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### The Editor's Corner

Many years ago a foolish old Don, Ponce de Leon, searched the new-found continent of America for the fabled "fountain of youth." Had he only known it, that fountain was right among his own orange and olive groves in sunny Spain.

We think nowadays he was rather silly to brave the terrors of a stormy ocean in a fifty-foot boat, and the dangers of a savage infested country, on such a quest. But how many of us are just as foolish as he? We are trying to keep up appearances by using powder, and hairdyes, and wigs, and shorter dresses, and all the rest, and at the same time do the very things which make us old before we're forty.

You'll find something to think about in the first article this month, which came in one of our exchanges.

And—to change the subject—as the mangoe trees give promise of a luscious feast this year, we thought of all the other fruits which are such a treat in hot weather. Let's throw the meat and the hot stuffs out the

window this summer and get back to Nature. We know it is hard to get fruit in some places, but use the money you generally pay the doctor each year in buying more fruits which agree with you and you'll need less of the dear old fellow's pills. But be sure the fruit is clean and not too ripe or too green. On page 89 it tells how to serve some of them. We shall leave the eating part to your discretion. The little dimpled darling of a year has not been forgotten this time either. Look on page 86.

And, by the way, we have some pleasant little surprises coming, if all goes well. I cannot tell you all about it now, but will soon. Dr. Olive Smith will have an excellent article for mothers in the next issue, and some more after that. We know you will like them.

And don't forget we want your help this year to make our paper just what its name implies.

Yours for just heaps of happiness and health.



FALLS OF MINNEHAHA, "LAUGHING WATER," MINNESOTA, U. S. A.

# The Elixir of Youth

BY WILLIAM J. CROMIE, INSTRUCTOR IN GYMNASTICS,  
UNIVERSITY OF PENNSYLVANIA



**M**ANY men and women think almost constantly of their increasing years, and this picturing of a tottering, decrepit old age

hastens the process. We may sing, "Oh, that we were young again!" but we are growing older as we sing. We may sigh for the elixir of youth, but sighing does not bring it. Looking backward and yearning for the rosy scenes of early days is like gazing from the deck of a vessel embarked for a foreign shore; for while we look, we are being carried farther away, with each revolution of the ship's wheel, from home and loved ones. Longing for the past and dreading the future does not give us youth, nor prevent old age.

Youth is a condition, and "we are as old as we feel." While age is inexorable, and its wheels know no retrograde movement, still, these same wheels, if kept well lubricated by the oil of optimistic thinking and healthful exercise, will perform their work better and run longer and more smoothly than if allowed to become clogged with the rust of indolence, regret, fear, and pessimism. This is true, because some are old at twenty, others at thirty, forty, or fifty, while some are young at seventy.

## Age as Seen From a Distance

When youth looks forward to old age, it appears a very dreary season of life. Youth regards age as we in autumn anticipate the approach of winter with its chilly blasts, its naked trees and cloudy skies. But winter, although it terrifies us at a distance, is just as pleasant, when here with its variety of enjoyments, as other seasons of the year. So grand

old men remind us of a bright winter's day, as the sun shines on the pure-white snow. These men who are living in the winter of life have their compensations. The world bows down to the knowledge that is contained in those snowy heads. See the glorious look that lights up their faces as they are tendered a seat in a crowded car or assisted across a dangerous highway. It is with a pleased reluctance that they accept the proffered courtesy. We should not look at age with sorrowing eyes, because it is beautiful and eloquent. That crown of white is but a type of the eternal crown of purity that awaits them when the winter of life is ended.

## Do Not Think You Are Old

When one becomes a certain age, he imagines that he looks like others of the same age; that he will soon be useless, unfit for work, and unable to perform his wonted duties. As surely as he thinks this, it will come true, owing to the fact that thought is creative. "As he thinketh in his heart, so is he." The London *Lancet*, England's foremost medical journal, reports the case of an English lady, who, when quite young, was disappointed in love, and became insane. She lost consciousness of the passage of time, and consequently believed that she was living in the very hour that her lover deserted her. She stood by the window day after day, and month after month, for years, awaiting his return. Persons who saw her at seventy-five years of age declared her to be not over twenty. The continuous conviction that she was still young kept her from growing old in looks. If, as Seneca said, it is part of the cure to wish to be cured; so, also, it is a part of youthfulness to wish to be young, and to strive in every possible way to perpetuate this condition.

The body is built up of beliefs, and our

convictions are stamped upon every fiber of our being. What we believe, what we think, that we are; so those who remain young in spirit never grow old. We can not retain youth by contemplating old age any more than we can maintain health by constantly thinking of disease. It is impossible for the self-dissector to retain youth very long, when he is always thinking of and studying himself, and is forever on the alert to discover the least symptom which indicates age. Medical students imagine that they have many of the diseases they study, and persons afflicted with heart disease aggravate this organ's condition by reading about it and by studying its symptoms. We die a thousand deaths in thinking of the final one; we picture it in all its hideous and gruesome forms. We read about revolting cases of murder and suicide in our "yellow" papers. We seek news of scandal, divorce, and fast living. We read books and novels of a questionable nature, and yet expect to have healthy minds, and to live a slow, calm, graceful life to old age.

It is this kind of diseased thinking and reading that produces a diseased mind, so that, when one meets reverses or is disappointed, he resorts to the cowardly alternative of taking his life. That one in this condition has a diseased mind is proved by the fact that most persons who have attempted self-destruction by drowning and failed, have been sorry afterward. The sensation of being immersed in cold water very often restores one's reason, and he then tries to save himself when it may be too late. Thoughts of age and discordant moods are the natural atmosphere of decay and disease, while crime and suicide are engendered and thrive in the miasma of the mind. As in eating, the food is masticated, digested, and assimilated, and then becomes part of one's being, so in thinking or reading of evil things: reading is eat-

ing, studying is digesting, believing is assimilating. After one believes a thing, it becomes a part of him as much as does food that has been assimilated. The first essential, then, in growing old gracefully, is to have control over the train of one's thoughts, and, when discordant ones present themselves, to banish them quickly and direct the thinking along other channels. Shakespeare



ONE ROAD TO OLD AGE, AND THE POOR HOUSE

evidently had this thought in mind when he said, "'Tis the mind that makes the body rich."

#### Aids to Perpetuate Youth

Another way to arrest old age, or prolong youth, is to avoid those things which lower the tone of health. Besides giving way to hurry and worry, discontent, envy, anger, jealousy, hatred, and other emotions, we also break almost every law of health and

hygiene. We take too little muscular exercise, and consequently deteriorate in bodily stamina. We frequent theaters and other public places, and sit for hours in the poisonous bath of carbon dioxid. We eat almost twice as much as is necessary for the proper sustenance of the body; we crowd down meats, vegetables, pastry, candy, nuts, wines, fruits, spices, condiments, ice cream, coffee, etc., into a stomach which is probably tired and overworked, and expect it to take care of this incongruous burden without a protest. In an hour or so a glass of ice water is tumbled on top of this trying load, and then another, until the poor horse (the stomach) is "stalled," and labours under extreme difficulty. We do not keep the million or more drain-pipes of the body (the pores of the skin) open by frequent bathings, while our lungs do not properly perform their function, due to shallow breathing. We burn the "midnight oil" while these poor tired bodies

should be resting and recuperating. We do not live slowly enough; we are too zealous after wealth, position, and power, to the exclusion of recreation and vacation, and are therefore becoming neurasthenic and are shortening life. We should realize that too much food and drink, especially if impure, together with vitiated air, make impoverished blood; that poor blood creates diseased tissue, and unhealthy flesh begets evil morals, and that evil morals and emotions have their offspring. One who banishes evil thoughts and emotions, who exercises the mind and body daily with health-giving thought and rational exercise and proper diversion, who indulges in a daily bath, who secures sufficient rest, who breathes the pure air deeply and basks in the sunshine occasionally, who strives to live an industrious, careful, cheerful Christian life will grow old gracefully, and be an inspiration and help to those with whom he comes in daily contact.

