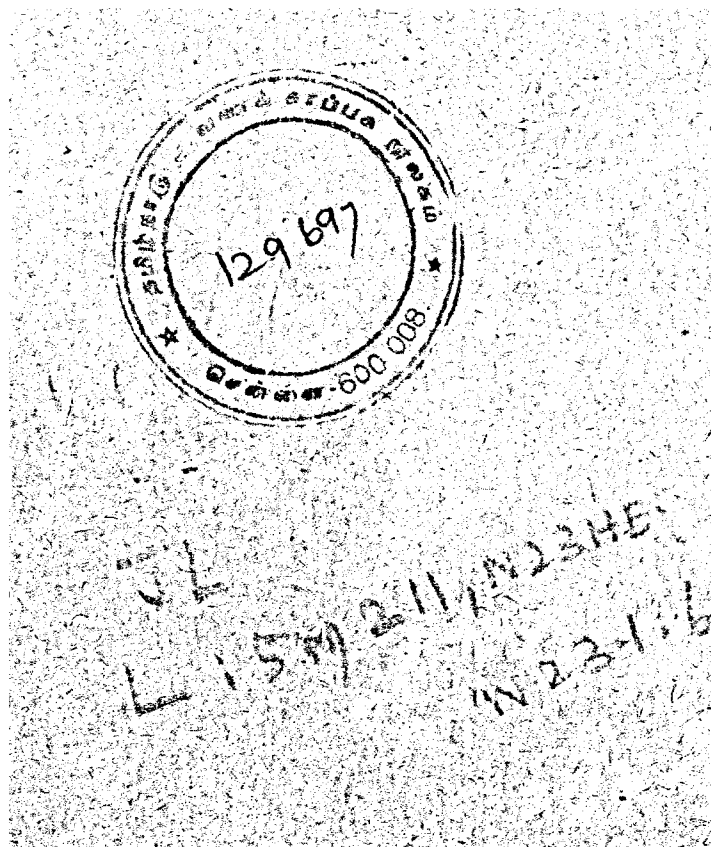
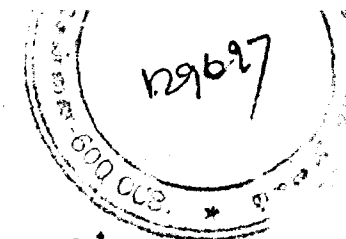




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THE HEALTH

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No. 6.

THE TEACHING OF HYGIENE IN SCHOOLS AND COLLEGES.

Literature, Mathematics, History and Science, constitute nearly the sum total of the teaching imparted to students in Colleges. In the High School course, there is at present in certain institutions an hour devoted to the study of Hygiene, but even this we find more in the breach than in the observance. In fact the hours devoted to Hygiene instruction, Drill, and to a certain extent Indian History and Geography, are the hours during which students skulk away, or what is popularly designated as taking French leave. As the subjects fall under what is called B. Group subjects where the students are not obliged to undergo the ordeals of a University or Government examination, they consider these studies could be neglected without detriment to their securing the diploma.

Now, these state of affairs make our young men hopelessly ignorant about the elementary laws of hygiene and the cause of disease. Our B. A's and M. A's could argue for hours together on any subject connected with Politics, Economics, or History, and write excellent essays in a masterly style which could stand a comparison with that of Addison, Goldsmith, Swift or Lamb,—but in spite of this profound learning, they come out with their hallmarks from the University, without

knowing even the elementary rules of Hygiene. This is a great evil in India, and our young men are not showing any signs of improvement of the situation in spite of repeated warnings.

It has been well said; "whatever you would put into the life of a nation, put it into its schools." Those under instruction in schools and colleges, eventually become the leaders of society. Public opinion must be so enlightened as to enable sanitary regulations to be observed heartily with due regard for their importance, instead of being regarded as useless freaks, which can be violated with impunity.

We do not suggest that the already cumbrous curricula of studies should be made still more taxing and tiring to the students, by prescribing a number of textbooks in Hygiene and Physical culture and subject them to undergo an examination at the end of their course. Of course, it would add to the efficiency of the University as a seat of Learning, if some of the minor subjects of the present curricula are omitted and a course of Hygiene substituted in their place, as a compulsory subject to be studied by all. What we want is that young men when they go out into the world should take with them some elementary laws of health such for instance,

1. Fever is caused often by bad water and unhygienic surroundings.
2. Vaccination keeps away small-pox.
3. Filth is the mother of sickness.
4. Cleanliness is the mother of health and long life and so on.

No doubt some text-books are often prescribed concerning these laws. But the students to have a living faith in these laws should be given sufficient opportunities to realise the truth of these statements by practical work. This alone, would remedy the present deplorable state of affairs.

'THE EXPERIENCES OF A SANITARIAN'.

BY

DR. A. M. VAIYAPURI MUDALIAR, L.M.P.

As it has been my privilege to make myself useful in the Preventive side of Medicine for about a score of years, I have ventured to express some of my own experiences and hope and trust that the public would realise the importance of Sanitation and Public Health. The task of preserving the health of the people is no doubt very onerous and thankless, and the Sanitarian scarcely receives encomiums even at the hands of his own superiors. But in the words of that great Sanitary Commissioner, Col. W. G. King, C. I. E., I. M. S. (Retired) who is, as it were, the father of the certificated Sanitary Inspectors of this Presidency, it is said, that to the "Sanitarian is reserved the joy of not seeing the solitary weakly patient, day by day gather strength, to resist death, but of saving lives that may be counted by thousands." Under the banner of Hygiene, we are capable of knitting together every race and creed, because we labour for no selfish purposes. We endeavour to secure to man God's great blessing—Health. We labour to preserve His most precious gift—life.

With these words in view, I will sum up my own experiences and state that the first and foremost point in the field of sanitation is the principle of maintaining clean surroundings. It is therefore said by Sir

Robert Rawlinson 'that the foundation of all sanitary service is scavenging'. It is a known fact that the sanitation of our villages is greatly neglected. In every backyard of the house there would be heaps of rubbish, cow-dung harbouring mosquitoes and flies. To make matters worse lots of prickly pear and other noxious vegetations harbouring reptiles, are over grown both on the private and poramboke lands. Stagnant pools and tanks are seen here and there, forming good-breeding grounds for mosquito larvae. You will observe the sullage water of each house invariably running waste or finding its way into shallow wells.

It is said that once upon a time the civilised cities in Europe and Great Britain in particular were as miserably bad as our villages and towns and even worse, but by the education of the people and by the quick process of re-adjustment and co-operation they have now become ideal ones. The Headmen of the villages who as executive officers, can do much in attending to the sanitary needs of the people, are totally ignorant of the rudimentary principles of hygiene, with the result that most of the villages have been kept in an insanitary state from time immemorial. It may be pertinently asked how the villagers escape diseases whilst people

more comfortably located in the cities actually suffer from all sorts of maladies. The solution is not far to seek. The villagers have no kind of luxuries, subsist on ordinary diet, enjoy the fresh air of heaven and sunlight of God more abundantly, and undergo a regular course of physical labour and thus make themselves immune from the attacks of maladies, barring Infectious diseases, to which their brethren in the cities are generally liable. The sanitary problems of villages are much simpler than those of the towns. With large open areas of lands, fresh air and pure water and sunlight there can be no difficulty in keeping the villages clean and free from disease, if the villager wishes to be cleanly. The system of burning dead bodies in the beds of rivers, the water of which is invariably used for drinking purposes should be discarded, and the practice of answering calls of nature in such places must be avoided.

Now coming to our Metropolis, we know that there is a promiscuous throwing of house-refuse both on the roadside and into the side drain and also by the side of dustbins which are chiefly intended for the reception of the house-refuse. Children are allowed to defecate in front of their houses and also into the drains, and it is not uncommon that adults make use of byelanes and drains for defecating purposes during nights and early mornings. It is not also uncommon that pipe-water which has been introduced into Madras at a cost of several lakhs of rupees is allowed to run to waste without taking due precautions to close the discharge cocks.

