

HOW TO GET A STRUGGLING MAN OUT OF WATER.



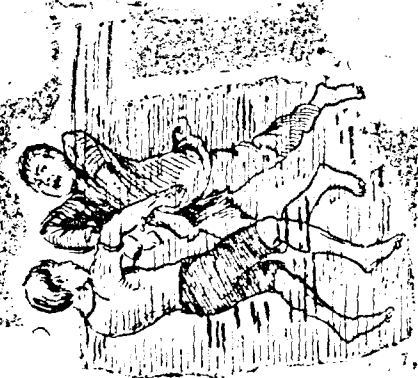
The best Method When There's No Struggling



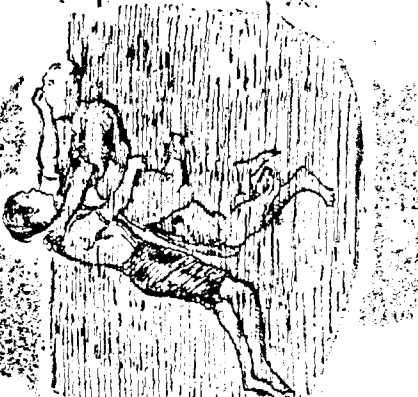
The best Method For one Who Struggles Violently



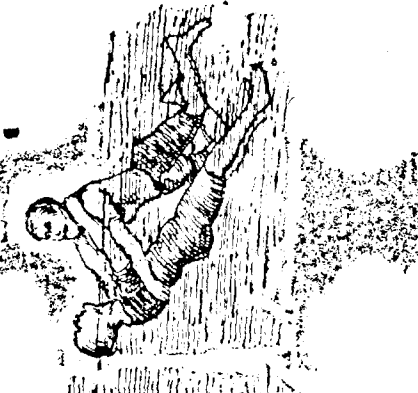
The best Method For one Who Struggles Violently



It Clashed off the Wrists



It Clashed Around the Neck



It Clashed off the Wrists

THE HEALTH

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AROKIA DEEPIKA I.

In response to numerous requests from Tamil Nadu, an illustrated Tamil Edition of the "Health" is being published from January last. The Journal will be published on the 15th of every month. Every attempt will be made to maintain the high standard which the "Health" has established for itself during the short period of its existence. The Journal will contain useful contributions from eminent doctors, European and Indian, and the language

will be easy and understandable to all. With a view to afford an opportunity even to the poorest citizen to subscribe to the Journal, the annual subscription has been fixed at almost the cost price, Rs. 1-8-0 (Post free.) We appeal to our readers, especially our Tamilian friends, to enlist themselves as subscribers in large numbers and make the venture the success that it richly deserves.

EDITOR,

THE MADRAS CHILD WELFARE AND BABY EXHIBITION.

The Child Welfare and Baby Exhibition held at the Moore Pavilion recently was a grand success judging from the standpoint of eager spectators flocking in large numbers to see this last *tamasha* of this season of *tamashas*. The fact that Her Excellency Lady Willingdon was interested in the Exhibition and that His Excellency the Governor was going to open it had added some grace and colour to it, and the City Fathers were obliged to spend large sums of money to win their laurels at the expense of the poor rate-payers. But how far the public have been benefitted by these costly Exhibitions, time alone can tell. The Child Welfare Scheme is one of

the legacies left by the late President of the Corporation, who must have had his inspiration from Government, as in several other cases, in launching it. The appalling infantile mortality of the City was adduced as the chief ground for the inception of this scheme, but five years of the working of the scheme in the several parts of the City at a cost of a lakh of rupees per annum has revealed the naked truth that it has failed to produce any tangible result in the death-rate of the infants, which came under its sphere and influence. Madras, which is the oldest of Municipalities, cannot, even after a lapse of a century of its existence, boast of an efficient

drainage and a pure water supply. The Corporation, after having expended about 50 lakhs of rate-payers' money, is still unable to supply "wholesome water" which it is bound to provide under the Act, but instead has prepared a mixture of filtered and unfiltered water, commonly known as "Molony's mixture" for consumption by the rate-payers. The drainage scheme is yet incomplete and many more lakhs of rupees are required for its completion. Meanwhile, the housing problem has become a matter of pressing necessity and instead of removing the slums of Madras and providing better house-sites for the needy, which would ensure better sanitation and bring about material reduction in infantile mortality, the Corporation have, at the instance of Government undertaken a dubious enterprise known as the Mambalam Scheme to cater for the rich and the opulent.

Egregious blunders such as these have been committed by the Corporation during the last few years to please the whims and fancies of the powers-that-be, and large sums of money wasted without any corresponding benefit to the rate-payers. The Corporation would be well advised to cry halt there and conserve all its resources and energies with a view to satisfactorily accomplish the drainage and water supply schemes and to immediately provide proper house-sites for the poor and the needy. The problem of insanitation, high death rate, infantile mortality and all else will then be solved easily and the Corporation will be in a position to exhibit "A Big Healthy Baby Show" in every home thence forward instead of this comparatively miserable show in the Moore Pavilion.

THE HYGIENIC INTERPRETATION OF SOME OF THE HINDU FUNERAL CUSTOMS.

The declaration of a definite number of days of impurity—usually ten, in the case of human being after certain events, including deaths, occurring in a household or of acts by individuals, and of the purification of clothing and domestic articles that have been in contact with impurities, undoubtedly implies not merely segregation of groups of human beings that have been in contact with diseases of a fatal character and of their households, but disinfection as understood by the modern sanitarian. Indeed, certain of the methods of purification of articles would commend themselves to bacteriologists of the present day. Careful distinction of their physical state is made; certain things are to be purified by dry heat, for example, defiled earthen and metal pots; others by the use of alkalis or acids; others by the use of hot water; others by disuse

and lapse of time and burial for a definite period. In regulating the admissions to "Sraddhas", diseased persons or those undergoing segregation on account of impurity, are excluded. Indeed, if the translations be correct, it would seem that persons suffering from "consumption" are to be excluded—an advance on the sanitary science of the present day. As a corollary to these provisions, we find strict rulings against undergoing liability to inoculation of the bare foot by infective human excretions which at least is one of the suggested methods of propagation of Plague. But it may be contended that there is nothing in rulings as to observances of impurity that will prove that ridding of the body of possibly adhering infective matter as a precautionary measure against infection and segregation, with reference to incubation

were really aimed at. This is a contention but few will favour, in view of the detailed directions given as to clothing, food, and exclusion from intercourse not only of those in direct contact with the source of impurity, or as the modern sanitarian would put it, of infection, but of all those who may be reasonably suspected to have been in contact with persons under the ban of suspicion. Indeed, segregation of groups is so strict that individuals are enjoined to have some distance between them when sleeping. Were it not that actual contact with infectious substances, for example, such as conveyed by corpses, was dreaded, and were the elaborate bathing and washing and segregation that must follow, mere ceremonial details, there could reasonably be no distinction as to their perfection or duration, whether the death of a relation occurred by disease or violence, or whether one month or one year elapsed, or whether the event had occurred in the locality where the family is resident, or in a country which is distant. Yet the laws of Manu and the Edicts of Vishnu clearly show that a consideration of all these details strictly determines the duration and the nature of the period of segregation. More than this, where there might be room for doubt as to the nature

of the death, and consequent possible room for incubation, the 10 days' period is shortened but still is not dispensed with; precisely as the modern sanitarian would prescribe in the case of persons "under observation" from an infected locality, for example;—

"He who may hear that (a relative) residing in a distant country has died, before 10 days after his death have elapsed, shall be impure for the remainder of the period of ten days and nights only."

