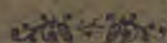


Herald

of Health

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FEBRUARY, 1912

No. 2

ATTEN- TION!



THE SANITATION BATH AND TREATMENT ROOMS make no pretensions of being able to cure anything; but we do claim to have benefited those who have suffered with rheumatism and kindred diseases. We do not believe in blowing our own trumpet, neither do we depend on advertising for patronage. We simply give rational tests and treatments, which stand the test on their own intrinsic merits. Self-recommendation is no recommendation. Most of our patients come to us through recommendation of their friends who have benefited by coming here. That is the most convincing testimony.

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Herald of Health

Vol. 3

Lucknow, February, 1912

No. 2

Abdominal Exercises

TELL BERGGREN, M. D.

THE Swedes, as did the ancient Greeks, have always paid a great deal of attention to the development of the abdominal muscles. Observe the magnificent muscles of a typical Swedish gymnast, or of the ancient Greeks, as exemplified in the statues that have come down to us. Even the women of Greece possessed far better abdominal muscles than does the average man of today. We moderns have degenerated enormously. Indeed, should we continue to deteriorate at our present rate the race would soon become extinct.

Dr. Abrams, who has done much to awaken the people to the importance of better abdominal development, says "The correct posture of man places him at a disadvantage in several directions, notably, however, by increasing the height of the blood column, thus causing the blood to gravitate into the intra-abdominal veins. Among the many resources of nature to combat this tendency, the vigour of the abdominal muscles is paramount. The tonicity of the muscles in question is impaired by unhygienic clothing, occupation, disease, lack of exercise. . . . The sports of the ancient Greeks were special-

ly directed towards development of the abdominal muscles. In the sculptural works of the old masters, the abdominal muscles are reproduced with as much accuracy as the other muscle of body, and it is reasonable to assume, contrasting the art of the ancients with that of modern sculptors, that the decadence of the abdominal muscles is a modern heritage; and so are hemorrhoids, constipation, that may be traced to enfeebled abdominal muscles."



Exercise

Lie at full length upon the floor or some other hard support, slowly raise one leg at a time keeping it as straight as possible, then return same to original position very slowly. When thus able to raise and lower one leg occupying about one minute to execute

the movement, begin raising both legs together as shown in accompanying illustration. The endeavor being to keep the legs straight and to lengthen the time required to complete the movements. A careless quick execution of this movement avails little. If carried out as directed and repeated several times morning and evening as the ability to do so increases, it will greatly strengthen the abdominal muscles.



General Articles



The Law of Rest in the Healing of Disease

Mental Factors

GEORGE D. BALLOU

SOME mental moods are favorable and others are unfavorable to life and health. In the civil state and in the family the most important prerequisite to prosperity and success is peace. In like manner peace must prevail in the individual soul or there can be no physical prosperity. The foundations of personal peace are confidence, faith, and trust. Where confidence is, love will prevail; we can not have confidence in another without having a measure of love spring up for his personality. Where these sentiments take possession, hope, courage, cheerfulness, and joyful expectation spring up like plants in a fertile garden. Rest of soul, mind, and body become so constant that a soothing influence is felt by every one who comes into close range. All elevating thoughts spring naturally out of these mental moods.

These conditions lead invariably to life, never to death. Were we born of an ancestry that had never known any but this class of moods, we might, by maintaining them, perpetuate life indefinitely. Did you ever know of any one being so hopeful or cheerful that it made him sick, or of one carrying such a load of courage that it tired him? Does loving trust engender weakness and frailty? or does it give buoyancy and vim to the soul? Love enables the frail mother to endure, with little or no rest, weeks of watching at the bedside of a suffering child. Heroic deeds have been wrought through confidence, love, and courage.

But alas for our race! Seeds of con-

ditions adverse to life were sown in our natures at an early period. And now we find everywhere doubt, unbelief, fear, hatred, envy, jealousy, evil surmising, care, anxiety, worry, remorse, agony, despair. These conditions breed death. As all the possibilities of the oak are pent up in the acorn, so the misery and wretchedness of the entire race were pent up in the first doubt.

As courage is born of confidence, so is fear begotten by unbelief; as love springs up toward those in whom we confide, so hate generates from fear. The little one, frightened by some stranger of forbidding appearance, rushes to his mother's side with a full expression of his feelings: "Mama, I hate that old man."

Wrath, envy, and jealousy stamp their imprint on the face. Care, anxiety, and worry sap the life forces, and leave their victim weak and spiritless. Remorse and despair prepare for the suicide's end. We do not have to reflect long to bring to mind scores of cases, of chronic conditions which prove that unhappy mental moods tend to sickness and death. Some have died of nervous shock following a fit of anger or some sudden mental agony. The babe is almost sure to be sick if it nurses from a mother who has been indulging a fit of wrath. Many a poor wretch sighs and groans and agonizes until he loses all courage, and becomes diseased, because so much energy has been used up adversely that there is not enough left to run the vital machinery. These adverse mental states are like leaks in a mill-race which

let out so much water that there is not enough left to run the mill.

The only justifiable sorrow is the sor-

row that leads to repentance, ending in forgiveness, and paving the way to peace and life.

Gastric Catarrh

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

MRS. H. aged forty, complains of spells of indigestion from which she has suffered, with little interruption, for several years. The most constant symptom is a sense of weight at the pit of the stomach after eating solid food. Scarcely less disagreeable is the feeling of discomfort over the region of the stomach, which gives rise to belching of gas and eructations of bitter or tasteless food. Headache is quite frequent, often ending in a so-called "bilious attack." The tongue is heavily coated in the morning, and the breath is frequently offensive. The patient is easily exhausted, and is disturbed in mind, and often discouraged because she has not the ambition and energy to execute her daily tasks as formerly.

