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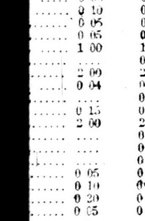

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LATEST LIGHT ON SEASICKNESS

The questions "To what is seasickness really due? Is there any cure?" have recently presented themselves in new forms to the minds of physicians and of the general public. There is probably no minor ailment which causes so much discomfort, none which gains so little sympathy from those unaffected by it, and has has had such divergent treatment with so little result. The authoritative report that a cure has really been found has a special interest in these days of travel and the constant crossing troops overseas.

The origin of seasickness is not so apparent as many seem to think. That the exciting cause is the motion produced by a ship on a rough sea is the indefinite reason assigned, but it should be remembered that seasickness arises in many circumstances which are not those of a ship in motion. It is communicated by other motions, by the swing, a railway train, the tossing of an airplane and by the revolving chair in which aviators are tested. In their endeavor to reconcile and harmonize these varying and sometimes irreconcilable influences physicians have reached different conclusions. Most of them believe that seasickness is a form of vertigo due to irritation of the auditory nerve distributed to the membrane of the semi-circular canals of the internal ear.

This celebrated theory has been generally accepted, or rather it was accepted up to the most recent date. During the past year, however, it has been the subject of numerous criticisms by army surgeons who have been engaged in watching the effects of sea voyages on troops and civilians. The experiences of air travel have also been studied, as the motion of an airplane is in many respects like that of a ship. In order to understand both the theory and the objections to it a definition of what it means seems necessary. According, then, to this theory the irritation of the auditory nerve is caused by the motions of a vessel on rough water, but not by these alone. Any motion which is contrary to that usually experienced will cause a set of symptoms exactly similar to those of seasickness. But this is not all. The fundamental cause of seasickness is the varied movement of the fluid or lymph within the semi-circular canals of the ear.

This theory has been defended and explained in a book just published on "Equilibrium and Vertigo," by Dr. Isaac Jones and Dr. Lewis Fisher. Although it rests upon some undoubted evidence, its essential defect, that it does not cover all the facts of seasickness, has been pointed out in reports this summer from European countries. It is not denied that the semi-circular canals have something to do with the symptoms—they have. The semi-circular canals inform us as to our equilibrium by means of the constant alterations in pressure of the fluid within their delicate walls. This is closely connected with the coordination of muscular movements. The semi-circular canals constitute a sort of spirit level of the body. It is not difficult to understand that any motion which will more or less violently throw the fluid against the containing walls, richly supplied with delicate nerve endings, will produce symptoms referable first to our equilibrium, then to the brain, and finally to the stomach.

Lately two objections to this theory have been argued on practical grounds. If the theory were true, then deaf mutes, in whom the semi-circular canals are absent or imperfect, would be immune to seasickness. Some writers, in fact, have rather hastily assumed that they were immune, thus unconsciously begging the question at issue. As deaf mutes do not often take sea voyages, evidence was lacking until lately, when the Italian naval authorities published a report on this and allied questions. Observations on ships carrying refugees and emigrants, among whom were a certain large proportion of deaf mutes, have settled this question. It is positively stated that "the majority of deaf mutes are not immune to seasickness."

Another error is due to a common misunderstanding of the true nature of vertigo. Many physicians seem to take it for granted that the dizziness produced when a man is revolved rapidly in a chair is the same as the vertigo of seasickness. It is argued that in both cases there is violent oscillation of the fluid in the semi-circular canals, and that the vertigo and sickness produced must have the same origin. Recently the cause in both cases has been sought more deeply, and it is found that in the purely artificial vertigo of the revolving chair there is also oscillation of the eyeball, a different position of the head, and a form of dizziness which leads a man to stumble forward. In seasickness all these symptoms are absent.

The cause of sea vertigo is therefore not so simple as a single motion like that of a revolving chair. It is a composite motion, in which the body is subjected to such varied sensations as those of falling through space, or pitching, tossing and rolling on board a vessel. The fluid in the semi-circular canals may or may not be disturbed.

In searching for the true cause of seasickness Dr. Naame, of Paris, has endeavored to find out under what conditions it is invariably produced. In other words, the aim of his investigations was to find the factor which is responsible for the ailment in all cases. Such a survey has not been hitherto accorded to seasickness.

