Herald of Health

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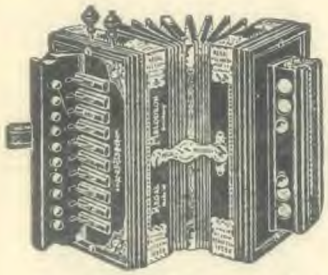

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HERALD OF HEALTH

The Indian Health Magazine.

V. L. Mann, M. D., Editor - - - - - S. A. Wellman, Asso. Editor.

Vol. 4 Lucknow, U. P., December, 1913. No. 12

Alcohol and the Tropics

THE effect of alcohol upon the human body has been the subject of much discussion, the result of which leaves no doubt in the minds of the candid that there is little excuse for its internal use. Furthermore, there are things in connection with the use of alcohol that go to show that it is one of the greatest curses of mankind. The stories of woe, poverty, shame, degradation, wretchedness, and murder, due to the habit of drink have filled volumes. The diseases that it causes have made material for many a medical book. In spite of this men continue to drink it and probably will as long as time lasts. True man lives through it all. He lives not because of it, but in spite of it. That the user of alcohol is allowed to live is neither because of the merits of the man nor the alcohol but because of the forbearing, longsuffering character of nature.

Some experimenters hold that alcohol is a food, while others as famous claim that alcohol is not a food. To the layman this might seem confounding, but this discrepancy comes from one experimenter looking at food as one thing, while another calls food something else. A limited amount of alcohol may undergo combustion in and give energy to the system, but all agree that it does not go to form bone, muscle, fat, etc., which a food must do in the broader sense of the term.

The use of alcohol as a beverage is very ancient. Dr. Woods-Hutchinson writes an amusing story conjecturing as to the way alcohol came to be used as a beverage. One of our early ancestors was picking berries in a hollowed-out gourd. More fruit was collected in the gourd than could be conveniently eaten in one day so the remaining portion was left until another day. When he returned to eat those berries that had been left; he found they were frothy, with a fiery taste that they did not possess before. Upon eating them he was carried to realms that he had never visited before and thought of things of which he had never before dreamed. After coming to his senses there was still a desire to visit the regions beyond so more berries were picked and let stand, and so the process was repeated until it was carried on in a larger scale.

Alcohol as a medicine has been losing favour for some time until at the present day the physician who treats infectious diseases by using alcohol is behind the times. The treating of enteric fever and allied diseases by means of alcohol is a thing of the past, and consequently we are meeting with better results in the treatment of these diseases.

The extensive use of alcohol, its being a disturber of peace and happiness, its use among womankind, do not claim our attention here, but we will confine our thoughts to that particular phase of this subject which is the relation that it bears

to tropical morbidity. The writer in his travels in all parts of India has been particularly interested in receiving the testimonies of alcohol users as to what they thought the effects of alcohol was upon their systems while in the tropics. Quite naturally they extolled the benefits derived thereform. No doubt some of these saw beneficial effects from alcohol using because it was good to the taste and they were indulging in a habit quite hard to overcome. But a great many were conscientious in their belief that alcohol was saving their lives by warding off enteric fever, cholera, and dysentery.

There is no doubt but a grain of truth exists in the idea that alcohol is antagonistic to the above mentioned diseases because of the antiseptic properties of the drug, but in order for alcohol to kill disease germs we must keep in mind that it must circulate in the fluids of the body, bathing its cellular structure in such high percentages, that it would be incompatible with cellular life which makes up the life of the individual. The reason why the tissues of the body do not undergo an immediate coagulation is because the most of the drug is eliminated before it infiltrates the whole organism.

The use of a drug so destructive to life for the purpose of warding off disease defeats the very object at which it is aimed. The body is endowed with natural defenses that are of much greater service in preventing disease than any artificial means that can be devised. Alcohol, a very poor artificial defense against disease, destroys the efficient natural defenses of the body therefore leaving the body open for the entrance of any infectious disease. To make it plainer, a peg or two of whiskey taken at the end of the meal in which the organism of cholera, enteric fever, or dysentery has been taken into the system, may act as a feeble germicide, but the practice continued will result in a condition of the body in which the natural defenses against diseases are of no service in blocking the inroads of disease to the system. A user of alcohol with an infectious disease is a poor risk. An alcoholic who has contracted pneumonia has a poor chance for life.

Why think of using alcohol as an internal germicide when we have more efficient external measures in combating the diseases that are a menace to the tropics. Dysentery, cholera, enteric fever, and the various worms infesting the body, are entirely preventable by exercising a little care with food and drink. The great trouble is, whiskey tastes better than boiled water and the individual is not willing to hold his desires in check. He looks upon the gratification of his appetite as of greater importance than his health.

The evil influences that the extreme heat in the tropics has upon the foreigner, are greatly favoured by the use of alcohol. He who takes his one to a dozen pegs a day is more liable to heat stroke or heat exhaustion than the teetotaler. We can even put it stronger; that it is rare indeed for a man who is not an alcohol user to suffer from heat stroke unless his system is otherwise crippled by a faulty heart, kidney, liver, or nervous system. These are facts attested by those who have carefully looked into this subject.

Another erroneous idea in the use of alcoholic beverages needs mentioning. The use of alcohol pro and con was being discussed with a traveller. He mentioned that he thought it was not good to use whiskey, rum, etc., but that beer was a good thing. He further stated that he always used beer while travelling and that during the last twenty years he had consumed ten pints upon a fasting stomach. He did this to ward off disease that he might take while travelling. He was shown that the beer he had consumed contained at least one half pint

f alcohol, a fair quantity for the average toper. While he was giving in this testimony, his eyes were blood shot, his nose was red, and his face was flushed, showing that he was intoxicated but not to the extent of losing his senses. This man was getting the same amount of alcohol and doing his system the same amount of damage as if he were taking from five to eight pegs of whiskey a day. One half-pint of alcohol will do just as much harm when it is taken in the form of beer as it will when taken in the form of whiskey, gin, or rum. It is the half-pint of alcohol that does the mischief and not the name beer, whiskey, gin, and rum. The only difference is that one has to drink about ten times as much beer to get the same amount of alcohol that he would in drinking whiskey, but the results are the one and the same thing.

Since we must look upon keeping fit as one of the greatest preventatives against disease, alcohol becomes one of the greatest causes of tropical morbidity as there is nothing that will undermine the constitution so quickly. Those who are interested in keeping health in the tropics will learn to lead the simple life. Care as to food, drink, exercise, rest, recreation, protection from the extreme heat, avoidance of alcohol and other drug forming habits and licentiousness, would have saved many a chronic invalid.

To Rid a House of Fleas, Etc.

EVEN our finest houses sometimes become infested with bedbugs, roaches, ants, and fleas. Old houses, and especially old frame ones, are almost certain to harbour insects and also disease and infection. It would be a wise law which would require, under a heavy penalty, that all houses (excepting new houses), when once vacant, should not be again occupied until carefully disinfected by trained disinfectors.

The happiest results would attend the thorough enforcement of such a law.

Method of Procedure.

First, close all openings in the room to be disinfected. This is best done by pasting strips of paper over all window and door cracks, and thoroughly stopping up grates. No fire should be in the room, but all usual articles should remain where they are. Now calculate the cubical contents of the room by multiplying together the length, breadth, and height, and for each 1,000 cubic feet use one ounce of good cyanide of potassium, and a mixture of one fluid ounce of commercial sulphuric acid in two fluid ounces of water. A good quantity of this dilute acid should be prepared at once by placing one quart of water in a gallon crock and slowly adding one pint of sulphuric acid. Be careful not to add the water to the acid, for slight explosions, throwing the fluid around, would then occur. On the floor of the room place a large two gallon stoneware crock, and underneath it place a layer of old oil-cloth or linoleum. Several layers of old newspapers will serve as well. This is for the purpose of protecting the floor or carpet against accidental overflow. If an entire house is to be fumigated, each room must be carefully prepared as described. Into each bowl must be placed two ounces of the acid solution for each 1,000 cubic feet in the room. Of powdered or ground potassium cyanide weigh out one ounce for each 1,000 cubic feet in each room, and put in a thin paper bag, and place in the room in which it belongs by the side of the bowl containing the dilute sulphuric acid.

