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*The Indian Health Magazine*  
*Issue for October*  
— 1916 —



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# HERALD of HEALTH

The Indian Health Magazine

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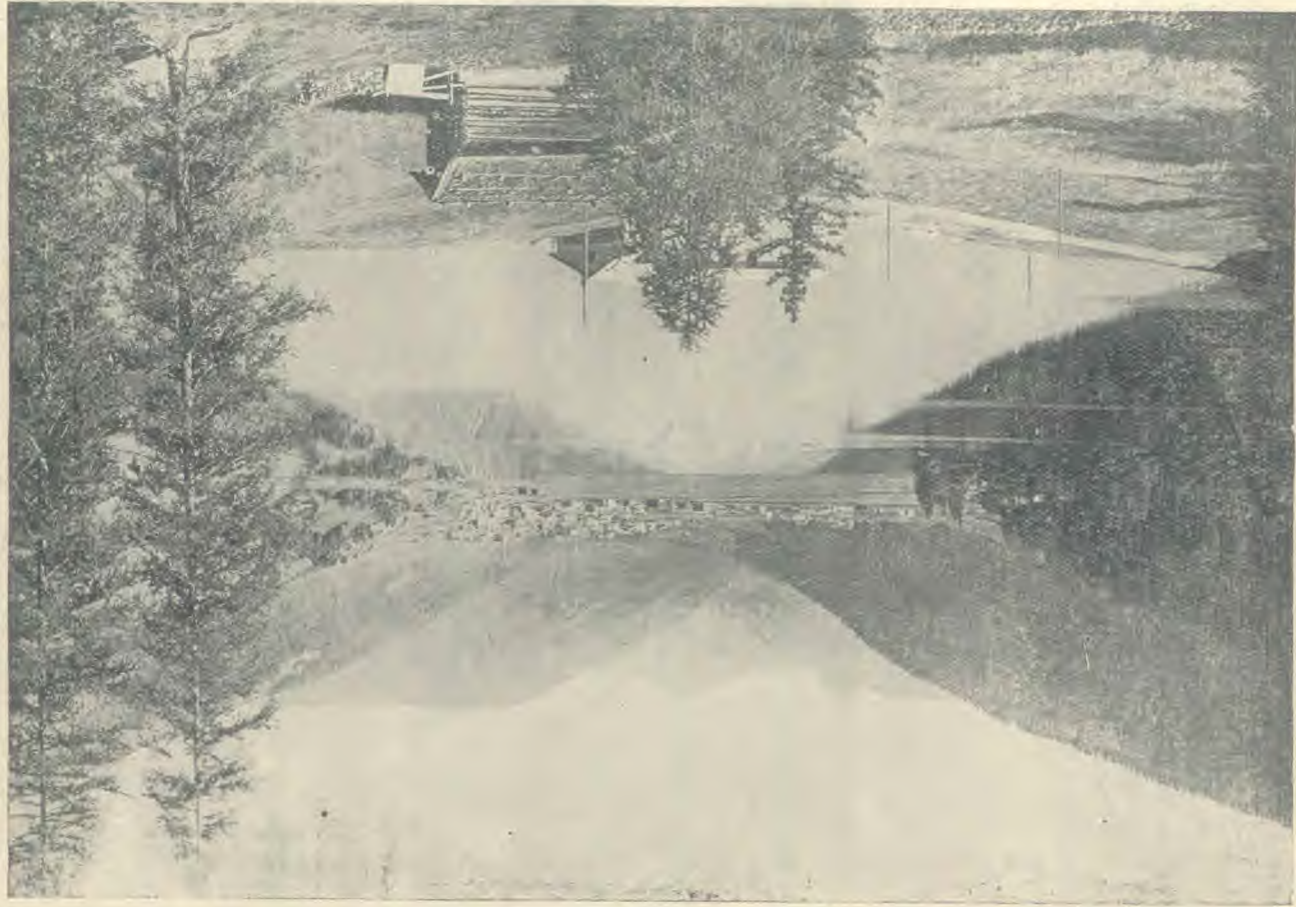
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## Contents, October, 1916

	PAGE
<b>FRONTISPIECE</b>	
Davos, Switzerland .. ..	215
<b>GENERAL ARTICLES</b>	
Look Out for Pneumonia .. ..	219
A Beauty Recipe .. ..	222
The External Use of Cold Water .. ..	223
Rules of Hygiene .. ..	225
<b>EDITORIAL</b>	
A Wrecker of Brain and Brawn .. ..	426
<b>MOTHER AND CHILD</b>	
Developing Baby's Muscles .. ..	228
School-Day Influences .. ..	229
The Mother of the Girl .. ..	230
<b>HEALTHFUL COOKERY</b>	
Proper Food Combinations .. ..	231
<b>TEMPERANCE</b>	
Heredity and the Cigarette .. ..	234
What a Careless Smoker Did .. ..	233
Alcohol and Mental Disease .. ..	235
<b>DISEASES AND THEIR TREATMENT</b>	
Short-Sight .. ..	236
Do You Cough? .. ..	237
<b>CURRENT COMMENT</b>	
The Dentist and Health .. ..	238
Is Arteriosclerosis a Disease or Only a Symptom? .. ..	238
The War and Women Physicians .. ..	239
Serum to Restore Life .. ..	240
Destruction of Tubercle Bacilli in Milk .. ..	240
Is Beriberi an Intoxication? .. ..	240

DAVOS SWITZERLAND



# GENERAL ARTICLES

## Look Out For Pneumonia

BY DAVID PAULSON, M. D.



THE hay fever season is past and gone; but what is far more serious, the pneumonia season is still with us. During the winter months pneumonia claims more victims than does tuberculosis.

Strangely enough, the pneumonia germ, like the poor, is always with us. The greater portion of our population carry around these germs in their throats every month of the year. Why then, do not more people have pneumonia?—Simply because the health and vitality of the average individual are enough to keep the pneumonia germs in peaceful subjection, instead of permitting them to get the mastery over us.

God maintains, in every healthy mortal, certain bodily defences against pneumonia, and these must be battered down before the germs can get the upper hand; just as it is our privilege to have enough spiritual vitality in the soul so that we shall not become victims to the devilish temptations that are constantly thrust upon us.

The appearance of rusty sputum, a severe pain in the chest, a persistent cough, and a sudden rise of temperature, in nine cases out of ten spell pneumonia. The fever, the increased heart action, and even the congestion in the lungs, are really Nature's last desperate efforts to gain the victory; but these curative efforts are sometimes so drastic that instead of destroying the pneumonia germ, they kill the patient. Nevertheless, the modern doctor is wise enough to appreciate these important agencies, and so cooperates with Nature, instead of smothering her efforts, as practitioners of former days fre-

quently did. He endeavours to give to healing reactions the guidance and direction they need.

The care and management of a pneumonia case is always a critical proposition. For this reason, it is not wise for the average layman to undertake such a responsibility. But everyone may do something far better than to cure a case of pneumonia; that is, he may prevent it.

### Prevention Is Better Than Cure

Some people inherit such an excess of natural vitality that they can daily squander it in riotous living, and yet have enough left to keep the pneumonia germs at arm's length; while others, who are not so fortunate, spend legitimately each day about all the vitality they have to spare. In other words, having no deposit in the bank, they are simply living from hand to mouth. Hence they are in danger of taking pneumonia as soon as they are subjected to some unusual exposure, such as loss of sleep, for most of our vitality is generated while we are asleep,

Others invite pneumonia by some outrageous dietetic indiscretion that produces auto-intoxication, which in turn cripples the natural forces of the body, so that the bodily defences go into bankruptcy, and the pneumonia germs seize the opportunity to break loose like an uncontrollable mob.

### Conservation — the Master Word

We read much, these days, about the importance of conserving our natural resources, preserving our forests, and developing better varieties of fruits and vegetables; but it is a thousand times more important to learn how to preserve and conserve our natural vitality,

so that we may successfully resist the invasion of disease germs.

