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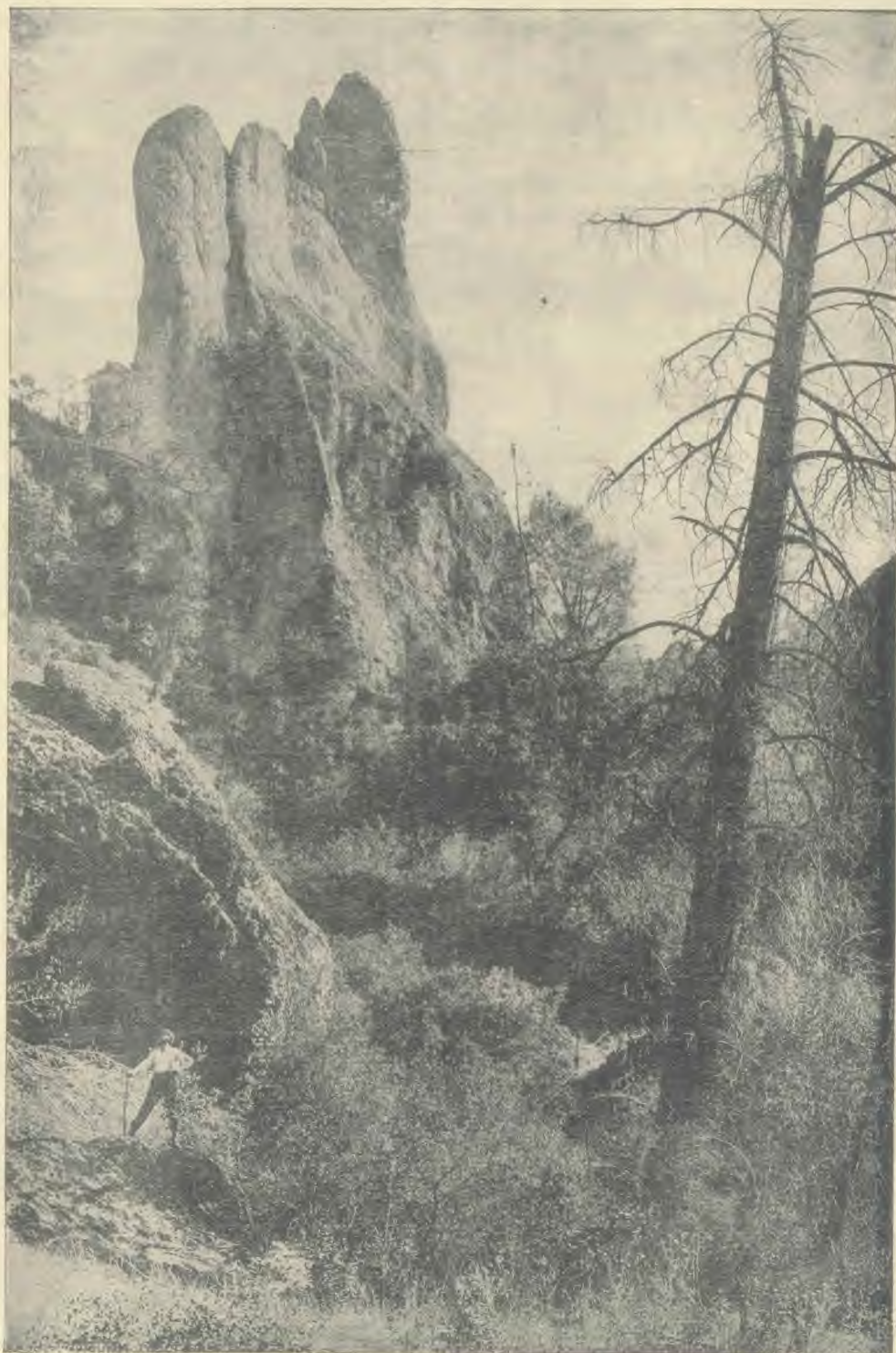
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THE NEEDLES, CALIFORNIA, U. S. AMERICA.

GENERAL ARTICLES

Diet in an Automobile Factory

DAVID PAULSON, M. D.

I THINK of the master mind that could organize a factory so as to turn out two complete automobiles every minute. Yet that is what is actually accomplished in Ford's factory. In this great enterprise, "efficiency" has become a word to conjure by.

It is natural that a man who has brains enough to make two automobiles every minute should be able to discover that there is close relationship between what his men eat at home and the kind of work they turn out in his factory. So he has recently established a department of dietetics. The thousands of his workmen will be taught how to eat more sensibly; and it is estimated that even from a financial standpoint they will save a million dollars a year. For remember that the average man spends more for food than for any other one item; and in most instances, fifty per cent of this is worse than wasted. A shilling is often spent for a certain food, when threepence would have purchased the same amount of nourishment.

Eat Three Times Too Much

Mr. Ford says: "We eat three times as much as we need. The other two-thirds is not only unnecessary, but positively harmful to us. We wouldn't feed an engine three times as much fuel as it needs; yet we pay out good money to gormandize at the expense of both our income and our health."

The last few spoonfuls eaten at a meal are the cause of all the trouble for the man who overeats. That little additional amount day after day overtaxes the system, and frequently makes the difference between efficiency and inefficiency, clearheadedness and stupidity. On this point Mr. Ford says, "We cram dessert down our throats when we

don't need it, because it tastes good." And Mr. Ford is right. Too often, after the demands of the system have been met, and the appetite has been fully satisfied, when the fancy dessert is served, we are assured that if we will "just taste it" and discover "how good it is," we will want to eat it.

An Important Discovery

Mr. Ford has discovered a great temperance truth that was demonstrated abundantly to my own satisfaction years ago in my experience with drunkards in darkest Chicago. "I have the greatest sympathy for a man addicted to liquor," says Ford. "His appetite is a disease, caused in many cases by unwise eating. That he craves strong drink is often not his fault."

Mustard, pepper, and all these condiments and fiery spices train and develop artificial tastes and appetites, which are no longer satisfied with plain, simple foods and drinks, but absolutely demand still more stimulating foods and drinks. In other words, they create a thirst that the town pump cannot satisfy, and nothing but the rum shop will quench it.

The food served as free lunches is always of the kind that develops a demand for the tavern keeper's wet goods. But unfortunately, the same kind of stuff is served in too many Christian homes, and even to those who are heroically struggling against the awful liquor thirst. Too frequently, the cook is in partnership with both the tavern keeper and the undertaker, for unconsciously she makes business for both.

Sickness Is a Harvest

Dr. A. S. Gray, a writer on health topics for the *Chicago Daily News*, has well said that if one eats and drinks correctly, breathes

pure air, and has the right amount of mental and physical exercise, he will not fall a victim to the disease germs that surround him, or even to those slumbering within his own body; in other words, that sickness is not, as most people suppose, an accident or an incident, but the deliberate harvest from our own sowing.

Ill health does not rain down ready-made from heaven, but is the natural result of violation of nature's laws. Some one has said it is a greater disgrace to be sick than to be in prison, for the prisoner has broken a man-made law, while the invalid has violated a God-made law. However, it is only fair to admit that nature compels some of us to pay up our parents' debts.

Worships Custom and Habit

Professor Mendel, of Yale University, says that in matters of diet the average mortal "worships the dictates of custom and

habit in matters pertaining to his nutritive welfare." He eats what he likes, for the same reason that the pickpocket steals. Both may be fortunate enough, for a time, to *escape* punishment, but sooner or later, they generally come to grief. Then one goes to the hospital, the other to gaol.

Recent laboratory experiments have demonstrated that even if rats are fed all they can eat of a rich and abundant diet, if there is one necessary food element lacking, they will speedily develop sore eyes, lung disease, and other distressing symptoms; but as soon as the dietetic deficiency is corrected, the symptoms disappear. For exactly the same reason, frequently children in the slums, and sometimes those living on the boulevards, have sore eyes. But instead of having their diet corrected, the doctor is called; and he drops medicine in their eyes, instead of educating the cook.