No person must remain in the house. Even the family cat must be taken out. The operator begins at the top of the house, drops the cyanide into each bowl of acid and immediately leaves the room,

(Concluded on Page 316)

General Articles

Fresh Air

By M. Howard James, M. B., B. S., Melbourne.

Some years ago the writer well remembers attending a case of pneumonia at the request of a fellow practitioner. Every care had been taken of the case; not only were the chimney, windows, and doors kept closed, but every crevice that could admit air was most scrupulously sealed with paper and paste. This undoubtedly was the plan followed in past ages in the treatment of lung troubles. It was felt that the great enemy was cold and draughts, and, consequently, that the patient must be most carefully protected against them. Now it is recognised that fresh air is not only a food but a fire for destroying rubbish. When wood is burned with an insufficiency of air, charcoal is formed; but when an unlimited supply of air is present, it is reduced to ashes. Disease is due in many cases to what we may call "charcoal" in the system, food that has not been burned up or oxidised. These big, insoluble ashes cannot be got rid of by the excretory organs. They need further oxidising, a more thorough burning, so that they may be dissolved in the blood, and carried to the lungs, skin, and kidneys to be expelled from the system.

By far the greater part of our food is utilised, not for the building up of the tissues of the body, not for the remedying of wear and tear, but for the production of the various energies of the body. Liebig, the celebrated chemist, taught that all foods must first be converted into the various tissues before they could be utilised as energy. All the tissues are nitrogenous, and therefore it was argued only nitrogenous food will produce energy. Sugars and fats, non-nitrogenous foods, it was contended, could not produce muscular, nerve, or gland activity; they only produced heat for the maintenance of the body at a uniform temperature. The experiments of Drs. Fick and Wislicenus, professors of physiology and chemistry respectively at Zurich, in the early sixties, proved this theory to be altogether erroneous. The muscle, nerve, or gland cell is made up of two essential parts, which we may call the machinery and the fuel. In the mechanisms constructed by man, these two parts can be easily differentiated; but in the cell this is not the case, the powers of the microscope are not sufficient to enfold these details. The cells, we know, enlarge on taking assimilated food into their structures, and diminish after work has been performed, after that food has been oxidised and converted into energy. Undoubtedly there is a certain amount of wear and tear of the essential elements of the tissue, and this is repaired by the food taken into each cell, but the amount is very small; our tissues are much more stable bodies than they were once thought to be. We do not build houses in order to have a bonfire, and nature does not build up tissues in order to produce energy by destroying them.

Food taken into the alimentary canal will not, apart from its oxidation, produce either energy or build up the tissues, neither will the oxygen inhaled through the lungs and circulated in the blood. It is the union of the oxygen with the food that produces energy and gives the cell power to maintain its organisation. Bread,

milk, and other alimentary products, do not constitute food apart from oxygen, nor does oxygen constitute food by itself, both are absolutely necessary. Thus the air we breathe has as much right to be called a food as the more solid substances taken into the system.

It is not the man that eats most that lives most. To live a full life we must breathe well, and thus get the energy out of what we eat. Unconsumed food is poison, and must produce sluggishness. To breathe well we must have an abundance of fresh air and exercise, and most of the exercises should be in the form of useful work. The various exercises for the development of the different parts of the body are undoubtedly good if persevered in, but it must be admitted they are tedious because they are not natural. It is not natural to develop the body by mere exercises, but by work. Many of the exercises recommended are neither work nor recreation, but we must remember that a substitute is better than nothing. The man working in the open air has both physical and mental energy because he inhales not only pure air, but plenty of it. The clerk or the student after a heavy meal in a close room goes to sleep, or at best only half exercises his mental powers, because he lacks the fresh air that would liberate the energy from the food taken. Physical labour means full breathing, and, consequently, a good appetite and abundance of energy. If the man of sedentary occupation cannot get exercise, he must eat less. You can get more heat and energy from burning thoroughly a little wood than from a closely packed pile, which only consumes away into smoke and unsightly ashes.

We should recognise that a third of our time is spent in our sleeping apartments. It is at this time we throw off the surplus ashes produced by the day's work, and also take into every cell fuel for future use. Fresh air is much needed at night time for both purposes. The notion that night air is injurious and should be excluded from the room, is quite a thing of the past. The freer the interchange of the bedroom with the outside air, the better. The bedroom should have a chimney, and the doors and windows should be open to the fullest extent compatible with comfort. A gentle breeze over the head and face is not injurious so long as it does not interfere with sleep. One soon gets accustomed to these things.

Open air treatment should not be confined to consumptive patients only; it is beneficial for all, the healthy as well as the sick, and almost every complaint is benefited by it. All the advantages of open air treatment can be secured by sleeping on a verandah or balcony, care being taken to secure protection from rain and draughts by suitable screens. A well ventilated room with plenty of open windows, one that can be flooded with sunlight during the day, will answer almost as well. The discomforts from rain, wind, and cold must be avoided as far as possible. It is fresh air that does the good, and not the inconveniences. A sound sleep in a well ventilated bedroom is infinitely better than a disturbed sleep in the open air. Many pin their faith to tent life, but tents are mostly too small and ill-ventilated. Air does not circulate well through thick canvas. The walls of the tent should be at least six feet high, and the sides should be so constructed that they can all be rolled up. At least one side of the tent should be rolled up right through the night, and in good weather all may be advantageously thus dealt with.

Abundance of fresh air day and night wonderfully reduces the liability, not only to lung complaints, but to rheumatism, gout, dyspeptic troubles, and almost every disease the being is subject to. It may take time to accustom ourselves to it, but we will be repaid both in activity of mind and health of the body.

Diabetes and Its Treatment

By P. M. Kellar, M. D.

A STARTLING statement was made in an address given by Dr. J. N. McCormack, chairman of the committee of Organisation of the American Medical Association, that one-third of the 5,700,000 people who were ill or died in one year in the United States might have remained in health through the observance of the simplest rules of health. A startling illustration of the devastation wrought by disease is found in the statement that while 210,000 men fell in battle during the Civil War in U. S. A., at the present time the United States loses every four years more than 150,000 persons from tuberculosis alone.

As a practitioner I have often been impressed by the observation of Dr. McCormack—the advantage to the patient in adhering closely to the simplest laws of health. Particularly is this true of such a disease as diabetes. To show the contrast we could take two of many cases.

Four years ugo, the one patient came to me very much disturbed at a loss in weight and an evident inability to perform as usual his daily work. The appetite was good, but there was great difficulty in thoroughly masticating the food; the tongue was constantly dry, and very little saliva formed in the mouth, and the patient suffered persistent constipation. There was also an unquenchable thirst, and I was asked if there was not something he could take to allay the difficulty. Further questioning brought out the fact that at times the patient found he suffered from an intense and distressing itching of the skin, and an occasional headache, as well as a great depression of spirits. There had been for some time a frequent passing of large quantities of clear water, pale in colour. The patient was asked to bring a specimen of water, and after examination it was quite apparent that we had a case of diabetes.

The diabetic, to reap health, must sow for health; the farmer would be quite surprised if he sowed wheat and watermelons came up. It is a fixed law that you reap the same kind of seed you sow. Plant an acorn, and an oak comes up. The diabetic must adhere closely to those simple laws of health which have to do with good, personal hygiene and a diet with the sugars and starches eliminated, until the sugar has disappeared from urine, and afterwards gradually replace them, noting the effect of each addition. It is an advantage to have an equitable climate, perhaps a change of scene and plenty of rest and sleep, regular hours of eating and sleeping. Good, warm clothes are a necessity, and it is advisable to promote a regular action of the skin by tepid sponging, followed by skin friction, warm bathing, massage, and Turkish baths; fomentation and massage to abdomen to promote improved intestinal digestion. Regular daily exercise could be taken, but fatigue should be avoided.

