

# Fundamental Principles of Health

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## HAY FEVER.

Hypersensitive rhinitis, commonly known as "hay fever," "rose cold," "autumnal catarrh," and so forth, is a condition characterized annually by paroxysms of sneezing, accompanied by varying degrees of coryza (cold in the head) more or less prolonged. It is acute catarrhal inflammation of the mucous membrane of the nasal cavities, the eyes and the respiratory tract, sometimes accompanied with fever and asthma.

Hay fever rages during August and September, and the popular belief is that the pollen of the goldenrod is responsible for it; but ragweed, trees, grasses and other plants, including the cereal grains, also cats, dogs, sheep, chickens, horses and cows all do their part in adding to the atmospheric dust to which so many are hypersensitive. Besides these dusts, chemical fumes and many pungent odors also have their victims. But it is not necessary to the condition that even the irritant should enter the nose. For example, there are probably few persons who have not under certain temporary physical conditions experienced sneezing violently several times immediately on stepping from a dense shade into the bright sunlight—that is a reflex irritation—and unfortunately many individuals are so adjusted that under certain conditions the irritation of any area supplied by the fifth nerve suffices to create distress; hence, a bright light entering the eyes may irritate the hypersensitive ciliary nerve filaments and for a long time maintain reflex symptoms in the nose.

In addition to the dust, light, heat, cold and other external agencies, there are more immediate local irritations so frequently to be found in the neurotics, consisting of turbinal enlargements, ethmoid, frontal or maxillary sinusitis, deflected septum, polyp and eye-strains. But generally these must be considered concomitant to the fundamental physical condition and not the immediate cause of the explosions. Many a patient has been treated and operated upon with a view to the removal of the irritation through the correction of one or more of these local morbid conditions, only to have the hay fever paroxysms continue from year to year without abatement; while others have been relieved.

It is generally accepted that only two factors are necessary for the causation of hay fever; namely, first, an internal condition which will insure an abnormal sensitiveness of the nerve centers and filaments; and, second, an external irritation.

We take it quite as a matter of course, because it is universally known, that an ill nourished or a hungry baby will be fretful and peevish, and we are not at all surprised at very marked evidence of irritability in a convalescent formerly noted for general calmness and self-possession. Hence it should require no great strain or stretch of one's imaginative powers to be able to apply the same principle to the individual cells composing our bodies and to comprehend that the neurotic temperament is fundamentally a matter of defective metabolism, because of which the individual cells are not properly nourished. The universal remedy for a fretful infant is proper nutrition; the universal remedy for the irritable convalescent is proper nutrition, and so, too, the remedy for the hay fever victim is to build up a stable nervous system by means of proper nutrition.

The authorities are agreed that among the personal habits which predispose to hay fever are the habitual use of narcotics and alcoholic stimulants, excessive excitement and over-exertion and what are known as the rheumatic and gouty tendencies. This all points in the direction of defective metabolism. Moreover, the use of thyroid extract, commencing four weeks before the onset of the periodic attack. Obviously, if the use of the thyroid extract for four weeks prior to the expected attack is of any value as a preventive, it is reasonable to assume that such hygienic steps as will lead to an increased activity of one's own thyroid secretion, beginning right at this time and continuing without interruption up to and through the next season, must inevitably produce some modification in

the severity of the symptoms, and continued from year to year it will in time tend to overcome the hypersensitiveness permanently.

The great difficulty in such cases lies in the fact that the very nature of the condition is such as almost to preclude the possibility of the victim's persistently adhering to so simple and logical a line of action. But to such as have the courage to investigate and come to understand that even the cell is not the unit of life; that the cell is not only made up of protein molecules but its form and function are determined by the chemical structure of its constituent molecules; in short, to those who come to know themselves and treat their bodies accordingly there is undoubtedly the certainty of permanent relief.

## THE PITUITARY GLAND.

The puzzle of the pituitary gland (hypophys cerebri) presents one of those curious instances known to medical history wherein widely contradictory observations make it difficult to confirm the answer to any given question concerning the physiology and the pathology of the organ or the action (function) of the gland either in health or in disease.

Even in the apparently extremely simple propositions as to whether the organ is essential to life we find the investigators divided into two groups, one group comprising those who maintain that the gland is indispensable to life and the other, almost equal in number, holding it to be nonessential to life.