Here the segregation is presumably required in view of the probable arrival of a messenger with news of the death, as must have been the case when the Postal Department was hardly so complete as at present; but if ten days had elapsed, the messenger was not to be dreaded. Therefore, the following regulations became feasible:—

"If the ten days have passed, he shall be impure during three (days and) nights; but if a year has elapsed (since the occurrence of the death) he becomes pure merely by bathing." But, when death had undoubtedly not been due to infection as for example, in a battle or by suicide, no impurity was contracted by the household.

ABORTION

By

U. VENKATA RAO, MEDICAL PRACTITIONER, "SUDARSANA", MADRAS.

Abortion means expelling of the contents of the womb before the fourth month of pregnancy. It generally occurs at a time corresponding to that of the monthly periods.

The causes are:—

1. Women who have not long been married.

2. Women approaching meno-pause or the age when menstruation ceases.

3. Women suffering from womb complaints, displacements, malformations &c.

4. Any violent shock or emotion.

5. Too great exertion as lifting heavy weights as pots of water, rice bags, grinding stones &c, active exercises as walking

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too far or too fast, dancing, rowing, riding or fatiguing railway journey.

6. Bad falls, blows on abdomen &c.

7. Eruptive fevers as small-pox and other high fevers.

8. Failure of general health either due to heredity or too frequent pregnancies.

9. Excessive sexual indulgence,

10. Urinary diseases, syphilis or heart disease.

11. Diarrhoea, violent vomiting, obstinate constipation and consequent straining at stools, taking strong purgatives specially aloes, &c., and severe fits of coughing.

Symptoms.—If abortion occurs in the second month it appears as a clot of blood and may be mistaken for menstrual discharge. The severity increases with the length of pregnancy. There is a feeling of faintness and general depression; a sensation of weight in the abdomen, and the hands and feet may be cold. Recurring pains felt about the back, loins and hips. Then bleeding occurs, which may be slight at first, then cease and then again appear. The bleeding may be only fluid, or clots may be present. As time goes on the pain increases and the bleeding also increases till the womb is emptied.

Treatment.—As soon as the woman suspects bleeding and has pain in the back, she should go to bed at once in a cool airy room. "She must rest on a firm mattress—a soft bed must not be allowed—with her head raised only slightly. Let the covering on the bed be sufficient to keep her from being chilled, but it must be light in weight, and not sufficient to get her in any way over-heated."

Keep the patient cool, quiet and unexcited. Give simple light food—milk and congee, nearly cold not hot. Avoid coffee and tea. Open the bowels with a little castor oil.

Should the bleeding become severe send for a trained nurse. Keep the night-dress and bed clothes from becoming wet by putting oil cloth. Change frequently the soiled clothes. The patient should on no account be allowed to get up from bed to pass urine or move the bowels. The bed pan must be used when necessary. If the woman feels faint bathe the forehead with Eau de cologne and apply smelling salts to the nose. Avoid stimulants as far as possible and give only a small quantity of good brandy in water if the pulse is failing.

In spite of this treatment if the bleeding continues send for the doctor. Preserve all that is passed by the patient for the doctor to see and let him or her see if the contents of the womb have been fully expelled, else, if any small piece of the membrane is retained in the womb, severe fever or fatal blood poisoning may be the result.

After the abortion, on account of loss of blood the patient must be well looked after. To allow the womb to return to the normal condition, at least for two weeks she must be in bed; otherwise the womb may be deranged. For the first few days she must take only milk and congee; after this bread, toasts and a little rice may be given. A heavy meal should be avoided for at least two to three weeks. After a fortnight the patient will be able to get about, but she must rest herself for at least an hour three times in the day. She should keep the bowels open and sleep in a well ventilated room. Some iron tonic is necessary. A change of air may do much good. Above all avoid sexual relations for at least three months.

To prevent further abortion.—Keep regular hours; avoid excitement; spend

as much time as possible in open air; take daily baths of cold or tepid water; sleep in well ventilated room. Occupy a separate room from the husband preferably during the whole time of pregnancy; take some iron tonic, if necessary.

About the time the abortion happened on the previous occasion, the utmost care must be observed. All forms of excitement should be avoided and the patient should rest in the recumbent position for some hours each day.

THE HEALTH DURBAR.

By

K. SRINIVASAN, HEALTH DEPARTMENT, MADRAS CORPORATION.

Act I, Scene II.

THE CABINET MEETING.

Enter:—The Health Monarch followed by his Queen the Maternity, the Ministers in charge of Earth (Prithivy), Water (Varuna), Fire (Agni and Sun,) Air (Vayu), the State Physician, Master Hypnotist, Director of Science, and the Chief Sanitarian resume their seats in the Council Hall.

The Secretary to the Council laid before the President (Health Monarch) the agenda of the meeting.

Health Monarch.—Gentlemen, I have to apologise to you in the first instance for having recalled you from your long tours to attend this important meeting. I am aware of the immense trouble you have been put to, but yet in view of the grave crisis that has arisen now consequent on the devastations caused by the Earth-quakes, the "Disease" and the "War" I thought I would be failing in my duty if I do not have all your valuable advice, in concerting such measures as may be necessary, to alleviate the human suffering and misery. Another factor which prompted me to summon you to-day was the base rumours that some of you had failed to discharge your duties as enjoined by the Almighty. Personally, I cannot believe the false accusations heaped on my trustworthy colleagues, but, yet, I wanted to satisfy myself how far they

have been concocted. I know we have all solidly stood together in times of dire distress and worked hand in hand day and night to give our best to God's creatures.

(Turning to his Queen Maternity)

It has been spread broadcast that you are responsible for the existing high mortality amongst children and mothers in India. Have you not been helping them to a great extent?

Maternity.—An emphatic No, my Lord. I thought you knew much better about my work and the conditions under which I have been carrying on my programme. Superstition, apathy, and ignorance have greatly stood in my way. Nevertheless I have been entering every portion of the world, though under adverse circumstances, whenever I am needed. But, as you are aware, I cannot do full justice, until the Sanitarian sits at ease, having finished his labours.

Health.—And you Prithivy! You come partly for the blame in not having held up against the inundations and the Earth-quakes. I have felt it was beyond your powers. I can also very well realise that you have done what all you could.

Prithivy.—Quite so, your Lordship. I am so glad that I have found in you my spokesman.