The general experience of practitioners is now, that too strict a diet is not desirable, except in severe cases, and those perhaps for a limited period. The following foods are of value, and can be recommended:—

Eggs, buttermilk, cottage cheese, zwieback, granose biscuits, gluten biscuits, gluten porridge, greens of various kinds, spinach, celery, lettuce, tomatoes, French beans, cauliflower, asparagus, in moderation. Nuts of all kinds except chestnuts. Vegetable broths; fruits, except dates and figs. Baked, mealy potatoes may be used.

Each case is a law in itself; the foods and quantities can be varied to suit individual conditions.

The patient whose experience is here related was placed on the foregoing regimen, with most excellent results.

In contrast to the progress made in the former case, another can be given showing the results of a lack of adherence to simple laws of health. I was called to a case because of a vomiting and diarrhœa, an intense dryness of mouth and throat, with very difficult breathing, pulse rapid and weak, indications also of a stupor. Further questioning brought out the fact that the patient had grown rapidly thin. For about a year there was great thirst, and passing of large quantities of water. Examination of urine showed a large quantity of sugar, and apparently the patient was in an advanced and fatal diabetic coma. The discovery of the condition of the patient and adherence to diet perhaps months before could have produced different results.

Pneumonia: Its Causes and Treatment

BY D. H. KRESS, M. D.

PNEUMONIA, one of the most widespread and most-to-be dreaded of diseases, is present in all climates, and attacks people of all ages and during all seasons. The sudden temperature changes of spring may explain its greater frequency at that time of the year.

Predisposing Causes

Anything which lowers the vitality of the lung tissue renders one more liable to an attack of pneumonia. Among adults, alcoholism is one of the most potent of predisposing causes. The disease frequently follows a cold or an attack of influenza.

Butchers, publicans, and others who live high and exercise little, are especially subject to the disease, and with such it frequently proves fatal. As a result of over-loading the system with material that cannot be appropriated, cell activity is lessened, tissue vitality is lowered, the circulation is rendered sluggish, and the internal organs, especially the lungs, are engorged. This is a condition that frequently precedes pneumonia. Exposure to cold or chilling of the body aggravates this condition; increasing the lung engorgement, and preparing a soil favourable for the growth of the germs.

The Pneumonia Germ

Pneumonia is believed to be due to a specific micro-organism, or germ, and to be communicable from one person to another. There are numerous instances on record where several members of the same family were, one after another, stricken down with the disease.

The couch on which has been spread the blankets and the sheet wrung out of cool water—ready for the patient.

The germ is always present in the saliva of persons who have recently recovered from an attack, and may be present for years after. In fact, it is frequently found in the mouths of healthy individuals who have never had pneumonia.

Like the germ of tuberculosis, it is pre-

sent nearly everywhere; but while the tubercle bacillus produces its most fatal effects on those who are poorly nourished, the germ of pneumonia is more apt to cause a fatal termination when it gains a foothold in the lungs of the overfed and overnourished, gouty, or rheumatic subject. It is usually the weakling who succumbs to tuberculosis. It is often the middle-aged man, who appears to be quite sound, that the pneumonia germ selects as a subject for the undertaker.

Prognosis

While the disease is not apt, as a rule, to be fatal in adult life, a fatal end is almost a matter of course in the aged, and in those suffering from heart weakness, or kidney disease, or from diabetes. The disease is also highly fatal in the stout the apparently robust who are fond of the pleasures of the table, and perhaps include more or less of alcoholic drink in their intake, and use meat freely.

Distributinghot water bottles and wrapping blankets. Notice towel turban around head. This is frequently renewed by removing and wringing out of ice-cold water.

Pneumonia usually runs its course, and not much can be done to abort it; but care in the matter of treatment and diet adds greatly to the comfort of the patient, and favours recovery.

Treatment

The disease requires prompt and careful treatment. It is impossible to outline a treatment that can be employed in every case. The condition of the patient must be understood.

Patient wrapped snugly in wet sheet.

Heroic treatments should not be given by novices, as much harm may be done. As a rule, there is more danger in attempting to do too much than in doing too little. It goes without saying that the welfare of the patient depends very much on the skill and the experience of the attendant.

The aim of all treatment should be: (1) To relieve the engorged condition of the lungs; (2) to reduce the local inflammation; and (3) to allay the symptoms which distress the patient, such as pain and difficulty of breathing.

For the relief of pain, fomentations applied over the chest, in front and behind, for ten or fifteen minutes, will be found of value.

On removing the fomentation, a cold compress should be applied both to the front and to the back of the chest. The

compress applied to the front should cover chiefly the parts involved, and should be kept cold by changing every few minutes. The compress applied to the back should be allowed to remain as a heating compress until the next fomentation is applied, which should be after an interval of one or two hours.

The feet and arms should be kept warm constantly. This is important, as chilling of the extremities throws more blood into the interior, and embarrasses the already overworked heart and lungs. The circulation of the blood to the skin should be encouraged by cold mitten frictions or cold towel rubs. This treatment serves a double purpose—the friction draws the blood away from the internal organs to the surface, thus relieving the laboured breathing and easing the heart's action; and the application of cold water lowers the temperature, and increases the oxidation and elimination of wastes.

If the fever is high, a wet-sheet pack may be preferred. Wring a sheet out of cold water, and wrap it snugly and rapidly around the patient, and around this two or three blankets, arranged so as to exclude the air. If the feet are kept warm, a reaction will occur in a short time, and the blood will be drawn to the surface. Sweating may be induced by prolonging the wet-sheet pack, and in most cases will be found beneficial.

An enema of cool water may also be used as an aid in lowering the temperature. Encourage the drinking of cold water. Sipping of hot water will often relieve the cough.

The bowels may be kept open, if necessary, by a light cathartic.

Blue lips and laboured breathing indicate extreme congestion of the lungs and failure of the heart, and call for immediate attention. Derivative treatment should be given at once. The hot hip and leg pack, with heat to the feet, is an excellent means of affording relief. An ice-bag or frequently renewed cold compress should be placed over the heart.

We give the following directions for the wet-sheet pack, which is one of the most efficient treatments in dealing with certain stages of pneumonia. A suitable couch, as shown in the illustrations, is more satisfactory for this treatment than a bed. On the couch are spread a sheet and then three warm woollen blankets. A sheet which is wrung snugly out of cold water is then spread over the blanket, as shown in Fig. 1. The patient now lies down full length on the couch, and the wet sheet is wrapped quickly and snugly about the patient so that it comes in contact with all parts of the skin surface. In order to do this the arms are raised as the sheet, hanging down on one side, is drawn over the chest and body, and the lower part tucked in between the limbs. The arms are now lowered, and the other side of the sheet is drawn over, so as to enclose the entire body, including the arms and shoulders. The sheet should be drawn snugly around the shoulders and the feet.

Wrappings completed. By this time a smart reaction has taken place, and the patient feels a glow of warmth over the entire body.

Each blanket should be drawn over the patient in such a manner as to effectually exclude the air. A hot water bottle is applied to the feet, and rubber spine bags containing hot water are placed on both sides of the body, and if necessary one is placed between the lower limbs. The head should be kept cool during the treatment by application of a suitable towel, which is wrung out of ice cold water and wrapped about the head in the form of a turban. (See Fig. 2). If the wet-sheet pack is applied quickly and properly, the patient reacts very soon, and then it becomes in effect a warm or hot treatment according to the length of exposure. A wet-sheet pack should be terminated with some cooling treatment, as a wet mitten friction or a cool sponge, followed by thorough drying, without exposure to the air. To give such a treatment properly requires experience. A pneumonia patient should be under experienced medical supervision. This does not mean under drug medication, but under the care of one who knows the danger signals and how to meet them.

As soon as the inflammation of the lungs begins to subside, the cold compresses are no longer necessary. A general heating compress should then be used to promote the circulation of the blood through the diseased area and to encourage absorption.

Other treatment may be indicated. The one thing that should be kept in mind in giving treatments is the condition of the patient, and the treatments should be modified to meet each individual case. Any treatment which successfully equalises the circulation and draws the blood from the engorged lungs and that will reduce the local inflammation, may be safely employed.

The open air treatment of pneumonia, giving the patient unlimited opportunity to breathe the pure air, is gaining favour in this disease.