## To Prevent Tuberculosis

From a Circular Distributed in New York City

**N**O one citizen, or group of citizens, alone, can abolish tuberculosis. Neither money nor action by public officials can stamp out this disease, unless supported by all classes.

While no one man can do everything, every man can do something. Every man, woman, and child can do one or more of the following things which will aid in preventing consumption.

### Keep Well and Talk Health

You can tell people that the germs of tuberculosis are much less dangerous to those who are in sound physical condition; that they find their most favourable soil in those who are ill and whose powers of resistance are lowered through bad habits and adverse conditions of life.

### Live in Homes Well Lighted and Ventilated

You can refuse to rent apartments with dark rooms. If you are living in rooms

where the ventilation is poor, move to other apartments where you can have more light and better air. You can see that some windows are kept open in your home both night and day, in winter as well as in summer. You can provide properly ventilated rooms for your servants.

### Insist on Proper Ventilation Where You Work

You should insist that some windows be opened, or partly opened, frequently where you work. No man has a chance for a fair fight against this disease who is compelled to live or work in dark or badly ventilated rooms.

### Protest Against the Dry Sweeping of Streets

Dry sweeping of streets is a menace to public health. It stirs up disease germs, which are inhaled by passers-by. You can protest against this dangerous practise, and insist that the streets be cleaned with water.

### Stop Using Feather Dusters

The feather duster does not clean; it simply stirs up the germ-laden dust, which floats in the air, and finally settles again. Your family may become infected by breathing this germ-laden dust. You can refuse to permit the use of the feather duster in your home or where you work. Insist upon the use of moist cloths, which collect the dust and do not distribute the germs.

### Exterminate Flies

Flies spread many diseases, and among them is tuberculosis. They carry the germs from the sick to the well. You can keep flies out of your house by properly screening the windows. You can refuse to purchase fruits, vegetables, and meats that are not properly protected from flies. You can keep your food covered so as to protect it from germ-laden dust and flies. You can destroy the places where flies breed by keeping your home and premises clean.

### Get at the Disease in Its Early Stages

You can learn to recognize the early symptoms of this disease. Consumption is curable if taken in time. A word of kindly suggestion to one who is run down, or has a cold that hangs on, or is suffering from afternoon fever or night sweats, may lead to an early recognition of the disease, and the cure of the patient.

### Save the Children in Time

In half of the families where an older person has tuberculosis one or more of the children contract it from him. You can have your children examined by a doctor if you suspect they have the disease. You can see that their teeth are kept in good condition, and are cleansed thoroughly every day. You can teach your children to sleep with the windows open, to eat proper and nourishing food, and to observe the laws of health. You can keep them in the fresh air and sunshine as much as possible, and not allow them to begin work at too early an age. You can teach them to put nothing into their mouths except food. The protection of the children is the greatest means of preventing tuberculosis.

### Remove Consumptives to Hospitals

Consumptives in advanced stages are frequently a source of danger to those around them. You can see that such persons are removed to hospitals where they themselves will receive better treatment, and where the danger to their families will be removed.

### Prevent the Infection of Well People

You can arouse public sentiment against promiscuous spitting. If it is necessary to spit while on the street, spit in the gutter.



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When in the house, or office, or shop, spit in a spittoon, or into a cloth or paper that can be destroyed. You can see that every consump-

tive you know understands about the danger from the germs in his sputum, and can tell him the best methods of destroying it.

## The Evil Effects of Pan

BY V. L. MANN, M. D.

THE chewing of pan is a very widespread habit in India. Its consumption is prodigious. Men and women, young and old, indulge in it from morning to night. The use of it is so general as to have become a matter of etiquette. Indians rarely go out without their betel boxes which are presented to one another. The chewing of betel is a practice of great antiquity and can be dated back at least 2400 years.

The habit is indulged in freely under the erroneous idea that it is beneficial to the system. Some have represented it as beneficially producing the secretion of saliva, strengthening the digestive powers and warding off attacks of fever. Later we will examine these assertions made in favour of the use of pan.

Pan as used by the Indian people consists of a leaf of one or other of a certain species of pepper, to which the name betel pepper is indiscriminately applied, plucked green, spread over with moistened quicklime (chuna) generally procured by the burning of shells, or lime stone, and wrapped around a few scrapings of the areca nut, sometimes called the betel nut and also known as Pinang. Spices, tobacco, and catechu and other drugs are sometimes added. This is put into the mouth and chewed.

The betel comes from the Tamil, "Vettilei" meaning literally a mere leaf. The pepper betel is a climbing shrub with leather leaves which are heart shape in some species while in others they are oblong.

The areca or betel nut comes from a species of the palm. The fruit is a fibrous one-seeded nut with an outer fibrous husk. It is about the size of a marble and orange or scarlet in colour. The fibrous husk is

about  $\frac{1}{4}$  inch thick. The nut contains two drugs that are stimulants and narcotic in nature. Arecaidine is a crystallizable substance. Arecoline, another constituent of the betel nut, is an oily liquid substance.

Let us follow the effects of these different drugs upon the system. There is piperine in the leaf, arecaidine and arecoline in the nut, the lime, catechu, and any other narcotics that the individual may choose to add to his accustomed habit.

Piperine is a local irritant causing, when taken into the mouth, intense burning and pain, and when confined upon the skin, counter irritant blistering and finally, if the contact be very prolonged, more destructive changes. Internally when taken in large doses it causes burning pain in the stomach, increased activity of the circulation and a kind of poisoning intoxication.

This drug of which the chili is a species is lauded very highly as a factor in the increase of the juices of the stomach and intestines. This is a wrong idea. It does not permanently increase the digestive powers but simply increases the action for the time being. Later it paralyzes the nerve endings in the stomach. It lowers the pressure at which the blood is maintained and acts directly upon the muscles of the heart as a depressant. It not only paralyzes the nerves of the digestive tract but also the other nerves of the body.

Arecaidine contained in the areca or betel nut is a very active stimulant and poison. The symptoms produced by it upon those unaccustomed to its use are nausea, vomiting, giddiness, intense discomfort with weakness, followed, if the dose has been sufficient, by burning pain in the stomach, purging,

free urination, extreme giddiness, passing into delirium, a rapid running and finally imperceptible pulse, cramps in the limbs, absolute loss of muscular strength, a cold clammy skin, and finally complete collapse, terminating in death. It has a very pronounced effect upon the eye causing contraction of the pupil by paralysing the nerves concerned in its regulation.

The moistened quicklime used in pan is an active caustic. It is so powerful in this respect that it will eat up the flesh and bones of the body when brought in contact with it for a sufficient length of time.

Murderers who want to conceal their victims often resort to this method of covering their guilt. One can imagine what such a powerful caustic will do to the delicate lining of the digestive tract when used continuously over a long period of time.

Catechu known in India as Kattha is procured from the Acacia tree. It is obtained from the heart wood of the tree by cutting it into small chips and boiling in water until the extract has reached the proper consistency. It is a powerful astringent, causing contraction and in the case of the lining of the mouth, stomach and intestines, great dryness. When freely taken into the system its irritating properties sometimes cause diarrhea. In sufficiently large doses, pains in the abdomen (belly), vomiting, and general weakness have been noticed.

We have followed closely the acute effects of the different ingredients of pan. Let us now examine and follow some of the effects of the continued use of this obnoxious practice. The teeth are stained black, they lose their bony and enamel construction so that often at the age of twenty or thirty the individual is toothless. The delicate taste buds located upon the tongue are destroyed. This deprives the user of those delicate sensations of taste that are common to the undefiled delicately constructed taste system of the mouth. Do you think for a moment that one whose mouth and nose are seared over with the narcotic effects of pan can fully appreciate

the luscious taste of the fruit and the wholesome smell of the flower?

The continued use of pan destroys the glands located in the lining of the stomach and intestines whose duty it is to manufacture juices that digest the food. The juices are lessened and chronic indigestion is the result. The muscles of the stomach and intestinal wall lose their tone. The digestion is therefore interfered with and constipation or sluggishness of the bowels is manifest. This condition of affairs causes headache, loss of appetite, sleeplessness, pain in stomach and intestines, gas, mental dullness, and a host of other symptoms that follow in a long train of ailments.