The above is a fairly good picture of gastric catarrh, or chronic gastritis. Accompanying this disease there is frequently a lessened secretion of gastric juice, commonly known as hypo-acidity. If the inside of the stomach could be seen, the walls would be found covered with a tenacious mucus. This closely adherent layer of mucus seems to occlude the tiny mouths of the cells whose function it is to manufacture the digestive juice. Hence the nutrition is often severely interfered with.

It is well known that when one step in the digestive chain is improperly performed, the various steps following this defective process are almost sure to be impaired. For instance, when one fails to masticate each mouthful of food thoroughly, thereby allowing no time for the digestion of the starch in the mouth, the work of the stomach is likewise apt to be

defective; also when stomach digestion is incomplete, there frequently follow various disturbances in the small intestine. Hence it will be profitable to say a few words relative to the cause of gastric catarrh. Unless one is willing to search out and correct these causes, there is little hope of any relief approaching a cure.

A very common cause of this disease—and the same may be said of other stomach disorders—is insufficient mastication of food. Washing down with hot drinks or perhaps with a couple of glasses of ice-water; the coarse, irritating, and improperly masticated food, is a dietetic sin that sooner or later gives rise to chronic digestive disturbances. Hasty eating almost invariably means overeating, and a repetition of this several times daily, eventually results in an overworked, distended stomach, and its consequent catarrhal inflammation. This is all the more aggravated by a diet made up largely of very fat substances, fried food, hot cakes, tea, coffee, and alcohol in various forms. Another common cause is irregularity in eating, and the pernicious habit of eating between meals of sweets and iced drinks, including so called "soda-water," ice-cream, iced fruits, etc., which, repeatedly taken into the stomach, can have no other than a highly injurious effect.

Among other common causes preceding gastric catarrh, we quite frequently find nasal catarrh, in which there is a constant dropping from the pharynx of large quantities of muco-purulent matter, which passes into the stomach and sets up a like condition there. Even where there is no apparent swallowing of abnormal nasal

secretions, the disease sooner or later invades the stomach by involving adjacent mucous membrane.

Decayed teeth, a filthy coated tongue, and decomposing food masses left in the mouth from day to day, are sufficient to produce a catarrh of even the most healthy stomachs, if there were no other exciting cause.

Treatment

From what has been said it will be quite apparent that one of the first steps in the treatment of gastric catarrh is the adoption of some measure that will rid the stomach of this coating of tenacious mucus. It can best be accomplished by the use of the stomach-tube, if possible under the directions of a physician, especially if one is a novice at such a performance. After a little practise, many patients find little discomfort in repeating this procedure. Lime-water may be added to the water used in the proportion of one part lime-water to two of plain water. The temperature of the water should be about 100° Fahrenheit. After pouring into the stomach, through the tube, about a pint and a half of the water, the funnel end of the tube is lowered into a pan or pail until the greater part of the fluid is siphoned out, when the process is repeated until the wash water comes away free from mucus. In cases where the use of the stomach-tube will not be tolerated, or where it is contr-indicated for various reasons, a glass or two of warm lime-water should be drunk. Immediately after this the patient should lie on the back, and roll from side to side, until the liquid is brought in contact with all parts of the stomach walls. By then turning upon the right side for twenty minutes or a half-hour, the pyloric opening is placed in the most dependent position, and will allow the dissolved mucus to flow downward in its course.

To get rid of the gas problem, usually bothersome in these cases, it is frequently

necessary to impress upon the patient that the gas belched up is not always the product of fermentation, but is often the result of faulty swallowing—a process of “cribbing.” The belching is usually repeated until the patient is satisfied that enough gas has been forced out of the stomach to account for all the food eaten, when relief is usually experienced.

With many who are afflicted with gastric catarrh, there is a relaxed condition of the esophagus, so that a considerable amount of air is swallowed with the food. This may be sufficient to produce some of the pressure symptoms. Then the patient begins a process of gulping down air and belching, the last-named step scarcely exceeding the first. This may be kept up almost indefinitely, as was seen in one of our patients who spent most of his time between meals “getting rid of gas.” Upon being assured that this gas was largely made up of swallowed air, he decided to swallow as little as possible, and borrow no further trouble about that condition. Assuming that very little gas came from food eaten, this man began to take on a more liberal ration, and within a few months gained more than twenty-five pounds.

Many patients afflicted with various digestive disturbances imagine that food stagnates in the stomach from one day to the next. For their encouragement it may be said that the motor function of the stomach, its ability to pass on food that is swallowed, is seldom seriously impaired. A number of times of late I have had patients, who were sure that a serious condition of stagnation existed with them, come to my office early in the morning following a supper eaten the evening before; and by using the stomach-tube, I demonstrated, to their satisfaction, that the stomach was absolutely empty. This might not be the case where a hearty supper was eaten only a short time before

retiring, especially where one was unusually tired upon retiring, or the sleep was unbroken and sound.

Second in importance to getting rid of the mucus in the stomach in these cases is the question of diet. Because the hydrochloric acid and the pepsin are usually diminished, many authorities agree that meat is not well borne. If eggs are relished, and seem to be readily digested, they may be allowed; better soft-boiled or poached. Fruit should be allowed freely when hypo-acidity exists. Leguminous or vegetable soup, well-cooked grains, rice, macaroni, toast, zwiback, spinach, asparagus, peas or bean puree, corn, and baked potatoes are usually well received. All foods should be thoroughly masticated, as coarse particles irritate the stomach and increase the amount of mucus.