Health:—As for you, Varuna, I know you are labouring under difficult conditions; but could you not have prevented your water supply from being polluted. I was told the other day that you were abetting with the "Disease" clan and were causing many a case of Cholera, Diarrhoea, Dysentery, Hookworm, Round-worm etc. As it is, I could not believe that you have been a party to such a crime.

Varuna:—I may submit to your lordship that the fault lay with man first who knowingly or otherwise polluted the water-supply. I can understand if I had been charged with insufficient supply of water and causing water scarcity; but I see it is all a mischief of some ignorant man who does not know the laws of Nature.

Health:—Both of you Agni and Sun are complained to be overdoing yourselves. I did not accept it as a fact. Anyway, can you try to do something for those living near the Poles and in the Cold regions?

Sun and Agni:—Very well, your Lordship. May we submit that we are working under different influences whose commands we have to obey at first.

Health:—(I shall be candid with Vayu.) The serious offence laid at your door is that during the Influenza panic, instead of associating yourself with the Sun, you liked Varuna's shelter best; and there it is that every body have begun to complain. Fortunately, Sun himself realised the situation and came to our rescue; else, I would have had a different tale to relate to-day. It appears you began to blow cold, Varuna was fierce with his torrents of rain and both of you helped that devil the "Disease" to carry on his day. The Influenza germs began to fly about here and there as the "Disease" directed them. After all, it was a pity that we failed to foresee the contingency.

Vayu:—I am afraid I have been misunderstood. People ought not to have been as foolish as they had been. They began to pollute the atmosphere like anything and they paid in the end for their folly.

Health:—I am pleased with the way in which my physician and the department of which he is in charge had conducted themselves. It may be, that they were not able to cope with the heavy work, but there is no reason, why they should not have gone on steadily at great speed before hand. The Scientist and the Doctor both seemed to have slept over the affair with an apparent neglect at the commencement. The Sanitarian is not free from blame either. On you, Sir, depends the whole of the entire preventive work. Propaganda should have been started much earlier. I hope that in future at least civic education—a much needed factor in the present day life—will be far advanced than what it is to-day. Every one should be taught to practise and preach to his neighbours the maxim "Prevention is better than cure" and "Self help in Health is the best help" in securing the maximum health.

Before finishing I wish to say a few words which I trust you will carry out faithfully as heretofore. I look forward to you to co-operate amongst yourselves and solve as to how best you can supply man with Pure Air, Pure Water, Pure Food, and the required Heat. I have received as my Guest, the Premier of the World Parliaments, who is pressing me to appoint a Commission, to go into the case of Accidents, Infirmities and Disease, and arrive at a definite conclusion as to how best they can be brought under effective control. I am aware of your sympathy with the sick and the needy in this World and trust you will very willingly co-operate with that Commission and finish the labours at as early a date as possible.

(Curtain drawn)

CONSTIPATION AND WHAT CAUSES T.

Constipation is such a common condition and a malady that produces such widespread trouble that it behoves us to consider its main causes. If we could remember that the intestines resemble somewhat the plumbing of the houses in which we reside, and that when it becomes clogged it results in not only a bad smell but also tainted atmosphere, and sometimes serious illnesses, we would take better care of our intestines. When they become clogged with effete matter our breath becomes foul; the tongue coated; headache often follows and then if we should become subjected to infection with some of the bacteria like typhoid or diphtheria or pneumonia we are almost sure to have serious results. One can do much to correct constipation by having a more varied diet, especially much of fruit and vegetables and less of starchy food. Drinking plenty of water will assist Nature in emptying the bowels

of the residue of foods. Many persons are averse to drinking water at meal time, but if one will do so when the mouth is empty there is absolutely no harm, but to bite off a portion of bread stuff for example and without attempting mastication at once fill the mouth with some form of liquid as many people do is injurious because it deprives the stomach of the action of the saliva which is produced by the act of mastication, from the glands situated under the lower jaw. These glands discharge a fluid that acts particularly on all starches and sugars and what a large percentage of our foods contain in some form one or more of these. When swallowed without the admixture of the saliva they form an irritation to the stomach and often cause indigestion, disturbances such as flatulence and pain by pressure on the heart from the distension of the stomach.

HOW TO LOOK YOUNG THOUGH AGED?

(By "UNCLE BOB")

To prevent that middle-aged-spread, which develops in so large a number of men and women once "first youth" is gone, and giving to any figure the premature appearance of age, these simple exercises

On rising in the morning and before retiring to rest at night lie on the rug in your

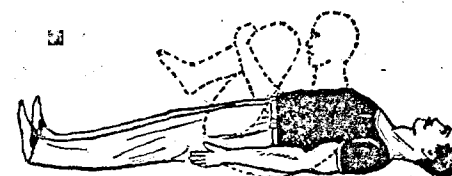


FIG. I.

should be practised, for they will be found admirable to the purpose for which they are intended. The exercises will go to make the spinal muscles not only strong, but also supple and elastic.

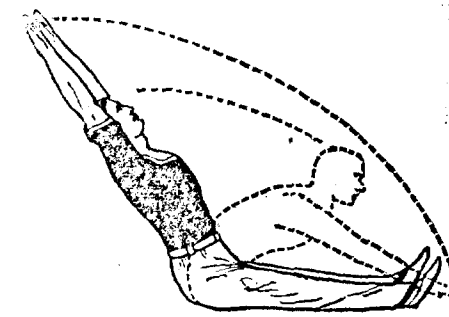


FIG. II.

bedroom in position as seen in Fig. 1. Then lever the body up to a sitting posture and

clasp the knees firmly, as shown in dotted lines. Relax tension and resume lying position, the movement being repeated several times.

This simple little health stunt is not difficult to learn. Once learned soon you will become sufficiently proficient at the move-

ment to repeat it several times. Regularly performed, it will make your body supple, and will prepare the spine for other spine-strengthening exercises; one of these is illustrated in Fig. II. The daily performance of this latter will be beneficial to the chest, arms, waist and lumbar region, in fact, to the body generally.

CHILD'S EYE-SIGHT.

1. The eye, especially in childhood, can be injured by being used under lights that are too dim or lights that are too glaring. Parents' negligence may result in premature eye-glasses, head-aches, lowered mental efficiency and old-age partial blindness.

2. Avoid unshaded, brilliant lights.

3. Avoid flickering lights. Forcing the pupil to contract and dilate unnecessarily tires the muscles of the iris and reacts in the nerves, causing discomfort or pain.

4. Avoid sudden changes from darkness to brilliant light. Permit the retina to become adjusted to this brilliance somewhat gradually.

5. The source of lights should be from above, and from the side in reading or close work.

6. Avoid source of light within the line of vision.

7. Sources of light within the line of vision must be broken from light rays into light glow by being strained through

some diffusing material, translucent glass being the most efficient.

8. The eyes of children in school should be protected by having inspection authorities determine whether or not they are working under proper lighting conditions.

9. White light is the most favourable for seeing in all its aspects; it is not decorative, however, and decorative values may be obtained without discomfort by following rules determined by illuminating experts.

10. Yellow and reddish-yellows give greater comfort, acute speed and power to sustain clear vision than do yellow-greens, greens, reds and blues.