The pan user thinks that his habit does him good. He notices if, after he becomes accustomed to it, he leaves it off, he suffers severely. He concludes from this that his pan is a benefactor. So it is, but it is a false one. All the while it is apparently promising him a well being it is working its havoc and destruction upon the system. The human organism kept up by stimulation is like a man walking on stilts. When his props are knocked out from under him he falls down. If the fall has caused a broken leg it takes him some time to get back up again. So with stimulation. It gives one a feeling of safety, but when the crisis comes it takes years to build up and undo the evil effects that the stimulation has had upon the system. One who is in perfect health is not kept up by stimulation, but all of his organs are working in perfect harmony with each other without any form of stimulation whatever.

We admit that there is a power in spices and condiments to kill organisms which are the cause of fever. But the continual use of something strong enough to kill germs is sure to cause destructive changes in the body and will lower the resistance of the body to such an extent that it is open to and falls a prey to any disease that it comes in contact with. So that the use of these things

(Concluded on page 95)

# The Medicinal Aspect of Fruit

BY H. M. LOME

[This article is commended to our readers with the caution that much that is written on this subject is based upon observation of effects on individuals, or upon theoretical consideration, rather than upon exact scientific demonstration.

Doubtless fruits have marvelous remedial effects, but as yet we know comparatively little about this medicinal influence. In fact, it does not seem to be always uniform. With some persons certain fruit

**F**RESH fruit is made up of water, protein, fat, carbohydrates, cellulose, mineral matter, and the oils that give it its characteristic odour and flavour. The medicinal elements are found in the water, carbohydrates, cellulose, and mineral matter. The flavouring constituents have their share in the curative properties also, by making the fruit grateful to the palate, and so desired by the healthy and the invalid alike. Some of them are so subtle and ethereal that they have defied the chemist to isolate them. But, curiously enough, they have been made by synthesis from that malodorous substance, coal-tar. The juice of fruit consists of distilled water impregnated with the carbohydrates and other constituents.

One half to three-quarters of the carbohydrates consist of fruit sugar, or levulose. Some fruits, including the apple, apricot, and pineapple, also have cane sugar. Fruit-sugar is capable of passing into the blood without preparation on the part of the digestive organs. On the other hand, cane-sugar calls for work by one of the intestinal juices. Fruits rich in levulose are good for dyspeptic and diabetic patients. The carbohydrates, in addition to the sugars, include gums that on boiling yield jelly, owing to the presence of a substance known as pectose. On being digested, the jellies are turned into a form of sugar called pentose, that is said to be easily assimilated. Apart from their medicinal qualities, the carbohydrates are practically the nutritious elements of fruits, the protein and fat forming but a very small portion of their make-up.

act in a manner the exact opposite to what one might expect from reading the enthusiastic and glowing praises of fruits.

For this reason each person should experiment with fruits on his own account, noting the effects, and remembering that sometimes a fruit "disagrees" because eaten with some other food, as milk or vegetables, when, if eaten alone, it would have a good effect.—ED.]

While the amount of mineral matter found in fruits is small, something like five-tenths per cent, it has much to do with the curative properties of the fruit. In the main, such matter consists of potash, iron, or phosphorus united with tartaric, citric, or malic acid,—organized salts capable of being assimilated by the human system. These salts when taken into the body are converted into carbonates, and so help the blood to become more alkaline. When the blood has too much acid in it, maladies of several kinds are pretty sure to follow. Fruit salts restore the balance in the vital fluid, as it were.

The absence of earthy salts in fruits is noteworthy. Such salts have a bad effect on sufferers from certain diseases, including some forms of tumour and atheroma, or degeneration of the inner coatings of the arteries. Many physicians therefore prescribe the free use of fruit in place of cereals, because the latter are rich in the objectionable salts.

Citric acid, more than its fellow acids already named, occurs in the majority of fruits. As fruits ripen, their acids diminish with the increase in sugar. Ripening is therefore a sweetening process. A few fruits such as the apricot, become sourer after cooking, because of chemical changes brought about by the heat. It is usually better to eat raw fruit, because it has curative qualities which the pot or pan may possibly destroy. Jams, jellies, and stewed fruits are appetizing and wholesome, but fruits taken for medical purposes, are better used as nature

prepared them. Unripe fruits considerable cause intestinal irritation by reason of their excess of acid.

Prof. Arthur Lonsdate, of London, spoke of fruits as "a globular framework of fine, easily digested and pharmaceutically valuable cellulose, saturated with distilled water containing fruit-sugar." The distinguished scientist is quoted because of his reference to the cellulose, his opinion being that of practically all members of the medical profession who have investigated the curative properties of fruits. This cellulose appears to have a direct stimulating action on the bowels. Those persons therefore, who suffer from constipation usually find ready relief by making fruit a prominent part of their daily dietary. Unlike artificial cathartics, the use of fruit does not entail subsequent constipation, while the action induced by it is of a gentle and bland nature. Where there is much griping or other violent intestinal disturbance following the taking of fruit, it is a sure sign that it was either unripe or not fresh.

Citrous fruits include the orange, lemon, citron, lime, bergamot, shaddock, and pomelo. These fruits are distinguished by the volatile oils found in their skins and flowers. From the skins, flavouring essences are made, and from the flowers, perfumes. Both of these have their place in the *materia medica* also, by reason of their stimulative effects.

But it is because of the citric acid that these fruits are best known; the lemon in particular being prominent in this respect. Many are the excellent medical qualities claimed for this acid. When diluted and sipped slowly, it will increase the secretion of saliva. It seems to be beneficial in muscular rheumatism; its power to allay feverish symptoms is well known. In many forms of skin disease, it acts like a charm. It is a certain preventive and cure for scurvy. Since it became a portion of the daily diet of seamen by law, scurvy, the dread and scourge of old days, has practically disappeared. The writer remembers a sailors' song of English

origin that was called "The Cantankerous Captain," two lines of which ran thus:—

"He puts 'em on a double watch; cuts 'bacey,  
that's a fact;

But he's got to pass the lime-juice out, ac-  
cording to the act."

The allusion is to the stringent British laws, or act of Parliament on the subject. Citric acid is also often used in medicine in combination with iron, magnesium, lithium, quinine, etc., "citrates" being the result.

Fruit acids are germicidal. The harbouring place for many of the most common and dangerous microbes that afflict humanity, is the intestinal tract. The use of the citrous fruits is somewhat of a protection against maladies that these microbes cause. As a mouth wash, lemon juice has some virtue. A very dilute solution of the acid can be used with advantage for tired eyes and inflamed eyelids. Scorbutic affections yield to its use. Lemonade is too well known as a refreshing drink to need mention. And as a drink for feverish invalids, it is unsurpassed. It is also good for diabetic patients. Travelers escape tropical fevers by the liberal use of drinks of which lemon or lime-juice is the basis.

Apples, pears, and quinces are all members of a botanical family that includes the roses, and is scientifically known as *Pyrus malus*. Ripe apples eaten raw and thoroughly masticated, are sometimes excellent for digestive troubles. In Devonshire, England, there is an apple-cure establishment for dyspeptics that is said to have effected some remarkable recoveries by placing the patients on an exclusive diet of the fruit. Skin and allied diseases yield to a treatment that includes apples as one of the chief articles of diet. Together with the pear, the apple is a mild aperient. Fresh apple-juice, taken before breakfast, is excellent for constipation. The quince is used only in the form of preserves. Owing to its excessive astringency when raw, it is sometimes employed to stop hemorrhage by placing slices of it on the wounds.

Unfermented grape-juice acts as a mild laxative and diuretic, and diminishes the acidity of the urine. It is therefore good for gout, rheumatism, obesity, scorbutic affections, kidney troubles, and digestive disorders, including those that have their origin in the liver. And according to Robert Hutchinson, M. D., the famous English doctor, grapes are of the utmost value in the case of chronic bronchial catarrh.

