

Herald of Health

Vol. 3

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No. 12



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Contributions to the columns of the paper will be accepted subject to the approval of the editor. *Anonymous Contributions* are not accepted.

ILLUSTRATIONS

As far as possible half-tones and zinc etchings will be furnished, providing satisfactory photographs or drawings are supplied by the author.



THE HAND OF FATE

Moslems believe that Fate seals the doom of every man and that he has no control over his life's destiny. The hand of fate appears on all Moroccan houses. The house above is in Fez, Morocco.

HERALD OF HEALTH

The Indian Health Magazine.

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

S. A. Wellman, Asso. Editor.

Vol. 3

Lucknow, U. P., December, 1912,

No. 12

A Plea for Reform

(Continued.)

THE advertisers of patent medicines make out that they have testimonials to burn, but if their printed matter is perused carefully, you will find dozens of repeated testimonials, judiciously scattered. The vast majority of testimonials are procured at the expense of the manufacturer. Agents are paid wages to canvass for them: druggists get a discount for forwarding the letters from their customers and those who are willing to have their pictures printed with the testimonial are allowed a dozen photographs for their "looks" "before" and "after" using. Those answering inquiries relative to testimonials are liberally paid so much a letter for their trouble. These all cost money, and are paid by the patent medicine exploiter, who has deceitfully and untruthfully taken the money from the pockets of a gullible public. These fakes make a great point of their unsolicited testimonials. We give here a letter regularly sent out for one of these "so called" unsolicited testimonials of a well-known patent medicine.

"As you are aware, we have your testimonial to our remedy. It has been some time since we have heard from you, and so we thought best to make inquiry as to your present state of health, and whether you still occasionally make use of our remedy. We also want to make sure that we have your present street address correctly, and that you are making favour-

able answers to such letters of inquiry which your testimonial may occasion. Remember that we allow twelve annas for each letter of inquiry. You only have to send the letter you receive, together with a copy of your reply to the same, and we will forward you 12 annas for each pair of letters.

"We hope you are still a friend of our medicine, and that our continued use of your testimonial will be agreeable to you. We are enclosing stamped envelope for reply,

Very sincerely yours,

.....Manufacturing Co.,

We also give an illustration of another method of obtaining testimonials.

"The advertiser was found to be a woman, the coarseness of whose features was only equalled by the vulgarity of her manners and speech, and whose self-assertiveness was in proportion to her bulk. She proposed that I set about securing testimonials to the excellent qualities ofwhich she mis-pronounced; for which I was to receive a fee of Rs. 15 to 30 according to the notoriety of 'the guy' from whom I obtained it. This I declined flatly. She then offered me Rs. 9 for a testimonial that the medicine was used by my athletic club, and raised it to fifteen before I left."

There is an old saying, "There are tricks to all trades but ours." We are

sure that there are tricks in the patent medicine business as it is tricky from beginning to end. No part of the machinery is run on a fair and square business basis, but it is filled with vileness in the extreme. It is made up of lying schemes having as its object, the defrauding of the people and financial gain. The object is accomplished by blatant statements made by a smooth tongue! One surrounded by the "cure-all" claims of this electric belt, and that magic foot plaster or mysterious inhaler, or your money back, is led to believe that he is not far from the fountain of youth where he can drink of the springs of eternal rejuvenation. But he no sooner rises to this apparent "Life's green spring" than he finds himself chasing a phantom which dances over open graves. Isn't it strange that a thinking people will accept such trash?

The user of patent medicines is never sure of what he is getting, but he can be pretty sure he is getting alcohol, opium, cocain, or some other drug that is as deadly in its effects. He does not even know how much of these drugs he is getting in his accustomed dose of patent medicine. The faker who is known to lie regarding the claims made for his nostrum will certainly lie regarding the contents of it. And where does this leave the user? He is like the ship that has lost its mooring, and becomes stranded on the rocks of uncertainty. Headache powders that have hurled more than one victim into eternity are advertised as perfectly harmless preparations containing no dangerous drugs. These powders are made almost entirely of acetanilid, one of the most poisonous of drugs.

The writer would rather treat a drug habit pure and simple than to deal with a patent medicine fiend or habit. Is there such a habit as the patent medicine habit? There certainly is, and of the worst kind. The patient who has the nostrum habit

has listened to the lying statements of the quack so long that he not only has to be treated for the habit of the drug contained in the nostrum, but also for the habit of the faith in the patent medicine business. Habits caused by the use of nostrums are acetanilidism, morphinism, codeinism, heronism, alcoholism, and cocainism. These are formed from taking the so-called "cough remedies," "headache powders," "soothing syrups," and "catarrhal powders" of which these drugs are a basis. Far better drink the pure whiskey and gin than the alcohol loaded "sarsaparillas," "tonics", and "bitters", which are taken down with impunity by even temperance people. To advocate these for women and children is not conducive to health but to drunkenness.

But, says one, ought you not to discriminate a little? You would not place all advertised remedies in the same category would you? All you have said could not be applied to a remedy like "Sanatogen?" "Sanatogen" is much like "Cuticura", it may not contain any particularly harmful drug, it may be used without harmful results, still because of the price you have to pay for casein, the claims they make which they cannot substantiate, and the extravagance of their advertising, make this preparation rival the most clamorous "cure all." This makes it hard for us to separate the tares from the wheat.

There are many ways of diagnosing quacks. Some have one evidence of their quackery while others by other indications show their true colours. Some there are who try to get rid of just as many of these peculiarities which go to make up the quack as they can, because they themselves are afraid that the public will be able to recognize those diagnostic symptoms of the quack. Therefore they steer just as clear of these symptoms as they possibly can. But the old saying "murder will out" is a true one. Through their

greed for money, and by allowing one or two symptoms of the quack to develop, they mark themselves and show their true character.

The quack is known by his methods of advertising, the claims he makes backed up by money, that cannot be substantiated; his offering to treat and cure disease without ever seeing the patient; the "special interest" he shows in your care, and the promised reduced rates which after a little correspondence he offers to cut still more; the letter form; and finally, if

you decide to give one of these fellows a trial and tell him that you will pay the money after the claims he makes are substantiated, the fact that he will bother you no longer, but will drop the thing immediately or will change his tactics.

(To be continued.)

Correction.—In the editorial of the November number the statement should read, "America alone spends about Rs. 22,50,00,000 in a year, instead of Rs. 2,70,000."

The Biggest of Woman's Jobs

IT was a woman who said that "the finest of arts is to improve the quality of the day." That is, the ideal achievement is not to crowd the hours more full of things, nor even to fill them with a different kind of things, but to take the plain day just as it comes, and to add to it that which colour adds to pictures and fragrance adds to flowers. Why a woman should have uttered this truism is that it applies so poignantly to the work in a woman's day. Housekeeping, for instance, involves the regular performance of a certain round of inevitable duties. Beds must be made, floors must be swept, breakfast, dinner, and supper must be served. These duties may be done in such a way as to make them the dreariest of tasks. The housewife may make the back stairs the wearisome steps of a treadmill. It is mostly a matter of thinking. Life depends upon the way we take it. The truth about the back stairs is that they are really Jacob's ladder, if we will; and the mother and the daughters are angels ascending and descending. They may not look it in their working-clothes, but to the husband and father that is what they are, unless they choose to be otherwise. He prefers aprons to wings: we may be sure of that. People talk in a large way about the "real

work of the world," and seem sometimes to mean that in order to do it one must belong to the executive committee of a woman's club. But this is like the report of the crew of the life-saving station who said: "We saw a ship in great distress, and all night long we worked hard—with the speaking trumpet!" That is not effective service. Men have got to get wet in order to save ships. They have got to labour at the oars. And women, in order to save society, which is the "real work of the world," have got to take hold of the homely details of their domestic business. That is the biggest, the most important of all of woman's jobs. It is essential to the well-being of society. And it is dignified by its importance.—*The Ladies' Home Journal.*

DR. HOWARD suggests that in the place of the term "house-fly" we use the more sinister but expressive term "typhoid-fly." If the name ever becomes common, it will at least help to awaken some to the danger that results from allowing this pest to breed. Another good suggestion is that we change the name "colds" to "fouls." The old expression, "I have caught a cold," hides the real fact and perpetuates an old superstition.