11. Extreme greens and blues cause considerable fatigue.

12. Tinting a translucent reflector yellow, or lining it with yellow silk or parchment, produces warmth and reduces high brilliance (glare) without appreciably lowering ocular efficiency.—I. M. Record

RICE AND ITS FOOD VALUE.

Rice is the kernel of the grain of paddy which consists of four parts. The external husk; the pericarp or the thin covering skin of rice also called the silver skin of which the colour is either red or brown;

the germ or embryo which is the living part of the seed and from which the plant grows; and the endosperm or store of food for the germ to be used by it when it sprouts and grows into a plant. Of all the

food-stuffs experimented with, the germ of rice has been found to contain the highest amount of vitamin B.

Rice is the staple food of Southern India. Rice is made from paddy ordinarily by hand milling in the domestic mill which consists in pounding the paddy in a mortar by means of wooden pestle. Rice that is made by pounding the paddy simply after drying in the sun is called *uncured* rice. The process of cured rice is as follows:—The paddy is soaked in water for about 24 hours, and then steamed for a short-time by heating the wet paddy with a little water in a vessel till steam is produced. Then it is dried in the sun and milled. The process of curing causes the pericarp and germ to adhere to the endosperm, so that they are not completely removed by the subsequent milling in the domestic mill. In pounding uncured paddy, the pericarp and germ get easily detached and the grains of rice become whiter than those of cured rice. The cured rice is popularly believed to be more wholesome and more easily digestible than the uncured and it is the cured rice that is largely used by the people. So, popular experience anticipated scientific researches recently made in this respect.

Rice mills were started in the beginning of this century and the machine-milled rice gradually made its way into the

markets. At first, the people had some misgivings about the nutritive value of the rice and they did not even like the taste of it. But its clean white appearance overcame the prejudice in time and demand for it increased appreciably. The result of this extensive use of mill rice has been that the people have been living on the border line of Beri-Beri and are characterized generally by low physique attended with dyspepsia and other complaints.

The following resolutions passed by the Section of the Tropical Medicine at the International Medical Congress in London, so long ago as 1913, are worthy of consideration:—

(1) "Beri-Beri amongst natives living principally on rice is brought about by the continued and the exclusive use of rice, submitted to a complete milling, which removes cortical and sub-cortical layers of the grain."

(2) "All authorities charged with the health of native communities are urged by every means in their power to restrain the use of this rice in the dietary of coolies."

(3) "In view of the proved non-infectiousness of Beri-Beri, the Section suggests that all ports and sanitary authorities should abolish foreign quarantine and other restrictive measures against this disease."

IS ALCOHOL A FOOD?

Usually the substances that are taken into the body are taken for the purpose of building up the body. They are foods. Is Alcohol a food? No, only to a very limited extent. When very dilute, a very small amount of alcohol can be used to produce heat and energy but the effort called for on the part of the body to get that heat or energy from alcohol, is in excess of the benefit derived from the alcohol in the way of energy. Alcohol as a source of food might be likened to

green wood or stale coal for producing



'Why do you arrest my husband, and let the man who made him drunk go just heat in a furnace. They can be burned

and will produce some heat when burned but the good fuel required to cause them to burn is far in excess of the heat derived from the green wood or stale when burned. So alcohol can be used by the body to a very limited degree, but much energy is wasted in using it; and further, as in burning green wood or poor coal, a great amount of ash and clinkers and smoke is left behind, so in using alcohol, many poisonous waste substances are left in the body to act as irritants. A small sum spent in good food will yield a hundred times as much strength as, if spent in alcohol.

THE MEDICAL USE OF ALCOHOL.



The Missus: I don't believe in your new doctor.

The Master: Why not?

The Missus: Because he didn't tell you to leave off drinking and smoking.

Alcohol has in times past been quite generally believed to be beneficial in the treatment of many diseases. To-day medical men have come to know that its use in most diseased conditions lessens the chance that the patient has for recovery. Its use in pneumonia and typhoid fever formerly was very common

but not so now. In fact it is so well known that alcohol is such a great handicap in pneumonia, that when a person who has been addicted to the use of the beverage contracts pneumonia, his chances for recovery are regarded as very small. In ninety if not a hundred per cent, of cases alcohol in the treatment of disease is a decided handicap.

NOTES ON BETEL CHEWING.

By Dr. N. D. GOONERATNE.

The habit of chewing the leaf of the betel, a creeping plant (*Chavica betel*, the Betel vine), with the other ingredients mentioned below, is prevalent to a large extent in the East; and in Ceylon it is indulged in by the middle and lower classes of the Sinhalese, as well as by the Tamils and Moors. It is supposed to have a soothing influence, and probably wards off hunger. That the habit has been of long standing among these people there is not the slightest doubt; and even at the present day, among those less influenced by Western social customs, the offering of betel-leaf to guests is a recognized social custom.

Several ingredients are used along with the betel-leaf for the purpose of chewing, such as the dried and sliced areca-nut, which is the fruit of the Areca Palm (*Areca catechu*, sometimes termed the Betel Palm); a small quantity of shell-lime paste or chunam; tobacco-leaf; the astringent substance catechu (*kaippu*) a product obtained by boiling down the areca-nut in water; cardamom seed, and a few other aromatic substances.

No harmful results can be attributed to the habit. On the other hand, it is a well known fact that early dental decay is almost unknown among those addicted to this habit.

This can be attributed to the fact that the saliva, which possesses antacid properties, mixed with the juice expressed in the masticatory act, combines to form an ideal antiseptic, deodorant, and astringent liquid in the mouth, and which, although it stains the teeth, protects the enamel from the effects of the acid decomposition of particles of food left in the interdental spaces.

Observation and everyday experience do not warrant the idea held by some that the over indulgence in the habit is conducive to the occurrence of cancer in the mouth. Cancer indeed, is extremely rare in the villages where the habit is most indulged in, but is often found in towns and crowded communities in Ceylon as elsewhere.—*The Indian and Eastern Druggist.*

FRUIT AND ITS HEALTH-GIVING VALUE.

Fruit is one of God's blessing to man; contain in abundance water soluble vitamins B and C. delicious, appetizing, it stimulates the flow of gastric juices. Grateful to the parched throats of the sick; eagerly eaten by children, it has, unknown to themselves, saved the lives of many people whose bodies were otherwise mineral starved.

Eat fresh fruits and fresh fruits in season—at any or every meal and between meals. Their value has been much under-estimated. Give them to the children instead of candy.

With the minerals removed from our grains and the waste of the soluble mineral salts in cooking our vegetables, fruits have indeed been a God-send; for fruits are mineral laden to the last degree and also

Serve fresh fruits always without sugar. Sugar is not an appetizer. All fruits contain their own natural sugar in sufficient quantities. Sugar does not mix with fruit acids and very often sets up a fermentation in the

stomach. Teach the children to enjoy their fruits without sugar.

A tablespoon of lemonjuice in a glass of cold water on a hot summer-day is refreshing and will quench your thirst. Sweetened lemonade will not.