At the European grape cures, patients consume from one to eight pounds of the fruit daily. The grapes are not used as an exclusive diet, but are eaten between meals. Each patient has to gather his own grapes. Doubtless this enforced exercise in the open aids the action of the grapes. An American physician who visited one of the French cures, noted that many of the patients were suffering from fatness of the lower part of the body, due to their indulgence in the good things of the table and the habits of inaction. To such persons, the effort of gathering the grapes was an affliction, yet a blessing in disguise. It is said that two or three weeks of grape-eating betters the condition of most of the patients.

Rhubarb, owing to the large proportion of oxalic acid that it contains, is a capital anti-scorbutic. In minor forms of scurvy, it acts as a curative. The young plant when stewed and eaten at breakfast, is laxative.

Plantains contain more starch than any other known fruit. For this reason, while they are very nutritious, they are not laxative. They may be used with advantage by those who suffer from looseness of the bowels.

The fig is rich in cellulose. On account of this quality it possesses laxative powers of a high order. Confirmed cases of constipation can be cured by the use of *sound*, dried figs. Many figs offered to the public are moldy, partly rotten, or maggot eaten, and unfit for consumption. They should be plump, free from a suggestion of mold or blight, and of a fragrant odour.

Peaches, mangoes, apricots, nectarines, and all the stone-fruits, contain much cellulose, and

usually have marked laxative effects. When fully ripe, they have a tonic quality that "picks up" those of delicate appetite. It is said by some investigators that this bracing effect is due to an infinitesimal quantity of prussic acid, which gives the flavour to the kernel of the fruit, and escapes into the pulp. There are many poisons of the deadliest des-



cription that, used in microscopic quantities, are of therapeutic value, and it would seem that that of the stone-fruits is perhaps one of them.

The plums have medicinal qualities akin to those of the fruits just named. The prune is especially well provided with cellulose,

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# Abstracts

## For Sore Throats

Formaldehyde is highly recommended for sore throats. It may be used as a gargle, a spray, or dissolved in the mouth in the form of a tablet of the proper strength. It is one of the most efficient antiseptics, and nearly, if not quite all, sore throats are caused by germs.—*Practical Medicine.*

## Fast Cure for Diabetes

Dr. E. E. Waters, I. M. S., in the *Indian Medical Gazette* reports complete recovery in several cases of diabetes by the use of Dr. Allen's cure. He forbids all food to patients for two or three days after careful observation of the individuals, and encourages copious water drinking, afterwards regulating the diet as necessary. Any recurrence of symptoms is treated with another twenty four hours' fast.

## Moss as Surgical Dressing

Sphagnum moss which grows abundantly in Ireland and Scotland, is being prepared and used in the place of absorbent cotton in many hospitals on the Western front.

## Medical Aid for Rural Areas

The *Indian Medical Gazette* suggests stationing of medical practitioners in rural districts of India who shall be paid from district funds. In Scandinavia, we believe, this plan is followed and the doctor is paid regularly if everyone keeps well. If, however, there is any illness among his clientele his wages are cut accordingly. How would this plan work for India?

## Calcium Chloride in Erysipelas

Kawakami reports thirty cases of erysipelas treated by injection of five to twelve drachms of a one per cent. solution of calcium chloride. After the injection the patient generally has a sense of warmth; in rare instances temporary palpitation. At times there were sweating, thirst, fever, and general weakness for a few hours. The local condition markedly improved, or at least the progress of the disease became

slower, and a tendency to speedy recovery was noted.—*Medical Standard.*

## The Plague Mortality

The total plague mortality in India during the week ending March 3rd stood at 17,933 deaths against 22,321 cases. Bombay Presidency and Sind had 4,548 deaths, Madras Presidency 509, Bengal Presidency 14, Bihar and Orissa 2,025, United Provinces 6,089, Punjab 101, Burma 328, Central Provinces 2,748. Coorg 2, Mysore State 244, Hyderabad State 927, Central India 249, Rajputana 140, and Kashmir 9.

## Distillation of Sandal Wood

It is understood that the distillery started by the Department of Industries, Bangalore, only in May last, is now turning out oil to the value of Rs. 1,00,000 a month. It is pleasing to learn that a second factory is being erected at Mysore and the work of distillation will be sufficiently advanced. The demand for Sandal wood oil is very great indeed. This is another profitable trade which had gone in the hands of foreign manufacturers—chiefly Germans—which is now returning to its mother country.—*Science and Industry.*

## Remedy for Leprosy

Of the many other indigenous drugs, which possess remarkable medicinal properties, and whose chemistry is not yet known and their scientific investigation is required, is chaulmogra oil, the best remedy for leprosy. This oil is obtained from the *Taraxogenos kurzii*, a tree growing in the forests of Assam and Burma. Sodium Gynacardate which is believed to contain the active principles of the oil in a soluble and much more easily administered form is made from it by a simple process. It is being used with favourable results hypodermically or intravenously injected. Dr. Heiser has obtained promising results in the Philippine Islands by intra-muscular injection of the oil and its use is likely to be greatly extended as a result of recent researches.

## Another for the Smoker

Arguments in favour of tobacco for any physical reason are baseless. It does not aid digestion, preserve the teeth, or disinfect, and it is not a remedy for anything. The good it does—and no habit can become general, of course, unless it does apparent good—can only be mental. Let me admit at once that smoking confers mental satisfaction. It seems to give one companionship, when he has none, something to do when one is bored, keeps one from feeling hungry when he is hungry, and blunts the edge of hardship and worry. This sums up the total agreeable results of tobacco. The results I mention—let me admit at once—are both immediate and apparent. On the other hand, the injurious results, after one has become inured to tobacco poison, are both unapparent and delayed.—*Charles B. Towns, in the Century Magazine.*

## Pineapples to be Grown in Ceylon

Pineapple is at present not so richly cultivated in India and we depend for our supply of the many articles in which it forms the chief ingredient on foreign countries. Experiments now made show that it can be very easily cultivated in Ceylon. It thrives well in shady places and in Madras and Chingleput it can also be richly cultivated in mango and cocoanut gardens.

The fruit is already well known to possess cooling, refreshing, and many medicinal properties. Sherbet is made from the juice. If the Government undertakes the cultivation of this article in India and appoints efficient and able men for its production, we hope that another good fruit will be available at cheap rates.

## Casualties in British Army

It is estimated that over five thousand soldiers of the English army have lost an arm or a leg, and nearly half that number have lost their eyesight.

## Great Drought in England!

The output of beer in England has diminished by half since the war began. This means a saving of 286,000 tons of barley and 36,000 tons of sugar.

## Starvation in Palestine

Estimates state that already more than sixty thousand deaths have occurred in Palestine from starvation, and it is expected that this number will probably be doubled within two or three months.

## Frogskin in Grafting

The *British Medical Journal* gives an interesting account of the successful grafting of frogskin onto the skin of wounded soldiers to prevent contraction in the process of healing. Frogs are numerous in the trenches, and the loose skin on the inner side of the frog's leg is used.

## The Plague in Philippines

As an evidence of increased and improved health regulations in the Philippines, we learn that it is seven years since the dreaded Bubonic plague has been seen there; of the thirty-five thousand lepers, only three thousand remain, and these are concentrated in one settlement; and the annual death rate of the islands has been decreased by half.

## A New Cure for Toothache

"Whatever shall I do?" asked the anxious mother. "Little Dick is upstairs crying with the toothache."

"Take him round to the dentist," suggested the practical father.

"But we haven't any money."

"You won't need any," said the father, who had once been a small boy himself. "The pain will stop as soon as he sees the dentist's sign."

## The Water Cure

A Swedish farmer who lived on his wheat farm in Minnesota was taken ill, and his wife telephoned the doctor.

"If you have a thermometer," answered the physician, "take his temperature. I will be out and see him presently."

An hour or so later, when the doctor drove up, the woman met him at the door.

"How is he?" asked the doctor.

"Vell," said she, "I ban put the barometer on him like you tell me, and it say, 'Very dry,' so I give him a pitcher of vater to drink, and now he ban gone back to vork."