Undoubtedly the confusion is largely due to the fact that the position of this gland is such that it is extremely inaccessible to operative interference, so that attempts to remove it are usually attended with fatal results from the operation itself; hence we are able to learn but little if anything concerning the significance of the organ in this way, and are forced to depend for our knowledge concerning the pituitary gland on what may be revealed by pathological anatomy and clinical observation. Then, too, this body, while not much larger than a pea, consists of two parts or lobes, very closely blended, but one distinctly larger and of a structure distinctly different from that of the other.

The larger anterior lobe is of a glandular structure and belongs to the type of glands which are believed to form an internal secretion. The much smaller posterior lobe is of nervous origin and composed chiefly of a net-like framework of fibers, the interstices being filled with brain cells. The two lobes are very closely associated, the neck of the posterior lobe being completely enveloped or surrounded by the epithelium of the anterior lobe, this insuring an intimate interaction in function.

Howell and others have shown that extracts of the anterior lobe when injected into the veins have little or no physiological effect, while extracts of the posterior lobe, on the contrary, cause a marked rise of blood pressure and a slowing of the heartbeat.

It is generally believed that the pituitary body, in relation with the other ductless glands, helps to promote the normal growth of the body, particularly the bones, and there is evidence associating disturbance of pituitary function with deranged nitrogen, calcium and phosphorus metabolism. Knowledge derived from the action of other glands on these elements proves this alone to be a highly important function and sufficient to justify the existence of the gland.

Pierre Marie in 1886 appears to have first associated a disease known as acromegaly (gigantism) with the pituitary body; the idea was accepted and the connection has since been confirmed by many until at the present time it is generally conceded that there are two distinct clinical entities, both disturbances of growth, to be ascribed to deranged functioning on the part of the pituitary gland. One of these is acromegaly, a disease characterized by a delayed development with adiposity.

Regarding the exact nature of the disturbance in the pituitary gland in acromegaly, there is still considerable difference of opinion, but the weight of evidence favors the view that it is due to increased secretion of the anterior lobe. The pathologic condition most frequently associated with acromegaly is an enlargement of the anterior lobe with material increase in the secretory cells. There seems to be some antagonistic relation between the pituitary gland and the sexual glands (ovaries and testes), and it is perfectly well known that when an animal is spayed it grows abnormally large; this would seem to prove that the latter exert a restraining influence over the former, probably preventing its over-secretion. Obviously this implies that whatever will favor general health conditions tends to regulate the action of the powerful ductless glands, so that in wholesome food we have the key which will give us the control of these wonderful vital powers.

## TO BE HANDLED WITH CARE

Matter of Giving Advice is Always Worth the Most Thoughtful Consideration.

A very good rule is expressed in the homely words, "Mind your own business." The desire to help another is praiseworthy, but it may be carried too far, and when it is, one becomes meddling and officious. Every man has to be accountable for his own acts. No one may carry this responsibility to him.

This is what makes proffered advice often impertinent. The man who offers it offers only half of the need and the other half at that. If his advice is followed and failure comes, he can only say, "I did the best I could for you." It is seldom that advice thrust on another is of real service to him. Forcing it on any person who does not feel the need of it is confusing and misleading. The man who hears is not likely to make a determined effort to follow it, nor can he wholly forget it. The result is that he feels unsure of the things he is

doing. Besides, it is often hard to distinguish a well-meaning friend from an idle meddler, than whom no one is more detested.

There are, of course, persons who ask advice, and then thought of the most serious kind is needed. Not what you would do, but what the other man ought to do and can do—that is the only advice you can give him, and then you are probably better off if he doesn't take it. For giving advice is one of the hardest things a thoughtful person can be asked to do, and one of the cheapest things the thoughtless person does.—Milwaukee Journal.

