

# Herald of Health

Vol. 5

Lucknow, U. P., July, 1914

No. 7



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# HERALD OF HEALTH

The Indian Health Magazine.

Published Monthly by the International Tract Society,  
17, Abbott Road, Lucknow.

V. L. MANN, M. D.

Editor

S. A. WELLMAN,

Asso. Editor



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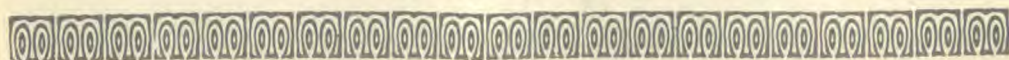
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A WATERFALL IN WINTER





# General Articles

## Is the Stomach to Blame?

BY G. H. HEALD, M. D.

THE mind of man probably reacheth not back to the time when there was not a suspicion that man's physical troubles come to him in large measure through his food canal.

But for the purpose of this discussion let us go back to Luigi Cornaro. This Venetian made a discovery which, while not equal in fame and general importance to that of his contemporary, Christopher Columbus, was vastly more important than has generally been conceded; for Cornaro, a confirmed invalid of forty, given up by his physicians as a hopeless case, found that by the simple expedient of reducing his diet to a minimum quantity of simple food, his premature senility was overcome. With this reduced and simplified regimen he lived on and on, gaining in health and vigour, and passing his eightieth, ninetieth, and one hundredth mile-posts, a splendid exponent of the simple life, and a shining example to all future generations of what careful living can do for the preservation and invigoration of the body.

Since his time, and especially within the last generation, there have been a host of food reformers, some laying particular emphasis on the number and times of meals, some on the nature and quantity of the food, some on the method of its preparation, and some on the manner of eating. These numerous food reformers have agreed on one important matter: namely, that the eating habits of the mass of mankind are wrong, grievously wrong. The little detail as to what, when, and how man should eat, in order to make his habits right, is the only thing on which they differ. And to be candid,

one must admit that here is quite a wide divergence.

There have been advocates of the "no breakfast," "no supper," and "one meal" plans, and of *no meal* for periods of a week or more; there have been advocates of a scraped meat diet, a milk diet, a vegetarian diet, a fruitarian diet, etc.; there have been advocates of overcooked and dextrinized foods and of raw foods; and finally there have been advocates of thorough mastication.

This last system in its final development proposed to do away with practically all human ills by the very seductive method of eating only when the appetite calls for, and enjoying the food by retaining it in the mouth as long as there is any taste, swallowing the taste and ejecting everything else. It is a marvel that such a simple gospel of health, involving no trouble and a minimum of expense, and giving increased pleasure during the meal, and increased health and efficiency, did not fare better than it did. It at least brought its author into the limelight, and added a series of words (Fletcherize, Fletcherism, Fletcherist, etc.) to our already overburdened English language. It would seem from the testimony of such a man as Einhorn, an eminent New York specialist on diseases of the stomach and intestines, that some victims of this method of diet were relieved of their digestive troubles only when they were persuaded to eat in a natural way.

In addition to this agitation of a popular nature, there has been more or less work of a more scientific nature, pointing to the intestinal tract as a point of entry of poisons into the

system. Here again, as with the more popular food reformers, we do not find any unanimity as to details, though all realize the importance of the intestinal canal as the cause of disease.

Our purpose is to give in this a sketch of the views of some of these men who, in the laboratory and at the bedside, have very carefully and conscientiously studied the subject of digestive disorders. And while we may find at times very great divergence in their opinions, yet we may be certain that for every opinion expressed these workers had a foundation of fact.

Bouchard in the eighties did a large amount of work in the investigation of auto-intoxication. He showed that the body is constantly manufacturing poisons, and that if it were not for the provisions made for the transformation of these poisons into harmless substances, and for their elimination, the body would soon be overcome, and that whenever these safeguards fail to do their work the end is near.

He discovered that a very large proportion of the body poisons are elaborated in the intestinal canal, and that even in health these poisons are a menace to the individual. By the use of charcoal and other "antiseptics," he found that the intestinal poisons could be quite largely neutralized, without, however, decreasing the quantity of intestinal bacteria. That is, these things act on the bacterial products, but not very effectively on the bacteria themselves.

In diseased conditions of the intestinal canal with development of gas, etc., he saw evidences of general poisoning of the body, the most common of which are fatigue depression, headache, disturbance of hearing and sight, and dizziness, these symptoms probably going no further, providing the kidneys are working well, but ending in uremic poisoning if the kidneys fail.

Bouchard, who seems to have regarded dilatation of the stomach as the most important disturbance of the digestive apparatus,

gave the following word-picture of a patient with a dilated stomach. Such patients are usually large eaters, for they have a large capacity and the eating is not painful. But at the end of two, three, or four hours there is gas, heaviness, and belchings. The feces are doughy, malodorous, and expelled slowly with pain. He believed that acetic acid is elaborated in large quantity as the result of the fermentations, and that it causes an inflammatory condition of the intestinal canal. The liver is congested and aching; there may be some yellowness of the skin or eyes. Among nervous symptoms he mentions morning depression, headache, sensibility to cold, sleeplessness, dizziness, and disturbances of sight. Of skin troubles, he mentions excessive perspiration, eczema (tetter), acne (pimples), and urticaria (hives.)

Professor Bouchard gives as causes of dilated stomach, excessive eating and drinking, bolting the food,—“for a fine mechanical subdivision of the food is necessary for its digestion,”—irregularity of meals with short intervals, which necessitate the introduction of more food before the stomach is empty.

Under the heading, "Alimentary Hygiene," he advises that the stomach be distended as little and as seldom as possible, and for the shortest time possible.

“There must be neither eating nor drinking between meals; the meals must be widely separated from each other. To eat once a day is impossible; if we make two meals, should these be separated by twelve hours?—No, the needs of the organism are much less during the period given up to repose. We must allow nine hours between two meals as the interval by day, and fifteen hours as the interval by night. This infrequency of meals is sometimes sufficient to cause heart-burn and sensations of heat to disappear, and to arrest the emaciation of patients, who should moderate their appetite in order to prevent their pains. As a rule, we must allow patients three meals per diem, with an

interval of eight hours between the two principal ones, and four between the first and second."

The meals should not be copious, but substantial. He advises that we suppress everything that is not necessary, and especially dishes that are made with water, that is, liquid foods, for the reason that these increase the bulk. Yet he thinks it important to give sufficient, and even more than sufficient, food for the nutrition of the body.

"As digestion requires that the food should be not only softened, but penetrated by the gastric juice, it must not be fatty. The stomach is not called upon to digest fat, but the latter might prevent the stomach from digesting what it ought by preventing the hydrochloric acid of the gastric juice from softening, penetrating, and hydrating meat and other alimentary substances. It is better still to have the fat emulsified, as in milk. The fat should be divided as much as possible." This, of course, requires thorough mastication. "It is necessary to avoid as

much as possible everything that may have a tendency to induce fermentation—alcohol, which furnishes acetic acid; acid substances; and certain parts of bread. Wine is certainly unfavourable, especially red wine, and above all, poor red wine, . . .

"Bread is generally badly borne by dyspeptics, but rice, barley, oatmeal, and unfermented pastes are allowed. . . .

"Patients ought to take nothing between meals, and should strongly resist any impulse of hunger or thirst, when even this resistance would cause them suffering and in spite of the momentary relief which satisfaction of these desires would appear to give them. . . . Meals should be taken slowly, and mastication should be slow enough to reduce the food to a pulp.

"It is necessary to insist upon the prohibition of liquid elements which dilute the gastric juice, and of foods which remove from the action of this juice the solid alimentary substances, and to insist upon the advisability of eating only a little bread."

## Physical Labour a Blessing

BY D. H. KRESS, M. D.

THE importance of systematic physical exercise in the maintenance and development of a healthy, vigorous body and mind, is not appreciated as it should be. By the majority, physical work is performed in a mechanical manner, not from choice, but because of necessity.

A young man in New Zealand found fault with the government. He complained of the inability to get work. A man stepped up to him and said, "My friend, if you will accompany me, I will secure you a job in two hours;" to which he replied, "It isn't work I am after; it is money I am after." When work is regarded as mere drudgery and money is the thing men are after, the full benefit that should result from exercise is not gained. The woman at the washtub, laughing and good-natured, is seldom ill. The

mother who toils for her loved ones and deems it a pleasure to do so, usually keeps well.

The principle laid down in the Bible, "Let him that stole steal no more: but rather let him labour, working with his hands, . . . that he may have to give to him that needeth," is one that should be more generally followed; and the motive named should be the one prompting work.

The amount of good we get out of work depends in a great measure upon the good we see in it, and the amount of mental and physical energy we invest. Therefore the wise man said, "Whatsoever thy hand findeth to do, *do it with thy might*," or put your heart into all you do. Though walking is the best of all exercises, very little good will result from a listless, aimless walk; but if,

with cheerful spirit, one throws his life into a brisk walk in the open air, with shoulders back and head erect, expecting adequate returns for the investment of time and strength, he will never be disappointed. The life current will flow more freely, and every organ of the body will be benefited thereby.