Under ordinary circumstances, an unusual exposure to cold and wet is sufficient to bring on an attack of pneumonia. Then why is it we do not see more cases of pneumonia during a wet camp-meeting?—Simply because the people are constantly taking the fresh-air cure, and that is the best treatment for pneumonia. And do not forget that what can cure pneumonia, can prevent it.

The most intelligent doctors now endeavour to move their pneumonia patients outdoors; and as a consequence, surprising results are secured. The pneumonia ward in the Presbyterian Hospital in New York is up on the flat roof, with only a windbreak around it. That institution recently reported fifty-six successive cases of pneumonia without a single death; and not a drop of medicine was administered, except a few laxatives. Compare this record with the fifteen to twenty-five per cent death-rate under the old programme, when the patient was smothered in a stuffy room, and systematically doped with poisonous drugs that only hindered his recovery. Dr. Osler has well said there is nothing in bottles that is of any benefit in a case of pneumonia.

Every few hours, either the patient is moved indoors, or the windows are closed, if he is taking the cure in a room, heat is turned on, and the patient has a hot hip and leg pack, which brings twice as much blood down into the extremities as was there previously. That means only half as much blood in the lungs, and hence there is freer respiration and less work for the heart.

After this pack has been given a few minutes, it is removed, and a vigorous cold mitten friction is given to the entire body. This tones up the nervous system, and reduces the temperature; and the reaction that follows brings the blood to the surface, so it can cool off more rapidly. During this treatment, an ice bag is placed over the heart,

and it can be used advantageously from time to time during the day.

Great care must be taken that the shoulders shall not become chilled, as this aggravates the disease.

#### Take the Pneumonia Cure Now

Why not take the pneumonia cure in advance? Here is the prescription:—

Have your bed out on the verandah during the milder months of the year, and thus store up so much vitality that when the pneumonia germs begin to come in like a flood, you will have resistance enough to confront them. When you finally move your bed indoors, arrange also to move as much of outdoors indoors as is possible. If you find it inconvenient to open your bedroom windows, smash one or two windowpanes, and forget to repair them. It is better to have a broken window than broken health.

Are you afraid of a draught? Then become accustomed to it, just as your horses have become accustomed to the automobiles. Why not wrap up your head at night, as if you were going out driving? This will do no harm, provided you do not cover your face. Or hang a sheet a foot or two from the open window, to break the force of the wind. Buy an extra blanket or two, so you can keep comfortable. That is cheaper than hiring nurses after you get pneumonia.

Remember, the fresh-air fiend rarely becomes a pneumonia victim.

#### An Instructive Experiment

Several years ago, the pathologist of Rush Medical College inoculated two rabbits with pneumonia. To one of them was given alcohol, which used to be the orthodox remedy, and is not altogether out of style yet. That rabbit died. The other one recovered. A drop of blood was taken from the living rabbit and put under the microscope. The white blood cells were found to have eaten up the pneumonia germs. That saved the rabbit's life; for the white blood cells are one of God's great healing agencies, as well as

one of the most important defences He has established in our bodies.

A drop of blood was taken from the dead rabbit also, but the white blood cells had not eaten up the pneumonia germs in that. These germs had been left free to manufacture the terrible toxins that killed the rabbit, and that destroy human beings under similar circumstances.

Why did not the white blood cells destroy the pneumonia germs in the rabbit that had received the alcohol treatment?—No doubt because the same alcohol that made the rabbit drunk, also made the white blood cells drunk. In other words, they were anæsthetised.

This instructive experiment explains why, when the drunkard catches pneumonia, he dies so quickly. It also explains why the moderate drinker is always in greater danger of pneumonia than is the total abstainer.

A multitude of such experiments have taught the medical profession that alcohol has no place in the sick room, and is dangerous in health.

Do you sometimes take a few "drops" just to make you feel a little better? If you do, you are destroying your own divinely-appointed defences against disease. Is not that a dear price to pay for a few good feelings? It is almost as foolish as for a man to set fire to his house in order to see the flames.

#### The Poison-Feeling Delusion

The same is true of the entire stimulant family. Tobacco comes under the same condemnation. It contains no nourishment. It is a poison, and only a poison. The good feeling that it brings is the result of its poisonous effects. Some people have so much vitality that tobacco does not *seem* to do them any harm, but it never did anybody any good. A poison-free life is better than a poisoned one. The most intelligent physicians are beginning to appreciate this, although some of them, because of being slaves themselves to some poison, do not possess

the necessary courage to tell the truth as they know it.

Dr. Evans, the eminent pathologist, until recently health commissioner of Chicago, now the popular health writer for the *Chicago Tribune*, says that the thousands who are addicted to the use of tea and coffee are "drug addicts." He says that physiologists are compelled to regard coffee, tea, tobacco, and whisky as drugs in the same sense that opium and cocaine are. Certainly they are infinitely milder, but the same stimulant principle runs through them all.

Dr. Dixon, commissioner of health for the great state of Pennsylvania, says that both tea and coffee are stimulants, and though the mind is often stimulated for a short time by their use, there is a period of depression following. It is sometimes during this period of depression that pneumonia germs get in their deadly work. The "up and down" life is not an ideal one, neither spiritually nor physically.

#### Auto-Intoxication and Pneumonia

More people are poisoned from within than from without. The large intestine is a paradise for germs; and under certain conditions, decomposition takes place very readily there, and poisonous substances are produced that overwhelm the entire system, just as surely as if alcohol had been taken.

The luscious fruits, the nutritious grains, the wholesome vegetables, with dairy products, do not furnish a fruitful field for the germs that naturally inhabit the alimentary canal; while flesh foods are their best culture media, as every laboratory worker knows. When he wants to cultivate germs, he plants them in beef tea, not in fruit juice.

Is it not foolish to saturate the alimentary canal with putrescible material that is so readily transformed into virulent poisons? When stagnation of the alimentary canal exists—and that is the most common ailment among civilised people—then the conditions are ideal for auto-intoxication; and this condition favours not only pneumonia, but also

nervous prostration, neuritis, sick headache, depression, and a long train of other evils that are often supposed to be due to a dispensation of Providence, when in reality they are largely caused by unwise eating and drinking.

#### In Conclusion

The main reason why winter is the pneumonia season is because the cold weather drives so many indoors. That means inhaling poisonous air, thus furnishing an excellent opportunity for the pneumonia germs to

come to the front. To avoid pneumonia, breathe pure air; drink pure water instead of poisonous drinks; eat clean, wholesome food, fresh from the lap of Nature, instead of various, second-hand foods in the form of flesh, fish, and fowl.

Last but not least, have faith in God. He is not only willing to preserve us from "the pestilence that walketh in darkness," but He will also bless us with health and strength, provided we are willing to cooperate with the laws of health, which are indeed the laws of God.

## A Beauty Recipe

BY GEORGE TEASDALE

TO have features that are pleasant to look upon is a natural desire for every boy or girl to entertain, and it is proper to give some attention to the thought of how such features may be cultivated.

One day while reading an old book I discovered an excellent beauty specific which I have decided to divulge to my young friends, and my old ones too. The value of the recipe can be variously estimated from one hundred guineas up; indeed, some of my friends who know the secret think its value is beyond computation in coin of the realm, and they class its worth almost with life itself.

That the unguent may be most effective and its qualities shown to their very best advantage, it must be applied before the sun dries from off the grass the dew that was so beneficial to the complexions of our grandmothers when they were girls: or the application must be as soon after sunrise as possible. One remarkable thing about this cosmetic is that wet weather does not affect it disadvantageously, neither do the caresses of our friends in any way spoil its appearance; indeed they both add very much to its effectiveness.

