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of Health



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Affection

Talk not of wasted affection, affection never was wasted;
If it enrich not the heart of another, its waters, returning
Back to their springs, like the rain, shall fill them full of
refreshment;

That which the fountain sends forth
returns again to the fountain.

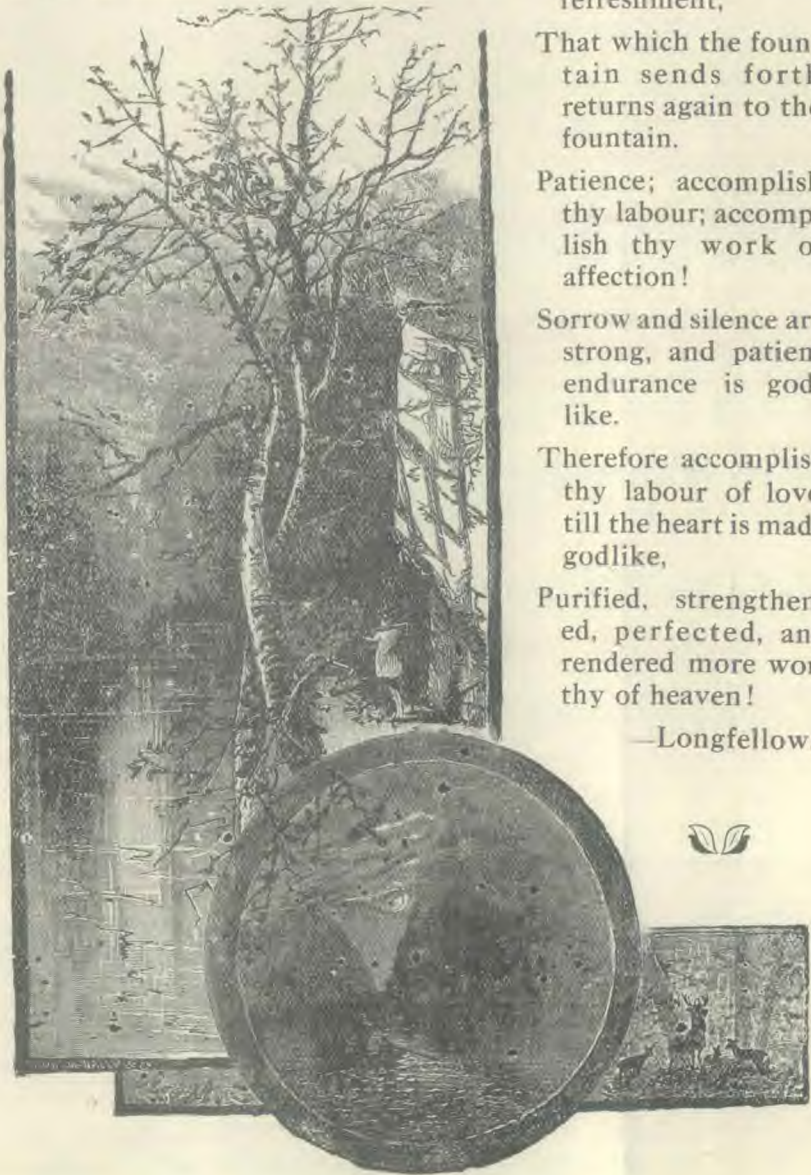
Patience; accomplish
thy labour; accomplish
thy work of
affection!

Sorrow and silence are
strong, and patient
endurance is god-
like.

Therefore accomplish
thy labour of love,
till the heart is made
godlike,

Purified, strengthen-
ed, perfected, and
rendered more wor-
thy of heaven!

—Longfellow.



HERALD OF HEALTH

The Indian Health Magazine.

V. L. Mann, M. D., Editor

S. A. Wellman, Asso. Editor.

Vol. 3

Lucknow, U. P., November, 1912,

No. 11

A Plea for Reform

THE patent medicine business has reached tremendous proportions. It is making millionaires, building mansions, and allowing its propagators to live in ease and luxury. From whence comes this money? It comes from the pockets of ignorant victims who have been duped by the fraudulent claims and lying statements of patent medicine vampires. America alone spends about Rs. 2,70,000 in a year in the patent trade, and England and Germany are no less implicated. The medical associations of these nations are taking an active interest concerning this business and are doing all they can to reduce the exploitation of quack medicines or articles. We feel that England's influence along this line is not being felt in India, as this country seems to be very fertile soil for quacks to advertise their lying schemes. We get a great many inquiries from our subscribers relative to this patent medicine, and that patent article, for the restoration of health. These show how prone we are to listen to the deceitful claims made by these advertisers.

When we look carefully into the matter, we find that the manufacturer is not alone to blame for the wide exploitation of nostrums. The press, both lay and medical, the physician, and the consumer, share the responsibility for the extension of this business. Should the newspapers, magazines and medical journals deny their pages to this class of advertisements, the quack

concerns would dwindle down to almost nothing. If physicians would prescribe for their patients drugs selected from the pharmacopeia of their medical association instead of using some patent medicine the composition of which is an uncertainty, the trade in nostrums would be greatly lessened. Physicians are busy men, and they often make this mistake because it is easier and takes less time to advise the use of So and So's patent medicine than to write out a prescription for drugs that are recognised by the medical profession the world over. It is a mistake to think that some patent medicine contains something in it that is not known by the profession. The truth of the matter is that when these nostrums are analysed they contain the commonest of medicines of a very cheap quality. The exploiters would be glad to have us believe that their medicine contains something of which we have never heard. When we come in contact with a widely advertised medicine in both lay and medical journals, purporting to be made of something never before known and standing out prominently as a cure all, or perhaps making the statement that it is not a cure all, then finish the advertisement by mentioning every disease that it has cured and to which human flesh is heir. Under such circumstances it is best for us to hold our purse strings tightly. The quack shows great skill in advertising his nostrum. It is this

that brings him his returns, so in it he becomes more than a professional. It is surprising how close he can appear to follow the truth and still lie. It has become with him an art that he loves to follow because it brings in the pice. On questioning a manufacturer as to how much he had spent on advertising a well known nostrum he admitted that he had used Rs. 30,00,000. The investment of Rs. 30,00,000 in advertising brought him in return many millions. So, when we read a nicely worded advertisement as to what some wonderful medicine has accomplished, with a strain of sympathy cropping out here and there, let us remember that the sympathy is not for suffering humanity, but for the exploiter's pocket book. "Advertising" furnishes the surest diagnosis of quackery. Any doctor, institution, or medical concern which promises to cure disease either in a public advertisement or in a circular or letter is, in its own type, branded "quack," and the man who wastes his money and his health on such is the "Fool killer's ablest assistant." —*Nostrum Evil*.

We hope our readers will keep in mind this definition of a quack as it will save them many a painful experience.

Testimonials are another very necessary adjunct to the patent medicine business. A testimonial purporting to come from some one who has been marvellously helped bears considerable weight, especially to one who is suffering with the same disease. This would be very fine, if we could depend upon the testimonials. But, when we consider that these testimonials are printed by one whose sympathy is not with humanity but for money, and that he makes such fraudulent claims concerning his nostrum, the testimonials lose their weight. There are many ways by which these men obtain their testimonials. Some are bought, some are made out of "whole cloth" when no such place

or person exists, others allow their names to be used in this connection for the sake of notoriety, while others give their testimonial because of importunity and still others, and these are in the minority feel that they have been benefited.

There are three ways in which patent medicines appear to benefit. The average patent medicine contains about 25% alcohol, with a considerable opium and cocain. These are stimulants and have a tendency to whip up the system for a time, and make it feel better. It is during this period of optimism that the testimonial is given. Dr. Woods Hutchinson has said, "Remove alcohol and opium, and the back bone of the patent medicine business would be broken inside of forty-eight hours, because these are the only drugs known to science which will make any one, no matter what may be the matter with him or her, "feel better" for a little while, at least, every time he takes them."

Eighty-five per cent of all illnesses are cured naturally within the individual. If this were not the case, humanity would have been wiped out of existence centuries ago. So it is not to be wondered at that any medicine, even if it is entirely devoid of curative powers may score 85 per cent of cures providing that it is not positively harmful. That we may prove the good merits of a remedy it is not only necessary to prove that it caused 70 or 90% of cures, but it is necessary to prove that a greater percentage were cured by the medicine than without it. This number, whose cure was due to nature and not to the patent medicine, helps to swell the testimonial list.