Of the many who go to the seashore or to sanitariums to regain health, some are greatly benefited, others are not. If you follow the two classes in their treatments, you will find that the one class go mechanically through the treatments and exercises prescribed, while the other class make a study of diet and the treatments. By doing so, they are able to reason from cause to effect and can expect results. They make a business of getting well; they expect much and receive much. In the same way exercise may or may not be a benefit to the individual. If the intelligence and interest are not centred in the exercise, it will do little good.

This indicates that there must be something wrong with our education; for honest labour is not generally considered a blessing, and the labourers who regard their work drudgery do not get out of it the physical benefit they otherwise might.

The Egyptians evidently had a wrong conception of labour. Fearing that the children of Israel might multiply and become powerful and join their enemies, the Egyptians said, "Let us deal wisely with them." Thinking that hard work was the surest way to cause physical degeneracy and to weaken the race, they placed taskmasters over the Israelites, and afflicted them with the hardest kind of labour. They were sadly disappointed in the results. The record tell us that "the more they afflicted them, the more they multiplied and grew. And they were grieved because of the children of Israel."<sup>1</sup>

<sup>1</sup> It would seem that some of the large corporations are now working with a similar purpose in view, and that they are succeeding better than did the Egyptians; for modern factory conditions, long hours, crowding, etc., often prove disastrous to motherhood.—ED.

The benefit derived from food or the air inhaled depends on a good, vigorous circulation of the blood. It is the blood that carries life from the food, air, and water to the different organs and muscles of the body, and it is through the blood that the tissues are freed from impurities.

The arm of the blacksmith becomes well developed and strong. By constant exercise the circulation of blood is quickened, and more life is carried to it. On the other hand, inaction of any organ will cause a sluggish circulation of the stream of life through, it, and eventually result in a decrease of its size and strength. Not only does physical exercise build up, develop, and strengthen the muscles, but it also develops the brain.

A leg or an arm amputated causes atrophy, or a wasting, of that portion of the brain which has control over those muscles. This shows that a well developed and well balanced mind depends on a well-developed body, and that physical health and mental strength are intimately associated.

Gladstone's clear-headedness and success as a statesman depended in a large measure on his systematic physical exercise. We are living in an unfortunate age,—an age of specialization. A few years ago, only all-round men and women were in demand. Clerks in stores were supposed to handle everything, groceries, clothing, hardware, machinery. Light and heavy, inside and outside work were combined. The women did housework, made the clothing for their families, and worked in the fields. This variety of labour compelled the use of nearly all the muscles of the body.

Now we have bookkeepers, who lean over the desk ten hours each day, and handle only the pen; stenographers, who operate only the typewriter; telephone operators; and doctors, who sit in their offices and see a list of patients. In fact, every one has his specialty. Thus while some muscles and certain cells of the brain are constantly exercised and wear out from overwork, others lie idle and



rust out from disuse. May not this in a measure account for the increase in mental and other diseases, and for the increasing physical degeneracy?

Inactivity leads to an accumulation of poisons which produce muscular fatigue. The same poisons produce brain fatigue.

Lack of ambition, and even moral depravity is frequently due to a sluggish circulation of the blood and a consequent imperfect elimination of the body wastes formed constantly in the alimentary canal and the tissues of the body. In order to be well, man must exercise.

## Standardizing the Human Machine

BY F. W. FITZPATRICK

AN interesting writer tells us, in the *Saturday Evening Post*, how he, having passed the forty mark, had put on enormously of flabby fat, which had incapacitated him physically and mentally. He realized that before long, if he continued his old form of living, fat would choke off his heart and the other essentials, and, bang! there'd be one less fat man.

### Reducing Fat

Being anxious to stay about a bit, and to enjoy the staying, he began anti-fat treatment. He had one renowned doctor after another examine him at great expense. He took medicine, prescribed forms of exercise, diets, and absolute starvation, but he continued either fat or sick. Finally, he threw overboard all the stuff he had been taking, ignored the doctors, took the exercise he felt like taking, and ate anything he pleased, but sparingly, merely enough to keep life going, so that he enjoyed the eating, and always wanted *more*. At first, it was almost martyrdom, but he soon grew used to it. Now his stomach has grown accustomed to modest stoking, and he has taken off and is keeping off sixty pounds of "excess luggage," enjoys every minute of life, and believes he is fit for another forty years. A pretty sound though perhaps unscientific mode of living.

Personally, I can stamp it not only with approval, but also with a verifying O. K., for it's a scheme of life I've followed for years. I, too, am over forty,—right at the brink of fifty,—with a strong tendency toward fat, but persistently keep at 180 pounds,

which is not excessive for five feet ten. True, I supplement our friend's moderate eating with an abundance of exercise, tennis, horseback riding, walking, any that comes along, but have been accustomed to it all my life, and could not let go now if I tried. But I realize that it is the cutting down on the food supply, the keeping in a state of semi-hunger, though eating moderately of everything, that keeps me so well and in such fit condition; full of good health and good humour, with not one headache in twenty years, capable of exertion that would balk a twenty-year-old, and generally thought to be about thirty-five.

So much for personal corroboration. What I really started out to tell but took some time to get to, was how the same general disregard for "calories" and "proteins," and the application of common sense, put fat upon a living skeleton, health and happiness into a near-wreck.

### Cured by Brutality

Briefly, I relate the story of a friend I have known for thirty years. Twenty-five years ago he was and had then been for ten years a haggard, forlorn dyspeptic, worn to a shadow, and cursed with insomnia. He had spent a small fortune on doctors, health resorts, sanitariums, and quackery, but without relief. His appearance and thoughts and conversation seemed adapted to a funeral occasion. He was six feet one, and weighed one hundred five pounds, all bone. His business was going to smash, and he was too ill to pay attention to it. He was a childless

and familyless widower, absolutely alone; and, altogether, life to poor Charlie was certainly a blank.

Twenty-five years ago last Christmas I happened to meet him, and insisted upon taking him home to dinner. He protested, saying it would be hard on us and on him. Ours was—and, thank Heaven, still is—a very large and jolly family. I realized it would be a sort of gloom at the feast, but, nevertheless, I took him home with me pretty nearly forcibly. At table my wife, one of the most sensible little women in the world, simply refused to give him his frizzled toast and scraped raw beef, or whatever freak starvation diet he was then following on the advice of one of the top-notch specialists in the country. She told him to go ahead and eat like a man for once, forget his foolishness, and get into the procession, or words to that effect. I was amazed; and he was aghast, and swore that these Christmas dishes would certainly kill him.

She retorted, as it seemed to me most brutally, that he would at least die with a full stomach, and wasn't worth much alive as he was, anyway. It all surprised me immensely, for normally she is the personification of motherliness and gentleness, but, she told me afterward, she had felt for a long time that he was but the victim of fads, and had made up her mind to get a full dinner into him if she had to use a funnel, and was sure it could not possibly make him worse than he

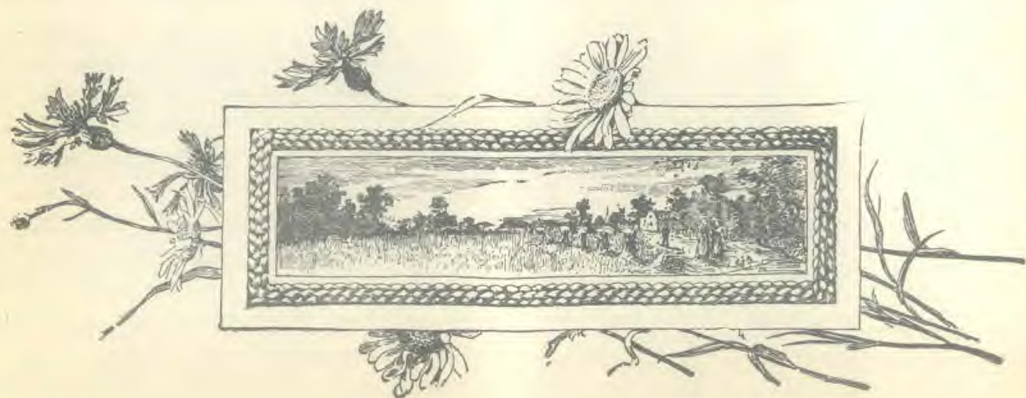
was. Well, he dazedly succumbed. At first, he ate about as cheerfully as a condemned prisoner marches to the gallows, but gradually thawed out, and ultimately became actually cheerful, and wound up by eating really more than I did. Naturally I expected fireworks, a doctor, and a very sick man on my hands, and internally resented the good wife's recklessness.

#### A New Lease of Life

In the afternoon he went ice boating with us and seemed to have as much fun as any of the children, and further surprised me by coming back with us to a late and unusually heavy supper.