There is no gainsaying the fact that the new drainage system has considerably contributed to the improvement of the Health of the city, particularly Malaria. We yet find that the syphon-traps attached

to each house are allowed to be blocked up with refuse of various sorts such as broken chatties, mud, ashes, straw, dung, etc. with the result that the sewage water is allowed to run on the street causing considerable nuisance to the pedestrians and inhabitants of the neighbourhood, not to mention the curses heaped on the Executives of the Corporation. Such nuisance not only results in creating inconvenience to the people at large, but also entail unnecessary expenditure on the part of the Corporation, for, in certain cases, in attempting to renew the obstructions the pipe-connections will have to be broken open and renewed. Although the rate-payers know fully well that in their own interest enormous sums of their own money are spent for this new drainage works, still very few fully appreciate the importance of maintaining them in proper order.

These and other defects pointed below can only be rectified by the hearty co-operation and by educating the people in matters of Public Health. The only way of tackling this problem is through rigorous Health Propaganda work amongst the masses. We, the citizens of Madras, are no doubt greatly thankful to Rao Saib Dr. U. Rama Rau and the South Indian Health and welfare association for all that they have been doing. I have also been in my own humble way supplementing their work in this direction, especially in fighting the enemies of Public Health in the city. But the little success that has been achieved is to my mind only a drop in the ocean. I would in fact request every Medical man to take and hoist up the banner of Hygiene, and thus work in the spirit of the words of the Honorable Surgeon-General W. B. Bannerman, I.M.S. (Retired) as Missionaries

in the service of Hygiene for the Sanitary amelioration of our motherland

I will conclude this paper by referring to Infectious Diseases. It is a known fact that our cities and villages are now periodically visited by Plague, Cholera, Small-pox, Malaria and just now by what is known as Relapsing Fever. To combat these terrible diseases successfully hearty co-operation of the people in the affected areas is absolutely necessary. It is a known fact that there is always a tendency on the part of most of our people to conceal these cases for fear of Isolation and Disinfection by the Municipal Authorities. Some of these cases never see the light of the day until and unless the sanitary authorities become cognizant of them although there are distinct provi-

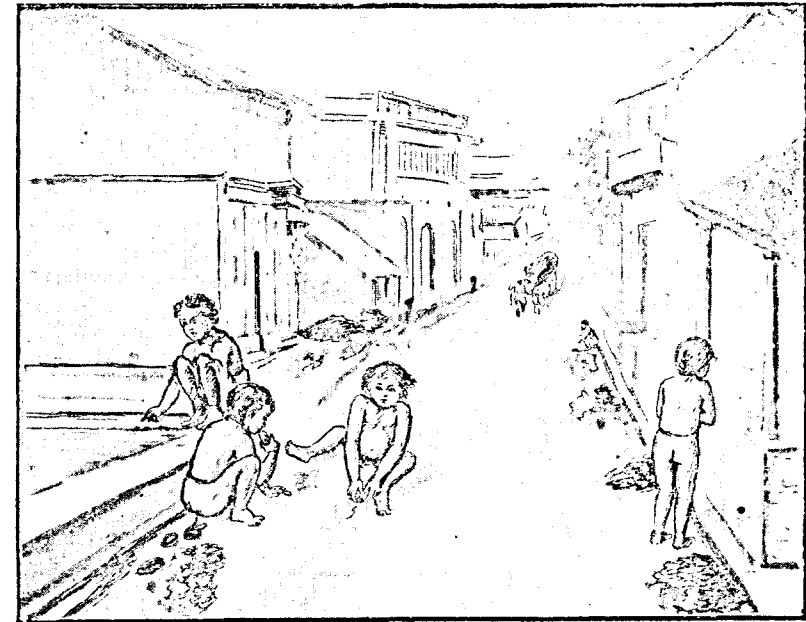
sions both in the city and in the mofussil Municipal Acts to bring dangerous diseases like Small-Pox, Plague, Cholera, &c. to the notice of the authorities concerned either by the occupiers, or owners or by the Medical attendants, still for some reason or other the sections relating thereto are not liberally worked out. It should be the primary duty of every citizen in the interest of Public Health, that the occurrence of such diseases should be immediately brought to light for adopting necessary preventive measures for in the words of Sir Claude Hill, Director-General of Red Cross Societies that the first business of our countrymen is to make the people understand how they could prevent themselves from falling ill, for health begets strength and strength begets wealth.

PUBLIC NUISANCES IN RELATION TO HEALTH.

It is good that people know something about the close relation between dirt and disease. It is important to remove the filthy matter, which shall be found in any

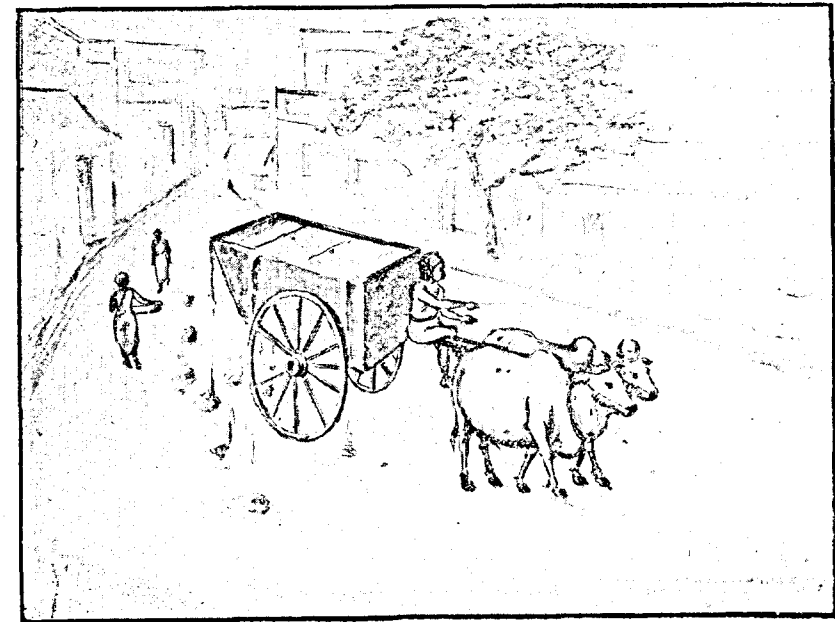


OVER FLOWING SIDE DRAINS (BAD SANITATION).

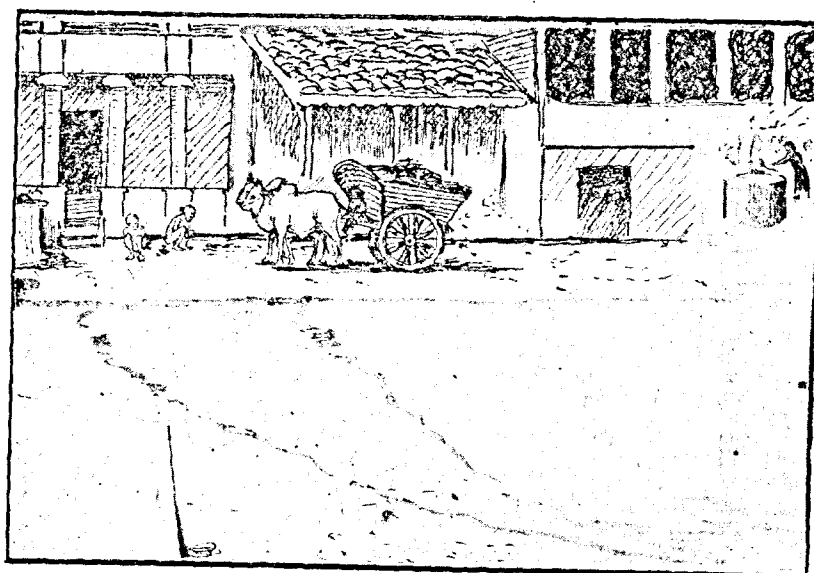


DEPOSITING SILT BY THE SIDE OF DRAINS (BAD SANITATION).

of the streets, lanes, or any other place. We have no conception of the difference between dangerous dirt and dirt which is not dangerous. No doubt, dead animals, waste food, ash piles, dung heaps, manure piles, burying grounds, and slaughter



DRIBBLING FROM NIGHT SOIL CART (BAD CONSERVANCY).