Nature's Chief Remedy

BY H. F. DE'ATH

WHILE the many modern labour-saving devices have been of great commercial benefit to the world they have by no means proved an unmixed blessing. In learning how to save labour, men have, unconsciously perhaps, learned to their great cost how to shirk labour, forgetting that a certain output of physical energy is absolutely necessary to their wellbeing physically, mentally, and morally. And the net result of neglecting this fundamental law of health has been an ever increasing number of physical and nervous wrecks.

The question of diet alone will not solve the problem of ill health. Important as diet is in its relation to health, exercise is even more important. A man who expends daily a considerable amount of physical energy can and does adopt an inferior and impure diet with little or no evil results. The amount of manual effort he puts forth largely eliminates the impurities from his system,

and keeps him healthy in spite of dietetic errors. On the other hand, a person may be ever so careful in the selection of his food and drink, yet through insufficient exercise in the open air be a comparative invalid. Exercise is the very spring of health whence comes good blood circulation, and consequently healthy organs, the effective elimination of waste products, a clear mind, and a cheerful, happy disposition. Thus man has in himself many of the resources of a well-equipped sanitarium; for the treatments and appliances found in such places simply aim at securing the results produced naturally by exercise.

Unless it is taken regularly, however, as one's food is taken, exercise cannot accomplish much; it must be a part of the regular daily programme of living. Often it is much better to miss a meal than neglect exercise. However, it must be remembered that this article is addressed not to those whose daily duties call for the output of consider-

able physical labour, but to those who, through force of circumstances, are obliged to lead a more or less inactive life; and in these days, when so many earn a livelihood by the exercise of their brains rather than of their muscles, the class is a large one.

As soon as winter comes most people fall into the habit of spending most of their time within closed doors and windows "hugging" the fire; and this at a time when more vigorous exercise is required to keep blood circulating freely and thus increasing the resistive powers of the body against chill and disease. To stay by the fire in a closed room is doubly expensive; for health suffers, and with fuel at its present price, the pocket suffers too. More colds are caught, or at least cultivated, at the fireside than are contracted by exposure to the weather, always provided, of course, that the individual is suitably fortified against the damp and cold by good boots and clothing.

During the spring, summer, and autumn months gardening provides an ideal and profitable recreation for those whose regular work lies in offices, shops, and factories. For healthful as well as productive recreation gardening is hard to beat, since it brings all the limbs and most of the muscles of the body into play, affording also welcome rest and interest to a jaded mind.

With the advent of winter, of course, not so much can be done in this direction. Hence we have to turn to other forms of recreation which, though not so useful and productive, serve to keep the body fit. There are winter sports such as skating and tobogganning, but these can only be indulged in for at least a week or two each season, if at all. Motoring by car or cycle, for those who can afford it, may be exhilarating, but is not desirable from a health standpoint on account of the lack of physical exertion and the risk of becoming chilled. Even ordinary cycling has its drawbacks in the winter, since it hardly provides all round exercise for its devotee. We are therefore reduced

to the necessity of the normal exercise of walking, which, after all, is at once the best, the safest, most convenient, and most all round exercise known to mankind.

Of course it takes time. So does everything else that brings the best results. This reprehensible habit of begrudging time for real recreation is largely responsible for so much sickness and ill health. Business men will not walk to and from their business because "it takes time." Then when nature's resistive powers break down, they discover too late that the time they were saving by using conveyances instead of exercising their limbs has really been lost. Now they are obliged to take time for treatment and nursing, and perhaps obtain only a temporary relief from their ailments.

Health is the very foundation of a happy, useful, and efficient life; and exercise, above all things, is the very corner-stone of that foundation. Its importance cannot be over-estimated. There is no short cut to health. Like all other blessings, it comes to those who are willing to pay the price for it; these find their reward in the energy that makes them fit for the battles and duties of life.

A few weeks ago the writer got into conversation with an elderly labourer on the top of a motor bus which was whirling along a country road in the cool of an autumn evening. "I don't always ride home," remarked the old man, "except when I feel a bit tired like. I was along this 'ere road at six o'clock this morning before the buses started. I usually walk four miles to work, and very often the same distance home again at night."

"You have been at work all day?" I queried.

"Aye," he replied, "I've done ten hours in the 'arvest field, though I'm seventy-two next birthday."

"Are you still obliged to work?" I inquired further.

"No," he returned, "with my old age

pension and what my boy sends along every week, I could get along quite well as far as money goes."

"Then why do you still work?" I asked

"Well, you know, I'm better in 'arness; and so is most people if they only knowed it. I never ails nothing all the while I keeps going. If these ere folks that spend most of their time riding about in them flash motor cars would use their arms and legs a little more they'd be a deal sight better off. I reckon they'd sleep better and enjoy plain grub more, an' feel a good deal 'appier and

'ealthier than some of 'em look. I'm no scholar, but I reckon the Creator give us our limbs to use, not to nurse."

"Aye," he repeated, by way of a final word, as the bus stopped and he prepared to dismount, "most folks is better in 'arness if they only knowed it."

If the language of my travelling companion was not exactly "King's English," his words revealed more practical common sense and sound philosophy than is possessed by many who are able to express themselves more elegantly.

Remedies for Indigestion

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

VERY few people need to suffer from indigestion, for with the vast majority the disorder is self-inflicted, and can be traced directly to various indiscretions of diet and drink and neglect of exercise. This being true, the remedy is usually a very simple one and within easy reach of the victim. Indigestion may be either acute or chronic. While acute attacks are frequent enough, chronic indigestion of varying degree is perhaps the most common ailment of civilized man. We say civilized because the primitive man of forest and field who leads an active life out-of-doors in the fresh air, and subsists on a far simpler and more wholesome diet, rarely suffers from lack of digestion.

Acute Indigestion

It is not necessary to recall the symptoms of nausea, sickness, colicky pain, headache, flatulence, abdominal distension, furred tongue, foul taste, etc., etc., which distinguish an acute attack of indigestion, for they are only too well known to those who suffer. If there is nausea or sickness it is well to empty the stomach as soon as possible by drinking luke warm water or taking an emetic. Sometimes tickling the throat with a feather is all that is necessary to expel the offending matter. After emptying the stomach give the patient a glass of hot or cold water to

sip slowly. If there is any sign of sluggish action of the bowels, give a generous dose of medicinal paraffin, a tablespoonful or two, and a cleansing soap enema. If after these measures have been taken the colic and pain still persist, apply hot fomentations to the abdomen. Large woollen cloths a yard square should be wrung out of very hot or boiling water, folded to make three layers, and then wrapped in a single layer of a similar dry woollen cloth and applied to the seat of pain. The intervening layer of dry wool will prevent burn-



THE HOT FOOT BOTH

ing. It is necessary to wring the fomentation as dry as possible. The patient should be lying on a bed or couch and be well covered, and have a hot bottle to the feet. The application of a cold compress to the forehead in the form of a linen towel of suitable size, folded and wrung out of cold water, has

a refreshing and soothing influence. At the end of five minutes have a further hot freshly-wrung fomentation cloth ready to take the place of the first one. Two, three, or four may be applied for five minutes each until relief is obtained, after which the part is bathed with tepid or cold water and gently dried. If the headache still persists give a hot foot both, soaking the feet for ten to fifteen minutes in water at a temperature of 115° to 120° Fahr. The addition of a teaspoonful of mustard to the hot water adds to its efficiency. A cold compress should be applied to the forehead and changed every two minutes.

After the treatment the patient should be put to rest in a quiet, well-ventilated room. It is wise to skip a meal or two. If the patient is faint, give half a pint of barley water or Horlick's Malted Milk or Ovaltine prepared with water only and served hot. The hot drink can be repeated in the course of two or three hours if necessary. When the attack has passed off the patient should adopt a very plain, simple diet, avoiding all stimulating and irritating articles, pastries, cakes, and rich and highly seasoned dishes.