Cooked fruits are not so good as raw fruits. Cooking destroys some of the natural ferments and vitamins.

Some people have the false idea that fruit is acid and therefore must not be eaten with milk or in certain illnesses.

This is not true. Fruit acids are immediately changed in the stomach and converted into their alkaline salts, thus forming the bases for neutralising the acids of your body. Eaten raw and without sugar, there is no better food for acidosis patient.

Raisins contain more iron than any other article of food. Use them in every available way. Give raisins and dates to the children instead of candy. Sun dried fruits of all kinds are excellent. Ask for sun-dried fruits.

WHAT ARE VITAMINOUS FOODS?

It is only for about a dozen years, that anything has been known about the vitamins, or the fact that there is such a thing. Nevertheless, man has lived without this knowledge from time immemorial; but not without the Vitamins, for even while he knew nothing about them, he has been eating them in the food supplied by a kind and provident Nature. We have learnt however, that in man's tampering with Nature's original form of food he was throwing away not only vitamins, but valuable minerals. And we also know that we have suffered greatly thereby. Hence the importance and urgency of getting back to the complete dietary first provided us.

From a pint to a quart of milk a day offers fine food value. Every child should have it and older persons who can use it will benefit by it. Vegetables in variety

should be used. The dinner should, wherever possible, include some fresh vegetables, the leafy vegetables especially being desirable. Whole grain cereals, whether in bread or breakfast foods and vegetables supply the bulk so essential to proper intestinal activity and cleansing.

With the use each day of some raw fruit, raw milk properly pasteurized and fresh uncooked vegetables, one is assured of getting the vitamins, now known to be so necessary. Fruit and vegetable salads are very desirable and a dish or two should be included every day. Taking vitamins thus is the cheapest and the best way of getting them and the surest. It makes it altogether unnecessary to pay any attention to the questionable claims of commercial products passing as vitamins.

HOW TO ENJOY POOR HEALTH?

Don't you know a lot of people who "enjoy poor health?" Whenever they feel a little better in the morning they are unhappy about it all day. For the benefit of people who wish to enjoy poor health,

the following set of rules has been drawn up. If they will religiously observe these rules, they may be assured not only of persistent ill health, but of an early grave,

1.—Encourage the flies in every way possible. Remove all screens from doors and windows, and leave plenty of stale food around. A little garbage helps. Encourage the flies to come to the table with you and share your meals.

2.—Throw away your toothbrush. The toothbrush is one of the deadliest enemies of poor health.

3.—Whenever possible, use a common drinking cup at a public fountain even if you are not thirsty. There are dozens of diseases that are interesting to talk about that can be contracted in this way.

4.—Buy patent medicines in large quantities. Some of these, unfortunately, are comparatively harmless, but, by experimenting with a dozen or two, it is usually possible to impair some of your vital organs beyond recall.

5.—Eat heavy meals at irregular hours. Pie eaten late at night is usually effective, particularly if it is the kind mother used to make. Lots of candy and good rich grease are recommended.

6.—Always get off street cars backward, and when you want to cross the street, pay no attention to traffic policemen or automobile drivers. If you drive a car

yourself, try to keep up an average of thirty miles an hour through traffic.

7.—Never go to a doctor when you are sick. If possible, dose yourself with some old family remedy that somebody's grandmother told your greataunt about. Carry a horse-chestnut with you to guard against rheumatism, and tie a string with seven knots in it around wrist to keep away pneumonia.

8.—Avoid fresh air. Sleep with the windows tightly closed. Remember that night air is the only kind there is at night, and that many people have permanently lost their poor health through sleeping with the windows open.

9.—Have nothing to do with any of the organizations that are promoting public health. Oppose all local efforts to better health conditions, such as clean-up days, or attempts to appoint public health nurses.

10. And lastly, be sure that your wife or husband has the phone number of the nearest undertaker, and that there is plenty of room in the family lot at the cemetery.

VALUE OF TEARS.

The potency of a tear-drop, so long guaranteed by poets alone, has now become a scientific truth. As a result of experiments conducted in the laboratory of Sir Almroth Wright in St. Mary's Hospital, there has been discovered the existence in human tears of a remarkable substance. This substance he has called lysozyme, and one tiny drop of it will destroy millions of bacteria. Sir Almroth suspected its existence for a long time. After six months of experiments, he was

able to show its existence conclusively, and to demonstrate its power to exterminate bacteria. Thus for this substance has not been isolated. When this is accomplished, scientists believe that the most powerful germ-destroying agency known to man will then be available for use. The germicidal properties of tear-drops were first publicly demonstrated by Dr. Alexander Fleming of Sir Almroth's staff at a recent conversation of the Royal Society. In the presence of several people he took a tiny drop

of tear in a pipette and gave it as a lethal dose to a good many million bacteria which clouded the liquid in a test tube. Almost immediately the tear dissolved every germ in the tube. He further explained that this secretion—lysozyme—was present in nearly all the tissues of the body and in most of the secretions and excretions. It was at work all the time, he said, destroying many kinds of bacteria. But in the secretions of the lacrimal or tear glands a very high distillation of this potent juice took place, which made the tear-drop a reservoir of great power.

SNEEZE AND KILL GERMS.

Commenting on the London Scientists' announcement, a New York editorial writer said:—"Nature has many ways of protecting the body. There is salt in tears, and salt is one of the greatest protectors. Salt, acid, and violent shaking are deadly to germs. When you sneeze you kill germs, just as you would be killed if an elephant stepped on you."

To this writer, the London Scientists' claims as to the teardrop seem entirely credible. He doesn't see anything unreasonable in Dr. Fleming's hope that ultimately human tears can be utilized to immense advantage in medicine and chemistry, but before that time comes, however, the problem of getting a world's supply of tears organised will have to be solved. It is unlikely that an artificial method of producing tears will be discovered. From Dr. Fleming's statement it is gathered that

the peculiar processes of the lacrimal gland is necessary to the creating of lysozyme. The only plentiful sources of supply, therefore, are human beings. So now the maiden's tear, long celebrated by lovers and makers of verses, has a commercial value.

STRANGE POSSIBILITIES.

The possibilities suggested by this revaluation of tears are many and widespread. Will young women who are particularly adept at the exercise start weeping for a living, just as hundreds of people now sell their blood to hospitals at so much a pint? Will some unscrupulous person kidnap Jane Cowl or Florence Reed or the Gish girls, or other famous film stars, and force them to cry continuously and then bottle up the tears for sale? Will mothers stand around waiting for their babies to start wailing in order to catch the golden drops as they fall? The suggestions are fanciful, to be sure, but are well within the limits of the possible. The chances are that a class of professional weepers will spring up from whom medical men and chemists will be able to obtain all the tears that are needed. But even professional weepers can't make them flow at will all the time. For the occasions when the lacrimal glands become stubborn it would seem appropriate for the weeper to bring into use an onion—or perhaps a bit of tear gas such as was used during the war.

HOUSEHOLD DRUGS AND THEIR USES.

ALUM.

1.—It gives glossiness to the hair when applied in solution, and it is one of the ingredients of some hair dyes and hair lotions.