AN OPEN RUBBISH CART (BAD CONSERVENCY). CONTAMINATION OF WELLS
BY BADLY CONSTRUCTED DRAINS.

houses, require the attention of sanitary authorities, and a real attempt should be made to keep the roads and other public places clean.

But it is often forgotten that dangerous dirt is the dirt that carries human excretions. Work which prevents the passing of excretory effluvia from one human being to another is really health work. The supply of pure water and the removal of human excreta are the chief health functions of municipalities.

People themselves could do a great deal for the abatement of public nuisances.

Young children and occasionally elderly men also are found answering calls of nature on the road side and over the drains. This dirty habit is the cause of the insanitary condition of most back streets and lanes. If people realise that roads are public property and are to be kept in good condition, they would never more resort to such bad habits. Typhoid fever, diarrhoeal diseases and hookworm infection are more brought about by the insanitary disposal of human excreta by depositing on soil, which are not specially reserved for the purpose.

THE CARE OF TEETH.

By

DR. SHANKAR BHORGAY.

Indian Station Hospital, Ghorpudi, Poona.

1. The teeth should be cleaned at least twice a day.

2. Night is preferable to brush than morning.

3. Use tepid water in brushing the teeth.

4. Brush the teeth or rinse the mouth out, after every meal.

5. Each tooth should be cleaned front, back and sides.

6. Avoid all fancy tooth-powders and mouth-washes.

7. Frequently use either wool or silk thread (waxed) by passing it between all the teeth and by drawing it in and out. Then up and down. This removes the remains of the food which cannot be removed by a tooth brush or a tooth pick. A quill tooth pick may also be used.

8. Buy a tooth brush with bristles separated. It should be neither a hard one nor too soft a one. Use a medium one.

9. Before using the brush for the first time, put it in water for some hours.

10. Don't stop cleaning the teeth because they ache. See the dentist.

11. Don't stop cleaning the teeth because the gums bleed. See the dentist.

12. Bleeding gums are caused by—

1. Previous neglect.

2. Collection of tartar.

13. Massage the gums with a clean finger. This promotes good circulation and a healthy condition of the mouth. Massage downwards in the upper and upwards in the lower jaws.

14. Have your teeth examined by the dentist every four months. The smaller the cavity the easier the operation.

15. Don't wait till the tooth-aches; an aching tooth is only stopped and saved with difficulty.

16. For a decaying tooth immediately consult a dentist.

THE SWEETS I LIKE

By

K. SRINIVASAN.

Corporation of Madras.

Rama was one day going to school with a few coins of silver and copper jingling in his pockets. Krishna and Lakshmi were also in the same cart. Just at the turn of the street where their school was, Rama got down in haste. Lakshmi, his sister told him that they will be late to the class if the cart is stopped there for no purpose: But Krishna silenced her telling that she would get fine sweets from the bazaar near by. Lakshmi sat on grumbling all the while. In a few minutes Rama got in with a packet of sweets and directed the cart to be driven fast, lest they should be late to the class. Thus the two brothers and their sister arrived at the school just in time when they were followed by their class mistress:

On entering the class, the mistress observed that Rama was alone standing out with a packet in his hand and directed him to come near her and show the class its contents: He took it as a pleasure and began to unpack in all haste. The mistress finding that it contained sweets questioned him as to wherefrom it was brought. A ready answer came out from Krishna that his brother bought them in the bazaar at the end of the street. Lakshmi in a vexed voice cried out from the corner of the class, that her brother had purchased them from a non-caste man and as such cannot be eaten by all.

RAMA.—Look here, Lakshmi, if you do not want it, better keep quiet; we will all partake of it.

KRISHNA.—Why Rama, how do you like the sweets? Surely, you know, father has told us many times, not to eat the things sold in sweet meat bazaars.

LAKSHMI.—Why, Rama will eat any stuff he likes, no matter its consequence.

CLASS-MISTRESS.—Well, what is all your talk about? Rama you are setting bad example to the rest of the students. I am not prepared to allow anybody to go on eating in the class during school hours.

It must be taken only at intervals of not less than four hours. Further, in future, I am going to inspect, what each student eats, and will use my discretion to reject also the goods brought for mid-day meal.

LAKSHMI.—Madam, will you permit my brother to eat the sweets he purchased this morning?

MISTRESS.—Not now. At tiffin time I shall see about it. You seem to have some sentimental objections for the sweets. What are they? Let me hear them.

KRISHNA.—I know them and shall answer you: My mother used to tell sister not to eat of anything we brought from outside. Her reasons were:—

1. The eatables sold in the common bazaar are always for purposes of attraction kept on the road side and also over the drains.

RAMA.—It is all the better; we can see at a glance what has all been prepared and kept for sale. Anybody may choose to buy whatever one likes from the several plates of the varieties.

KRISHNA.—Though it is easy to feast, ones eyes with on the stall and select his likings, but yet mother has said it is bad because the road dust containing feather, particles of mud, cloth, saliva, excreta, food, human skin, insects, soot, bacteria,

fragment of hair, wood, straw, and various metallic powders are always blown right upon the stuff we purchase. How would you like to take in the spittings of infected or other persons into your system? This has caused various kinds of diseases in the persons who have swallowed unconsciously the disease germs.

LAKSHMI.—Brother Krishna, you are not exactly right. Why in many sweet-meat bazaars in this city any body can find glass show cases fixed up at the front to prevent the dust getting in. People say, the Sanitary authorities insist on this (provision of a glass show case) and I also remember how our next door man was cursing the municipality for making him spend something like thirty rupees for no purpose.

KRISHNA.—Madam, while I agree with Lakshmi that show cases are kept at each stall one has to find out if it serves the purpose for which it is intended. In most cases glass panes are broken which are never replaced. In others, those show cases are provided with doors which are kept open on to the road, giving easy access to the dangerous road dust settling on the food stuff. When asked if this does not nullify the original idea, the stall owners plead that the doors are indispensable, as otherwise it will be difficult for them to distribute to the customers who ask for it standing from the road. I think they are right in saying so, but in all such cases, the show cases should be kept with-in glass paned windows and the customers forced to get in and purchase their requirements.

MISTRESS.—Your latter suggestion seems to be more theoretical at this present state of things but if the seller is made to realise his responsibility to the public, and his civic consciousness is roused, your suggestion will be carried out; to the advantage of both.

Now enters the school Doctor:

DOCTOR.—Good morning! Madam, you seem to be engaged in a lively conversation with your students. What is the subject about?

MISTRESS.—Good morning doctor: you have come just in time. Three of my students are discussing on the sweets they purchased from the sweet-meat bazaar. Surely you will enlighten them on the various sanitary aspects of eating such sweets:

TURNING TO KRISHNA.—Proceed, the Doctor is here and he will also tell us this period on 'health.'

KRISHNA.—I have said that my mother's objection to eating the sweets from the bazaar are due to—(first) exposure to the contaminated dust and air. Secondly, (Lakshmi also will testify to this,) one evening while returning home, I stood with my sister on the road near the stall for purchasing sweets. Oh! what a horrible stench we had from the drain below. I was suffocated, and my sister ran away to a distance. It looked as though the drain beneath was untouched for years together. The smell was so strong that no sooner I went home, I vomited twice, and got head-ache. Think for a moment, Madam, how much of this bad gas should have got into the sweets the public purchase every minute. I am forced to repeat what my mother has so often told us, that for every anna's worth of sweets we are also purchasing two Rupees worth of disease; that is, we have to pay ten Rupees for a doctor if only one anna worth of sweets from such a stall is bought.

RAMA.—This is all out of the way. All such fears are intended for those who have no money. Don't you fool us like that. You see, I am very strong, and can never get any disease from eating such

sweets. Because you are always weak, you say so.

DOCTOR.—Rama, you are wrong. I would advise you never to eat from those places when you can afford to have them from your house. I know several cases, where children have suffered from dangerous diseases, the source being one stall in China Bazaar Road.