Chronic Indigestion

In most cases of chronic indigestion the first step towards a cure is to get a natural appetite and postpone eating until there is a sensation of real hunger. Other things being equal, a hungry stomach is capable of digesting a reasonable amount of food without causing any disturbance. Of course, this will not be true if there is an ulcer in the stomach or intestine, or some other organic disturbance, but fortunately such conditions are comparatively rare.

The next step is to give some serious thought to the selection of the food in order to provide for the body a diet that will be nourishing, wholesome, satisfying, and digestible. Tea, coffee, and cocoa should be *tabooed* at once, while high game, pork, veal, salt meats and salt fish, shell fish, as well as pickles, fried foods, coarse woody vegetables like cabbage, and most of the rich and

highly-seasoned made up dishes, cakes, and pastries should never appear on the table of one who has a delicate digestion. Indeed, we would counsel our readers to adopt a wholesome and nourishing fruitarian diet and avoid entirely the use of animal flesh. In any case flesh foods should not be taken more than once a day and then only sparingly. Sugar and sugary foods are very prone to cause fermentation and flatulence, so that they too should be avoided or at least taken in strict moderation.

Millions of people on our globe live well on two meals a day, a breakfast in the morning and a dinner in the late afternoon or early evening. It is true that the number



APPLYING THE ABDOMINAL GIRDLE

of meals is to a large extent a matter of habit, but we do not hesitate to say that the maximum for a healthy man or woman would be three, and that the third and last meal

should be comparatively light and taken early. Eating to repletion is a mistake and simply invites digestive troubles. Children who have not learned to control their appetites may eat until the discomfort puts a stop to their meals, but one would expect more rational habits from adults. Nevertheless, it is undoubtedly true that many people go on eating and tempting their appetite until the tightening in the region of the waist is sufficiently uncomfortable to induce them to desist. Overeating not only brings on indigestion but is responsible for much of the languor and drowsiness that so many people notice after dinner. "Enough is as good as a feast," and a good trencherman must leave the table long before he has lost his appetite if he wishes to maintain good health.

Mastication

Another most important remedy for chronic indigestion is mastication. Horace Fletcher has demonstrated that efficient mastication alone will cure many cases of chronic indigestion and restore to a broken down middle-aged man the vigour and good health of youth. The teeth are the hardest tissues of the body, and are obviously intended by nature for the purpose of grinding the food. Soft, pappy, and fluid foods should be avoided as far as possible by those in ordinary health, and their place should be taken by articles of diet that require chewing. There is nothing better than zwieback or bread that is toasted through so that it is crisp throughout. Bread prepared in this way has a sweeter and more delicate flavour, and taken with fruit, either fresh or stewed, makes of itself an excellent, wholesome, and satisfying meal. Drinking freely with the meals not only dilutes the digestive juices and renders them less efficient, but also interferes seriously with efficient mastication and should therefore be discouraged. The very act of chewing has itself a stimulating effect upon the flow of the saliva and other digestive fluids. But it is a good practice to drink a glass of water half an hour before each meal.

The Heating Compress

A wet girdle worn at night makes one of the best remedies for chronic indigestion. Take a linen towel of suitable size and fold it two or three times and wring it tightly out of cold water, and then apply round the stomach so that it encircles or almost encircles the trunk at the waist line. The width of the wet compress should be from eight to ten inches. Apply immediately afterwards three layers of woollen flannel from twelve to fourteen inches in width so that it completely

overlaps the moist cloth and thus prevents chilling. One could also apply a piece of mackintosh or oiled silk over the woollen flannel, which serves in many cases to intensify the good effects of the compress. In a few moments the compress is warm and feels comfortable. The wet girdle should be applied at night, and on removing it in the morning bathe the part with cold water and dry gently by pressing the towel against the skin. A wet girdle may be worn nightly for two or three weeks or longer until there is a complete cure.

Abdominal massage makes an excellent remedy for indigestion, and it is of particular value when the digestive organs are prolapsed



THE WET ABDOMINAL GIRDLE APPLIED

and in a weakened atonic condition. But to be really effectual the massage should be given daily for twenty to thirty minutes by an experienced masseur. Mere rubbing, while it may do no harm, is of little value in bringing about a cure.

If the bowels are constipated do not fail to regulate them by the free use of fruit, coarse brown bread, spinach and similar tender greens, olive oil, salads, etc. Medicinal paraffin is also valuable, but it may be necessary to take a tepid soap water enema daily for a time until the bowels begin to act in the natural way. From two to three pints of water may be taken, and the temperature

should be from 70° to 75° Fabr. The enema should be given at the usual time for emptying the bowels, an hour or two after breakfast.

A Final Caution

Do not be tempted by any of the numerous worthless or poisonous quack remedies so freely advertized in the public press and on the hoardings. The claims made on their behalf are as a whole not only misleading and fraudulent but thoroughly mendacious. Place no trust in the pills, powders, potions, and draughts of the medical quack, whether

he calls himself a botanist, a herbalist, or something else. None of these much advertized preparations on the market are capable of assisting digestion in the slightest degree, no matter what statements may be made about them. But many of them do contain drugs and preparations which have a benumbing effect upon the nerves, and thus falsify the true condition and serve to aggravate the dyspepsia. A glass or more of hot water sipped slowly is the best medicinal draught we know of for indigestion, acute or chronic.

Diet for the Aged

A. R. SATTERLEE, M. D.

IN the care of those of advanced years who have no special disease it is well to consider the gradual encroachment of infirmity due to failing health and strength. It is true that each case has some personal peculiarities; but it is also true that some general rules may be safely followed which will prolong life and add much to the comfort of the infirm.

First let us look carefully into the pathology of the condition most often met, and note the general disturbances. We usually find that the skin is dry, harsh, and anemic; that there is a lack of healthy blood, of circulating fat and heat-producing element together with a lowering of the general nerve tone that keeps up healthy circulation in the skin. Many capillaries, or terminal arteries, have been obliterated, and there is a failure in circulation, due both to these causes and to a continuing heart weakness. This lowering of the general nerve tone lessens glandular activity, and consequently digestion is affected by this means. Atrophy of the muscles and weakness of eliminative organs are also in evidence. The liver, the bowels, and the kidneys are unable to perform the part which was common in adult years. The bone marrow, the lymphatic glands, and other glands of internal secretion which are concerned in blood formation, are

also weakened. Heart production is lessened owing to the inability to digest starch foods readily and to the lessened capacity for physical exercise. It will readily be seen that it is no easy task to meet all these perverted functions and supplement their action.

Previous to the correction of these conditions all dental difficulties should be corrected. A clean mouth and good teeth are highly essential to a reform of living. In addition to cleansing the teeth thoroughly each day with brush and soap or powders, an antiseptic solution should be used as a mouth wash. It may include some or all of the following ingredients: Cinnamon water, eucalyptus, wintergreen, menthol, boroglycerine, and a small portion of formaldehyde. Some of these may be omitted if desired, and thus lessen the cost of the preparation.

In the matter of diet for the aged it seems desirable to use in various ways the whole-wheat products—shredded wheat, puffed wheat, wheat biscuit, whole-wheat bread, and other preparations which contain lime, iron, phosphorus, and other materials excellent for blood building and nerve restoration. Rolled oats contain avenin, an important nerve food, and the other salts already mentioned in limited quantities. Whole milk (not cream) and eggs are valuable foods for the aged.

Egg yolk, rich in lecithin, is an important nerve food. The yolks may be boiled till hard, or used raw, beaten in grape juice. Eggs increase the hemoglobin of the blood, and their content of iron for this purpose is easily available.

To relieve the eliminative organs of the effects of too much nitrogen in the foods mentioned, rice may be used in several ways. Fresh and stewed fruit is excellent for the aged. Apples, oranges, lemons, and tomatoes are to be highly recommended for this purpose. Apples, tomatoes, and strawberries have a good content of iron. Spinach and lettuce may be added with profit for variety and to supply necessary elements of nutrition.

