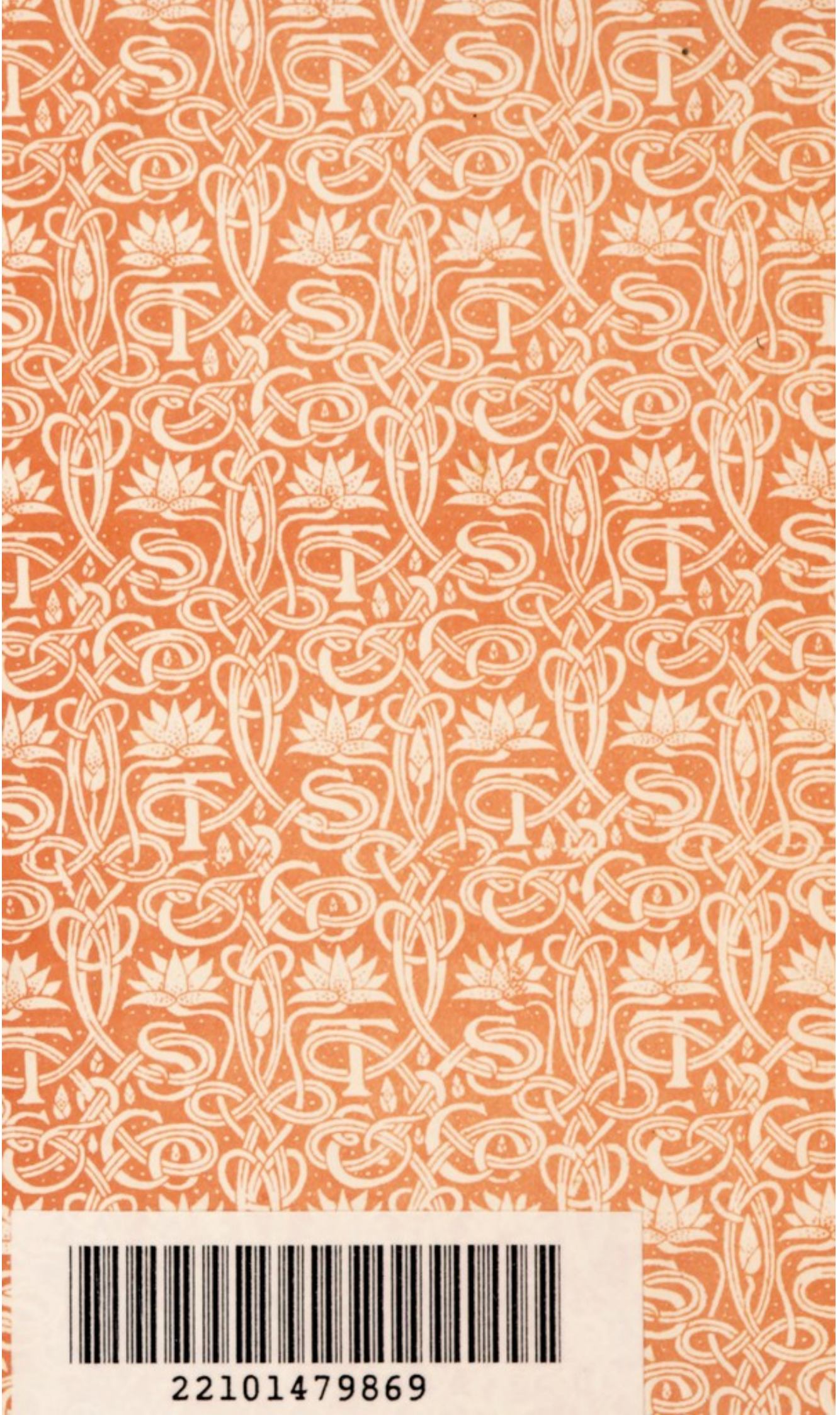
Queries at a mess table : what shall I eat? what shall I drink? / by Joshua Duke.

QUERIES AT A MESS TABLE

DUKE

ND EDITION



D. G. Crawford
28 April 1909

QUERIES AT A MESS TABLE.

WHAT SHALL I EAT?

WHAT SHALL I DRINK?

BY

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SECOND EDITION.

REVISED.

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FOREWORD TO THE FIRST EDITION

TO

ALL BRITISH OFFICERS SERVING
IN INDIA

QUERIES AT A MESS TABLE

IS DEDICATED

BY

THE AUTHOR

EDWARDESABAD,
April 3rd, 1878.

*

PREFACE TO THE SECOND EDITION.

AFTER a lapse of over a quarter of a century, the Publishers have suggested that I should bring out a second edition of a little pamphlet written by me close on thirty years ago. In complying with such a flattering suggestion, I trust that the additional matter incorporated in the present edition, resulting from the further experience of thirty years, may be found useful to those for whom it is written.

J. DUKE.

LA PLAIDERIE, GUERNSEY,
April 1st, 1908.

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QUERIES AT A MESS TABLE.

CHAPTER I.

INTRODUCTION.

As the entrées are passing round the Mess Table, on a sultry night in the plains of India, how often does one inwardly revolve the question, what shall I eat? and when the thermometer nearly approaches the century, as it sometimes does in the Punjab, how frequently is the enquiry heard, what shall I drink to-night? In a temperate climate, a healthy individual seldom pauses to ask himself such questions. In the glorious East, where the trying nature of the climate in the plains imposes an almost artificial existence, where the nights are worse than the days, so that life sometimes seems hardly worth living, such queries are certainly excusable. It is with the hope of answering these questions, and, with a view of guiding the

innocent gourmet through the shoals and rocks of dyspepsia and its often serious sequelæ, that these notes have been compiled by the author, assisted by various scientific authorities on such matters.*

In spite of many drawbacks to climate, the average Englishman does very well in India, proof being the robust and often youthful appearance of men after years of service in the East that one meets at the Clubs and elsewhere—men mature both physically and mentally, full of energy and work. But, of course, there is the other side of the picture, *viz.*, the somewhat overflowing graveyards one sees at various stations. Cholera has accounted for many saddened homes, and occasionally claims a Mess Comrade. But the improvement here is very great. The laws of Hygiene are now certainly better known, understood and acted upon, and, no doubt, people are wiser in their generation. Enteric fever (Typhoid) has

* Pavy, Chamber, Tanner, Parkes, Roberts, and much from Minor Medicine—by Dr. W. E. Wynter, 1907—an interesting practical book for all readers. *Banting up to date.*

much to answer for; but this is as bad in Europe, and not peculiar to India. Plague has been added to the list during the last ten years, though few Europeans have fallen victims to its virulence, compared with the awful mortality that has overtaken the natives of India. These are matters that do not escape discussion at a Mess Table. But let us hark back to our starting point.

That some men eat and drink recklessly for a time without evil consequences ensuing is a fact occasionally observed, but it will, I think, be generally allowed that those who live with a certain amount of method are the healthiest; and to all who cannot recruit in the hills, method in living, sleeping and taking exercise is absolutely essential to health. "So and so has lived a hard life" a friend remarks of a man who is passing, which probably means that the object of the remark has been a hard liver or a debauchee, or both in his younger days, which you see exemplified in his tottering gait and withered appearance; and if

you enquire his age, you may be surprised to find that it is under two score. On the other hand, how often in India do we see the youthful and healthy appearance of men of long service, who have lived temperate regular lives, in spite of sickness and severe exposure in times of war, or in their ordinary occupations.

Major Horse will say : "Well, I attribute my health to having always eaten two eggs for Chota Hazri, a light breakfast, and a substantial tiffin all the year round, which the General told me, when I first came out, was an infallible plan." Colonel Foot will tell you : "Well, I only took a cup of tea at Chota Hazri, a substantial breakfast at 11 A.M., but *never* tiffin." General Sword will say : "Well, I never drank a peg during my service." Captain Sabre : "Always stick to beer my boy, and never mix your liquors." Commissioner Court : "Yes, I made it a rule never to taste spirits in any form until after my return from Cutcherry in the evening ; and then ?

'The goblet I reserve for hours of ease.
I war on water.'"

Now, our friends quoted above, though adopting *different* habits, have all lived on some regular method with apparently individual advantage. This very difference renders difficult the task of laying down rules for guidance in eating and drinking in so vast a country as India, where climate, habits of life and association must necessarily vary greatly.

CHAPTER II.

How Much.

An important question first suggests itself, how much ought I to eat? Before proceeding further, I suggest that if an individual suffering from dyspepsia, were occasionally to weigh the amount of food he swallows daily, he might save himself a good deal of suffering. The following table may be of some assistance. It appeared in the first edition in an altered garb. It would be better, if one determines to limit his amount, to place the scales on the table, weigh the plate (used for this purpose) and then add the food up to the limit required.

ROUGH TABLE. COOKED FOOD.

1.	A slice of bread (Tin baked loaf)	$4 \times 3\frac{1}{2} \times \frac{1}{2}$	=840 grains	= 1 oz., 6 drms.	
2.	,, same toasted	$4 \times 3\frac{1}{2} \times \frac{1}{2}$	=741 ,,	= 1 oz., 4 ,,	21 grns.
3.	A cut of round of beef	$4 \times 3\frac{1}{2} \times \frac{1}{4}$	=960 ,,	= 2 ozs.	
4.	,, mutton	$4 \times 3\frac{1}{2} \times \frac{1}{2}$ say	=1320 ,,	= 2 ozs., 6 ,,	
5	One table spoonful piled up, Rice boiled	...	=600 ,,	= 1 oz., 2 ,,	
6.	,, ,, ,, Potatoes boiled	...	=600 ,,	= 1 oz., 2 ,,	
7.	,, ,, ,, Cauliflower boiled	...	=720 ,,	= 1 oz., 4 ,,	
8.	,, ,, ,, Brussels Sprouts boiled		=750 ,,	= 1 oz, 4½ ,,	
9.	,, ,, ,, English dried peas in butter ...	...	=710 ,,	= 1 oz., 3 ,,	50 grns.
10.	One hard boiled egg without shell	... ...	=895 ,,	= 1 oz, 6 ,,	55 grns.
		Total	8136 ,,	= 16 ozs., 7 ,,	36 grns.
				= 1 lb. 4 ozs. 7½ drms.	

N.B. – Apothecaries' weight used.

20 grains ... 1 scruple
3 scruples ... 1 drachm
8 drachms ... 1 ounce
12 ounces ... 1 lb.

1 oz. ... 480 grains.
1 drachm ... 60 grains.