One of the greatest levers that the medical faker grasps is to obtain the name of a medical man for his testimonial list. But we can rest assured that no medical man in full and regular standing among his profession will lend his support to any such enterprise unless it is through ignor-

ance, or he has allowed the faker to get the better of him. The following will show how physicians are misled in this matter. "A very nice appearing man called here one day and sent in his card bearing the name of a doctor, graduate of a certain medical school. He was as smooth an article as I have been up against; and I have met a good many. He at once got down to business and began to talk of the hospitals he had visited, mentioning physicians whom I know personally, or by reputation. He then brought out a lot of documents for me to peruse, all of which were bona fide affairs, from various institutions, signed by various physicians or resident physicians, setting forth the merits of Duffy's Malt Whiskey. He asked me if I ever used it in my hospital. I said yes, very little. He next asked me if I would give him a testimonial regarding Duffy's Malt Whiskey. Finally very foolishly and because of importunity I gave him a testimonial on condition it would not be published. He promised that it would not be. I then wrote in a few words that we had used Duffy's Malt Whiskey and were satisfied with it and signed my name. Later I received a booklet in which was my testimonial and many others, with cuts of hospitals ranging along with people who had reached 100 years old by the use of the whiskey while seemingly all ailments save ring bone and spavin, were being cured by this wonderful beverage. I was provoked, but was paid as I deserved for allowing a smooth tongue to deceive me. Duffy's Malt Whiskey has never been inside of this hospital since that day and never will be while I have any voice to prevent it." This hospital is still used as a reference by the Duffy people.

Most of the testimonials procured by the quack cures are from the most illiterate people. They have to be edited and added to by the quack before he can print

them. References from this class of people ought not to bear much weight when read by a thinking class of people.

(To be Continued.)

HEALTH HINTS

"At meal time cast off care and taxing thought. Do not be hurried, but eat slowly and with cheerfulness."

"If you are in constant fear that your food will hurt you, it most assuredly will."

"You should never let a morsel pass your lips between your regular meals. Eat what you ought, but eat it at one meal, and then wait until the next."

"Rich and complicated mixtures of food are health destroying. Highly seasoned meats and rich pastry are wearing out the digestive organs of children."

"When the brain is constantly taxed, and there is a lack of physical exercise, one should eat sparingly, even of plain food."

Some closely apply their minds to books, and eat the allowance of a working man. Under such habits some grow corpulent, because the system is clogged. Others become lean, feeble and weak, because their vital powers are exhausted in throwing off the excess of food; the liver becomes burdened, and unable to throw off the impurities in the blood and sickness is the result."

"Very hot food ought not to be taken into the stomach. Soups, puddings, and other article of the kind, are often too hot, and as a consequence the stomach is debilitated. Let them become partly cooled before they are eaten."

"Do not eat much cold food, for the reason that the vitality must be drawn from the system to warm the food until it becomes at the same temperature as the stomach before the work of digestion can be carried on."

"Many understand how to make different kinds of cakes, but cake is not the best food to be placed on the table. Sweet cakes, sweet puddings and custards will disorder the digestive organs; and why should we tempt those who surround the table by placing such articles before them."



General Articles



The Treatment of Dyspepsia

GEO. K. ABBOTT, M. D.

STRICTLY speaking, the term dyspepsia means painful digestion; but as it is popularly used, it applies to a great variety of digestive troubles, or indigestion. Not all of these are associated with pain, or even with marked discomfort. However, if any great change in digestion has occurred, or there is marked discomfort, a physician should be consulted without delay. Many of the simpler forms of indigestion may be successfully treated at home with only the occasional advice of a physician.

The most common form of indigestion is associated with a deficiency in the formation of hydrochloric acid in the stomach, moderate dilation and prolapse of the stomach, slow or defective movements of the stomach wall, starch indigestion and biliousness. These are all manifestations of decreased activity, or the wearing out of functions that have been overtaxed or overstimulated by such things as rapid eating, overeating, eating between meals or late at night, bad combinations of food, worry, nerve exhaustion, and many other minor causes. Because these conditions have been brought about by overstimulation, it is not only useless, but productive of further harm to resort to the use of bitters, stomachic drugs, etc. The use of pepsin and other digestants can result in only temporary benefit. The organs of digestion themselves are not strengthened by such means. It is necessary to tone up the muscles, glands, and nerves of the stomach and intestines, and the glandular activity of the liver and pancreas. The effects must be those of a true tonic; that is, of a restorer of energy. A stimulant

can not build up, but is capable only of calling forth the expenditure of energy.

Because of these last-stated facts, a certain amount of rest for the body generally, and especially for the stomach, is an absolute necessity in the treatment of indigestion. The meals should be not less than five or six hours apart, and a longer time is better in case of very slow digestion. The evening meal should be omitted or be very light, and taken not later than three hours before retiring. Those who are engaged in taxing mental work, especially if indoor, should rest a half-hour before the noon meal. This is especially necessary in those who are nervous or inclined to worry. The digestive glands act very imperfectly when the nervous system is on a tension. It has been shown that digestion and digestive movements are completely arrested in a cat when it is worried by a dog. Nothing is so helpful in relaxing nerve tension as a few minutes' sleep before the meal. After dinner, unless some special treatment is necessary a half-hour of light work is highly beneficial.

There are a number of very simple means of toning up the glands and muscles of the stomach and intestines. One of these is to drink cold water *teu* to twenty minutes before the meal. The water soon passes out of the stomach, so it does not interfere with digestion. The reaction to this "dash of cold" comes on just as the meal is eaten, and increases the amount of the gastric juice secreted upon the food. This fact has been very

conclusively demonstrated by Prof. I. P. Pavlov, of St. Petersburg, in experimenting upon dogs. He found not only that the amount of gastric juice was increased by the reaction to cold, but that its secretion continued for a longer time than usual. Those who are very anemic will find it best to take a small amount of a hot soup at the beginning of the meal, as the deficiency of blood prevents proper reaction to the cold.

In some persons, the eating of the juice of an orange or half a grapefruit just preceding the meal, serves as an effectual and harmless stimulant to the secretion of hydrochloric acid. Nearly all fruit acids and other organic acids such as the lactic acid of artificially soured milks, have this same effect.

Those who have slow digestion or discomfort following the meal should use some hot application over the stomach after eating. This may be done with the least trouble by means of a hot-water bottle placed over an undergarment, or with one or two thicknesses of other cloth intervening. It should be left on for from twenty to thirty minutes, or longer if necessary. This will not be sufficient in persons who have great discomfort after eating, or who are troubled with vomiting of the food soon after it is eaten. In such case a treatment known as the hot and heating trunk pack has been found an almost never-failing remedy.

To administer this, a single blanket is placed crosswise of a bed so that the upper edge will reach well up under the patient's arms. A sheet doubled to a width which will reach from the armpits to below the hips, is wrung from cold water and placed over the blanket. The patient lies down on this, and while both arms are raised, one end of the wet sheet is pulled tightly across and around the trunk. Over the stomach outside of the sheet, place a three-quart hot-water bottle half filled

with water at 135° F. Wrap the other end of the sheet about the trunk over the hot-water bottle, and cover snugly with the dry blanket, folding one end over at a time. This treatment should continue from thirty or forty minutes to two hours. General sweating should not result. Before taking the patient out, rub the parts covered by the pack with cold water.

This hot and heating trunk pack is also beneficial to those who are troubled with starchy indigestion and flatulence. For them somewhat the same results may be secured by a hot foot-bath and fomentations to the abdomen, given at the same time. Three fomentations should be used, and the treatment concluded by rubbing the body with cold water, treating one part at a time.

Constipation and flatulence are both benefited by wearing at night a moist girdle about the abdomen. The girdle consists of two parts. The inner is made of one thickness of linen, or three or four of cheese-cloth, eight or nine inches wide, and a little more than one and one-half times the circumference of the body. The outer part is of flannel, and should be about twelve inches wide and of the same length as the inner piece. The girdle should be applied on retiring. The dry flannel is placed across the bed, and the cheese-cloth or linen, wrung nearly dry from cold water, placed over it. The patient lies down on this so that the top of the hip bones will come to about the middle of the girdle. Each end of the wet linen is pulled tightly across the abdomen, and tucked in on the opposite side. The flannel is now folded tightly over, and securely fastened with safety-pins, so as to exclude the entrance of air under it. The girdle should be dry on removal in the morning.