# MOTHER AND CHILD

## When Baby is a Year Old

BY EULALIA S. RICHARDS, L. R. C. P. & S., EDIN.

**M**OST babies receive good care during early infancy. Their very weakness and helplessness make a strong appeal to their parents. Even the poorest and most ignorant mother strives during the early weeks of her baby's life to give him every attention within her power so that he may have a fair start in life. And this is right, for the wee spark of life may so quickly go out in darkness if it be not sheltered and carefully guarded.

But when baby has passed safely through his first year, the care bestowed upon him is often visibly lessened. He is thought to have passed the danger period of early infancy and to have entered upon another period attended with less danger to life and health. It is just here that so many mothers err. The second year of a baby's life is one of grave importance, for during this year he should make great strides both in physical and mental development.

In order for a little child to progress uninterruptedly in his development, he must receive the same careful attention during the second year as during the first year of his life.

The question of proper feeding is still of the most vital importance, as are also those of cleanliness, clothing, ventilation, and sleep.

A child who is twelve months old should have trebled his birth-weight, and should have cut from four to six teeth. Under ordinary circumstances he should, by this time, be entirely weaned. As was explained in a recent article, it is a great injustice to both mother and child to continue breast-feeding for a longer period than twelve

months, and in many cases it is necessary or advisable to wean the baby at the age of nine or ten months. If the child is weaned at this age, it is best not to resort to bottle feeding. The nursing bottle is an article that at all times requires most scrupulous care, and for this reason it is best to replace the bottle with spoon-feeding at as early a date as possible.

Many parents believe that with the appearance of a baby's first teeth he may be allowed to eat almost anything and everything that adults enjoy.

Not long since, the mother of a year-old baby came for advice because he so often suffered with wind, and was always fretful and restless. When asked about baby's diet, this mother replied, "Oh, baby has four teeth now, doctor, and he eats almost anything." When asked to say just what baby had eaten for his dinner that day, she mentioned potatoes, cabbage, and several other articles of diet wholly unfit for a baby's consumption. Another little baby was made quite ill by eating an egg fried hard. Such dietetic errors, if continued, are often attended with serious, and even fatal results. The digestive organs of the young child are delicate and wholly unqualified to cope with foods difficult of digestion.

Milk, together with thoroughly-cooked cereals, must be accorded first place in the young child's diet. It is only in these foods that bone and tissue-forming elements are found in form and quantity suited to the child's needs.

Following, we give a suggestive diet list for a child from one to two years of age. We may say that milk in some form should



constitute the chief part of each regular meal.

#### Baby's Diet List

(one to two years of age)

Milk, whole or very slightly diluted with oatmeal, barley, or rice water.

Bread and milk boiled together.

All well cooked gruels or thin porridges.

Cornflour or arrowroot made with milk.

Plain milk puddings, as rice, sago, tapioca.

Boiled or baked custard.

A lightly-boiled or poached egg with bits of bread broken in it.

Potato baked or mashed, with a little gravy, after eighteen months of age, not before.

Bread and butter, plain biscuits, rusks.

Orange juice, freshly strained. To be given by itself and not in connection with a regular meal.

Baked apple; skin and core carefully excluded.

#### Suggestive Menus for One Day

7 a. m. Oatmeal cooked to a jelly, with warm (scalded) milk. Bread and butter. Baked apple.

10 a. m. A small glass of milk (warm) to be sipped slowly, or, if preferred, the freshly strained juice of one or two sweet oranges.

1. 30 p. m. A poached egg with bits of bread. Cornflour made with milk. Bread and butter and honey.

5 p. m. Bread and milk.

9 p. m. A glass of milk (warm).

This last meal is optional. Some babies demand it, others go to sleep after the five or six o'clock meal, and wish for nothing more till they wake next morning.

Some perfectly healthy and well developed babies will take only three regular meals in the day with perhaps a fruit-juice feeding extra. The mother must study her own child and arrange a daily programme which best suits his requirements, then follow the schedule as closely as possible. It will be noticed from the foregoing diet list that vegetables, with the exception of baked or mashed potato, should be excluded from

baby's dietary. Also that fried foods, pastry, cakes (with the possible exception of plain sponge cake), raisins, salads, etc., have no place whatever in baby's menus.

The mother may find it hard to deny her baby food which he sees others eating, but usually a little firmness from the start will prevent difficulty. If necessary, baby may be given his simple meal just before the family eat. His hunger being satisfied, he will then amuse himself contentedly, leaving mother free to enjoy her meal undisturbed.

Regularity in the carrying out of baby's daily programme is just as important with the year-old baby as with the young infant. A good plan is to follow the breakfast by the



"WE'RE TWINNIES"

use of the nursery chair, and then a little later the bath, a little play or self-directed exercise, the second feed, and then the long forenoon sleep. If possible, baby should be out-of-doors for his day-time sleeps. He will sleep longer, and be more refreshed if in the open air. Baby may go out for a little time in the afternoon, but at an early hour in the evening he should be tucked away in his own little bed for the night. An evening bath, particularly in the summer season, is conducive to sound sleep. Baby should be carefully screened from mosquitoes and flies while he is asleep, and as far as possible at all times.

Baby's summer wardrobe should be light and simple. However, there are many cool days even in summer, and on these days baby's abdomen and limbs should be warmly covered. Many babies suffer severely with diarrhoea during their second summer. Insufficient clothing of the abdomen and legs, together with unsuitable food, is the most

potent cause of this complaint. During the extremely hot days of summer, baby's food should be light and very simple, and he should be given an abundance of plain, boiled water to drink between his meals.

*It is absolutely necessary to keep flies away from all of baby's food and drink.*



FEEDING TIME

## Big Names For Little Diseases

Are you in the habit of nervously biting your finger nails? If so, you have onychophomania!

It is one of the big names for one of the little diseases—for biting the nails is really a disease. Big names for little diseases are quite common in the medical profession, but they are not exactly consoling to the victims of these little habits and diseases.

If you pull or stroke your mustache habitually, you have mustachiostrepsomania.

Do you twirl your cane as you walk along? Then you are a strepsorhabdomaniac.

Your young hopeful, when he puts his finger in his mouth, suffers from stomatodactylomania, and that nervous school girl who bites her nails is, as just explained, onychophagomaniac. Doubtless it will shock

her to learn that she is so depraved.

And the next time you are fidgeted to death by any one who drums on the table with his fingers, or nervously crosses and uncrosses his legs, you can bring him to a sense of the enormity of his crime by calling him either a harmoniomaniac or a trepodomaniac, as the case may be.

Thus it is that a medical journal quotes the "fearsome diseases" mentioned above, and neatly concluded:

"But are such things worth cataloguing and naming as 'manias?' To any one who may think it important that this should be done we venture to suggest that 'onomatomania'—the mania of naming things—should be added to the list."—*Sunday School Advocate.*

# HEALTHFUL COOKERY

## Melons, Figs, and Pineapples

BY GEORGE E. CORNFORTH

**M**ELONS are among "the most ancient and luscious fruits." The cantaloup derives its name from Cantalupo, a seat near Rome belonging to the Pope, where it was first cultivated in Europe, having been brought from Armenia by the missionaries.

FOOD VALUE PER OUNCE IN CALORIES

PRO.	FAT	CAR.	TOTAL
.7	..	10.8	11.5

### To Prepare Muskmelons for Serving

The rough rind should be scrubbed with a brush, rinsed, and wiped. Then the melon should be buried in crushed ice, or put in the refrigerator. To serve, divide the melon into halves or smaller sections, cutting lengthwise from end to end. Remove the seeds, and serve surrounded with ice. It is better not to put ice upon the flesh, as this injures its delicate flavour.

### The Watermelon

FOOD VALUE PER OUNCE IN CALORIES

PRO.	FAT	CAR.	TOTAL
.5	.5	7.8	8.8

The watermelon, as its name indicates, consists mostly of water, and contains little nourishment; but when the melon is sound and ripe, this water makes an excellent drink. It is nature's pure, distilled water.

The watermelon is of very ancient culture. In 1574 Rauwolf found it in the gardens of Tripoli. It is cultivated in most dry, hot parts of the world on account of its abundant, refreshing juice.