General Articles



Health or Fashion, Which?

BY A. B. OLSEN, M. D., D. P. H.

(*Concluded from October*)

Stays and Corsets

FORTUNATELY the hobble skirt, silly and ugly as it is, is not usually a serious menace to health, but we cannot say the same of stays and corsets, which have been fashionable now for many years and especially amongst those classes which have comparatively little work to do. For let it be known, that the peasant woman, whether in Wales or Germany, in Italy or in Ireland, who has to do a large amount of manual labour, oftentimes in the field with her husband or her sons or brothers, finds it impossible to wear stays or cultivate the circular waist. We cannot believe that any thoughtful person would seriously advocate the use of the corset for the purpose of maintaining health. Most of us must know that the natural waist is not a wasp waist or anything like it, and that the Venus de Milo is a far more correct guide to the natural female form than the fashion-plate. Unfortunately, the evils of the fashionable waist are almost innumerable. We sometimes think of the poor heathen Chinese women of the leisured class whose feet are bound in infancy, thus crippling them for life, and we send missionaries to China to teach these deluded people not to deform themselves by following such a ridiculous fashion. Surely we need these missionaries at home to teach our own people the evils of training the waist in girlhood, and teaching our young women that the natural waist is the healthy waist, and that any compression in the waist-line is productive of damage more or less serious. Phy-

siology teaches us that the natural waist of a woman is proportionately quite as large if not larger than the natural waist of a man. Any attempt at training the waist and diminishing its size produces grave disturbance among the vital internal organs. Such compression may loosen one or both kidneys, and cause what is known as floating kidney. Such compression also displaces the stomach, deforms the liver, and even compresses the lungs so as to interfere with normal breathing. The penalty that fashionable women have to pay in the form of headaches, backaches, and innumerable aches and pains in the vicinity of the abdominal organs are a sure indication of the outrage which has been played upon nature. Which will it be, ladies, health or fashion? It is for you to take your choice.

Fashion in Education

When we come to our educational system we again see the prominent part that fashion plays. Little or no attention is paid to domestic science and the duties of the household. Never mind about caring for the home, selecting or cooking the food, nursing the baby, or such ordinary things. What is the result? First, an increasing number of ignorant and superstitious wives and mothers who know next to nothing about the ordinary duties of home, the preparation of food, or the care of children. And the second result is the high infant mortality which prevails almost everywhere. Under these circumstances is it strange that more than ten per cent of the babies of this enlightened land die before the age of twelve months? No, the only surprise

is that there are not more victims considering the gross ignorance of the majority of mothers. We are not saying a word against teaching the children how to read and write, etc. "These ought ye to have done, and not to leave the other undone."

Poodle Dogs vs. Babies

You will certainly not be shocked or surprised when we tell you that in many homes of the well-to do and opulent, babies are no longer in fashion. Poodle dogs and other varieties of the canine tribe are fashionable, and often receive much attention and care from their unnatural and morbid mistresses. It is fashionable, please note, to go out carrying a dog or leading it by a string, but it would not be considered fashionable for these same women to go out carrying a baby or even pushing it in a perambulator. No, babies are getting more and more unfashionable as time goes on. Dame Fashion dictates, "Let there be no babies," and the blind votaries of the Dame follow faithfully the command, little realizing the great harm that they are bringing to themselves by disobeying the laws of nature.

Fortunately, this pernicious practice has not yet penetrated to any great extent the so-called lower orders of society. While we may often see an empty nursery where there are most facilities and advantages for the care of children, we almost invariably find an overcrowded home where genuine mother-love and the maternal instinct is about the only thing that is abundant. Nevertheless, this tender love and affection for the little ones is essential and without it all other advantages would be in vain.

Apropos of poodle dogs we cannot refrain from citing a quotation from the "Washington Post," which gives a personal experience of Mr. G. W. Norris, Representative from Nebraska. Mr. Norris says:—

Poodle dogs are usurpers, and should be returned to their proper place in the home.

The kind of dogs seen on Connecticut Avenue in Washington are a disgrace to the nation, occupying the place they do in the lives of the supposedly good citizens of the republic. The dogs themselves are to be pitied; but the women who pet them, to the exclusion of their children, are to be despised.

While I was passing in front of a residence that cost hundreds of thousands of dollars, an elaborately dressed woman came out. She carried in her arms a costly poodle; and as she stepped into her carriage two of her servants, wearing high silk hats, bowed almost to their knees. One assisted her to enter the carriage, while the other draped her dress about her feet. A moment later a coloured servant came out wheeling a baby-carriage, and I crossed the street and learned that it held the woman's little son. That the woman held the poodle where her child should have been, while she gave the little one over to the care of a servant, seemed inhuman to me; but finally I decided that the poodle was to be more pitied than the child—it was in worse company. The sad thing about the whole incident was that a mother could go smilingly away from her baby, while she cuddled and patted the insignificant little dog at her side.

Poodles are all right as pets for children and, incidentally, for older persons. Personally, I love them, as I love all dogs. But before they are allowed to take the place of children in our homes, I would rather see every poodle in the country killed. The only kind of home which is worth while is the home where the mother gives her first and best thought to her children. To often in America to-day rich women care nothing for their offspring, but would rather bestow their foolish affection on pets that really amount to nothing. They seldom see their children, and give no time to training them.

Surely this is a case of a woman "without natural affection."

Is Marriage Fashionable?

Curiously enough, marriage has not yet become quite unfashionable, but that there is a strong tendency in that direction no one can seriously deny. If this tendency develops much farther the time will speedily come when marriage itself will be banned by Dame Fashion, and then what? The outlook is too bleak and dark to invite

examination. How often is marriage, even to-day, wholly and purely a selfish affair, and how little are its privileges, responsibilities, and duties recognized and realized by those who begin wedded life. The large increase of divorce, the pernicious teaching of free love, the love of lust, and the frequent willingness to indulge without accepting the responsibility—these are the tendencies which are to be seen almost everywhere, and they paint for the human race a very bleak and sordid future.

The Fashionable Rake

Another, and possibly the worst of all fashions, is the false convention which gives to one sex a free license to sow wild oats galore, lead a shady, sinful life, and afterwards forget all about it, and to permit such a person to marry a pure, clean, chaste woman, if he can win her, the poor victim often being entirely ignorant of the real character of the man who is seeking her hand; and at the same time to promptly and harshly condemn the other sex to absolute ostracism for the smallest fall from virtue. Well may we ask, What does this all mean? Simply the folly of allowing fashion to influence and dictate. Nature has raised but one standard and given us but one law, and that standard and that law applies equally to man and woman; there is, and should be no dis-

tinction. Both are equally bound by all the laws of physiology to lead a pure, chaste, white life. Any departure from this standard on the part of either sex is equally unnatural, sinful, and worthy of condemnation. Let the rake marry the harlot, and let no pure-minded cleansouled woman give herself knowingly or unknowingly to an impure, foul, would-be husband. We say unknowingly advisedly, for a woman should make it her business to know. She should always require a report from her own private medical consultant concerning the health and fitness for marriage of the one who wishes to make her his wife, and she herself should be equally willing to have her own fitness for marriage investigated by her lover's family physician.