These simple means, if persisted in, will prove of inestimable value in remedying the ills of indigestion and dyspepsia.

While much relief may be obtained by a few treatments, one must not expect permanent results too early, as perverted habits of digestion require some time for their correction. These treatments are also far superior to drug stimulation, as

they do not overstimulate and so wear out the response of the digestive functions. They promote healthy action of the organs of digestion, and leave them in normal tone, ready to perform better the work of digestion at the next meal.

The Enteric Fever Patient

BY DR. EDITH B. LOWRY, in "*Mother's Magazine*"

THIS disease runs a rather typical course. The temperature ranges from 99 degrees to 103-105 degrees for two or three weeks, then gradually declines. The patient is not considered well until the temperature has remained normal for ten days. This usually means that he will be confined to his bed for about six weeks.

Now if we consider that the disease really is a number of ulcers in the intestine, we can care for the patient more intelligently. Movement of any kind would tend to irritate the inflamed area, therefore, the patient should lie quietly in bed. Food taken into the intestine would have to pass over the inflamed area and irritate it more, therefore it is advisable to eat as little food as possible. As solid matter would irritate more than liquid, it is deemed wise to restrict the patient to a liquid diet. As there are a number of blood vessels in the intestines, some of which are perilously near the ulcers, there is danger that the ulcer will slough into the blood-vessel wall and cause a hemorrhage. Sometimes the wall is worn very thin by the ulcer, and any little exertion would cause it to rupture. For this reason, the patient should not be allowed to exert himself in any way. He should not sit up, nor, in some cases, even turn over without assistance. He should not be required to raise his head to take a drink, but should have the water and food given him through a tube. As the feces and other excretions contain the typhoid germs, we must take care in their disposal

that no one else contracts the disease through our carelessness.

PREVENTION

The nurse is responsible to the community for the precautions she takes against the spread of the disease, therefore, it is incumbent upon her that she should not neglect any detail. No half measures should be tolerated. The germs of the disease are in all the secretions of the patient. These include the feces, the urine and the perspiration, as well as the secretions of the nose and mouth, therefore, all these must be disinfected. The germs can be carried from the patient on the hands, the hair, the clothes or anything that has come in contact with the patient, so these also must be sterilized.

The urine of the patient may be disinfected by adding to it an equal amount of five per cent carbolic acid and mixing the two thoroughly. The urinal should be washed thoroughly after being used, and a small amount of the carbolic acid allowed to remain in the vessel. The feces may be disinfected in the same manner, but they should be allowed to stand mixed with the solution for from one to three hours. If they are thrown out before this time, the germs will remain in the ground and then be washed away by the next rain, and carried, perhaps, to some stream of water used for drinking purposes. There are on record a number of cases of an epidemic starting from one patient. In one case, the patient had typhoid during the late fall. The feces were thrown out

on the ground. The next spring an epidemic of typhoid was started in a town two miles below. The spring rains had washed the germs down into the water used by the inhabitants of the town.

The secretions from the mouth and nose should be burned. The patient may be provided with a number of small pieces of cloth, which may be burned after being used. A paper cone pinned to the side of the bed within easy reach of the patient's hand makes a good receptacle for the soiled cloths. Once or twice a day the cone can be burned and replaced by a new one. This makes it unnecessary for the nurse to handle the soiled cloths and is very convenient.

The dishes used by the patient should be kept separate, washed in a pan that is not used for other purposes, and boiled before being used by anyone else after the patient is well.

As the secretions of the skin also contain the germs, the bath water should be disinfected with a little chloride of lime before being thrown out. The bed linen and night clothes of the patient should be placed in a five per cent carbolic acid solution as soon as removed from the bed, and then should be boiled thoroughly before being used again. The nurse's clothes should be treated in the same manner as the patient's clothes. The nurse also should bathe her own face and hands carefully, before even taking a drink of water, thus avoiding danger of carrying into her system any germs that may have got on her hands and thus been carried to her lips.

Great care should be taken to prevent the access of flies to the patient's room or to any of the excretions, as these flies take upon their feet the germs of the disease, carry them away and deposit them upon food which may be eaten by other people. Even after the patient is convalescent, he should disinfect his own

urine and feces, as the germs remain in the system for some weeks.

CURATIVE TREATMENT

In regard to the patient himself, strict measures of hygiene should be carried out. He should be in a room by himself, far enough from the noise of the living room so he will not be disturbed, and far enough from the kitchen so that he does not get the smell of the cooking. If possible, a single bed should be provided, as this makes the care of the patient so much easier. He should lie in bed with, preferably, only one small pillow. His position should be changed frequently so as to prevent bedsores. The nurse should help the patient turn. During the height of the disease, the patient is inclined to lie on his back all the time, but the nurse should help him turn on his side and then arrange pillows so that they will support his back, for the patient is too weak even to hold himself in that position. The back should be rubbed morning and evening with alcohol. If there are frequent urinations, the buttocks should be rubbed with alcohol, then castor oil, which treatment makes the skin impervious to moisture. Should any redness appear, a rubber air cushion should be inserted under the patient to relieve the pressure. Bedsores usually are an indication of careless nursing, although in a few cases they are unavoidable.

The mouth should be kept scrupulously clean. In this disease there is a tendency to the accumulation of a brown deposit called sordes. In order to keep this from accumulating, it will be necessary to cleanse the mouth several times a day. Boric acid solution makes a good mouth wash. To this may be added a little glycerine or lemon juice.

The diet in typhoid is a debated question, and each physician has his favourite list. However, all agree that the diet must be liquid. Some limit this to milk and its preparations, while others allow

soups, broths, and, in fact, anything that will pass through a fine sieve. Whatever the diet, about four ounces should be given every two hours. Water should be given freely at all times. When a change of diet is allowed, this should be quite varied, cocoa, strained gruel, egg albumen, lemonade and orangeade are some of the common articles allowed. Albumen water is made by straining the white of an egg through a cloth and adding this to a cup of water. A little lemon juice also may be added. No solid food should be given until the temperature has remained normal ten days, and then it should be added very gradually, the temperature being watched closely in the meantime. Should there be any rise in temperature, the solid food must be discontinued for a few days. While the patient is on liquid diet he should be fed through a tube, so that it will not be necessary for him to exert himself to raise his head.

The temperature is kept in check by means of baths. The daily warm sponge bath should not be neglected. At this time it is wise to change the bed clothing also. There is a typical odor to typhoid patients which necessitates the frequent changing of the clothing. Whenever the temperature is 103 degrees or above, the patient should be given a sponge every four hours. The warm sponge for temperature is given more commonly now than the cold sponge. In a few cases it may be necessary to give the ice pack. Whenever a sponge or pack is given, the pulse should be watched carefully and a record made both before and after the sponge. A weak heart is a counter-indication for sponging. The temperature should be taken before the sponging is commenced and a half hour after it is finished. Plenty of water given internally helps to reduce the temperature, as, also, does heat to the feet and cold to the head.

If the patient is delirious or complains

of headaches, a cloth wet in cold water should be placed on the head and renewed frequently.

Diarrhœa and constipation both are frequent in this disease, and usually are relieved by the various enemas. Many physicians prescribe a daily soapsuds or normal salt enema in order to keep the bowels free.

The period of convalescence is an important one in typhoid. A very little laxity in the rules may result in a relapse, which is liable to be more serious than the first attack. One reason for this is that the patient's strength already is nearly exhausted, and he will not be able to withstand another siege.

The usual cause of a relapse is the partaking of solid food. The convalescent patient always is ravenously hungry and will not use any judgment in his diet. He must be watched or he will bribe someone to give him something to eat. A banana eaten at this period has been known to result fatally.

During this period, the physician makes fewer visits and the nurse's responsibility is doubled. Great vigilance on her part is necessary as the patient will have some visitors who do not understand the dangers at this time, and may be persuaded to give him some article of food that he should not have. Hemorrhage and perforation have been known to occur from eating meat after the patient's temperature has been normal for several days. The diet must remain liquid until the temperature has been normal for ten days, then solid food must be added as gradually as it is to the diet of a year-old child. At first, the only solids given should be those that are easily digested, as toast, cereals, poached or soft-boiled eggs.