Not only should it be applied regularly every morning, but frequently during the

forenoon should liberal doses be well rubbed in. Delicate persons need not be afraid of it, for it is a genuine skin food that has no evil after-effects of any kind whatever. If the morning anointings be carefully attended to, no special thought need be exercised for the evening, for at that time the effects of the earlier applications will be seen to their best advantage. The immediate results of a conscientious application of the lotion are truly magical; and when its use is continued persistently for a reasonable period of time, the benefits become so permanent that but little further thought need ever be given to the emolient.

Young women with faulty complexions, dull eyes, and even with irregular features and sour dispositions, by careful attention to early morning and forenoon applications, may become little less than glorified, a delight to their friends and acquaintances, and also to themselves.

Young men lacking in physique, with no figure, and of shuffling gait, can much improve their personal appearance and almost entirely obliterate their imperfections by a wise and constant use of this remarkable remedy; and they need never be ashamed to admit that they are using it, or to recommend their friends to do the same,



Good-looking people can use it with excellent effect, for it is not only a transformer, but it is also a preserver of beauty; and children ought to be taught to use it unstintingly.

Indeed, it is thought by some that when God saw how men and women would become marred by sin, and be ashamed of their physical blemishes, He provided this Edenic balm to hide their defects and even almost to beautify them; for it is possessed of qualities that have power to alter the features marvellously and change the cast of countenance.

Now what is this that enshrouds in a halo of beauty it devotees, dazzling the eyes of all beholders that they should not notice any physical blemishes, that bewilders and charms all their friends, that has a soothing and quieting effect upon their enemies, and is a constant cause of admiration and delight? The name of this wonderful specific, this magical remedy for nature's disfavours, is—Cheerfulness, a sunbeam from heaven come

to this dark earth to gladden the hearts and eyes of weary mortals.

Cheerfulness will do all that is claimed for it, and much more, if it be diligently and persistently applied when we feel least like using it. That is the time its virtues are best seen and felt. Cheerfulness will transform, or hide, a multitude of blemishes, as the glories of the setting sun transform this disfigured old earth into a paradise, covering the wounds and scars of sin with reflections of the glory of heaven.

Caution—As all genuine remedies are counterfeited or imitated by nostrums said to be just as good, or cheaper, or more easily obtained, so cheerfulness has its imitations. Many people think that foolishness, levity, giggling, and such-like behaviour, are the same as, or as efficacious as, the real quality. But they are deceived; there is as much difference between them as there is between the peach like complexion and healthful vigour of youthful beauty and its painted and padded and decrepit imitation.

## The External Use of Cold Water

BY W. HOWARD JAMES, M.B., B.S.

THE application of cold to the face and hands on rising is decidedly stimulating; the faculties are dull and inactive during sleep, but the application of cold brings them again into activity. Cold in itself is depressing to vital functions; the immediate effect of cold water to the skin is a contraction of its blood vessels and the driving away of blood, which means lessened functional activity. Our systems, however, are so regulated through the nervous system that they endeavour to overcome every untoward influence. Antitoxins and antibodies are produced in the blood to fight against the infective fevers, and the application of cold calls on the system to produce more heat; thus cold in itself would produce a depressing effect, but united with the fighting powers of our organism it is a stimulant.

The cold of winter would lessen the activity of both mind and body if it were not for its stimulating power on the appetite and the increased oxidation of the food after it has been incorporated into the system. It is the reaction of the system to cold, and not the cold itself, that makes the application of cold water a stimulant. Apart from the reaction, cold would be a depressant. It is difficult either to think or work when the body is cold, and unless cold produces a reaction it can do nothing but harm. The very young and old, the weak and anæmic, and those suffering from fatigue, will often fail to react to cold applications. Similarly, a great dislike to cold application, as in neurasthenia, will prevent reaction and do harm. It is the reaction after cold application that accomplishes a good result. If a cold bath or a cold sponge

is not followed by an increased circulation and production of heat, it does harm and not good. For a reaction we need a certain amount of vigour in the system. Where this does not exist it can mostly be supplied by the primary application of heat. A cold sponge or a cold shower will, in most cases, be followed by a healthy reaction if the system has previously been warmed up by hot sponging, the placing of the feet in hot water, or by a hot bath.

A cold sponge or a cold shower directly one rises from the bed will be followed by a healthy glow and increased activity of all the organs of the body; but, if the individual allows the heat to depart from his body by exposure to cold before taking the cold application, there may be no reaction, and the cold application will have an unfavourable result. The reaction can be helped by friction with a good, rough towel, and by exercise. Exercise either before or after the cold application will help the reaction. The reaction will also be helped by the room being moderately warmed. When cold is prolonged the reaction is overcome or prevented. To apply a short, cold application in fever would increase the production of heat, and do harm; but a lengthy and continuous application of cold removes heat from the body, and produces the much-desired fall of temperature. A tepid, or even a hot, sponge removes heat, but a short, cold sponge increases the temperature. This fact should be remembered in attending to unhealthy feverish conditions.

A hot bath without a cold sponge or cold shower will frequently lessen the temperature of the body and produce a "cold." The hot bath alone brings the blood to the surface of the body, and thus the heat of the body is quickly dissipated into the clothes or the air. Where the individual gets into bed immediately, this is not of so great importance, as the blankets retain the heat and prevent chill. A more lasting warmth, however, is produced when the hot bath is succeeded by the cold sponge or the cold shower. It should be remembered that the health of our bodies depends on their activity—idleness means ill-health. The man who keeps himself warm by a big fire and a hot room cannot enjoy the same health as the one who reacts to cold, whose system fights against the cold; and this fighting is helped by work, exercise, and good food. Only sufficient clothing should be worn to maintain an even temperature of the body; too many clothes day or night will do harm and lessen the vitality of our systems. Only use the artificial means when the natural methods are failing either through age, sickness, or other circumstances which cannot be overcome.

Frequently patients are recommended to have a daily sponging of the body with cold water, and there are very few who would not obtain benefit by this procedure. Cold water to the face stimulates the mental functions, and cold water to the body will increase the activity of all the underlying organs. The cold water, however, must be so applied as to produce a decided reaction.



## Rules of Hygiene

FOR those who would like a brief set of rules in aid to health to serve as a sort of general guide we commend the following which have been summarized by Prof. Irving Fisher of Yale University, after a conference with the American Hygiene Reference Board. With regard to rule seven, regarding meat and eggs, we should be inclined to substitute the following rule: "Use milk and milk foods and also eggs (sparingly) in place of animal flesh." Otherwise the rules are such as we can heartily commend to our readers:—

### Air

1. Ventilate every room you occupy.
2. Wear light, loose, and porous clothes.
3. Seek out of door occupations and recreations.
4. Sleep out, if you can.
5. Breathe deeply.

### Food

6. Avoid overeating and overweight.
7. Eat sparingly of meat and eggs.
8. Eat some hard, some bulky, some raw foods.
9. Eat slowly.

### Poisons

10. Evacuate thoroughly, regularly, and frequently.
11. Stand, sit, and walk erect.

12. Do not allow poisons and infections to enter the body.

13. Keep the teeth, gums, and tongue clean.

### Activity

14. Work, play, rest, and sleep in moderation.

15. Keep serene.

Commenting on these rules in the "American Journal of Public Health" Dr. E. Lyman Fisk writes as follows:—

"The application of these rules to one's daily life must be varied with each individual. The most practical method is for the individual to begin the improvement he would seek by constructing a typical day's programme in which time is provided for, say, breathing and other exercises in bed, bath, toilet, walk to business, meals, amusement, etc., with special notes and memoranda as to the particular faults of omission and commission to be corrected. One might also, as Benjamin Franklin records in his autobiography, keep a daily record for a week as to how nearly the programme is lived up to. By dint of such and other stimuli, the transition in habits can be made, after which the rules cease to be 'rules' as carrying any sense of restriction, and become automatic, like putting on or taking off one's clothes."—*Good Health*, London.