Shall we not call a halt in this subservience to foolish and cruel fashion before it is too late? Why not throw overboard the false fashions and conventions of society and return to the natural, wholesome, simple, and true life which recognizes its responsibilities and discharges them in the fear of Almighty God. Which will it be, ladies and gentlemen, health and a long life of useful service and real joy and happiness, or continued slavery to fashion with the penalties of ill-health, sickness, disease, misery, and premature death, which it certainly brings?

Are You in Sound Health?

BY G. H. HEALD, M. D.

PERHAPS that is not a fair question, for one's notion of that which constitutes "sound health" gives opportunity for an immense leeway. The writer has taken histories of men applying for treatment who at first stated that they had "always been in sound health until the present illness," and yet questioning elicited the fact that they had constantly been subject to such symptoms as gas on the stomach,

water-brash, constipation, occasional headache, etc.; that is, with them such symptoms were not incompatible with good health. On the other hand, the writer has known persons who, so far as their minds were concerned, seemed to have all the diseases of the doctor books, especially such diseases as they had read about and seen in others; and yet examination failed to reveal any disturbance of function, and

apparently they were as sound as a dollar. We would naturally say they were sick because they imagined they were. But whatever may be at fault, the person whose imagination constantly tells him (or more likely *her*) that he is sick, *is* sick. He has a diseased imagination (I use the word in a broad sense), and until that is remedied, he is incapable of doing efficient work. He may be of the selfassertive kind, whose delight is to parade his ills and shortcomings before his fellows whether they will or no; or he may be of the submerged type, who feels that he lacks something, yet to the best of his ability strives to keep above water and present a normal appearance.

The fact is there are comparatively few persons who are entirely satisfied with their state of health, and there are fewer still who are living up to the highest possible standard of mental and physical health and efficiency.

One evidence of this is the surprisingly large number of medicines, nostrums, appliances, health systems, climates, waters, etc., used in the hope of bettering the health.

Perhaps five hundred million dollars would be a moderate estimate for the amount paid out in this country for the advertised so-called cures of disease, nostrums, quack concerns, etc., to say nothing of the amount paid out regularly to physicians.

Whatever is widely advertised as a means of preventing or curing sickness or of improving the health finds multitudes of buyers. Thousands of persons who want to get well, spend about all the money they can spare, and sometimes more, for some widely advertised nostrum. Multitudes constantly visit the doctors, going from one to another, spending their all, in the hope of receiving benefit. Some are cured, for there are honest doctors and intelligent doctors. But often they fare

no better than the swallower of patent medicine, one drug after another being tried without permanent relief.

Many put their trust in Christian Scientists, in magnetic healers, in faithcurists, in quacks, and what not. These all overlook the important fact that every disease has a cause, and it is necessary to remove the cause before the cure can be effected.

If your stove is filled with clinkers and ashes and your chimney with soot, you do not waste your time with some patent fire starter; you clean out, and give the fire a chance. Many a person is loaded with clinkers, ashes, and soot, so that his vital fires burn low, and he perhaps takes some "bitters" or other stimulant to whip him up for the time being; but in the long run these "remedies" only increase the amount of clinkers and ashes.

One reason for the popularity of many medicines is that they make the user feel better for the time being. Whisky will do it; opium will do it; morphin will do it; many other drugs will do it; but what a wretched condition these narcotics develop, as a result of their use!

An important part of the education of every child should be a knowledge of the causes of disease and how to avoid them. These principles should be instilled before the child has formed wrong habits; for, once formed, such habits are difficult to break. The little one should learn how to care for his body as soon as he is able to understand. Compared with this knowledge, all other learning is of secondary importance; for without health, no matter what his other qualifications may be, one is handicapped in the battle. Those not fortunate enough to have such instruction in their youth, and who, perhaps, are suffering from the results of wrong habits, should realize that it is not too late to begin the work of reformation,—to *rebuild* the body, to reconstruct it. The body is

being constantly changed, old tissues are breaking down, and are being replaced by new tissues formed from the food. By a proper attention to hygienic living the body may within certain limits be gradually made over anew. Cornaro was nearly forty years old when he was given up by the physicians as a hopeless case; yet by careful living he regained his health, and lived to be more than one hundred years old. Fletcher was rejected by two insurance companies as a bad risk, but he began

studying and practising healthful living, and is now known as a man of unusual power and health.

What others have done you can do. All that is necessary is that you shall be so alert to the importance of regaining your health that you will at once change your habits in accordance with physiological laws. Such a change may mean present sacrifice, but in the end you will realize a rich reward in increased health and greater capacity for work.

Aids to Health Restoration

D. H. KRESS, M. D.

AN Irishman who missed the train, when asked why he was late, replied, "Sure, I took the short cut." Many fail to get well because they try to find short cut routes to health. There is a constant but ineffectual search for something that will counteract the results of transgression.

Some take their diseased stomachs, livers, and nerves to the doctor in much the same way that one takes a pair of shoes to a cobbler, saying, "I want these repaired by Wednesday morning." They expect stomach or nerves to be repaired in two weeks or a month. They say, "Doctor, I can not stay longer; if you can not fix me up, I will go elsewhere." This impatience may lead the physician to give them something that will make them *feel* better, when really they are no better. Men and women want to feel well whether they are well or not, and anything that will bring this about is welcomed. This is responsible for the prevalent use of patent medicines and drugs.

The Deception of Drugs

Riding with a gentleman, I noticed that his horse was short-winded, and hardly able to move. He told me he had bought him the day before, and thought he was buying a fine horse. The horse, which at the time of purchase looked well and ap-

peared full of life, had been drugged, in order to make a sale. Drugs do for patients just what they did for that horse. The physician is often tempted to give something to his patients to make them feel better and appear better to their friends. Because patients insist on being made to feel better at once, the physician is almost compelled to resort to harmful drugs.

A person who is out in the cold thinks he is warmer after a drink of whisky, but he is really colder. Because of the deception caused by the liquor he does not realize his danger. Should his internal temperature be taken, it might be found to be two or three degrees lower than it was before taking the drink. Pain is nature's protest,—a means of correction. Should an injection of morphin or cocain be made into your arm, you could let the hand remain against a hot stove and not feel it, because morphin severs the telegraphic communication between the seat of pain and the brain. It is unwise to pull down nature's danger-signals so long as danger exists. Yet this is what is being done every time one takes a headache powder. Drugs that bring about such results are dangerous, and should be avoided.

Many chronic invalids habitually take

some pet drug, believing it to be the only thing that keeps them up. They recommend it to their neighbours and friends. And yet that which they depend upon to keep them up, is in fact keeping them down. There are many drug slaves in the United States. Coffee and coca-cola contain the same drug. Other soda fountain drinks contain drugs. One who drinks one of these for a headache, feels better, but he is not better. People accustomed to taking these drugs imagine they can not get along without them.

Rational Restoration

To get well requires time. It can not be done in a few minutes. A gardener can not build up a sickly plant in a day. He does not saturate it with alcohol or patent medicine. He places it where it can have the benefit of sunshine and rain, and then he digs about it. In time the pale leaves take on colour, and the plant is restored to health. With confidence, the gardener goes about the work of restoring sickly plants to health, and he is seldom disappointed. We can go about the work of restoring sick bodies to health with the same confidence. When plants are sick, there is a reason. Perhaps they have not had the benefit of the sunshine. When men and women shut themselves up in illy ventilated rooms, deprive themselves of air and sunlight, eat pastry, and drink tea, they, too, become pale and sickly. When sickness comes, nature says, "You are doing something you ought not to do." To continue our wrong course and then take something to cover up the symptoms or to hush the warning voice, is unwise.