The temperature should be watched during this period, and any elevation must be reported immediately to the doctor, even

though he may have ceased his visits. The rise in temperature may be due to an error in diet, to constipation or to excitement. It is not advisable to have too

many visitors during this period. If the patient can lead a quiet, rural life, he will gain much faster than if he leads a more exciting life.

The First Essential in the Treatment of the Sick

IN the treatment of human ailments, the matter of first importance to the conscientious physician is the diagnosis: "What is causing the trouble?" On the answer to this question depends the treatment, no matter whether the "doctor" is a regular physician, an eclectic, an osteopath, a homeopath, a chiropractic, a Christian Scientist, a mental healer or what not. The first essential is the diagnosis; and unless the "doctor" is sufficiently well trained in the fundamental medical sciences to make a diagnosis, he is not qualified to treat the patient intelligently by any method whatever. Treatment is certainly of great importance, and from the patient's point of view is doubtless the most essential point. But without a knowledge of the disease—of the actual condition—any treatment would be pure guesswork, unscientific and as liable to do harm as good. These fundamental facts and principles are so often ignored in discussion of sectarian cults and fads that a recent, clear decision by the United States Supreme Court is most encouraging. In a discussion of osteopathy the court made the following statement:

An osteopath professes to help certain ailments by scientific manipulation affecting the nerve centres. It is intelligible, therefore, that the state should require of him a scientific training. He, like others, must begin by a diagnosis. It is no answer to say that in many instances the diagnosis is easy—that a man knows it when he has a cold or a toothache. For general practice science is needed.

At the same time the court distinguishes between osteopaths and nurses and masseurs in the following statement:

An osteopath undertakes to be something more than a nurse or a masseur, and the difference rests precisely in a claim to greater science, which the state requires him to prove. The same considerations that justify including him (under the requirements of the practice act) justify excluding the lower grades (nurses and masseurs) from the law.

The court therefore has pushed aside the masses of argument regarding the "rights" of this, that or the other medical sect, and has revealed the real point at issue—the necessity for sufficient fundamental knowledge of the human system to qualify one to make a diagnosis. The court emphasizes that in order to make a diagnosis the practitioner of osteopathy as well as the physician must have had a scientific training. A scientific training is particularly essential since many diseases to be successfully treated require scientific methods of diagnosis. For example, the successful use of serum in the therapeutic or prophylactic treatment of a disease, such, for instance, as diphtheria, requires a positive knowledge of the particular form of bacteria causing the disease; this knowledge can be gained only by the use of the microscope and by scientific laboratory methods. The same may be said regarding malaria, syphilis and other diseases which can be positively diagnosed by scientific methods only. Mere guesswork in the diagnosis of such diseases should no longer be tolerated. This scientific training is essential for every practitioner of the healing art regardless of the "school" to which he may belong or the particular "methods" of treatment which he may profess to use. The

duty of the state, therefore, is to provide an educational qualification which will guarantee that every licensed practitioner shall be competent to make an intelligent diagnosis. Hence, separate boards and special educational standards for certain cults, instead of being essential, are emi-

nently unfair, and not for the best interest of the public. Certainly the public has the right to expect that only those who are competent will be given the state's endorsement, conferring on them the right to treat human ailments.—*Journal of the American Medical Association.*

Aerated Waters

BY far the greater proportion of water consumed by Europeans in hot countries is drunk in the form of aerated waters, and very frequently little or no care is taken in their manufacture, even when it is carried out by European firms in a large way of business. There can be no doubt that where the business is conducted on a large commercial scale, the water used should have been passed through suitable bacteria-proof filters; but in one of the few instances I have met with where this was even proposed to be done, the filtering plant was obviously absurdly inadequate to filter more than a small percentage of the supply turned out by the firm. If such is the case with large and responsible European concerns, the character of the article turned out by small native factories can easily be imagined. It would be hopeless to expect much improvement from the latter, but if consumers insisted on a guarantee that the water had been sterilized, in the case of the European factories, there can be little doubt that, before long, a safe supply would be put on the market to meet the demand.

Of late years the practice of aerated water being manufactured by clubs and regimental institutions has enormously increased, but it must be remembered that, except as regards the avoidance of the coarser grades of filth, there is little or no advantage in this, unless the water supply of the factory be religiously guarded against pollution. As in the case of small institutions the amount of European

supervision that can be given is but small, it may be doubted if much is likely to be gained by any attempts to sterilise the water either by filtration through biscuit porcelain or by boiling. The difficulty of cooling the water is an insuperable obstacle to the adoption of the latter expedient on even as large a scale as is required for a small club, for to make good aerated beverages the water must be as cool as possible. Quite recently the writer went over a station factory to try and ascertain why the "soda" was so feeble. Installed in a corner was a bath warmer capable of warming some forty or fifty gallons of water sufficiently for bathing purposes, but quite incapable of boiling so large a quantity, under any circumstances, and indeed not constructed with a view of doing so. This appliance had been installed by some prezealous reformer, with the view of sterilizing the drinks of the station, but he had never been at the pains of ascertaining if it was really capable of bringing its contents to the boiling point.

The murder was out:—the club soda had been systematically made of luke warm fluid, tainted with the indescribable flavour of half cooked water. At the well a number of bhishtis were chattering with a wandering faqir: and if his lotah had not been let down, the last time it was used, into a cholera infected well, it was no fault of the arrangements. As the health of the entire European community depends on the purity of this well it should surely be worth while to make some attempt to secure its purity. It is quite true that

the building of a well house with a locked door might not ensure the absolute exclusion of unauthorized intruders, but an occasional surprise visit would go far to insure a very general, if not complete, obedience to orders; especially after detection of neglect on some occasion had been followed by prompt dismissal of the responsible servant, and after the prompt destruction of any unauthorised water skin found in the well house.

It is no more difficult to secure the locking up of a well than it is to check peculations of club stores, provided that equal attention be devoted to the matter. No one expects absolute success in either task, but there can be no doubt that ill-gotten gains are successfully reduced to a minimum in most well managed institutions; and surely our lives are as important as the curtailing of our club bills to the extent of a few shillings per mensem. Besides, to put it on a mere commercial basis, one attack of typhoid is a most expensive luxury, even apart from its dangers. After all, a doctor and two trained nurses for a month, followed up by an unostentatious funeral, cost something, and a very small proportion of the energy that is devoted by zealous honorary secretaries to thwarting the efforts of the club "bearer" to appropriate kerosine would go far to keep the well free from pollution. In places where no reliable aerated water is obtainable, there is no longer any necessity of drinking the more than doubtful fluids bottled in some dirty corner of the bazaar, as there is no longer any necessity for any complicated plant for the purpose.

At the present day, carbonic acid, compressed in steel cylinders, can be obtained at all large centres, and the attachment for filling bottles costs so little, and the method of using it is so simple that there is no difficulty whatever in making aerated waters at home, no skill what ever being

required in the process.—*Lieut.-Col. Gills in Climate and Health in Hot Countries.*

THE COUNTRY'S CURSE

An Overdose of Frying-Pan

SOME people assert that the curse of our country is pride; others that drink is the worst evil; and many will grin broadly at it being suggested that the innocent, humble frying-pan is the sorest curse that we groan under; but when the case is considered from a ruined digestion point of view, matrons, merry widows, dyspeptics, and permanent samplers of every patent pill on the market, will agree that after all the stew and frying-pan is a real and crying curse. Young ladies who delight in fifty-four inch hats, roller-skating, and militant suffragette tactics, but who scorn the idea of learning anything about house work or what a cookery book can teach after a more or less short or long courtship, "take their young men in," and immediately the frying-pan comes on the scene at breakfast, dinner, and tea, with the sure result—waste, indigestion, pills, bad temper, and ailing health.

Now, this is very sad for the poor hubby—who has dreamed of everlasting happiness—to realise that his idol is only an idol, an expensive ornament, utterly unfit for the duties pertaining to a wife. It is gross fraud on the part of the woman. It is high time young females devoted more time to the study of cooking, and what is suitable for the kailpot or roasting jack. They know beef and mutton when they see it, but how to make the best of it is quite another question. Fried and stewed meat is the curse of a working man's home, and should be resorted to as seldom as possible, and the sooner they learn this the better for every-body concerned. A little study in cooking will amply repay, for the working classes cannot afford to waste their money on food that is positively injurious. Beef or mutton may be boiled, baked, or roasted, but never fried or stewed except by an expert.