# EDITORIAL

## A Wrecker of Brain and Brawn

**A**LCOHOL, no matter in how minute quantities, is, if continually imbibed, a destroyer of brain power, an enfeebler of physical attainment. No moderate drinker, whether he is able to curb his appetite for the accursed stuff or is being gradually drawn into the vortex of drunkenness, but suffers the evil consequences of the habit he has formed, and loses in bodily and mental efficiency in proportion to the quantities of alcoholic liquors he consumes. This has long been recognized by reformers, and is coming to be an acknowledged fact on the part of the business world, the medical profession, and governments.

One writer has thus summarized the effects of alcohol upon the human system:—"Science has demonstrated that alcohol is a poison to the human system. It weakens man's brawn, impoverishes his blood, and injures his brain. . . . It lessens the power of the toiling man to do his labour. It makes the burdens of the miner heavier to be borne, and makes it harder for the mason to lift the stone, for the carpenter to wield his hammer, for the engineer to hold the throttle. It diminishes the logic of the lawyer, dims the genius of the writer, makes unsteady the knife of the surgeon, weakens the grasp of the business man over his affairs, quenches the ambition, cools the courage, and clouds the mind of the statesman." And another has said, "Alcohol is responsible for a large part of our insanity, inebecility, disease, and degeneracy. And now comes big business showing us that alcohol is responsible for most of our inefficiency."

As an indication of this attitude of business toward the use of alcoholic liquors by their

employees may be instanced the notice issued by the Standard Oil Company to all employees as follows:—"Everywhere the use of intoxicating liquors is being regarded with increasing disfavour, and many large corporations have recently issued circulars to their employees on the subject. The habit, as we well know, greatly reduces a man's efficiency and makes him unreliable.

"A great many of our men are sober and industrious, and we desire that their influence be exerted to induce the drinking minority to follow their example.

"It has been decided that hereafter promotions will be made only from the ranks of non-drinkers, and the continuance of the drinking habit by employees will be cause for dismissal."

Nor is the Standard Oil Co. alone in this matter. Its [circular indicates that "many large corporations" have issued similar circulars. In fact no great business organization exists which does not recognize the greater value and efficiency of a staff which is non-alcoholic, non-drinking. A good illustration of the business world attitude is seen in the following quotation:—

"Go to the best friend you have, and ask him for a recommendation. Tell him to make it as strong as possible. After he has said all the good he can of you, let him write at the end of the recommendation three words, and write them in red ink so they will be sure to be seen—"And he drinks." Then take the recommendation to any man who has money enough to employ another, and watch his face when he reads the recommendation — and then wait for a job!"

Such, then, is the attitude of business

toward those who drink intoxicants. Can any man of responsible judgment recommend either by word or example such a handicap to the labourer, clerk, or professional man? In the light of modern revelations on the evils of alcoholic consumption we doubt it.

Some will say mayhap that it is frequently recommended by physicians and used by them both as a beverage and medicinally. We do not deny it, neither can we exonerate them, knowing as they must the results of modern discovery in these matters. We shall let physicians themselves say what their correct attitude should be. Dr. Howard A. Kelley, professor of diseases of women, Johns Hopkins University, U. S. A., says of it,—“It is clear in the light of experience and of recent research work, that alcohol ought to be classed in the list of dangerous drugs, along with morphine, cocaine, and chloral, a drug which may so affect the will power as to gain the complete mastery over a patient, and in the end destroy him. English and German physicians have demonstrated beyond a question, that the continued use of alcohol in any quantity is not only useless, but positively harmful; and on the basis of experience, I appeal to my colleagues everywhere to abjure its use.

“One of the most alarming effects is that observed in the arterial walls and in the heart muscle, which are weakened. The impairment of nutritive processes is another pronounced factor. All rational surgery and treatment of diseases takes into serious account the question of the use of alcohol by

the patient. This is science, and not sentiment or theory.”

Another physician, George W. Webster, M. D., says:—“We deserve condemnation as a profession when we assume the attitude of sneering contempt for the efforts of clergymen, laymen, enthusiasts, and reformers in their attempts to stamp out this evil,—just as we would deserve it if we would assume the same attitude toward them if they attempted to stamp out yellow fever or malaria. Fortunately the question is receiving new attention from earnest men who have the courage of their convictions, and who see with clear vision, and who will not be deterred by sneers or criticism.”

“Public opinion demands, and has a right to demand, in no uncertain tones, that the action and influence of alcohol be determined and settled by the medical profession, and that we then teach the people the truth fully, conscientiously, and fearlessly.”

Alcohol is one of the dangerous habit-forming, body, soul, and mind debasing drugs. Science is more clearly demonstrating day by day, that owing to its adverse influence upon the body, upon society, upon the national life and its future prosperity, it should be listed among those drugs, those deleterious poisons which should be used only upon the orders of a competent physician and then never as a beverage. We are living in a time of revolutionary changes of a world wide nature, and those nations which ban this demon from their realms will be the makers of future history. Any other course is but to invite eventual downfall. W.



# MOTHER AND CHILD

## Developing Baby's Muscles

BY G. H. HEALD, M. D.



HE normal newborn baby is perfect, in the sense that it is free from disease; but in another sense, it is very imperfect, for its powers are wholly undeveloped. Of all creatures coming into the world, it is the most helpless, and it is helpless for the longest time. It must learn to see, to hear, to smell, perhaps to taste, as well as to walk, speak, read, write, etc. True, it is an automatic sucker, almost from the first, and were it not for this reflex mechanism by which the presence of any body within the lips will stimulate to suction, the baby might not survive, for it probably does not feed because of an inborn liking for the food, but because it has to, as it has to breathe. That is, sucking is probably entirely reflex at first, as breathing is reflex. It is doubtful whether baby has any of its senses developed at first.

Even baby's digestion must be developed, and to this end the mother's milk is so constituted that it trains the baby's digestive powers for the foods normal to it in later life. Cow's milk or mare's milk, though admirably adapted to the development of the calf or colt, will not give the best training to baby's digestion. This is one important reason why mothers should nurse their own babies if possible, and not leave them to the makeshift of the nursing bottle and the bottle of milk from the dairyman, or the can of condensed milk from the corner grocery.

Baby's muscles must be developed. He is weeks learning to sit up, and months learning to stand and walk. All this time his delicate muscles and controlling nerves are being trained for their future work, and the only

way this training takes place is by exercise

Baby, after some days at rest, instinctively feels the need of exercise, and how he enjoys kicking and throwing his arms when they are free! Whether or not we direct his exercise, he has his regular gymnastics as often as occasion offers, provided he is a healthy baby; and if he is so bundled that he cannot kick, he will likely squirm and yell, and thus get more or less exercise even if it is not under the most favourable circumstances. But the exercise in the free, with perhaps an air bath if the temperature is favourable, is the best for baby; and he usually can be trusted to take some exercise at the time of his bath. Mother should plan to let him have all the exercise he wants, and should assist him in his exercise, directing his movements; and he will enjoy it, I assure you.

But for about two weeks baby takes no exercise. Is it because he is enjoying a necessary rest after the most hazardous and most eventful trip of his young life? During this period he should be allowed to sleep practically all the time except for feeding, bathing, and dressing; and these interruptions should not come too often.

After two weeks, if he is carried in the arms two or three times a day it affords a desirable change in posture; but as the spine is not yet strong enough to bear the weight of the trunk and head, and a little careless handling may induce a permanent spinal curvature, the spine should be supported. A good method at first is to carry him on a pillow or lengthwise of the nurse's arm, so as to give full support to the spine. He should not be lifted by grasping around the chest. Later,

between the age of twelve and thirty weeks, the spine having grown sufficiently strong to afford some support to the trunk, baby may be carried seated on one arm, usually the left, the other hand supporting his head and back. Little by little, as the spine becomes stronger, the support may be diminished.