LAKSHMI.—Doctor, you should also tell Rama about the danger from the flies sitting upon it.

MISTRESS.—Why doctor, the conservancy of the city is said to have been improved and yet where is the room for Krishna complaining about the foul stench from the drain.

KRISHNA.—Excuse me, Madam, I should like you to go over with me, along the big drains in the town and find it out for yourself. Silt, they say, is removed very often but yet there is the bad smell. There are a lot of hawkers selling biscuits, fruits, sweets, and other eatables over this drain, and people rush in to purchase from these hawkers. What a sad thing it is!

DOCTOR.—Coming to the point raised by Lakshmi I should warn you against the danger from flies. Probably Rama may not yet be aware of it. But he would have seen his mother at home driving away the flies from the leaves on which food is served for him:

RAMA.—Yes Sir, but I don't know why she does it, I thought it was for mere fun!

DOCTOR.—No: Flies live and breed in all kinds of filth. They feast on rubbish night soil, dung, spittings on the road, silt, sit on persons suffering from contagious diseases, carry on their mouths and legs disease germs on which they have fed and then crawl over food, infecting it. As one

should not take anything contaminated with all these, I would always ask you to keep in mind, that the eatables exposed to the fly must be shunned.

LAKSHMI.—Apart from these, Madam, mother has been telling me that the sweet meats sold in bazaars are not prepared in a clean manner. The cooks are said to be very dirty, and some of the vessels are not washed for days together and if washed at all they are done on the street and immediately over drains. To add, the water used for confectionery is quite unclean and even our cow refused to drink it once. Further the ghee or oil added for condiments gives out very nauseating smell. It is all said to be adulterated and unfit for human consumption.

DOCTOR.—All this is quite true. The sanitary authorities are trying their level best to mitigate these evils little by little, but all these cannot be overcome in a day. Unless and until the public are educated and the stall keepers feel their share of responsibility in the affair nothing appreciable will result. Till then, and until we are sure of

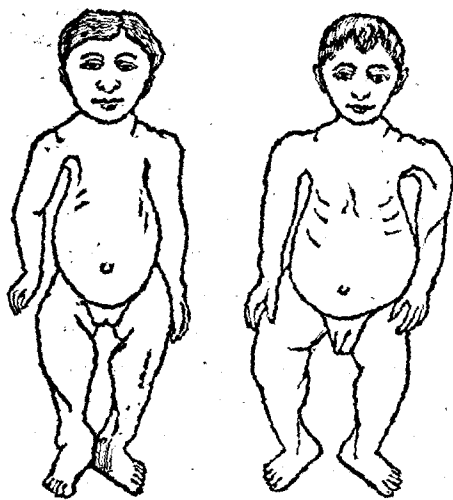
getting our money's worth of pure and clean stuff, free from any contamination, I would advise one and all here to boycott every food excepting home made preparations. Still better self-made food. This is the advice of our rishis, who have laid out, rules for us to be guided by in the Smrutis and other texts. This you will find in some of the orthodox homes to-day. One will not eat from another's hands except in cases where he knows full well that he can do so without fear of infection. Stick up to this and you will be always healthy.

RAMA.—Then Madam, I am throwing the sweets I purchased this morning into the dust bin and I shall not in future spend my money on the eatables sold on roadsides.

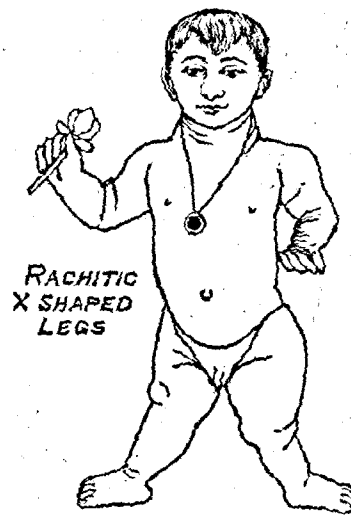
KRISHNA, LAKSHMI AND OTHER STUDENTS.

We also swear that from to-day we will not go in for such articles, nor will we ever partake of the food exposed to the contaminated dust and air. We will hereafter ask our mothers at home to prepare our requirements and eat them only at the specified intervals.

HOW TO DEVELOP THE BONES.



RICKETY BABY DUE TO IMPROPER FEEDING.



DUE TO IMPROPER FEEDING.

The marvellous bony frame is the most important thing in our body. The bones give shape to the body; without the support of the bones, a man would be a shapeless mass. The soft and delicate organs of the body such as the brain, the spinal cord, the lungs and the heart are enclosed in certain cavities by the bones.

In order to make healthy bones, great care should be taken in the feeding of children. Deformity of legs, or arms in children are due to a disease called rickets which arises by improper feeding.

If the mother is very weak, the children may have the disease even from birth. So mothers should be given wholesome food. The bones of children are easily bent, because they contain more of animal matter. So, we should not allow children to walk early before their legs are able to support the body. Also, we must not allow a child to carry a large weight. This might cause permanent curvature of the spine. Bending over too much while reading or writing must be discouraged for fear of spinal curvature.

THE HOUSE-FLY—'HOW IT IS DANGEROUS.'

By

V. N. SUNDARESAN.

Every one of us is quite familiar with these 'Tiny-tyrants.' They have been the companions of man from time immemorial. Each of these insects has three pairs of legs and generally two pairs of wings on its chest or 'thorax'. This thorax is connected at one end with the head by means of a neck and at the other end becomes continuous with the abdomen. In the head are the eyes, the mouth and the feelers. These flies are carriers of disease germs and hence are very dangerous to man.

The female fly lays about 100 eggs in a single day, and within a couple of weeks she may deposit as many as 5 batches of eggs. It is, therefore, easy to calculate and remember that one single fly, which lays say, 100 eggs per day will, in the course of a year, give rise to a prodigious progeny of about five billion flies, provided they are not destroyed by such natural enemies of theirs as the swallows, scorpions, etc., which all consider the fly and its larvae a most delicious meal.

The eggs are dull, chalky, elongated, and oval, about .1 cm to .11 cm long (1/10 of a centimeter to 1/9.) The larvae are vegetable feeders. Hence the fly lays her eggs in decaying vegetable matter, such as manure heaps, excreta of horses, goats, cattle and man, decaying vegetables fruits, and peelings of potatoes etc. It does not take more than two days for the egg to become hatched, either in the winter or in the summer. The larvae feed gluttonously for about two days undergoing certain changes in their body and grow for another four or five days until they reach the 'pupa' or inactive state. The worms we see when a heap of cow-dung is stirred are nothing but the 'larvae' and pupae of flies. From the pupae emerges the fly and slowly freeing itself from the filth, flies away. It feeds on filth, sits on the sweet-meat exposed for sale in the bazaar, then alights on the stools of a cholera patient. Hence the disease germs from the one are carried to the other and people suffer in the end.

The fly, when it sits on any foodstuff, deposits a tiny drop of fluid on it. This

fluid dissolves part of the food and the fly sucks up the solution. These tiny drops come from the forepart of the stomach and are likely to contain the contaminations from its previous feed. It is also enough if the fly sits on the food without depositing this fluid, for the pad at the feet of the fly can carry infection mechanically. The chief diseases that are communicated in these two ways are :—

Cholera, Consumption, Diarrhoea, Dysentery, Typhoid, Eyesore and diseases of the eye.

The best way to prevent flies is "cleanliness—personal, domestic, and rural" If we are perfectly clean, there will be no place for the fly to breed in. The

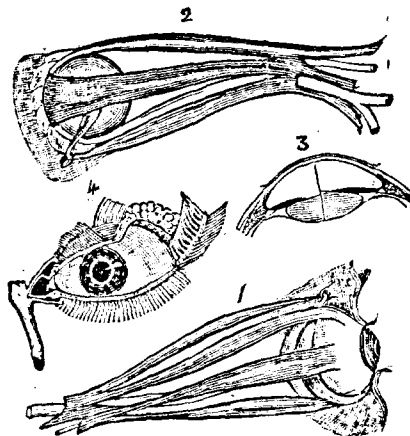
following steps can be taken to guard against these colossal carriers of disease :—

1. Exposure of "Fly-papers" in suitable places. These papers are specially prepared by smearing sweetened poison on them. The flies settle on them, feed on the poison and die.
2. Quick removal of manure preferably within 24 hours.
3. Use of Phenyl etc., for latrines and early removal of excreta.
4. Burning now and then the rotter leaves, peelings of vegetables, etc.
5. Covering with muslin or glass cases all food exposed for sale or kept in the house.