No treatment is so helpful in chronic catarrh of the stomach as is hydrotherapy, that is, the application of water. Applied with reasonable skill, it relieves the distressing symptoms, and with many that alone is as good as a cure. Only a few measures can be detailed here. The fomentation, applied for fifteen minutes, soon after eating, will generally relieve the portal stagnation and liver congestion.

Fresh Air in the Treatment of Surgical Tuberculosis

THE decided benefit derived from the continued life in the fresh air in the treatment of pulmonary tuberculosis has been realized in this country for many years; but it is only in the last few years that surgeons have begun to practise the same treatment for the improvement of those suffering from tuberculosis of the joints, bones, and glands.

And there is no disease in which the constitutional and local must work so truly hand in hand as in surgical tuberculosis. Until recently the constitutional treatment has consisted of the more or less active

This not only aids stomach digestion, but also stimulates the whole digestive and assimilative process. At night the Priesnitz pack should be worn. It consists of a wet cloth applied over the stomach and liver, over which is placed a snugly fitting, dry woolen binder. In severe cases this may be worn between the fomentations given during the day.

Five-minute sitz-baths beginning with a temperature of 85° Fahrenheit and gradually lowering the temperature with each treatment, may be taken two or three times weekly, and is a valuable circulatory stimulant.

Between times, treatment may be used, such as tepid or cold sponging, salt glows, etc. Where the food seems to remain too long in the stomach, one of the most useful and yet simple measures is to lie on the right side for a variable length of time after eating. It has been found that in this position the stomach empties in almost half the time that it does when reclining on the left side.

Simple as these measures are, it only requires thoroughness in carrying them out to afford relief in the most obstinate cases of gastric catarrh. Naturally enough, it requires judgment in tempering them to fit each individual case.

routine use of increasing doses of cod-liver oil, taxing a liver and digestive apparatus already weakened by disease, and not until very recently has the favourable effect of a constant open-air life on these cases been appreciated in this country.

In European countries, surgeons realized this fact long ago. Since 1861 more than one hundred sanitariums have been established there for the treatment of surgical tuberculosis, most of them near the seashore, but some inland. The French, from all their hospital report claim from eighty-seven to ninety-three

per cent good results in cases treated at their open-air sanatoria. The English have also concluded that surgical tuberculosis should not be treated in city hospitals, but in the country.

In 1904 a fresh-air hospital was established on Coney Island, near New York, and as there were no available buildings, tents were pitched on the beach. Arrangements were made so the children could spend the entire twenty-four hours in the air, rain or shine, and each day they had their sea bath. The improvement of the children who came from the city hospitals and the cramped tenements was marked from the first, and by October it was decided that a permanent hospital should be established.

The patients, when coming to the hospital in June, were pale and thin, with poor appetites, and no desire to exert themselves. Quickly the appetites improved, the color came, and the weights increased. But there was doubt that the children would be able to stand the hard winter and continue to improve. It was realized that the experiment would amount to nothing if the fresh air, no matter how cold, were excluded. The fears were dispelled as the children took readily to the increasing cold, and the improvement which began in the summer continued.

In the buildings which were erected the wards were so arranged that a free circulation of air can be had at all times. Windows are never closed, day or night, summer or winter. The word draft is not known in the vocabulary of Sea Breeze Hospital. The children have become so immune to cold that they never complain, no matter how cold the temperature.

One who has never visited the hospital can hardly realize the change that takes place in a patient between his admission and the time when he becomes one of the characteristic Sea Breeze children. The pale, drawn, pain-marked face; the thin,

weak body, so characteristic of the tuberculous patient of the city hospitals, give way to the bright, cheerful, happy expression of the healthy child,—pink cheeks and ruddy complexion,—and the steady gain in weight. The body rounds out, and the languid attitude gives way to activity. It would probably be hard to find forty-five children under one roof or in one community who show such excellent nourishment and such thorough childish activity as do the children of Sea Breeze, notwithstanding the fact that these children are suffering from that dread malady tuberculosis.

Good plain cooking has been insisted upon. Milk and eggs have at all times formed an important ingredient in the diet list. No child is in the house except at meal-time and during the school periods, and as the windows are always open, they are still in the fresh air.

Hopeless cases and cases with lung involvement are not received at Sea Breeze. It has been found that lung cases are made worse rather than better by the sea air. No patient is discharged until all signs of active disease have been absent for a sufficient time to make reasonably certain the permanency of the cure.

It should be stated that the gratifying effects of fresh air have not caused those in charge to neglect surgical measures, such as rest of diseased joints, preferably by plaster casts.—*Brainerd H. Whitbeck M. D., in New York State Journal of Medicine.*

England's Probation System

FOR two years England has had a probation law which provides that convicted children shall be under a probation officer for twelve months, and that during this twelve months they *must* be abstinent. By means of the advice of the probation officers, homes of the labouring classes are being transformed.

Effect of Water Applications on the Circulation

GEORGE K. ABBOTT M. D.

DURING health the blood-vessels of the body are not of a constant, unvarying size, but are in a state of continual change, dilating and contracting alternately, about once every minute. As contraction occurs, the blood is forced on-ward. When dilatation takes place, they again fill with blood, which is sent on-ward by the next contraction. This pumping action of the blood-vessels is so powerful, and is such an important factor in the circulation, that the smaller vessels, as a system, have been called the peripheral heart, or skin heart.