The starting point was the fact noted by all physicians that children seldom suffer, while infants are nearly immune. It is also a fact that some children are unable to use a swing, to do rope dancing, or travel on a chute or switchback railway, owing to nausea, giddiness and headache being caused. Adults suffer in the same way when a ship falls into the trough of the sea, when an elevator drops suddenly or when a swing or a hammock takes a downward motion. It was necessary to explain why some people are seasick while asleep. The factor common to all cases is thus described by Dr. Naame:

The undulations of the waves produce in a ship's motion a series of oscillations which are transmitted through the solar plexus to the internal organs of the body, checking the secretion of the glands above the kidneys. The results are nausea and vomiting, low pressure. The picture is strikingly like that of seasickness.

This theory explains the immediate cessation of the ailment when the patient sets foot on dry land and the rarity of seasickness among children. The reasons are that in children the secretions of the supracrenal glands are stable, not being much affected by nervous impressions, while their small bodies and firm muscles give little grasp for oscillations of the sea. This explains why adults are benefitted by wearing a belt around the waist.

Bromides and sedatives are of little use. The only cure is adrenaline, which acts instantly if taken before meals, and is equally efficacious in seasickness and in the sickness experienced on railway trains.

In a detailed account of the remedy the French physician explains its action. In ordinary language adrenaline is the product of the suprarenal glands, and in its pure chemical form is a well-known stimulant. In seasickness there is a deficiency of this substance in the blood, and the result is a loss of control over the stomach and nerves which are specially affected by the motion of a vessel, as mentioned. Control and equilibrium are speedily restored when adrenaline is taken, and the symptoms of seasickness soon disappear. Apparently the body is stabilised by this agent. This remedy is also much used at the front in checking bleeding, and is an approved war measure. On account of the authoritative source of this discovery it is given more credence than cures for seasickness have usually obtained.—New York Sun.

NOW RAISES 600 CHICKENS

After Being Relieved of Organic Trouble by Lydia E. Pinkham's Vegetable Compound.

Oregon, Ill.—"I took Lydia E. Pinkham's Vegetable Compound for an organic trouble which pulled me down until I could not put my foot to the floor and could scarcely do my work, and as I live on a small farm and raise six hundred chickens every year it made it very hard for me.

"I saw the Compound advertised in our paper, and tried it. It has restored my health so I can do all my work and I am so grateful that I am recommending it to my friends."—Mrs. D. M. ALTERS, R. R. 4, Oregon, Ill.

Only women who have suffered the tortures of such troubles and have dragged along from day to day can realize the relief which this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, brought to Mrs. Alters.

Women everywhere in Mrs. Alters' condition should profit by her recommendation, and if there are any complications write Lydia E. Pinkham's Medicine Co., Lynn, Mass., for advice. The result of their 40 years experience is at your service.

Had Good Imagination.

Edward had a new little playmate who possessed much more imagination than he. To John a chair was a chair only occasionally. It in turn became a steed, or, armed with two yardsticks for oars, it proved to be a boat. Blocks turned quickly into various kinds of animals, etc. When Edward returned home after his first visit his mother asked him how he liked his new little neighbor, and Edward replied: "Oh he is fine. He has such a good pretendery."

The Swedish Almanac.

The Swedish name almanac differs from English almanacs in giving, besides the usual information, a Christian name for each sex for every day of the year; says London Graphic. The names set forth have to receive the approval of the king. The object aimed at is to secure a greater choice of names for parents and to avoid endless repetition of a dozen or so names. A similar name almanac is issued under royal authority in one of the German states.

Greatest Thing in the World.

Love has been called the greatest thing in the world, but the greatest thing in the world is not a thing at all; the greatest thing is a person. Personality is the greatest thing in the world. The greatest thing in personality is not strength of body nor strength of mind. It is strength of heart. "Clever people are as common as blackberries, the rare things to find a good one." It is not Daniel Webster's brain, but Lincoln's heart, that wins a nations love.

CURING SKIN TROUBLES

So many people, both men and women, suffer from skin troubles, such as eczema, blotches, pimples and irritation that a word of advice is necessary. It is a great mistake for such sufferers and those with bad complexions to smear themselves with greasy ointments. Often they could not do anything worse, for the grease clogs the pores of the troubled skin and their condition actually becomes worse.