EYE STRAIN.

Eye strain arises when defects exist in the delicate arrangement of the muscles of the eye. (See Fig.) When the defect is serious, the vision is impaired. If the fault

natural and excessive, ultimately leads to pains, in and around the eyes, feelings of exhaustion and severe attacks of headaches. When this trouble follows certain occupa-



is slight, seeing power remains comparatively good by extra exertion of the muscles. Muscular exertion may thus become almost continuous and being un-

tions as reading and other trying eye work, it may be regarded as almost certain that eye strain exists. Delicately adjusted glasses fitted after scientific sight testing will altogether remove the Eye strain,

SIGNS AND SYMPTOMS OF ADENOIDS AMONG CHILDREN.

The signs and symptoms of the disease are :—

1. Mouth breathing. The mouth is used as a channel for inspiring air and kept ordinarily open.
2. The nostrils are small and the bridge of the nose widened.
3. The child looks stupid, is dull, mentally backward and incapable of concentration. This condition is due to the dullness of hearing produced by the blocking of the eustachian tubes and to the fact that the blood is improperly aerated and the brain improperly nourished.
4. The child suffers frequently from head-ache.
5. The chest is usually small and badly formed.
6. The voice is dull, flat and nasal.
7. The child cannot blow his nose properly and there is frequently a chronic discharge from the nostrils.

8. The glands in the neck are often found to be enlarged.

9. The sense of taste and smell are dull like that of hearing.

10. The child snores and dreams a good deal.

11. The child is thirsty in the morning, its mouth is dry and the tongue dirty.

Enlarged tonsils is a disease which is usually associated with adenoids and one which, to some extent, is brought on by cold air striking against the tonsils. This disease may be found even apart from adenoids in rheumatic or tubercular children or may follow attacks of sore throat. It is also found in children who have got into the habit of breathing through the mouth as the result of permitting the nasal secretions to remain in the nose and obstruct the passage. The signs and symptoms of this disease closely resemble those of adenoids.

HOW AND WHY SHOULD BUGS BE DESTROYED?

The bug is a most disagreeable insect and abounds in dirty houses, principally in towns, and above all in those of warm countries. It observes no laws of society and invades without any ceremony all the nooks and corners of the house. No articles of bedding, furniture, wall pictures, or carpets, escape its vigilant supervision, and it enjoys perpetual possession of these things, whereas the actual owner has only temporary occupancy right, and even for this he does not venture if he gets the first indication that the bug is there. Our railway compartments and tramcars are the abode of these species, and here they have the consolation that their lives would be an undisturbed one,

The bug generally gives proof of its existence, before two or three minutes of any man's occupation of his seat. As a rule, its activities are greatest during night, but is busy to a lesser degree at all times.

Bugs probably convey leprosy and other skin diseases. Kerosine oil, turpentine, sulphur fumes, and cocoanut oil are the most effective remedies to kill bugs.

Fumigation with formaldehyde is the best way for freeing buildings from this pest. Cleanliness, washing the floor and wooden bedsteads with kerosine emulsion, and fumigation with sulphur are the other means available against it. In wooden furniture, the cheapest method to destroy it would be to pour boiling water, or place them in the hot sun continuously for three or four days.

THE PREVENTION OF LEPROSY.

By

E. MUIR, M.D., F.R.C.S.

Many contradictory reports are abroad with regard to the infectiveness and contagiousness of leprosy. Some are thrown into panic by the mere mention of a leper being in the vicinity, while others mix with the most infective lepers with the utmost callousness and carelessness.

Unfortunately we are not in a position to make a clear and decisive statement as to the exact method in which the causative organisms are conveyed from one person to another.

There are two reasons why this doubt should exist:—

(1) As far as we know mankind is the only member of the animal kingdom which has ever become infected with human leprosy. There is a somewhat similar disease found in rats, but it has not yet been found possible to transmit human leprosy from human beings to rats. This being so it has not been possible to transmit the disease directly by experiment and thereby prove the means of transmission.

(2) The length of the incubation period, which though it may be short has at times been known to extend to 40 years, forms a considerable difficulty in the obtaining of positive proof as to the exact time at which the disease has been acquired. Seeing the time at which the disease has been acquired cannot be found out accurately it is difficult to find out the channel through which the disease-producing organisms have been conveyed.

Although we cannot clearly define the method of infection, there are certain factors which undoubtedly take a most important place in determining the

transmission of the disease. These are as follows:—

1. *The Infectivity of the Disease Transmitter.* :—The larger the number of lepra bacilli in the body the more there are to propagate the disease; and the nearer they are to the surface of the body the more likely are they to be carried to other people.

(a) In *acute leprosy*, bacilli abound in the rash which covers the body and it is quite easy to recover them from the scales that are constantly being shed and from the serum that oozes from the abraded surface of the epithelium. Such cases are therefore extremely dangerous, and are the more so because the acute condition is frequently not diagnosed at once. It may be recognized by the constant fever, the red irregular rash spreading all over the body the fact that the colour of the rash does not disappear on pressure, and above all by the microscopic examination of the skin revealing abundant lepra bacilli.

(b) In *nodular leprosy* there are abundant bacilli in the skin not far from the surface. They are frequently found in the sebaceous matter exuding through the skin. When the epithelium breaks down and ulcers are formed large numbers of bacilli are shed from the surface of the ulcer. Indeed it is difficult to estimate the numbers of lepra bacilli that must be shed from the surface of one such ulcer in the course of a single day. Such ulcers must be distinguished from the trophic ulcers met with in nerve leprosy, which may contain no bacilli at all as they are not caused by the breaking down of skin surcharged with lepra bacilli as in the case in nodular leprosy, but by the lack of trophic nourishment of the

skin the sensory nerves of which are diseased, or by some injury to the skin due to the loss of the protection usually rendered by sensation and the sense of heat and cold.

(c) In lepers who show no outward signs of the disease and who may be quite unaware that they are suffering from it the chief or only seat of the disease may be in the mucous membrane lining the nose from which bacilli are discharged in thousands whenever the patient sneezes or blows his nose. Such carriers of the disease are far commoner than is usually thought and inadvertence of their disease makes them the more dangerous to the public.

2. *The Closeness of the contact.*—Although leprosy is undoubtedly infective it is not so to such a high degree as more acute diseases which tend to limit themselves and produce immunity within a short time. Doubtless the infectivity is or may be very similar in degree to tuberculosis, but the outward manifestations of leprosy lead to shunning of the leper especially in his more infective stages, and hence the transmission of the infection has not so much chance of taking place. But as in tuberculosis the closeness of contact has much to do with the carrying of infection, and the disease is most commonly communicated where people live under insanitary conditions, crowding together into small dwellings, using the same eating and cooking vessels, and even using the same cloths.

Children are much more easily infected by their leprous parents and guardians than adults are infected by other adults. This may be partly due to the thinner cutaneous surfaces of children being more easily invaded by the bacilli, but it is probably just as much due to the close contact of parents and children.

3. *The Length of Contact.*—The probability is that infection does not as a rule take place at one time, but is due to exposure to infection over a more or less lengthy period.

4. *Health of the person infected.*—This is very important as on it to a large extent depends the resisting power of those who are exposed to infection. Where the food is insufficient or its proportional composition unsuitable, where insufficient exercise is taken or the strength of the body is reduced by too much labour, where other chronic or acute diseases have impaired the resisting power of the body, the danger of infection is much increased.

It may also be that the germs of leprosy, which have for long lain latent in the body, take such opportunities to become active and produce the first noticeable signs of active disease.