Regarding the supply of fats in addition to the use of liberal quantities of rich milk, nuts may be added in limited quantities. Once a day at least a few of the better quality of nuts, such as pecans, English walnuts, and almonds, may be used. Seven pecans of average size would be a very moderate ration. This quantity would furnish about one-half ounce of food value containing about one hundred calories, of which ninety per cent consists of fats. In tropical countries coconut milk gives a good supply of fats. All foods should be prepared in a simple manner, and few kinds eaten at a meal. The different meals should be varied. Special caution should be used not to partake too heartily of the evening dinner. Instead, fresh fruit or milk or buttermilk, with some good crackers, is quite sufficient. A dish of zwieback and hot milk will provide ample

nourishment for those in advanced years who cannot exercise vigorously. After lunch a little light exercise or a walk in the open air is beneficial to secure a good night's rest. Avoid concentrated sweet foods, as jellies, honey in considerable quantity or other syrups. Avoid fried foods as a general rule. A variety of simple desserts may be allowed, if made plain, such as plain rice puddings, bread puddings, and custards.

If the nitrogen foods should prove too much for the liver and kidney functions; and rheumatism and bladder troubles arise from too much uric acid, use two good warm sweating baths each week, finishing with a tepid sponge bath. Much might be said regarding the use of fresh air and light treatments to increase the oxidation of food. Care should be exercised in giving baths, either hot or cold, to the aged. Temperatures that are extreme should be avoided, and all changes made moderately. The body will adapt itself after a time to more vigorous measures. This will improve the circulation, and aid the skin in performing its function.

Above all, a genial disposition should be cultivated. Growing old gracefully is an accomplishment which can be cultivated with profit to all concerned. A fixed trust in God will brighten many a gloomy day; and sympathy, support, and adaptation on the part of sons and daughters will do much to cheer those who have fought bravely life's battles, and cause them to feel that their labours have been richly rewarded.



Bunions and Corns

BY J. J. BELL, M. D.

A BUNION is a term applied to a chronic enlargement containing fluid situated over one of the joints of a toe, most often the second joint from the extremity of the great toe. The enlargement is caused by undue pressure from ill-fitting footwear. Nature throws out a protecting cushion as it were, to save the underlying structures.

Sometimes this fluid is clear and transparent, resembling somewhat the white of an egg; again it may contain pus.

Whatever treatment is instituted for the relief of the trouble, we must always remember the importance of removing the cause. So long as the foot must be contorted to fit the fashionable high-heeled, narrow-toed boot we cannot hope for much improvement:

Great relief from pain can be obtained by soaking the foot alternately in hot and cold water before retiring. Six to ten changes of each will often be found sufficient, the duration of each change in hot water being about one minute, and in the cold about ten seconds. In addition to this the pressure over the part must be discontinued during the day. Boots with fairly thick soles and pliable uppers, such as glace kid, will often be found the most comfortable. The heels may be about one inch in height and the toes sufficiently wide to give comfort. A small pad of absorbent cotton placed over and along the side of the great toe in front of the bunion and another behind it will aid greatly in decreasing pressure over the swelling. It is often advisable to make a crucial incision in the boot over the bunion and then have a neat, roomy patch applied over the incision. In many cases an operation will be necessary in order to give permanent relief.

Corns, like bunions, are due to the continued pressure day after day of ill-fitting boots and shoes. They are most often present on the upper surface of the toes, but fre-

quently on the sole of the foot, and also between the toes when they are spoken of as soft corns. They are very easily cured as they often, if not always, disappear when the cause is completely removed. A patient who has to remain in bed for a prolonged period will, in many cases, get up free from corns. They, however, soon reappear when the pressure from footwear begins. There are many simple preparations which will remove a corn. Those containing salicylic acid are especially efficacious and can be obtained from any chemist, but unless the part is kept free from undue pressure the corn quickly returns.

A corn is simply an overgrowth of the horny layer of the epidermis, or outer skin. Dipping down into the papillary layer of the skin below and protruding upward above the surface it forms a cone shaped growth and is evidently an effort on the part of nature to protect the underlying structures from rough usage by raising a shield above. Temporary relief can be obtained by soaking the feet in very hot water and paring the corn with a sharp instrument as a razor or scalpel.

Corns between the toes will often disappear by the use of wide boots and the wearing of a small pad of absorbent cotton behind the corn and between the toes. When a toe is much deformed, as in the case of hammer toe, it is very difficult to remove all pressure from a corn situated on its highest part. The best treatment in a condition of this kind is amputation of the toe.

It is well to remember that in old people gangrene sometimes follows the paring of a corn if done too closely.

AN EXTRAORDINARY HABIT

"I LOOK forward to the time when people will leave off the extraordinary habit of taking medicine when they are sick."—*Sir Frederick Treves, F. R. C. S.*

EDITORIAL

The Role Insects Play in the Spread of Disease

The fly per se in India would not be considered as important a factor in the spread of disease as the mosquito, yet when we consider the campaigns inaugurated against the mosquito, the knowledge that has been disseminated regarding its relation to disease, and the almost entire lack of knowledge regarding the fly in the same relation, the latter becomes the more important. Pick up any paper, daily, weekly or monthly, political, religious, social or economical, lay or professional, and you are almost sure to find something in it on the relation of the mosquito to the spread of disease. What has been accomplished with the former is commendable, but the same work should not be neglected in connection with the latter.

It would be hard to find a place where the fly is of greater importance in the spread of disease than India. The climate the year round, with the exception of the extreme North, the filth and dirt, are most fertile soil for the reproduction of this insect. To become aware of this fact one only needs to pass through the native bazaar of any village town or city and see the myriads of flies that are investing unprotected food. On a similar journey one day the writer's attention was particularly attracted to a native meat shop in front of which had just arrived an intending purchaser. Either because the flies on the meat were annoyed at being disturbed or they realized that the customer furnished them better provender, all alighted upon the intruder. They were so numerous on the long dirty coloured coat of the customer that it would be impossible to place the tip of the finger anywhere on the coat without coming in contact with a fly. As my readers will

attest, this is not a rare incidence, but only an ordinary occurrence in the daily life of the people of India.

The preponderance in number of the fly is due to its rapidity of reproduction. One female fly in a cold country is responsible for bringing into existence 24,00,00,00,00,00-00,000 flies in one season. What can we gather from this, when we consider that the fly season in India is the entire year. In the reproduction of the fly there are other things of interest outside of these overwhelming numbers. A few hours after the eggs are laid, they assume the form of grubs. After being a few hours in the grub stage, the skin splits and a large one is provided. This skin splitting process is repeated four or five times. The last, a larva skin, is not cast, but dries up and forms the pupal case. In the house fly this development is very rapid and is preceded by a period of dissolution, for if the pupa case be broken open a short time after pupation, no sign of organs will be found; only a yellowish, milky fluid. From the egg to the adult fly less than 15 days may elapse.

Aside from the part that the fly plays in disease, it is the most unclean insect in existence. Why it is that custom has so decreed that such a bane as exists should be placed on the bug and the fly allowed to go scot free is unfathomable. But in the uncleanliness of the habits of these two insects there is no comparison. The advantage is entirely in favour of the bug. The fly is found in all manners of dirt and filth with which he becomes totally besmeared, and which, by means of his wings, he rapidly carries from one place to another. On the

other hand the bug is entirely satisfied with an occasional fill of blood, and being quite local in his habits does not contaminate readily as the fly; and yet were one to let the former crawl all over his plate, over his bread, butter and all foods, and find lodgment in the eyes and on the mouth as the fly is allowed to do, it would turn the blood cold of even one in the lowest scale of humanity.

Another thing of interest in connection with the subject of the fly is the degree of menace it is to various cities on the globe. It is found that the fly becomes a menace to a city in direct proportion to the amount of dirt and filth that are allowed to accumulate. In other words a clean city has no flies, while the dirty city is always bothered with them. In Bavaria there are very few flies. In Prague it is not necessary to screen the windows and doors. Frankfurt is not greatly troubled, but has to use protective measures during July and August. London is not very bad. On the other hand, in ST. Etienne, Rouen, Plymouth, Melbourne and Johannesburg, the fly is a serious menace. In India it would be hard to find a village, town or city in which the fly is not a great menace and is not responsible for a great share of sickness and death.