Diet

Attention should be given to diet. While in tuberculosis the chief aim is to improve the nutrition by feeding the patient on nourishing food and plenty of it, in pneumonia it is best to feed sparingly, and of foods which contain comparatively little of the albuminous elements. Meat, eggs, beans, nuts, and nut preparations should be avoided. Beef extracts are dangerous and aggravate the trouble. Fruit juices are beneficial in all stages of the disease. When the patient is able to take solid foods, thoroughly baked breads and ripe fruits are among the best foods that can be used.

Colds and Consumption

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

"ONLY a cold"—how often we hear that phrase and how little we think of the dire consequences, the long drawn out suffering and distress, the misery and wretchedness, and the final fatality which may arise from what appears to be, and oftentimes is simply, an ordinary cold to begin with! Would that we could awaken the public generally from the attitude of lethargy and apathy with which they regard a cold in the head. As long as such complete indifference remains there is little chance of getting rid of colds or of consumption, for the former are undoubtedly often the precursor of pulmonary phthisis. It is a great mistake to neglect colds and to consider them necessary evils, for they are neither necessary nor are they harmless.

Catarrhal Inflammation

AN acute cold or coryza is an infective inflammation of the upper air passages, which is usually confined to the mucous

membrane of the nose and throat. The membrane becomes swollen, red, sensitive and painful, and hot. In the earlier stage the membrane is comparatively dry, the nose becomes "stopped up," as we say, and proper breathing becomes difficult. Later a copious watery discharge forms, which still later becomes thicker, more viscid, and tenacious.

Infectious and Contagious

IT is important to emphatize the fact that a cold is always more or less infectious and contagious. How often do we see a cold passing from one member to another of a family until all, or nearly all, have had their turn. There are a number of germs which are capable of exciting and producing a cold, and these germs vary in virulence, which partly explains the varying degrees of severity of a cold. There is no greater mistake than to think that cold fresh air is the cause of a cold, for this is the farthest from the truth. The close, foul air of an ill-ventilated room which is more or less over-crowded and over-heated is the usual predisposing cause. Such rooms usually contain an abundance of germs and among them those capable of starting a cold. It is a common observation that people who go to the Arctic or polar regions of the earth are peculiarly immune and free from colds, even though they are obliged to suffer from great exposure, and oftentimes also from partial starvation. No, it is not the cold that produces a cold, but rather warmth, impure air, and contact with someone else suffering from a cold.

Colds Weaken Resistance

THE disastrous effects of a cold are not merely confined locally to the nose and throat, but have a general lowering influence upon the entire body. Headache of varying severity accompanies all colds, and there is also general malaise, a feeling of discomfort, unfitness for work, general depression and miserable feelings. These symptoms indicate that the system as a whole has been poisoned by the products of the germs, which have been distributed throughout the body through the blood. The vital resistance of the entire body is lowered, the congested and inflamed lining membranes are also weakened and lose to a large extent their power of protecting the body from the invasion of disease. The tonsils, too, are oftentimes more or less congested even in an ordinary cold, and they, too, are less able to resist the invasion of microbes which are omnipresent in the mouth and in the air, especially of our homes.

An Easy Prey to Consumption

FOR these reasons it must be obvious that a person down with a cold is far less fit to resist disease of any sort and particularly consumption. It is a fact that the germs of consumption are probably omnipresent at least in our towns and cities, but as long as an individual has ample powers of resistance, as long as his blood is pure, and the skin and mucous membranes are intact and free from congestion or inflammation, there is little chance of these germs gaining a foothold or starting mischief. But when there is a state of debility, when the blood becomes vitiated by poisonous products, when vitality is distinctly lowered, then the body becomes a comparatively easy prey to the onslaught of consumptive microbes. If the whole truth were known there is every reason to believe that we should find that numerous cases of pulmonary consumption originate with a common cold in the head.

Points of Similarity

BOTH colds and consumption are preeminently disorders of modern civilization and a life of house and office confinement. Both are germ diseases, and both are infectious and contagious, and pass from one individual to another. Both diseases are due very largely to the want of fresh air. Air that has been used over and over again in a poorly-ventilated and overheated room makes a natural hotbed for

the germs that produce colds and the germs that produce consumption. A quiet, sedentary life with a confining indoor occupation, or more or less constant breathing of dust of various kinds, together with an intimate association with those who suffer from colds or consumption—these are the ideal ways to acquire both disorders.

Colds Are Preventable

ANOTHER point of resemblance between colds and consumption is that both are preventable disorders. We know the conditions that favour the production of colds and consumption; we know the evils of over-feeding, over-clothing and close house life; we know the evil of indiscriminate spitting, thus spreading the germs of both diseases; and knowing these things, it does seem a disgrace that we should permit ourselves to go on in the usual lackadaisical way and accept colds and consumption as necessary afflictions. The close, foul, dark, over-crowded offices, counting-rooms, and workshops of civilized life are efficient incubators for both colds and consumption and serve to multiply respiratory disorders. Dusty, filthy railway carriages are another common source of infection, which could easily be prevented by providing sanitary covers for the seats instead of the germ harbouring moquettes, velvets, and other tufted cloths.

It is also important to keep the mouth thoroughly rinsed morning and evening with plain water or with a saline solution which is made by adding a flat teaspoonful of salt to a pint of water. There are numerous efficient gargles and mouth-washes which are also useful in keeping the mouth clean and comparatively free from germs.

Protect the Children

CHILDREN as a rule are more susceptible to colds than older people, and this is natural, for they have less power of resistance. Instead of being allowed to live out-of-doors in the fresh air, the natural life for them, they are, at an atrociously early age, sent off to be herded with a large number of other children in ill-ventilated schoolrooms. Altogether too little care is taken in providing the children with the necessary amount of fresh air and sunshine, and the ventilation system is almost always at fault or unworkable. It ought to be possible in winter time to supply an abundance of perfectly fresh, warmed air to the rooms occupied by the children so as to prevent draughts. It is also important to protect them from cold and wet feet, both of which are predisposing causes of respiratory troubles. It is not an uncommon thing for a child suffering with a cold to go to school and be allowed to mingle with the other children, spreading the cold right and left. A child suffering from any form of a cold should be asked to go home and to remain at home until well again in order to protect the other children. This is only a reasonable precaution, and it ought to be made obligatory in all the schools.

Fear of Fresh Air

WE all know that there is a stupid but none the less widespread, fear of fresh air and of going out-of-doors. The vast majority are in terror lest a breath of wind gain admittance to the room and strike them in the face or elsewhere. Just as long as this attitude prevails both colds and consumption will abound. Pure, fresh air is the best preventive we have against colds, and as long as we are obliged to live a life of more or less close confinement we should at least see to it that our rooms are amply ventilated both day and night. It should be a firm regulation of every house that the windows of all the rooms must be constantly open, even in winter time.

To Abolish Colds and Consumption

TO abolish consumption we must first abolish colds, aud this means a drastic change in our artificial life. It is neces-

(Concluded on Page 316)

: Mother and Child :

Play Time in God's Great Out-of-Doors

I FIRMLY believe that one of the greatest curses of our present day is that people are saturated with a love of the wrong kind of pleasure. They are amusement mad. They long for cheap, tawdry, sensational, untrue, sham shows. The highest are as worthless as the lowest; the fantasies of the grand opera and theatre as foolish, as unreal, as unsatisfying as the nickel vaudeville or moving-picture show of the very poor.

Let me justify my strong words. I am not talking wildly nor in ignorance. I occasionally attend the grand opera or the theatre, and I know exactly how most of moving-picture show films are made. In the grand opera, "stars," male and female, who are paid big salaries, come upon the stage, and to the most wonderful music of orchestra, sing of the most foolish and impossible things. They rant and rave, gesticulate and motion like lunatics; and because it is all done to such marvellous music, we overlook the falsity, the unreality, the sham; we speak of them as the limitations of art, and are not horrified at the folly and mockery of it all.

Just so with the theatre,—much sentiment, much emotion, sham trees, glaring footlights, pasteboard crowns, glass jewels, a tin moon, thunder made with sheet iron, everybody dressed up in some one else's clothes, sham beards, wigs, eyebrows, everything on every hand sham, sham, sham. Yet we say, "The drama holds the mirror up to nature." If this be true, then indeed is nature too often a sorry thing—sham, shoddy, pretense, and fraud.