5. *Immunity.*—This may exist naturally, especially in those who live in an endemic area, or it may in all probability be acquired by those who have long been in contact with leprosy, but in whom numerous small infections have not been sufficient to produce active disease but only to produce immunity. The effect of lack of immunity has been repeatedly seen where leprosy has suddenly been introduced into an island or other insulated area where it had not existed for many generations, with the result that the disease has spread rapidly and that in a virulent form.

6. *General Sanitary Conditions.*—The better these are the less the danger of the spread of infection.

Precautions to be taken.

The ideal method of prevention would be the hindering of all contact. This was attempted on an extensive and expensive

scale in the Philippine Islands and proved a failure as a means of stamping out the disease within a short period of time.

What stamped leprosy out of England was to a large extent the efforts of individuals and bodies of people to keep lepers from mixing with healthy people. It was through an enlightened public opinion which was aware of the contagiousness of the disease. Other conditions, such as improved diet and improved sanitation, were also helpful, but these are useless apart from enlightened public opinion and public spirit. Pauper lepers may and should be isolated in leper homes and leper colonies; but the pauper forms a comparatively small part of the total of lepers in India, though he is the most conspicuous as he goes about exhibiting his sores and deformities in hope of gain. The ordinary respectable citizen, who to guard his respectability conceals the fact that he is suffering from leprosy, is a much greater danger to the community than the pauper. I have found lepers in a high state of infectiveness sitting as pupils in schools and colleges and even teaching little children in schools. It is necessary by propaganda, by teaching the medical profession and through them the rest of the people, and by co-operation with the educational authorities to familiarise every one with the signs and dangers of the disease till every one learns to abhor not the leper but leprosy and the conditions under which it is likely to spread.

The following precautions should be observed by all lepers:—

(1) They should live in separate rooms, use separate eating utensils, keep their clothes apart and sterilize them by boiling

them for half-an-hour before sending them to be washed.

(2) They should avoid using public vehicles unless satisfied through competent medical advice that they are not in an infective stage of the disease.

3. They should fully consider the dangers of parentage in the light of what is discussed above.

(4) They should be most cleanly in their habits of life and should studiously avoid doing anything which could lead to the dissemination of the germs of the disease from their own body to that of another.

The following precautions should be observed by doctors and others who have to come in contact with lepers:—

1. Never touch a leper or any article which a leper has used or touched without thoroughly washing the hands immediately afterwards.

2. In attending to lepers or dressing their wounds use rubber gloves where possible, at least this should be done in cases which are highly infective according to the description above.

3. In leper homes and colonies the highly infective lepers should be kept as much as possible apart from the less infective. If it is not found possible to keep them apart during the day it should be at least possible to keep them apart during the night by allotting separate rooms; and it is during the night that there is most danger of transmission.

4. Those coming in contact with a leper should keep themselves in good health by means of abundant fresh air, light, exercise and suitable diet.

FRESH AIR AND SUNSHINE FOR BABIES.

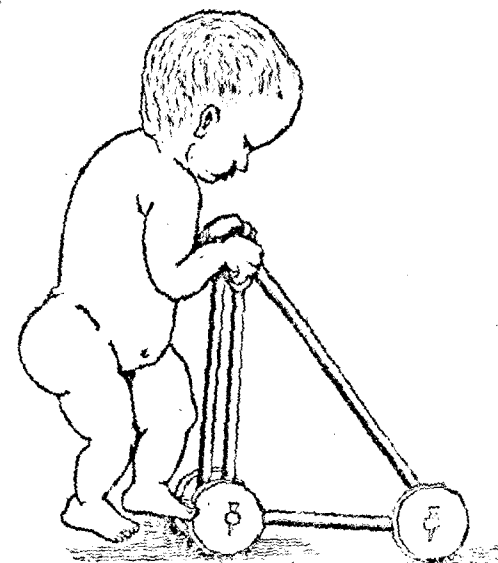
Fresh air and sunshine are as much necessary for babies as for men. It is always the best way to flood the rooms with sunshine and let baby play with the people and crowded streets. Pure air makes pure blood, and sunshine helps to make the blood red. It is advisable to



NEVER KISS BABY BY THE MOUTH

sunbeams. Babies should be made to stay in the open air as long as possible, during day time, but not after sunset. As babies grow older, they can be taken out even if

take the baby to the green fields. Also never allow the baby to play on the ground, where people pass along probably spitting. This may give rise to consumption.



CHILDREN'S GO-CART.

NEVER FORCE BABY TO WALK.

the ground is wet. If it rains very heavily, the baby could get plenty of fresh air, by arranging the cradle, near the window.

Another bad practice is to allow the baby to be kissed by all. Many cases of consumption are traceable to this.

Baby must never be exposed to the direct rays of the sun, as there is great likelihood of getting sun stroke.

Never force baby to walk. If she is inclined towards walking, let her walk for a few steps. But never force a child to stand or walk until the bones of the legs have become hard.

EFFECT OF FEAR IN CHILDREN.

Parents must on no account subdue a child's will by fear. The child who is in constant fear of punishment has the faculties of his mind weakened. A child should be surrounded, by its parents with love and protection. Ignorant parents and nurses frighten a child, by abusing, by blows, by shutting it up in the dark, by telling it terrible stories and various other threatening means. This is extremely cruel and wicked. Sometimes parents speak of robberies, murders and other dangers before children.

Much good would be done if the child is taught about some heroic enterprises of greatmen. Parents should not exhibit their fears of fever, cholera, and other dangerous epidemics in the presence of children. Children's fear will take the same direction as of the parents. They will grow to be healthy and brave, if their parents show it by their own example.

HOW TO KEEP YOUNG AT FIFTY.

There are certain physical conditions which are absolutely necessary for any one to feel young at fifty. Every one is just as young as he feels, but not in proportion to the number of years through which he has lived. But if one feels old at fifty, grown a long beard, and takes no interest in the affairs which is going on about him, with perhaps, occasional regrets for lost opportunities, it will be very difficult to be happy.

joyful, young people along with him, will give a lot of enjoyment, as he sees how happy and appreciative these young people are. Besides, young men are generally optimistic and create a merry atmosphere about them.

The best method of feeling young in old age, is to keep in touch with young people. A circus if viewed from a lonely box fails to bring any pleasure. But to an old man to take a party of enthusiastic, joyful, young people along with him, will give a lot of enjoyment, as he sees how happy and appreciative these young people are. Besides, young men are generally optimistic and create a merry atmosphere about them.

An old man should not limit his enjoyment, by taking youngsters to the theatre alone. He could entertain them to a simple small dinner. The dinner could be made more pleasant by engaging some musicians. Also he could take along with him for his walks, some children overflowing with happiness and enjoy their prattle and mischief.

HEALTH BEGETS WEALTH.

Dr. Hall in his Journal of Health remarks as follows "The average age of the rich is twelve years greater than that of the poor." Many people argue from this statement that wealth is a promoter of health and longevity. They overlook one important consideration which is "Health begets wealth and not wealth begets health." A good proportion of men are born with hereditary diseases which disqualifies them for any active pursuits of life. People have amassed wealth by indomitable perseverance and industry which they could not have maintained but for their sound physical organisation. The invalids have no chance to gain wealth.

They are interrupted by visitations of disease. Men gifted with mental and physical energy and powers of endurance, are able to withstand any kind of reverses in their fortune, and they push on successfully in the longrun.

There is a happy medium between wealth and poverty which promotes physical health and social comfort. Overstepping the limit in regard to wealth produces prodigality, selfishness, idleness and gluttony. Many poor people die for want of food ; but it is equally true, that more die or suffer due to eating too much than of starvation.

IS RIDING AN EXERCISE ?

This is a universally useful form of exercise. It is pleasant to the youth as well as to the elderly man. The horse may go at little more than a walking pace. The rider need not put any effort at all. In this way if he rides a considerable distance, he can get the full exhilarating influence of fresh air. Even at such an easy gait, the movement of the horse is communicated to the rider, which produces stimulating effects upon the liver and other abdominal organs. This form of exercise is peculiarly suited to persons suffering from dyspepsia. Although it is one of the gentlest of exercises, there is scope in it for more vigorous effort. If due discrimination is employed, it is a suitable exercise for women also. Children should be taught riding.