Thus in the conviction of the fly as a disseminator of disease there are two ways by which he carries on his work of destruction, that demand consideration. First, there is the surface bacteria, and second, the intestinal bacteria. The surface bacteria are those germs found on the body, wings and legs of the fly. They are gathered from the filth through which the fly has crawled and number about 44,00,000 to the fly; on the other hand the intestinal bacteria are the germs found in the intestine of the fly. They are taken into the intestine by the eating of contaminated food and number about 2,80,00,000 to each fly. The bacteria in the intestine are deposited on food with the fecal matter of the fly, and thus become a great danger in the spread of disease.

Unlike the mosquito which is loath to migrate very far, the fly is known to travel long distances. To prove that this is a fact, flies have been caught, coloured and then set free. Many of those liberated were known to have travelled many miles as they were identified by their colour. Even in India where so little has been done about the fly, it has been demonstrated that epidemics of cholera have been carried long distances by means of the fly, and proved beyond doubt. This fact makes the fly all the more dangerous in the spread of disease as his work of mischief may be carried on at distances of miles.

The fly as a disseminator of disease naturally depends upon what diseases are prevalent in the vicinity where flies are known to exist in great numbers. For example, in a vicinity where enteric fever is known to exist and where the fecal discharges and the urine are carelessly cast upon the ground without disinfection, flies become contaminated on the surface and in the intestine with the germ of the enteric fever and in this way spread the disease as far as it travels. The same thing might be said of cholera or any disease which is capable of being carried by the means of the fly. Besides the above, the fly has been convicted as a disseminator of dysentery, diphtheria, erysipelas, contagious ophthalmia (sore eyes), cerebro spinal meningitis, anthrax and possibly smallpox. This is quite a list to lay up against the fly, but this of course does not mean that every case of the above diseases is spread by means of the fly; far from it. It means that flies are capable of spreading these diseases, and without doubt many cases are spread by them. Is it any wonder that sore eyes are as prevalent as they are in India? Any one who has been an observer of village life has seen the younger generations gather about every one with the pus streaming out of the eyes and a dozen flies in each eye busily taking turns at the eyes of the different children. This makes clean eyes among the young in India few and far between. The

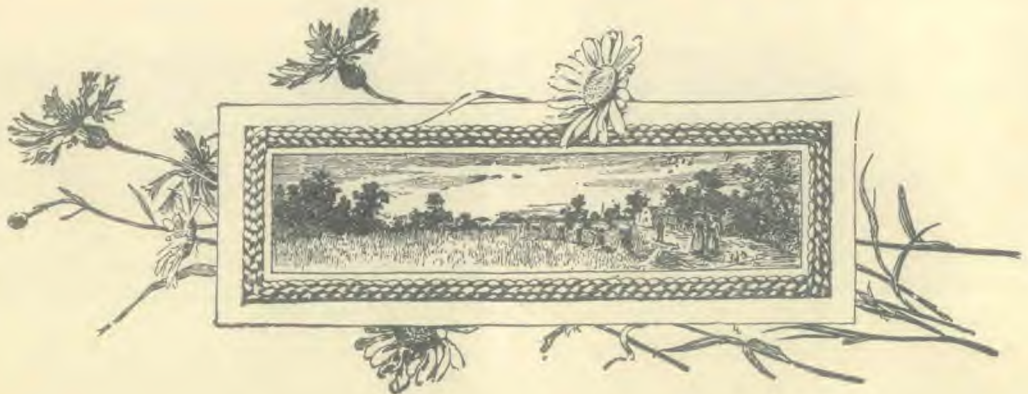
older generations are not bothered quite as much because they can keep the flies out of their eyes.

Of recent years we have read much about the campaign against the fly. Under these campaigns are grouped, "swat the fly," "starve the fly," and "educate the people." Killing the fly while of service is but a drop in the bucket. They are killed by means of fly traps, fly paper, poisons and little wire gauze nettings fixed on a handle for the purpose of hitting them. While these measures are serviceable and useful adjuncts yet they do not compare in efficiency with the starving of the fly. This means the cleaning up of all dirt and filth and the screening of all foods that tend to attract the fly. It includes all that is incorporated in the word sanitation. This really strikes at the root of the difficulty.

The screening of food serves two purposes. It helps deprive the fly of its source of food supply and keeps the food for human consumption from being contaminated by the fly. On a recent trip the writer was quite surprised to see the start that had already been made in this direction in India. Others probably have observed that all of the vendors of various kinds on the G. I. P. Ry.

from Delhi to Bombay are required to protect the food they sell by means of screens. The sweetmeat truck that is being pushed about the station at Delhi greets the eyes of the traveller with a wholesome appearance. This is a step in the right direction. The man who inaugurated this reform in the face of difficulties met in India, certainly deserves something better than a Victoria Cross for the saving of life. We wish his influence in this line might extend all over India. It would not be long then before our eyes would greet a clean India, comparatively free from disease. To sum this point up it can be truthfully said, "No filth, no flies."

With this as in every other reform, the education of the laity is an important part of the campaign. The dissemination of knowledge regarding the subject is best brought about by illustrated lectures, instruction in schools, cooperation between public health officers, and market and trade inspectors; distribution of pamphlets and the utilization of lay medical magazines and papers. In this way let us be optimistic in holding out the hope that yet some day in the near future India will awaken and find herself taking the lead in these things upon which the preservation and upbuilding of her race depend.



MOTHER AND CHILD

The Hygienic Home

WE want windows in great plenty, for light is as necessary as air for healthful rooms, but the heat loss of the windows is enormous. A room inclosed in glass but with no heat is as cold as the outside, and added to the coldness is the stale, dead air, with its inactive oxygen. This is the reason of the failure of glass-inclosed sleeping porches.

Air of itself is a nonconductor of heat, and we have only to build our rooms with two or three air spaces in the walls to make them practically cold proof. Of course all windows except those having fresh air screens should have perfectly fitting storm sashes, and the floors should have a nonconductor filling between the joints. The extra expense of this construction would be returned a hundred-fold in health and comfort and money saved.

Then no matter what heating and ventilating system you have, there should be several windows fitted with fresh-air screens. These are wood frames made to fit closely the window frame opposite the lower sash in such a manner that all openings for drafts are closed. This frame is covered with a medium quality of unbleached cotton cloth. The lower window is free, and can be raised and lowered as occasion may require. When the window is raised, the screen acts as a permeable membrane, and allows the fresh air to slowly diffuse into the room, and permits no drafts. There is not a day during the cold months of the year when these fresh-air screens cannot be used at longer or shorter intervals; another great benefit from their use is that the air is filtered and dust free. Dusty air is one of the factors that

caused the fatal effects of breathing dust-laden air. . . .

It is possible and perfectly practical to sleep in comfort during the winter, and at the same time have our sleeping room filled with sweet, fresh air. We have only to place a properly constructed fresh air screen opposite the lower sash in one or two windows, then with the windows raised at night we can sleep in perfect safety with the room full of fresh, invigorating air, and arise in the morning with renewed energy. There will be no drafts; rain and snow cannot get in and the room will not seem cold.

Some mothers will claim this is best for adults, but that it will not do for small children, as they will get uncovered and take cold. Many of these same mothers have learned that it is beneficial for the baby to sleep out of doors in the baby carriage during the day, even through the coldest weather, when the child will sleep quietly and never disturb the clothing. A little thought reveals the fact that the children kick off the clothing at night because they are uncomfortably warm in the heated, close, stuffy sleeping rooms, and that children sleeping under these conditions are habitually getting cold. . . .

If there is any occasion in our lives when we require fresh air more than another, it is when we are confined to our bed by reason of illness. It is at this time that the use of fresh-air screens gives the greatest comfort and furnishes the greatest aid to recovery. Stubborn cases of anemia have a much better chance to mend as soon as continuous fresh-air conditions are provided. In pneumonia it is well known that the comfort and condition of the patient are improved under

fresh air conditions, and the chances of recovery are greatly increased.