For an ordinary individual who has a fair amount of exercise to perform, forty-two ounces (2 lbs. 10 oz., avoirdupois) of food is the average allowed. In India, in the hot weather if exercise is limited, less than this would suffice. Dr. Pavy, the physiologist, his height being over five feet nine inches, and weight rather more than ten stone, found that in his own person, thirty ounces of food, consisting of the ordinary admixture of animal and vegetable articles, fully covered the amount that he ordinarily consumed.

Taking other guides. *Sandow's training* diet, consisted of—

Meat	...	20 ounces.	
Fat	...	6 ,,	
Carbo-hydrates		28 ,,	(Sugar and Starches.)
		54 ounces.	
Fluids	...	6 pints.	

This diet is in excess of the average, being adopted to severe muscular exertion.

Moleschott's diet for a man performing medium physical work would be represented as follows :—

Meat	...	13½ ounces.
Butter	...	2½ ,,
Bread	...	17½ ,,
Vegetables	...	16 ,,
Sugar	...	2 ,,

The nearer a man keeps to these allowances the better ; from a limit of 30 to 40 ounces for ordinary work, and from 46 to 50 ounces for hard laborious work. There is no doubt that a large proportion of the diseases of the digestive apparatus which are so fatal amongst European residents in India and other tropical climates, result from the habitual ingestion of a much larger quantity of food, and this of a rich and stimulating character, than the system requires. The loss of appetite consequent upon the diminution of the demand for combustive material is set down to the deleterious influence of the climate ; and an attempt is made to neutralize this by artificial provocatives.

Some strange diets of former days may interest the reader. The diet of King, a celebrated prize fighter in the Sixties, who was defeated by Tom Sayers, consisted of—

Breakfast—

Two lean mutton chops.
Dry toast or stale bread.
One cup of tea without sugar.

Dinner—

One pound to one pound and a half of beef or mutton, with toast or stale bread, very little potatoes or other vegetables.
Half a pint to a pint of old ale and a glass or two of sherry.

Tea—

A single cup of tea without sugar; one egg and dry toast.

Supper—

Half a pint of oatmeal porridge, or half a pint of old ale.

The result of this diet, Dr. Letheby remarks, is to produce only a shortlived state of effectiveness; for, if carried a little beyond the appointed time, it leads to disease, unless the *exercise* which calls for it *is continued. Without free* exercise, the system instead

of improving, becomes clogged with injurious products, leading to the development of gout and gouty deposits in the different joints, together with an increase of solid matters in the urine and the deposit of sand and gravel. According to the "Daily Mail" the training diet of the Cantabs for the great boat race of *1908* was as follows :—

CAMBRIDGE DIET

Breakfast—

Fish.

Eggs.

Bread and butter.

Tea.

Bacon is seldom allowed, and coffee is not often taken.

Luncheon 1 P.M.—

Beef, mutton, or chicken by choice.

Milk pudding, or stewed fruit.

All pastry is forbidden. Beer and stout are allowed if required.

Afternoon tea.

Dinner 7·30 P.M.

A glorified edition of lunch with no stint in regard to quantity.—

Bed about ten, and nine or ten hours sleep. Theatres and all late functions barred. Smoking is a capital offence.

The dietary of Dr. Fordyce, a celebrated Professor of Chemistry in the eighteenth century, based on the argument that a man requires but one meal a day, is most ample and curious; and for more than twenty years his method of dining was as follows.

At 4 P.M., he took his seat at a table reserved for him at Dolly's chophouse in the Strand. On his arrival, the cook would place a pound and a half of rumpsteak on the gridiron; while it was cooking the Doctor would amuse himself with some such trifle, as a half boiled capon, or a plate of fish, and a glass or two of brandy, his regular allowance being a quarter of a pint. Then came the steak, with a full accompaniment of bread and potatoes, and it was always served with a tankard of ale. This was followed by a bottle of port; and when dinner was finished in an hour and a half, he walked leisurely to his rooms in Essex street, where he delivered his lecture on chemistry. Whether this was always lucidly expounded, we are not

informed, nor is the age given when this unique Professor died, it may be presumed, from gout. I think in India this ample meal might safely be called "Promotion Diet."

The diet of Thomas Wood, an Essex Miller, who at the age of forty-four became enormously stout from intemperance in beer and excessive eating, may prove of interest to the gouty.

Thomas Wood's Diet.—One pound of flour was made into a pudding with three pints of milk and two eggs; when boiled, this pudding weighed three pounds, of which half was taken for breakfast, and half for dinner, and no other food. Violent exercise was also taken. He is said to have partaken of no fluid except that in the pudding, which seems incredible; two pints being the minimum a person should drink daily. This diet was adopted for eighteen years, and he is credited with having thrown off 10 stone in weight. His health became perfect and the *gravel* which before had much troubled him disappeared. A few

days before his death he had ridden sixty miles on horseback without any sense of fatigue. He, however, died at the age of 64 from inflammation arising from exposure to cold, probably in that last ride. This curious diet was not deficient in quantity, for it equalled 21 ounces of water-freed food, *i.e.*, about 40 ounces of ordinary food, or, as much as his neighbours. For a daily cost of 11*d.* he lived, doing hard work and *enjoying* perfect health. The treatment adopted by Thomas Wood probably cured him of his gout; the general principle of which diet the gouty man should consider. The economical portion of this food commends itself to a hard-up and perhaps gouty pensioner, with a large family, compelled to retire at the age of 55.

Extraordinary instances of people existing with advantage on a small amount of food are by no means uncommon.

Cornaro, the Venetian gentleman of the 17th century who, after a wild, turbulent life in youth, and over-indulgence

in eating and drinking, which destroyed his health, restored himself after the age of 40 to perfect health by a most rigid diet, is a case in point. His food regularly weighed and measured for sixty subsequent years, equalled 12 ounces of solid food, and 14 ounces of wine. The diet consisted of bread, meat, yolk of egg and wine. He lived until he was 100 years old, and enjoyed excellent health, confirming, as he said, the truth of the proverb "a man to consult his health must check his appetite."

Sir John Sinclair quotes the case of a Magistrate who, at the age of 73, was free from every bodily complaint, having luckily never consulted a doctor, which is attributed to the adoption of a diet of fourteen ounces solid food daily.

"Plenty of time should be allowed for meals. Food taken hurriedly is ill-digested. It really requires careful chewing to enable all parts to be fermented by the saliva. If we eat with undue rapidity, we may take in *much more* than is needed by the wants of the

system, which is injurious. Hence the value of mastication in prolonging the meal, and giving time to the system to be made acquainted that the supply of its wants is in progress.

"The influence of the mind over digestion is important, and cheerful companionship during meals is good. A change of clothes, clean hands, and courteous manners should be enforced. The cook should be encouraged to make the dishes look as pleasant as possible; muscular exertion should be avoided immediately *before*, and *specially after*, substantial meals. Profound sleep after dinner, as one often observes, [in Calcutta I have seen it in quite young men] retards digestion. It is for this reason that billiards, chess and whist [now Bridge] after dinner are to be encouraged. Drowsiness denotes either that the meal has been excessive, or that the digestive power is below the standard. Herfeland of Berlin considers further that laughter is one of the greatest helps to digestion."

CHAPTER III.

At What Times.

"Physiologists at home are agreed that no more than five hours should elapse between the intervals of taking food, and observation has shown that an ordinary meal (provided it has been properly masticated) is digested and has passed from the stomach in about four hours." To some persons, from habitual neglect, the appetite does not arrive so soon, but this does not prove that food would be injurious to them, and the stomach requires a gradual education after it has got into bad habits. The above is the *physiological* rule, and therefore to be *duly* noted by delicate persons; but it is, now-a-days, hardly the practical rule. The meals of India are—chota hazri, breakfast, tiffin, afternoon tea, and dinner.

Chota Hazri is no doubt a meal of some importance in the enervating climate of India where one is exposed to miasmas, infection, cold, etc., and because the system after sleep is supposed to be less adapted to sustaining fatigue, also because

in the plains of India in the hot weather, the most severe work of the day is generally done in the very early hours. As a young man in India I certainly considered chota hazri a meal of even vital importance. But on the principle of "tempora mutantur" and as an older man, one's ideas perhaps alter. Consequently in the chapter on exercise I have stated that one may be better (taken personally) without this meal, when training, or merely going out for severe exercise of short duration. But this remark does not apply to those who are frequently in the saddle from two to four hours daily exposed to the exhausting heat of the sun, and for such, a fairly substantial meal is no doubt advisable.

Breakfast which is often delayed, should be a substantial meal. It is *the* meal of the day with many.

Tiffin follows next. If the breakfast has been light, say fish and omelettes, a good foundation should be laid at tiffin. Many prefer the meal of the day at 11 A.M. and discard tiffin altogether.

Afternoon tea is as fashionable in India as in all parts of the world, but the sweets and sweet dishes served with it often cause after-headaches. The simpler the food with this meal the better.

Dinner, the lighter the better. In the hot weather it is a very late meal in India. Heavy indigestible late meals cause restless, sleepless nights, except to youngesters with iron digestions.

In the intervals between meals, it is wise *not* to partake of fluids, or to limit the amount as far as is possible; but when the thermometer is standing at nearly 100° Faht., advice on this matter is not likely to be followed; and the free action of the skin carries off a good deal of what is superfluous.

CHAPTER IV.

How Cooked?

Having now considered the times of eating, the next subject is that of "cooking" commencing with the aphorism that "that culinary preparation is most efficacious, which most breaks up

the natural cohesion of the viands." The processes of cooking are as follows:—

Boiling.
Roasting.
Broiling.
Baking.
Frying.
Stewing.

In cooking, meat loses about one-fourth of its weight, the percentage of which is as follows :—

	Boiling.	Baking.	Roasting.
Beef generally ...	40	29	31
Mutton generally ...	20	31	35
Legs of Mutton ...	20	32	33
Shoulders of Mutton	24	32	34
Loins of Mutton ...	30	33	36
Necks of Mutton ...	25	32	34
Average of all ...	23	31	34

Hanging meat before it is cooked, as long as is possible, to make it tender, is of the *utmost importance.* In India when the weather permitted, I always insisted on this being done and held my cook responsible if tough meat appeared on the table. With ice, generally procurable, meat can be kept for a considerable

time in the ice-box, even in the hottest weather. If ice is not available, or for other reasons, then, that safest of all cooking dishes, Warren's cooking pot, comes to the rescue.