In our treatments we try to aid nature in health restoration. Massage, electricity, and hydrotherapy are of value chiefly because they improve the circulation of the blood through the diseased parts, and thus hasten repair. Every six weeks the blood undergoes a complete change. The average life of a blood corpuscle is only

six weeks. By careful living, diseased corpuscles may be replaced by healthy corpuscles in six weeks. The cells of the liver undergo a complete change every three months. By careful living, the man with a diseased liver may have a new and better liver in three months' time.

If an injury to the hand is carefully dressed, healing quickly takes place. But if we allow dirt or other irritants to get into the wound, it will heal slowly or become a chronic sore. If we were as careful regarding what we put into an injured stomach as we are of an injured hand, nature would be as faithful in making stomach repairs as she is in repairing the hand. Irritants, as spices and highly seasoned foods, taken into the stomach interfere with nature's effort.

The Mental Attitude

We differ from the animals in that we are responsible beings. An animal has no conscience, and is irresponsible. When an animal is sick, it does not worry about its sickness nor about the outcome. Its mental attitude does not resist nature's healing processes. It goes out into the sunshine, takes the rest-cure, and recovers. But if we have rheumatism in one joint, we expect other joints to become affected. We look forward to the time when we may be crippled up and dependent upon charity. We worry about it. This mental attitude retards restoration. An animal can not exercise faith; but man can, and for this reason his recovery may be more rapid than that of the lower animal. In coming to the sanitarium it is necessary to study in order that we may develop confidence in the methods employed, and intelligently go about the work of getting well, exercising faith in the remedies that are employed.

I know of nothing more stimulating than a good sea bath; yet two persons may take such a bath at the same time, with different effects. One, having studied the effect that the cold water will have upon

his circulation, plunges in, and in a short time come out and takes a vigorous towel rub, and feels stimulated and well repaid. The other, doubtful about the benefit of the bath, goes in with some misgivings, his lips turn blue, and he goes into a chill. His mental attitude prevented a reaction, and he is injured by the bath.

The same holds in the matter of diet. Man should study what is best for him to eat, and then eat it and expect good results. Of two men eating the same kind of food, one may receive benefit, and the other injury, on account of the mental attitude. In order to get the most good out of even the best food, it must appeal to the mind as well the appetite. This can only come from study and an intelligent knowledge of food value.

Influence of the Mind

The mind has much to do with the restoration of health. Some years ago I was giving a lecture in Australia, in which I made mention of the need of cheerfulness, and how we might help one another by taking courage. At the close of the lecture a gentleman stepped forward and said: "Several years ago when I was editor of a paper in the United States, I felt so ill one morning I thought I could not go to my office, but the work was so pressing that I started. On my way I met a friend who said, 'Good morning, Mr.—. You are not looking well this morning.' In a little while I met another missionary of the same kind, who said, 'Good morning, Mr.—. You are not looking well,' and advised me to go home, and I did. I went to bed. The next morning I started to my office, still feeling so poorly that I was on the point of turning back when some one met me, who said, 'Good morning, Mr.—. This is a beautiful morning. You are looking fine.' This gave me a new courage, and I went to the office and began work. The longer I worked, the better I felt. I came home that night feeling better

that I had for many days." Imagine my surprise when he turned and said, "Dr. Kress, the man who encouraged me that morning was yourself." It did not cost me much to give my friend a little uplift that morning. In fact, it was done unconsciously. It was a very little matter, but it meant much to him.

Patients are apt to talk over their troubles and their symptoms with one another. This is unfortunate, for it does not help them. By a comparison of notes, each soon develops the symptoms of all the others. A young man who was trying to forget his symptoms and refused to talk about them; had cards printed, on the end of which were the words: "I have trouble of my own; don't tell me yours." These cards were handed to all the patients. They placed them in their top vest pockets. When one began to talk about his symptoms, the others would simply pull up their cards. The little device worked like a charm, and helped to bring about quite a reform in the conversation of my patients, and it was an appreciable aid to their recovery.

Live in the Sunlight

There is always something to be thankful for. Of two people who pass through a garden, one may say, "O, look at the beautiful roses, and pinks!" and the other may say, "See the ugly thorns!"

"Two men looked out of their prison-bars,
One saw the mud, the other the stars."

We have power to look down or up; what we see depends upon how and where we look. It requires effort to look upon the bright side; but if our cruise of comfort is failing, our hope lies in sharing it with another. Giving is living, denying is dying. He who determines never to cast a cloud on the pathway of another, but lives to encourage and help the unfortunate, has a valuable aid in health restoration. We can not expect to be at our best every day, for we all have infirmities. We can not expect to feel just as we would like

day after day. I do not feel well every day myself, but I am not going to tell you all about it when I feel bad. I am going to keep it to myself.

Bad feelings are not necessarily a bad omen to those who are ill. Sometimes when we are feeling the worst, nature is actually doing the most for us. It is true a person who is perfectly well feels well, but with a person who is regaining his health it is different. When the most is being done for him by nature, he sometimes feels the worst. This is because of changes taking place within the body. The whisky drinker feels worse after giving up drink for a few days, but he is not actually worse. He has just entered the pathway

to health. So with the tobacco user, the tea drinker, or the drugfiend. When we give up that which we know to be wrong, and are learning to live in harmony with the laws of health, it is our privilege to believe that the Lord will add his blessing.

Another aid in health-giving is morning worship. The promises of God bring rest and quietness to troubled hearts. There is health in singing. Whether we feel like singing or not, let us sing and enter into the real spirit of the worship, and we shall receive help from it. I know of no exercise better for the health than singing. It has a good mental effect, and it improves the circulation of the blood through the organs of digestion.

What the Mother Leaves Out

THAT a child must first of all be healthy; that health is absolutely essential to success of any kind, the average mother is beginning to get pretty clearly into her mind with regard to her child. But she interprets the laws of hygiene to mean three things: fresh air day and night, wholesome food at regular intervals, and as much sleep as possible. These are essentials. But one thing remains, and that the average mother leaves out of her régime. She must substitute for the modern child's craving for excitement, restlessness, and pleasure, the atmosphere of quite, contentment, and happiness. She fails, first of all, to dress her child wisely. Where she makes the mistake here is that she dresses her child for her pleasure, but not for his convenience. Again, she does not realize that the most normal and fortunate of people are those who are able to find joy in simple commonplaces, and contentment in the ordinary routine of a busy life. This, as applied to the child, means a quiet, uneventful mudpie and sandpile existence, with mother near enough to give a sense of companionship.

"The little common joys of every day,

My garden blowing in an April wind,
A linnet's greeting and the morning fall

Of happy sunshine through the open blind."

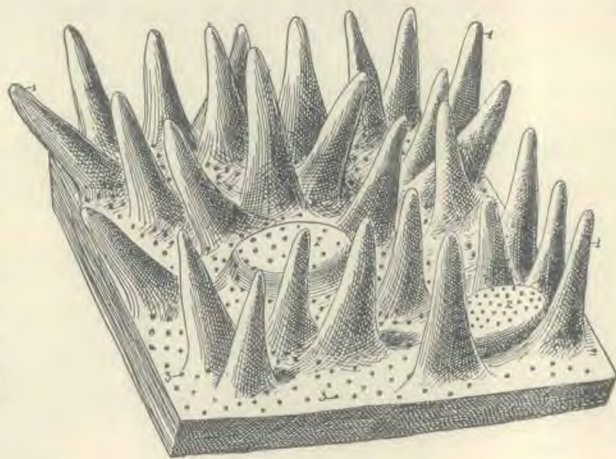
These are the real joys of life, but they are lost upon children who are trained always to be entertained. They are not to be had at the diabolical children's parties. They are the gift of quietness and the blessing of healthy solitude. And they are the only virus that can render a child immune from that craving for excitement which is nothing less than a nervous disease, and is the curse of so many homes to-day.—*The Ladies' Home Journal*.