The universal living under fresh air conditions would do more to exterminate tuberculosis than all the other agencies combined; and now that it is made possible to do so by the fresh air screens, it would seem that those interested in public health would do everything possible to educate the people.—*Life and Health.*

THINGS WORTH KNOWING

Concerning Babies

BABIES when teething require sips of water frequently.

Babies should not be rocked or danced about, but be kept as still as possible.

The less infants are talked to or excited the better.

If you want them to be good, observe strict regularity in feeding.

Shade baby's eyes while awake or sleeping.

Try a lukewarm bath when baby is fretful, let him stay in it awhile.

Never permit yourself or anyone to kiss baby on the mouth.

Take care to keep the feet warm—they will not sleep long with cold feet.

Cold feet retard digestion and cause congestion and catarrh.

If constipated, insert a piece of soap covered with oil into rectum, at regular hour daily. Use common soap, cut into little finger length, and keep it handy in oil, covered up.

Never cover so warmly as to induce perspiration: some babies require far less clothing than others.

The less teething powders or soothing syrups used, the better. They are very rarely necessary, and often decidedly harmful.

Concerning Children

Abundance of pure air and plain though nourishing food—without sweets, spices, or condiments—ensure good blood and strength.

Regular meals, without scraps or lollies between meal-times, ensure good appetite.

The less confectionery and lollies the less sickness and irritability.

Ripe fruits, honey, or malt are the purest sweets.

Growing children require abundant sleep; school children especially.

Always keep the legs and feet warm, and the head cool.

Have bedrooms well ventilated; night air is purer than day air.

Nervous children often cover head with bedclothes—prevent this.

Children should never be hit or scolded in anger.

Observe their faults, yet speak not of them—encourage opposite virtues.

Children are inexperienced, so need to be kindly taught and patiently instructed.

Be strictly truthful, and always keep your word if you want them to do the same.

Give every child a place of its own for toys and treasures, and insist on them being kept there. Allow time for play.

Teach every child to be thoughtful and useful according to its age and strength, even toddlers can do something to help mother.

Insist on kindness to dumb animals.

Make home the brightest and most attractive place in the world.—*Medico.*

TIM'S GAME

SCHOOL was out now, and Carlton felt that he could do as he pleased all day long. He spent most of his time playing at the stable or down at the pasture or out at the fields where the men were at work. He seldom came to the house from morning until dinner-time. Then he was always very hungry, and mother always had a good dinner ready for him and for his father and little sister Lula. If he had noticed, he would have seen that mother had always looked tired when he came in to dinner; and if he had thought about it, he would have known that she had to bring in the stove wood, and

draw and carry several buckets of water from the well, besides many other things that a boy ten years old could do as well as play all the time. But somehow he did not notice, and he did not think. Mother knew that if she waited for Carlton to notice and think she would have to keep on doing everything herself all summer. But she thought about how long he had been going to school, and how glad he must be to get out, and she kept on bringing wood and water, and doing other things and let him play all day long for a whole week.

Then, as Carlton came up to the house one Monday morning, he was surprised to find a notice written in large letters on a piece of white paper pinned to the kitchen door: "Boy Wanted Here."

Carlton did not go in just then. After a while his mother heard a knock at the kitchen door, and when she opened it there stood Carlton in overalls and wide straw hat.

"Mornin', lady!" he said, taking the big hat from his head. "My name is Tim. I came here to get a job if you want a boy. I haven't had any breakfast."

"I am glad you came, Tim," said the lady.

"I need a boy about your size very much. Are you hungry?"

"No'm, not much," said Tim. "I can begin to work right now if you want me to."

"What can you do, Tim? And what wages are you willing to work for?"

"I can carry in wood, and bring water and cut some wood, too, if the logs are not too big. I can go to the store for you and—and

I can set the table and wash the dishes and sweep the floors; but I don't like too much. I will help you do all that kind of work, though, sometimes, till your little girl grows up big enough to help you," he said, glancing at little Lula, who was standing behind her mother, laughing.

"I think you are just the boy I want, Tim. I should like to engage you right off, if we can agree about the wages."

"Oh," said Tim, "never mind about that. Wait till next Saturday."

"Very well, you may consider yourself engaged for a week. Would you mind feeding the little chickens while I finish getting breakfast ready? Here is some wheat. You will not have any trouble to find the coops. They are in the back yard."

Away ran the boy in the overalls and big straw hat, and when breakfast was ready he came in with rosy cheeks and a hearty appetite. "Tim" was a willing helper about the place all that week. Mother didn't look nearly so tired after he came. And the strangest part about it was that "Tim" seemed to be as happy and have as much fun as Carlton had while playing all the time.

When Saturday evening came, mother said she didn't know how she had ever been able to get along without the boy. "What shall I pay, Tim? I like you better than any helper I ever had."

"Oh, nothing, mamma!" said Carlton, catching his mother around the neck. "I'd be ashamed not to help you; and it's fun to play Tim."—*Exchange.*



HEALTHFUL COOKERY

Recipes for the Preparation of Food for the Sick

BY GEORGE E. CORNFORTH

(Concluded)

Junket

is an easily digested milk preparation, directions for the making of which come with the tablets.

Buttermilk or Artificially Prepared Buttermilk is also good. Directions for preparing the milk come with the tablets.

Dropped or Poached Eggs

Use a basin about six or eight inches across, and from two to two and one-half inches deep. Have it full of hot, not boiling, water, salted with one level teaspoon of salt to each pint of water. Break the eggs into a small dish, then slide them into the water. Let them cook till the white is set, then with a small skimmer remove the eggs from the water to a hot dish, or serve them on zwieback that has been dipped in hot cream.

Oiled muffin rings may be put into the water, and the eggs dropped into them to hold them in better shape; or an egg poacher may be used. Do not try to poach eggs in barely enough water to cover them, nor in *boiling* water. The water should be one and one half inches deep or deeper. Dropped eggs may also be served on toasted corn flakes, or hash, or in nests of boiled rice or mashed potato.

Eggs Cooked in the Shell

Use one and one-half cups of water for each egg to be cooked. Have the water in a dish in which it will be deep enough to cover all the eggs, and which has a tight-fitting cover. Bring the water to a boil. Set the dish off the stove. Put the eggs into the water. Put the cover on the dish, and allow the eggs to remain in the water from five to ten minutes, according to how much it is desired to cook them.

Hard-Boiled Egg Yolks

are valuable in feeding the sick, because the yolk of an egg is most digestible when it is

hard and mealy. To cook the yolk thus, the egg should be boiled about three hours. The white may then be made digestible by grinding to a powder through a food chopper, using the nut butter cutter, or by rubbing through a very fine sieve. But I should say that it would be better not to give the white thus prepared to the sick person, but to use for some other purpose. Or the white may be separated from the yolk of the egg, and the yolk steamed or boiled for three hours.

Egg Nest on Toast

Separate the white from the yolk of an egg. Boil the yolk hard. Add a few grains of salt to the white, and beat it very stiff. Pile it in the shape of a nest on a nicely prepared, thin slice of toast. Put the hard-boiled yolk in the nest, and set it in the oven long enough to delicately brown the top of the white. Or the egg yolk may be put into the nest raw instead of boiling it hard first.

Cream Baked Eggs

Oil custard cups. Break one or two eggs into each. Add a few grains of salt, and one or two tablespoons of cream. Set the cups into a pan of hot water, and bake till the eggs are cooked as much as desired. Or, instead of baking them, they may be cooked in a steamer for five minutes.

Albumen Water

1 egg white
½ cup cold water
A few grains salt

Beat the egg white till foamy. Add the water, and heat the water and white together. Strain through cheesecloth. Add a few grains of salt. A little lemon juice may be added if desired.

Eggnog

2 egg whites
A few grains salt

1 teaspoon to 1 tablespoon lemon juice
 2 level tablespoons sugar
 1 teaspoon egg yolk

Add the salt to the whites and beat them stiff. Beat in the lemon juice and sugar. Save out about one tablespoon of the beaten white. Beat the egg yolk into the remainder, and put it into a glass. On top put the egg white that was saved.