Boiling.—When it is desirable that the flavour and nutritive properties should be retained in the meat, the following plan should be adopted. The piece of meat should be large, and it should be plunged suddenly into boiling water, and the process of boiling briskly maintained for five minutes. This leads to the formation of a more or less impermeable external layer, which precludes the escape of the juices from the substance of the meat. After the object has been fulfilled, instead of the boiling being continued, a temperature of between 160° and 170° Fahrenheit constitutes what is wanted, which should be maintained until the process of cooking is completed. Unless exposed to the temperature named the meat presents a raw undressed appearance. If exposed to a temperature much above 170°, the

muscular substance shrinks, and it becomes indigestible. Boiled food is more insipid than food cooked in other ways, and being more devoid of flavour is less tempting to the appetite, but it sits more easily on a delicate stomach.

Roasting.—In roasting, like boiling, meat should be subjected at first to a sharp heat; after this exposure, it should be removed to a greater distance from the fire, so as to allow a lower heat gradually to penetrate to the centre.

Baking—renders meat richer and stronger to the stomach than any other process of cooking, and is therefore unsuited to a delicate stomach.

Frying—where heat is applied through the medium of oil or boiling fat, renders food somewhat insoluble to the action of the gastric juice, and tends to produce flatulence and heartburn.

Stewing—places food in a highly favourable state for digestion. The articles to be cooked are just covered with water, and exposed to a heat only to allow of simmering. Meat properly

cooked in this way should be rendered sufficiently tender to break down under moderate pressure. If boiling occurs, the meat becomes tough.

Hashing—diminishes the digestibility of food. From the two processes that are gone through, the animal fibre is too much hardened. If hashing must be done, the "bain marie" should be used.

Stewing meat in its own vapour is the wisest plan for the invalid and the convalescent. Captain Warren's cooking pot is formed in this principle, and every kitchen in India should possess one.

The fresh water Fishes of India, Mahseer, etc., should be boiled in salted water, because salt water exerts a less solvent action upon their tissue. In India my servant often salted the fish before cooking. The flavour of a Mahseer is much enhanced by this. Fish is often spoilt by melted butter. A few drops of chilli vinegar, or black pepper vinegar, Worcester sauce, or a slice of lemon, or a

salt made by boiling pepper and salt in plain water with a few favourite herbs, assist digestion ; whereas greasy sauces impede the process chemically and mechanically.

Potatoes should be boiled in their skins in order to retain their soluble constituents, and the addition of a little salt to the water assists the object. The *waste*, says Dr. Letheby, when potatoes are cooked in their *skins* amounts to only 3 *per cent.*, whereas, when peeled first, it is no less than 14 *per cent.* Steaming is the best process.

Butter, in itself, when perfectly fresh and sweet, in moderate quantities, will generally agree with the stomach ; but when rancid, and when the fatty acids have been liberated by heat as occurs in cooking, it acts as an irritant. From this it is evident that dishes cooked with butter are unwholesome to many, and to be avoided by a man with a weak digestion.

One detects this fact in India in dishes cooked in *ghi*, which is more or less rancid butter. The very smell of it cup

the taste used to put me in a fury during my first years in India. But mature experience has toned this down; and in the wilds, one has been glad to obtain savoury dishes served up with this product which of course should only be used on the occasions referred to. Exclusion from the air, as can be done by covering with water or a weak solution of Tartaric acid, renewed every day, will, says Dr. Pavy, keep butter good for several days.

Next to butter and fat, eggs are most frequently used in the kitchen. That their method of cooking affects seriously the time occupied in their digestion, is shown in the following table drawn up by Beaumont :—

	Hours.	Minutes.
Eggs, whipped and diluted, occupied in digestion	1	30
Eggs, fresh raw, occupied in digestion	2	—
„ fresh roasted, „ „ ...	2	15
„ soft boiled or poached, occupied in digestion	3	—
Eggs, hard boiled, occupied in digestion	3	30
Eggs, fried, occupied in digestion ...	3	30

CHAPTER V.

Illustrative Menu.

Having formed some ground work on which to formulate the answer to our first query, let me take up an ordinary "Menu" by way of explanation. I have allowed the first one to remain as it stood thirty years ago.

BANNU (EDWARDESABAD) GARRISON MESS.

Thursday, March 28th, 1878.

Soup, Irish.

Fresh Salmon.

Entrées

Mushroom Chops.

Chicken Salmis. Green Peas.

Mutton Collops and Parsley Sauce.

Eggs Garnis. Claret Sauce.

Joints.

Roast Saddle of Mutton.

Spiced Beef.

Roast Duck.

Boiled Leg of Mutton.

Second Course.

Kippered Herrings. Asparagus.

Roast Wild Duck. Kidney.

Sponge Trifle.

Plum Pudding.

Cheese.

Cheshire.

Quite a formidable array of food. The garrison was often a large one (3 regiments and a battery) including civil officers.

1. *Irish Soup.*—A useful soup composed of fresh vegetables and meat. Every one might partake of this, the man in difficulties with his digestion recollecting the margin of three spoonfuls.

2. *Fish.—Salmon* should be (like mackerel) avoided by a weak digestion, or partaken of very sparingly. Wholesome in itself, avoid the *sauce*, and bring out the flavour with vinegar, pepper, and salt, or vinegar alone, or fresh lemon juice.

3. *Entrées.*—In the hot weather, it would be much better if entrées were not included; but if they must be eaten, I would place them in the following order of precedence:—

1 Chicken Salmis.
2 Mutton Collops
3 Mushroom Chops.
4 Eggs Garnis and Claret Sauce.

In No. 1 avoid the peas unless they are well cooked.

No. 2. Here the mutton has gone through two processes of cooking. The weak digestion should avoid it.

No. 3. Tinned mushrooms cannot be recommended even to a strong digestion.

No. 4. Should be attempted only by a vigorous individual who has not to get up in the morning.

4. *Joints.*—The powerful digestion having faced the entrées, the weaker having avoided them, we next come to the joints, and it is here that the latter should make his strong attack. I would rank them as follows :—

1 Roast Saddle of Mutton.
2 Boiled Leg of Mutton.
3 Roast Duck.
4 Spiced Beef.

The weak digestion should avoid the spiced beef, the fibres of which are hard and compact, and he should be wary of the roast duck.

5. *Second Course.*—Here the weak digestion should pause and beware after

Nos. 1 and 2; I would place them as follows :—

1 Asparagus.
2 Roast Wild Duck.
3 Kidneys glazed.
4 Kippered Herrings.

1. *Tinned asparagus*, though not so pleasant as the fresh vegetable, is fairly digestible by most people, and is popularly considered to have stimulating properties. It should not be served up *in* butter.

2. *Roast Wild Duck* takes several hours for digestion; avoid the skin. Claret with red or black pepper is a good flavourer.

3. *Kidneys* are not easily digested.

4. *Kippered Herrings* are not suited to a late dinner, and eaten with claret cause a brassy taste in the mouth.

5. *Sponge Trifle and Plum Pudding*. A little of both should go a long way.

Cheese may be taken in moderation with advantage after dinner. A small quantity, say, half a cubic inch, is considered to assist the digestion of other food by its stimulating action on the stomach. The richest cheeses, *Stilton*

and *double Gloucester* are made from milk to which cream is added. The poorest classes, Dutch, Suffolk and Somersetshire made from skimmed milk, require a strong digestion. Cheshire is made from unskimmed milk. The softer, stronger tasted and more friable cheeses are, the easier they are to digest, as, *double fresh Gloucester* and *Stilton and Cheshire. Toasted cheese,* no matter of what kind, for in all the consistence becomes close by toasting, is the most indigestible article that can be eaten, and I am sure accounts for disturbed nights and troublesome dreams. Yet, alas, what is nicer than a well-served up welsh rabbit, and what a wonderful flavour cheese adds to many dishes, macaroni, etc. After this, one may assist the gourmet's sufferings by reminding him of Dr. Wynter's suggestion that, the juice of the pineapple taken in *small quantity* at the end of a meal is an *agreeable and powerful digestive agent.*

Two other menus kindly sent me by Royal Artillery, Woolwich, and the

Middlesex Regiment quartered in Guernsey, are added for sake of comparison.

MENU.

FEBRUARY 28TH, 1907.

Relief of Ladysmith, 1900.

Consommé à la Julienne.
Potage à l' Andalouse.

Turbot bouilli, sauce Joinville.

Langues d'agneau aux épinards.

Selle de mouton roti.

Perdreaux rôtis. Salade.

Mousse aux pêches.

On the back of this menu is the interesting note below :—

Ladysmith, 1900. With the capture of Pieters Hill on the night of 27th February, the Boer defence of the Tugela Heights collapsed and ended in a demoralized retreat of the whole force investing Ladysmith. Unfortunately no pursuit was organised, but on the evening of the 28th, Lord Dundonald, with some

squadrons of the Composite Regiment commanded by Major Gough, rode into Ladysmith, which was relieved after enduring a siege of 118 days.

No. 1. Julienne is generally a safe soup and as 'consommé,' it is, perhaps, more nourishing than 'Potage.'

No. 2. A delicate fish, better alone.

No. 3. A tender appetising dish.

No. 4. One of the best.

No. 5. Very good, safe and digestible.

No. 6. Peaches alone are excellent for healthy persons.

This menu is good all round and represents plain and nourishing food.

MENU.

FEBRUARY 25TH, 1908.

Consommé Printanier.

Filets de soles frits sauce tartare.

Selle de mouton.

Pommes nouvelles. Haricots verts.

Canard sauvage bigarade.

Salade.

Crême italienne.

Anges à l'ecuyère.

1. A rather complicated mixture containing butter and eggs to be partaken of moderately and avoided by the weak digestion.

2. Excellent alone. Sauce doubtful.

3. Strongly recommended

4. See remarks Menu No. 1.

5. Will not agree with acid wines or beer.

6. Are not generally considered "angels unawares."

CHAPTER VI.

KITCHEN GARDEN.

Dr. Chambers divides the products of the Kitchen Garden as follows :—

1. *Starchy and sugary plants.*—Vegetables which are a direct food, contributing to the force of the body in health :—

Potatoes, yams, chestnuts, beans, lentils, peas, Jerusalem artichokes, carrots, parsnips, beetroot, salsify, turnips.

2. *Stimulants.*—Vegetables which cause an increased secretion of saliva

and gastric juice, thus enabling a greater quantity of food to be dissolved :—

Asparagus, onions, garlic, aromatic herbs, mustard, cress.

3. *Anti-scorbutics.*—Vegetables which contribute some of the materials to the blood thereby imparting general vigour to the constitution :—Cabbages, tomatoes, etc. Cabbage is one of the most valuable of anti-scorbutics. It should, however, be soft and crisp before cooking, and show no signs of having been wetted. If it has begun to heat from incipient fermentation, it is most noxious, and generates an enormous amount of flatus in the intestinal canal.