Next morning I was really worried, and telephoned an anxious inquiry to him. He hadn't felt a bit of discomfort, had slept all night, was then eating a normal breakfast, and would be hanged if he ever went near a doctor again, and incidentally thanked God and Mrs. Fitzpatrick.

This was the reform, rejuvenation, and physical salvation of Charlie. To-day he is a robust man, weighs 196 pounds, never needs a doctor, doesn't know he has a stomach, sleeps like a log, eats moderately of anything and everything, plays a superlatively fine game of tennis, is married again, and has two healthy children; and in business he is more than prosperous, for he is a secondary officer in one of the big trusts. This was all the result of using a little sense instead of abusing one's self with a lot of pseudoscience and "calories" and "proteins."



## Is Cancer Preventable?

### White Bread

ONE of the most sinister conditions having to do with the effort to combat disease in the human race, is the steadily increasing prevalence of cancer, notwithstanding all the efforts of governments and cancer commissions to pry into its nature and cause, and to learn how to prevent and cure it. Notwithstanding the many lacs of rupees spent in cancer research, and the many lives devoted to this study, we seem as far off from a solution of the question as ever. Cancer is increasing, and we seem helpless to prevent or cure it. Under such circumstances, any hint which gives any promise of a solution ought to be most eagerly grasped.

### Demineralized Foods

Dr. Horace Packard, professor of surgery Boston University, who last year published a paper showing the analogy between certain growths on plants and cancer in animals, has more recently published in the *Boston Medical and Surgical Journal* an article entitled "Demineralized Food and Cancer," which is certainly worthy of careful attention. His former paper carried the idea that the tumour growths on trees were especially common on land which was poor in the mineral constituents needed by the trees. In the latter paper he does not refer to this analogy, but bases his argument on other considerations.

He shows, first, that in modern civilized life much of the food is demineralized, particularly the great staples bread, potatoes, and rice, while flesh affords but a meagre supply of the food salts.

The lower animals whether herbivorous or carnivorous, receive into their systems all the mineral salt necessary; but man, in the process of boiling, hulling, etc., throws away some important elements of nutrition. We have been too prone to consider nutrition merely a matter of protein, fats, and carbohydrates, without regard for the mineral salts; and we have doubtless paid the penalty.

In the matter of bread, for instance, we have known that it is rich in protein and carbohydrates, and we could easily supply the fat in the form of butter. What more could we want for a perfect food? But "the demand of the civilized world is and has long been for bread which is white. No other article of food is in such universal and daily use among civilized nations as white-flour bread. There are still communities of people so isolated from the civilized world that the material for making bread which is white does not reach them, or, if at all, in such small quantity that it constitutes but a trifling proportion of their dietary. The interesting and impressive thing about these people is that they do not have cancer, or if at all, to so slight a degree that it is a negligible quantity."

Where white flour is not used, perhaps it is hulled rice. "The process of milling rice polishes off all, or nearly all, the portions which bear the mineral salts, leaving scarcely more than starch." And again, where potatoes are used, they are so prepared that the mineral salts are lost.

Dr. Packard offers his theory modestly, realizing that it will require much time and work of many to prove or disprove his theory; but he asserts that "some cases of inoperative recurrent cancer that were placed upon a diet and treatment in conformity with this theory in the spring of last year, show an apparent arrest of the disease and a general condition of good health quite at variance with former experience in similar cases."

Dr. Packard found some difficulty in establishing persons on a right diet, for the reason that it is very difficult to obtain real whole-wheat bread. The so-called "Graham" and "whole wheat" of the bakeries may be only white flour with the mill sweepings from the flour and a little bran thrown in, the whole baked with molasses to give it a

brown colour. The doctor advises as a preventive and possible cure of cancer:—

#### Prevention

1. Exclude all white flour and whiteflour products from the dietary.

2. Discard the centre of potatoes and use the outside. Boiling peeled potatoes soaks out all the salts. If boiled, they should be boiled "with their jackets on," or else the water in which they are boiled should be used in making a gravy, or soup.

3. Eat freely of well-cooked fresh vegetables and fruits.

4. Flesh foods are partly demineralized. Carnivorous animals eat blood and bones, as well as flesh, and thus get all the salts. Milk, which is the sole food upon which young animals grow, and eggs, from which are hatched perfect young birds, are much more complete foods than meat.

Some have in the past attributed cancer to the eating of meat. Is it not a possibility that it is rather the combination of meat and white-bread eating:—*Life and Health*.

### SOME CANCER ADVICE

"Moles, especially growing moles, warts, irritable scars, and all such excrescences and tissues of low vitality, invite the attack of cancer. Their removal is a simple matter, and relieves humanity of just so much cancer soil. The only good tumour is a tumour that lies on the operating table. In the body many tumours remain innocent and benign, but sometimes—and they never ask your permission—they become malignant. Out of the body they can never harm you. If you have a tumour, chronic swelling or chronic ulcer, especially of the lip, tongue, or breast, seek surgical advice, and act promptly if operation is advised. Avoid constant irritation of skin, tongue, lip or other portion of the body, by pressure or friction, as by pipe-stem, cigar, jagged tooth, etc. Give no heed to well-meaning people who advise against operation, and recite wonderful cures of dear friends who used 'Mother's Salve,' 'Anti-Cancerine,' or other marvellous remedies. The X-rays and radium have their place, but only when the knife can not be used.

"There is no need for hysterical alarm over the presence of moles, warts, or other excres-

cences. Every ulcer is not an epithelioma; neither is every enlarged gland or swelling a future cancer, but many future cancers will arise in such tissues, and the wisest plan is to fortify your body against attack.

"Operation in internal cancer is now fairly successful in the early stages. Chronic disease of stomach, intestine, or other internal organ should not be allowed to continue very long without surgical consultation, especially if the subject is over forty.

There is reason to believe that the high and increasing death-rate from cancer is a manifestation of life strain and overcivilization. Temperance, especially in eating, drinking, smoking, etc., is a valuable general preventive measure. Cancer can be found in many family histories, but there is little proof that it is transmitted by inheritance. There is much groundless apprehension regarding the influence of heredity.

"While awaiting the often-heralded but as yet elusive 'Cancer Cure,' give the surgeon a chance to cut the cancer death-rate in half. He can do it."

This looks entirely to the prevention of cancer by avoiding a particular irritation that determines the cancer at some particular spot. While these two theories, if we may call them such, as to the cause of cancer, seem to be so at variance with each other, yet we know that every disease has several cooperating causes which must act together in order to produce the disease and that in some cases we may avoid the disease by removing one of these causes, and in other cases by removing other causes. After all, we must remember that what we do not know about cancer would make a very large book.—*Selected*.

"SOME persons take no exercise, others take too much. Some take exercise regularly, others take it spasmodically. If your life is a sedentary one, the exercise problem becomes more serious as cool weather comes on."

HE only confers favours generously who appears, when they are once conferred, to remember them no more.—*Johnson*.

## The Story of a Cigarette Fiend

FRANK was in an insurance office where his services were much appreciated until cigarettes got in their work and made him forgetful and slow. His presence was obnoxious because of the sickening odour that constantly clung to him, and he was informed that he must quit cigarettes or quit his job. At this time he came to the Anti-Cigarette head quarters for help. He was the son of a poor woman who needed his help, and he was in desperation over his inability to give up the habit. After a long talk and a prayer to God for help, Frank went out determined not to smoke again if it killed him. He was advised to drink strong lemonade, and eat plentifully of fruit and simple, non stimulating food, and not to be off his guard for a minute. For five days he fought heroically and conquered, but on the sixth, getting a whiff of cigarette-smoke full in the face, as he told it after-

ward: "I was crazy. I could think of nothing but cigarettes, and I bought some tobacco and smoked it all before I stopped." Then a long, hard battle began to recover the lost ground. For a day or two he had the victory, then would come the yielding to temptation. He lost his position, and began to be a chronic job hunter. One day, in great indignation, he said: "Why are cigarettes allowed to be made and sold when they only ruin us boys? If it hadn't been for cigarettes I would have my job, and my mother would have my money, and we would be so happy." He begged that other boys be told his story, so they would never begin, and "tell the boys," he said, "that they will have to suffer for every bad thing they ever do." The last seen or heard of poor Frank, he was a piece of human driftwood in the great city, of no use to himself, his family, or to society.—*The Boy Magazine.*

## The Neglected Cold

WHENEVER anybody sneezes, people say—or they ought to say—"God bless you"; the man with the sneeze certainly needs a blessing and providential protection. For a sneeze generally begins a cold; and the end of it is tentimes disaster.

Many say a cold is a trifling thing; "it's nothing but a cold." All the same, if you measure a neglected cold by its consequences, you will find it the most serious illness in existence; for no other is as responsible for suffering, inconvenience, money loss and death.

The common cold leads to a great many diseases by weakening the body, and so making it a good soil for germs to grow and multiply in. Pretty much all deafness is the result of colds; and many cases of diphtheria, measles, scarlet fever, meningitis and what not else, follow in its wake. Think of only two diseases the common cold leads to—pneumonia and consumption; these two dis-

eases destroy at least half of all the lives of civilized people.