If the young ladies want to have happy, healthy husbands, who will call them blessed, they should think less of the vote, the picture hats, and roller-skating, and go in for a course of domestic economy.—*Margaret Macsabre.*

The House We Live In

Digestive System

FOODS after being thoroughly masticated and mixed with the saliva, which changes the starchy foods to sugar, or partly so, is then handled by involuntary movements. It is taken hold of by the constrictor muscles of the throat and forced into the gullet, or technically speaking, the œsophagus. This is a muscular tube about nine or ten inches long and extends from the pharynx, or throat, to the stomach. It is made up of muscular and fibrous tissue and is lined with mucous membrane something like the mouth. The œsophagus quite frequently becomes the seat of cancerous degeneration in the advanced years of life. The muscular wall of this organ closes in on the food and hastens it onward to the stomach. At the end of the œsophagus where it enters the stomach is situated a little door or valve that opens to allow the food to pass into the stomach and shuts up tightly if the food tries to go backward. Once the food enters the stomach, a new work begins.

The stomach is a hollow organ having two openings, one between the stomach and the œsophagus called the "cardiac orifice," the other connected with the upper part of the intestines called the "pyloric orifice." When the stomach is empty, it collapses like a paper bag. It lies mostly to the left of the middle line of the abdomen and in an oblique position. It consists of a fundus or body and a lesser and greater curvature. This organ consists of several coats or layers. The innermost one, being similar to that of the mouth, and the œsophagus, is mucous membrane. The middle coat is made of muscle which is arranged in three different directions longitudinally, horizontally, and

obliquely. The muscular coat is very strong and prominent because it has a much heavier work to do. The outer coat is a moist, smooth and glistening layer called the peritoneal coat. That internal coat or mucous membrane is arranged in folds or rugas to allow of greater surface for the absorption of digested food. In the mucous and submucous coats are located minute glands whose work is to digest the food in the stomach.

As soon as the food enters the stomach, the muscles of the organs become excited and then it starts churning the food. It does not do this work haphazard, but in a perfectly rhythmical and systematic way. A wave of contraction begins at the upper end and slowly passes along the stomach to the lower end. After this process has gone on for some time, and the gastric juice is thoroughly mixed with the food, that part of the food in the lower part of the organ has been prepared to leave the stomach in the form of chyme, and at each contraction, the pyloric valve opens and allows it to pass on into the upper part of the intestines.

The juice manufactured by the little glands of the stomach plays an active part in the digestion of parts of the food. This juice has three active principles, pepsin, hydrochloric acid, and rennin or a milk curdling ferment. The pepsin acts on the proteid constituent of our foods and starts them on their journey toward absorption. The proteid constituent of food is that which we get in lean meat, white of egg, casein of milk, and parts of peas, beans, lentils, and dahl.

The hydrochloric acid in the gastric juice loosens up and causes the proteid fibres to

swell so that the pepsin has a better chance to digest the proteids. The rennin of milk or curdling ferment curdles the milk that is taken with the meal. At the end of five or six hours the stomach should be empty and the chyme pushed on into the intestines.

The stomach because of imposition put upon it in the form of bad habits of eating and drinking, very often gets out of order, and the individual suffers with dyspepsia, of which there are a great many varieties. Improper chewing, fast eating, or worry while eating, imposes more work upon the stomach. Eating too much and eating too frequently are often the cause of indigestion. If too much is taken into the stomach, it can not properly empty itself before it gets tired out, also, if we constantly nibble at food between meals, our stomachs do not get any rest. This organ must have its periods of rest the same as we rest our bodies after labour. If we were to continue our work constantly without chances for recuperation, our bodies would soon wear out. So it is with the stomach. It must have its periods of rest or it will get weary, and we have to suffer the consequences.

We oftentimes add more food to the burden of this organ before it empties itself. This causes decomposition and fermentative processes. It causes a heavy feeling in the pit of the stomach, eructations of sour food, belching of gas, and a host of other symptoms accompanying chronic dyspepsia.

Our food should be neither cold nor too hot as it tends to debilitate and cause the muscles of the stomach to lose their tonicity. Too much water or liquid of any kind is not good taken with a meal as it dilutes the juice that is secreted to digest the food and makes it unfit for work. One cup or glass of fairly hot liquid is all that should be taken during a meal. Cold water or liquid of any kind should not be

taken with food as this stops digestion. The process of digestion continues only when the surroundings are at a temperature of 100°. Cold liquids lower the temperature of the stomach, therefore the process of digestion is stopped until the organ warms up again. Violent exercise immediately after eating is a check upon the digestive process. Dogs have been experimented on from this standpoint. After eating a heavy meal they have been sent on a chase after game, and it was found that very little of the food was digested. It is quite natural to take things easy for an hour or so after a heavy meal. We must also keep in mind that good rules may become overused and harm result therefrom.

SOME DANGEROUS AND FILTHY HABITS

IT is not uncommon to see men and women of some refinement put a coin into the mouth to facilitate the making of change on trams, at the theatre, in making purchases, etc. Often the coin between the lips could relate a history that would cause the lips to involuntarily open and drop it. The silver or copper coin is no respecter of persons; it is passed along from the rich to the poor, thrown from one filthy pocket into another, through hands that are often loathsome. It is handled often by people who have infectious diseases, and has probably been in one hundred other mouths before it reaches yours. Many diseases are communicated in this way. It is an easy way of communicating syphilis, diphtheria, etc. It is customary but unsafe to let children play with pennies or silver coins. Not only is the practice dangerous as a means of communicating various diseases, but it is actually *filthy*.

Licking postage stamps with the tongue is not a very clean habit, especially should it be shunned by vegetarians, since the glue used is made from the horns, hoofs, and filthy tannery refuse from the hides of slaughtered animals. Use a sponge instead of the tongue, wet the thumb, and with the thumb moisten the stamp, or else in case of necessity wet the corner of the envelope with the tongue and apply the stamp.



Meat Substitutes

GEORGE E. CORNFORTH

(Concluded from October)

Lentil and Nut Cakes

- $\frac{1}{2}$ cup lentil puree
- $\frac{1}{2}$ cup gluten meal, or zwieback-crumbs, or very light-browned flour
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{4}$ cup strained tomato
- 1 teaspoonful grated carrot
- $\frac{1}{2}$ teaspoonful salt

Combine the ingredients, form into cakes, and bake for ten minutes. Serve with—

Nut Tomato Gravy

- $\frac{1}{4}$ cup strained tomato
- $1\frac{3}{4}$ cups water
- $\frac{1}{2}$ tablespoonful peanut butter
- 1 tablespoonful white flour
- 1 tablespoonful browned flour
- $\frac{1}{2}$ teaspoonful salt

Dissolve the nut butter in the water, add the tomato and beat to boiling. Stir in the two kinds of flour, which have been mixed and stirred smooth with a little cold water. Cook till thickened.

Lentil and Nut Roast

- 1 cup lentil puree
- $\frac{1}{2}$ cup gluten meal or light-browned flour
- 1 cup chopped nut meats, different kinds
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{4}$ teaspoonful sage

Mix ingredients, put into oiled bread tin, and bake for thirty minutes. Serve with—

Nut Gravy

- 1 pt. water
- $\frac{1}{4}$ cup nut butter
- $1\frac{1}{2}$ tablespoonfuls flour
- $\frac{1}{2}$ teaspoonful salt

Blend nut butter with water, heat to boiling, and thicken with the flour stirred smooth with a little cold water. Add salt.

Nut Scrapple

Stir into one pint of left-over corn-meal mush, while it is hot, one-half cup or more of any kind of chopped nuts. Put into a bread tin wet in cold water. When cold,

slice and broil on a hot, slightly oiled griddle.