4. *Diluents.*—Appear to act by mixing up with the nitrogenous articles of the food, so that the mass may be permeated by he gastric juice, and presented gradually to the absorbents :—

Cabbage, all varieties, Brussels sprouts, turnip tops, sorrel, nettle tops. The benefit is made manifest by the improved

action of the bowels after their employment.

As aperients, *Turnips* mashed are often useful, specially with children. *Asparagus* is popularly considered to possess some aphrodisiacal powers. *Celery* and *Cucumber* contain a quantity of woody fibre, which requires long digestion. Tiffin is the best time to enjoy them and they are not suitable to late dinners.

The *skin* of cucumber should never be allowed to touch the plate in India, as it may contain the cholera microbe, and as I suppose most people know, the cucumber should be sliced and the water allowed to drain off before adding oil, etc. *Salad* should be partaken of very freely by every body in health in the cold weather. It forms a natural aperient assisted by the oil in the dressing. *Tomatoes* eaten cold with salt are good, and I think assist in the same way as salad. The skin should not be swallowed as it passes through undigested.

CHAPTER VII.

What Shall I Drink?

"Never take a 'Swig' of any liquid. Never drink when you are occupied in thinking, smoking, talking or playing; if you do, you will drink *more* than you want and be dissatisfied instead of satisfied. The proper way to drink is to 'savour' or thoroughly taste every *mouthful.*"—*Banting up to date.*

The second query, What shall I drink? brings us to the discussion of wine, spirits and beer. I commence this chapter with the axiom laid down by the late Dr. Parkes: "If any man tries and finds he is in better health for a little alcohol, let him take it, but he should keep within the boundary line, *viz.*, that, 1½ ounces of pure or absolute alcohol * in twenty-four hours form the *limit* of *moderation.* He will then not do himself any harm. It should only be taken with meals in order that it may not act too strongly on the stomach, and be not absorbed too rapidly. And though it cannot be shown that the alcohol is different, it seems wiser to take it in those

* See table in appendix showing this amount.

liquids in which it is formed by fermentation, as good beer or wine, and not by distillation as in spirits. If beer does not fatten or cause gravel, it is better probably than wine."

"The danger to be avoided is the flooding of the circulation with an amount of alcohol which it is beyond the power of the tissue cells to oxidise, which results in fatty degeneration of the tissue, and unhealthy obesity. Nothing impairs with such certainty the appetite and the digestive powers as the continued use *beyond the limit*, of alcoholic drinks. Then follows Vascular paralysis of the capillaries and that bloated look and purple complexion which stamps the chronic tippler."

Nothing indeed leads with greater certainty to premature death than alcololic intemperance. The Managers of insurance offices are well acquainted with this and commanding officers and men holding responsible positions over young men, should remember this. It is surely unkind to allow a young officer to go

on from bad to worse in this respect. The three-fingered peg drinker is his own executioner. It is only a question of time. The most certain victims to alcohol are those who are always sipping and nipping, though rarely drunk. Occasional bursts are less noxious than habitual dram drinking.

Having thus shown the sterner side of the subject, let me continue in a more pleasant vein.

According to Dr. Wynter, alcohol must be regarded rather as making life temporarily agreeable than as being absolutely beneficial to the organism. In average health it cannot be considered necessary. In old age, periods of overwork and fatigue, its beneficial effects are definite. In *small* quantities and properly diluted it is an adjunct to digestion. Up to 2 per cent. of the contents of the stomach it increases the secretion of the gastric juice, improves the appetite and aids absorption of some ingredients of the food. Up to 5 and 10 per cent. it retards, and at 20 per cent. it arrests digestion.

In some forms of fever, with great nervous depression, associated with delirium, dry tongue and tremors, it is of striking benefit, and used judiciously, alcohol often reduces the pulse rate.

Wines.—Dr. Wynter divides wines into two classes : *Natural* and *Fortified.*

Natural Wines where full fermentation occurs, contain less than 12 per cent. of alcohol by weight, and but little sugar. They supply the best beverage with meals. These are *Hock, Moselle*, red and white Burgundy and Bordeaux, also the wines of Australia, Italy, Hungary and California.

Fortified wines contain nearly double the amount of alcohol, which is added to spirit, which limits fermentation and increases the sugar largely. Such are Port, Sherry, Marsala, Madeira which are considered unsuitable for gouty or arthritic subjects.

Natural wines, including Champagne, are therefore best fitted for a meal ; fortified wines, for occasional use and for dessert.

Of *Sparkling Wines*, Champagne is by far the most wholesome, and, with a minimum amount of alcohol, possesses remarkable exhilarating powers. To a sinking fever patient a glass will give twice the energy of a glass of Brandy. At a sombre dinner party its stimulating effects are often well demonstrated. The conversation is slow ; the weather, the heat—the only topics ; the wine goes round, a hum commences, and after the second turn conversation becomes general. Taken up to a pint or even two, its effects soon pass off, specially after hard dancing. It does not bear mixing with wines or spirits, but when taken alone one gets up in the morning quite fresh. A glass or two of Port, and a peg or more of Whisky make quite another story. If a stimulant is taken, the best Liqueur Brandy is considered the safest. Champagne is, I think, drunk less frequently than formerly. Many men in India in messes refuse it, preferring a safe whisky and soda. Many cannot afford to drink it. Indeed, the prudent man

will reserve this class of wine for festive occasions and purposes. The wise man who wishes to enjoy life will make them always exceptional ; for as idlers have no holidays, so perpetual feasters miss all the pleasures of variety.

Fortified Wines.—With regard to these, Sherry, Port, Marsala, Johannesberg, they all contain too much alcohol to drink dietetically ; but for festive use, to promote good fellowship and conversation, they are excellent. Sherry is not considered a good wine for India. Of the two, Madeira is perhaps the most pleasant.

Of the *Strong Sweet Wines*, Constantia, Malaga, Tokay, Malmsey, they are best appreciated with a plain biscuit, when the stomach is not full. Thus taken they are a wholesome substitute for tea. (Chambers).

Acid Wines are noted more for their acid than their aroma. They are best adapted for taking with rich greasy dishes and suit well the dietary of the luxurious districts where they are grown,

as, White Burgundy (Chablis), White Bordeaux (Sauterne).

Spirits usually contain 43 per cent. of alcohol, *Rum* rather more, *Gin* a little less, and Whisky more than Brandy. Gin contains only 35 per cent. of alcohol, little else, and may therefore be considered the purest spirit, free from sugar, and, owing to the presence of Juniper with which it is flavoured, has a diuretic action on the kidneys.

With regard to the choice of wines by the individual, one falls back on the remark that the palate and the stomach form the true guide for settling whether a wine is choice and good. The stomach, says Dr. Druitt, is the real test tube for wine, and if that quarrels with it, chemical certificates and analyses are of little use. Men learn by experience what wines agree with them best. Of wines in India, perhaps Claret holds a first and safe position, and it is at all times a pleasant and refreshing beverage with soda water, in the form of "Cup." But, perhaps on the whole, a Whisky peg is the safest all-round

drink, as it agrees with all kinds of food; whereas Claret is not so suited to milky foods and dishes. In 1872 when I first visited India, Brandy was the spirit of the day and Beer largely. But some fashionable physician ordered Whisky for a distinguished patient, and it has since come to stay. Beer agrees with young men when plenty of exercise is taken. But, like the cold bath, there are comparatively few men of twenty years service who can stand either in the plains. Shandy-gaf, Half Beer and Ginger Beer, is a delicious drink for hard exercises, and still holds its own at cricket-matches. But Beer and gout are natural enemies.

There is a saying "*Beer* is suited to youth, *Wine* to middle age, and *Spirits* to the old."

As regards minor drinks at odd times, and in between times, nothing is to be said in their favour. Particularly pernicious is the habit of drinking several glasses of various forms of cocktails, gin and bitters, etc., before a meal. But so it is, and so, I fear, it always will be. During

a meal, Hock, Moselle, Claret, Champagne, when taken in moderate quantities, are considered as non-retarders of digestion, whereas the *heavy wines*, Port, Sherry, Madeira, etc., *being* retarders of digestion, are most suitable at dessert.

Cider which usually contains less than 4 per cent. of alcohol holds an intermediate position. One is often asked, is it a good drink for gout and rheumatism? Dr. Wynter inclines to the opinion of its being beneficial for both these complaints, being a solvent of uric acid; and that *dry* cider may be drunk with advantage. Good cider is a delicious drink for the hot weather, but being a mild sufferer from gout myself, I think each person must be his own barometer as regards the subsequent effects.

CHAPTER VIII.

Condiments and Nerve Stimulants.

Condiments may be considered as local stimulants affecting appetite, digestion, assisting fermentation and promoting secretion when taken in small

quantities. Mustard, pepper, vinegar, sauces, pickles, spices, savouries, soups.

Soup should be taken in small quantity. The late Sir A. Clark permitted only 3 spoonfuls to a person in difficulties with his digestion.

It is wrong to dilute the stomach contents at the beginning of a meal with half a pint or more of fluid ; or, by over-stimulating and thus inhibiting digestion, by such condiments as, Cayenne pepper, tabasco, hotly flavoured soups. Red pepper which one often sees taken in large quantities is, I am sure, bad for the coats of the stomach, and, indirectly, injurious in its action on the liver.

The saliva first, and then, the gastric juice, supply the fluids necessary for digestion ; and it is therefore proper to keep fluid in quantity, for the end of the repast.

Nerve Stimulants—Coffee, Tea, Cocoa.

Coffee helps the digestion of milk, and is less liable to interfere with meat than is tea. Taken in excess

it produces nervous excitement and insomnia, this idiosyncrasy being a marked feature. A cup of coffee after dinner while agreeing with the majority often affects sleep. Its use during exercise is found to diminish the demand for food and it is a good sustainer of the vital powers.

Tea is, as we all know, the most refreshing of drinks, a special reviver after tiring exercise. But even tea is often an abused drink, and as such, is a strong factor in indigestion, owing to the tannin it contains. On this account it is not considered a good drink with cold meats. I suppose we all know how to make tea, but we should remember if it is infused much over five minutes, an excess of tannic acid is produced which makes it bitter. The introduction of a pinch of bicarbonate of soda, enough to well cover a three-penny piece, to an ounce of the dry leaf, removes the deterrent effect on starch digestion. Tea disturbs some (a good many) nervous systems, and sleep is often interfered with, if it is indulged in after

4 or 5 P.M. Some people, however, can, and do take it at all hours. Comparatively, coffee is more of a laxative than tea. Both *tea and coffee*, on account of being allied to uric acid, are considered *unadvisable* for the subjects of *gout*.