How does the common cold lead to consumption? Here is an example, from a doctor's case book: A young girl had caught cold. Everyone knows what that means by experience. She began with sneezing, her nose became stopped up, she had headaches, chills and fever, pains in the bones and joints, and then a cough, when the cold "settled on her chest."

Now, she ought, of course, to have stayed at home, gone to bed and nursed her cold until it had been got rid of. But she would not; mostly because she felt she couldn't afford to, having to make her living.

Instead of resting at home, she kept on working in the shop where she was employed, beside another girl, even worse off than she, who had consumption. Now this other girl, who, of course, did not know better, coughed into the air about her working place,

and was otherwise careless about her sputum, which is, of course, the infective matter in consumption, and the reason for its being "catching."

The germ of her disease became spread in this way, so that any person weakened by such an ailment as a cold, working day by day near her, would naturally come down with her disease.

And this sad result was just what came to pass. The poor young woman who, to start with, had had "nothing but a cold," was now a sufferer from consumption, like the unfortunate girl she had been sitting next to at work.

And now she became weaker day by day; she gradually lost her former good spirits and her eagerness and interest in her work; she couldn't put her mind on it, because she had now little reserve energy. She tired easily; was constantly losing flesh and strength. She was becoming pale, except for a pink flush that every doctor knows the meaning of. She felt her heart thump against her ribs, and she was beginning to breathe hard whenever she exerted herself.

The chills and fever became very marked; she perspired so that her night clothes were drenched long before morning; she tried to deceive herself into thinking that it was a "stomach cough," whereas there is no such thing. This cough gave her no rest, in spite of the syrups and cough medicines she was using. Finally there came a streak of blood in her spittle; and then in a fright she did what she ought to have done months before. She sought a doctor, who had then, all too late, to tell her the truth.

Now this poor girl was of a family of five. She died. Her father was a drunkard, which made him an easy prey to consumption; and he died. The mother also contracted the disease; and died. And a son of eighteen, in health as strong and hearty a lad as you could want to see, suffered the same fate: death from consumption. There was finally left in that family a little boy of six, the onl

one spared. And he got up a white swelling, that is, a tuberculosis joint, which is a form of consumption in children; from which he fortunately recovered.

This is the history of a neglected cold; and every doctor has many a time come upon its like. Is such a thing really a trifle?—*Dietetic and Hygienic Gazette.*

## DISOBEDIENCE

I AM convinced as I grow older and see more of children and am better able to project myself into their world, that it is very rare to meet with actual intentional disobedience in young children. Very young children fail of a full understanding of the requests made of them, and many poor little tender hands have been smacked when their owner was ignorant not only of his offence but more than that, still in ignorance of the meaning of the original request. The feeling that a parent has been cruel or unjust rouses anger, ill-will, and fear, in a child, and finally out of this mental disease there grows the desire to deceive—to withdraw the inner self from the misunderstanding parent. It is safe, in our dealings with very small children, to go on the general principle that none of them really wish to displease or to be disobedient. One very frequent cause of disobedience in little children is the bad habit so many of us have of giving commands in the negative rather than the positive form. A little child does not understand the meaning of the word "don't," and as it represents no concrete object it is not a word easily defined to a child's limited intelligence. One baby that I knew, when I asked if she understood "don't" replied naively, "Yeth, it'th the smack word."—*Frances McKinnon Morton.*

"GET a Worry Book. Put down in it to day everything that worries you. Look at it a week from to day. How many of the things you are worrying about will happen? The longer you keep a worry book the shorter will grow the entries."

# : Mother and Child :

## With What Do Your Children Chew?

It would seem that campaigns for the dental inspection of schoolchildren are becoming world-wide. Statistics unearthed by European workers are no doubt responsible for the movement. Professor Jenner, of Germany, recently announced that of one hundred thousand schoolchildren examined in that country, from eighty-one to ninety-nine per cent were found to have defective teeth; only about one percent had normal healthy mouths.

England and Italy fall in line with like figures, and a similar state of affairs prevails in America. This universal neglect of schoolchildren's teeth can very often be traced to the indifference of parents. Most of them think that teeth, once erupted, are organs that can more or less take care of themselves. They will allow a child's molar to decay until the ungentle promptings of toothache finally land the child in the dental chair.

The condition of the mouths of young pupils reveals this parental neglect in an amazing degree. The condition of the teeth of some of those examined was enough to keep their owners in constant distress and physical inefficiency. Aside from the discomfort of an ill kept mouth there are the

sinister dangers it invites. To quote an eminent authority: "The germs of the more serious diseases of pneumonia, tuberculosis, diphtheria, and tetanus effect lodgments near and about the mouth, and from there attack the body."

Decayed teeth leave the doors wide open

for these agents of disease. It has long been established that the teeth play an important role in the digestive disturbances of childhood. Defective teeth result in imperfect mastication; and if a child can not properly chew its food, how can it have physical and mental efficiency? Where observation has been possible, it is found that, eliminating other factors, corrected dental disease and good scholarship go hand in hand.

Nothing reveals this fact more clearly than the recent observations of the Marion School Dental Squad in Cin-

cinnati. Forty children from the poorer districts of the city were selected from the school. When the deplorable dental troubles of these children had been corrected, and the benefits of a proper use of the tooth-brush impressed upon their young minds, the improvement in scholarship was amazing. Better attendance, good con-

### MOTHERS' DAY

BY ADELA STEVENS CODY

The Knights of World's best Manhood  
Have donned their insignia to-day  
And the gleam of the white carnation  
Shines fair through the blooms of May.

The orchid and rose are discarded . . .

Ay, and even the sweet violet!

For to-day sees the white carnation  
In the crown of motherhood set.

Ah, blest is the land whose mothers  
Have borne sons who such homage pay,  
And wear her badge as an honour  
To her virtue on Mothers' Day!

Who wear her flower—and better,  
Live true to the dreams she had  
Of the future which held as hero  
Her own little clear-eyed lad

And even if time smote roughly  
Those dreams, so enchantingly bright,  
Who find scattered still 'mong their ruins  
Some jewels of heavenly light,

Some wealth which they owe to "Mother,"  
That the world has never guessed,  
Whose sign is the white carnation  
That lies on each loyal breast.

duct, and increased averages in the class brought pleasure to the observers. Earache, stomachache, and headache were no longer commonly excused.

## The Baby—Its Environment and Training

EDYTHE STODDARD SEYMOUR

FROM an early age, babies notice faces and understand expressions, and also tones of the voice. The influence of living among unhappy people has been known to make a baby quite ill. Always keep a pleasant face and quiet speech in the baby's presence.

The little brain is like the sensitive plate of a camera, ready to receive impressions. Baby learns rapidly, about cleanliness of person and surroundings (environment), and to love. He learns the cuddling, warm love of the mother, the strong arm and proud love of the father. Later he notices the efforts to amuse him made by other members of the family.

Quarrelling, smoking, the sharp scratching of matches, banging of doors, and other unpleasant things that take place in some homes should be done away with, so baby can thrive. Many feet in crossing the floor keep it unfit for the baby to sit on. A low child's chair, without rockers (for safety); a large armchair, with cushions; or a large clothes-basket or a box may be used for baby to sit in; a sheet may be spread on the floor in one corner of the room, and a fence be made around it with chairs or low baby-yard fencing.

Baby's environment should be that of kind words toward each member of the family, and his parents should take time to talk to him. Sometimes father can hold the little one while resting (and reading maybe), if mother is busy. Sometimes he should help the mother in the evening if she is very busy, so she can have a play spell with baby. Father should help care for baby at his meal time, to give the mother a chance to eat her meal. Baby will notice this in time, and not become selfish in demands of the mother's strength and time.

Flowers on the table, music if possible, pretty pictures, reading matter, and shiny furniture will all be noticed by the baby, and will have a good influence.

The baby should be trained rightly from the first. This saves much worry and the necessity for punishment later. If comfortable, baby should not be picked up just because he cries; otherwise the crying will develop into regular temper exhibitions when it is not convenient to pick the baby up. Lie down to nurse him or place baby lying with the bottle at nap times, in order to form the habit of regular sleeping hours. Feed as little at night as possible. Better not at all after the fifth month.

Select a convenient hour in the morning for the daily bath. Place the baby in a nursery chair twice a day after feeding when he is old enough to sit. Do not leave dirty diapers on for a few minutes, or baby will get used to the uncomfortable feeling, and be harder to train, and the unclean diapers are liable to cause disease and much local soreness.

When baby can grasp things, hold an object up and say, "Please;" give it to the baby and say, "Thank you;" the idea is good if often repeated. The names of objects that baby sees should be repeated in the same way. Thus he learns.<sup>1</sup>

At the table do not give the baby things because he wants them. Give him only the things fit for him to eat and drink, and this lesson will be learned.