Nut Barley Loaf

- $\frac{1}{2}$ small onion, finely chopped
- $1\frac{1}{2}$ tablespoonfuls oil
- $\frac{1}{2}$ tablespoonful browned flour
- $\frac{1}{2}$ tablespoonful white flour
- $\frac{1}{2}$ cup boiling water
- $\frac{1}{2}$ cup chopped, lightly roasted peanuts
- $\frac{1}{2}$ cup stale bread-crumbs
- $\frac{1}{2}$ teaspoonful salt
- 1 cup cooked pearl-barley

Cook onion in oil till it begins to brown, add brown and white flour, stirring in the boiling water. Cook till thickened, then add remaining ingredients. Put into oiled bread tins, and bake from thirty-five to forty minutes. Serve with—

Brown Cream Sauce

- $1\frac{1}{2}$ cups milk
- $\frac{1}{2}$ cup cream
- $\frac{1}{3}$ cup flour
- 1 tablespoonful browned flour
- $\frac{1}{2}$ teaspoonful salt

Stir the brown and white flour smooth with a little of the milk. Heat remaining milk and cream to boiling, stir into it the flour mixture, cook till thickened, and add salt. Milk instead of cream may be used by adding two tablespoonfuls of oil.

Lentil and Rice Roast

- $1\frac{3}{4}$ cups lentil puree
- $2\frac{1}{2}$ tablespoonfuls peanut butter
- $\frac{1}{4}$ cup strained tomato
- $\frac{1}{2}$ tablespoonful browned flour
- 1 tablespoonful gluten meal, or sufficient zwieback-crumbs to make it stiff enough for roast
- $\frac{1}{3}$ teaspoonful salt
- $\frac{1}{2}$ teaspoonful celery salt
- $\frac{1}{2}$ teaspoonful sage

Stir the nut butter smooth with the tomato juice, add remaining ingredients, mix well, and put into an oiled bread tin in layers with one cup of rice to which one

small egg, beaten, has been added. Bake thirty minutes. Serve with bread sauce.

Nut Hash

1 cup chopped nuts
2 cups chopped cold boiled or baked potato
 $\frac{1}{2}$ onion, chopped
1 tablespoonful browned flour
 $\frac{1}{2}$ cup cream or strained tomato
 $\frac{3}{4}$ teaspoonful salt
 $\frac{1}{2}$ teaspoonful sage, if desired
Mix ingredients, put into oiled pan, and heat in oven.

Bean and Nut Roast

$2\frac{1}{4}$ cups bean puree
 $1\frac{1}{4}$ cups mashed potato
 $\frac{1}{3}$ cup ground almonds or pecans
1 egg, beaten
1 teaspoonful shredded coconut
1 very small onion, grated
1 teaspoonful salt
 $\frac{1}{2}$ teaspoonful thyme
Mix ingredients well together, put into oiled bread tin, and bake from thirty-five to forty minutes. Serve with egg sauce.

Nut Patties

$\frac{1}{4}$ cup peanut butter
 $\frac{1}{4}$ cup chopped nuts, any kind
1 cup biscuit-crumbs
Water to make of the proper consistency

to be formed into patties with the hands

Salt to taste

Bake fifteen minutes in a hot oven. Serve with jelly.

Lentil Patties

2 cups lentil puree
 $\frac{1}{2}$ cup peanut butter
 $\frac{1}{4}$ cup gluten meal or biscuit-crumbs
1 teaspoonful grated onion
 $\frac{1}{2}$ teaspoonful salt
1 tablespoonful browned flour
Mix ingredients. Form into flat cakes, and bake ten minutes in a hot oven. Serve with—

Lentil Gravy

$\frac{1}{2}$ cup lentil puree
 $1\frac{1}{2}$ cups water
1 teaspoonful dark-browned flour
1 teaspoonful finely chopped onion cooked in a little oil
Flour to thicken to the consistency of gravy
Add water, browned flour, and cooked onion to the lentil puree. Heat to boiling, and thicken with just a little flour stirred smooth with cold water. A little tomato-juice may be used in place of part of the water.

Practical Treatments in the Home

PREVENTION OF BOILS

BOILS some times if taken early enough can be aborted or the process checked.

Wash with alcohol.

Wash with solution of green soap.

Allow the solution of green soap to dry on.

Cover with a sterile dressing.

Repeat four or five times a day.

Another method may be employed.

Ichthyolis. Fl. Oz. IV.

Mentholis. Gr. XXV.

Ext. Belladon. Gr. XXIV.

Lanum. Oz. IV.

M. et. sig.

Apply freely and cover with dressing.

TREATMENT OF BOILS

If the boil cannot be aborted and it is determined to run its course, the main thing

is to keep it as small as possible and from spreading. All boils are surrounded by a wall, and, if this wall is broken down the boil will spread. So never squeeze a boil. Boils ought to be lanced early even before pus makes its appearance as this relieves the pain and depletes the surrounding parts. After lancing the boil should be irrigated two times a day with an antiseptic solution as Corrosive sublimate 1:5000 or Carbolic acid 1:100. Then dust with the second prescription for a dusting powder under the treatment of a wound with pus. Put on a sterile dressing.

BANANA cloth, made from the fibre of the banana stalk, is now a profitable commodity. The process of manufacture is a product of the Chinese mind.

: Mother and Child :

A CHILD

FOR sin and guile it has no place,
Nor aught unjust,
But has a store of love and grace,
And wondrous trust;
'Twill kiss the hand that puni-hed it
An hour ago,
And dewy eyes with love are lit
And softly glow,
Whilst eager little arms will seek
A warm caress,
And melting tones of music speak
Such tenderness.
So pure of soul—and face and limb
Unmarked by care—
A child is like the seraphim
And nigh as fair:
'Tis heaven's choicest gift to me,
I hold it dear;
Its laughter is the melody
I love to hear.
Dear God! I thank Thee every day
Thou gavest me
A soul so sweet to cheer my way
And guide to Thee.

AUSTIN LATHAM

WHAT IS MEANT BY EUGENICS

A Heritage of Poison

IF the system of one parent or the other has become poisoned with alcohol or opium, or any other narcotic the effect on the next generation may be terrible. There was Nancy Holder, to whom you used to send a basket of provisions or a parcel of discarded clothing now and then to eke out her scant supplies. For eight years she led the life of a slave with her drunken, good-for-nothing husband, Mike, and in that period bore him three children. One died as a baby; another lived to be four years old, but used to have frightful spasms; the third, a half-witted boy, was taken in charge by the county overseers and kept in an almshouse as long as he lived. When Mike was killed and Nancy married

that trackwalker on the railroad—a self-respecting, decent man—she had two more children; and both of these have grown up healthy and sane, a credit to their parents.

Not all the transmitted defects, though, are physical or mental. There are moral and temperamental peculiarities which can be traced with equal certainty to the shortcomings of parents or other ancestors. The marriage of two nervously excitable persons is liable to produce offspring of abnormal nervous excitability. Lack of moral stamina in both father and mother, leading to an easy surrender to temptation or benumbing the natural sense of responsibility, will usually fasten an unhappy heritage upon the children. Here you will note the descent of tendencies rather than of actual habits. The son, for instance, of a male sneak thief and a female pick-pocket might never become either a sneak thief or a pickpocket, but his inherited moral weakness might cause him to drop into counterfeiting, embezzlement, or forgery, if the opportunity came his way to profit by some such furtive crime. So, also, the child of two habitual drunkards might never fall a victim to precisely the same vice as his parents, but the inherited weakness might reveal itself in willing pauperism, or in imbecility, or epilepsy. And no one who keeps his eyes open has failed to note how certain other vicious excesses, more apt to be concealed than intemperance in drink, but just as sure to poison the body and soften the brain, brand the children of persons who have indulged in them; these commonly take the form of scrofulous disorders, deformed organs or disintegrating bone structure.

Positive and Negative Eugenics

Some of our learned writers divide all practical eugenics into positive and nega-

tive eugenics. Positive eugenics they define as the encouragement of the parenthood of the most desirable persons; negative eugenics as the discouragement of the parenthood of the least desirable.

There are difficulties in connection with positive eugenics which at the present stage of civilization seem hard to overcome. In King's Corners, for example, you have two neighbours whom on general principles you would rejoice to see marry each other. John Hoyt is a big, well-built fellow, with sturdy muscles and lungs, perfect nerves, an active brain, good temper and unexceptionable habits. Amy Claridge is physically normal, mentally intelligent, morally fine. Children from such a union could not fail, you would think, to be a great accession to the race; yet, knowing, as you do, that John and Amy do not care for each other in that way you would be the last person, my good Mother, to attempt to force them into matrimony. Compulsory marriage, in short, is out of the question, no matter how well suited both parties may be for the wedded state.