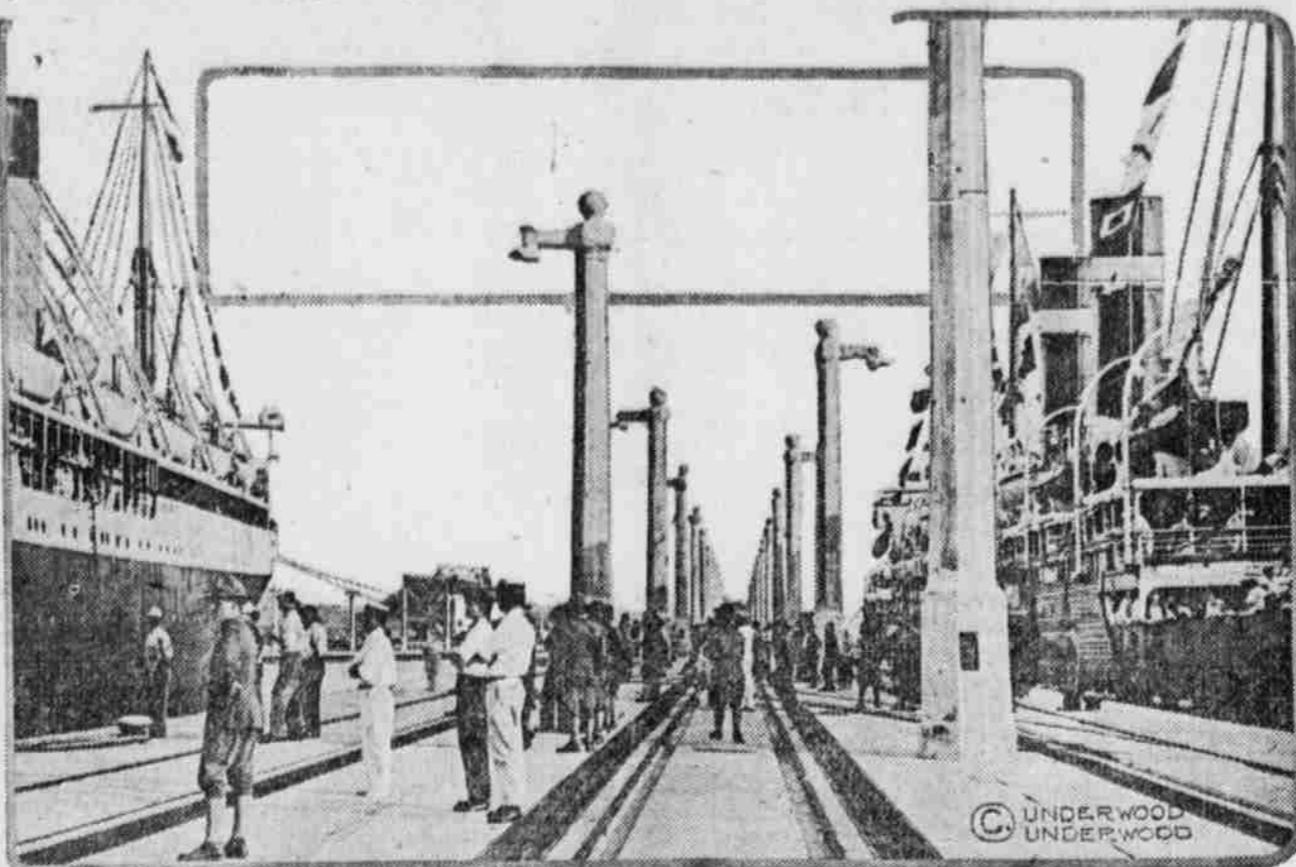
## Plainly Evident.

Mrs. Lovewett (at 2 a. m.)—Where have you been?  
Lovewett—Just fell in with an old friend, my dear.  
Mrs. Lovewett—Fell in, eh! I believe you. You're soaked.—Chicago News.