Moving-picture films are shown of the passion play. Such a film was never made in Oberammergau. Men and women are trained to imitate the singers of the European village, and at Orange, N. J., or some other film factory, they go through the performance and the films are made. The Boer war was fought on the hills of New Jersey; and nine tenths of all the scenes presented are sham, sham, just as our theatres are shams. About the only things that are real are the films of prize-fights, which are so objectionably brutal that the none-too-particular authorities of cities and State have at last, in most of the States, felt compelled out of common decency to prohibit them.

"What, then, shall we do?" some one alarmed at my indictment of the popular places of amusement, seriously asks. "Are we to be deprived of all amusements because those that are provided are sham?" —By no means; and it is to help suggest how you may find real amusement, amusement that has no sham, no delusion, no pain, no after-regrets in it, that I pen these words.

Learn that the true amusements, the real and genuine recreations of life do not come in stuffy, ill-ventilated, over-heated theatres, concert halls, and vaudeville shows, where immoralities and banalities mask as "life," and nothing is real but the injurious effects to the bodies, minds, and souls of those who attend, but out in God's out-of-doors, in natural, simple ways, where "as little children" we enjoy the kingdom of God on earth.

What more pure, sweet, simple, natural, and healthful pleasure does a child, youth, man, or woman need than to get

out, in the proper season, by the seashore and paddle in the waters, or swim boldly out into the breakers, and beyond on the surging, swelling sea? The little tots are allowed to take off only their shoes and stockings, yet how much delight they get as the unexpected wave comes dashing up and covers their tiny toes, their feet, and then their legs up to the knees. It is too bad that they can not throw off their clothing, and fairly revel in the water and sunshine, giving the whole body a sun and air as well as a salt-water bath.

But the little laddies and lassies are enjoying the water even more than those in the first. They have been allowed to put on their bathing-suits, and now, tired of playing in the breakers and being washed from head to heels with the dashing waves, they are sitting where the spent breakers partially cover them. They roll in the sand, build mimic forts, watch the airholes of the sand-crabs and sand-flies, and feel the peculiar sensations of the returning wave as the water dashes back and carries the sand away from under their legs and feet.

All this is good. The body's pores need to breathe just as freely as the lungs; and the more opportunities given them for so doing, the purer, sweeter, and healthier the inside of the body will be. And the way to have happy, beautiful, obedient children is to help them keep healthy by following nature's ways of simple amusement in God's great out-of-doors.

Nearly as beneficial is the May-pole where little girls take hold of the ribbons, or far better the ropes, and run around, swinging and singing, shouting and laughing as they whirl around and around, When the ropes are used, the running, and the tension on the arms when the children hang on and swing, mean a rapid development of the chest and lung muscles, as well as those of the legs, spine, and arms. An hour of such fun every day—*out-of-doors*—in all weathers, would make the children so healthy that doctors would be unnecessary.

Four years ago a mother of two little lads and a baby girl came to consult with me about her little family. The children were sick all the time,—croup, earache, throat troubles, catarrh, headache, stomachache, poor appetites, measles, whooping-cough, etc.,—until she and her husband were worn to shadows, almost, caring for them, and their lives were made wretched and sickly by the children they had hoped would be a joy and a blessing to them.

In a few words I learned the trouble. They were being overfed, overcoddled, overheated indoors, and in every way made into artificial hot-air plants, instead of living and breathing in the open.

It did not take me long to express myself in clear and positive language, "Give them three meals a day of nothing but the simplest food, and no slop or hot drink of any kind to wash it down with. Take off their shoes and stockings and let them run

out-of-doors every possible hour of the day. Provide them with blue denim or some other rough clothing so that you will not value their clothes more than you value them. Pay no attention if they stay out when it rains, except to dry and thoroughly warm them when they come in. Never allow them to eat between meals, and give them as light a meal as possible at night. Never urge them to eat when they do not want food. Better let them fast three whole days, absolutely, than urge them to eat one meal that they do not want. Whenever and wherever possible, winter and summer, let them sleep out of doors.

A month ago I saw these parents again. Their cares and worries were gone. Their children were healthy and vigorous, rugged and robust, and they had saved so much money from the bills they used to pay their children's physician that—and they were full of glee to tell me this—the husband was giving up his position as manager of a store, they were having a camp wagon built, and within a month they were going to start out for a trip to last over a year, going through central and northern California, over the border into Oregon, up north through the State of Washington to British Columbia, taking in all the points of interest on the way.

Think of the healthful joy of such a trip,—a year of playtime because the children had been allowed four years of playing in God's great out-of-doors!

There is no need of your growing old so fast. How I pity the poor women who write such pathetic letters to the quack beauty doctors of the daily papers and get recipes for massaging the wrinkles away, and for "doing themselves up" so that they may *look* young.

The way to look young is to be young, and the healthy and happy woman is ever young; and there is no better way to be healthy and happy than to learn to play in God's great out-of-doors.

Another beauty enjoyment is to go boating when possible, on lake, pond, creek, river, or bay. Get the healthful pull of the oars, strengthening the arms, shoulders, back, and spine; breathe deep and fill the lungs with life-giving oxygen. Perspire if possible, and at the same time drink in the beauty of God's grasses, flowers, shrubs, trees, clouds, sky, and sunshine. To play well is a good thing, to play out-of-doors is better, and to play out-of-doors with a grateful heart, full of love to God for all his gifts and keenly appreciative of them all, is best; for now, as in the psalmist's time, it is a good thing to sing praises unto the Most High.

Vegetables and How to Use Them

E. G. FULTON

THE term "vegetable," as here used, is applied to such plants (grains, nuts, and fruits excepted) as are cultivated and used for food. The use of a large variety of vegetables in our food assists in promoting good health. To get the best results, they should be judiciously combined with nuts, fruits, and grains. Green vegetables are rich in potash salts and other minerals necessary to the system, and in such a form as to be easily assimilated.

Starchy vegetables, as potatoes, supply energy and heat, and give necessary bulk to the food. Peas, beans, and lentils contain a large amount of proteid, used in building and repairing tissue, and are therefore used in place of meat. For weak stomachs they are more easily digested in the form of purées and soups, with the outer indigestible covering removed. All vegetables should be fresh; for in spite of all that may be said to the contrary, all vegetables whether roots, leaves, or any other kind, begin to lose bulk and flavour as soon as removed from the ground. The kind that suffer least in this respect are beets, potatoes, carrots, etc. Those which are most easily affected are cabbage, lettuce, celery, asparagus, etc.

Vegetables that have been touched with the frost should be kept in a perfectly dark place for some days. The frost is then drawn out slowly, and the vegetables are not so liable to rot.

General Directions for Cooking Vegetables

Fresh green vegetables should be cooked as soon after being gathered as possible. Those containing sugar, such as sweet corn and peas, lose some of their sweetness by standing. Wash thoroughly in cold water, but unless wilted do not soak. It is better not to prepare fresh green vegetables until they are needed; but if they must be prepared some time before cooking, cover with cold water.

Most vegetables should be put into fresh, rapidly boiling water, and if cooked in uncovered vessels, they will retain a better colour, as high heat destroys their colour. In no instance permit them to steep in the warm water, as this toughens them, and in some instances destroys both colour and flavour.

The salt hardens the water, and also sets the colour in the vegetable. For peas and beans do not add salt to the water until they are nearly done, as they do not boil tender so readily in hard water.

Sweet corn should not be boiled in salt water, as the salt hardens the outer covering of skin and makes it tough. Cook the vegetables rapidly till perfectly tender, but no longer. If vegetables are cooked too long, flavour, colour, and appearance are all impaired. To judge when done, watch carefully, and test by piercing with a fork. The time required to cook a vegetable varies with its age and freshness; therefore the time tables given for cooking serve only as approximate guides.

Delicate vegetables, as green peas, shelled beans, celery, etc., should be cooked in as little water as possible, toward the last the water being allowed to boil away till there is just enough left to

moisten. In this manner all the desirable soluble matter that may have been drawn out in cooking is saved.