Do not be in too much haste to expose him to the outdoor air. If the weather is pleasant, he may be given outings at the end of three or four weeks, beginning with a quarter of an hour the first day, and gradually increasing the length of the outing. But in cold weather it may not be wise to begin the outings until he is two or three months old. On damp, chilly, or windy days the outing should be postponed, except for babies who have had some hardening. The schedule which requires baby to go out every day, rain or shine, cold or warm, may do more harm than good. In any case, the condition of the feet and hands should be a guide to the mother or nurse. If the hands and feet are cold, the outing should be terminated immediately, and warmth should be applied to the extremities. Baby should be carried these first outings, but later, as he is

better able to manufacture his own heat, he may be pushed in a carriage. The baby carriage should preferably have rubber tires, and should be fitted with a device to protect baby from sun and wind, and should be adjustable to the growth of the little one, and to the sitting position, and it is better to be collapsible for use on street-car trips.

A portable pen makes a convenient place for baby to play in the open when he is older. But a smaller pen may be improvised for the house, the floor of the pen being covered with a clean sheet. A wire cage, three by four feet, on wheels, with a mattress in the bottom, is an excellent playground for baby while he is young. Crawling and walking are exercises he will begin at the proper time without any urging. The attempt to encourage him to walk before his bones are strong enough may cause deformity of the legs. After the child has learned to walk and has outgrown his carriage, it is not wise to permit him to take long walks at the first. In order to avoid the necessity of carrying him when out for a walk, the two-wheeled go-cart may be used to advantage.

## School-Day Influences

BY SEARLOT M. HALL

**T**HERE comes a period to all children, from ten to fifteen, when they begin to grow dimly aware of the mystery of life; to restlessly seek its solution, and to realise that the nursery story of the angel bringing little sister is not true. Their playmates drop bits of knowledge, and the mysterious silence preserved by mamma only serves to whet their curiosity. Then come school days and associations, and after a year or two the mother would be much surprised if she could just know what is being talked among her children and their playmates.

I do not wish to speak against our schools, but I know from my own experience that neither teacher nor mother can have any

adequate idea of what goes on during play hours. I often wonder how parents can be so blind, so careless of the little notes that pass from hand to hand, and the secrets told with elaborate precaution. Children from all sorts of homes meet and mingle freely, and the stories told and language used is a shock to a thoughtful mind.

Perhaps I have the advantage of inside knowledge, for I went, a shy, quiet girl from a lonely country ranch to a town school. The earnest intention to study medicine and make it my life work had given me considerable knowledge at a very early age, and to me the production of life was a holy of holies. Absorbed in my studies, I did not join any class

or set, and soon the girls laughed and joked and told their experiences before me as if I had been deaf or blind. They were all nice girls, from the best families; but the things I heard them tell made me resolve that no daughter of mine should ever leave her mother's care without the protection of knowledge.

The girls were not to blame; they were simply the victims of perverted curiosity. They came from homes where these deeper subjects are tabooed, and helpful books forbidden. Their mothers were advocates of innocence preserved by ignorance, not protected by knowledge.

What a sad mistake! It was the girls kept in ignorance by mothers who listened most eagerly to those unspeakable tales.

The sweetest innocence is knowledge that closes ears and mind to all low influences.

Every mother should herself give her children, both boys and girls, this knowledge by the time they are ten years old, or twelve at the farthest. Not fully, perhaps, but by degrees. Show them the wonders of plant life, and lead up so to the higher.

Boys need this home training far more than girls, for they come earlier in rough contact with the world, and see and hear so much that is spared their sisters. Older boys are all too ready to teach the little ones evil things, and grown men are sometimes brutally careless of their words and actions. Many a boy has ruined mind and body in his pitiful ignorance and before his parents would have believed the thing possible.

## The Mother of the Girl

THE Mothers' Club was meeting at Mrs. Gardner's. The Gardners were newcomers in Maplewood, and this was the first time Mrs. Gardner had entertained the club.

The programme was finished at half-past four. Five minutes later three girls appeared with refreshments. One was Polly Gardner; in the others two of the ladies recognised their own daughters. The girls were in the happiest of spirits, and thoroughly enjoyed the surprise.

"Why, didn't you know Christine and Bess were going to help Polly?" Mrs. Gardner asked, seeing the surprise. "I supposed they told you. They didn't let me know—the scamps!—that they were planning a surprise for their own mothers. They made everything, you know—salad and biscuits and all."

"But Christine never made a salad in her life!" Christine's mother exclaimed.

Mrs. Gardner lifted her brows whimsically. "You see, Polly adores to 'boss' things," she explained. "But the child is fair. She is ready to take orders, too, when her turn comes. We've talked that all over many times—haven't we, daughter?"

Polly's clear, laughing eyes looked straight into Mrs. Herrick's.

Mother had a terribly hard time making me see," she confessed honestly, "but I do see now. I'll prove it to Christine whenever she wants me to."

The refreshments were delicious—everyone said so; yet more than one of the ladies ate absently, and finally when the girls had removed the plates and gone off in a merry group, one of the mothers turned to Mrs. Gardner.

"I wish you'd tell me how you do it," she said abruptly.

"Do what?" Mrs. Gardner asked in surprise. "Do you mean the salad? You see, Polly and I are comrades. We always have our fingers in each other's pies, and she prepares the refreshments for my guests, and I for hers. We think it tastes better so."

"No, I don't mean the salad. I mean—everything. The comradeship between you two—"

Mrs. Herrick's voice broke. A silence—a deep, listening silence—fell over the room, and Mrs. Gardner understood.



"I had to have a lesson," she said slowly. "My little daughter gave it to me three years ago. One day she ran up to my room full of excitement over some school matter. I had work that I thought important, and put her off. The colour flamed into her face, and she cried,—*'The kind of mother a girl wants*—.' I did not hear anything beyond those words. The justice of them pierced me like a sword. I knew clearly and definitely

—all mothers do—the kind of daughter I wanted mine to be. Had she not just as much right to the kind of mother she wanted? She was trying to meet my ideal; had I ever even stopped to think whether she had an ideal for me? That was the beginning. I began that moment to try to learn, and then to become the kind of mother my little daughter wanted. That is all there was to it, ladies." —*Selected.*

# HEALTHFUL COOKERY

## Proper Food Combinations

(Concluded from September "Herald")

BY GEORGE E. CORNFORTH

### Balanced Breakfast, Dinner, and Supper

BREAKFAST				DINNER					
	PRO.	FAT	CAR. TOT'L		PRO.	FAT	CAR. TOT'L		
1 ordinary serving of oat-meal, 4¼ ounces.....	14	5	57	76	1 good-sized serving baked beans, 8 ounces.....	50	41	137	228
About ⅓ cup cream, 2¼ ounces.....	6	110	12	128	1 large baked potato, 4 ounces.....	13	2	113	128
1 egg.....	26	53		79	4 slices bread, 4 ounce...	40	20	244	304
1 medium baked potato, 3 ounces.....	10	1	86	97	Butter, ½ ounces.....	1	113		114
2 slices Graham bread 2 ounces.....	20	10	122	152	Fresh tomato, 5 ounces...	5	55	25	35
2 apples, 8 ounces.....	4	10	132	146	Apple pie, 3⅛ ounces.....	13	81	156	250
	80	189	409	678		122	262	675	1059
SUPPER				TOTAL					
	PRO.	FAT	CAR. TOT'L		PRO.	FAT	CAR. TOT'L		
2 slices Graham bread 2 ounces.....	20	10	122	152	Breakfast.....	80	189	409	678
Butter ¼ ounce.....	0.5	56.5		57	Dinner.....	122	262	675	1059
1 glass grape juice, 6½ ounces.....			154	154	Supper.....	20.5	66.5	276	363
	20.5	66.5	276	363		222.5	517.5	1360	2100

IT will be noticed that the breakfast has more protein than is necessary,—that is, more than ten per cent—even though only one egg is used in the meal. And it has more than enough fat, more than twenty-five

per cent, though no butter is included. The dinner also has a little larger proportion of protein than is needed, though it includes no meat, milk, or eggs. Because breakfast and dinner contain so much protein, it is

necessary that supper consist of foods low in protein, that the total may not be much too high in protein. With such a supper, the total adds up with a slight excess of protein. The cellulose is supplied in these meals by the fruits, vegetables, oatmeal, and Graham bread, and all the foods supply mineral elements. If desired, the butter could be replaced by an equal weight of olive oil or nuts, or by three and one-half times the weight of the butter in ripe olives.