Chocolate contains more nutriment than either tea or coffee, forming a food of great nutritive value. But owing to the large proportion of sugar and the presence of oxalates it is considered unsuitable for gouty and rheumatic people. Being both a stimulant and a food, unlike tea and coffee, it makes a satisfactory drink before going to bed, and for insomnia, and, hunger during the night. *Cocoa* prepared from *fresh nibs* and drunk as cocoa-au-lait is a most refreshing drink, and I strongly advise its use for those with whom tea and coffee disagree. The nibs, however, require many hours' boiling. My personal advice for India is—ring the changes on these drinks, reserving coffee chiefly for breakfast, tea for afternoon tea, and freshly made cocoa or cocoatina for chota hazri.

CHAPTER IX.

Ice.

The question of the suitability of iced drinks in the hot weather is often raised. Iced drinks often disagree with individuals, and ices at mess still more so. Dr. Chambers writes as follows:—"In Dr. Bidders' experiments on the gastric juice he found that low temperature does not exercise any deleterious influence upon it. When absolutely frozen, it dissolved albumen as well as ever, though it was quite spoiled by heat. Again, the secretion of the glands is arrested by feverishness of the system, or by local elevation of animal warmth above the normal degree, and in hot weather or hot rooms, it cannot but be beneficial to the stomach, to reduce the unusual temperature which the overheated blood has brought it. Ice, therefore, is one of the most generally *useful* additions to the dietary of both sick and healthy; and the ice-box keeps ready a daily supply for all who can afford it. The only time when ice is found *injurious* is *during the*

exhaustion and cooling down consequent on violent exercise *and perspiration.*

In years gone by when the arrival of the ice ship in Calcutta with its cargo from Wenham Lake, apples, pears, etc., was an event of vital interest ; when, upcountry, one was solely dependent on the limited supply from the jail pit, things were not so rosy in India as they are now. There is little doubt that the artificial ice supply of recent years has helped to take some of the sting out of the hot weather in the plains ; and is not one kept alive during a long railway journey by its aid? The ice-box, and the Electric Fan by *night* especially, have made life in Calcutta more pleasant than it was in the days of Warren Hastings. The ice-box also enables us to preserve meat, butter, fish, etc. In the awful night heat of the plains, how refreshing is a cooled drink, and how helpful towards sleep. Drinks should always be iced, and ice itself should never be added. Added thus, it spoils and dilutes the flavour of some wines and beer ; but the great danger is that ice may contain

impurities and specially in India, is it to be borne in mind, that *freezing* does not *destroy* the *cholera* microbe if present in the ice.

CHAPTER X.

"Older and Wiser."

"Older and wiser" is a common expression ; but, is it always true? This little addition, I made myself thirty years ago, and now, I too have long ere this joined the ranks of the "old uns"; for have not the Government of India limited our age to two score years and fifteen !

Every body who has passed the age of fifty with a fairly unimpaired constitution will act wisely in diminishing his daily allowance of solid food. At this time of life the movements of nutrition begin to be less active, and the constructing and evacuating actions of the system being diminished, there is less call for materials of repair. It is now *wiser* to avoid all articles of diet which personal experience has shown to be difficult of solution, to make smaller meals, and, if

need be, more frequent meals, so that the stomach may never be overloaded, or too long idle. A longer time should be given to meals since veterans chew slowly and secrete saliva slowly. The aged, too, do not sleep so well as the younger ; and wake up much earlier, which need not cause alarm. If, however, this shortening goes too far, a light supper, an egg, a sandwich, a few biscuits, assisted perhaps even by a cup of cocoa (best), whisky and water or, even Malaga, Burgundy, Port warmed, spiced, diluted, and sweetened.

CHAPTER XI.

Sleep and Sleeplessness.

Sleep.—"It is laid down as a general average that the night should be half as long as the day, an ordinary sixteen-hour day being followed by an eight-hour night. The axiom of Celsus, regarding diet, that too much should be varied with too little, applies to sleep. The *first four hours* of sleep are the most important and the most profound ; disturbance after 4 or 5 hours being much

less distressing and injurious than after one or two." Four hours' real unbroken sleep will keep most middle-aged men going. As the years advance, men sleep less and wake up earlier. But if a man can enjoy it, he is no doubt all the better for eight hours. "When it is recalled that we absorb twice as much oxygen in a given time during sleep as when awake, the great importance to health of free circulation of air in the bedroom is evident. It is during the night that the Hæmoglobin of the blood is largely built up, and, during a period of rest of the tissues, oxygen is specially needed to complete oxidation and removal of the effete products of tissue waste." From this, it is evident that fresh air is a necessity and the wise man will always sleep with the upper sash of the window open at all times. In India, many persons deliberately undress and sleep in the day time before or after lunch, and a good deal is to be said in its favour. Personally it is a habit I never adopted although I must own to often enjoying a sleep in the arm-chair.

Sleeplessness is often due to unhealthy conditions of the stomach under the heading of Liver, the Blues, etc., noted further on. Before a man is fifty he knows that certain dishes help to spoil his repose, such as claret and milk, toasted cheese. Snipe eaten with the trail, and wild duck freely partaken of, I am sure, cause restlessness, nightmare, distressing dreams, specially if one has been out much in the sun during the day. The young man is affected in a moderate degree, but youth and health can successfully battle for themselves where age breaks down. Mixing of alcoholic liquors is also a great cause of restlessness, as well as certain vegetables eaten *late* which cause flatulence (a very bad culprit), such as peas, broad beans, celery. The lighter the dinner the better, with a whisky peg or two which agrees with all dishes. During the intense night heat of the plains an iced drink, or a cooled drink is an aid to rest. In the dry healthy heat of Central India where I was quartered for 13 years and

where one can sleep in the open, I always had a porous water bottle on a table next to my bed. If the wind was hot, the water was kept cool and a pull occasionally was most refreshing and does no harm. How refreshed one rises in the morning after a good night's sleep in the open, and one must almost necessarily be an early riser. Some people are nervous about sleeping out on account of jackals, snakes, rats, which are more or less real dangers. If the bungalow has a flat roof, these are obviated. To circumvent these, the legs of the bed can be raised six inches off the ground on small stones with a circular cup ring, into which a disinfectant as phenyle can be placed to keep off snakes, and a small wire net fence about 4 feet in depth to keep off jackals and dogs. One can then sleep securely and confidently. I have known a jackal seize a child sleeping on the ground by the hand and begin to drag him away. The cries of the child brought a sentry to the spot who ran his bayonet through the animal. On withdrawing it

the jackal sprang up and bit him severely in the lip and got away. This curious incident is true as I had to attend both the victims of the attack, and it made me careful afterwards about fencing in my cot when sleeping outside. The light of the moon has to be shielded, but this can generally be arranged for.

CHAPTER XII.

EXERCISE.

"The secret of health remains what it has ever been, *viz.* :—Moderation and rational exercise."

Exercise.—"No exercise is worthy of the name which falls short of increasing the rate of the respiration and pulse, and promoting a definite action of the skin."

Exercise with the majority is a great help to health, to mental activity and I believe to longevity. Some persons, however, get on very well without it, and I think Mr. Henry Labouchere, of 'Truth,' is one of them. To be in a mild, perpetual state of training is a good ideal ; for training and condition mean, moderation in all things—eating, drinking, and continence.

Personally I am a believer in exercise and in keeping up a certain amount of training. My own exercise now is moderate running. By this expression doubling is meant, often a little faster, or ending quicker. I have kept this up in the plains (C. India), in Calcutta in the hottest weather May and June (when acting as P. M. O., 1901), and in the hills, at 7 and 8,000 feet where the elevation tells much. Of late and up to my 60th year I usually ran two miles including some portion up hill, the latter sometimes short and steep. In Wiesbaden (1906), my distance was generally two miles on the Frankfurt road including 1,000 metres (yards) up a sloping gradient. My usual time was 16 to 17 minutes. (My quickest time was on my 59th birthday 15·30.) The time is mentioned to show the ordinary nature of the pace, far below the time paced by men in the great walk from London to Brighton. The advantage of such exercise is that it is soon over. After a two miles' spin one feels in the words of the

song, "Something accomplished, something done, has earned a night's repose;" for one can sit in an arm-chair for the rest of the day if so inclined. Look too, how soon the exercise is over. There is no waste of time. The skin action is profuse, the lungs have been well exercised and expanded; and one of *the principal features in the maintenance of health is the expansion of the lungs*, and a supply of the purest available air. As Dr. Wynter points out, numbers of people scarcely exceed the ordinary requirements of breathing and physical exertion for days together, losing sight of the fact that the *maintenance* and *development* of a *reserve power* is a most important *safeguard* against ill-health. He considers some extra functional activity helps to *develop* the chest, maintain *reserve power*, and prevent the incidence of pulmonary disease. When therefore opportunity occurs, the *reserve power* of the heart and lungs should be *exercised and tested by such physical exertion* as is *suitable*

to the *individual.* It should therefore be looked upon as one of the duties of life, to devote some minutes each day, and some hours each week, to the *full* exercise of these important organs.

The best time for exercise is early in the morning, for the air is considered freshest before 8 A.M. Formerly in India I used to take chota hazri first, tea and toast; but this meal seemed often to cause uneasiness in the chest and over the heart, probably due to distension of the stomach, and, as laid down before, it is a bad principle to take strong exercise immediately after food. But I have given up this meal for years and always run on an empty stomach. In 1904 at Kapurthala, on the flat, I sometimes ran three miles, and walked three or more. Then, after the task is over, how one enjoys the tea and buttered toast, a rest, a pipe, a rub down, bath and dress, when one feels ready for anything. Running with the mouth closed is good for both lungs and voice. In the eighties, I was able to double with the mouth closed from

three-fourths to a mile. Now I have to run mostly with the mouth open for fear of straining the heart. But if one can keep the mouth shut, breathlessness is rapidly recovered from after a few deep inspirations. Another reason in its favour is, that I consider running one of the *finest nerve tonics*. If now I have anything serious to perform, I do two miles as a tonic. This form of exercise makes little difference for other exercises later in the day—tennis, golf, hockey, etc.