"BAVARIA has collected statistics of the cases in which violations of law in 1910 were due to intoxication or to the habitual use of alcohol. In 8,864 of these the cause could be directly traced to alcohol, and in 190 of them the offenders were chronic drunks. The crimes of drunkards were found in the large proportion of cases to consist of dangerous bodily injury. Nearly half the crimes committed by drunkards were of this kind. On the other hand, the number of convictions for stealing by those under the influence of alcohol was surprisingly small."

The House We Live In

The Intestines

WE now turn to the most important organ concerned in the digestion of our food. Patients are known to live after the removal of the entire stomach, the entire colon, or a portion of the small intestine, but it would be a very difficult matter for one to sustain life after the removal of the whole of the small intestine. The work of the intestines is quite a complicated process, and, although we have learned a great deal as to what changes take place in the intestine, we still have a great deal to learn. About the first work that was ever done along this line were the observations of a physician through a hole made into the stomach of a man by a bullet. In this way he could see some of the work of



Mucous membrane of jejunum, highly magnified, 1, 1 Intestinal villi, 2, 2 closed, or solitary follicles, 3, 3 orifices of the follicles of Lieberkuhn.

the stomach and this led to more extended observations, which eventually reached the intestines. Now that the days of aseptic surgery have dawned upon us, we are able to open the intestines with impunity and make careful observations upon the work they are capable of performing. This investigation has not alone enabled us to carefully study the chemical processes accomplished by this important organ. The invest-

igations made upon both the stomach and intestines can be nicely grouped under three distinct periods according to the type of investigator who was most prominent during each period. First come the pathologist, who studied these organs from his standpoint; then came the chemical investigator, who has added still more to our knowledge concerning the complex chemical processes taking place in the alimentary canal; and finally there came

the physiologist, who studied and is studying these organs from his point of view. Each class of investigators has no doubt been enthusiastic concerning their own work, but each has furnished information with which it would be impossible for us

to dispense.

The intestines form the greater portion of the cylindrical tube that forms the alimentary tract. They extend from the stomach to the anus, and are divided into parts with names according to the work the part performs. The small intestine, which has a length of about twenty-five feet, is divided into three parts. The first ten or eleven inches are called the duodenum; the next portion is called the

jejun; and the last part, next to the colon, is called the ileum.

The duodenum has a diameter of two inches and is shaped something like a horseshoe. It is a very fixed portion of the small intestine. This is a very important part of the small intestine and it is this portion that admits two very important secretory fluids, the bile and the pancreatic juice.

The jejunum occupies the upper two-fifths of the small intestine. Its diameter is about an inch and a half. It is thicker, more vascular, and of a deeper colour than the ileum. The glands in the mucous membrane are more numerous in this section of the intestine, and the lymph follicles are less numerous.

The ileum, which forms the lower three-fifths of the small intestines, empties into the large intestine. It is about one and one-fourth inches in diameter. These figures show that there is a gradual diminution in the diameter of the intestines, from the duodenum to the large intestine. Both jejunum and the ileum in contradistinction to the duodenum are freely movable.

The anatomical make-up of the intestine is very much like that of the stomach. There is the outer peritoneal coat, which is moist, smooth, and glistening. The middle coat is of muscles, which is arranged into an outer longitudinal and an inner circular layer. This arrangement of the muscular coat brings about two distinct movements on the part of the wall of the intestines. The inner coat or mucous membrane is thrown up into folds called *valvulae conniventes*. This is to allow for a greater absorbing surface thus facilitating absorption. Thickly studded in the mucous membranes are the minute villi-secretory glands and lymph patches. The secretory glands found in the duodenum, called Brunner's glands, and those found in the jejunum and ileum, the glands

of Lieber Kuhn. It is the duty of these glands to manufacture a juice that plays an important part in the work of intestinal digestion. The lymph tissue found in the mucous membrane presents itself in two forms in solitary lymph patches called solitary glands, and an aggregation of these solitary glands, called Payer's Patches. The villi, we will take up more in detail when we consider absorption. The walls of the intestines are richly supplied with lymphatics, nerves, and blood vessels.

It is noted that some parts of the intestines as the duodenum and some parts of the large intestine are very fixed while others are freely movable, as the jejunum, ileum, and other parts of the large intestine. This is made possible by the relation that the peritoneum bears to the different parts of the intestine. The peritoneum is a thin, closed sac in the abdominal cavity that bears a definite relation to each abdominal organ. It forms a covering for them which we have mentioned several times since taking up the digestive system. The peritoneum virtually acts as a sling to the different organs. In some the sling is short, while in others it is long. This accounts for the different degrees of motion of the intestines. The sling that loops over the intestine is that part of the peritoneum called the mesentery of the intestine which is gathered up into folds or tucks similar to the gatherings in a woman's apron, and is fastened to the posterior or back wall of the abdomen to a space about six inches long running obliquely from left to right. The place where it is fastened to the abdominal wall is called its root, and where it loops over the intestine is called its intestinal border. If the mesentery were cut loose from its root and its intestinal border, and spread out, it would make a figure like a fan or frustrum of a triangle with a short base of six inches, while the top would be about thirty feet. In the dressing of animals, especially the sheep, the mesentery is trimmed off the intestine and used in decorating the carcass of the animal. The peritoneum, a very important organ, is very hard to portray to a mind which has not come in actual contact with it, but we trust we have made clear as to how the intestine is held in place, some parts tightly, and others more loosely.



Nuts

GEORGE E. CORNFORTH

If fruits are the "queens among foods," it seems to me that nuts are the kings. Most nuts are really fruits or parts (seeds) of fruits, though they are quite different from those products which we are accustomed to think of as fruits. They are the hard fruits.

It will be found to be a very general rule that the best foods grow nearest heaven, the less desirable foods grow nearest the ground, and the least desirable grow beneath the ground. According to this rule the foods which grow on trees are the best, and nuts are among these foods.

The value of nuts as a palatable and nutritious addition to the diet is being much better appreciated than formerly, and their use is on the increase. A few years ago they were regarded merely as a luxury or something to be eaten at odd times, but people are coming to realize that they may well form a substantial part of the diet, and that that is really the way they ought to be used. Among the recipes published in magazines devoted to cookery, and in other magazines, are very frequently found recipes giving directions for the use of nuts in various ways.

Nuts are very rich in fat and in the nitrogenous food element, and contain, with the exception of the chest nut and peanut, very little or no starch. They are, next to pure fats, the most concentrated of all foods. They must not be used as the main food supply, but merely as an accompaniment of other more bulky foods. If

they are regarded as butter substitutes rather than meat substitutes,—and they with legumes, can well supply the place of both meat and butter,—we might approach more nearly to a proper use of them, for no one would think of making butter a main article of diet. Nuts are nature's meat and butter, and they do not have to be kept in cold storage. Nature herself has sealed up their nourishment against the action of the element.

All nuts, except chestnuts, being rich in protein and fat, may be used as meat substitutes and eaten with carbohydrate foods, as bread, potatoes, and fruits, and the less concentrated foods as green vegetables; while chestnuts, which resemble bread in their composition, may be eaten as a vegetable and in combination with milk, cream, eggs, or other nuts.

Nuts have a reputation for indigestibility second to nothing but rich pies and puddings, and they are able to sustain this reputation as they are usually eaten—not well masticated, eaten between meals or late at night, or after a hearty meal. But when reduced to a very finely divided state, either before or during mastication, and eaten in reasonable quantities and at proper times, their digestibility has been proved to compare very favorably with that of other common foods, as bread and milk. The fat of nuts eaten thus is one of the most easily digested forms of fats; being in an emulsified state, it can not smear the walls of the stomach or other foods, thus interfering with their digestion.

There seems to be no foundation for the common belief that salt aids the digestion of nuts, or prevents any distress resulting from eating them. It may, according to the taste of some people, add to their palatability.