We will give another set of breakfast, dinner, and supper menus, equally well balanced, but will omit the figures.

#### BREAKFAST

- 1 fresh peach, 4 ounces
- Corn flakes,  $\frac{3}{4}$  ounces (1 dish)
- Cream,  $2\frac{1}{4}$  ounces
- 2 whole-wheat puffs,  $3\frac{1}{4}$  ounces
- 1 glass milk,  $6\frac{1}{2}$  ounces
- 1 dish apple sauce,  $3\frac{1}{2}$  ounces

#### DINNER

- Bean soup,  $4\frac{3}{4}$  ounces
- Pine nuts, 1 ounce
- Mashed sweet potatoes,  $3\frac{1}{2}$  ounces
- Spinach, 3 ounces
- Stewed corn,  $2\frac{1}{4}$  ounces
- Bread, 2 ounces
- Date pudding,  $2\frac{1}{2}$  ounces

#### SUPPER

- Stewed figs, 2 ounces
- 1 pear, 4 ounces
- 1 glass apple juice, 6 ounces

This breakfast needs no butter, on account of the cream and milk it includes, and the dinner needs no butter, on account of the pine nuts. And breakfast and dinner include enough protein and fat for the whole day, so that in order to avoid having the total for the day include too much fat and protein, I have made up the supper entirely of fruit.

That the reader may see what a balanced meal of fruits, grains, and nuts is like, I would write down the following dinner, which includes 1050 calories, of which 114 are protein and 251 fat:—

- 6 slices bread, 6 ounces
- About 5 walnut meats, 1 ounce
- About 1 teaspoon pine nuts,  $\frac{1}{8}$  ounce

A little less than one-half package of raisins, 6 ounces

A balanced meal of fruits and nuts alone consists of—

- $1\frac{3}{4}$  ounces pine nuts
- 7 ounces raisins

This meal contains 1050 calories, of which 102, or about ten per cent, are protein, and 315, or exactly thirty per cent, are fat.

Another approximately well-balanced meal would be—

- Split pea soup
- Macaroni and cottage cheese
- Mashed potatoes
- Tomatoes
- Bread and butter
- Pineapple tapioca

It is designed to follow these lessons that have given fundamental facts about foods—the first thing taught in a series of lessons in cooking—by a series of lessons such as would be given in a cooking school, so that, by following the instructions and directions given, one may have a cooking school at home. These will be lessons, however, not merely in *cooking*, but in the *healthful* preparation of food,—lessons in the preparation of food so that it will be *wholesome* as well as appetizing. It is coming to be recognized more and more that there is a very close relation between diet and health, diet and efficiency, and diet and morals. It has been said, "The soul that would soar has often been fettered by a pork and pancake-fed body." It has also been well said, "The woman who thoughtfully selects proper food and drink for husband, father, brother, or little ones, exerts a far-reaching influence toward clean thinking and successful achievement."

And because these will be lessons in healthful cookery, there will be no use made in them of certain substances sometimes called "food adjuncts," that are usually spoken of in connection with the food elements. I mean spices and condiments. These are not foods. They are not nutritious, they do the body no good, but do their little part, along

with many other things, in bringing about old age and the early breaking down of the vital organs. A Paris physician has shown that the acid of vinegar is twice as active as alcohol in producing degeneration of the arteries; and pepper, six times.

People who eat an abundance of fruit generally find that they do not crave condiments and spices. These seem to harmonize better with a flesh diet. And really, it does seem that something of that kind would be required to cover up or disguise the taste of dead flesh, or oysters, lobsters, crabs, and other such things.

Some little time ago I attended a class for the general public at a cooking school, at which a meal was prepared, designed to teach those present how to prepare what is considered by the best people at the present time to be a good meal. Black pepper and red pepper were used freely in the hearty foods, of which there were three different kinds. And such mixtures! The salad contained one kind of liquor, and the dessert two kinds. After the sample dinner was prepared, the foods were passed around to be sampled, and there was not a single thing in the whole meal that I would put into my

mouth. I could not help thinking that the very first place a person would want to get to, after eating such a meal, would be a liquor saloon. I am sure that many mothers are, by the food they are preparing, creating in their children an appetite for liquor and tobacco that will lead them into drunkards' graves. I once heard a minister say that he contracted the tobacco habit when he was seven years old, and that his first chew of tobacco was the sweetest morsel he ever tasted. He attributed his early tobacco appetite to the fact that his mother was a good cook, as cooks are usually judged, and had on the table everything that was supposed to make food taste good. Of course, that man had a tremendous struggle, in later life, to get rid of the tobacco habit, and he attributed his emancipation from slavery to the tobacco habit to the grace of God alone.

I believe that food may be prepared in such a way that it will be an aid to us in becoming fit subjects of the kingdom of heaven, rather than lead us into the snares of Satan. And the preparation of food with the health of body, mind, and soul in view, is what we purpose to teach in the lessons that will follow.

## What a Careless Smoker Did

A FEW weeks ago a frightful tragedy happened on a motor-bus in the Strand. A girl of seventeen was riding on the top of the omnibus when a careless smoker dropped a light near her summer dress which instantly took fire. In a few seconds the young woman was enveloped in flames and although an attempt was made to extinguish them she was so terribly burned that she died a few hours afterward. Comment seems superfluous. The selfishness of the average smoker is something appalling. He seems to have no consideration for anyone except himself. Smoking should not be permitted on top of the trams or omnibuses. There is not only danger of an accident of this kind but also of having the ashes blow

into the eyes, sometimes causing serious mischief and great distress.

Surely tobacco is one of the luxuries that ought to be prohibited at least for the duration of the war.—*Good Health*, London.

...

BEFORE the Professional Women's League of New York, Miss Blanche Weaver delivered an address, in which she said: "The blood is purified by air. If you wear corsets, you constrict the lungs and diaphragm, and you don't get enough air. An elephant takes eight breaths a minute; a mouse takes 120. A tight-laced woman takes pretty nearly as many as the mouse, and is of just about as little account."

# TEMPERANCE

## Heredity and the Cigarette

BY D. H. KRESS, M.D.



At a medical meeting, a doctor who was demonstrating a sphygmometer, a new instrument for determining the blood pressure, after testing a physician friend of mine and me, expressed surprise to find us at the age of over fifty with a normal blood pressure. My friend, who has for years been an extremely temperate man, said to him, "How is your blood pressure?"

To this he replied, "High."

"Well," said, my friend, "Do you smoke?"

He said, "Yes."

"But," said my friend, knowing that tobacco is reputed to be one of the chief causes of arteriosclerosis and high blood pressure, "you ought to know better;" to which he answered, "I do, but what is a fellow going to do when he feels like the devil?"

Here, possibly, we have the true cause of the tobacco habit, and, in fact, of other forms of drug addiction. Tolstoi ascribed smoking "simply and solely to the desire to drown the warning voice of conscience." Tobacco is so prevalently employed because so many feel as did this physician when they attempt to do without it. The unpleasant feelings may be physical, mental, or moral. Tobacco smothers for the time being these unpleasant and unwelcome symptoms. It is in heavy demand in the trenches at the present time.