Strongly flavoured vegetables, as cabbage, onions, etc., should be cooked in a generous quantity of water, and the water in which onions are cooked may be changed one or more times.

The general rule for seasoning vegetables is as follows:—

To two cups small whole vegetables, or two cups of vegetables mashed or sliced, add a rounding teaspoonful of butter, and half a level teaspoonful of salt. To beans, peas, and squash, add one-half teaspoonful of sugar to improve them. Add milk or the vegetable liquid when additional moisture is required.

Potatoes

Pre-eminent among vegetables stands the potato. The solid matter of potatoes consists largely of starch, with a small quantity of albumen and mineral salts. Potatoes also contain an acid juice, the greater portion of which lies near the skin. This bitter principle is set free by heat. While potatoes are being boiled, it passes into the water; in baking it escapes with the steam.

New potatoes may be compared to unripe fruit, as the starch grains are not fully matured. Potatoes are at their best in the autumn, and they keep well during the winter. In the spring, when germination commences, the starch changes to dextrine, or gum, rendering the potato more waxy when cooked, and the sugar then formed makes them sweeter. When the potatoes are frozen, the same change takes place.

In the spring, when potatoes are shrivelled and gummy, soaking improves them, as the water thus absorbed dissolves the gum, and makes them less sticky. At other times, long soaking is undesirable.

Soak about half an hour in the autumn, one to three hours in winter and spring. Never serve potatoes, whether boiled or baked, in a closely covered dish, as they thus become sodden and clammy; but cover with a folded napkin, and allow the moisture to escape. They require about forty-five minutes to one hour to bake, if of a good size, and should be served promptly when done.

Baked Potatoes

Potatoes are either baked in their jackets or peeled; in either case they should not be exposed to a fierce heat, inasmuch as thereby a great deal of the vegetable is scorched and rendered uneatable. They should be frequently turned while being baked, and kept from touching one another in the oven or dish. When they are pared, they should be baked in a dish, and oil of some kind added, to prevent their outsides from becoming burned.

Mashed Potatoes

Pare and boil or steam six or eight large potatoes. If boiled, drain when tender, and let set in the saucepan for a few minutes, keeping them covered, shaking the saucepan occasionally to prevent scorching. Mash with a wire potato masher, or, if convenient, press through a colander; add salt, a lump of butter, and sufficient hot milk to moisten thoroughly. Whip with the batter whip, or wooden spoon, until light and fluffy. Heap up on a plate, press a lump of butter into the top, and send to the table hot.

Potato Puffs

Potatoes, prepared as for mashed potatoes, 2 cups; cream or milk, ¾ cup; melted butter, 2 tablespoonfuls; eggs, yolks and whites beaten separately, 2; salt.

Mix and beat up thoroughly, folding in the beaten whites last. Make into balls, put into greased pans, brush with beaten egg, and bake a light brown.

Minced Potatoes

Mince six large, cold potatoes. Put them in a baking-pan, cover with milk; add a little cream, and bake fifteen minutes.

Scalloped Potatoes

Potatoes, medium size, 6; milk sufficient to cover mixed with tablespoonful of flour; crumbs, butter, salt.

Cut potatoes into even slices, put in a baking-pan, sprinkle with a little salt, and a few small pieces of butter. Pour over the milk and flour mixture, and sprinkle the top with a layer of crumbs. Cover and bake till potatoes are tender. Remove the cover and brown lightly.

Hashed Browned Potatoes

Use cold, boiled potatoes or good left-over baked potatoes. Pare and cut into three-quarter-inch dice or irregular pieces. Put in a shallow baking pan, sprinkle with salt, pour over sufficient cooking oil, season well,

and prevent scorching. Put into the oven, and when they begin to brown, stir continually till all are nicely browned.

New Potatoes and Cream

New potatoes, cream, salt, butter, parsley.

Wash and rub new potatoes with a coarse cloth or scrubbing brush; drop into boiling water and boil briskly till done, but no more. Press the potato against the side of the saucepan with a fork; if done, it will yield to gentle pressure. In a saucepan have ready some butter and cream, hot but not boiling, a little green parsley, and salt. Drain the potatoes, add the mixture, put over hot water a minute or two, and serve.

Potatoes a La Creme

Cold, boiled potatoes, 2 cups; parsley, finely chopped; flour; milk; butter, 1 tablespoonful; salt.

Heat the milk and stir in the butter cut up in the flour. Stir until smooth and thick. Salt, and add the potatoes, sliced, and a very little finely-chopped parsley. Shake over the fire until the potatoes are heated through. Pour into a deep dish and serve.

Potatoes a La Delmonico

Cut the potatoes with a vegetable cutter into small balls about the size of marbles. Put them into a saucepan with plenty of butter and a good sprinkling of salt. Keep the saucepan covered and shake occasionally until they are quite done, which will be in about an hour.

Potato Croquettes (Delmonico's)

Cold, mashed potatioes, 2 cups; flour or cracker crumbs; salt; eggs, 2; butter; cooking oil.

Season the potatoes with salt and butter. Beat the whites of the eggs, and work all together thoroughly.

Make into small balls slightly flattened. Dip them into beaten yolks of eggs, roll in flour or biscuit crumbs, and fry in hot oil.

TO RID A HOUSE OF FLEAS, ETC.

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tightly closing the door. Each room is thus treated and the open air quickly sought.

Hydrocyanic acid gas (prussic acid) is liberated by this process, and it kills animals and microbes alike. The house must remain closed all night, and next morning the outside door and the lower windows opened from the outside and kept open for an hour, and after this time the operator may enter and hurriedly open all the doors and windows, breathing no more than is absolutely necessary, and quickly retiring when his work is done. So long as any odour of the poisonous gas prevails no one should enter the house to stay. When all odour is gone the furnishings should be removed, and the house thoroughly cleaned as usual. The bedbugs, roaches, rats, mice, ants, and moths will all be dead, and thorough disinfection also be secured.—*Indiana State Board of Health.*

COLDS AND CONSUMPTION

(Concluded from Page 310)

sary to go back to the natural, plain, simple life of our forbears, and cultivate the fresh air and the great out of-doors. The free drinking of pure water as a means of cleansing and flushing the body should be encouraged. Alcoholic beverages, tea and coffee, all of them poison drinks, should be strictly and absolutely avoided.

What someone has happily called a "hunger diet" should take the place of the surfeit of feeding which so generally prevails among all classes. Over-eating gives rise to the formation of various more or less harmful and poisonous substances in the body and consequently makes for disease. Furthermore, the vital organs of digestion and elimination are overtaxed, and soon weaken or become disease.

Our indoor life must be changed to outdoor life, and we must learn to live out-of-doors, work out-of-doors, eat out-of-doors. Bridge and all the card games as well as other indoor games should give way to croquet, lawn tennis, golf, walking, cycling, riding, and driving. As far as possible we should sleep out-of-doors. A sleeping veranda is of more importance than a bedroom if we could only realize it. We eagerly anticipate the day when our houses will be built in such a way as to permit us to sleep out in the fresh air with merely a roof for cover. And, in conclusion, let us remember that by considering the welfare of others, the feeding and housing and labour of our neighbours, we are also considering our own welfare, for in this battle for good health and long life we must work unitedly and whole-heartedly if we are to attain success.

Common Diseases and their Treatment

Hemorrhoids (Piles)

PILES is the dilation of the veins that carry the blood away from the rectum thus making a vascular tumor. The hemorrhoidal artery conveys the blood to the lower part of the rectum and a vein of a similar name takes it away. Anything which causes an obstruction to the blood leaving the rectum causes a dilation of the hemorrhoidal vein from which the name hemorrhoids is derived.

There are many secondary causes of piles. By this we mean that some other disease is the cause of the piles, the former being primary, while the latter is secondary. These cause the trouble by offering an obstruction to outflow of blood from the seat of trouble. A faulty heart is a very frequent primary disease of which piles is a troublesome symptom. The heart loses compensation in which condition it does not have the power to push the blood to all parts of the body and back again. The blood in the most remote parts of the body becomes sluggish. The hemorrhoidal vein being remote from the heart and poorly supported by surrounding tissues dilates and thus causes piles.