Part of the mixture may be coloured with any kind of fruit juice, as grape, raspberry, blackberry, or orange, if desired. Or a few fresh or stewed raspberries or a little diced orange may be stirred into it. The eggnog looks prettier if the ingredients are not thoroughly stirred together, but left so that some of the white and some of the yellow and some of the colour of the fruit will show.

Cream Eggnog

2 eggs
 1 tablespoon cream

A little sugar, if desired

Beat the whites and the yolks separately. add the cream to the yolks. Put most of the beaten white into the glass. Pour the yolk mixture over it so it will run down around the

white. Put the rest of the white on top.

If the sugar is used, part of it should be beaten into the white and the rest into the yolk mixture. A little vanilla flavouring may be added to this, if desired.

Milk Eggnog

1 egg
 $\frac{1}{2}$ cup milk (part cream, if desired)
 2 level teaspoons sugar
 4 drops vanilla

Beat the ingredients well together, and serve in a glass.

Cream Toast

Pour hot cream over thin, crisp slices of zwieback, and serve before the crispness of the toast disappears.

Raspberry Toast

Rub one cup stewed or canned raspberries through a sieve fine enough to remove the seeds; heat to boiling, and thicken the pulp with one level tablespoon of cornstarch stirred smooth with a little cold water. Serve the sauce over slices of zwieback which have been moistened in hot cream or hot water.

Other fruit sauces that are not too tart may be used in a similar way.

TEMPERANCE

Does Alcohol Increase Muscular Power?

BY A. S. M. IN "PRESENT TRUTH"

THIS is a live question at the present day. Never was there such a call for muscular power. If the use of alcohol will produce more work, and allow mightier tasks to be performed, who would ask for its prohibition? If, on the other hand, the answer is in the negative, there should be no question as to the proper course to take.

Forty-three per cent of the normal individual consists of muscle. In every action of the body the muscles contract, with more or less vigour, their energy being provided by the oxygen and nutriment brought to them by the blood stream. If the food so brought

is mixed with any drug, the blood is affected and the muscles also.

The tissue of the muscles is, of course, always wearing out and being reformed; when vigorously exercised, the size of the muscles is increased. Experiment, however, has clearly demonstrated that alcohol prevents normal growth. In such a case, instead of being maintained in good condition, the muscles become flabby and inefficient. It is well known that people who steadily avoid alcohol are, as a rule, in a better muscular condition than drinkers, and, if competing in races or contests of any sort

do not have to subject themselves to such rigorous training.

When one is in a state of health, the muscles are under the control of the nervous system, and are kept in a state of tension, or slight contraction. In this condition one feels bright, energetic, and ready. Alcohol, whether by its direct action on the muscle, or indirectly by its action on the nervous system, diminishes this "tension" considerably and makes a person sluggish, lazy, and irritable, beside causing the muscular movements performed to be weaker and less accurate. This state is similar to that of a person who has passed through a long illness, with consequent weakening of muscular force.

For the exact and rapid performance of skilled movements it is highly important that this "tension" of the muscles should be present. Abstinence from alcohol is therefore essential for all who would use their mechanical skill to the greatest advantage.

This was demonstrated by an experiment carried out by Dr. Aschaffenburg. He chose four compositors, whose work requires rapid thought and accurate muscle response. The test was applied on four successive days, for four quarters of an hour, with four men. Alcohol was given on the second and fourth days only. The results pointed to the same conclusion. On the first day one man set up in the allotted time 2,339 letters. On the second day, after a small "dietetic" quantity of alcohol he only set 2,212 letters. Another man set up 2,050 letters the first day and dropped to 1,950 the second. The third set up 2,425 on the "abstinence" day and only 2,300 after consuming alcohol. The average impairment amounted to fifteen per cent of the normal output.

Not only, however, does alcohol hinder *skilled* workers; it also restricts the output of work by ordinary labours. A series of observations made by the late Dr. Parkes, of Netley, reported by the late Sir Andrew Clark, illustrate and convincingly proves this statement.

A number of soldiers of the same age and the same of constitution, living under the same circumstances and eating the same food, were collected together, and then divided into two gangs, an alcoholic gang and a non-alcoholic gang. Certain work was given them to do, and the results noted. For the first hour or two the alcoholic gang went ahead, but after a time their energy began to flag, and before the end of the day their rivals had accomplished far more work and earned more pay. When this had gone on for some days, the men who were having the beer begged that they might be transferred to the other gang. Dr. Parkes declined to allow this, but in order to make the experiment conclusive, he transposed the gangs, the men being willing to lend themselves to the experiment. The results were exactly the same. The alcoholic gang went ahead at the starting, but failed utterly towards the end of the day, the non alcoholic gang now accomplishing far more work than the other.

The above experiment was performed on soldiers engaged in home work. It might be asked, Does alcohol have the same effect on the same class of men during campaigns in far off lands? There can be but one answer. Referring to the Egyptian campaign of 1896, Sir Francis Grenfell stated: "It was a teetotal campaign. We drank the Nile and nothing added; . . . and I have seen no other force of men so fit and well in any part of the world."

A later testimonial by Sir Frederick Treves referring to the Boer war is equally striking and conclusive. He said: "Troops can not work or march on alcohol. In the enormous column of 30,000 that moved on to Ladysmith, the first to drop out were not the tall men, or the short men, or the big men, or the little men—they were the drinkers, and they dropped out as clearly as if they had been labelled with a big letter on their backs."

In all spheres of life thinking men realize that total abstinence is a necessity where

great muscular exertions are concerned. For example, some year ago the Great Western Railway decided to change the gage along 200 miles of their system. It was needful to complete the work in two days. Every possible preparation was made and 5 000 skilled workmen engaged for the job, and the huge task being accomplished in thirty one hours. How was it done? On alcohol? No. Not a drop of liquor was

allowed by the managers, but instead the men were supplied with *oatmeal* and *water*: That explains it.

The above evidence, gathered from doctors scientists, generals and railway managers, relating to men in all spheres of life from ordinary labourers to the highest skilled mechanics is surely sufficient to demonstrate that alcohol does *not* increase muscular power.

CURRENT COMMENT

DIET AND CANCER

IN an article, "Protein Absorption as a Factor in the Causation of Cancer," which appeared in the *New York Medical Journal* of August 21, Dr. J. W. Beveridge, of New York, concludes with the following:—

"It will not be exaggerating to say that cancer is essentially a disease of civilization. With the advance of civilization has come into vogue a mode of living which is the reverse of simple. Luxurious or self-indulgent habits have permeated the whole population of civilized countries; and the more prosperous and the more highly civilized the country is, the more do these habits prevail. A very large variety of food is eaten, and indulgence in eating and drinking is the rule than the exception. As noted previously, the consumption of animal food has greatly increased and despite the contradiction of those who oppose the theory that eating too much protein food is a cause of cancer, it appears to be more than a coincidence that in the countries in which the most meat is eaten there is cancer the most common. Other articles of diet, such as alcohol, coffee, and tea, may be responsible for perverted metabolism, with its melancholy sequelæ, but meat is the most conspicuous of all. . . ."

Whether or not the excess of meat in the diet is in fact the cause, or a principal cause, of cancer, may not be definitely proved. The arguments brought forth thus far in favour of the dietetic causation of cancer cannot be held to be a demonstration. But so long as there are facts which seem to substantiate the theory

that meat eating is a cause of cancer, and as it is known that a high protein diet is injurious in other ways, it would seem to be the part of wisdom to arrange the diet along rational lines.—*Life and Health*.