Some time ago, when I was traveling with a physician's wife who was as a social worker and temperance advocate, she told me how extremely nervous she was. Our

conversation drifted to cigarettes and their growing use among women. To my surprise she said, "Doctor, do you know that notwithstanding all I know about the evils of cigarette smoking, if I thought they would give me relief from my nervousness I would take up their use?" Then she added, "I have actually been tempted to resort to them, even if they afforded only temporary relief."

Boys often begin the use of cigarettes because they have disagreeable nervous symptoms, and after having formed the habit they continue their use because of the aggravation of these symptoms when attempting to do without cigarettes.

But why are there so many nervous children? There must be a cause for this condition which leads so many of them to seek relief in cigarettes. Some time ago, in passing through a building in the city of New York, where there was a Child's Welfare Exhibit held especially for the education of the poor of the city, I noticed one poster which read, "Do not give coffee or tea to children. They are poison to the child." I said to myself, "Well, that is sensible." But the thought came to me, "Why not go farther? If tea and coffee are bad, and only bad, for the child *after it is born*, because of its delicate organism, are they not equally bad for the child before its birth, when its organism is still more delicate?" Women should abstain from the use of tea and coffee for the sake of the child that is to be.

The welfare of children must be thought of before their birth, if we would have normal children. Many of the children of today are born with unstable nervous systems because of the wrong habits of fathers and

mothers before their birth. These little ones, being nervous and often mentally deficient, naturally take to the cigarette or any other form of drug addiction.

Scientists who have carried forward investigations for the purpose of ascertaining the relation that mental defectiveness sustains to prostitution, claim that eighty-five per cent of the prostitutes in our large cities are mentally deficient, and have entered upon a life of shame because of this unstable and defective mental state. Ninety per cent of these prostitutes are cigarette smokers, and many of them are victims of other drug habits. A few years ago experiments were conducted in England on inebriates. It was found that eighty per cent of the inebriates gave evidence of having been mental defectives. This was undoubtedly responsible for their being slaves to drink. Should the same scientific tests be made of boys who at nine, ten, eleven, or twelve years of age begin to smoke cigarettes, it would probably be found that mental deficiency or an unstable nervous mechanism is responsible for seventy-five or eighty-five per cent of the cigarette addiction. From my own observation I should say that two thirds of the boys who are victims of the cigarette or other forms of drug addictions are so because they have a defective heredity. There is usually a history of the father's being a heavy smoker,

or a drinker, or both, or of the mother's being a heavy tea or coffee drinker.

Another thing I have observed, is that boys whose fathers did not smoke nor drink are usually more moderate in the use of cigarettes if they form the habit, and are able to give up the practice much more readily than are those whose fathers smoked or drank.

It is recognized that youthful criminals are almost without exception cigarette fiends. But the cigarette-smoking boys who fill our criminal courts are usually those whose fathers also smoked and drank. It is in the second and third generations of smokers that evidences of mental and moral degeneracy are most marked.

Three-fourths of our youthful criminals, we may safely say, are slaves of the cigarette, and they are such because of poor heredity. The cigarette and smoke inhalation in America date back only about forty years. The use of cigarettes has increased 700 per cent during the past thirteen years. Already we are beginning to reap the results of our fathers' transgressions. What the next generation will be can scarcely be imagined. Had we the privilege of choosing our ancestors, which unfortunately we have not, not one would chose those who are victims of the cigarette habit. If this evil is permitted to be perpetuated, conditions will soon be irreparable.

## Alcohol and Mental Disease

ROSANOFF, in an address published in the *Boston Medical and Surgical Journal*, April 27, 1916, says that even moderate drinking, especially when it becomes a daily habit, though not likely to make one insane, is sure to reduce physical and mental efficiency, thus killing the best that is in one as long as it is indulged in. Many persons, he continues, who have an inborn predisposition to mental disease, but who, had they abstained from alcohol, might have avoided an actual breakdown, have been brought to hospitals

for the insane by habits of intemperance. Much larger numbers have been brought to hospitals by the same cause who would never have developed their insanity were it not for their intemperance. This is only the mental side; on the physical side is the part played by alcohol in the production of such disease as chronic gastritis, cirrhosis of the liver, and inflammation of the nerves. Nor is this all; we have in addition the relationship which exists between alcohol and vice, crime, pauperism, and other social evils.

# DISEASES AND THEIR TREATMENT

## Short-Sight

BY A. G. SIMMINS, L.R.C.P., M.R.C.S.



WHENEVER the cartoonist of to-day draws a German he draws him with spectacles. The only exceptions are the Kaiser and the Crown Prince. Everyone who knows Germany at all will agree that the wearing of spectacles is much commoner in Germany than in this country. The reason for this is that the more severe system of education over there characterized by more book-work and less play than in this country, leads to an enormous number of children becoming short-sighted.

A person who is short-sighted or "myopic," to use the scientific term, cannot see things clearly at a distance. He often gets into trouble through cutting his best friend on the street, because he does not recognize him. He cannot play games because he cannot follow his golf ball and does not see the tennis ball until it is close upon him. On the other hand he reads the smallest print with ease and in a light in which a normal person can hardly read ordinary print. Short-sighted people are very common in this country, though fewer than in Germany.

Civilization has been accused of causing many evils, of which this is one. It is to reading and writing, sewing, drawing, and fine work of all kinds, performed in a poor light and under other adverse conditions, that we have to look if we would find the causes of the greater number of cases of short sight. These have all come in the train of civilization. But short-sight must not be looked upon as altogether an evil. In a moderate form it may almost be said to be an advantage to the person who has

to earn a livelihood by some kind of fine work. Some people regard it as an adaptation of the human body to meet the new conditions of life in civilized lands.

Simple "myopia" or short sight usually commences between the ages of eight and fifteen years and progresses slowly until maturity is reached, when the condition becomes stationary. It is a disease which does not appear to be transmitted directly from parents to children, but in some families there is a greater tendency for eyestrain to cause myopia, than in others. Anything which renders the sight imperfect may cause or serve to increase the myopia, such as astigmatism or injuries to the front part of the eye. Anæmia and other debilitating illnesses help to increase the trouble.

What actually occurs in a short-sighted eye is this: Either because the tissues forming the eyeball become weak, or because the eyeball becomes compressed by the muscles surrounding it, or both, the eyeball becomes elongated. What happens then can be understood if we compare the eye for a moment to a camera. Imagine that a camera has been focussed ready for taking a portrait. The image of the person being taken appears on the focussing screen and is quite sharp and clear. In the normal eye the same clear picture is formed on the retina. If now the camera is pulled out longer everything is thrown out of focus and the image is blurred. Exactly the same thing happens in myopia. The eyeball is elongated and objects at a distance are not seen distinctly. If a concave lens is placed in front of the altered camera or in front of the myopic eye, things will become clear again.

There are one or two other, but very uncommon, causes of myopia due to disease of the cornea or lens. The pressure of the muscles surrounding the eyeball which may lead to myopia occurs when the eyes are centred on objects close up to the face, hence one reason why close work is so harmful.

The following things are noticed in the child or adult suffering from myopia.

1. Distant objects appear blurred; they are seen better when the eyes are half closed.
2. Small print can be readily seen.
3. Print can be read more easily in a bad light than it can by a normal person.
4. Black spots floating in front of the eyes are very often complained of.
5. There may be an outward squint of the eyes.

As the years go by and the fifties and sixties are entered upon the condition in many cases seems to get a little better, and "presbyopia" or old sight, instead of coming on at the age of about fifty is delayed for a considerable time.

There is another, and fortunately much rarer, form of myopia which does not remain stationary throughout adult life but becomes rapidly worse and worse until vision is practically lost. It is usually associated with some other disease of the eye. There is no means

of stopping the progress of this so-called "pernicious" myopia, though relief may be obtained by resting the eyes for six months and wearing a dark shade. An operation will in many cases, in conjunction with glasses, give back fairly good sight.