If the nervous control of the blood-vessels is interfered with,—that is, if the vasomotor nerves are paralyzed,—the blood-vessels dilate, and remain dilated. This causes them to be overdistended with blood that has only the force of the heart-beat to push it along. The slower circulation which results causes the part, say an arm or a leg, to become dusky in color, and cold. This is what occurs in paralysis, such as follows apoplexy. Somewhat the same condition, namely, a weakness or paresis of the blood-vessels, is found in neurasthenia, dyspepsia, infectious diseases, and fevers. The failure of the blood-vessels to perform their part of the work of the circulation throws an added burden on the heart. For this reason, the heart works under much stress and at a disadvantage, but may not itself be at fault. Many cases of so-called heart failure are in reality failure of the vasomotor mechanism, and not primarily of the heart.

There are many ways in which the work done by the peripheral heart may be increased in efficiency, or restored to normal when deranged. All sorts of applications to the skin excite contractions in the blood-vessels, so that the usual rhythmic changes

in size occur more rapidly or are greater in extent. Each kind of application, however, is conducive to different degrees of contraction or dilatation, and so to different end results. It is these changes occurring in the blood-vessels which constitute circulatory reaction.

When cold water is applied to the skin for a brief space of time, and specially when accompanied by friction, the skin becomes reddened with an increase of bright-red blood. This is due to the vigorous pumping action of the blood-vessels. The circulation being hastened, the venous blood is rapidly replaced by fresh arterial blood. The cold and friction, through the vasomotor nerves, stimulates the blood-vessels to more rapid and extreme dilatation and contraction. This condition of the blood-vessels is known as active dilatation, and resultant change in the vascularity of the part is known as active or arterial hyperæmia because arterial or freshly oxygenated blood predominates.

Hot applications produce results differing essentially from the conditions noted above. At first, the changes appear to be much the same, since the blood-vessels are excited to greater activity; but as the hot application is prolonged, the blood-vessels tend to remain dilated, and the pumping action is lessened. While with the cold, the blood-vessels are excited to dilate and contract vigorously, with heat the dilatations become greater and the contractions less and less as the application is prolonged. The blood accumulates in the dilated capillaries and veins. This results first in a redness of the skin, but later in a duskiness, because the circulation is slowed instead of hastened, venous blood predominating. The relaxed condition of the blood-vessels is known as atonic or passive dilatation, and the stasis

of blood which results is known as passive hyperæmia.

When the cold application is intense, such as the prolonged use of an icebag, a condition results which is the opposite of that produced by prolonged heat. The blood-vessels are at first stimulated to alternate dilatation and contraction, but the dilatations become less and less while the contractions increase in vigor until a state of constant vasoconstriction results, the blood-vessels becoming very small in size and the skin blanched from absence of blood. In this condition the reaction is suppressed by the

prolonged and intense cold of the ice.

When the body is immersed in a bath of cool salt water, charged with carbon-dioxid gas, the blood vessels are very powerfully stimulated. Such a bath as this is known as an artificial Nauheim or effervescent bath. A defective heart, beating rapidly and working under adverse circumstances, may be so effectively assisted that its rate will decrease from ten to twenty-five beats a minute, and it assume an easy, steady movement. The change for the better in such a heart, with this treatment, is often astonishing, and needs to be seen to be appreciated.

China's Fight Against Opium

WHEN, many years ago, China was compelled to admit opium from India, the cultivation of the poppy was encouraged at home to compete with the trade from abroad. Now, however, the Chinese government is making one of the greatest fights in history against a national vice. It is rapidly cutting down the production of the drug in China. Now the students of northern China are organizing a great protest against the importation of opium; and strong organizations in great Britain are seeking to secure action on the part of the Indian authorities. Here are some lines from the Chinese students' appeal to the British nation:—

"For fifty years the opium trade has been bringing thousands of pounds of the black curse to China. This poison has brought sorrow, poverty, and death to millions of our people. Now our government and our people fully realize the danger, and have made strict laws to overcome this great evil. For three years the battle against the planting of opium has been going on, and the world can see that China is thoroughly in earnest because of what she has done. But still the opium continues to come in from abroad, and we

can not stop it because of the treaty of fifty years ago. Alas! alas! how can we save China? We are deeply moved as we hear of so many of the English people who are praying and working that this trade may be speedily stopped. . . . The governor of the Canton province undertook severe measures to protect his people from the black poison from India. For several months the trade was demoralized, and the opium merchants of Hongkong appealed to the British minister. It was decided that China had no right to interfere with the trade. The viceroy has now resigned because he was not able to protect his people. . . . China has not the right to save her people from opium. Alas! is this indeed so? And is it the enlightened, Christian nation of England that has taken away this right? If so, we appeal to you to set us free."—*Review and Herald*.

"ENVY is the rottenness of the bones."

THE wise mother is good for her child's sake; the foolish mother wants her child to be good for her sake.—*Rev. Frank Crane*.



Cookery One of the Fine Arts

DR. LAURETTA KRESS

MAN lives by the introduction of food into his system. Sooner or latter his physical condition will show whether this food is of the right quality or quantity. Disease results if this food is improper in quantity or poor in quality, or if it is poorly prepared for assimilation.

The cook plays a very important part in the home, as she prepares the food that goes to nourish the inmates. A good cook is one who, having studied the more important principles of right living and of food combinations, can, with care and thought, apply them with benefit to all the family. But how often the work of preparing the food is left to one who is illiterate, untidy, and careless, and who works only for a wage, not for the up-building of right living.

Cookery is not only a science, it is one of the fine arts; but it has been seriously neglected by the women of recent years. There are few who can make good, wholesome bread. The aim usually seems to be to arrange some concoction to appeal to a perverted appetite, without any consideration of its digestive qualities. The average woman does not make any serious attempt to develop the art of cooking. To study how many food units will be needed in the building process of the human body or what particular elements are necessary for certain cases, is to her like a lesson in Greek or Latin.