If any one, unaccustomed to run, wishes to commence, let him or her mark out a distance, say 100 yards, or a furlong, 220 yards. Begin with the hundred yards, walking sharply, then run back slowly, and continue this increasing the pace, or commence with a furlong in the same way. You will soon be easy over a quarter of a mile (2 furlongs), then half a mile (4 furlongs), and when you have accomplished the mile (8 furlongs), 1,760 yards without distress, you will feel happier with things in general, specially if you were previously a poor

nervous dyspeptic. Your brain power will increase, your eye brighten, your appetite will improve, your skin will clear, your nervous symptoms will disappear; and when you have done your second and third mile, you will feel as you have never done before. Your condition will tell in the long rallies at tennis, hockey and other games, but you must be moderate in everything. You cannot burn the candle at both ends. You will possibly have to lead a more regular life than perhaps you have been accustomed to, but this will be all in your favour, for you will last the longer. If you go in for violent exercise without training, mischief may, or will, befall you—be it football, hockey, mountaineering or what not. It is the pace that kills. Certainly, persons beyond middle age at all events, before embarking in any violent or sustained exertion, should devote some time to training the heart. An easy up-hill gradient is one of the best methods for doing this, *provided* the heart and lungs have been found

to be in fair working order. This latter is important, and we should not then read of deaths in the football and hockey field, such as an announcement I culled from a local paper yesterday: "During a football match at Scarborough yesterday, K. M., æt. 18, goal keeper, fell to the ground and died in a few minutes. Deceased is said to have suffered from heart trouble."

Next to running, *skipping* is one of the best exercises, and possesses the advantage that it can be carried out in all weathers, or anywhere. In training for boxing, I believe skipping is used between the bouts. I imagine skipping without a stop for 10 minutes is equivalent to running a mile or more. It would be interesting to record the miles, some delicate ladies, who would not dream of running even a furlong, waltz, in a full-sized dancing hall.

The heat of the plains is not an objection to running. Men play at rackets, tennis, as at home. Personally, a certain amount of heat seems an advantage,

breathing being always easier with free skin action. Running at a high elevation as at Nathia Gali in the Punjab, over 7,000 ft., Gulmarg over 8,000, is more trying to the heart than the heat of the plains. It was amusing at cricket in Gulmarg to see the distress caused in running a four, owing to this cause.

My excuse for having written somewhat fully on this subject is that it is a hobby, and because I would desire that others may follow these suggestions, and derive the same benefit that, I imagine, has accrued to me. "My bolt is shot," I heard a dear old general officer sadly remark, some time back, sitting in his bath chair. In his day he had been one of the smartest, but so it comes to many of us. Yet I venture to assert that, a certain continuance of training for men beyond forty or fifty, will help to defer the bath chair. Of course, running will not suit every one, nor will it be convenient for many. Any exercise that brings the lungs and heart into play with skin action is good.

Is not Sandow too, now, available to every one. Still my personal impression is, that running as an exercise is one of the *best tonics for the nerves*, and, as such, I commend it to all.

In concluding this subject let me sound a note of warning against violent exercise after a meal, when the stomach is actively engaged in the act of digestion, a danger being to the pancreas or sweetbread, which lies close under the stomach. I have seen a fatal case verified by a *post-mortem* examination, of a perfectly healthy man who, after a full ordinary meal, had a severe run after his pony which had broken loose, and which he endeavoured to catch. Soon after he became ill, collapsed, and died with symptoms of poisoning. But death was found to be due to hæmorrhage into the pancreas. Drinking iced water when excessively heated is another source of danger; and Dr. Wynter records a case in which gangrene of the appendix (appendicitis) was thus induced, involving a fatal termination in three days.

CHAPTER XIII.

Dyspepsia.

Dyspepsia is a word that includes many minor phrases of common parlance, such as "liver," "the blues," "heartburn," "palpitation," "run down." Few have resided for any length of time in India, without experiencing those unpleasant symptoms graphically described in advertising columns, as infallibly cured by a dose of Cockle's or Holloway's, which may be classed under the term Dyspepsia. Its causes are many, insufficient intervals between meals, though this applies with less force to India than England, where, in many houses, the meals crowd one after another; from early tea in the bedroom to perhaps a final supper after a late dinner. Residual fermentation left by one meal, passes to the next. The stomach is never empty. It gets no rest or time for contraction. It becomes dilated and loses the power of passing on the food. Eating too fast is a common cause. The natural functions of (*a*) mastication, (*b*) insalivation, and (*c*) the secretion of the

gastric juice can neither be hurried or dispensed with. If mastication is scamped, extra work is thrown on the stomach which objects to the strain, and passes on the food as foreign matter. I have sometimes watched an officer come into the Mess, sit down, and, as soon as his food is put before him, go at it like a hungry hound (which perhaps the poor chap is), as if he was half starved, or, that life depended upon the activity with which he completed his meal. As a result, the stomach becomes distended far more rapidly than it should be; as this distension continues, more food is taken than is needed to satisfy the pangs of hunger. With this distension the secreting power of the gastric glands is diminished, while a greater area of food is exposed, than the gastric juice can properly contend with.

Another common and serious cause of indigestion is bad teeth, when food is swallowed improperly masticated. The teeth may be good in the lower, but wanting in the upper jaw; or *vice versâ*.

In such cases, politeness often causes one to bolt tough morsels which should never be swallowed. Dr. Wynter's advice here is, "Never put into the mouth anything which resists a moderate use of the knife and fork, and never swallow anything that one cannot bite." Self-sacrifice in this often entails prolonged suffering. Tough morsels, stringy matters, stones, skins and bones will be refused passage by the sensitive door of the stomach for hours and even days.* The dentist holds the remedy.

Worry, annoyance, haste at meal times, eating when overfatigued, and undue activity either before or after meals all favour dyspepsia. "Dress for dinner" was the effectual treatment, recommended by the late Sir A. Clarke to a busy city man, who barely finished his work in time for the evening dinner.

Flatulence is caused by hyperacidity of the gastric juice, which flowing back

* "Instances are known in which grape skins have been found three months, the pulp of an orange six months, after being swallowed."—*Wynter.*

causes a burning sensation known as heartburn. This symptom often gives rise to the idea of heart disease, where none exists, and causes sick headache with pain specially over the right eyebrow. This uneasiness is often promptly relieved by a teaspoonful of sal volatile with twenty to thirty grains of bicarbonate of soda or potash, in half a tumbler of water. Dr. Wynter recommends as a good extemporary draught, pouring boiling water on five crushed cloves in a wine glass, and adding 10 to 20 grains of carbonate of soda—(or a compound pill, *see* Appendix, prescription No. 1).

Liver.—So and so has an "attack of liver"; or let him alone, his "liver is out of order," is a very common expression in India, and means an individual who is suffering from bile poison, which produces splitting headache, giddiness, often great mental and almost suicidal depression, and pain in the right shoulder. *The blues* is another expression of disease common enough in India and

elsewhere. It specially includes mental depression, irritability, vacillation, uncertainty and inability to fix one's attention on either business or amusements. Here one or two grains of calomel at bedtime, followed by an effervescing saline in the morning often puts things to rights, with a limited farinaceous diet helped by a tumbler of hot water sipped morning and at bedtime. The older man will, probably, long ere this have recognized the hand of gout in these attacks if frequently repeated.

Palpitation mentioned previously in association with gastric fermentation is not infrequently caused by the over-use of tobacco. This induces cardiac tension, and may lead through this to insomnia, and to tumultuous and forcible cardiac action, which is particularly distressing when lying down at night; and more so, when lying on the left side. A persistence in tobacco smoking in spite of this warning leads to further disturbance and dilatation of the heart, with very much more serious symptoms,

which may even prove fatal. The modern cigarette smoked to excess, has much evil to answer for. In examining patients for insurance, one has occasionally to notify this condition of the heart, and at the same to warn the applicant to limit the amount of tobacco smoked to 2 or at the most 3 ounces a week.

Management of *Dyspepsia*.—A review of the causes show that the dyspeptic must be prepared to go through a process of schooling. He must take his food with regularity and moderation, he must put a check upon the quantity of his drinks, count the number of his pipes and take regular bodily exercise. Every officer in India, be he a subaltern, a general, a commissioner or his deputy, should always devote one hour or more in the evening to some form of exercise (provided he has not already done so at an early hour)—Rackets, tennis, riding, or walking. "Come and play for an hour" Quick calls out, as he is passing Slow's bungalow on his way to the racket court. "I really have no time," Slow

replies; and Sleepy who hears the remark, chimes in "Ah! It is all very fine for you fellows who have nothing to do." Now Quick, who is a friend of mine, always rises before the lark, and has finished his exercise, and got through a lot of real work before Slow is awake, and after Sleepy has been called, in vain, three times by his bearer. They neither of them enjoy life as Quick does. Slowness over work and duty shows that a man is below par and is often the result of want of exercise. The dyspeptic symptoms deprive him of a proper night's rest (*see* Liver and the Blues). The more he works, the worse he gets, until he becomes a martyr in his own imagination. Something is radically wrong in the man or his habits, in India, who cannot so arrange his work as to be able to devote one or more hours in the evening to recreation exercise. Indeed, Government ought to insist on this being done. To relieve *dyspepsia*, starvation or much abstinence is an excellent remedy for, say, 24 hours. Coffee and dry toast

only ; or soup and toast, twice a day. Equal parts of milk and barley water will agree with some, and as improvement occurs, arrowroot, cornflour, tapioca and such like may be added.

Alkaline waters relieve thirst and assist in liberating the excess of mucus in the stomach, as apollinaris, vichy, etc. For that severe headache, specially over the right orbit, 10 to 12 grains of antipyrine (phenazone) mixed with water, or Seidlitz powder, with some people, gives wonderful relief. At least it often enables one to work and concentrate one's ideas, which a racking head absolutely prevented before. Such attacks would often be avoided were the individual to disinfect his interior with a grain or two of calomel once a week, followed by a suitable dose of Carlsbad, Kutnow and such like. After a big night at mess where drinks may have been mixed, such a proceeding is strongly advised before retiring ; or, two or three Cascara tabloids before turning in, but the best time for taking such, is, when *tying* your necktie *previous* to the dinner,

if you can recollect to do so; and, you may forget about it afterwards. I write with experience of the benefit. After the meridian of life is passed, I believe an aperient taken always once, and occasionally twice a week, would lead to the avoidance of many ills in India and elsewhere.

The following diet which was found to be useful in the hot weather of 1876 may possibly be still efficacious :—

A DIET FOR DYSPEPSIA.

Chota Hazri—

One cup of milk, or half milk and half soda water; or, a cup of cocoa made from nibs (cocoa au lait), and a slice of toast.

Chiretta and water may be tried for a few days.

Tea is not advised.

Fruit judiciously.

Breakfast 8 to 9 A.M.—

One chop.

Dhal and rice, each two tablespoonfuls.

One boiled or poached egg.

Toast butter sparingly.

Iced water, two small tumblers.

Tiffin 2 P.M.—

One or two chops (if small, as Indian chops often are).

A little rice and dhal.