The treatment of the simple form of short-sight is quite simple. Concave glasses must be worn constantly and care taken that no straining of the eyes occurs. Any fine work or reading that is being done, must be held at a good distance from the eyes in a good light. The most important thing is not that the work must not be very fine or delicate, but that it must not be held too close. Children must be taught to sit up while reading or writing, and not bend down so that the face is brought close to the book. Myopia is often found in weakly children who also have adenoids and enlarged tonsils. These children must be encouraged to play games and keep out in the open air, and if the doctor considers it necessary, they should have their tonsils and adenoids removed surgically.

Myopia even in this country is becoming an increasing evil, but one which in the great majority of cases can be avoided. The school medical officers and teachers are in most places doing their part in trying to prevent its spread; they can do more if they have the cooperation of the parents at home.

## Do You Cough?

**I**F you have a cough, don't say, "It's nothing but a cold." You may be injuring yourself and others. Go to a doctor who knows, and learn the truth.

Persons suffering from tuberculosis should earnestly desire to know that they have tuberculosis, that they may take advantage of the modern methods of treating the disease, and be restored to health. They should know that "bronchial trouble," "throat trouble," "stomach cough," and such terms are only deceptive, and mean, in many cases, consumption. They should also know that

spitting of blood, unless positively from the gums, nose, or throat, is in all probability from tuberculosis of the lung. Repeated protracted colds are often signs of tuberculosis. A cough that hangs on for any length of time should always excite suspicion.

Among the special directions for members of the household of consumptives are that young children should not be allowed to play in the sick room of any one who has any disease of the lungs. Playing on the floor of the sick-room especially should be absolutely forbidden.

The germs of consumption are more dangerous for children than for adults. Mothers with tuberculosis should not nurse their infants, as nursing involves a considerable danger to the child, and a heavy drain upon the mother's vitality. Mothers should thoroughly wash their hands before prepar-

ing the bottles or handling the infants' food.

Patients with pulmonary disease should not kiss anyone on the mouth. If the mouth and lips have been carefully cleansed, kissing is perhaps but slightly dangerous.—*Journal of the Outdoor Life.*

## CURRENT COMMENT

### The Dentist and Health

WITH regard to mastication it is interesting to note that it is essentially the vegetable portion of our food that demands thorough chewing. As Dr. Harvey Campbell points out in an article in the *Lancet*, April 8, 1916, the carnivora do not masticate their food, while on the other hand all the vegetable-feeding mammals are laborious masticators. This is because vegetable food consist of a cellulose framework more or less dense, which it is necessary to break up, so as to liberate the contained nutrient particles and allow them to come under the action of the digestive juices.

Man, as is shown by a study of the teeth of primitive man and of our ape relatives, is a masticating animal, but the work of the miller and the cook in civilized life has to a great extent relieved us of the laborious work. The vegetable food we eat nowadays is for the most part served in pulpy, pappy, pultaceous, and spongy forms; it is not properly mixed with the saliva, a most necessary process of good digestion, and the teeth and salivary glands are cheated of their normal work. Mastication then, is all-important if health is to be preserved and maintained at a high standard.

The best way to secure adequate mastication is to choose foods which invite or even compel mastication, and this advice or warning applies in particular to the cereal foods. As said before, however, proper mastication is difficult or impossible if the teeth are defective. If they are not capable of doing their work effectively, a dentist's aid must be called to remedy the defects.

False teeth, well put in, are better by far than lack of teeth or defective teeth, but un-

doubtedly a good deal of the trouble with teeth could be avoided by insisting that children should eat foods which exercise the teeth and salivary glands adequately.

Finally, it may be said that the health of a person depends largely upon the condition of teeth and mouth. The teeth should be not only sound, but they and the mouth should be kept in a thoroughly sanitary condition. Therefore the role of the dentist is most important.—*Medical Record*, May 13, 1916.

### Is Arteriosclerosis a Disease or Only a Symptom?

DR. BISHOP defines arteriosclerosis as "a disease consisting of a disturbance of metabolism (meaning a disturbance of the physiology of individual cells), leading eventually to changes in the heart, blood vessels, kidneys, and other organs." That is to say, arteriosclerosis is primarily a disturbance in function, though it eventually leads to some change in structure.

In plain language, then, if Dr. Bishop is right, the beginning of arteriosclerosis is a condition in which the cells have acquired some bad habits or wrong ways of doing things.

Bishop believes that the cells have come to act in an abnormal manner toward proteins, and that this change of behavior is the result of sensitization of the cells. It may have been some infectious disease or a great nerve shock, or it may have been the entrance of foreign protein into the body. When the cells have become sensitized to a certain protein, a very minute quantity of that protein, if present, may set up a reaction or an irritation of the cells.



But what can one do to avoid such a mischance? According to Bishop, who has had a large experience in treating circulatory disturbances, "a man who is living on small quantities of plain food and who is getting an abundance of out-door exercise, is not nearly so liable to develop cardiovascular-renal disease [arteriosclerosis] under the influence of infection or nervous strain as is the lazy man who is consuming large quantities and many varieties of proteins."

In other articles Bishop shows that one who uses freely of such proteins as meat, eggs, and fish, is especially in danger. His treatment of the disease, which is based on the theory that the disease consists "of an intolerance to certain protein," includes "the strictest attention to the intestinal tract, the absolute withdrawal of as many proteins as possible, and the stimulation of metabolism by exercise and other means."

In regard to the early detection of the disease, he says:—

"Often enough, repeated attacks of so-called biliousness, sick headaches, and intestinal fermentation point to a tendency to this disease. One of the earliest symptoms of the disease that I know of is discomfort in the front of the chest on exertion after eating. This discomfort has usually been referred to the stomach, but it is referable to the heart muscle at a time when this muscle is being flooded by the products of digestion as they are absorbed into the blood."

The next early sign is a disturbance of blood pressure:—

"At this stage, proper dietetic, hygienic, and medical treatment can very often arrest the disease entirely and restore the patient to health. At a later stage, a checking of the process and a continuation of life and strength can only be accomplished by a continuous and strict regimen."—*American Life and Health*.

### The War and Women Physicians

The call of men to the service has left a dearth of physicians for nonmilitary duty in the belligerent countries, and in England and Germany women are being eagerly invited into the profession. In both countries there is a larger contingent of medical women students than ever before, and women physicians are finding situations formerly open only to men. One place in England which had always been filled by a man at £100 a year and emoluments, is now filled by a woman at £200 a year and emoluments.

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### Serum to Restore Life

Johns Hopkins Hospital physicians are experimenting with a serum said to have successfully restored to life a number of animals several hours after they had been drowned. Thus far there have been serious after-effects, such as high blood pressure or hardening of the arteries. But a person would rather be restored in such a condition than be left with no blood pressure. In one instance an animal dead four hours from drowning was restored to life, but soon died from high blood pressure. Other cases were more successful. The *Scientific American* is authority for this story.

### Destruction of Tubercle Bacilli in Milk

By means of experiments with milk from a tuberculous cow, of milk from a cow with tuberculous udder, and of milk artificially infected with tubercle bacilli, it has been shown that it is possible to render tuberculosis milk non-infectious by means of electricity. Each sample of milk was divided into two parts, one being treated with electricity and the other not. In each case the milk not so treated developed tuberculosis in guinea pigs, and the treated milk did not.—(Reported in the *British Journal of Tuberculosis*, January, 1916.)

### Is Beriberi an Intoxication?

Williams and Johnston, in the *Philippine Journal of Science*, suggest, as a result of their incomplete work, the hypothesis that beriberi is caused by a toxin produced either by some organism, or as the result of body metabolism, and that the vitamins act as an antidote to this poison, and not as a food. This theory might throw some light on some unexplained facts regarding pellagra. There are some things which point strongly to the theory that this disease is an intoxication—perhaps the result of an infection. Are there vitamins in complete foods which antidote certain poisons?

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