## What Did He Mean?

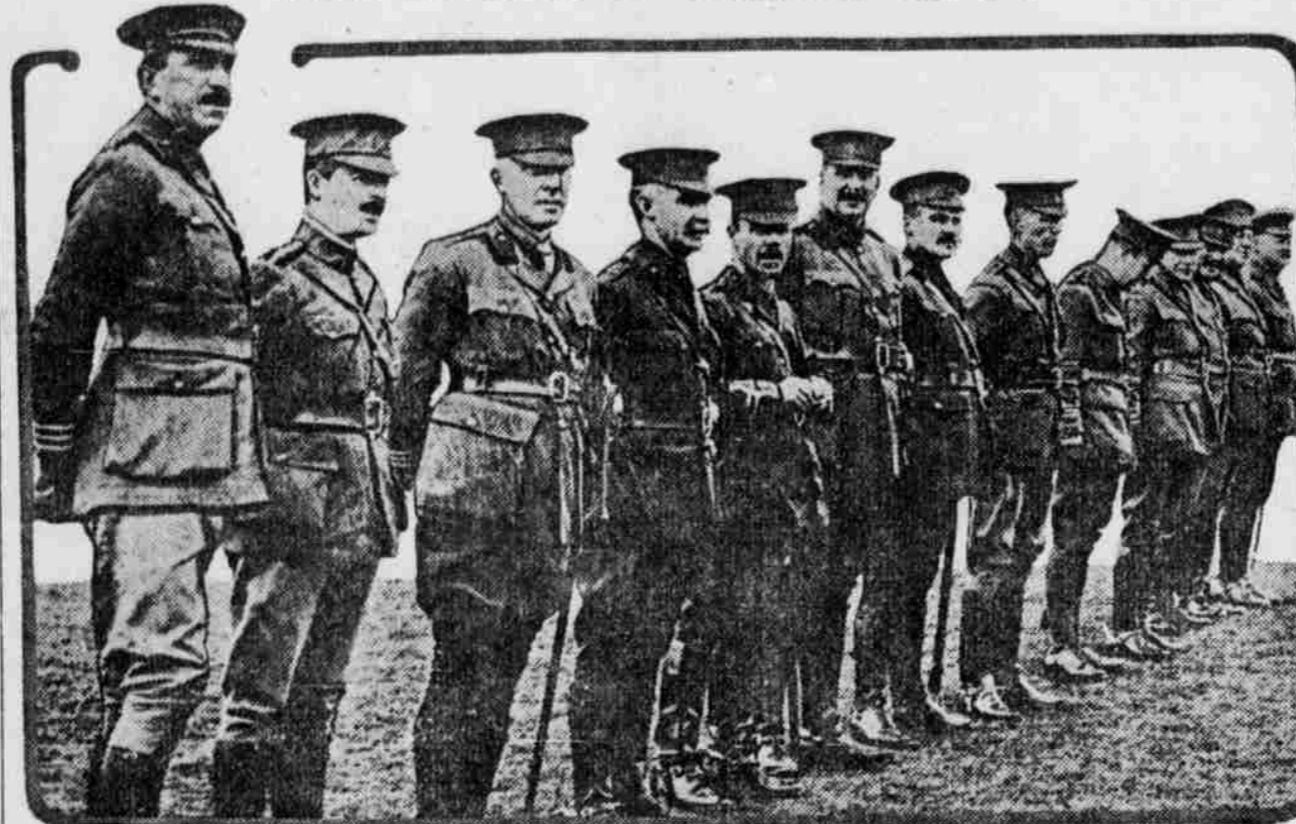
"But I'm not a lawyer."  
"I know it. That's why I didn't think what he said was a compliment."

## BUSY SCENE IN PANAMA CANAL LOCKS



Steamship Kronland (right) and the Great Northern (left) passing through the Pedro Miguel locks of the Panama canal, loaded to the rails with American tourists. Some members of the Tenth infantry, on duty in the canal zone, are shown in the picture.

## STAFF OFFICERS OF CANADIAN TROOPS



Officers of the divisional staff of the Canadian expeditionary force, now supposed to be in France. Left to right: Lieut. Col. A. H. McDonnell, D. S. O.; Lieut. Col. G. C. Gordon-Hall; Lieut. C. H. Mitchell, Lieut. Col. H. J. Lamb, Maj. G. Hamilton, Lieut. Col. Foster, Capt. E. Gabben, Capt. E. Clifford, Major Wodehouse, Lieut. Col. E. B. Worthington, Lieut. Col. E. B. Clegg, Lieut. Col. Frank Reid and Lieut. Col. J. G. Ratray.

## MANUEL ERNSHAW



Mr. Ernschaw, Philippine delegate to the United States, has been in Washington for some time in the interests of the movement to make the islands independent.