Nuts, with the exception of peanuts and chestnuts, require no cooking. As with strawberries, cooking impairs their delicate flavours.

The manufactured nut foods which are on the market may make a valuable addition to the diet from the standpoint of palatability and variety, but are more expensive than home-made nut preparations.

A comparison of the food value and the cost of nuts and meat might be interesting. I am inclined to believe that people are apt to eat with their minds instead of with their stomachs; that is, when their minds are satisfied accordingly. No matter how much

we may try to persuade ourselves that we put dependence only upon certainties, and accept nothing by faith, it is a fact, whether we recognize it or not, that faith plays a large part in the ordinary affairs of life. A person will eat a small steak containing, perhaps, one hundred food units, and feel perfectly satisfied if he has little else to eat, because he has so much faith in the food value of the meat; but if he were to depend upon nuts for that meal, he would not be satisfied that he had eaten enough till sufficient space

within his anatomy had been filled, so that he distinctly "felt" satisfied. But it would take only half an ounce of nuts, which would be three Brazil-nut meats, eight pecan meats, three walnut meats, or fourteen blanched almonds, to equal the one hundred food units of steak, and so small an amount of nuts would hardly be "felt" after eating.

DAMAGES FOR MEAT POISONING

AN interesting verdict has been given in an action brought by a marine engineer against some pork pie manufacturers, on the ground of supplying meat not reasonably fit for human food. Plaintiff purchased three veal and ham pies at defendant's shop on his way home from work. One he ate himself, one his wife ate, and the third he divided between his three children. All were taken ill, one boy died, and his wife had

"Cooking can be done in a simple, healthful, and easy manner without the use of lard, butter, or flesh meats. Skill must be united with simplicity. To do this, women must read, and patiently reduce what they have read to practise. Many are suffering because they will not take the trouble to do that. It is a religious duty for those who cook to learn how to prepare healthful food in different ways, so that it may be eaten with enjoyment. What branch of education can be so important as this?"

HEALTHFUL LIVING.

not recovered yet, although nine months had elapsed since the attack. Negligence was denied on the other side. It was alleged that although ten and a half dozen pies were made in the same batch, and a number were consumed by the defendant's household, yet no other case of consequent sickness was reported. The jury found a verdict for the plaintiff, and awarded £13. 5s. 6d. for expenses of the illness, £5 for loss of wife's services, and £15 to the wife herself.—*Medical Press.*

: Mother and Child :

How To Rest

"TO REST," the dictionaries would have us believe is to "cease from work." The cessation of energy, the repose of the body, the inactivity of the mind, are all summed up in this small word of four letters—REST. How often, in the weariness of men's souls, they are prone to cry like the Psalmist of old, "Oh, that I had wings like a dove, then would I flee away and be at rest!"

In this active age we have become conscious that there are more ways of relaxing energy than one. As one poet expresses it—

*"Rest is not quitting the busy career,
Rest is the fitting of Life to its sphere."*

Rest is change quite as often as it is lack of activity, for it is not only the body which tires, but the mind and the heart. The chief requisite to accomplish any given end is a knowledge of cause and effect. There are overworked persons whose whole physical vitality is sapped, and the only comfort for them would be complete cessation of labor, absolute inactivity of the body for a space of time until bodily strength might be regained by sleep and nourishing food; but as relief from the greater form of weariness, physical inactivity beyond a certain point would become unbearable. It is a change of work, a new grasp of life, a wider mental horizon which brings rest.

The woman with household cares has her four walls of home where responsibilities crowd its corners even though joys bear them company. Such women need a breathing time away from home environments once in a while. The mind which has constant thought for the welfare of a household grows burdened with daily res-

ponsibility, and to such a one a week spent away from all loved ones would be absolute rest.

But oftentimes the mother of a family goes away for a vacation on a visit to some other household, perhaps to her married sister's. Here there are the same home problems, about her, the same routine of life, simple or complex, as the case may be, as in her own home. In other words, she drops her own responsibilities only to be called upon to share or take up others.

This is a mistake. A visit of that sort would be a real boon to the lonely woman who has no home of her own. This woman, if tired out with office duties or work in the business world would find perfect relaxation in the home life, even though her sympathies might have to be expended.

But sometimes it is impossible to go away from home. Financial situations do not always allow a change of air when one is mentally and physically tired, and in this case the only way to become rested is to find relief at home. Some women can never do this because they are not temperamentally strong enough. It requires a certain courage to look matters in the face and decide how responsibilities must be restricted, how one's energies must be forgotten if new life and energy are to be rebuilt. One rule, however, is almost a safe one to follow. The woman who spends most of her time indoors with her own family should seek the intercourse of others. The woman who uses her brains constantly, she who is doing mental work, will find rest in physical exercise—tennis, driving, boating or walking, the woman who is tired out by intercourse with people

must really "rest" in the dictionary sense. To her a hammock in a shady nook, the inanimate friends of a book, the drowsy, dreaming companionship of birds, and bees, and flowers from an idler's point of view, will bring delightful change.

Then there is the woman who is tired of herself. She may not know it, and this form of weariness often requires the wisdom of some outsider to discern, some wise physician who can say "Seek the interests of others. Go into the poor districts of the city and bring someone with real sorrow, someone who has so many burdens that they may well be divided between you both—take your share of hers."

If you are tired ask yourself if your life is well balanced. Do you have enough of the society of others or too much? Have you too many responsibilities or could you adopt those of someone who is over-burdened?

One mother I knew who led a busy life remained so fresh and girlish with three little children to care for that some of her friends marveled at the miracle.

"It is our afternoon nap and rest-time," she said, when asked for an explanation. "No matter how hot, or tired or busy I am, we have an hour and a half, sometimes two of a

summer's afternoon, when we rest. The children lie on their beds with either their dollies or a picture book, if they do not care to go to sleep. Even babies can be taught it is 'quiet time.' When I get up I dress and refresh the babies, wash their faces and hands and fix their curls and we all start fresh again.

After all, do we not wear ourselves out unnecessarily sometimes, by making ourselves slaves to customs and to long-drawn-out hours of work that might be condensed by better management?

Take some time to rest—build up your strength by social activities or by relaxation, according to your daily life and temperament, and bear in mind that after all both kinds of rest are essential, for we

have our bodies to refresh, our minds to interest, and our hearts to calm if we are nervous and overwrought. Learn how to rest in the way that will benefit you, and in the

THE BABY WHO ROMPED WITH DAD

OH, LITTLE girl with the braids grown long,
And the laughing lips and the heart of song,
And the slim, cool hands, each night you wait
As you always have by the arbores gate;
But when your daddy turns in the street
No more you scamper on dancing feet,
With wind-blown curls and your arms out

so—
As on yesterday—ever so long ago!

Nay you stand waiting him tall and straight
And self-possessed, and you swing the gate
To let him through, and you tippytoe
For his kiss, then arm in his arm you go
Up the garden walk where the red rose

bends—
Each rose in the garden and you are
friends—
And you smile at the world and the world
looks glad;

But where is the baby who romped with Dad?
Oh, where is the babe with her rush and
shout,

And her hair blown wild and her arms held
out,
With the little hurt when she slipped and
fell,

Which only the kiss of her dad made well?
She stands wide-eyed with her lips apart,
Her hands clasped over her fluttered heart,
With her fluffy curls in a shining strand,
And gazes into the Grown-up Land.

And just last evening a tall youth stood
By the gate with her, and the distant wood
Shone green and gold in the setting sun,
And a bird in its shadowy deeps—just one—
Trilled a low, sweet note in departing day;
And she stood and watched when he turned
away—

Then she ran, arms wide, where her father
smiled—
And clung to him like a little child.