When there are pimples or eruptions, or an irritating or itching rash, a soothing boracic solution may help to allay the irritation, but of course that does not cure the trouble. Skin complaints come from an impure condition of the blood and will persist until the blood is thoroughly purified. It is well known that Dr. Williams' Pink Pills have effected the best results in many forms of skin disorders and blemishes. This is due to the fact that these pills make new, rich blood, and that this new blood attacks the impurities that give rise to skin troubles and disperses them; so that Dr. Williams' Pink Pills cure skin disorders from within the system—the only sure way.

It should be added that Dr. Williams' Pink Pills have a beneficial effect upon the general health. They increase the appetite and energy and cure diseases that arise from impure blood.

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

ALLIED STAFF OFFICERS.

Candidates Must Pass Exacting Tests in Theory of Big Operations.

A few precise details as to the organization of an army staff—"the brains of the army"—show that great care and minute control are necessary in the selection of officers who have in their hands the direction of operations of the thousands of men engaged in modern battles. The correspondent of the Associated Press has during more than three years of war watched closely the development of the staff work of the Allied armies, and thus obtain his information at first hand under actual war conditions.

In the French army, when an augmentation of the number of staff officers was found necessary, a selection was made among the officers of the reserve and those of the regular regimental officers without staff experience. The first category was found to comprise many officers who, although full of energy and martial spirit, lacked in a small or larger degree the experience of handling troops while the second category was unaccustomed to the methodical study of documents. It was therefore which all these candidates for staff work had to pass.

The aspirants first make a study of the various branches of the army—artillery, cavalry, infantry, engineers and aviation—and with the aid and guidance of experienced officers learn to foresee and provide for the needs of the different units. The next step is a course in the organization of the command of a staff and the working of the various services connected with it. This is followed by study of the preparatory work of a military operation and the mechanism of issuing orders, as well as the employment of troops, and the work of a staff during a battle.

About ten weeks is usually sufficient to give a thorough foundation to the aspirants, who are then divided into two groups, the first intended to become divisional staff officers and the second to go to brigade staffs.

Those chosen for divisional work proceed to a course of practical training, the opening stage of which is a period of eight days passed in some other branch of service from that out of which they have been selected. The second stage is a period of flying lasting eight days. The next step is a period of three weeks in the staff office of an army comprising several army corps, after which they go into the staff office of an army corps for a term lasting a week.

On the completion of this practical work the officers return to the staff school for a month to have the final touch given to their instruction before they are appointed to a divisional staff in the field, the entire training having lasted five months.

The work of a staff dealing with operations is divided into five heads, as follows: The study and preparation of the elements necessary to reach a decision concerning an operation; the decision itself; the notification of this decision to the units which are to carry it out the execution of the plan; the control of the execution. The decision is the task of the commander in chief of the troops engaged, which its execution lies in the hands of the troops themselves, thus leaving the three other heads to be worked out by the officers of the staff.—War Correspondence of New York "Tribune."

Should Fit as Well.

Emma was enjoying a company dinner with the family. Among the good things provided for the table that day was a dressing usually prepared with roast chicken. She was fond of this, and wanted a second helping. She had heard it spoken of as dressing when it was passed the first time, but had forgotten just what to call for, so she simply said, in asking for it: "Please pass the clothes."

Teach Children to Use Cuticura Soap

Because it is best for their tender skins. Help it now and then with touches of Cuticura Ointment applied to first signs of redness, roughness, pimples or dandruff. If mothers would only use these super-creamy emollients for every-day toilet purposes how much suffering might be avoided by preventing little skin and scalp troubles becoming serious.

Sample Each Free by Mail. Address post-card: "Cuticura, Dept. M, Boston, U.S.A." Sold by druggists throughout the world.

MEDICAL SCIENCE

HAY-FEVER.

The symptoms are very definite; sneezing fits accompanied by watering at the eyes and nose, and acute discomfort and constitutional disturbance are those most usually complained of. It has been found by repeated experiment that it is not the mere mechanical irritation produced by the pollen grains which gives rise to all these phenomena, but that there is a true poisonous property in the pollen itself which is an essential factor in the causation of the disease. And it is not pollen of grasses alone that has this quality. The pollen of many other plants—notably of roses—has the same effect on certain people, whilst there is an irritation quality in the smell of horses which makes some particularly susceptible persons unable to drive behind them.