This exercise also is not without its risks. Constant riding produces characteristic changes in certain parts of the body. The muscles of the inner side of the thigh are always pressed against the horse's sides. Wasting of these muscles generally happen. The remedy for all this is not to make riding an exclusive form of exercise.

But the greatest defect is when this is practised as an art for competition purposes. It is an over-exertion for the nerves, not to say of the frequent loss of limb, and even of life which arises, out of Horse Races.

SUNSTROKE AND HEATSTROKE.

WHAT TO DO TILL THE DOCTOR COMES ?

These are very common in India. The former comes on quite suddenly when a person is exposed to the direct rays of the sun. The latter may be produced at night during the hottest season of the year. When due care is taken to cover the head and back of the neck by means of a turban, the liability to sun-stroke is reduced to a minimum. The matters to be attended to for avoidance of heat strokes are good ventilation of bed rooms and avoidance of over-crowding. Abstinence from alcoholic drinks is a great safeguard against both the attacks, and a good rule

is to avoid sleep immediately after a meal. The following simple rules can be observed in a case of sunstroke or heat-stroke.

1. Carry the patient to a cool, shady place, or dark room.

2. Remove the cloths at once, and lay the patient in a horizontal position, with the head and shoulders raised above the level of the body.

3. Pour cold water over the head, chest and spine.

4. Allow the patient to remain as quiet as possible.

EMERGENCY TREATMENT FOR CHILDREN?

There are however, certain emergencies that have to be treated at once while waiting for the doctor to arrive.

Accidents:—Blows followed by bruises are common. A clean rag wrung out of cold water, or water and spirit, gently pressed over the bruise is soothing. If on a limb tie it on, applying slight pressure.

Cuts:—If the skin is injured, wash it well with clean, hot water, getting rid of any particles of dust and dirt. If bleeding profusely, apply pressure by making a pad by folding a clean handkerchief as it comes from the wash in half and then in half again, and fix it firmly on the bleeding point with a strip of clean linen. Do not put a piece of plaster or stamp paper over a wound. If it is not severe enough to call in a doctor put on Boracic fomentations till the skin has healed. Never leave a wound exposed to the air.

Burns:—If a child catches fire, wrap it up at once in a cloak, table cloth or rug to extinguish the flames. If the burnt portion of clothing has stuck to the skin do not drag it off but cut the clothing around it. For a slight burn, reddening of the skin only, powder well with flour, cover with cotton-wool, and bandage to keep the air away. If more severe, and a blister is produced, soak a piece of clean linen rag in cocoanut

or gingely oil, cover the wound with this, and apply wool and a bandage.

Shock:—Babies and children suffer greatly from shock after a burn, so put them to bed wrapped in a blanket, and keep them warm by placing hot water bottles around them outside the blanket. Warmth has saved many a baby's life after a burn. If conscious give a cup of hot milk to drink, and plenty of fluid subsequently.

Fits:—Another emergency is a fit or convulsion. Fits generally occur in children with rickets, and are often brought on by some indigestible food. Send at once for the doctor, and then undress the child quickly and put it in a bath of hot water. Put cold wet clothes on the head. When the convulsion ceases, wrap the child in a blanket and put it to bed. A child who has had a fit needs treatment by a doctor. The fit is often only a symptom of some complaint, and this remains although the fit passes off. The complaint itself must be cured, or the fits will recur.

Pain:—If a child is in severe pain, heat is the best thing to use temporarily. A piece of flannel wrung out of boiling water, reheated as soon as it is cooled, is better for emergency use than a poultice.

FOREIGN BODY IN NOSE, EAR, OR EYE:—

Children sometimes get peas, beads, etc, in their noses and ears. Do not attempt to remove them. If in the nose, tell the child to blow its nose vigorously, and if the foreign body does not come away, call in a doctor.

If an insect gets in the ear, put a few drops of oil in the ear, and it will probably float out. Never syringe the ears unless told to by a doctor, nor try to get a pea out of the ear with a hairpin.

Injuries to the eye may be serious, so a doctor should be consulted at once. Do not try to remove particles of dust unless you can see them. It is dangerous to manipulate the eyelids vigorously.

Earache should always be considered seriously in a child, as, although it may be

due to bad teeth or wax, yet it may be the first symptom of abscess in the ear, which in turn may lead to brain abscess or inflammation of the brain.

If a child swallows a pin, cherry stone, or halfpenny, and no choking or pain is experienced, it is best to give it plenty of stodgy food, as potatoes or bread; the pin will become imbedded in it, and will probably be passed in the natural way. Do not give an aperient or emetic.

Choking:—If a child chokes, hold it up by its feet and pat its back. If the article swallowed does not come back, pass the finger boldly to one side of the back of the throat and sweeping round, try to hook the article up by the finger.

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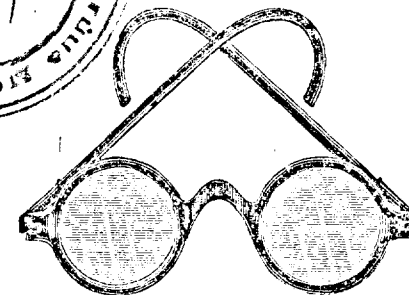
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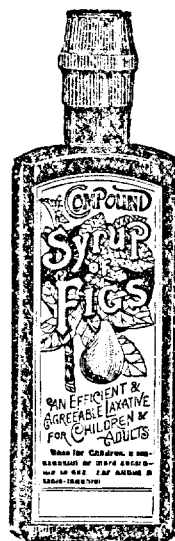
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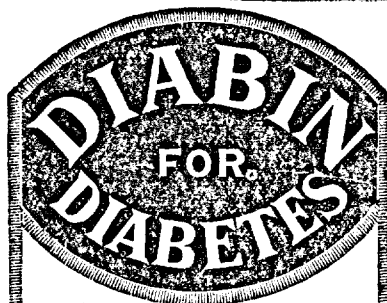
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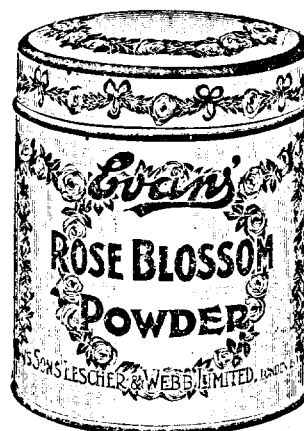
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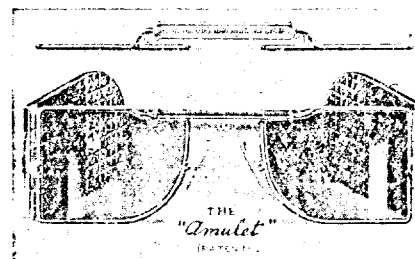
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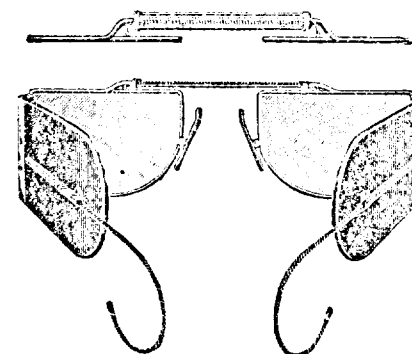
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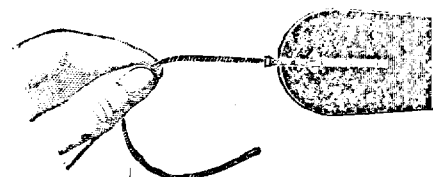
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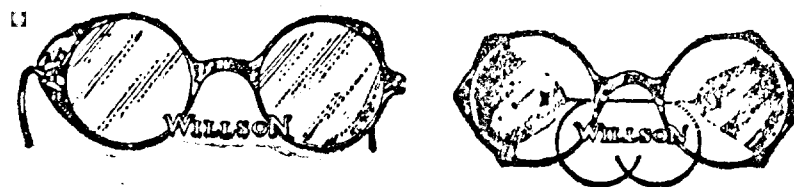


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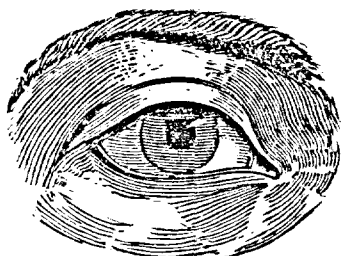


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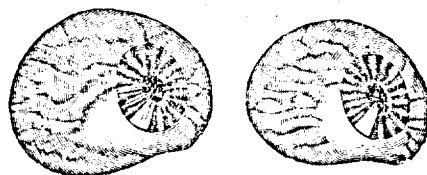
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Case 3. A child 2 years old, from Salem suffering from Facial Paralysis after a fall, was admitted. Radiant heat with hot air douches, massage and interrupted current were applied twice daily. The child completely recovered after a course of treatment.