Atrophic cirrhosis or shrinkage of the liver is instrumental in causing piles. The liver becomes smaller than normal and becomes hard. When we consider the fact that all of the blood from the stomach and the intestines passes through the liver on its way to the heart, we can see how the liver in its hardened, shrivelled condition offers an obstruction to the circulation by pinching the blood-vessels, causing congestion of the intestines, thus leading to piles.

In the same way oft repeated pregnancies and large tumors of the pelvis cause hemorrhoids. In pregnancy, when the uterus assumes such large size, circulation in the pelvis is obstructed. When this process is repeated year after year, piles as a rule become very troublesome.

A similar condition is produced by large tumors of the pelvis or rectum.

Constipation is one of the most common causes of piles. Day after day, month in and month out, year in and year out, the rectum in some people becomes impacted with thickened feces. This hard dry mass in the rectum causes irritation and pressure upon the hemorrhoidal vein. Also the strain attending constipation aggravates the abnormal condition existing in the lower part of the rectum. Persistent coughing and excessive sneezing are also factors tending to bring on the condition that we are considering.

Piles are termed internal or external, either of which may be bleeding, according to whether they are located within the rectum or outside. A bleeding pile is caused by the rupture of one of the dilated veins. Very often bleeding piles are not painful as the bleeding lessens the size of the tumor, and tends to overcome the congestion which is causing the mischief. But oft times the loss of blood is so great that anemia is the result.

Piles usually begin with a small bluish tumor about the size of a pea or grain, located within on the margin or just outside of the anus. This little tumor is very painful, settling down into a most painful, unbearable, dull ache. It becomes tender, swollen, inflamed and is replaced within the rectum with great pain and

difficulty. Defecation becomes torture.

The acute attack may pass off in a few days even without any treatment and never return again. But more often the course of the trouble is protracted. One acute attack follows another until the hemorrhoid reaches considerable size, in which case, sometimes the tumor protrudes from the rectum four or five inches. Instead of there being a single tumor, often there are four to six tumors varying in size.

In prescribing treatment for piles we must keep in mind the cause. In a great many cases if the cause is removed the piles will disappear. This means that heart disease, atrophic cirrhosis of the liver, tumors of the rectum and pelvis, and constipation must receive careful attention. Womankind must have sufficient intervals between the periods of the child-bearing process to allow the circulation of the pelvis to regain its tone. If these conditions are not relieved, local treatment to piles will receive very little permanent benefit.

The local treatment of piles consists of cleanliness, rest, and local applications. Cleanliness is useful not only to help relieve an acute attack, but is necessary to avoid the first and future attacks. The use of toilet paper for the purpose of cleanliness is a very unsatisfactory method. If cold water were used for this purpose each time after the bowels were moved, less trouble would be experienced with this part of the anatomy. Some sanitary arrangements are so constructed that by pushing a button or pressing a lever a stream of cold water is forced against the rectum. If means of this kind are not available, simpler means will have to be devised.

One of the quickest ways to get rid of an acute attack of piles is rest in bed. This will be as useful as any medicine that can be employed for the relief of the difficulty. This allows natural drainage from the rectum to take place and lessens the engorgement of blood. This reduces the size of the tumor, pain and tenderness. Occupations that cause jolting are very liable to be instrumental in causing piles.

Local applications will be found of great service in the treatment of this condition. For bleeding piles the following is good.

R.

Pulv. Gallae	grn.	xx
Pulv Opii	grn.	xx
Plumbi Acetatis	grn.	xx
Lanum	dr.	iv
Petrolati	dr.	iv

M. Make an ointment.

Sig: Apply night and morning on lint, after bathing the part with cold water.

For external piles use,

R.

Ichthyolis	dr.	i
Acidi Tannici	grn.	xxx
Ext. Opii	grn.	xxx
Ung. Belladon	dr.	iv
Cerat. Plumbi Subacetatis	dr.	ii

M. Make an ointment.

Sig: Apply freely several times daily. This is useful in painful piles and also for internal piles.

Suppositaries are often very useful. This is a good one.

R.

Ichthyolis	grn.	i
Acidi Tannici	grn.	i
Ext. Belladon	grn.	xx
Ext. Stramonici	grn.	xx
Ext. Hamamel	grn.	i
Ol. Theobrom	dr.	ii

M. Div. in Suppositaries No. x.

Sig: Insert one into the rectum morning and night.

Inspissated feces must always be softened with an enema before applying them.

In applying an ointment always try to reduce the pile. Tincture of Ferric Chloride is useful in reducing piles that have attained considerable size. With those that have reached a large size, surgery must be resorted to.

RAW FOODS

MANY persons who have in recent years adopted the practise of eating foods uncooked, give as a reason therefor that this is as nature intended it, that all animals but man eat their food in a raw state, that cooking destroys the life of the food, and consequently its usefulness as a supporter of life. Such persons hold that living beings can not get nourishment from non-living matter. In this they overlook the fact that plants subsist entirely on non-living matter taken from the air and soil; and they also overlook the fact that all food that undergoes digestion is, if living when eaten, changed by the digestive process to non-living matter. No living matter can pass the intestinal walls into the blood current unless it be bacteria, which may sometimes pass through the intestinal walls. Living matter is solid and insoluble in the fluids of the body. The process of making it soluble destroys its life.

Another argument in favour of raw foods is that the salts of the food are in organic combination, and that cooking destroys this organic combination, leaving the salts in a condition in which they can not be utilized by the body. This may be so, but it has never been proved; and the fact that multitudes of healthy persons subsist entirely on cooked foods is a refutation of the assertion that cooked foods can not properly support life.

But is there no advantage in the raw food dietary? Why is it that some have regained health by adoptiug a menu consisting of foods as nature furnishes them? There are several reasons why the raw foods are sometimes a great advantage:—

There are no complicated mixtures, no condiments, no sweets (except in the diluted form, as in fruits), to tempt the appetite. There are no soft foods to be swallowed without mastication.

On the diet consisting largely or wholly of uncooked foods a moderate amount of nourishing food is eaten, slowly as a rule, and with careful mastication; and the digestive organs can handle it with greater ease than the roasts, the pastries, the puddings, and the desserts of the modern cuisine.

To the extent that the raw-food dietary is a protest against modern high living, to that extent it is a benefit. If it educates people to eat more simply, it is accomplishing good.

We would doubtless do well to use more raw-foods with our meals, such as nuts, fruits, and some vegetables. Even raw cereals, when thoroughly masticated, are well borne by many.

Occasionally it might be a pleasant change to have a meal entirely of uncooked foods. It will be surprising to one not accustomed to their use to learn how varied a menu can be furnished with foods in the natural state.

It is well, however, to remember that intestinal and other parasites may, especially in tropical and subtropical countries, be conveyed to the digestive canal by means of raw vegetables and raw strawberries. We should never lose sight of the fact that fertilizer from human sources is sometimes used on vegetable gardens, and that many of the products of those gardens, when used uncooked, may and doubtless do transmit typhoid fever, hookworm disease, sprue, dysentery, and other serious diseases.

One who desires to use such foods in the raw state, should know how they are grown. If there is the least doubt, such foods should be disinfected before use. First wash thoroughly, using perhaps a scrubbing-brush kept for that purpose, then wash in several waters. Radishes, etc., are better carefully peeled. Strawberries? They are delicious raw; but if they are from a source that is not above subspicion, they are better cooked.—*Life and Health.*

INSPECTION OF WATER-SUPPLY.