2.—In chronic ulcers resistant to other forms of treatment and where the granulations are exuberant, alum powder, when dusted over the part, brings on healthy

granulations and thus helps in curing the ulcers. In chronic umbilical ulcers of infants, it is almost a specific.

3.—Its solution (1 to 2%) is used as eye drops, in conjunctivitis. Points of alum mounted in wooden cases are also used for eye work.

4.—In epistaxis, as an emergency treatment, gauze sprinkled with alum solution (5%), if plugged in the nose, immediately stops the bleeding. This solution may also be used as a nasal spray if the lesion may be higher up. It can also be used as a snuff mixed with tannic in equal parts.

5.—In ulcers of the mouth and tongue, and also in pharyngitis and tonsillitis, alum gargles (grs. 10 to oz. i) gives great relief.

6.—In loose teeth and painful bleeding gums, alum gargles as a daily routine help to fix the teeth and cure the ulcerating gums.

7.—It induces vomiting when given in drachm doses, and it acts as a hemostatic to stop bleeding from the stomach, if given in small doses of about 5 grs. twice or thrice a day.

8.—In hemoptysis also, it acts as a good hemostatic in very small doses.

9.—In intestinal hemorrhage and in certain forms of diarrhoea and dysentery, it is very useful when given alone or combined with other appropriate drugs.

10.—For malaria, internally, desiccated alum in 5-grain doses, with some aromatic powder such as pulv. comp. arom etc., to disguise the taste, acts just like quinine in checking the malarial rigour. It is very efficacious when quinine and all other remedies fail to act in obstinate cases of malaria. The method of taking this powder is to take it with a teaspoonful of water only, as otherwise, with more water, it is likely to induce vomiting. This has been a well-tried remedy and it

has given very satisfactory results. The powder is to be given 2 hours before the expected rigour.

11.—In injuries which result in concussion of the brain or spinal cord, or in severe sprains or fractures, the initial thing to be given internally (on this side) is alum grs. 5 with treacle or sugar.

12.—Alum alone or combined with potassium permanganate is used as a urethral injection in chronic gonorrhoea, in 1 or 2% solutions.

13.—In leucorrhoea, alum plugs or alum douches, are extensively used. Combined with glycerine it can be safely used as ordinary plugs for leucorrhoea.

14.—In menorrhagia, or in post-partum hemorrhage, sterilized cotton plugs saturated with alum powder or sterilized alum solution (5%) immediately stops the bleeding and, as an emergency measure, this is extremely useful and handy.

15.—In dental extractions, alum is chiefly used to stop the bleeding, by plugging the cavity with cotton saturated with alum powder or alum solution, or by using it in the form of gargles.

16.—In bleeding piles, alum solution drachm 1 to pint 1 is used as a wash, and alum suppositories are being used for piles and anal fissures.

17.—As alum is excreted by the kidneys, it can safely be used for arresting hemorrhage from the urinary organs.

18.—In croup, a teaspoonful mixed with honey or syrup is an excellent vomit.

19.—Alum acts almost as a specific in cases of obstinate hiccough, when it has resisted all other forms of treatment. In one-drachm doses, it is to be given 2 or 3 times a day. It is likely to induce vomiting, but even then, soon after vomiting, hiccough stops. If the powder is taken with very little water, there is less likelihood of its inducing vomiting.

20.—In frequently repeated doses of 30 grs., it relieves lead colic by precipitating soluble salts of lead.

21.—Alum, in the form of Burrows Solution (liq. alumi acetat), diluted 4 times, is used as ear drops in acute otitis externa and media.

22.—Alum, in the form of aluminum chloride, if chiefly used for relieving the lightning pains of locomotor ataxia.

23.—Alum, grs. 45, mixed with treacle, is used internally for guineaworm, on this side.

24.—Alum, in 5 gr. doses, thrice a day, with the juice of "Adhatoda Vesica" works wonderfully in certain forms of leucorrhœa, especially when the flow is tinged with blood.

25.—Alum powder mixed with talc and zinc oxide is a good remedy for sweating feet.

V. N. MEHTA.

SEA BATHING.

Sea-bathing properly indulged in is a most invigorating sport.

Never bathe soon after a meal; the shock of the cold water may arrest digestion and bring on heart attack.

The best time is about two and-a-half hours after breakfast or lunch. Only the robust should bathe before breakfast.

Protect the eardrums by small plugs of cotton wool and vaseline from the lash of the waves.

Keep the body well immersed and moving. Leave the water on the slightest hint of chilliness.

Women with sensitive skins should use a fatty cream on the face and arms before immersion and a soothing lotion after drying.

After a bath, if the body feels cold and the skin clammy, you have been too long in the water.—*I. M. Record.*

FACTS ABOUT SLEEP.

WHAT IS THE PROPER PERIOD FOR REPOSE?

It is often recorded of Napoleon, Wellington, Frederick the Great, and many other famous men that they could keep well on an average of four or five hours of sleep per night.

"Arguing from this, it is often supposed that to be able to do without much sleep is the hall mark of superior ability.

There is no greater mistake, says a doctor, in the "Daily Mail."

History abounds in examples, equally illuminating, which point to the other extreme. The great Dr. Johnson, for

example, although he probably retired late, was seldom out of bed until the afternoon; Lord Nelson rarely slept less than ten hours; and Charles Darwin, notwithstanding the monumental work of his lifetime, could not work for more than three hours a day.

It is a fallacy to try to measure sleep by hours, because the *quality* is extremely variable. And it is *quality* that counts.

As a general rule the depth of sleep is in inverse ratio to its duration. An exceptionally heavy sleeper may find four or five hours sufficient, while light sleeper may require twice as long.

EARLY TO BED.

Sleep is a period of rest for both body and brain and it is sweetest and most refreshing when both are equally fatigued. With a weary brain in a restless body sleep is usually difficult and when it does come, disturbed and ineffectual. This also is true when the muscles are tired but the mind remains alert.

During this resting stage the blood is busy removing the fatigue products which have drugged the nerve centres and temporarily destroyed their efficiency. When this removal is complete, sleep has served Nature's purpose, and so comes to an end.

Obviously this process varies in different individuals. Just as human beings differ in the way they eat, or talk, or work, so they differ in the way they sleep.

The old tag about an hour of sleep before midnight being worth two after probably owes its origin to those who are inclined to sit up too late. By going to bed before midnight they naturally sleep longer. There is no evidence to prove that "early to bed and early to rise" bring any special reward in its train. If we believe in it at all it is only because we associate early rising with industry and late rising with laziness.

On the other hand some people (though they are a small minority) sleep too much.

Natural sleep is always associated with temporary anæmia of the brain and if sleep be too prolonged the brain will be slow to regain its normal activity.—*The Burma Medical Times.*

PREVENTION OF SUMMER DIARRHOEA.

(From the Health Department, Corporation of Madras.)

Diarrhoea in Babies is always serious. In summer it may be deadly.

Summer diarrhoea is infectious and every year several babies catch it and many of them die of it.