Case 4. A middle-aged Vysya, resident of Madras, with a big carbuncle on the back, but without sugar in the urine underwent treatment. The carbuncle was exposed to radiant light twice daily. After two weeks, resolution took place. At the end of 5 weeks he was completely cured.

Case 5. A girl, aged 14 with ankylosed knee joint, came for treatment. Forced flexion under anaesthetic failed. There was not even slight flexion. She was treated by Radiant heat daily for 20 minutes with massage and exercise. At the end of 3 months flexion was 90°. At the end of 4 months it was 120°. Treatment is being continued.

Case 6. S. Aged 50. Madras—developed Bino-ocular Diplopia (double vision). Daily application of interrupted currents for 3 weeks, restored him to normal condition.

Case 7. A girl aged 18, from Srirangam came with deafness of both ears. Bee time piece could be heard from a distance of 4 inches from the right ear and 2½ inches from the left ear. Treated by Radiant heat to the Mastoid, hot air douche to the Tympanum, catheterisation of the Eustachian tube. Ionisation and application of interrupted currents

alternately to the ear, has completely restored her to normal hearing. The duration of treatment was about 4 weeks.

Case 8. C. Aged 30, from Kotayam, a Diabetic patient was admitted with deafness of both the ears. He was able to hear Bee-time piece at a distance of 2½ inches from the right ear and about 1 inch from the left. Treatment—deflection of nasal septum. Granules in the throat—Cauterisation of the throat and nose. Iodide and Sodium Salicylate Ionisation, over the mastoid interrupted and high frequency currents to the ear. The patient is progressing rapidly. He is able to hear the Bee-time-piece at 12 inches distance. He is still under treatment.

Case 9. A child aged 6 months suffering from Eczema of a most virulent type was admitted. Ordinary remedies failed. Blue Radiant light was applied for 10 minutes twice daily. The child completely recovered, after a week's treatment.

Case 10. M. aged 50; Diabetic Reporter by profession—suffering from severe type of Peripheral neuritis after an attack of influenza was admitted and was unable to walk about. Treated with Radiant light for 30 minutes and Schnee's cell-bath, with Sodium Chloride for 30 minutes. completely restored the patient after 3 weeks.

Case 11. An Aged person of 65 resident of Periamet-Madras. With blood pressure—200 mm. was treated for sleeplessness and giddiness. Treated with High frequency currents and full radiant light bath for 10 minutes daily reduced the blood pressure to 140 at the end of 3 weeks. He is quite well now—gets sound sleep.

Case 12. R. An elderly lady aged 48. Diabetic sought admission for the treatment for a big carbuncle on the back. Advised operation but the patient declined to undergo the same. The carbuncle was exposed to Radiant heat and Light 20 minutes twice a day. At the end of the week the whole carbuncle became soft and pus began to ooze out. Lysol poultice was applied every 2 hours. The treatment was continued for 6 weeks and the carbuncle was completely cured without any scar.—[To be continued.]

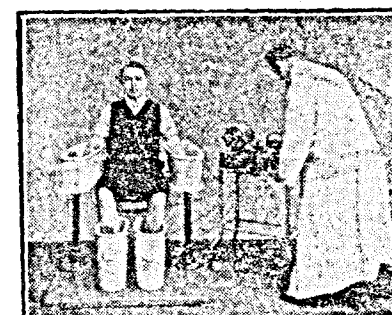
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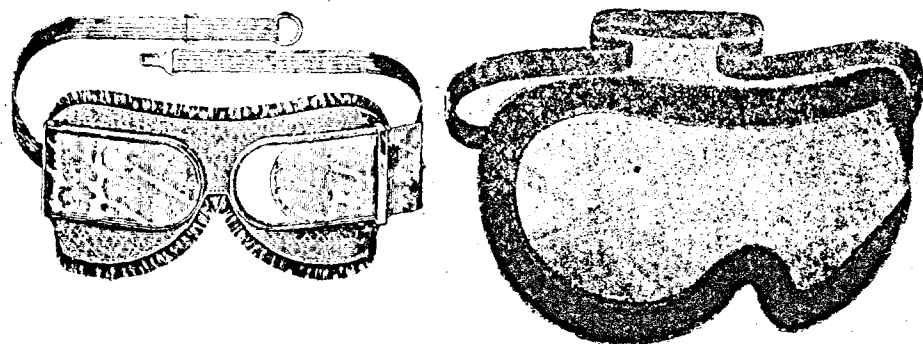
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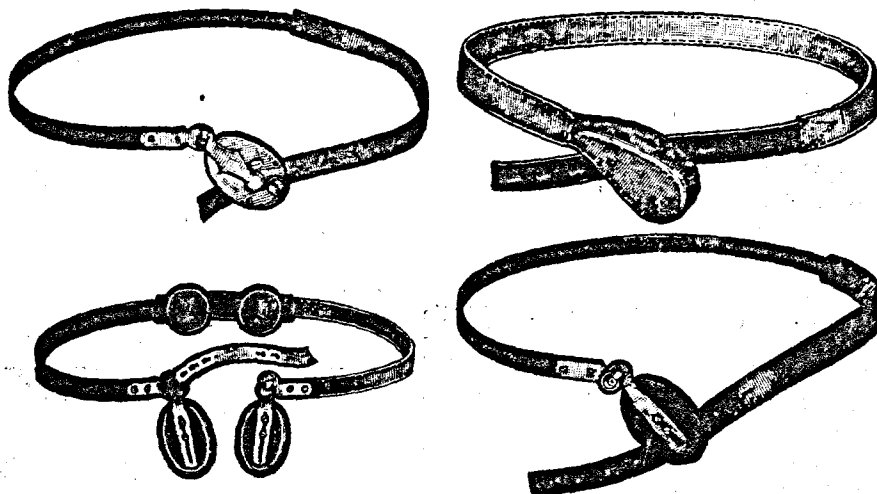
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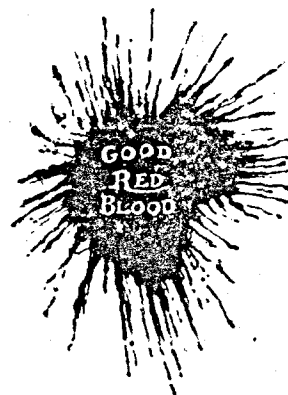
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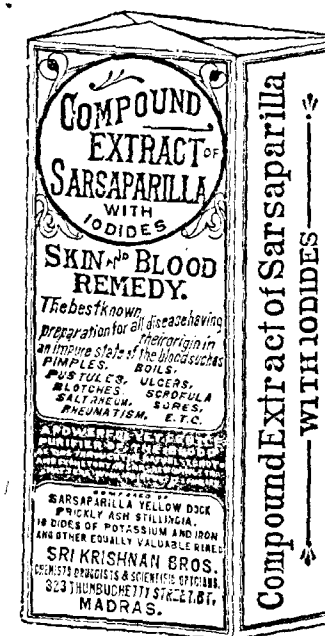


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