Let me for a moment note the fact that we have a most thorough inspection of the milk-supply, of our meat-supply, of food adulterations, but in how many communities in this country have we properly protected not only the inhabitants, but the

stranger and traveller from infection by preventing the drinking of contaminated water from pumps and wells? You ask the average farmer or average person what he thinks about the water in the well on his premises and he will invariably tell you that the water is pure, clear and sparkling; and yet how many of these wells may not be contaminated with pathogenic germs? The inspection of many other things is no reason why a most thorough inspection should not be made of the wells, lakes, rivers and streams that all water supply not only in the cities but in the farming districts should be guarded. The state or county should order a most thorough control, and a periodical examination should be made and an official notice posted at all sources of water supply, stating the condition of the water, whether it is pure or otherwise, whether it is liable to bring about a disturbance of the gastro-intestinal tract or not.—Francis E. Fronczak, in *American Journal of Public Health.*

THE DANGER OF HYPNOTICS:—

The dangers and objections attaching to the use of hypnotics should always be carefully borne in mind. They may be summarized as follows:—

1. *The Unnecessary Use of Hypnotics.*—There should always be a real necessity for the employment and continued use of hypnotics for reasons given above.

2. *The Danger of the Formation of a Drug Habit.*—This applies especially to certain hypnotics, such as morphine, and opium preparations, veronal, chloral, paraldehyde, etc.

3. *The Danger of Toxic Symptoms Resulting from the Use of Hypnotics.*—A single medicinal dose of a hypnotic drug may cause unpleasant and even alarming symptoms, and the continued use of these remedies may produce toxic symptoms, either by the simple effect of a repeated therapeutic action, or, as in the case of drugs which are slowly absorbed, such as sulphonal, trional, etc., by a cumulative action. The cumulative action of drugs which are slowly absorbed is often prevented by the avoidance of constipation.

4. *The Danger of Fatal Poisoning.*—Fatal poisoning is generally due to the patient gradually increasing the dose of the hypnotic unknown to his medical adviser, so that

ultimately a dose is taken which produces dangerous, or even fatal, symptoms.

5. *Special Dangers due to Existing Disease or Age of the Patient.*—In certain diseases there is greatly increased susceptibility to particular hypnotics—for example, morphine and preparations of opium are especially potent in renal and respiratory disease and in cirrhosis of the liver; also to children these hypnotics must be prescribed in very small doses.

6. *Idiosyncrasy.*—Certain individuals have an increased susceptibility to some hypnotics, so that a large dose should not be given for the first time.

7. *The Use of Hypnotics when Other Measures of Treatment should be Employed.*—In many cases instead of giving hypnotics the giving up of work and the adoption of some special treatment ought to be advised. —*British Medical Journal.*

HOOKWORM

Dr. Wickliffe Rose's belief that if the hookworm can be conquered the industrial efficiency of India will be increased by 50 per cent seems to be a little Americanism in the way of overstating the case. Yet the ravages of the hookworm are great enough without exaggeration. The worms are one of a minute class of such things which insinuate themselves into the human body with highly mischievous effect. They are not peculiarly a tropical plague, but are common to every part of the globe. People pick them up in two ways, namely in food and water and through the skin. They frequently occur in the earth and thus miners are specially susceptible to infection through the skin. There was great trouble among the Cornish tin miners from this cause two years ago. People who, like the masses in India, wear little clothing, and are in the habit of sitting on earthen floors, or who like Indians again, are careless about the cleanliness of their drinking water and food, are very liable to infection. The worms have prominent hook-like "teeth" and with these they fasten themselves to the tissues of the digestive organs of the body. They destroy the nourishment from the food the person eats. The result is anæmia. In America the condition the worms produce is called Negro Consumption. Another name for it is Ceylon Anæmia. The disease can be cured by medical

treatment.—*Times of India Illustrated Weekly.*

SUICIDE WITH BICHLORID OF MERCURY

Some weeks ago, considerable publicity was given a case of accidental poisoning from bichlorid of mercury tablets. The case was so "featured" as to lead the public to infer that corrosive sublimate poisoning was not only a sure but also a painless rout to the other world. Since this accident, the papers have chronicled, almost daily, cases of suicide in which bichlorid of mercury was the drug used. There is no doubt that many unstable persons who, in fits of depression contemplate suicide, are restrained from taking the fatal step by the dread of the unknown agony they may suffer in committing it. To such, the knowledge of a sure and painless method of death removes the only restraining influence left. It is fitting, then, that the public should be acquainted with the fact that there are few modes of suicide more painful and in which the agony is longer drawn out than that due to the taking of bichlorid of mercury. If this fact were given the same publicity that was accorded the case of accidental poisoning, there is little doubt that the corrosive sublimate method of self-destruction would cease to be the fatal fad it has recently become.—*Journal of the American Medical Association.*

NEWS NOTES

INCREASE IN CANCER

RECENT statistics show a constantly increasing proportion of deaths from cancer, the mortality in 1911 being nearly five thousand more than in 1907. More men than women and more married than single fall victims to the disease. The increase with advancing age is marked. The increase in the mortality per ten thousand is as follows; 1907, 6.57; 1908, 6.60; 1910, 7.04, and 1911, 7.28. The proportion among men rose from 6.03 in 1907 to 6.64 in 1911, and among women from 6.57 to 7.28. Among the unmarried in 1911 there were only 1.09 deaths from cancer per ten thousand living, while among the married the figure was 12.29; among the divorced, 24.09, and among the widowed, 41.79.

GORGAS TO GO TO AFRICA

In despatches from Johannesburg, South Africa, under date of August 14, it is stated that Colonel William C. Gorgas has received an invitation from the Chamber of Mines, Johannesburg, to visit South Africa, study the sanitary conditions in the Witwatersrand mines and to make suggestions as to their improvement. The special object of the conference is the prevention of epidemic pneumonia of a very fatal type among the blacks such as has occurred in the past.

CIGARETTE SMOKING INCREASING IN CANADA

Two hundred million more cigarettes were smoked by Canadians in 1912 than in 1911, the total number consumed, according to a report of the Inland Revenue Department, being 975,325,501. Indeed, the consumption of tobacco and alcoholic liquors increased all around. The per capita averages are: Spirits, 1,112 gallons, compared with 1,030 in 1911; beer, 7,005 against 6,598; wine, 131 against 114; tobacco, 3,818 pounds, against 3,679 in 1911, which includes the figures for cigarettes.

ALARMING INCREASE OF THE NON-VACCINATED

The last vaccination law (of 1907) was a great concession to antivaccinationist sentiment and exempts from penalty parents who make a declaration within four months of the birth of a child that they believe that vaccination would be prejudicial to its health. The results are shown by the following figures: In 1907 the percentage of exemptions (then obtained by an inconvenient and difficult legal process) was 6.3. In 1908 this percentage had risen to 17.3, and in 1912 to 31.6. It is true that an outbreak of small-pox has not occurred for some years, but sporadic cases are always occurring on ships which arrive in this country from all parts of the world. In this way epidemics have been generated in the past, notably a large one in Glasgow. Health officers are now much concerned at the greater prospects of the spread of the disease. All we can trust to is prompt isolation, for antivaccinationist sentiment is too strong to allow more stringent laws as to vaccination. A small-pox epidemic on a scale unknown to this generation might prove efficacious.

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THIS number of HERALD OF HEALTH completes its fourth volume. Its publishers in entering upon a new year desire to thank those who from the commencement of its career in the field of Indian journalism have stood loyally by as the old guard on its increasing subscription list. We were never more convinced of the need of a Health journal in India which can fill a need in the Home and in individual lives, than we are to-day. That "HERALD OF HEALTH" has always filled the requirements of all its patrons, it is impossible to think, but that it has come as a friend and helper to many, we have reason to believe from the correspondence of its readers. That it may become more to each one who peruses its columns month by month is our earnest desire and we welcome any helpful suggestions which our friends may make. Do not feel discouraged if your suggestions are not immediately acted upon. We are human and it may be we do not fully see your point of view. More, it often takes time both for an idea to take root and for us to carry it out and alter previous arrangements when it is firmly grounded. Keep on suggesting and we as good friends of our subscribers will continue to listen.

For the coming year we have some good things planned. We believe you will appreciate them as they appear. We moreover expect more local help in our departments so that the magazine will more nearly meet Indian and Anglo-Indian needs and requirements. We hope to continue you one and all on our lists for 1914 which we believe you will eventually agree with us will be the banner year in the history of the "Indian Health Magazine."

Dr. H. C. Menkel, former editor of "Herald of Health" has returned to India to again take up practice in this country. We shall hope to have occasional articles from his pen in the columns of "Herald" during the coming year.

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