And he knew—and, knowing his eyes grew
dim—
How much of that loving was meant for him;
And he stood that night by her snowy bed,
As she slept one arm 'neath her little head,
And he thought long thoughts, and his heart
was sad

For the little girl who had run to Dad
With a happy shout on those far-off nights,
For the kiss-healed bruises and pillow fights.

—J. M. Lewis, *Ladies Home Journal*.

calmness of the knowledge of your life's control will come a sense of peace.—*Doris Richards in the "Mother's Magazine."*

REMOVING SPOTS AND STAINS

A knowledge of how to remove rain spots from garments is valuable; very often women's outer garments, as suits and jackets, of broadcloth or other materials, become spotted from the rain. The remedy is to dip a cotton cloth in water, wring it and lay it on the garment, ironing with a warm iron until the entire garment has been gone over. This will not only completely remedy the trouble, but will prevent its recurrence.

Ink spots are always more or less difficult to remove. Much, of course, depends upon the kind of ink, the colour of the goods and even the nature of the material. On white cotton, linen or woollen goods, an application of warm oxalic acid water, one table spoonful to a tea cupful of water, will frequently accomplish the desired result. Printer's ink usually may be removed from woollen goods by a vigorous application of gasoline.

Glue may generally be removed from garments by sponging the garments with warm water. A little sal soda added to the warm water will be more effectual.

Grass stains, as a rule, can be removed from linen by simply washing in warm water to which a little sal soda has been added. Grass stains may be removed from white serge or woollen garments by washing in warm soda water, one-half pound of soda to three gallons of water. Rinse and pass through the soda water, or better, soak the garment in a solution of one ounce of oxalic acid and one-half pint of acetic acid to six gallons of warm water. After this, give one cold rinse and dry and iron as usual.

Wine stains may be removed by washing the material with alcohol and finally freshening it with chloroform, to restore

the colour. Stains from green nuts and tannin stains on white cotton or linen dresses should be washed with dilute alcohol, one part alcohol to three parts of water, then brushed with chloride of lime diluted four times.—*Good Housekeeping.*

MANAGEMENT OF THE NERVOUS CHILD

THE nervous child is the father of the neurotic and neurasthenic adult, but granting this potentiality, it is also true that proper care during the developmental period will often prevent the occurrence of actual disease at a later date. It is not only the functional nervous conditions whose seed is sown in early life, but many preventable organic affections originate within or develop later on the ground work of nervous instability acquired in infancy or during the first few years. Under the term "nervous child" I include: 1. The precocious child, with its highly organized but poorly balanced nervous mechanism, who is capable of rather extraordinary mental effort along certain lines, but prone to an early breakdown. 2. The quick, alert, restless child, whose whole nervous system appears to be hypersensitive, whose mental faculties are so active that concentration is difficult, and who is largely reflex in type. 3. The shrinking and abnormally timid child, who is weak in nerve-force and therefore easily exhausted. 4. The backward child, who is slowed up mentally either on account of defective organs or special sense, or inherent defect in correlating sense perceptions and forming ideas. In the care of such children the influence of nutrition and dietetics is of paramount importance. Malnutrition is a potent factor in the development of nervousness as well as in aggravating the condition when it exists. There is a crying need of reform in our educational system. A more thorough inspection of school children should be made, and school authorities should recognize the necessity of special class work in the public schools for defective children not ordinarily classified as feeble-minded.—*Journal of American Medical Assn.*

Abstracts

A SCHOOL OF TROPICAL MEDICINE

In the course of the last Budget discussion in the Supreme Legislative Council Surgeon-General Sir C. P. Lukis placed a memorandum before the Council in which he referred to the proposal for the establishment of a School of Tropical Medicine in Calcutta. Sir C. P. Lukis then said that provision has been made in the budget for the construction of laboratories and research rooms for the proposed school which will be worked in connection with the Calcutta Medical College. It is now stated that private intimation has been just received at Simla that the Secretary of State has sanctioned the scheme. We are glad to find that the school of Tropical Medicine will be an accomplished fact before long. The school will be open to all qualified graduates for post-graduate study and we doubt not that it will be largely availed of by graduates of Indian Medical Colleges for research work. The Government of India have agreed to meet the recurring charges for the teaching staff of the school.—*Lahore Tribune.*

SOAPS AND THEIR EFFECT ON SKIN

From Gardiner's experiments it may be concluded that all soaps, from their chemical constitution, must be irritant to the normal skin. The effect varies with the individual skin, and is more pronounced in senile and diseased skins. Cotton-seed oil and other rancid fats are probably largely responsible for the irritant effects in cheaper soaps. They are much more commonly used now than in former years. Gardiner thinks that the first mentioned is, uncombined, a skin irritant, but this is a matter for further inquiry. The bactericidal power of soaps is *nil*, and even when combined with antiseptics they are of no value as germicides. There may be some reason for the introduction of such substances as sulphur and ichthyol into soaps because of their effects on the glands and blood-vessels of the skin, but, clinically, antiseptics, and, above all, phenol, increase irritation. There is no scientific basis for the addition of extra fat to soaps, as when soap is mixed with water the alkali freed will at once unite with the

superfluous fat. Rosin and impurities have no significance from the present standpoint but paraffin and benzene derivatives, when incorporated with soaps for cleansing purposes, increase the harmful effect on the skin. The minimum of soap should be employed and it should be well washed off.—*Journal of American Medical Association.*

THE ACTIVE PRINCIPLE OF OPIUM SMOKE

Tobacco smoke and opium smoke are features of no mean significance in the routine of all too many individuals. In view of the effects of these products, it is surprising that so little is known of their composition. There is an impression current that the physiologic action of smoked opium is equivalent to that of the most potent constituent of the crude drug, namely, morphin; but since, in the particular mode of intoxication under discussion, the effective agent must of necessity pass into the smoke, it follows that the morphin must be sublimed if it is to pass as such into the products of combustion. The debate as to the real intoxicating agent therefore has centered about the possibility of subliming this alkaloid unchanged; and those who have denied this have sought the toxic factor in decomposition products such as pyrrol, pyridin and similar compounds. The question appears to have received a solution. Dr. Pott of the Pharmacologic Institute in Freiburg has actually demonstrated that morphin can be sublimed unchanged and therefore can actually be present in opium smoke. Furthermore, he has succeeded in demonstrating that the action of smoked opium is due to the presence of undecomposed morphin in the smoke. Indeed, some of the more subtle and characteristic toxicologic effects of morphin can be duplicated by inhalation of opium smoke or its condensation products. It is interesting to note as a bit of refined experimental technic that Pott succeeded in inducing specific morphin reactions in mice by injecting preparations from the blood of larger animals that had been caused to inhale opium smoke.—*Journal of the American Medical Assn.*

: In the Absence of the Doctor :

RINGWORM, ITS TREATMENT

Ringworm is a disease caused by a vegetable fungus. From its attack upon different parts of the body it receives various names. When it attacks the body it is called *Tinea Circinata*; the scalp, *Tinea Tonsurans*; of the beard, *Tinea Sycosis*. When the parasite becomes lodged in the skin, it grows differently under varying conditions showing dissimilarly upon the skin. Sometimes it begins as spots or stains without elevation or depression of the skin; at times it begins as an elevation of the skin in the form of papulae or pustules; and at other times as water blisters or vesicles. The parasite, as it multiplies, works towards the periphery causing a circumscribed patch which generally clears up in the centre. Sometimes it forms circular patches five or six inches in diameter. At the periphery of the circular lesion there is a whitish scaly formation. The disease may recur within the periphery, causing at times two or three concentric rings. If left to itself it has a tendency to spread and works its way into various parts of the body. It may also be carried from one part of the body to another by means of the hands of the patient. This is also a means of communication from one person to another. The sensations experienced in this disease vary. Sometimes the itching and burning are insignificant, while at others they are very severe indeed. Heat and moisture form the most favourable conditions for the growth of the parasite. This is why it is liable to be so tenacious in the tropics. The skin being kept in a moist condition by perspiration, the heat of the tropical sun furnishes a very prolific soil for the spread of this troublesome condition, and if left untreated, it may stay with the in-

dividual for years. Among the indirect causes of ringworm must be mentioned a run down constitution. One is better able to throw off the disease if he is in good health. It is in puny children of low vitality that the disease becomes so troublesome. Children are more susceptible to it than adults.