When we come to negative eugenics, however, our duty is more plain; it is to do all we righteously can to discourage

the mating of persons whom Nature has stamped as unfit.

I know very well what an outcry would be raised if it were proposed to pass laws forbidding altogether the marriage of persons with this or that taint, or permitting the sufferer from some disorder to marry only a person who is not similarly afflicted. It would be denounced as an interference with the natural rights of the citizen and as a menace to popular liberty. But would it be?

When a person falls ill with smallpox we invade his home and carry him off to a hospital, with his consent or without it; or we quarantine his dwelling under regulations which our grandfathers would have revolted against as tyrannous. We prohibit polygamy and bigamy. We step in between parent and child when there is cruelty enough to justify it. We lock up a man who merely threatens another, if the threat appears to mean anything. Then why may not society take similar measures, or more drastic ones, for its own protection, to head off unfit marriages from which the race is bound to suffer through indefinite generations?

Abstracts

ANCIENT SURGERY Early Indian Operators

IN ancient India there were men who possessed a knowledge of the human anatomy that often surprises one. It is true that their classifications are often crude and sometimes amusing, but no one can read any portions of these medical works without being struck with the minute knowledge of the structure of the body displayed by many. The limitation of the knowledge respecting such subjects as blood circulation, the position of the large arteries, etc., prevented their carrying out many operations that are

familiar to surgeons to-day. Of the records preserved to us of this former art those by Susruta are considered authoritative. There is little doubt that the works of Charaka, the authority on medicine, preceded Susruta, but they both claim to be recording knowledge which they have received from god. In the case of the latter we are told that Indra imparted the knowledge to Dhanvantari, the medical adviser of the gods, and from him it was handed to eight rishis. Susruta was the one chosen to record these statements. It may not be without interest to note the wide range of their instruments,

though it is scarcely necessary to give details. In Susruta's book there are descriptions of over one hundred instruments, while other accounts state the number as 127. In order carefully to work, these instruments were to have good handles and firm joints; they must be kept well-polished, and sharp enough to cut a hair; care should be taken with respect to their cleanliness and they should be kept well wrapped in flannel and stored in a box. Among these instruments are to be found scalpels of various kinds, bistouries, lancets, scarifiers, saws, bone-nippers, scissors, trocars and needles. Tools for cauterising also are mentioned. In connection with the latter process it may be pointed out that the surgeons based their confidence in it on an aphorism, or perhaps the aphorism resulted from their belief in the efficacy of cauterising, "What drugs and knives cannot cure may be cured by fire." Bandages of various kinds were known and instruction in the use of them given; splints made of bamboo were in common use.—*Times of India*.

THE UNKNOWN DISEASE IN BURMA.

We publish in this issue an account of the somewhat extraordinary infective disease which has been discovered in Rangoon.

These cases were brought to the notice of the profession in Rangoon by Capt. A. Whitmore, F. R. S.; Capt. Knapp, F. R. S.; and Assistant-Surgeon C. S. Krishna-wami, and a paper on them was read at the February meeting of the Burma Branch of the British Medical Association.

The disease has many points of resemblance to glanders, and it is remarkable in how many cases the patients had been morphine injectors. The principal lesion found *post mortem* is the peculiar cheesy consolidation of the lungs.—*India Medical Gazette*.

WHITE PLAGUE LESS DEADLY

In the decade from 1901 to 1910, death rate from tuberculosis in the United States declined from 196.9 for each 100,00 persons living to 160.3, a decrease of 18.7 per cent, while the general death rate, including all causes of death, declined only one-half as fast, or at the rate of 9.7 per cent, from 1,655.0 to 1,495.8, according to figures given out by the National Association for the Study and Prevention of Tuberculosis. The

figures are based on data abstracted from the reports of the United States Bureau of the census, and cover the registration area in this country. According to the statement, the tuberculosis death rate has declined steadily since 1904, when it was 201.6. On the other hand, the general death rate shows a fluctuation downward in general trend, but not as steady as the tuberculosis rate. The decline in the tuberculosis death rate in the last ten years means a saving of 27,000 lives at the present time.—*Selected*.

MEETING OF THE LONDON ROYAL INSTITUTE OF PUBLIC HEALTH IN BERLIN

THIS society held its annual meeting in Berlin, July 25-27. It is unusual to hold this session outside of England, but according to the Transactions there were two reasons for doing this. In the invitation sent out by the president of the society to the English municipal authorities it was emphasized that not only the congress, but also the representatives of English cities, provincial councils and other health authorities would appreciate the opportunity afforded them to learn the sanitary arrangements of Berlin and its vicinity, and particularly the highly developed administrative and scientific methods. The other purpose was of still greater importance, namely, the promotion of a better understanding between Great Britain and Germany. In order to serve the first purpose of the congress, addresses by German scientists were announced, in accordance with the desire of the congress management. Among the 250 Englishmen in attendance were such distinguished hygienists as Sir Ronald Ross, Sir William Lever, former Surgeon-General Sir Robert Jackson, now 85 years old, Professor Smith, the president of the Royal Institute, and the minister Earl Beauchamp, the president of the congress for this year. The proceedings were satisfactory in every respect. An excellent spirit was particularly evident during the official banquet. At that time telegrams were read in which Emperor William and King George expressed their thanks in reply to the telegrams of homage sent to them by the congress.—*Journal of American Medical Assn.*

Be content with the day as it is; look for the good in everything.

Hydrotherapy

The Throat Compress

THIS is a very simple yet efficient hydiatic treatment. It is applied by wringing gauze or linen four inches wide out of cold water and wrapping it four or five times around the neck. Before this is applied, it is generally a good thing to foment the neck with one application. After the cold moist gauze is applied, this should be covered with a dry flannel eight inches wide and some cases with an impervious dressing, oiled silk. The throat compress is best applied at night, removed in the morning, the neck being then rubbed with cold water and a dry flannel bandage substituted for the throat compress during the day.

This remedial agent is an excellent measure to reduce the congested condition of the throat. By a reflex action on the nerves which come to the skin, the throat is relieved of its excess of blood, which often keeps up a tension and an irritating condition of the mucous membrane of the throat. The dressings of the throat should not be thick and heavy enough to cause an increase in the warmth as this will dilate the great vessels of the neck and result in headache. So the dressing should be re-wet as soon as it becomes dry.

There are a great many conditions of the throat in which the compress will serve a useful purpose. A common cold, when the throat becomes very much irritated and there is that constant tickling with the inevitable result of coughing without relief, only to be followed by another cough, the compress acts as a soother to the affected region. The throat should be covered lightly with the flannel and the compress should be changed every four hours.

In chronic inflammatory conditions of the throat the compress should be covered with an imperious material as oiled silk. Chronic laryngitis and pharyngitis, whooping cough, diphtheria, and croup, in all the useful effects of the neck compress will be seen.

When used to counteract inflammation that is becoming quite severe, several thicknesses of the cheesecloth are required. They should be wrung out of very cold water every four or five minutes. It should never be allowed to become heated. This will contract the deep vessels of the neck. Used in this way it is good for quinsy. However, a handy or more efficient way to treat quinsy, is to foment the throat and then put on the ice bag for an hour, at the end of which time foment again. Care must be used not to chill the tissues too much, and the effect of the treatment should therefore have constant watching. The writer has seen many throats in a bad condition from quinsy after they had been lanced and all other forms of treatment given and still the swelling so bad that the patient could not talk or swallow, yet when the fomentations and the ice were used, recovery took place.

A cold can be aborted by extending the throat compress to a head compress. Just before going to bed wet the hair in cold water and wipe so that there will be no dripping. Cover the head with a three inch gauze bandage wrung out of cold water, by beginning at the back of the head and carrying it forward, repeating until the head is covered with five or six thicknesses of gauze. After this process is finished it should not drip as this would make the individual take fresh cold. Over this a hood made of oil cloth should be placed. After this compress has been on a few minutes, it will relieve the stuffiness of nose and is efficient in aborting cold.