### To Serve

Watermelon should be served very cold. After being well washed, it should be put on ice till needed. Cut the melon in two in the middle, then cut each half into quarters or smaller pieces lengthwise. Or the central portion of the melon may be taken out with a spoon in cone-shaped pieces, and served on a plate with bits of crushed ice.

### The Fig

FOOD VALUE PER OUNCE IN CALORIES

Dried figs—

PRO.	FAT	CAR.	TOTAL
5.0	.8	86.1	91.9

The fig-tree is honored by being mentioned earlier in history than any other tree. The Scriptures speak of the use of its leaves in the garden of Eden, and, like the olive and the grape, frequent reference to the fig is made all through the Sacred Record. It seems to have been one of the staple articles of diet, and to have been classed among the most desirable products of the earth; and today dried figs, with barley bread, are the ordinary food of the lower classes in Greece and the Archipelago. Fresh figs are neither so delicious nor so much nicer than the dried as one might suppose. They are not very sweet, and are generally a disappointment to those tasting them the first time. Figs are a wholesome and nutritious food, and are also a valuable laxative.

### Steamed Figs

Carefully look over and wash the figs, then steam them for fifteen minutes.

### Fig Marmalade

The steamed figs may be run through a food-chopper with the finest cutter, or may be put through a nut-butter mill, when the seeds as well as the pulp will be ground to a marmalade. Nuts and figs ground together in this way make a palatable and nutritious food, and may be pressed into a cake and cut into squares.

### Stewed Figs

Carefully look over and wash the figs, and cut off the stems. Put them to cook in cold water, and stew slowly for half an hour, or till tender.

The examination of raw, dried figs under a microscope would convince any one that it is

hardly advisable to use them without sterilizing in some way.

#### The Pineapple

FOOD VALUE PER OUNCE IN CALORIES

PRO.	FAT	CAR.	TOTAL
.5	.8	11.2	12.5

Pineapples receive their name from their resemblance to pine-cones. They do not grow from seed, but the top of the pineapple is set out. This grows, forming a bunch of long, narrow leaves like those which form the "crown" of the pineapples as they come to us. In the centre of this bunch of leaves one pineapple grows on a stalk, the whole plant becoming, perhaps, two feet high. After this pineapple has been produced, other shoots start out from the parent root around the bunch of leaves in which the first pineapple grew. These mature; then other shoots start out. Thus the plant spreads. In planting pineapples, these shoots may be set out, instead of using the tops of pineapples. Under cultivation, the plants are divided, and prevented from spreading. They are

kept in rows, so that the ground between them can be cultivated. There are several different species, the Ripley pine being the best.

The pineapple grows wild in Mexico, Central America, Guiana, and Brazil. It is cultivated in the West Indies and in Florida, in Australia, the Hawaiian Islands, and other similar climates. The juice of the pineapple contains a digestive principle somewhat like pepsin; it is also an excellent gargle in diphtheria.

Where pineapples grow, they are so delicious that even the addition of sugar seems to detract from their flavour; but as found in our markets, they are sometimes so hard and fibrous as to require cooking; and when they are mellow enough to eat raw, they usually require a little sugar.

#### To Serve

First slice the pineapple, then peel it, remove the eyes, and cut into small pieces. Sprinkle with sugar, and allow to stand in the refrigerator one hour or overnight.

## A Utility Tree

**F**EW products of the vegetable kingdom can serve such numberless uses for man as the cocoanut palm. Its crown of graceful pinnate leaves branching from the top of a smooth trunk, makes it one of the most beautiful as well as one of the most useful of trees.

Where it is grown abundantly its leaves are employed for thatching roofs, its fibres for manufacturing many articles. Its trunk yields a timber known as porcupine wood, which is used for building, for furniture, and for firewood. Potash in abundance is produced from its ashes.

The fruit, which matures in bunches of from ten to twenty, each twelve to eighteen inches in length by six or eight in diameter and weighing upward of five pounds, supplies no inconsiderable portion of the food of the people wherever the palm flourishes.

The nut is eaten raw, and is prepared for

the table in many ways. Gathered while still green, and before the meat has solidified, the flesh is soft like custard and may be eaten with a spoon, while a large quantity of delicious cocoanut milk, a crystal, cooling beverage, is obtained from each nut.

This milk can be used for all purposes of cooking the same as dairy milk. A cream will also form on the top, if the milk is permitted to stand, which serves every purpose of both cream and butter.

The nut, as exported, is very nutritious, supplying both nitrogenous and fatty material in abundance and in a form most digestible.

In its matured state the nut is seldom used for food in countries where it is grown, the fibre being coarse for digestion. The water, too, having lost its effervescence and sweetness, is discarded.

(Concluded on page 94)

# TEMPERANCE

## The Cigarette and the Boy

IT is absolutely impossible for a cigarette-smoking schoolboy to grow into healthy manhood. Dr. Morgan Clint, in discussing the physiological effects of tobacco in general, says: "In the anæmic, pasty-complexioned, undersized weakling called a cigarette fiend we see the effect of tobacco at its worst. Here is a youth who should be just growing into manhood, the possessor of vigorous health and strength. Instead we have an old man in his teens, prematurely aged and decrepit, who is injured both physically and mentally beyond all hope of repair. In school he is a dullard, incapable of concentration. Socially he can make no progress, for his person is offensive. In athletics he is a nonentity—he hasn't lungs enough to make even a good rooter."

A fever that kills ten per cent of its victims is a dreaded disease; one that kills twenty is a scourge; and a disease that kills half of those it attacks is a terrible plague. But cigarette smoking begun early in boyhood and continued, wrecks the health of everyone of its victims. I do not know of a single exception. I have never known a boy who began to smoke cigarettes under the age of fourteen and continued the habit who was not a physical wreck before twenty-seven. And physical strength is not all that is sacrificed. No boy can be strong mentally and smoke. Teachers everywhere confess that it is practically impossible to educate a boy who uses tobacco—especially cigarettes. It so diseases the brain and nervous system that clearness and buoyancy of mind, application, and concentration are impossible.

With scarcely a single exception, from the commissioner of education down, all the superintendents, school boards, and teachers

who have to do with the education of boys are implacable foes to the cigarette habit. President David Starr Jordan, of Leland Stanford University, U. S. A., even forbids college men from using cigarettes anywhere on the university grounds.

H. H. Seerley, principal of Iowa State Normal, says: "In making a study of several hundred boys, continuing through a period of ten years, I have not met a pupil that is ad-



dicted to the habit that will go through a single day's work and have good lessons. So far as my observations have extended, not a single boy has passed the examination required for admission to the high school after he has acquired the habit; and not one has graduated from the high school who began the habit after beginning his course in the high school. Pupils under the influence of the weed are constant subjects of discipline, are

not truthful, practise deception, and can not be depended upon."

Even more appalling, if possible, than the wreck of health and mind is the effect of the cigarette habit on a boy's morals.

Judge Lindsey, of Denver, U. S. A.,—and the boy never had a better friend than Ben B. Lindsey,—speaks emphatically: "I have been in the juvenile court nearly ten years, and in that time I have had to deal with thousands and thousands of boys who have disgraced themselves and their parents, and who have brought sorrow and misery into their lives; and I do not know of any one habit that is more responsible for the trouble of these boys than the vile cigarette habit."

With a pretty wide experience as a student of boys, a worker among them and for them, the writer is convinced that a clean moral life and the cigarette habit are practically impossible in the same boy. I have never seen nor heard of a single boy who began the use of cigarettes under fifteen and continued the habit who had not before the age of twenty-five become either immoral, a drunkard, a gambler, or a drug fiend; and most of them become the victims of two, three, or all of these deadly sins. And, of course, success is impossible. Neither wealth, fame, nor usefulness, is in store for the cigarette smoking school boy. Cigarettes have been well named coffin nails. They are more; before the coffin is reached, they nail up every door to success. Across every call for help is branded, "No cigarette smokers wanted." I have never seen a single boy who began the cigarette habit in his teens and continued it, secure and hold by his own worth and ability at any time in after life a position that paid as much as a hundred dollars a month.