The treatment consists of both constitutional and local measures. The individual should be built up to as high a physical standard as possible by hygienic living. The methods in the local treatment of superficial layers of the skin by which means the spores of the parasites are thrown off the surface and if possible their destruction. Upon the delicate skins of infants and children the milder remedies should be used first. Scrubbing each patch with spirit of green soap will often cause the lesion to disappear. The application of tincture of iodine is a common and very efficient remedy. Other remedies are dilute acetic, boric, and carbolic acids, or a one to two per cent solution of formalin. Oftimes a solution of acetic acid is used before other remedies as it is said to penetrate deeper, thus killing the parasite. The following is a good prescription for the milder and less persistent forms:

Sac. sulphur,	dr. 2 1/4
Sop on, Virid, Spts. }	Each dr. 6
Lavandul tr. }	
Glycerin	dr. 1/2

M. et Sig.—Apply three times a day to the affected area. Also chrysarobin and pyrogallol in ointment from 5 to 10 grains to the ounce are effective, but are disagreeable because of their staining qualities. Care should be exercised in the use of these two remedies upon children. The results should be watched closely.

The following is a good prescription for obstinate ringworm in adults.

Creosoti (Beechwood)	m. 20
Ol. Cadini	fl dr. 3
Sulphuris Sublimati	dr. 3
Potassii Bicarbonatis	dr. 1
Lanum	oz. 1
Ol. Lavandulae	gtt 10
M. fiat in unguentum.	

Sig.—Apply to the affected part two or three times daily.

When ringworm gains access to the scalp it makes the hair look as if it were nibbled off, causing a partial baldness of the head. On closer examination the scalp will show numbers of circumscribed patches. The scalp may contain one or two large patches or a number of small ones. It is disseminated from one part of the scalp to another by means of the comb and brush; from one person to another by the exchanging of head gear; and in close relation of children in their amuse-

ments as it is mostly a disease of childhood. In treatment of ringworm of the scalp, the scalp should be shaved or the hair clipped, after which the remedies for ringworm of the body may be tried. The following is good.

Pyrogallic acid	grs. 15
Ol. cade	dr. 1
Vaseline	drs. 5
M. Fiat in unguentum	

Sig.—Apply on alternate evenings and wash the scalp each morning with soap and hot water.

If this fails to produce inflammation of the hair follicles, croton oil is added to the prescription.

The treatment of ringworm of the beard is conducted on much the same lines as ringworm of the scalp.

Correction:—In the October number in this department the prescription for ear-ache should read Glycerine fl dr. IV instead of fl. oz. IV.

Questions and Answers

WHAT to do for eczema. H. B. M.

Some cases of eczema are very stubborn to treat. It generally needs very close attention of the physician as no two cases are treated alike. Each case must be treated on its own merits. The treatment is generally divided into constitutional and local. The constitutional treatment is the regulation of the diet, exercise, sleep, bowels, and habits of the individual.

The local treatment consists of the use of lotions, powders, pastes, and ointments according to the stage of the disease and the kind of eczema present. The following makes a good lotion:

Tinctur. opir	oz. ¼
Liquor plumbi	
Subacetat dilut. q. S. ad. oz. 8	

M. et Sig.—Keep cloth on the eczema saturated with the lotion.

To this may be added one dram of zinc

oxide and tinctur of camphor ¼ oz. If these ingredients are added the lotion must be put directly on the skin. The tincture of camphor helps overcome the itching.

In the use of ointments the official zinc oxide ointment is a very useful one. Some skin specialists use a combination of a lotion and an ointment as the blackwash lotion followed by zinc oxide ointment. Bathe with the lotion fifteen minutes, and then apply the ointments.

A paste made of equal parts of talc, zinc oxide vaseline, and lanolin.

For chronic eczema the following is one of the most useful.

Emplastrum Saponis (U. S. P.)	
Liquefact	oz. 3
Olii olivae opt.	fl. dr. 2
Acid Salicylici	dr ½

M. et Sig.—Make a plaster which is firm enough to be kept in rolls and should be warmed before applying over large areas.

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NEW ROLE OF THE BEDBUG

PASSED Assistant Surgeon Ransom E. Riggs, U. S. Navy, as a result of observation of epidemics of typhoid fever on board ship and in homes, where the ordinary sources of infection were absent, concludes that the majority of home epidemics of typhoid fever are due to the activity of the bedbug. This conclusion is apparently borne out by both positive and negative observations which he reports.

A NATIONAL HEALTH DEPARTMENT IN SAXONY

JUNE 1 the superior health magistracy of Saxony, the *Landesmedizinalkollegium*, was substantially extended and converted into a national health department. Its field includes the making of reports on matters of medical and veterinary interest, the advice of the government in the preparation and execution of sanitary laws, and the supervision and management of the scientific institutes subordinate to it.

THE DRUGGIST'S BOTTLE AS AN AGENT OF CONTAGION

IN most French pharmacies one can return, for a cent or two, bottles, jars and other receptacles. The chances of infection are easy to calculate. Inasmuch as the druggists are not obliged to sterilize the returned receptacles, the only practical means of remedying the evil would be in the refusal of the druggist to take back used bottles. Unfortunately, the druggist does not dare to do this, for the customers, to gain a few pennies, will go to some other druggist. In certain towns, as *La Pharmacie Francaise* informs us, the druggists have agreed to refuse the return of bottles altogether. A propaganda is now being carried on to have druggists and the public everywhere renounce the practice in question.

CHOLERA APPEARS AGAIN IN AUSTRIA-HUNGARY

A FRESH case of cholera has been reported in Hungary, in the same district (near the Austrian frontier and in close business relation with Vienna) where it had raged last winter and where it had been pronounced extinct. Last year our board of health was successful in warding off the dreaded disease from our own country. The cool summer of this year—the coolest on record since 1775, and showing the highest amount of rainfall for July and half of August is very favourable for an eventual explosive appearance; therefore the population has been warned to be on the lookout.

THE HEALTHIEST COUNTRY IN THE WORLD

ACCORDING to Mr. G. K. Knibbs, commonwealth statistician, Australia is the healthiest country in the world, with the exception of New Zealand, which is a trifle healthier. In Australia, the death-rate has fallen from 15.75 per 1,000 in 1884 continually to the present rate of 10.5. Only one other country in the world can show a better rate, New Zealand, where it is 9.75. Infant mortality has shown a still more striking fall. In 1880 there were 130 deaths per 1,000 births, now the number is only seventy-one.

FLEA AND FLEA TRAPS

HARMS discusses the biology and natural history of the flea family and illustrates a little flea trap in common use in the Orient. It consist of a small stick smeared with a sticky substance, the stick inserted in a strip of bamboo, the sides cut out to leave only seven narrow strips. It acts on the principle of sticky fly paper, the bamboo shell keeping the sticky tube from contact with the clothing. Chinese are said to strew a number of these tiny traps around the bed and wear them in their clothes.

GOLD FISH TO KILL MOSQUITOES

DR. G. G. DOWDALL, chief surgeon of the Illinois Central System, U. S. A., has originated a plan to exterminate the mosquitoes along the lines of the road, by stocking the stagnant pools with gold fish minnows, which live on the larvæ of mosquitoes.

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