A walking baby should go around persons, not in front of them, and when necessary to

<sup>1</sup> The editor doubts whether the child needs any particular training at this early age in the use of language.



pass in front of any one, say, "Please excuse me;" this should be repeated to the baby often before it can speak the words.

It is better to say, "Yes, mother" or "No, Mr. Johns," than "Yes, ma'am" or "No, sir;" but if elderly people expect it, and baby doesn't know their names, the old-fashioned form could nicely be used with some people.

"No, no! it is mother's" (or some one else's) should be early taught with the additional thought, "Don't touch! it is not baby's."

Tell baby, "Be quiet," when he interrupts you in conversation; use a quiet tone, and insist.

Dishes that will not break and a bib are best for first use; later, pretty china ones and a napkin will teach genteel customs; also the use of a fork instead of a spoon, and a napkin-ring.

Insist on prompt obedience in important matters. Do not always see trifling faults.

### WHAT MADE THE DIFFERENCE?

THE new boy was sitting on a big stone post at the foot of his driveway, when Peter drove the cows to pasture.

"Hello!" drawled Peter as he walked slowly by.

"Hello!" said the boy, pleasantly. "Come fishin,' will you?"

"Can't," drawled Peter. "I've got to work! Wish I was you," he said enviously, "and didn't have nothin' to do but go fishin', an' sit on a post and let my feet hang down."

The new boy laughed. "We have cows," he said shortly; "a whole dozen of them."

"But you don't have to drive them to pasture," declared Peter.

"Don't I?" said the new boy. "I take them away down to Mr. Lane's pastures every morning 'fore breakfast."

Peter eyed him curiously from top to toe.

"Well, you're a queer one," he said. "But

perhaps if I only had the cows to drive I'd get up early, too."

The new boy laughed again. "We've got hens," he said quickly, "an' chickens, an' pigs, an' horses, same as you. I guess what makes the difference 'tween you an' me is 'cause you don't do your work by my grandma's rule. I've found it a good one."

"Supposing you tell it to a feller."

"I 'most know that you've heard it," said the new boy, "only you've forgotten. It's 'work while you work, an' play while you play.'"

"Ho, ho, ho," laughed Peter. "That's not a bad rule, is it? Maybe it does for you, but when a poor feller has to work all the time, same as I do, why, it's only 'work, while you work,' an' never any time to 'play while you play' at all."

"Are you working now?" said the new boy.

"Not 'zactly," answered Peter, becoming interested in the new boy.

"An' you're not playin,' are you?" he inquired.

"Then you're doing nothing," declared the new boy.

"Same as you be," said Peter crossly.

He knew that he was lazy, but he didn't enjoy being told about it one single bit.

The new boy jumped down from the post in a hurry. "You're right," he said, with a laugh. "Supposing you let me drive your cows while you run home and do the rest of your work. An' supposin' you an' I go into partnership an' take my grandma's rule for our motto. An' then every morning after we get our work done, supposin' we go fishin'?"

Peter looked at him in surprise, and then he said earnestly, "Shake hands on it!"

And, oh, dear me, weren't those fishes sorry there was ever such a partnership formed!—*Youth's Companion*.



# Editorial



## Catarrh of the Nose and Throat

This is a condition that though very often not recognized, is still very prevalent. It often happens that the physician in examining the patient and looking into the condition of the nose and throat hears the remark, "there is nothing wrong with my nose or throat," yet examination reveals every sign of this tolerable yet troublesome condition. The reason for the conditions not giving the patient trouble is that catarrh of these organs comes on gradually, giving the patient plenty of time to accustom himself to the annoying symptoms which have come on one at a time over a period of months or perhaps years. If the conditions had come on within a week or two the patient would have been unwilling to tolerate them, but as it is he is quite indifferent.

Treatises on this subject technically divide it into many parts, as chronic Pharyngitis, a chronic inflammation of the throat, which is that part of the body situated between the gullet and the windpipe, and the nose and the mouth; posterior naso-pharyngitis a chronic inflammation of the back part of the septum between the two cavities of the nose and also the septum or partition dividing the throat from the mouth; and chronic rhinitis, a chronic inflammation of the cavities in the nose. Chronic rhinitis is again divided into hypertrophic and atrophic varieties. The former shows an enlargement of the parts within the nose and the latter shows a shrinkage of these same structures. These formidable names need not trouble our readers as we will not use them again, but it is well to remember that catarrh of the nose and throat include the above conditions, viz., Catarrh of the throat, the back part of the two partitions dividing the nose from the mouth, and

the two nasal cavities from each other and finally the two varieties of the catarrh of the nose.

If you will refer to our articles on the construction of the body, you will note that these are parts or organs belonging to our breathing apparatus. They are cavities lined with a delicate lining called mucous membrane, of which the lips and mouth are also examples. Beneath the mucous membrane are other kinds of tissue which rest upon the bony parts of these organs. The two cavities in the nose are separated by a partition. In each nasal cavity are situated these small delicate bones, covered with fleshy bodies called turbinates, located on the outer side of the nasal cavity and above one another. Also in the nasal cavity are situated the nerve filaments of smell. The cavities in the nose are separated from the mouth by a partition called the hard palate.

We must also keep in mind that on either side of the throat just where the nasal cavities empty into the throat, a small tube or canal leads into the middle ear. Within the bone between and a little above the eyes, and to either side of the nose and below the eyes are cavities or shallow holes communicating with the cavities in the nose. All of these structures which we have reviewed are implicated in chronic catarrh of the nose and throat.

The causes of these conditions are divided into two parts, primary and secondary, or direct and indirect. They are many and varied. Among the primary or direct causes might be mentioned bacteria, irritating substances, and repeated colds. This is a favourite lodging place for germs or bacteria. The complex structure of the nose and throat

and of the former especially in its cavities and connecting sinews, make a very fallow ground for the growth of organisms, which once implanted are difficult to eradicate. Germs gaining access to these various parts continue their work of mischief for years and even decades. They cause destructive changes by their multiplication and liberation of poisons.

Repeated colds, known to be of bacterial nature, are very vital factors in the cause and maintenance of this condition. When one gets a cold, "it's only a cold," nothing is done to stop its course and end the mischief it is doing. After the cold the mucous membrane of the structures implicated no sooner begin the work of reconstruction and begin to put on a healthy appearance than another cold is engrafted upon the structure of the old one, and so the process continues till the structures themselves are anything but healthy. If colds were prevented, or after being caught were treated, and the ravages shortened, colds would be materially lessened as well as chronic catarrh.

The inhaled smoke of a cigarette with its pyradine must exert an ever increasing irritation of the parts under consideration. The same thing is true of the cocaine and tobacco snuffer. Look at the nose of one who indulges in any of these habits, and instead of seeing a normal lining of the structures, they look like a piece of raw beef, showing that a congestion is maintained by the irritation of these substances. Congestion is an oversupply of blood and is manifested by swelling, redness and engorgement and results in an impairment of the function. Workers in mines, lime quarries, marble cutters, weavers and spinners suffer in the same way from the irritating effects of dust. The same is true in general where dust storms are prevalent. In a similar manner the throat is affected by the use of alcohol, the chewing of pan and the custom of drinking scalding tea and coffee. These, because of their irritating effects are sure to bring about per-

manent changes in the nasal and pharyngeal membranes.

A climate in which there are sudden and extreme changes in the weather is an active agent in maintaining abnormal conditions of the nose and throat. A good illustration of this is changing the place of living during the hot season from the plains to the hills and vice versa. One, unless very careful and prepared for the emergency, is almost sure to develop nose and throat trouble. On the plains one's superficial blood vessels are dilated, the skin is relaxed; and on going to the hills in this condition a cold is almost sure to develop, unless trouble is taken to put on heavier clothing at the right time. This is likewise true of such places as have a strongly varying temperature during the twenty-four hours.

Any other conditions which may exist in the body and bring about these same conditions of the nose and throat are considered as indirect or secondary causes. Anything that interferes with the circulation of the blood in these organs naturally falls in this line. The first thing that comes to us that would interfere in the circulation in these parts is organic heart disease, in which there is a leakage of the valves. Also any weakness in the muscular formation of the heart works to the same end. These conditions, weakening the heart, bring about an engorgement of the nose and throat with blood.

Cirrosis of the liver, which cuts off the circulation through the liver, again causes astosis of the blood not only in the nose and throat but in the digestive organs as well. Nervous conditions, because of their tendency to suppress the functions of the body, and bring about a low vitality, are responsible also to some degree for these nose and throat conditions.

The symptoms of the disease depend largely upon the part affected. If in the nose there are large crusts or scales with a shrinkage of the structures, making a roomy nose and the dry form of nasal catarrh can

be expected. In this condition the mucous membrane will be found pale and lifeless. Degenerative changes have taken place in the tissues. On the other hand if one or both nostrils are always closed up or stopped the tissues within the nose are red, swollen and engorged with blood, and there is more or less discharge of secretion, the moist catarrh of the nose is evident. If the back part of the nasal cavity is affected there will be small droppings of mucous into the back part of the throat. In this condition there is generally a raw spot, which the patient describes as in the back part of the throat somewhere, but which he can not definitely locate. This raw spot is located on the back part of the two partitions that we mentioned in reviewing the structures within the nose and throat.