The ease and frequency and apparent

cheapness by which this habit may be practised doubles its evils. And how to keep the boy from the cigarette and the cigarette from the boy has become a vital question to every lover of the human race. The motive that prompts the formation of this habit—and many another bad one—is the boy's desire to be a man just as quickly as possible. Were it merely a matter of choice, nine boys out of ten would wake up in the morning with beards. They imitate men; and naturally, words, acts, and habits that are emphatic, unusual, or swaggerish, make a strong impression on the youthful observer. Oaths (because usually spoken with emphasis), reckless driving, a peculiar gait, a hat tipped back, the rolling of a cigarette, puffing the smoke, the offhand way of asking each other for the "makin's," all appeal to the boy as something interesting. And as he does not discriminate in selecting habits of men for imitation, he quite naturally chooses the ones that have impressed him most.

To counteract this, the mother should begin early and make every possible effort to enlist the assistance of the men of the family and the friends, in emphasizing before the boy worthy traits and habits. Nothing is better for this purpose than clean athletics. Give the boy something he can excel in, give him a chance to attract attention, in a commendable way. Also by story and example and straight teaching impress on him that the smoker is the weakling, the dullard, the one left behind in every contest both in manly sports and the work of life. And, of course, teach him the evil of it—that it is wrong; that while successful men sometimes smoke cigarettes, it may ruin even them; and they would not have succeeded had they begun the habit in boyhood.—*W. H. Hamby, in American Motherhood, December, 1910.*





CONDUCTED BY DR. H. C. MENKEL, OF THE "SIMLA HYDRO," SIMLA

**To Remove Hair.**—Kindly send me a treatment that will remove hair permanently from the upper lip.—R. P.

If I knew of a harmless hair remover that would produce permanent results, I could make a fortune. There are pastes that remove the hair, but it returns immediately. And there are some pastes that leave the skin in very bad condition. Such remedies are to be avoided.

Hair may be permanently removed by means of an electric needle—one hair at a time. This is a slow and painful process. A needle connected with a galvanic battery or other galvanic current of proper strength is inserted into the hair follicle, and when the current is closed, the hair is pulled out. If this is properly done, the hair-forming cells are destroyed, and further growth of hair from that follicle is impossible. This work should not be attempted by a novice.

**Fattening Foods.**—Kindly prescribe a diet that will build me up in flesh. I am under-weight, no matter how much I eat. My appetite is good. The doctor finds no tuberculosis.—S. G. A.

Sometimes the appetite is better than the digestion, and food is eaten only to be broken up by germ activity, to the detriment of the individual. Some persons seem actually to remain poor in flesh because they eat too much—a rather paradoxical statement, I must admit. Without knowing more about your case I can only suggest a course for you to pursue experimentally.

Use freely of milk and well-cooked cereals, especially zwieback (bread sliced and slowly dried and toasted in a not-too-hot oven; it should not be very brown), or any of the toasted grain preparations that come in cartons. If baked potato or mashed potato agrees, eat freely of it at least once a day. Use a fairly liberal amount of fat foods, in the form most easily utilized by you—olives, butter, cream, or nuts.

But you may need something besides diet, something that only a most careful examination would reveal. Meantime it is well to remember the old adage, "Laugh and grow fat," which seems to be based on sound experience. The laughter is more apt to have good nutrition, both because the mental state conduces to good

digestion and assimilation and because of the actual massage of the abdominal organs by the diaphragm during laughter. The hearty laugh is becoming rare in these strenuous times. A very ancient and highly esteemed authority says, "A merry heart doeth good like a medicine." Especially bring good cheer to your meals; and if necessary change your associates so that your mealtimes will be times of care-free joy.

**Ice Water With Meals.**—Should you object to the use of a small quantity of ice water with the meal?—M. R.

For one who has comparatively good digestion, the use of a small amount of ice water with the meal, if taken slowly, would not necessarily be harmful; but should one take half a glass or more of very cold water, it would chill the stomach, drive the blood away, and make the conditions unfavourable for secretion of the fluids necessary for digestion. From this, one can readily see that ice water is much more objectionable, so far as the delaying of digestion is concerned, than is the use of ordinary water. For one with slow digestion, it would be far better not to use ice water with the meal. For one whose digestion is too rapid a small amount of cold water with the meal will do no harm.

**Deep Breathing and Heart Disease.**—Is it safe for people with any form of heart disease or weakness to practise deep breathing?

Deep-breathing in heart disease is not injurious; it is, on the other hand, beneficial. Straining should, however, be avoided. The most successful methods of treating diseases of the heart consist in the judicious practice of graduated exercises and the employment of effervescent baths—Nauheim baths, as these are called.

**Sore Eyes.**—My eyes smart, feel gritty, are blood-shot, and lazy to open in the morning; no pus. What is good for them?—S. T.

Use twice daily a saturated solution of boracic acid, applied by means of a dropper or an eye-cup. If you use the latter, fill with solution, dip the eye down into it, and then open. You would better consult an oculist to learn whether there is some trouble of the lids that needs special attention.

## A Utility Tree

(Concluded from page 90)

The principal food use of the mature nut is for making milk. This is prepared by removing the flesh from the shell and grating it as finely as possible. When this is completed a pint of hot water to each nut is added to the pulp, mixed well, and allowed to stand until cool. It is then dipped in portions in clean cloths ten to twelve inches square, is wrung first gently, then vigorously, until nothing more can be squeezed out. The last wringings contain the richest, most nutritious milk, which is at once ready for use. A juice is also obtainable from the expanded flower spathes. This is termed "toddy," and may be evaporated, as is cane juice, into a sugar. This juice is also made into an intoxicating liquor through fermentation and distillation, known as "arrack."

The shell of the nut has a varied use as a table utensil, finger-bowl, drinking-cup, etc., and from it are made spoons, ladles, and a variety of other useful articles. The external husk or rind supplies a fibre termed coir, from which are manufactured ropes, door-mats, and brushes. The cocoanut is most valuable also for its oil, which is extracted by pressure or by boiling from the kernels, which are first broken up into small pieces and dried in the sun. These broken pieces are termed copra. It is estimated that one thousand full-sized nuts will produce five hundred pounds of copra, from which twenty-five gallons of oil may be extracted. The solid portion remaining after the oil is removed, cocoa stearin, is used for manufacturing candles. The oil is variously used—for cooking, for soapmaking, and for other commercial purposes. From the fresh, young stems of the tree is prepared a farinaceous substance similar to sago. A Polynesian proverb says: "The man who plants a cocoanut, plants meat and drink, health and home, vessels and clothing for himself and his children after him."

—Selected.

## The Medicinal Aspect of Fruit

(Concluded from page 83)

and hence its well-known effects on the organs of excretion.

Gooseberries are plentifully supplied with acid, and are of value to those suffering from harsh, rough skin, or from scorbutic affections of any kind. Currants are also endowed with a liberal quantity of acid, but in addition have a very large percentage of fruit sugar. Therefore they are fitted for diabetic patients as well as for anemic; for in both, such sugar can be used when other kinds of sugar would be harmful.

Iron salts enter largely into the composition of the strawberry, and make that fruit particularly acceptable to those who are nervous and run down. The acid of this fruit is also said to be of benefit to sufferers from kidney and bladder troubles. Because of the absence of cane sugar in the strawberry it also can be safely used by the diabetic.

The pineapple contains a substance that assists in the digestion of food. The pineapple is not suited to diabetics, owing to its containing cane-sugar. But in the case of others, it is of value for its digestive and antiscorbutic properties and for its stimulative action on the bladder. Also, if eaten in liberal quantities on an otherwise empty stomach, it will overcome ordinary constipation.