Strict Neutrality of Brother Wack. "I'm plumb nootral 'bout de war, and abnormally affused to 'scuss it wid nobody!" declared Brother Wack. "W'y, tudder day I say to muh wife—good-lookin' yallah lady dat powdahs her face 'twell she 'magines she's 'most white—I says, 'Blame' if I don't 'b'lieve dem Frenchmen is gwine to win, uh-kase dey's got de Turcusses fum Africa wid 'em. Dem niggers is sho' 'nuff fighters, and I's kindah prejudy to 'ada 'em."

## ART TREASURES ARE HIDDEN

Many of the Masterpieces in Great British Galleries Have Been Put in Secret Places.

Visitors to the British national gallery in London who remember it as second only to the Louvre halt with bewilderment when they enter it now, looking in vain for their favorite masterpieces, an exchange remarks. His walls are still plentifully hung with paintings, but the whole collection is

## HERR KRUPP VON BOHLEN UND HALBACH



A new picture of Krupp von Bohlen und Halbach, chief owner of the Krupp gun works at Essen, in military costume, who, it is reported, has been decorated by the kaiser, together with his wife who was formerly Bertha Krupp.

Barbed Wire Workers in War. The men who spend their nights working on the barb wire entanglements in front of the trenches have one of the most perilous tasks of the war. One of them, a member of the British Royal Engineers, writes: "In a trench one has a sense of security in being below ground level, and there is collective courage due to the knowledge that one has companions. In putting up barb wire one is working perhaps 300 feet in front of one's own trenches, and fortunate, indeed, is the working party if the enemy's snipers do not hear the sound of the muffled mallets driving the

posts into the ground and open fire. Now and then a magnesium flare will be sent up to light the landscape for the benefit of sharpshooters. Then the worker has to throw himself flat on the ground and look as much like a weed as possible.

Professional Tip. "I say, doctor," queried the sport skate who was looking for a little free advice, "what would you advise a man to do for dyspepsia?" "Well," answered the pill compounder, "if he wants a real bad case, I'd advise him to hire a cheap cook and eat irregularly."

# SOUTH PACIFIC UTOPIA

TAHITI, the largest island of the Society group, and by many travelers believed the most beautiful in any sea, lies nearly south of Hawaii and about seventeen degrees south of the equator, writes E. T. Allen in American Forestry. First touched by Portuguese and Spanish navigators, it was described to Europe by Wallis (1767) and Bougainville (1768). They gave such a lively account of the beauty of both island and people, and of what they considered the idyllic perfection of its semiwild, semideveloped society, that much was written, especially in philosophical France, to argue that here was proof of the necessity for return to nature by the human race.

Bougainville named it New Cythera. His companion, the naturalist Comerson, called it Utopia and wrote extravagantly of the virtues which he said flourished because the natives had no conventional restraint.

Of Aryan ancestry, practically or wholly escaping Mongol or Negroid infusion by their exodus from the mainland in the remote past, the Tahitians were and are still about what would be expected of a people much like southern Europeans, but who have been isolated for ages under all the passionate influences of the tropics.

"The Garden of Eden." Rainbow colored fish play through the coral along the sea wall at your feet, the placid green lagoon meets a skyline of palms on either hand, and seaward, beyond a tiny palm covered islet where a queen once had her fortress, the surf rolls creaming on the barrier reef from the blue tropical ocean, rippling in the soft fresh trades. Behind the town, itself hidden in verdure, green slopes rise quickly to splintered volcanic peaks nearly eight thousand feet high, carved by precipitous valleys with countless flashing waterfalls. Melville wrote that the ineffable repose and beauty of the Tahitian landscape was such that every object struck him like something seen in a dream, and he

was pained with the offer as ripe. The answer to this was unanswerable and final: "I don't need any dollar."

Such is island philosophy. The sea will always provide fish, the land all other actual requirements, and since this will be as true in the future as today, why trouble to lay up for one's children? Even tobacco and coffee are homegrown, so only imported luxuries require effort to obtain. Most of the real work of the island, such as curing vanilla, is done by Chinese who value money for its own sake. They bake the bread, run the restaurants, and own most of the small stores.

Nevertheless the natives are splendid people physically, no doubt an inheritance from their warlike and athletic past. The men are often well over six feet and tremendously muscular. The women are erect, graceful, beautifully formed, and often very handsome. Their brown eyes are unusually fine. Their black hair is long and waving.