Summer diarrhoea is also called dirt diarrhoea, because nearly always the baby who gets it has swallowed dirt somehow from its feeding bottle or cup, from dirty fingers, or from a dummy, or comforter, or toys, or by the baby crawling on uncleanly floors etc.

No baby need take summer diarrhoea if properly cared for. Breast-fed babies rarely ever get it.

Bottle fed babies run most risks especially if the milk, the bottle or the house are not kept clean. Often the fly is the offender, contaminating the bottle, or cup or the milk thereof.

HOW TO PREVENT IT.

1. Breast-feeding is best, cheapest and safest.

2. Weaning should not be done during the hot weather.

3. Bottle-feeding may be made safe by seeing to its being kept always clean.

4. Tube-bottles or open vessels must not be used.

5. Boat shaped bottles are the best. They should be screw-less and free from corners.

6. Milk should be heated just to the boiling point as soon as it is taken to the house.

7. Milk vessels should be covered from access to dust and flies.

8. Bottles and vessels must be kept clean. After the baby is fed the bottle or the vessel should be cleansed in hot water and the teat washed inside and out before and after use.

9. Feeds must be given regularly; and each time only freshly prepared food should be given.

10. Hands should be washed before preparing a feed.

11. Patented baby foods should not be used except when your doctor orders them.

12. Dummy teats should not be used.

KEEP THE HOUSE CLEAN.

Babies in clean well-kept homes scarcely ever suffer from summer diarrhoea.

1. Dust and dirt are carriers of diarrhoea. They should not be allowed to collect in house corners, backyards, or left to accumulate in ashpits. Wash your houses clean every day.

2. Waste food, vegetable refuse, remains of food etc., should be properly covered over with earth or burnt.

3. Windows should be kept open day and night allowing plenty of sunlight and air.

4. Yards should be paved and drained and otherwise kept clean.

5. Refuse should be deposited in the public dust bin and not strewn on the ground or roads and highways or left to rot in the house.

6. Dust bins must be kept covered or rendered fly-proof.

KEEP THE BABY CLEAN.

1. Wash the baby once at least every day. Face, hands, and buttocks should receive special attention.

2. Soiled napkins should be changed at once.

3. Soiled napkins must not be thrown about or left on the floor. They should be at once taken away and placed in a covered receptacle containing hot water in a solution of phenyle, or any other disinfectant. The receptacle must be kept outside the room and well covered from access to flies.

4. Napkins and soiled clothing should be quickly washed in soap and hot water; boiled in water and thoroughly rinsed, and finally dried in the sun.

KEEP FLIES AWAY.

Flies are among the most dangerous insects known to man. They are born in filth, live in filth, and carry filth, on their hairy little feet. They are 'maggots' (little worms) before they become flies. They are notorious carriers of millions of death-dealing germs, some of which are left wherever the fly sits. The food may thus become infected by flies, as they come fresh from ash pits, privies, cattle yards, stables, manure heaps, decayed animal and vegetable matter, or from the sick room of a patient suffering from a contagious disease such as Cholera, Diarrhoea, Dysentery, Typhoid, Consumption etc.

Though trifling by themselves, they are responsible, in fact FOR AN ENORMOUS DEATH-ROLL DUE TO DISEASES in the dissemination of which, they play the leading roll.

They may CAUSE THE SPREAD OF DISEASES, like Cholera, Diarrhoea, Dysentery, Consumption, Typhoid fever, and many other infectious diseases. The sputum of the consumptive, the vomit and motions from Cholera, Typhoid or Dysentery patients are a sumptuous repast for the FLY from whence they may go

direct to the food, to the drink, or to the lips of your sleeping child, quite unknown to you.

The house fly is thus a great spreader of diseases.

Kill flies and save lives.

To get rid of flies everybody must do his bit.

It is a good thing to Swat, Trap, or Poison flies or catch them on fly paper.

But it is best to prevent their breeding, because it is a thing that a house-holder can really do.

By keeping stables and cow houses clean.

By removing all cowdung, manure etc. promptly away from or near houses.

By storing refuse in covered receptacles which should be emptied and washed out frequently.

By keeping your privies clean.

BY PROTECTING ARTICLES OF FOOD such as sugar, milk, sweets, etc, and by not spilling them around, as THESE ATTRACT FLIES into the house.

IF BABY GETS DIARRHOEA OR DYSENTERY

Diarrhoea is a serious disease in infants. If a baby suffers from it, stop all food at once and give nothing but pure hot water with or without little clean sugar every half hour and keep the baby warm until you send for your doctor. Do it immediately or

Go to the nearest Corporation Dispensary or Child Welfare Centre.

THE USES OF ONION

THE ONION AS A MEDICINE.

During the building of the Pyramids about nine tons of gold, we are told, were spent in purchasing onions for the workmen employed on the work. Freely used in Egypt for thousands of years, the value of the onion is not so widely appreciated in Great Britain. Its use in the dietary better known, the vegetable would occupy a more important space in the allotment and kitchen garden than is now allocated to it, so that a larger, sounder crop would be secured for use in the dietary during the cold season.

As a sleep inducer the soporific value of the onion is well known to dietists. A dish of boiled, steamed, or roasted onions eaten with a little bread and butter and seasoning to taste is one of the most wholesome and effective sleep producers. And those who suffer from sleeplessness due to overwork or any other cause will do well to give the onion, cooked or raw, a fair trial before resorting to other sleep-inducing agents that are less wholesome or reliable.

Syrup made from onion juice and honey is taken by many elderly people for relieving a condition of breathlessness. A raw onion well masticated will relieve a hard, hacking cough. Uncooked onions, eaten in moderation, will increase the flow of saliva and promote perspiration. Onions and leeks are both stimulating, and are useful vegetables for all who are suffering from cold. As a blood purifying agent and a nerve builder the vegetable is recommended, while the women in the islands of Bermuda, where the onion is freely eaten, are famed for their healthy and clean complexion.

Unlike other vegetables, however, the onion has a sensitive organism, and consequently attracts to itself any morbid matter that may be in any room. Therefore it is unwise to eat onions that have been stored in a badly ventilated room or in any place where disease is prevalent. —
Health and Strength.

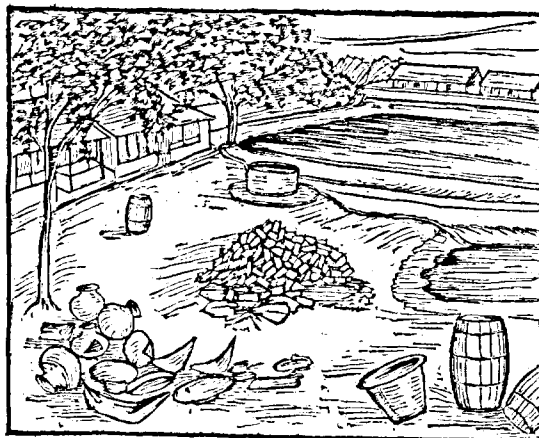
MAN-MADE MALARIA.