Nostrums

SEQUARINE

THIS is a proprietary or patent preparation which is said to contain the internal secretion of the testicles of the guinea pig. It is obtained by macerating the organs in glycerine. It is heralded as a continuation of the work done by Brown-Sequard, a physician of the 19th century, who started out on a very brilliant career and added a great deal to scientific medicine, but lost his reputation among the medical profession by putting on the market a medicine obtained from the maceration of the sheep's testicles, which he called "Brown-Sequard Elixir."

The physician or physicians who are connected with Sequarine, if they have not already lost, must of necessity lose their reputation among the medical profession. The concern exploiting this patent medicine distributes free of cost a book called the "Transfusion of Life." The author of this book takes advantage of the fact that the medical profession is making most of its recent scientific discoveries in the form of serums and vaccines. He carries out this line of reasoning fairly well, but after tripping himself up several times

plainly shows that the whole object of the book is the advertisement of "Sequarine."

The first words in the book are, "For the Use of the Medical Profession Only." This is a great blind as the accompanying clipping was taken from a lay paper. All the use they have for the medical profession is to act as a cloak so that they will be able to gull so many more of the laity.

Those statements in the book such as, "Gives health to the sick," "Strength to the aged," are similar to those connected with all nostrums. They say "Sequarine" is harmless. Anything that is harmless is no good as a medicine, serum, or vaccine and is therefore devoid of curative power. If it is any good its wholesale use as advised in their advertisement

in the lay papers are sure to do harm.

Mention is made that it is not a "cure all" but the advertisement goes on to show that nearly every disease human flesh is heir to has been cured by this wonderful preparation. The context of the book, the wording of the advertisements in fact the jingle of the whole thing brands it as a "quack." The company

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nature in his organism and the cause of the
following ailments: Neurasthenia, Anemia,
Dyspepsia, Diarrhea, Indigestion, Dropsy, Rheumatism,
Liver Complaints, Asthma, General Debility,
Nervous Exhaustion, Consumption, Tropical
Diseases, etc., etc.*

exploiting this nostrum will doubtless get what they are after, but it will be at the expense of a gullible public. We hope our readers will have better judgment than to be misled by any such charlatanism.

OXYPATHOR

A GREAT many nostrums have come to the front having as a basis oxygen and ozone. The best way to get our oxygen and ozone is exercise in the pure outdoor air and not pay someone a premium for something that is worthless. Oxypathor is a new name for the Oxygenator that has been doing its work of deception for some time. The changing of the name of the

nostrum is a very essential factor in the patent medicine business. It gives a new impetus to the sale of the article.

The Oxypathor consists of two flexible cords attached to a piece of nickel plated piping filled with an inert mixture, of clay and coke dust and sold as a "cure" for diphtheria and nearly every other disease. It has about as much curative property as a tin can filled with saw dust, and a string tied to it. Its sale was prohibited in the State of Vermont, U. S. A. It then immigrated to Australia, the government of which country was too much for it. So its sale was checked there. Now we find it in India, and fear it has come to stay owing to the at present fertile soil.

: The Medical Missionary :

THE MEDICAL MISSIONARY'S FIRST QUALIFICATION

THOSE who rise early in life's morning, to face the responsibility of choosing its vocation, oftener adopt that calling to which their heart's affections lean. Some are won by the velvety aspect of things less exposed to the world's jars and discords. Others, yet more impelled by the power of love, choose their work where the world presents its unhappier phases; where human sickness must constantly confront them, and remind them of this world's pain.

War, relentless tyrant though he is, has lowered his sword at nightfall and comrades, administering relief, are upon the scene of the day's battle. Nothing but the joy of ministry has drawn them to a place so outwardly uninviting. It is thus with the medical missionary. In contact with humanity in whom sin has made its deadly wounds of disease, human nature ordinarily shrinks; but the medical missionary finds his task more than possible. His is a higher plane of ministry, a service of love. Conscious of its pure joy, he walks out upon the darkest and most dismal fields of human sorrow.

Love is oftener an adjunct to the art of healing, for we meet many who suffer in body because they are the broken-hearted

victims of failure in life, or slaves to morbid regrets. The sympathetic medical worker has often caused such to take once again a roseate, hopeful view of life. A revived spirit, a cheered heart, is sometimes almost all that is needed to restore bodily health.

In the work of healing, oceans of human love have rolled to the feet of our stricken world, as Israel's river flowed at the feet of the Syrian captain. Proud Naaman did not finally spurn its waters because in them was the potency of physical salvation. He bathed and was healed. So the world will accept physical help which is offered in the spirit of love. It admits its need as Naaman admitted his. And Naaman learned that the river of Israel was better than the rivers of his own land. So is it demonstrated to many that the medical missionary points out a better way to health than they had learned from the standards of their own social world. How susceptible do they become to teachings of physical and moral righteousness!

The finishing touch to the medical missionary's work is educational. He must himself be a health reformer. His life must have the power of right influence, that his verbal testimony may be effective. He disciplines himself, and many take pattern from his life.

(Concluded on Page 240)

Herald of Health,

The Indian Health Magazine

Published by the
International Tract Society,

17, Abbatt Road, Lucknow

REGISTERED, - - - No. A. 457

—THE Paris customs authorities recently seized 3,000,000 liters of adulterated wine, and threw it into the Canal du Midi. As a result, thousands of dead fish have been floating about the canal and the Port de Cette. These fish can not be sold in the market. It is estimated that the canal and port have been depopulated of fish for two years at least.

—Leading aural experts of the world, attendants at the closing session of the International Congress of Otologists recently held in Boston, Mass., listened to an address from the lips of Miss Helen Keller, the deaf and blind young woman who has learned to talk. Miss Keller spoke first in English, making a plea for the education of the deaf, and later gave toasts in French and German. As a further demonstration of her abilities, she sang giving the specialists the benefits of some lessons in vocal culture which she has recently undertaken.

REDUCTION OF THE CONSUMPTION OF ALCOHOL IN GERMANY

I HAVE several times referred to the resolution adopted in 1909 by the social democratic party, by which all workmen were incited to avoid the use of spirits. The results of this action, as they are given by the official organ of the social-democratic party, *Forwards*, are well suited to present a new and brilliant example of the discipline of this party. In comparison with 1907-1908, there have been produced and consumed from October, 1909, to June, 1912, about 1,500,000 less hectoliters (39,630,000 gallons) of alcohol. As a hectoliter of alcohol will, on the average, make 3 hectoliters of whisky, the use of whisky as a beverage has been reduced, in the period mentioned, more than 4,000,000 hectoliters (105,680,000 gallons), that is, for the whole of Germany about 430,000 hectoliters (11,360,600 gallons) per day.

ADVANCED DRUG LEGISLATION

ON account of the large number of poisonous drugs now offered to the public, Austria has passed a law providing that before a remedy can be offered to the public, it must be examined by the authorities, who will decide whether it shall be placed on the market with or without restriction. Remedies of the latter class shall be sold only by apothecaries, and only on the prescription of a physician, which must be shown by the purchaser. All remedies containing any alcohol, hypnotic, or other toxic substance are included in this class. The law is so strict that one can not get even a grain of arsenic, antimony, cocaine, or any Peruna, Mother Winslow's Soothing Syrup, stomach bitters, or any of a host of that kind, without a physician's prescription.

MUNICIPAL CREMATORY IN BERLIN

IN accordance with the law for permitting cremation in Prussia, adopted some time ago, after overcoming a number of difficulties interposed by the church authorities, there is to be erected in October of this year a crematory in one of the Berlin cemeteries. Without doubt the number of cremations of Berlin citizens will then be considerably increased.

THE MEDICAL MISSIONARY'S FIRST QUALIFICATION

(Concluded from Page 239)

Erring feet are in dangerous dietetic paths; souls are in danger of the pitfalls of the destroyer, Drink; wrong habits are imposing a heavy toll upon those who enter their broad avenues. He must warn all by precept and example.

As green leaves cover withered ones beneath, so the pomp and pride of the world hide an appalling amount of human wreckage. Here the medical missionary goes to relieve and teach. There are homes where in the world never dreamed the need existed; thousands of them, belonging to high and lowly ready to welcome him. His opportunities are untold. His life is consumed by the light and warmth he sheds in his radiating area. The most sublime achievement of his life is self-abnegation.

The foregoing reflections indicate that the medical missionary needs heart qualification in addition to professional skill in the rational treatment of disease.

P. C. POLEY.

Meerut, 1st September, 1912.

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