Another peculiarity of this kind of catarrh is deafness caused by the infection travelling up the tubes from the back part of the throat to the middle ear. This sets up trouble in the ear resulting in slow progressive deafness.

Catarrh of the throat is evidenced by more or less redness and discomfort. The tonsils are very frequently affected resulting in enlargement. And because of the unhealthy condition of the membranes of the throat the patient is very liable to repeated attacks of cold.

The complications attending catarrh are deafness, indigestion, and interference with breathing. We have already shown how deafness results. Indigestion is brought about by unconsciously swallowing the secretions attending catarrhal conditions. These secretions, present over a long period of time, are sure to interfere with the action of the stomach. Breathing is interfered with by blocking the nose, thus cutting off the free entrance of the air into the lungs.

Enlarged tonsils, turbinates, adenoids are hypertrophied tissue resulting from the chronic irritation of these structures by the catarrhal processes. The sense of smell is

also impaired by these conditions because of their effect upon the nerve filaments governing smell.

The possible outcome of the catarrhal conditions of the nose and throat is promising if the patient is content to be patient in fighting the disease. The cure of the conditions will necessitate the adoption of a regimen which should be carefully and religiously carried out. Many a long drawn out case of catarrh exists because of a lack of, or insufficient treatment.

The treatment of the conditions of catarrh of the nose and throat consists in making the body as fit as possible. If the disease is depending upon any of the indirect causes we mentioned, they must be first set right. Bad habits that tend to keep up the irritation of the nose and throat must be abandoned. If the occupation or the climate is a dusty one a change will have to be made or these parts protected from the dust in some way.

In the local treatment of the parts keep clean by the use of a mildly antiseptic alkaline wash, an excellent one being the following.

Potassium Bicarbonate.	3.2
Sodium Benzoate	3.2
Sodium Borate	.8
Oil Gaultheria	.04
Thymol	.02
Eucalyptol	.02
Oil Peppermint	.02

In a 100 Cc. with glycerine 25 per cent. and coloured red with persionis. Dilute with four or five times its volume of water. Wash the nose and throat three times daily with this solution. This is similar to Glyco-Thymoline for which you pay two rupees or more a bottle. The solution is best applied by means of an atomizer. The continuous spray atomizer for either water or oil is the best. The tips of the atomizer should be held perfectly level with the floor of the nasal cavities which run back perfectly

(Concluded on Page )

# Diseases and Their Peculiarities

## The Stages in Smallpox

IN every case of smallpox the casual observer can recognize a uniform procession of stages. Except in rare instances, every case has five periods, or stages, termed incubation, invasion, eruption, suppuration and desiccation. These periods will be found in nearly all cases of smallpox, modified or unmodified says Dr. W. H. Smith, in the *Medical Standard*.

In every case there is a period of incubation, that is, the time which elapses between exposure and the first symptoms of the disease, which has been ascertained to be nine full days.

The invasion is characterized by chills, high temperature, and constant sweating, by disturbances of the nervous system, by vomiting, by general muscular and joint pain, and particularly by headache and excruciating backache, with which are frequently associated paralysis of the extremities, and occasionally of the bladder. This stage usually lasts three full days, and then the eruption appears. This shows itself first on the face and per-

haps also at the same time upon the body and limbs. The skin over the entire body is studded with spots resembling fine needle pricks, red, slightly pointed, and hardly above the surface of the skin.

The next day they are more prominent, and each day they increase very perceptibly.

Their elevation above the skin surface is considerable. The base is hard and shotty; and gradually the fluid which they contain becomes a little more opaque, until the end of eight days. After the eighth day of eruption a redness begins to be perceptible around the base of each pimple, which is now the beginning of a small pustule. The pustules in a short time become painful, and swelling begins.

This is the starting-point of suppuration. The swelling attains its maximum on the following day, that is, on the ninth day of the disease. The pustules increase in volume until about the fourteenth day, when the swelling by which they are surrounded goes down, and rupture takes place within three



*From "Acute Contagious Diseases." Welch & Schambers, published by Lea & Febiger, Philadelphia*

Two children in the Municipal Hospital, Philadelphia, one unvaccinated, and the other vaccinated on the day of admission or the day before; the crust is still seen upon the leg. The vaccinated child remained in the hospital with its mother, who was suffering from smallpox, for three weeks, discharged perfectly well, and remained so. The unvaccinated child admitted with smallpox died.

or four days. The pus which they contain escapes, and they remain unbroken until they are dried up.

Upon the falling of the crusts, which takes place from the twentieth day, there remains not a depression, but a projection of a deep violet-red hue. On this projection a small scale forms, which separates in a few days, and is succeeded by a thinner scale, which in

turn gives place to another one, thinner still, and thus in succession scales form and fall during a period of from fifteen to thirty days.

By degrees the projection diminishes. After from four to six weeks there is seen in its place a slight depression; in four or five months the redness of the skin has disappeared, leaving in its place a white and contracted pit.



## Mistakes in the Kitchen

I HAVE found that most women, especially those who dislike cooking, work hurriedly and without system: they put off until to-morrow the things that they should do to-day, and to-day's work done to-morrow is always more troublesome, and takes more time.

With a gas stove the oven is not lighted sufficiently long before being used, and the door of the oven is kept closed from the time the gas is lighted; this causes it to sweat, and appreciably shortens the life of a stove. This is also true of oil-stoves. With both oil and gas stoves, open the oven door until the iron is heated, then close it until the oven is hot enough to use. With gas this will require five minutes, with oil ten. When you have finished your cooking, open the door while the oven is cooling. It is a lack of knowledge of the drafts of a stove and their management that prevents the average housewife from having a perfectly clear soup. Soup boiled hard or cooked below the proper temperature, will be cloudy, greasy, and unpalatable. The irregular fire needs constant attention; the fire well regulated will cook and stand for hours.

Many women make the mistake of not reading a recipe thoroughly, nor collecting

the necessary materials, before they begin to make a dish. And it is always wisest to look over your materials and select a recipe that will fit what you have on hand. Directions for manipulation are disregarded and the cook wonders why they do not "come out right." Directions mean what they say.

The importance of accuracy herein cannot be overstated. For instance, a hot syrup poured into the whites of two well-beaten eggs produces a very different mixture from the whites of two well-beaten eggs stirred into a hot syrup.

To guess at seasoning is disastrous. It means that soup will be very palatable, the next, so salty that you cannot eat it. Keep seasonings in small bowls, and measure accurately, always using the long way of the spoon. This insures correctness.

Again, the average housewife seldom plans to have utensils in convenient places. She usually uses a measuring-cup in her left hand, yet many times she hangs it at the right of the table. She uses spoons in her right hand, but she may put them on the left-hand side of the drawer; which makes double work. And even experienced cooks frequently allow things to accumulate on the

table, thereby making double work and robbing themselves of the space necessary to do good work. It is attention to such minute details that can make cooking easy.

And the sins of commission are as many as those of omission; and perhaps even more serious. Never, for example, put an empty saucepan over the fire, and then go to the refrigerator for materials. The saucepan will become overheated, and the cold ingredients will contract the iron, break off the granite, and spoil the taste of the material besides. If you drop a tablespoonful of butter into a hot pan, the portion that touches the pan scorches at once, the delicate flavour is destroyed, and whatever you are cooking becomes indigestible.

All green vegetable should go over the fire in boiling, salted water. They should be boiled just as long as the recipe stipulates, not a minute more or less; then they will come to the table green, tender, and succulent. Green peas, normally one of the most delicious vegetables, are spoiled in numberless homes by being thrown into a large kettle of water—it may be hot or boiling, as it happens, salted or not—and boiled at gallop for any time, drained, and the loss made up by adding an extra quantity of salt, with butter. Try the right way; shell the peas, throw them into cold water for an hour, then put them into a kettle, pour over just enough boiling water to be seen, not to cover the peas, add a teaspoonful of sugar and the same amount of salt to each quart of peas. Bring to a boil quickly, then lift the cover and let the peas boil twenty minutes; drain them, add another teaspoonful of sugar, and a level tablespoonful of butter; shake for a minute, and serve. They will be a brilliant green, sweet and tender. String beans, spinach, lettuce, cress, cabbage, cauliflower, Brussels sprouts, cucumbers, brinjals, all must go over the fire in boiling salted water—though spinach requires just enough water to keep it from scorching; if you add more it loses both flavour and colour.