In a typical hay-fever patient it is easy to prove that the irritation of the pollen grains is the cause of the attack, as the direct experimental application of a speck or two of the pollen to the mucous membrane of the nose or to the eye-surface will bring on a typical attack of the disease. Cocaine, which can be applied locally to decrease the surface sensitiveness, will, too, often give temporary relief. So clear is the direct cause of the conditions that one of the authorized means of reducing its violence is the slight cauterization of the most sensitive spots on the mucous membrane. This cauterization does not, however, give immunity for more than a single season, and should, if permanent good is to result, be repeated as a precautionary measure every year. Though the discomfort of this proceeding may be very disagreeable, there are few real sufferers from hay-fever who would not gladly welcome it if they could hope for relief from the operation.

Recently many people have obtained great relief from treatment with an antitoxin prepared from pollen extract. This is used by local application, and has helped in as many as 50 per cent. of cases. But there still remains a great number of cases in which the sufferer finds no relief from the condition except by flying from the ocean, and either taking a sea voyage or going to live on a small ocean island, where the irritating pollen-laden currents reach him. But cases of hay-fever may be complicated by the spread of the irritation from the nose and eyes to the bronchial apparatus, constituting hay-asthma.

PSORIASIS—A SKIN DISEASE.

This unpleasant skin disease, which is of fairly common occurrence, begins with an eruption of very small scaly spots appearing on a slightly reddened area, generally affecting the knees and elbows. These points of spots increase until they form scaly patches, which may spread widely over the body. The disease is a chronic one, and persons once attacked by it are always liable to a relapse. It may occur at any age, but it is rare after fifty. Children of two or three have been known to be attacked, and susceptibility does not seem to be confined to any particular class, or to persons engaged in any special industry.

The actual cause of the disease is still unknown. Research, observation and experience have only resulted in various theories, all of which are open to doubt. Some doctors believe that it is associated with gouty tendencies; others that it is due to the action of a parasite taken in food; and still others that it is of nervous origin, the last being the theory most popularly supported, the assumption being that there is some lack of vitality in the nerve centres regulating the nourishment of the skin.

This theory is strengthened by the fact that the disease may be brought on by shock or worry, and that it often occurs in neurotic patients. It is not contagious, but there is some evidence that it is hereditary. The general health is hardly at all affected by its presence, although it may accompany a condition which itself is unhealthy. In some cases, particularly those occurring in alcoholic or meat-eating subjects, there is a good deal of itching, especially during the spread of the eruption. There is nothing to account for the extent or the intensity of the disease, or its recurrence, and treatment is therefore most difficult. Sometimes an outbreak will disappear without any treatment at all, and there may be no further trouble.

Other cases remain obstinate, and the patches will resist all attempts at cure, and may even increase. Those affected must be prepared to persevere energetically with such measures as they have found relieve them; but patients often lose heart at fresh outbreaks occurring when they had begun to hope they were cured. It is well to try to observe or remember any special conditions which are present at the time of, or before, the first signs of an outbreak.

If these conditions are repeated when the attack recurs there may be some connection, and a correction of the health or habits may be helpful. Persons liable to this trouble can only do their best to try to keep in good general health, and to avoid exposure to colds and chills. During a severe attack rest is desirable, especially in the case of patients who are not very vigorous. Internal remedies are sometimes prescribed by doctors, and certain baths are recommended. Salicylic acid ointment and coal tar preparations are useful. Chrysophanic acid ointment applied every night is probably the best external remedy. In using this ointment care should be taken not to let it touch the garments, as the acid stains badly.

TORONTO FAT STOCK SHOW

The ninth annual Fat Stock Show will be held at the Union Stock Yards, Toronto, on Thursday and Friday, December 5th and 6th. This show which has rapidly grown to be the largest and best in Canada, should be attended by every stock raiser and every lover of good cattle in the Dominion. The Union Stock Yards take a special pride in this annual exhibit, offering large premiums and sparing neither pains nor expense to insure the success of the show. Their efforts in previous years have been successful and this year they promise a larger and better show, than ever.

HINDENBURG IN ECLIPSE.

(New York Tribune.)

For many weeks reports have been coming out of Holland that Hindenburg is dead, incapacitated or in retirement. Now the statement is made by the Paris Matin that Quartermaster-General Ludendorff has taken over Hindenburg's title of chief of the German general staff.