Polynesian races differ slightly in color, that of pure Tahitians varying also with caste and exposure, but the commonest type is an olive gold not darker in shade than the skins of Chinese and Japanese, but warmer and less yellowish. Their features are pleasing and contain nothing Negroid or Mongolian.

The typical native dress is the pareu, a bright colored patterned cotton cloth much like the Burmese sarong, twisted by the men around the waist and by the women around the breast. The latter, however, rarely wear it away from home, except bathing or fishing, without a loose over dress. The men also are more and more coming to regard the pareu as informal, comfortable for home and work wear, but to be replaced by coat and pants on dress occasions. These customs vary much with the distance from town. Flowers constitute the chief adornment, worn in wreaths and singly over the ear. Carriers come in from



FAIR TAHITIAN WOMEN

could scarcely believe such scenes had real existence. "Often," said Bougainville, "I thought I was walking in the Garden of Eden."

Papeete is the only town, but the fertile level shores of the island are so thickly populated as to form almost a continuous village along the road that skirts the beach for its circumference of nearly one hundred miles. Yet there is practically no open land, except in the uninhabited mountains. Houses and villages are beneath endless groves of coconuts, breadfruit, mangoes, oranges, banyans and bamboo, with occasional ornamental exotics from other tropical lands. Alligator pears, native "chestnuts," mummy apples and bananas, are in almost every doorway. Except for two small sugar plantations, a few half-hectare cotton patches, and small clearings for taro, yams and other vegetables, there is no farming as we know it. Copra and vanilla are the island crops.

Work is Not a Worry. On the whole, however, industry has small part in the daily life of the inhabitants. Very little work suffices to procure all that is essential where nature supplies food and shelter. The writer once asked a native to bring him some fish.

"Why don't you catch your own fish?" was the response.

"That isn't the question. I'll give you a dollar for a good string of fish."

## SOMETIMES USED BY WIFE

In Other Words, Nugh's "Own Room" Was Just as Private as All Such Dens Are.

When the Nughs were building their new home Mrs. Nugh insisted that the plans include a den for Nugh, a place where he could get away all to himself. He moved into the new home two weeks ago. I went to see them the other day, and after dinner Mrs. Nugh suggested that Nugh take me to his den for a smoke.

It was a delightfully cozy little room, and its arrangements evidently had been planned with thought. For instance the telephone was in it, so that while Nugh was taking his ease he could also act as family callboy. In one corner was a big box of the baby's toys, Nugh explaining that they had no nursery and let the little chap play in there to keep him from littering up the other rooms. There was a humidor on the table and, being an old friend, I opened it and put in a hand for a cigar—but got a handful of but-tons. Then I observed that beside the

the mountain valleys with loads of plantain, naked except for a loin cloth but with garlands of ferns and flowers.

Are a Social People. The chief Tahitian characteristics are social. Feasting, dancing and singing are always in progress, usually on a wholesale scale. The entire village participates on the slightest excuse. Anything that can be done alone is unpopular. Even in fishing, the single ventures is regarded as a pothunter and no sportsman.

In several stays on the island the writer was never allowed to fish with hook and line from a single canoe because, while all right for a commoner who needs fish, it is not the thing for "quality" to do. The visitor is struck with the invariable good nature of the people. They rarely quarrel, drunk or sober. Violence is practically unknown. Murders are so infrequent as to be little more than traditional and even fighting is extremely rare.

Like all Polynesians, they are wonderful swimmers, and probably excel all others as canoe men. Whereas, in Hawaii the canoes seen today are purely utilitarian, the Tahitian retains his navigating ancestors' love for naval architecture. Racing canoes carrying 20 paddlers or more are built with great ceremony and beating of drums and carefully kept from the weather in houses constructed by the district.

## Much in Brief Dream.

It is written of one of the most eminent of Englishmen who was dictating to his amanuensis chapters of an important work, and while so engaged was overcome by sleep. He dreamed of matters of great moment, of diplomatic conferences, exhausting many days and weeks. Becoming awake he chided his secretary for permitting him to sleep, and was astounded to be told by the scrivener that he had not finished the last sentence that had been dictated. Volumes have been written rammed with such experiences in infinite variety.

## In Six Months in the Seventeenth

century 350,000 persons died in Naples of a plague.