Starchy vegetables, such as rice and potatoes, are rendered soggy and moist, unfit for the table, again and again, either by being put over the fire in cold water or else boiled just a minute too long. In fact the cooking of rice seems to be a lost art with many cooks. The right way is to wash the rice through several cold waters, sprinkle it into a large kettle of boiling water, unsalted, boil it rapidly for ten minutes, drain it in a colander, dash over it a cupful of cold water, and stand it over the kettle or at the oven door to steam and dry. Potatoes you should drop into boiling, unsalted water; boil them until you can pierce them with a fork, not a moment longer, then drain off the water, dust them with salt, and stand them on the back of the stove, uncovered, shaking them now and then, until they are perfectly glossy and dry.

The fact that the average housewife or cook has never thoroughly acquainted herself with the exact time required to cook various article of food at a given temperature is the cause of much trouble in the kitchen. She should take pains to acquire this information. It is a good plan to make out a time-table, listing the time needed to cook all ordinary dishes. Hang this near your kitchen stove, together with a slate and pencil, and when you start any dish cooking, mark the finishing time on the slate. Go about your work, and now and then look at the slate and your clock, which must be in a prominent position. This does away with guessing and reduces the chances of failure, for with a multiplicity of duties it is often impossible to remember the precise time when each dish was put over the fire. On the other hand, do not err on the other side. I have seen many housewives who, when baking biscuits, or cakes, or bread, kept opening the oven thermometer. There is no exactness about such baking, no true knowledge of the temperature of the oven—merely extra work, extra time, and extra fuel, for each time the oven door is opened the oven is cooled.

Failures in tried recipes often result from inaccurate interchanging of materials—using sweet milk for sour, for instance, without changing soda to baking powder. Water may be substituted for sweet milk, provided a small amount of butter is added. Powdered sugar is not interchangeable with granulated sugar in many instances; three X sugar makes a heavy cake, but, on the other hand, granulated sugar does not make good royal icing or meringue. Bread flour cannot be substituted in fine pastry for pastry flour, nor can it be used in fine cakes with good results. Housewives should acquaint themselves with the physical and chemical conditions of all materials in very-day use.

Another very general mistake lies in cooking dishes long before they are needed, and allowing them to simmer; in flour mixtures they become pasty when this is done, in egg mixtures they become curdled. And there is nothing worse than the custom of making salad dressing ahead of time in the kitchen or pantry. The housewife should make the dressing at the table, pour it over the dry,

crisp lettuce or other greens, toss, and serve at once. Another mistake is to make a salad too sour; it is neither wholesome nor palatable. Use one tablespoonful of lemon or vinegar to four of oil. In salad-making the very greatest luxury is simplicity.

To me, however, the greatest of all defects is the lack of taste shown in the seasonings of every-day cooking; it does not consist in the use of salt alone. One vegetable will frequently enhance the flavour of another. A suspicion of garlic or onion removes the earthy flavour from lettuce and romaine; a dash of celery increases the flavour of cabbage; a slice of onion adds greatly to stews; onion corrects the bitterness of the cucumber, and makes it very palatable. Two or three cloves and a bay-leaf will enhance your soup—a suspicion of mace in the tomato soup, celery in potato soup, indeed, I might go on blending and combining one vegetable with another in a hundred different variations. A dinner may be well served and sightly, and still lack the quality that satisfies the appetite and produces health. Taste—and taste again. —*Good Housekeeping.*



#### INCREASE OF RABIES IN CALCUTTA

During the last month there have been no fewer than thirty-four cases of rabies in Calcutta as against 131 for the entire year ending March 31st last. One dog is said to have bitten eleven persons, all of whom had to be sent to Kasauli for treatment. Eight of these were Epropeans. Although cats, dogs and other domestic creatures are pets having a great liking for the human kind, yet in India they are very dangerous friends to have about. The *Statesman*, gives the following good advice regarding the care of dogs:

##### Some Suggestions.

Some very simple rules are suggested for the prevention of rabies which will be generally applicable. In the first place one should take

care that no dog licks him and no one should allow a dog to sleep on his bed for it comes to very much the same thing. Every sick dog should be treated as a rabid dog, and particular care should be taken in the administration of medicine to a dog no matter what the disease is from which he is supposed to be suffering.

While the public exercise care in this way it is necessary that some action should be taken by the authorities. There should be without delay a crusade of extermination against all ownerless dogs. Taxation of dogs would no doubt, be very unpopular but what of registration and compulsory muzzling? Registration would enable the authorities to recognise the ownerless dogs and also if necessary to limit the number of owned dogs. Enforced muzzl-



ing if applied would do much to check, if not stamp out, the disease. Such an order put in force for say three months would be a valuable preventive of the spread of rabies, while the carrying of a muzzle would be a valuable means for the identification of an owned dog, and so abundant opportunity in the time given, would be offered for the destruction of ownerless dogs.

#### WOMEN'S MEDICAL COLLEGE, DELHI.

The want of trained women medical practitioners is badly felt in all quarters of India. Even in the numerous hospitals in India, competent aid for the women is not expected for want of women doctors. This need, every one will be glad to observe, was most keenly realized by H. E. Lady Hardinge who for her endeavours alone, proposed the establishment of a Women's Medical College in Delhi and gives hope of giving it a practical shape in very near future. The foundation stone of the college was laid on 17th March last. It is understood that the college will train first class medical women and female assistant surgeons and that strict purdah arrangements will be observed.

One of the features of the hospital will be the provision of a number of separate wards for the accommodation of patients on the family system. There will be four hostels for Hindus, Mohammedans, Christians, and Parsees separately. Under such facilities, we have every hope that good women will come forward to take up medicine and will prove highly serviceable in alleviating many distressing ills to which women as a class are particularly subject. Lady Hardinge's name will be revered throughout the length and breadth of India for this lasting work.—*Practical Medicine.*

#### NEW CAPITAL AT BANKIPORE

Extensive plans for the sanitary arrangements of the New Capital of Bihar and Orissa at Bankipore are being undertaken. Provision is being made for the construction of roads, waterworks, sewerage, surface drainage, and electrical installation for lighting and power purposes. The sewerage system will consist of a series of water carriage sewers with septic tanks. This is one more step in the production of a sanitary India. Sanitarians are looking forward to the day when all India's cities will be similarly well provided.

# Sanitation and Hygiene

## VARIOUS LINES OF EXTENSION

Sanitation and Hygiene, the work of which means the prevention of disease, is a lively issue among the civilized nations of to-day. While this is a subject foreign to many parts of India for some years in the future, yet there are still other parts that will appreciate information on the subject; and if India is to take her place among the civilized nations of the world as she should, light on sanitation and hygiene will have to permeate all parts. It is the constant spreading of the truths concerning the prevention of disease which will effectually bring hope of overcoming disease to all parts of the country.

While the subject of sanitation in India is unique, and entirely differing from that of any other country, yet we can by a study of their methods gain many valuable lessons. For some years back the United States have been taking advanced steps in preventative medicine, until

that country has come to a place where it feels that legislation on sanitation has become necessary in order to protect its people from unnecessary disease and death. This is vital when we consider that 80% of the existing disease in the world is preventable.

The following taken from the *Journal of the American Medical Association* shows how the United States is attacking this great and important question.

"The first question to be determined, therefore is, What are the essential subjects for legislation? If a country were to be organized *de novo*, and if all of our present-day knowledge of disease prevention were utilized, what laws should be passed in order to take advantage of all the existing knowledge for the protection of the public health? Obviously the reply to such a question depends largely on the knowledge, the experience and the point of view of the individual. Obviously, too, no

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one person is wise enough and broad enough in his point of view to answer such a question authoritatively. A reply to this question may be found in the average of a large number of opinions representing all possible interests and classes.

"In order to secure such a composite opinion a list was recently prepared containing approximately one thousand names, as follows:

Governors of states .. .. .	52
Chief justices of supreme courts .. .. .	49
Officers of the American Bar and State Bar Associations .. .. .	53
Commissioners on uniform laws .. .. .	164
Officers and members of standing committees of the American Medical Association .. .. .	50
Presidents of state medical societies .. .. .	51
Secretaries of state medical societies .. .. .	51
Members of the National Legislative Committee .. .. .	51
Secretaries of state boards of health .. .. .	49
Secretaries of state licensing boards .. .. .	40
Officers of the General Federation of Women's Clubs and of state federations	127
State superintendents of education .. .. .	48
Officers of national organizations interested in public health .. .. .	30
Presidents of colleges and universities .. .. .	124
Deans and secretaries of medical colleges	132

Arranging the ten subjects which received the largest number of votes in order, the following result is secured:

Tuberculosis .. .. .	407
Health inspection of schools .. .. .	389
Water and sewerage .. .. .	373
Milk and dairy .. .. .	366
Contagious diseases .. .. .	313
Food and drugs .. .. .	304
Reporting venereal diseases .. .. .	272
Public health .. .. .	233
Vital statistics .. .. .	226
Habit-forming drugs .. .. .	216
Board of health .. .. .	204

"When the subject is considered analytically rather than from the point of view of the opinions expressed by the six hundred who voted it will probably be agreed by most of those interested that many of the subjects of special legislation could well be included under broad general laws. Specific legislation on each special health topic is unnecessary. If a law creating a state board of health is properly drafted, provisions can be made for including under the general powers of the board many

of the subjects now regulated by special legislation. For instance, antisputting, barber-shop inspection, contagious diseases, suppression of the common drinking-cup, factory inspection, garbage disposal, hotel inspection, suppression of mosquitoes, prevention of occupational diseases, ophthalmia neonatorum, poliomyelitis, regulation of quarantine, prevention of rabies, reporting of venereal diseases, railway sanitation, control of tenements and lodging-houses, suppression of tuberculosis, regulation of vaccination, and regulation and compilation of vital statistics can all be brought under the scope of a general state board of health act. The logical order for the consideration of public health legislation would be something like the following:

1. Board of health acts.
2. Vital statistics law, if not included in 1.
3. Law authorizing sanitary survey of the state and making appropriation for it.
4. Practice act, including the regulation of midwives and of all sects treating the sick for compensation.
5. Law establishing country and city health organizations with definite relation to each other and to the state board.
6. Food and drugs act.
7. Act regulating water, sewerage and waste disposal.
8. Milk and dairy laws.
9. Sanitary and health inspection of schools.
10. Housing law, or law for the control of industrial diseases.