TOO VIGOROUS MOUTH HYGIENE

BASS and Johns in their recent book, "Alveodental Pyorrhæa," call attention to the importance of wounds of the gums in the production of pyorrhæa. They assert that any unusual roughness in the use of floss silk, or of the toothpick or the toothbrush, especially if the brush is used from side to side instead of from the gums toward the ends of the teeth by causing a small erosion of the mucous membrane, may permit the entrance of endamebas and thus pave the way for pyorrhæa. It is for this reason that the *Medical Record* of September 18 warns in an editorial article against the too-enthusiastic use of the toothbrush. Though the bristles of a toothbrush appear to the naked eye to be harmless, they resemble coarse nails when seen under the microscope. Many of them are sharp-pointed, and can hardly fail to injure the tissues of the gums. The softer the brush, the less the injury, especially if the brushing is done from the gums towards the ends of the teeth.

For the removal of tarter, energetic brushing is not necessary, say Bass and Johns. In order to remove food from between the teeth, the brush is of little use, and floss silk is likely to injure the gums. They advise to rinse the mouth, forcing the water between the teeth several times.

These men also condemn the use of tooth powders and tooth pastes, which, they say, injure the gums. Though the enamel is hard enough to resist the erosive action of most of the powders, the roots, if exposed by recession of the gums, are gradually worn away if a dentifrice of this nature is used.

One definition of the word expert is: A man who differs from other men on a given subject, and can give good reasons for doing so. This is about the idea that the common man is likely to get of the experts; for their main function seems to be to differ from everybody else.

With so many discordant, and sometimes strident voices, what is the poor laymen to do? In the schools, they are educating the youngsters to take their calisthenics with a tooth-brush, one end being in the mouth; and now come along Drs. Bass and Johns, who believe that they have discovered the cause of pyorrhea, otherwise known as Riggs's disease; and they are trying to make us believe that in our attempt to keep the mouth healthy, we are favouring the entrance of disease.

Probably these men are right in this contention; for it is a noticeable fact that pyorrhea is not at all confined to those who have neglected their teeth. We find it not infrequently in cases where there has been the most careful attention to mouth cleanliness.—

Exchange

NATURAL REMEDIES

THE title, perhaps, is misleading, or at least tautological; for how could there be an *unnatural* remedy? Unless a treatment calls into activity nature's recuperative forces, it is not a remedy. A dose of whisky may for the time seem to revive a prostrate man, but it sets in motion no lasting recuperative process. A sharp blow of a whip might in the same way revive a prostrate horse. A stimulant or a narcotic is not a true remedy. Every true remedy is a natural remedy; it gives nature an opportunity to work. Nature, after all, is the only healer. Disease is the result of some interference with nature,—with physiological processes,—and cure is brought about by the removal of such obstructions to nature's work, word.

What mother does not practice on her child some form of natural healing? The little fellow, having fallen and bumped his head, runs to mamma, screaming as if he were nearly killed. Having heard him scream before, she does not go into hysterics or lose her head; she gently rubs the injured spot, saying,

"There, Johnny, don't cry any more; it's all over now," or something similar; and the little fellow is soon smiling and back at his play. "More frightened than hurt," you say? Perhaps; but if that black-and-blue spot were on *your* head, you might have a different opinion.

Mother has not removed the bump. Her tender touch has helped to soothe the actual pain, and her words have stilled the mental tempest. Unwittingly she has employed two of the most efficient of nature's remedies. She may not even know the meaning of the words *massage* and *psychotherapy*.

Massage, requiring nothing but a pair of soft hands, good muscular development, some technical skill, and a sympathetic nature, is a vitalizing treatment. By increasing the flow of blood and lymph, it favours the removal of wastes, and increases the supply of nutriment to the various tissues. It is to the body what fertilization, cultivation, and sub-soil drainage are to the farm. It nourishes the muscles without exhausting them, it causes a renewal and renovation of all the tissues; and it may be made to exert, through the nervous system, other potent favourable influence on the body.

Modern cures, performed by the laying on of hands of the masseur, may some of them seem almost miraculous; but they are no more so than is the production of a gigantic crop by means of modern scientific agriculture. The masseur merely facilitates the physiological processes. But he has another channel through which he can influence the physiological processes that has no analogy in agriculture. The patient has a mind. With the laying on of hands there is more than the merely mechanical effect on the fluids and the nerve endings. There is also a change in the mental aspect of the patient. The skillful masseur, with full confidence in the efficiency of his methods, and understanding perfectly their rationale, has the opportunity to inspire his patient with such a measure of hope that it acts as a dynamic, rallying every cell in the body to co-operation with the purpose of the treatment. This is rational psychotherapy. It was not only the rubbing by the mother, but her words as well, that contributed to the removal of the painful incident from the centre of attention of the child, and thus minimized his sense of pain.

Not always have we regarded psychotherapy with unprejudiced mind. We have been inclined sometimes to consider it either a fraudulent method used by a faker, or a species of black art practiced by some one in league with

the devil. Let us realize, first of all, then, that psychotherapy is used unconsciously by every mother, and consciously or unconsciously by every person engaged in the healing art. Even if the physician or the nurse utters not a word—there is something in his bearing, some indication of hope and confidence in the ultimate outcome of the case, that the patient is very quick to read; and the hope thus inspired in the breast of the patient is the doctor's or nurse's most efficient ally. Whatever the method of treatment, despondency and pessimism on the part of the patient exert an unfavourable influence. Hope and courage, on the other hand, set in motion all the healing forces in his body.

Even the mechanical methods of spinal manipulation that seem to be based on an absurdity, and the ridiculous oxyfakes, and the worthless patent medicines and electric belts and other swindle of like nature, and such cults as Edyism and Dowdism, are not without their cures, thanks to the profound effect of an aroused hope, stirred up by the influence of the "doctor," or by the testimonials of other patients, or by the advertisements telling in convincing language the wonderful effects of the supposed remedy.

The fact is that back of nearly all disease there is a mental unrest, some bitter disappointment, some gnawing mental canker. It may not be the immediate cause of the disease, but it is there to hinder and retard recovery; in fact, the mental condition may determine the outcome of the disease. For this reason, successful treatment, of whatever school, is that which furnishes a nucleus of something, real or imaginary, round which the faith of the patient can crystallize.

No do not misunderstand me to mean that hope on the part of the patient will replace a damaged kidney, cure a cancer, or restore hair on a bald head. Let us grant that there are some things that will not be cured by any or all methods; but even in these cases, a hopeful attitude will enable the patient to make the best of a bad thing, and his health will be measurably better than if he were hopeless.—*Life and Health.*

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DEATH OF PASTOR H. R. SALISBURY

PASTOR H. R. Salisbury, the chairman of the International Tract Society, was among those reported lost in the *S. S. Persia* which was sunk by a submarine on the 30th December, 1915 near Crete in the Mediterranean. He had been to America to attend the Fall Council of the General Conference Committee of the Seventh-day Adventist denomination and was returning to India to resume his duties as President of that Mission in India, Burma and Ceylon.

Pastor Salisbury has occupied position of trust in connection with the denomination for many years and came out to India after several years as Educational Secretary of the General Conference of Seventh-day Adventists and President of the Washington Foreign Missionary Seminary. He had previously been principal of the denominational school in London for five years, and had spent several years also in charge of a similar school in Cape Colony, South Africa.

He was a careful but energetic leader, widely known and universally loved throughout the denomination, in fact by all who knew him, irrespective of creed or persuasion. His work in India has been remarkably successful and he was returning to India after a most favourably heard appeal for more help for the Mission in this country.

To shorten the period of his absence from this land of his sojourn, and from those duties which without worldly ambition he had undertaken because of his love of the people of India, he was returning via Europe at this time of uncertainty. For some reason the Master saw fit for him to be removed from his duties here and called him to his rest.

Why, we find it hard to understand; but He who doeth all things well will one day make even this plain.

We shall miss him with his kindly counsel, and invariable good cheer from our board meetings. A friend has departed from among us, leaving us to toil on alone, and because we shall not meet him here again, we mourn.

Pastor Salisbury leaves his widow, and a host of relatives and friends to mourn his loss. Mrs. Salisbury is still in Lucknow, having remained here, where for the last two years she has shared her husband's labours, bearing separation for months at a time that the Cause they both loved might have his unceasing care.

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