That would mark no real change in the German high command. Ludendorff has always been the power behind Hindenburg. He was the latter's chief aid away back in the days of the Mazurian lakes campaign. And the two had been inseparable up to the beginning of the 1918 German offensive in France.

But it was no secret in Germany that in their collaboration the nominal subordinate was assuming more and more the leading role. In the Reichstag recently a Socialist deputy challenged the military party to show its hand by displacing von Hertling as Imperial Chancellor and naming Ludendorff, the real master within the military group. The people might still erect wooden images of Hindenburg and drive them full of nails, at so many pfennigs a nail. But he was only the wooden idol. Ludendorff was the god within the machine.

Fortune favored Hindenburg. He was recalled from retirement in August, 1914, and sent to check the Russian incursion into East Prussia. He won the dramatic and startling victory of Tannenberg. Thereafter the government felt compelled to give him a free hand. Moltke, the chief of staff, was saddled with responsibility for the failure at the Marne, although he had merely executed plans made long in advance by his predecessors. When von Falkenhayn failed at Verdun he, too, was displaced. But Hindenburg, with Ludendorff behind him, rode along on the high tide of German triumph over Russian, Serbia and Roumania. When Russia showed signs of collapse and the East front became a sinecure he was called west, to hold the Allies in France and Belgium through 1917 and to plan for the great German offensive in 1918.

Hindenburg's chief asset was his martial appearance. He had the face and bulk of an old pagan war god—A Thor and Odin combined. He was the spirit of German militarism incarnated. No wonder the German populace worshipped him and put him in a niche ever higher than that reserved for the supreme war lord.

He had one great military quality—an almost stolid serenity. He said when he was beginning the invasion of Poland late in 1914 that the war was a matter of nerves and that the Russians would crack under the strain. He knew absolutely that he would win in the East. He never said that he could win in the West, for there Germany enjoyed no similar moral superiority.

What has been done in the West have been done more by Ludendorff than by Hindenburg. Fortunately for himself, he drew out of the limelight while German progress on the West front was still unchecked.

He will remain one of the semi-legendary figures of the great war. History will never be able to appraise him accurately. And so far as his future renown is concerned, it is perhaps better so.

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English, You Knew.

"An' so you're goin' to teach French at the school, Mr. Canewell?" said the grocer's wife. "Well, it's as well that some folk can teach people, for I often think it must be shockin' difficult for furriners who come here. For instance, take the word 'air,' for example. There's the 'air on our 'eads, the hair of the hatmosphere, the 'are the 'unts, an' air you quite well? Yes, it must be awful confusin'."

Ideal Guestroom.

The guestroom need not be the best and sunniest room in the house, but it should be light and airy, and be so decorated and furnished as to be informal and homey. The idea is to have a guestroom a little detached from the rooms which are occupied by the family. The bed should be the most comfortable be procurable. If possible have twin beds.

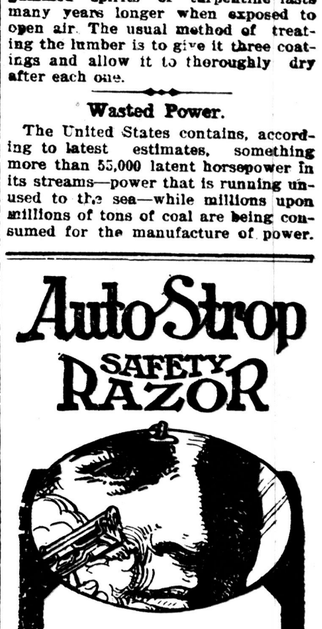
Lumber Preservative.

It has recently been discovered that gum lumber when immersed in pure gummed spirits of turpentine lasts many years longer when exposed to open air. The usual method of treating the lumber is to give it three coatings and allow it to thoroughly dry after each one.

Wasted Power.

The United States contains, according to latest estimates, something more than 55,000 latent horsepower in its streams—power that is running unused to the sea—while millions upon millions of tons of coal are being consumed for the manufacture of power.

AutoStrop SAFETY RAZOR



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Of these probably the most important is his razor—it must "stand-up" under all conditions—it must be ready at all time so that he can get a clean, velvety, comfortable shave in the shortest time. This is only possible with the AutoStrop Safety Razor because it is the only one that sharpens its own blades automatically.

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