Imperfect knowledge of cooking leads to diseases of every kind. Children and adults suffer the results of bad cookery. There should be schools in every city where

the most wholesome ways of preparing foods for sick and well could be learned. If more time and study were spent on this great subject, there would be less need for the doctor, and there would be fewer mounds in the cemetery; but at present the cooks too often play into the hands of the physicians and patent-medicine venders, and the undertakers.

Our palates need education to eat that which is good. Our cooks need education in making foods that nourish. Many of the strongest animals find their sustenance in the plant kingdom. Why should we not find enough in the grains, fruits, vegetables, and nuts to build a strong body structure?

There are a few points which must be considered. The food must be palatable as well as digestible. A soup, a salad, a sandwich, or any other prepared food should be made with this in view. There are flavors which each food contains that should be retained. Often in the cooking they are lost because of failure to know how to prepare it. For instance, the potato, when boiled, is put to cook in so much water that when it is done it has a large amount of water still left to be thrown away. This has extracted from the vegetable in the boiling process much of the salt which makes the potato tasty, and which is needed in the body; and when this water is thrown down the sink, the cook must do something to make this article palatable, so a large amount of salt is added, and some butter and pepper to make up for the absent elements which

went down the sink. The same is true also of beans, peas, and lentils. They are usually cooked in water until partly done; this water is thrown away, and other water is added. In this first water much of the phosphates of the peas or beans is extracted, for as the water becomes warm enough to crack the skins and loosen the starches, the phosphates are dissolved into the water. When these important nutrients are thrown away, the food is tasteless unless something is added to bring up its flavor. So salt, pepper, and fats are again added in the endeavor to make palatable dishes. If the important natural salts of the food were conserved in the cooking, there would not be this need of adding artificial flavors. When peas, beans, or lentils are put to cook in cool water, without soaking, and a little vegetable oil (cottonseed or olive oil) is added, allowing it to cook with these legumes, the broth drained from them when done will have a "meaty" taste, because all the phosphates are there; nothing is lost. This will make a stock for various soups—quite equal in flavor to meat soup. To this broth of peas or beans or both cooked together various vegetables can be added, and we have a vegetable soup. The recipe is given below:—

Vegetable Soup

- 1 pint yellow split peas,
- 1 cup Lima beans,
- $\frac{1}{4}$ cup salad oil,
- 1 small onion,
- 1 small carrot,
- 2 sticks celery,
- 1 ear corn,
- 1 small turnip,
- 2 medium-sized potatoes,
- Parsley,
- 1 medium-sized tomato.

Put the beans and peas to cook together, with salad oil; cook slowly until done. There should be a good supply of fluid on the mixture when done. Drain this off, add salt and vegetables chopped fine, cook all together until done, and lastly, add parsley, chopped fine. Serve hot.

This same kind of broth could be used in making a noodle soup.

Noodle Soup

- 3 yolks eggs
- 1 teaspoonful water
- 2 tablespoonfuls nuttolene
- 1 quart bean broth
- Salt
- 1 cup of strained tomatoes

Put the yolks of three eggs into a basin. Add one teaspoonful of cold water and a little salt. Stir in flour enough to make a stiff dough. Put the dough on the kneading-board and knead in as much flour as it will take. Roll out very thin. Dry a little, then roll up in a roll, cut into very thin strips. Shake them out to dry a little more, then drop into the boiling water broth. Prepare the broth by cooking one pint of Lima beans with one tablespoonful of salad oil or olive oil until well done. Drain off the broth. Add one cup strained stewed tomatoes. To this add the noodles. Cook rapidly in the broth until the noodles are well done. If any flavoring is desired, as onion, celery, etc., it should be added to the broth before the noodles are put in. Just before serving, add two tablespoonfuls of nuttolene, if desired, chopped fine, or cut into small dice.

It can also be used in making a gravy.

Take vegetable broth from any vegetable that may be cooking—peas, beans, potatoes, etc., mixture of all these broths is very nice. Add salt, and thicken with flour that has been browned in the oven to a rich brown colour. A little celery or onion can be added if desired, or a little strained tomato.

Or it may be used in making a toast for breakfast.

Minced Scallop on Toast

Mince one-half pound of nuttose and put it on to simmer in three cups of bean broth for three quarters of an hour. Add a little sage, parsley, and salt; just before serving, chop the yolks of two hard-boiled eggs into the mixture. Serve hot on small squares of zwieback.

Healthful cookery, then, requires enough study to know the various wants of the human body and the elements in foods that will supply them. Then the food should be combined as tastily as possible to bring out all the flavors of

the food itself, with the addition of the smallest amount of seasoning, so that the natural flavors can be noticed.

When a food is prepared for the table that tastes so strong of onion that one in eating it can taste nothing else at all,

it is poorly prepared, or *bad Cookery*. Any flavor, as onion, sage, bay-leaves, thyme, etc., should be added in such small quantities that it gives a pleasant taste to the food, but so that those eating it can hardly detect the extract flavor.

: Current Comment :

Sleeplessness and Its Treatment

DRUGS in the treatment of sleeplessness should be employed with the greatest caution. When insomnia occurs as an occasional result of some known violation of the laws of health, no account need be taken of it. Excessive fatigue and eating just before retiring are common causes. There is also a simple insomnia due to empty stomach, which needs only a little hot milk to set things right. Flatulence or an overloaded colon may prevent sleep. The effects of tea, coffee, and tobacco are familiar to all. Strychnin, caffeine, and theobromin, when given medicinally, also cause insomnia. Mental excitement is a dispeller of sleep. The high arterial tension of kidney disease, arteriosclerosis, and digestive disturbances often cause persistent insomnia. Sleeplessness in old age is due to rigid vessels in the brain. On the other hand, insomnia may be due to weakness of the vessels, or rather of the nerves and muscles which should keep the vessels in tonic contraction, as in anemia, in recovery from grippe and typhoid, and in Graves's disease. These patients readily fall asleep sitting up, but when they lie down, such is the automatic dilatation of the cerebral vessels that the brain is suffused with blood, and sleep is effectually prevented.

