF A TRACK

IN a recent walking match held at Kiel, Germany, the first four winners were abstainers. Of the ten prize winners, six were abstainers, and two of the others had lived entirely abstinent for months before the contest. Of the twenty-four abstainers who entered the race, only two failed to reach the goal. Of the fifty-nine non-abstainers, thirty failed to reach it. He who desires to be efficient should let alcohol alone.

### AUTO-INTOXICATION A CAUSE OF DISEASE OF THE EAR, NOSE, AND THROAT

J. A. STUKEY, M. D., of Lexington, Kentucky, holds that diseases of the ear, nose, and throat are generally the result of intestinal auto-intoxication. In several hundred cases of disease of the nose and accessory sinuses, and diseases of the middle and internal ear, the Doctor has found marked evidences of intestinal auto-intoxication. Examination of the urine has shown large quantities of indican and poison formed in the intestines in nearly every case. It was also found that by treating the patient with the proper measures for relief of the intestinal auto-intoxication, great relief was obtained from the ear, nose, and throat disorders. The effect of various drugs upon the ear, quinine, for example, is well known. It is evident that poisons generated within the body may similarly irritate the nerves and other tissues of the ear, nose, and throat. The result appears in asthmatic attacks, rheumatic pains, various painful affections of the eye, ear, nose, and throat. These observations of Dr. Stukey furnish the reason for the highly satisfactory results which have attended the treatment of affections of the nose, ear, and throat by physiologic methods, and especially by the anti-toxic dietary.

### CANADIAN RAILWAYS MUST BE MORE SANITARY

So says the Canada railway commission, which has issued an order requiring all Canadian roads to observe proper cleanliness and to give adequate ventilation in passenger stations and cars. Every train must carry at least one employee whose duty it is to supervise the sanitary arrangements, cleanliness, ventilation, etc. Spitting must be prohibited, except in receptacles. Cuspidors must be provided. Cars must be fumigated monthly.

### GRAIN FOODS

IN order to comply with the popular demand for white flour and rice, the outer layers containing the valuable mineral salts and phosphates are removed in the milling processes. Bran and the outer cuticle of rice are exceedingly rich in mineral salts and very valuable foods for ourselves as well as our domestic animals. The latter wax strong and fat on the "refuse" of the mills, rich in organic salts, while the farmer grows thin and dyspeptic on his "fine white flour." Oriental nations use unpolished rice, which is much richer in flavour and better fitted to sustain life than our refined but impoverished mill products.—*Selected.*

### Alcohol a Narcotic

(Concluded from Page 117)

THERE is no experiment more striking than this. Take a person who is even a most moderate drinker of alcohol. Let that person take his pulse in a standing position and in a recumbent position. Let him do so when there is no alcohol in his body, and when there is a dose. He finds that in health his heart is automatically slowed when he lies down; but that under the influence of alcohol it is not so much slowed. Tampering with the nerves has resulted in the heart being to a certain degree emancipated from the healthy and normal discipline which it should be under, and which nature ordained that it should be under. We have, therefore, to regard alcohol as a paralytic or narcotic agent entirely, and if you investigate the reasons why people take it, you will find invariably that it is for the paralytic action rather than for the stimulant.—*Professor W. A. Osborne.*

# House We Live In

EVERYBODY knows about the building and furnishing of a house, so Mrs. Vesta J. Farnsworth uses one to help show the children how their bodies are made, and how to care for them. To add to the interest of the study, it is given in the words of a mother to her four children,—Elmer, Percy, Amy, and Helen.

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Bath-Room	....	....	The Lungs
The Windows	....	....	The Eyes
A Good Servant	....	....	The Tongue
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