Toast.

One whisky peg, or whisky and water.

The dhal must be cooked most carefully. It is most nourishing and very nice when well prepared.

No afternoon tea.

Soup *doubtful;* if taken, 2 tablespoonfuls.

Dinner—

Two small helpings of roast lamb, mutton, or fowl.

Potatoes very sparingly and prepared as advised,* not suitable for all. Toast. Stale or brown bread.

All other hot weather vegetables. Avoid cabbages.

No curry, pastry or sweet wines or beer. Meat cooked twice should be avoided.

No coffee after dinner.

A little rice, tapioca, sago or cornflour pudding.

Whisky peg, or whisky and water.

The condition known as "a mouth," "a head" in the morning is avoided by not mixing drinks, wines, etc. It is "that last peg" too, that often causes it.

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* THE INVALID'S MASHED POTATOES.

Boil one pound of potatoes in their jackets until they are tender and brittle. Peel them, and rub through a fine sieve; when cool, add a small teacupful of fresh cream and a little salt, beating up the purée lightly as you go on till it is quite smooth, and warming it up gently for use.—(*Chambers.*)

CHAPTER XIV.

Morning Diarrhœa.

This is another trouble that often affects young officers in India, reducing both strength and vitality. If the sufferer can obtain leave, there is nothing better than complete change of scene and air. Soup must be stopped, vegetables avoided and eschewed. Entrées and coffee must be given up. Cocoa is a safe breakfast drink for most people, not all. If claret agrees, then it is good, otherwise, whisky or brandy and water, with some port wine seems to act as an astringent and stimulant ; and three or four glasses may be taken in the day mixed with arrowroot or cornflour. In Bengal where the fresh fruit can be obtained, *bael sherbet* taken on an *empty stomach* acts well. Where the *fresh fruit* cannot be procured, the *dried fruit* may be powdered up, and taken as porridge, also the *liquid extract of bael* in teaspoonful doses is often most useful. The prescription Nos. 2 and 3 noted in Appendix, given me by a late Punjab Professor, has had remarkable curative

effect in my hands in so many cases, that I have added it to the chapter. It is specially useful in cases known as "Hill Diarrhœa"—

A DIET FOR MORNING OR HILL DIARRHŒA.

Chota Hazri—

Cocoa made from nibs, toast; or sujee made with milk and sugar, or cornflour.

Breakfast—

Dhal and boiled rice, freely; and one mutton chop. Toast. Milk or cocoatina. The dhal must be cooked most carefully.

Dinner 2 P.M.—

Breast of chicken. Toast. Cornflour pudding. Whisky and water or rice water.

Supper 7-30 P.M.—

Dhal and rice, cornflour pudding with occasionally apricot or greengage jam (don't swallow any skins). All *seed* jams avoid like poison.

Well-made "pish-pash," rice and fowl boiled together, is excellent and may be substituted at breakfast and supper.

Only the rice is eaten. It is the best for children.

Breakfast may be taken at mess, but other meals at home. The monotony will wear off, as the cure advances. All

food should be prepared in enamelled cooking vessels, or in a Warren or in aluminium cooking pots, and *not in deghchees* (native cooking vessels).

CHAPTER XV.

CHOLERA.

One other subject remains which forms, alas! a topic of conversation when once it appears in a station, and that is, cholera. The following are some axioms and points of importance which young officers should be acquainted with, on, and after, arrival in India :*

1. The cholera microbe, outside the human body, so far as is known, only *lives* and *reproduces* in *water*. Hence not only drinking-water, but also washing water, rinsing water, water used for cooling boiled milk ; in fact, *everything that is wet* should be suspected, both in cook houses, aerated water factories, or any mess institutions in which refreshments are served.

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* For further detail, see a pamphlet, "The Prevention of Cholera," by the author, 1904.

2. The cholera microbe is probably not destroyed by freezing. Therefore drink should always be iced, and ice should not be added *to* the drinks.

3. It is rapidly and easily destroyed by boiling.

4. Boiled water is absolutely safe.

5. Three minutes' real boiling is sufficient. But the water must then be always put into clean vessels, free from any microbe.

6. It is rapidly destroyed by drying.

7. It is readily killed by acids.

8. The microbe is *rapidly killed by carbonic acid gas* in *aerated waters*, provided, as is usually the case, no bicarbonate of soda has been added. *The microbe is not instantly killed by the gas but only after the lapse of a short time.* Hence, *three hours at least should elapse between bottling and using.* The longer therefore it is kept before use, the better. This, one of the most consoling facts in India, was elicited by Professor Hankin, of Agra, and every person should be acquainted with it in India.

9. The incubation period in the majority of cases is considered to be from 48 to 72 hours.

10. Recollect that filters may become infected, as occurred in 1894 to a British Regiment in Lucknow. When this Regiment moved into camp, the infected filters were taken with them, continuing to deal death and destruction, until this condition was discovered by Mr. Hankin.

11. The origin of an outbreak is almost invariably traced to a *tainted water*, or *watered-milk*, supply.

Particularly to be suspected and avoided at such times are—

(*a*) *Milk and all milk dishes, cream, specially if made from stale dahi and used* to pour over stewed fruit.

(*b*) *Cold puddings.*

(*c*) *White opaque jelly made from gelatine* which, having an alkaline reaction, is specially suitable to the reproduction of the cholera microbe.

(*d*) *Salads and other uncooked vegetables* which *might have been wetted*

with infected water, or grown with objectionable manure.

12. Attendants on cholera patients should carefully disinfect their hands and arms before taking food. The touching even of the moustache with unwashed hands when attending a friend or comrade may lead to fatal results.

Forewarned is Forearmed.

When cholera is prevalent, people should be extra careful about minor details. The local well should be at once treated. Uncooked vegetables should be eschewed or most carefully washed with boiling water. The cholera microbe may be present on the surface of strawberries, cucumbers, apples, pears, plantains, etc. The fruit, etc., may have been untainted at its source, but it may have been on the way infected by being washed in (after gathering) or sprinkled with, contaminated water. The greatest danger lies in bazaar milk, or that obtained from any but trustworthy sources. This applies also to

butter and buttermilk. There is danger in a somewhat popular fallacy that a *Separator can destroy cholera* in milk, though the microbes, if present, would probably be more abundant in the milk than in the cream.

Travellers and Strangers to India are warned against the drinking-water of *ordinary* filters. They should avoid water from a *Railway carriage cistern,* and specially that in the *ghurrah* (earthen) *filters* at some Railway station sidings. Only aerated water should be drunk. *Soda water* should be used for *washing* the *teeth* in a *train* and in *many hotels*. At such times at public balls and other entertainments it is wiser to avoid all dishes *served up or cooked with milk*. At a ball supper at a well-known hill station in the Punjab, when cholera was very active, the majority of guests who partook of a certain milky dish were attacked and died.

Cholera Belts.—These are mentioned here in order to condemn their use. Axiom No. 1 shows that cholera will not

attack an individual unless he *swallows* the poison *in his fluid* or *in his food.* The *microbe does not exist in the air* (though, no doubt, certain atmospheric conditions bring it into activity, or the poison which the microbe produces). This is here mentioned to *quiet the needless fear of many at even the utterance of the name of this terrible malady.* Any person may walk in perfect safety through a cholera ward. Therefore the cholera belt so called will have no influence in warding off this disease. It is, no doubt, of use in preventing a chill to the liver or the abdominal organs, as at night under a punkha, though a shawl lightly thrown across the abdomen is better. The persistent use of a thick belt or *kummerband* is injurious, it acts like a poultice and weakens the abdominal organs. Instead of checking diarrhœa it seems to increase the action of the bowels ; this is the result of my own personal experience as well as that of others.

The brief remarks on a disease which spares none should, if carefully

considered and attended to, remove much personal anxiety in a station, and amongst the members of a mess, when any particular regiment has been attacked.

Our "Mess Table Queries" which have, it is feared, wandered illegitimately over extensive ground, perhaps, even outside the compound, must, here, come to a conclusion. In an appendix will be found, a weight table; another to help you to limit the proper amount of your alcoholic drinks (unless you are a teetotaller which is, also, a wise thing), an extra diet or so, and, one or more prescriptions proved of value by experience.

The author claims indulgence for any egotism that may have shown itself, more particularly in the chapter on exercise; and with the sincere hope that the hints given may prove of practical value to young officers arriving in India, he bows his "Mess comrades" a long "Farewell."

SINGLE BARREL.

APPENDIX.

TABLE NO. 1.

Height and Weight.

Showing the normal weight of the body stripped, in proportion to height of a man up to the age of thirty. After the thirtieth year there is generally an increase in weight, which may be consistent with health up to 7 per cent :—

Height.		Average Weight.		
Ft.	In.	St.	lbs.	lbs.
5	1	9	2	128
5	2	9	9	135
5	3	10	2	142
5	4	10	9	149
5	5	10	12	152
5	6	1	1	155
5	7	11	4	158
5	8	11	12	166
5	9	12	5	173
5	10	12	13	181
5	11	13	4	186
6	0	13	8	190

Beyond this weight, the respiration becomes diminished. 7 per cent. added to a man's weight, who is 6 feet high, will make him 14 st. 8 lbs. or 204 lbs.

TABLE NO. 2.

Showing the amount of ardent spirits, wines, malt liquors, ciders, which contains one ounce of absolute Alcohol :—

Spirituous Liquors.	One ounce of Alcohol is contained in fluid ounce in
Ardent Spirits—	
Proof Spirit	Ozs. 2·26
Whisky	,, 2·6
Braudy	,, 2·7
Rum	,, 2·8
Arrack	,, 3·0
Gin	,, 3·2
Wines—	
Sherry	,, 6·6
Cape Madeira	,, 6·8
South African Port ...	,, 6·8
Port	,, 6·9
Marsala ...	,, 7·5
East Indian Madeira ...	,, 7·6
Frontignac ...	,, 9.0
Champagne	,, 12·6

Spirituous Liquors.	One ounce of Alcohol is contained in fluid ounce in
Wines—	
Hock	Ozs. 13·4
Hungarian Red Voilau ...	,, 14·1
Burgundy	,, 15·2
Moselle	,, 15·2
Claret	,, 16·3
Sauterne	,, 19·0
Cider	,, 64·4
Malt liquors—	
Ale, Benton, Bass, 1 84/-	,, 12·5
,, ,, ,, 3 60/-	,, 14·2
,, Pale ,,	,, 19·2
,, India, Gardner, X54...	,, 23·0
,, Stout, Dublin Bottled	,, 20·8
,, ,, London ,,	,, 21·5
,, Porter, ,, ,,	,, 35·6

N. B.—One ounce equals two tablespoonfuls.
1½ ounces equals three tablespoonfuls, or small wineglassful.

The boundary limit is 1½ ounces of pure Alcohol in 24 hours. Thus the limit of Whisky would be 3 oz. ·39 or say, seven tablespoonfuls daily, and so on.