Each case must be studied on its merits. It goes without saying that sleep-

producing drugs are not to be given indiscriminately. Look for and correct underlying causes. Drugs are to be regarded only as expedients, when they are used, while the cause is being sought out.

Somebody has said that no one ever suffers from insomnia who has to get up at six o'clock every morning. Of course this is too much of a witty generalization, but there's a lot of truth in it, just the same.—*Editorial, Therapeutic Medicine.*

Massage for the Relief of Pain

MUSCULAR rheumatism should always receive massage from the first, and very often it will need no other treatment. The deposits frequently found in these cases can be promptly removed by massage, thus relieving pain that has existed for months or years.

The pain of neuritis, sciatica, and many of the neuralgias can at times receive great benefit from massage, but some cases tax the ingenuity of the operator. The operator will be agreeably surprised by the effects of massage for the relief of pain in frost bite, intestinal colic, flat foot, cramps, etc.

The manipulation must vary according to the case, and must be adapted to the position and kind of pain, and to the functional disability. The chief work in massage falls on the thumbs and fingertips, the inner surfaces of the fingers and

eminences of the palm of the hand. The movements vary from the slightest touch to the most thorough kneading and percussion, following frequently by active, passive, and resistive movements.

The manipulations should not cause pain, but should be followed by relief of pain or tension, and a general feeling of lightness and well-being. The case should receive the care given to a surgical operation, such as preparation of the hands, condition of the surface of the body treated, temperature of the room, and the position of the patient.

The physiological effects of massage are increased elimination, circulation, and metabolism, absorption of exudations, improved nutrition, relief of congestion, and quieting of the nervous system.

Massage should be much more extensively used. It not only relieves pain, but it shortens the time required for treatment.—*E. C. Thompson, M. D., in Boston Med. and Surg. Journal.*

The Modern Treatment of Gall-Stones

MODERN medical researches have shown that gall-stones occur much more frequently than was formerly supposed. The statistics of postmortem examinations made by various observers have shown the presence of gall-stones in more than ten per cent of all persons dying over sixty years of age. Gall-stones occur much more frequently in women than in men. Guilbert, Dominici, Furnier, and Mignot, as well as many other observers, have demonstrated that gall-stones are due to infection of the biliary tracts. Germs are absorbed from the intestine, carried through the liver, and discharged in the bile. Gall-stones are formed in the effort to combat these bacteria, hence are one of the means by which the body defends itself against invading microbes. The microbes found in the lower part of

the gall-ducts are of a harmless sort, ærobes, while those found in the gall-bladder and the upper portions of the biliary passages are anærobes, or poison-forming and disease-producing germs. The source of these germs has been shown to be putrefactive processes taking place in the intestines.

It is evident that the number of persons who have gall-stones without being aware of the fact is very much greater than those who suffer from the presence of these calculi. In fact, it appears that but a very small proportion of those who have calculi in their gall-bladders are ever in any way aware of the presence of stones. Doubtless many persons are discharging constantly from their gall-bladders small gall-stones which pass easily through the gall-ducts and produce no inconvenience. When, however, the gall-stones happen to be of such size as to be able to enter into the gall-duct, but too large to pass easily through it, obstruction occurs, accompanied by great suffering. In many cases in which pain is experienced in the region of the gall-bladder, an operation reveals the presence of gall-stones, and it is probable that the pain and suffering have been due to the inflammation of the gall-bladder accompanying the gall-stones rather than to the gall-stones themselves.

Recognizing these facts, Guilbert, Carnot, and Jomier have recently suggested the importance of adopting means to prevent the formation of gall-stones, and to render them innocuous when their presence is suspected. The essential means suggested is the adoption of a low protein dietary, especially the lacto-vegetarian regimen. It is more than probable that the majority of persons having gall-stones, even when more or less discomfort is experienced therefrom may, by adoption of an antitoxic dietary, not only prevent the further development of the disease, but secure its quiescence and entire relief

from its symptoms by discarding flesh meats and all substances calculated to encourage intestinal putrefaction. Eggs should be discarded entirely, or be eaten very sparingly, and the bowels should be made to move two or three times a day, so as to give no opportunity for putrefaction, and the absorption of poisons. In addition, hot cloths applied over the region of the liver twice daily, the moist abdominal bandage worn at night, copious drinking and the adoption of all possible measures for building up the general health are essential.—*American Good Health.*

Protection Against Insect Bites

It is not generally known how valuable a preventive against the bites of mosquitoes, fleas, gnats, midges, and so forth, oil of sassafras is. The fact has recently been recorded again by Mr. A. T. Girdler. If in a susceptible person the oil is applied at once to the place that has been bitten it almost invariably prevents the poisoning altogether. If applied to the inflamed spot a day or two after the bite it at once stops the irritation. To those who live in the country, and whose life is made a burden by undue susceptibility to insect bites, and to those who have not yet returned from holiday-making in regions infested by biting insects, oil of sassafras should be a great boon, and it is harmless as an external application.—*The Medical Review.*

The Dietary of Queen Alexandra.

THE careful diet since girlhood of Her Majesty Queen Alexandra has long been ascribed as one of the causes which have contributed so largely to her youthful figure and beauty of face. Ever since she first came to England as the bride of the Prince of Wales she has carried out the simple dietetic habits of her native Denmark, in spite, it is recorded, of the opposition of her royal mother-in-law, Queen Victoria, who would not believe

that anyone could exist on such Spartan fare.