We will all agree that these are lines along which we would be pleased to see India's millions educated. While we cannot expect to see immediate results from such education as soon as results will be seen in the United States, still we can look forward to the fruitage of such an effort knowing that eventually India will be the richer and better for the labour expended.

A GOOD SAMPLE.

ONE Saturday night a publican was trying to eject one of his customers, for it was closing time. He could not manage it himself, so he crossed the road and asked the shoemaker to "lend him a hand."

"Oh, no," replied the shoemaker to his request, "I would leave him there."

"But I can't do that," answered the publican.

"Well," replied the shoemaker, "Whenever I make a good job I put it in the window."

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## NEWS NOTES

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### CIVIL HOSPITAL, MAHABLESHWAR.

Mahableshtar is to have a new Civil Hospital. Mr. Marotam Narajee Gokuldas of Bombay has also given Rs. 5,000 for a ward devoted to women and children. The construction of a hospital will be met by Public subscription and government grants.

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### ANGITHI FIRES IN CLOSED ROOMS DANGEROUS.

The untimely death of Mr. Wutzler, the well known hotel proprietor of Mussoorie and Lucknow is a warning to the large number of residents of India who carelessly use open angithi's in closed bath rooms in winter. His death is supposed to have been caused by the escaping gas from a similar fire.

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### VICEROY'S BIRTHDAY

It is understood that the Viceroy's birthday, June 20th, will be observed in the hospitals as it was last year. All children in-patients will receive sweets and toys as presents from the Viceroy. Surgeon-General Sir Pardey Lukis has already completed the arrangements and it is hoped that the observance will be as successful as last year's.

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### SANITARIUM FOR SHILLONG.

PLANS are under way for a sanitarium at Shillong where it is much needed owing to the large European population of that city being compelled at present to go either to Calcutta or Darjeeling for hospital treatment. The new sanitarium will be run along lines similar to those controlling the Eden Sanitarium in Darjeeling but on a more modest scale. It is being ascertained what financial support can be obtained from non-official circles. If sufficient public support can be guaranteed the Chief Commissioner will assist by making a provincial grant.

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### LEAD POISONING FROM WATER PIPES.

Schwenkenbech found signs of severe lead poisoning in twelve out of twenty-six inhabitants of a building supplied with drinking water through a lead pipe 180 meters long; six others had various symptoms suggesting lead poison-

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The ultimate goal must be that machines for the reproduction of Sound be so faithful to nature as to form an acceptable and welcome substitute.

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ing, and only eight were free from them, and these were all children. Attention was first attracted to the cases by a woman of 38 being brought to the hospital on account of intense abdominal colic and vomiting during two months, followed by increasing paralysis in the arms, intense weakness and headache, in short, the pronounced picture of chronic lead poisoning. It was noticed that the poisoning was most severe in those who drank coffee in the morning, the water having stood in the pipes over night.

#### TOBACCO SMOKING AND MENTAL EFFICIENCY.

A test made by Bush on each of fifteen men, in several different psychic fields, showed that tobacco smoking produces a 10.5 per cent. decrease in mental efficiency. The greatest actual loss was in the field of imagery, 22 per cent. The three greatest losses were in the fields of imagery, perception and association. The greatest loss, in these experiments, occurred with cigarettes. Nicotine was found in the distillates of all tobaccos tested. Nicotine was not found in the smoke of any tobacco, except that of cigarettes, and then only in traces. Pyridine was found in the smoke of tobaccos tested. Pyridine seemed to be the principal toxic factor in the smoke.

#### GOITER DUE TO IMPROPER NUTRITION.

According to the Rockefeller Institute of Medical Research, goitre is probably caused by improper nutrition. Experiments with brook trout, carried on for several years, have shown that fish fed on liver developed goitre, and that fish suffering from goitre recovered when fed a sea-fish diet. It remains to be shown in what ways nutritional disturbances in man cause goitre.

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## Food for Thought

There is food thought in the fact that physicians tell us that the vast majority of people in moderate or affluent circumstances eat too much; that white flour products are at least in part to blame for the prevalence of cancer, owing to their lack of mineral salts; that tea and coffee are stimulants only, not foods.

And there is food both for the mind and for the mistreated or overtaxed body in the foods offered by the **Sanitarium Health Food Co., 75 Park Street, Calcutta;** "Granola" and "Granose" fully cooked, whole wheat products, and "Caramel Cereal" a cereal food coffee, non stimulant and yet strength giving. Try them for a time and note the increasing strength and happiness.

## Food for the Body

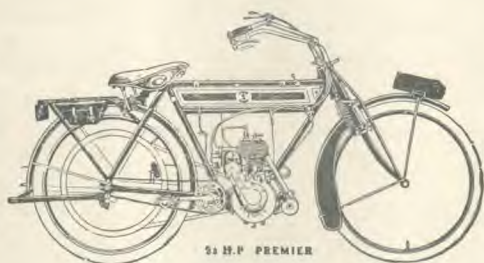
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## LIQUID PARAFFIN FOR WOUNDS.

One physician reports that in the Balkan war he used liquid paraffin in 920 cases with the result that, with rare exceptions, the wounds healed over in remarkably short time. Even gaping wounds with exposed bones began to heal at once. In cases of bad suppuration he added two per cent of iodoform, with good results. In some cases the temperature went to normal each time after the application of the paraffin.

## SAUSAGE POISON.

A few hundred cases of sausage poisoning, with a mortality of about forty per cent, have been reported. These cases have occurred a few at a time and in various places. The cause of the poisoning, as has been shown in numbers of instances, is the presence of a certain germ, *Bacillus botulinus*, and its products. For some reason it seems to thrive more commonly in sausage than in other meat products. The symptoms are intense pain, violent vomiting, high fever, and exhausting diarrhoea. In some cases, however, there is little or no pain, but profound disturbance of the higher nerve centres. Poisoning, in some cases, has been caused by the use of mussels.

## WARDING OFF DEAFNESS.

Fernet asserts that by exercising vigorously the muscles of the face, temple, and ears, the deafness of old people may be averted. There are muscles around the ear which ordinarily are beyond the control of the will, but by proper instruction and practice a person can be taught how to work these muscles. Fernet calls attention to the fact that children often have the power to move the ear, and he thinks that adults lose this power through non-use, and that if one can regain control of the outer muscles which move the ear, this will bring in play the muscles inside the ear which have the same nerve supply. Thus by making grimaces with the lips, nostrils, eyelids, scalp, and having in mind all the time the desire to move the ear, it is possible one may eventually gain control of these small muscles.

## CATARRH OF THE NOSE AND THROAT

(Concluded from Page 202)

straight and not upward. The atomizer should not be tipped back as this will not allow the solution to reach the back part of the throat. Sufficient spray should be used to wash out the nose and throat thoroughly. The solution should trickle down into the throat from the nose. Any remaining solution can be expectorated.

The nasal douche is a very effective way of washing out the nose, but it is not used without danger. Water is liable to be forced up into the cavities communicating with the nose thus causing great inconvenience and pain.

After the nose has been thoroughly cleaned out with the above solution, Iodine should be applied to the nose and throat. For the first two weeks, four grains to the ounce; and the third two weeks, twelve grains to the ounce. Ask your chemist to put up the Iodine with Potassium Iodide like the official tincture of Iodine. The throat can be swabbed out with this and a few drops can be inserted into each nostril. Iodine should be used only once a day.

After the cleansing treatments and also after the Iodine application use the following emollient,—

Mentholis	grn.	X
Camphorae	"	V
Petrolati Liquidi	fl. oz.	I

This is best applied with a similar atomizer as was advised for the cleansing solution. It is a good thing to have two atomizers. Follow the instruction for six weeks if the condition is not cured by that time. Then stop the treatment for two weeks and afterward repeat the instructions.

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