TABLE NO. 3.

Diet for Obesity.

In my pamphlet "Banting in India," 1884, are reduction diets, including Banting and Ebstein. "Banting up to Date" by the author of "A Bobbery Pack in India," 1902, is, of course, more recent, and very much to the point, while written in a bright, cheerful vein. I simply add here a somewhat fresher diet :—

"GAUTIER'S DIET." (Wynter.)

Breakfast. 8 A.M.	1 egg. ½ oz. bread. ¾ oz. meat.
10 A.M.	2 eggs. ¼ oz. bread. 6 oz. wine and water.
12 o'clock	½ lb. lean meat. 1 oz. bread. 5 oz. green vegetables, with a similar quantity of wine and water.
4 o'clock	Tea without sugar.
7 P.M.	Similar to that at 12.

This diet supplies 1,290 calories a day, rather more than half that actually

expended in a state of relative repose, the remaining 800 or 900 calories being compulsorily borrowed from the combustion of stored up fats, *loss of weight being at the rate of nearly* 1lb. a day !

TABLE NO. 4.

The Salisbury Diet.

This purely nitrogenous diet is taken from Dr. Wynter's book. It is one that could hardly be followed in the plains, in the hot weather. It has been adopted with advantage in some forms of Dyspepsia and in Obesity.

Properly cooked and served up with care, this diet is not so objectionable as would appear at first sight. In the first stage the diet is restricted practically to *meat* and *hot* water.

Nothing is drunk at the meal, but at about 1½ and sometimes 2 hours before the next meal, half a pint to a pint of hot water at a temperature of 110° to 150° Faht. is sipped within a period of 15 to 30 minutes.

The best times are given as—

6 A.M.
11 A.M.
4 P.M.
9 P.M,

The exclusive meat diet, *viz.*, half a pound to a pound or more at each meal—may be continued for some two to six weeks, and then gradually the choice of vegetables may be increased and baked chip bread, toast, rice, etc., introduced. Before this, broiled mutton, lamb, game, chicken, cod fish, broiled and baked fish free from fat, a soft boiled egg may be interpolated. After recovery it is recommended to keep the starchy foods well in the back ground.

Resting before and after a meal is advocated.

Beef Cakes.— Take four ounces of beef pulp which has been nicely minced, season with black pepper and salt, but add no liquid. With two forks form it nicely and quickly into round flat cakes from a half to one inch thick, and broil them slowly and moderately well,

over a clear fire, turning the griller every minute. They will take from six to eight minutes.

If pressed hard and tight in the making, they are livery and indigestible. A small piece of fresh butter may be put on each cake when done ; serve on a *piping hot* plate.

Worcester, or Halford's sauces, also mustard, horse radish, lemon juice, are allowed for selection.

Mince.—A thick steak, or prepared ox heart, quite fresh, is finely minced, placed in a saucepan with salt and black pepper, and cold water added in the proportion of a full dessertspoonful or more to each ounce of the pulp ; beat well together to a thick cream.

Now place saucepan on a cool part of the stove, and warm and cook pulp slowly, stirring briskly with a wooden spoon the whole time. It should never get too hot to the touch. This gradual cooking will take from 20 to 30 minutes and, when done, should be turned into a hot bowl and covered. If properly

cooked, it is said to be delicious, like a thick smooth cream.

N.B.—For a full account of the hot water treatment *alone*, see "Banting in India," by the author.

TABLE NO. 5.

CARLSBAD DIET FOR GOUT.

Breakfast	Weak tea with cream. Biscuits, 2 to 4 oz. Butter, ½ oz. 2 soft boiled eggs.
Midday Dinner ...	Soup, either clear or with pearl barley or rice, 1 oz. Fish, 3½ oz., with melted butter and lemon juice. Potatoes, 2 oz. Roast meat, 3½ oz. Cheese, 1 oz. Stewed fruit, 3½ oz. Bread, 5 oz.
Supper	Soup, milk, or weak tea. Biscuits. Lean bacon, or 1 or 2 eggs.

With dinner and supper pure or mineral water, with half a pint of light claret, or two tablespoonfuls of whisky, is allowed.

An indoor life is, as far as possible, to be discouraged.

TABLE No. 6.

PRESCRIPTIONS.

No. 1.

Dr. Wynter's Pill for Indigestion and Flatulence.

Menthol	...	gr. ¼
Calomel	...	gr. ⅛
Pv. Zingiberis	...	gr. ii
Maltine	...	q. s.

One pill to be taken and repeated in a quarter of an hour, and again, if necessary, until relief is obtained.

No. 2.

For Morning Diarrhœa.

Acid Nit. Mur. Dil.	...	min. x
Tinct. Camph. Co.	...	min. xxx
Liq. Hydrargyri Perchlor.	...	min. xxx
Sp. Chloroform ...	...	min. x
Aquam ad ...	...	℥j

Twice or three times a day.

No. 3.

For Morning and Hill Diarrhœa.

Liq. Hydrargyri Perchlor.	...	min. xxx
Tinct. Camph. Co.	...	min. xxx
Sp. Chloroform ...	...	min. x
Tinct. Cannabis Indicæ	...	min. v
Mucilage ...	...	min. xxx
Aquam ad ...	...	℥j

Three times a day.

Table No. 7.

Exercise.

When stationed in Calcutta and elsewhere, I have not infrequently been taken to task by my seniors for running; and warned of the dangers accruing to men over fifty, indulging in this exercise. A doctor friend, whose opinion I value greatly, pointed out the non-elasticity of the arteries in advancing years, but thought a great deal depended upon the effect of the exercise on the pulse. If this fell to the normal soon after the completion of the task, little harm would accrue. A distinguished London specialist considered that habit played an important part, and that a man long accustomed to exercise, might continue it without individual harm. I therefore made a note of the effect on the pulse, which is embodied in the subjoined table. The period of observation is unfortunately very small. The pulse begins to fall so quickly on cessation from rapid exercise, that, in order to ascertain the real pulse rise, a second

person with watch in hand, is required to note the first beats. If the pulse has more or less recovered itself in about half an hour, I do not think there is much to trouble about. The notes were taken at Srinagar, Kashmir, which has an elevation of 5,250 feet above the sea level. This is specially mentioned because, under diminished atmospheric pressure, the pulse is accelerated. The comparative atmospheric pressure is as follows :—

At sea level	15·22 lbs. to square inch.	
At 5,500 feet above	12·35 lbs. giving a difference of	2·87* lbs. to square inch.

Pulse Table during exercise.

Place, Srinagar, Kashmir, 5,250 feet above sea-level. Weight about, or over, 14 st. 8 lb. Height 6 ft. Age $54\frac{4}{12}$. By running, "doubling" is here meant, 6½ to 6¾ miles an hour, the half-mile at 7½ miles. Usual pulse rate 60 to 64.

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* For further information see "Kashmir Handbook" by author, pp. 237—241.

		Pulse.
11th October 1901, 7-15 A.M.	... ...	66
one mile ...	... ...	132
very short interval, half a mile	...	134
8 A.M. ...	... ...	67
12th October 1901, 7-21 A.M.	... ...	70
one mile ...	... ...	110
half a mile ...	... ...	130
8 A.M. ...	... ...	67
13th October 1901, 7-20 A.M.	... ...	68
one mile ...	... ...	124
half a mile ...	... ...	129
8 A.M. ...	... ...	80
14th October 1901, 7-33 A.M.	... ...	68
one mile ...	... ...	106
8 A.M. ...	... ...	77
15th October 1901, 7-25 A.M.	... ...	68
one mile ...	... ...	113
8-35 A.M. ...	... ...	62
16th October 1901, 7-27 A.M.	... ...	70
one mile ...	... ...	130
8 A.M. ...	... ...	72
17th October 1901, 7-22 A.M.	... ...	68
one mile ...	... ...	127
half a mile ...	... ...	118
A.M. ...	... ...	80
1 P.M. ...	... ...	68
18th October 1901, 7-21 A.M.	... ...	80
one mile ...	... ...	134
7-35 A.M. ...	... ...	78

	Pulse.
26th October 1901, 8-22 A.M.	80
one and a half miles	120
9 A.M.	90
27th October 1901, 7-57 A.M. ...	80
one and a half miles ...	130
8-21 A.M.	96
28th October 1901, 7-50 A.M. ...	80
one mile	130
8-45 A.M.	70

At the age of 60, the pulse at rest is often as low as 50, and sometimes 47. At racing speeds, probably the pulse rises to between 150 and 170. Meagre as I fear it is, this table shows the rapid rise in the pulse caused by even mild exercise, and therefore the importance of preparation and training before *sudden* and *violent* exercise is taken, so that the heart be not caught unawares as it were. As a case in point, a short time ago, when returning to the Golf house after a game, a shower of rain came on suddenly, and my companion, who is not in training, and whose heart is not strong, doubled in some three hundred yards. This upset the action of his heart, and he had in

consequence to rest in bed for two or more days to recover himself. A rush to catch a train in a hurry in a man quite out of training, has been the starting point of a condition that has ended fatally, to many people who have passed the meridian of life.

TABLE NO. 8.

Sea-weed Jelly.—In the former edition, quoting from Dr. Letheby, I have shown that the composition of sea-weeds rank them amongst the most nutritious of vegetable substances, and that in the Channel Islands, and in Ireland, sea-weeds are made into very palatable jellies, and used much in scrofulous affections. Owing to the courtesy of an old resident I am now able to give the method of preparation.

Preparation.—Collected in the bays in the summer and washed in rain water to remove salt. It is then spread out on grass in the sun, wetting it each morning for about a week, or until it is

quite bleached. The sea-weed is then dried.

Take dried weed ...	...	...	¼ oz.
Milk ...	...	...	...	1½ pint.

Sugar and flavouring to taste.

Method.—Soak the sea-weed in a little cold water for 10 minutes, put it into a saucepan with the milk and let it boil gently for a quarter of an hour, stirring constantly. Strain and put into a wetted mould and leave until set. Serve as a blanc mange and eat with cream or stewed fruit.

Kind used.—Carrageen or Irish Moss.

Another method.—Take two tablespoonfuls of Carrigheen moss; steep it in cold water for one night; pour off the water and boil slowly with two quarts of milk for half an hour. Strain; add a little sugar, and season with essence of Almonds or Lemon, and put it into a mould.