The Queen mother never allows herself to eat too heartily at any time. As a rule she prefers a small meal rather than a heavy one. On all occasions of fatigue, such as a drawing-room reception for instance, she fortifies herself beforehand by sipping a glass of milk. This and orangeade, by the way, are her only beverages. Neither tea, coffee, chocolate, nor any kind of alcoholic liquor ever find a way into the Queen Mother's dietary. Other products from the dairy besides milk are favourites with Queen Alexandra. Cream, butter, cheeses, curds, and buttermilk are all partaken of freely by her in turn.

Her Majesty eats very little meat, and then only white meat. Fruit, vegetables, and nuts take the place of more solid dishes. She avoids condiments and even spices if very aromatic.

Breakfast is a light meal, fruit, eggs, and toast. Luncheon is usually a bird or fish dish, and some fresh cheese, or honey, her favourite sweet. Tea in the afternoon is replaced by warm milk, and dinner at night is only a replica of the light mid-day luncheon on a slightly extended scale.

The Queen Mother, however, does not pin her faith only to diet as a restorative of health and beauty. She believes with equal fervency in fresh air and exercise. She understands, moreover, the enormous influence of mind over body, and throughout the many trying experiences which have made up her lot as queen and princess, she has always been careful to preserve an unruffled serenity both of mind and countenance, which has greatly assisted in the preservation of what to loyal English people appears like perennial youth.—*Food and Cookery.*

BOY: "What is a white lie, Pop?"

FATHER: "Most of the milk we buy, my son."—*Lippincott's.*

Abstracts

Health Through Drafts

THE prevailing notion of "getting consumption," as the common people think of it, is embodied in the process of "catching cold which settles on the lungs." Their belief is that a cold usually, if not always, comes from sitting or standing in a draft. A draft is the bane of the common man's life. As a result, he carefully closes his doors and windows as soon as a touch of fresh air strikes him.

Modern studies of tuberculosis and its causes, have exploded such theories. Tuberculosis is not caused by colds, and colds are not caused by drafts. In fact, fresh air is recognized as the best preventive of both colds and tuberculosis. This belief is borne out by the statistics among railroaders, and the percentage of tuberculosis cases among them. Two hundred thirty-six working men out of every hundred thousand in all trades die with the white plague, while only 129.6 (or about one-half as many) in one hundred thousand railroad men are afflicted. Fresh air undoubtedly saves them. Fresh air for the trackmen, the largest class of railroaders; for the enginemen and train crews, yardmen, roundhouse men, and all classes, indeed, except the clerks and shopworkers. The howling wind that whistles past the engine cab at sixty miles an hour; that whirls and eddies around the shanty or finds the cracks in the roundhouse, is by no means the unmixed evil indicated by the florid greetings it receives from the shivering railroader.

In the shops the matter is otherwise. The air is filled with dirt and dust, thirty-eight varieties of which, including iron filings and emery, are detrimental to the lung tissue.

With the clerks, ventilation is a matter of more attention. The difficulty here is the clerk's sedentary occupation, his bent body and stooping shoulders, with never a need for breathing, and his deadly fear of walking when he can ride, are all aiding and abetting his early passage to the grave by the tuberculosis route.

Of the railroad men's treatment of the riding public we must speak more in sorrow than in anger. Whatever be his desires in the matter of air, they are sure to be overridden by an anxious public, bent on excluding all possibility of murdering germs by the cheap use of free oxygen.

The new-style steel cars, now coming into general use, have specially constructed ventilators, with the openings in front of the cars near the floor, which permits a flow of cold air over the steam-pipes before it is thrown into the car and breathed. That does away with all overhead openings, with drafts, with the possibility of arbitrary and fanciful directions by passengers, and insures a uniform supply of fresh air warmed just enough to be breathed with comfort. Special contrivances strain out the dust before it enters the cars.—*Arthur Holmes, Ph. D., in Fresh Air Magazine, July, 1910.*

Mustard Poultices in the Treatment of Acute Bronchitis

THE value of external applications, and especially counter-irritants, in the early stage of acute bronchitis, is not appreciated at the present day. The old-fashioned poultice has been largely discarded, yet there are few remedies more beneficial, when rightly used. There is not very

much good derived from the continuous application of flaxseed poultices or from hot fomentations. What is needed is sharp counter-irritation by mustard diluted with flaxseed, according to the age of the patient and the susceptibility of his skin. When the bronchitis affects mainly the trachea and the larger bronchi, with a sense of tightness behind the breast-bone, and an incessant, tickling cough, the poultices should be applied at the top of the chest in front. When the cold has attacked the small tubes, a large poultice should be placed across the bases of the lungs behind.

For adults, equal parts of flaxseed and mustard may be used, sometimes even more of the latter. I have often seen pure mustard applied to advantage, a layer of mustard being placed next the skin. For children who have more sensitive skins, one-third or one-fourth mustard should be used. The poultices should be left on until the skin is markedly red. Irritation may be relieved by smearing with oil of vaseline. In very young, feeble, and rickety infants it is better not to embarrass further the breathing by heavy compresses. In such a case it is better to let the child lie on the poultice.

Sometimes oil of turpentine may be substituted for mustard. Prepare a hot fomentation with flannel or spongiopilin, and sprinkle on it a half teaspoonful of oil, then give the flannel a final wring so as to distribute the turpentine. Its action, however, is somewhat uncertain, and unless care is exercised, blistering is likely to occur. It is in the early stage of the disease that these applications are especially beneficial, when the mucous membrane is congested, with much oppression and with but little expectoration. When the secretion is free, counter-irritation does not do much good.—*J. Walter Carr, of London, in Folia Therapeutica.*

Does Smoking Kill Disease Germs?