## Cholera

From "Chronic Carriers" at the Hardwar Mela  
**T**HE great Hardwar Kumb Fair was responsible for a large outbreak of cholera. On receipt of telegraphic intimation from the Sanitary Commissioner, United Provinces, that cholera was present at Hardwar and pilgrims were dispersing, Civil Surgeons and Health Officers were warned to take necessary precautions against the disease, but notwithstanding this precaution cholera broke out at once in 23 districts and caused 877 deaths during April, the victims being in most places those who had just returned from the great Hardwar Kumb Fair. It may be noted here that no less than 2,017 cases with 1,085 deaths were due to infection introduced from Hardwar



from the middle of April to the third week of May. In May the number of deaths amounted to 4,390, when the disease assumed a virulent form; from the month of June the disease declined and the number of deaths fell to 3,607, in July and August there was a still further reduction to 2,145 and 1,796, while in September and October the number fell to 331 and 29, respectively, the number of infected districts decreasing accordingly. In November, Ferozepore and Gurdaspur were the only districts in which deaths occurred, only 1 in the former and 7 in the latter. No death was registered during the month of December. The district of Ferozepore headed the list with 4,407 cases and 2,890 deaths. From the cholera enquiry reports it was ascertained that no less than 61 persons were infected at Hardwar in the Kumb Fair and were the chief agents of importing infection into the district. The Civil Surgeon and the medical subordinates did all that was possible to stamp out the disease and to mitigate its effects. Eighty infected villages were frequently visited by the Civil Surgeon who personally conducted operations. The Additional Deputy Sanitary Commissioner, Punjab, was also in this district from 8th to 28th June supervising anti-cholera operations in the infected villages of Moga and Zira Tahsils, which were the worst affected. The Lahore District came next with 2,657 deaths. The Ghariala Fair in the Kasur Tahsil was considered to be a diffusion centre, as from the cholera enquiry reports the source of infection was traced from this fair to at least 36 villages, many of which helped again in the further spread of the disease. It is a noteworthy fact that with the exception of the Kangra District the disease was not prevalent in any part of the province at that time, and, as far as could be ascertained, it was not imported from the Kangra District or from outside the province. It may, therefore, be concluded that the real origin of the disease was from "Chronic carriers." It would also be interesting to note that the first few cases noticed in Algan, which was the first village infected from Ghariala on 29th March, were very similar to severe ptomaine poisoning, only those who attended the fair being attacked. The course of the epidemic was much protracted, lasting from 29th March to nearly the end of September. The largest number of deaths in this district occurred in May and June (1,018 and 673, respectively). The reason assigned was that a large number of marriages took place during these months, the Jats being comparatively free from work

in the fields. In Lahore Municipality 86 deaths occurred, the first four cases being among those who had just returned from Hardwar between the 16th and 25th April, with the exception of a sporadic case which occurred on April 7th. Besides these, 10 cases with 7 deaths occurred in a part of the city known as Wachhowali on the 2nd May, and the Health Officer reported that although he could not say with certainty, yet from the history given to him it seemed as if infection had been brought from Hardwar. Prompt measures for disinfection were adopted in all cases reported by the Health Officer, Lahore, and the spread of the disease was kept well under control. About 430 wells were permangated in the city.—Colonel N. Hendley, *I. M. S.*, in *Indian Medical Gazette*.

### The Evil Effects of Pan

(Concluded from page 80)

are defeating the very purpose for which they are used.

Other conditions responsible to pan using are hardening of the blood vessels, various affections of the heart and nervous system, loss of sexual power and many other conditions.

Just how much this habit by its poisonous effects upon the delicate structure of the eye is the cause of dimness of vision, blindness, and cataract so prevalent in India is not known, but we do know that it lends a heavy influence in the direction of these conditions. Nor do we know how much of a factor it is in the causation of diabetes, which is so prevalent in India, by its poisonous effects upon the nervous system, liver, pancreas, kidneys, and muscles.

It certainly proves itself to be an injurious habit in every way, besides consuming much valuable time and money. It is time that all who use it should break off a filthy habit and learn to live without drugs and narcotics of all kinds which only prepare the way for disease and an early death.

WHEN a cold in the nose and head is coming on rub the nose between the thumb and forefinger. This presses the blood to the mucous membrane and helps wonderfully in throwing off the cold. This of course must be done at the outset.

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11. Two established measures?
12. Two implements of war?
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14. The steps of a hotel?
15. The sides of a vote?
16. Fine flowers?
17. A fruit?
18. Two scholars?
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20. Ten Spanish noblemen?
21. A poor bed?
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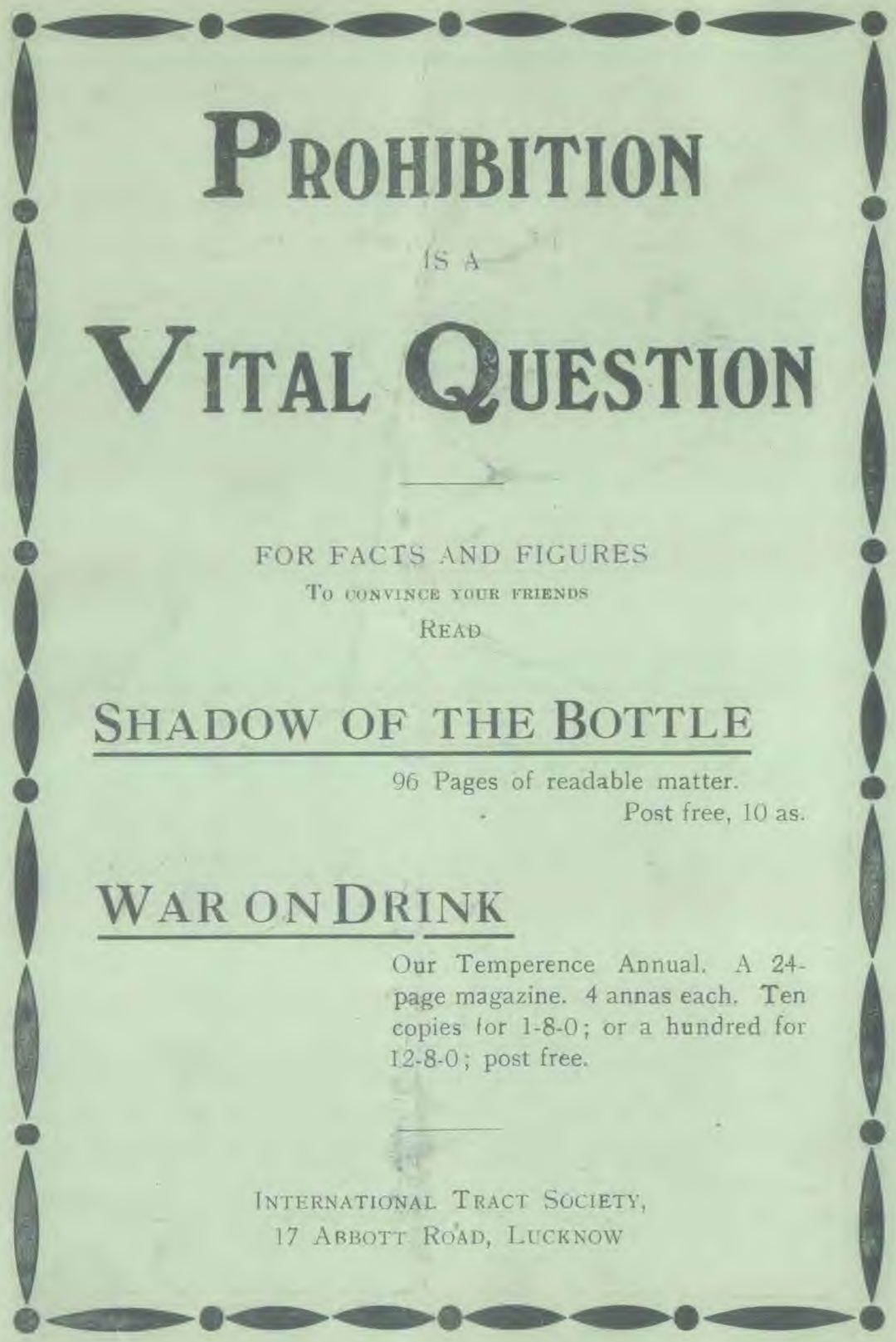
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