IT is a common belief among smokers that tobacco-smoke kills the germs of disease, and one has even heard it urged that the air in the window closed railway compartment in which half a dozen men are smoking is actually purer than that outside! This belief in the germicidal action of tobacco-smoke is backed up by its action upon green-fly in a greenhouse, and it might be true if the individual containing the disease germs were to treat them—and himself—in the same way that he treats the green-fly, viz., enclosed in a practically hermitically sealed chamber completely filled with concentrated tobacco-smoke for twelve hours. This might kill the experimenter, but as to killing the tubercle bacilli—or, indeed, any other disease germs—is more than doubtful.

By no means so easily are those tiny mites of lignacy destroyed, and very different in vitality are they from the green-fly. They can stand any temperature from below freezing up to that of boiling water, and can resist all but the most powerful of disinfectants. But—and this is a big *but*—they yield their lives “to a man,” and without reserve, under the influence of the omnipotent sunlight and fresh air.

Thus can disease microbes be boiled to death, sunned to death, or fresh-aired to death: but that they can be smoked to death in ordinary tobacco-smoke is not true: and the smoker who believes that his habit is saving him from their malign influence is cherishing a delusion, and living in a Fool's Paradise—and the sooner he gets out of it the better.—*J. Johnston, M. D. (Edin.)*

“MACARONI” its taken from a Greek derivation meaning “the blessed bread,” alluding to an ancient custom of eating it at “feasts of the dead.”—*Food and Cookery.*

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INTERNATIONAL CAMPAIGN AGAINST SLEEPING-SICKNESS

GERMANY and England have entered into an agreement to work together in their effort to stamp out sleeping-sickness in Togoland and the Gold Coast.

THE OUNCE OF PREVENTION

GOVERNMENT statistics show that among 12,644 soldiers vaccinated against typhoid but five cases of the disease occurred, with no deaths. In the remainder of the army 418 cases occurred with 32 deaths.

PROHIBITION IN ABYSSINIA

THE King of Abyssinia has made his country "dry," so far as the natives are concerned, by a very simple but effectual expedient. He has announced that anyone furnishing liquor to the natives of Abyssinia shall be shot.

A SIGNIFICANT ADMISSION

A writer in the *New York Medical Journal*, who believes that coffee in moderation has its uses, makes the following significant admission: "Coffee-drinking is sometimes harmless, often harmful, and, generally speaking, a habit that is not to be encouraged."

TEMPERANCE TEACHING

THE teaching of temperance in the London schools began fifty years ago. Canada was the first British colony to adopt such teaching. In Victoria, New South Wales, there has been definite temperance instructions in the schools since 1899. The delegate from that colony to the Imperial Temperance Congress testified that the lessons are actually taught, as he had learned, by questioning people in various schools. As a result there is in Victoria a steady decline in the drink bill.

AN ANTI-SMOKING LEAGUE

WE understand that a league has been formed in the United States "to prevent smoking in public thoroughfares." We should like very much to see a vigorous league with this object in view started in the United Kingdom. To public thoroughfares we would add, all public halls, rooms, restaurants, etc., except those particularly devoted to smoking, and we would also add non-smoking railway carriages. On entering such a compartment the other day solely because it was not labelled "smoking," we found a gentleman nursing a huge cigar. A few minutes later a lady opened the door, but seeing the gentleman (!) in the act of smoking exclaimed: "Oh! I thought this was a non-smoking compartment," and promptly left. Whereupon the smoker observed that he could not understand why ladies were so unwilling nowadays to meet gentlemen half-way. Comment seems unnecessary.—*English Good Health*.

NEVER READ A BAD BOOK

NEVER, under any circumstances, read a bad book; and never spend a serious hour in reading a second-rate book. No words can overstate the mischief of bad reading.

A bad book will often haunt a man his whole life long. It is often remembered when much that is better forgotten; it intrudes itself at the most solemn moments, and contaminates the best feelings and emotions. Reading trashy, second-rate books is a grievous waste of time also.

In the first place, there are a great many more first-rate books than ever you can master; and in the second place, you can not read an inferior book without giving up an opportunity of reading a good one.

Books, remember, are friends; books affect character; and you can as little neglect your duty in respect of this as you can safely neglect any other moral duty that is cast upon you.—*Selected*.

INSANITY IN ENGLAND

ACCORDING to Dr. Winslow, one out of every 275 of the population of England is insane, while in 1859 the proportion was one lunatic to every 536 of the population. He tells us that there was an average annual increase of lunacy during the last decade of 3,394. If this rate of increase continues, how long will it be before asylum attendants will be at a premium?

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.

Each chapter has an engraved heading which makes the lesson easy to remember. For instance: The heading of the chapter on the nerves and their work pictures a modern telephone system.

Some of the other chapters are as follows:—

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Cupola	The Head
The Kitchen	The Stomach
Pumping Plant	Heart
Bath-Room	The Lungs
The Windows	The Eyes
A Good Servant	The Tongue
A Faithful Watchman	Sense of Smell
A Gentle Nurse	Sleep
A Wicked Thief	Tobacco
A Cruel Murderer	Alcohol

It is just the book a mother will be glad to read to the younger children, and place in the hands of the older ones to read for themselves. It explains why it isn't best to eat between meals, to eat much rich food at any time, to swallow food before it is well chewed, etc., why tobacco and alcohol are thieves and murderers, why the tongue is a good servant but a hard master, and why the body-house should be carefully cared for.

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