In all the general programmes of malaria control the prevention of so-called man-made malaria or man-made breeding places for Anopheles has received special emphasis. A surprisingly large proportion of the mosquito breeding in malarious districts can be prevented by the simple and obvious expedient of forestalling the creation of artificial breeding-places. Dr. Henry R. Carter estimates that 60 per cent, and in some places as much as 75 per cent, of the malaria is due to man-made breeding-places.

Railroads have been offenders, mainly by leaving borrow pits and interfering with natural drainage. In many cases highway

ground of the river valleys leaving behind prolific mosquito breeding-places. The operation of an irrigation system, particularly where the water-supply is plentiful, also causes much malaria. See page from the canals, often creating marshes a mile or more away, is one of the most serious problems. The excessive use of water, leaky turnouts, flumes and dams, and improperly located spillways all result in prolific mosquito breeding-places. As these conditions are the result of carelessness in most instances they are easily remedied by educational measures.

The prevention of man-made malaria is chiefly a problem of education and co-



BROKEN POTS, PONDS, ETC
IN GARDEN BREED MOSQUITOES.

construction has involved the same practices. By the use of improper methods agricultural drainage projects have often created much malaria. The impounding of water for power or other industrial purposes is a prolific source of man-made malaria. Improperly constructed street gutters, leaky hydrants and water-mains, artesian wells, overflowing cesspools, abandoned wells, fire protection water barrels, water troughs, all contribute to the easily preventable Anopheles breeding.

In California a serious malaria problem has been caused by faulty methods of irrigation and gold dredging. Improved methods of dredging are now in general use, but a typical dredge of the old type overturned the gently sloping or level

operation under the leadership of the county health officer. Some States have enacted laws applying to railroad, drainage, and highway work, but voluntary co-operation on the part of corporations and highway officials brought about by health officials responsible for malaria control is the method being generally adopted. It is particularly important to secure the co-operation of corporation and public officials because if they create and permit artificial breeding-places on a large scale, the health officers can make little headway in persuading individual property owners to exercise great care in avoiding the creation of breeding-places.—*The Rockefeller Foundation Annual Report.*

MALARIA'S AFTER EFFECTS

How to Overcome them.

When Quinine has done its work, and the Malaria germs which have wrought such havoc on the blood, are killed, the sufferer yearns to feel his strength returning, his nerves restored, and to see the flesh covering his bones again.

It is then tonic-treatment is resorted to, and the preparation which will restore the blood, revitalise the nerves and rehabilitate the body in the shortest time, is eagerly demanded. These qualities are all fulfilled by Sanatogen of which "The Lancet," the chief medical paper in the world, writes: "There is abundant evidence of the value of Sanatogen as a restorative food, more particularly in cases of general debility."

A physician, writing in "Public Health," records an increase from 94 lbs to 102 lbs in four weeks, although the patient was suffering from active and extensive consumption of the lungs.

Sanatogen can be obtained of all Chemists and Bazar dealers.

POISONING.

In a case of poisoning, often the nature of the poison taken cannot be ascertained. So, in such cases of unknown poisoning, the treatment must be carried out as follows:—First, send for the doctor at once. See whether there are any stains about the lips or inside the mouth. If stains are present, do not make the patient vomit, as the stains are produced by burning, and if the vomiting is brought about, the burnt stomach walls might tear. In such cases give oil such as gingelly, castor or coconut, white of egg, barley water, milk or eggs beaten with milk.

If there be no stains, make the patient sick (vomit) by tickling the back of the throat with the finger. If this fails, the following emetics (substances that produce vomiting) may be used:—viz., a table-spoonful of mustard in a tumblerful of tepid water, or two table-spoonfuls of common salt in a half tumbler of tepid water.

For further particulars on poisoning and such other accidents, get a copy of Dr. U. Rama Rau's book on "First Aid In Accidents." It is published in English, Tamil, Telugu, Malayalam and Canarese. Price Rs. 12 for a copy in any language. Apply to:—SRI KRISHNAN BROS., Chemists and Opticians, 323, Thambu Chetty Street Madras.

ELECTRICITY IN DISEASES

The Electro Therapeutic Institute 323, Thambu Chetty Street, G. T. Madras, the premier institute of its kind reports the following successful cases treated by electricity.

1. A boy aged 13 from Salem came with a stiff elbow-joint, after operation, for bad dislocation. Dislocation was set right by a surgeon in Madras. The stiff elbow joint was treated by radiant light for 20 minutes, daily with massage and exercise. Six weeks' continuous treatment completely removed the stiffness.

2. A middle aged male was admitted for Arthritis (Rheumatism). Almost all the joints were involved. Radiant light baths, Iodide and Sodium Salicylate ionisation and application of interrupted current on alternate days, for four weeks, completely restored the patient.

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.

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.

5. A girl aged 14 with ankylosed knee joint, came for treatment. Forced flexion under anæsthetic failed. There was not even slight flexion. She was treated by Radiant heat daily for 28 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.

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

7. A girl aged 18 from Srirangam came with deafness of both ears. Bee time piece could be heard from a distance of 4 ins. from the right ear and 2½ ins. 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.

8. C., aged 30 from Kottayam a Diabetic patient was admitted with deafness in 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.

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.

10. M., aged 50. Diabetic, Reporter by profession—suffering from a 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.

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.

12. R., an elderly lady aged 48, Diabetic sought admission for the treatment of 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.

13. Miss S. aged 17. Eurasian was admitted for a stiff knee-joint due to an abscess. The joint was fixed at an angle of 158. Treatment: Exposure to Radiant heat and Light everyday for 20 minutes. Afterwards Electric massage for 10 minutes. Treatment continued for 20 days. The joint was completely alright and the patient was able to walk about, completely cured.

14. Mr. C. aged 28. High Court Vakil, suffering from chronic eczema of the Right upper eye-lid came for treatment. Tried all sorts of treatments including serum treatment, injections, etc., Ionised the part every day for 30 minutes; completely cured in a week.

15. Mr. R. P. aged 38 suffering from acute sciatica for the last 3 months came from Qudalur. Treated with Electric Radiant heat and light bath, ionised the part; completely cured after 6 sittings.

16. Mr. M. Mahamed aged 49, Diabetic; had Eczema over both ankle joints for over 20 years. The affected area resembled like Rhinoceros skin. Blue Radiant heat and light, 20 minutes exposure daily for 2 months, with occasional high frequency sparks over the affected area; completely cured.

17. Mr. K. aged 33 an Indian Christian had Tubercular affection of Ribs and suppurating glands. Had several injections

and operations from local doctors but of no avail. Refused any operative measures. Daily exposure to Arc and Radiant heat and light improved him and almost all the ulcers began to heal. The swelling of glands, considerably decreased. Pain is better. The patient is still under treatment.

18. Mr. M. Mahamadan Aged 40 was admitted for deafness of left ear; three months' duration. Interrupted current and hot air douching to the ear every day. Completely cured within a week's time.

19. Mr. G. a young man aged 20 came with undefined symptoms accompanied with heaviness of breathing, sleeplessness, loss of power to concentrate and a heaviness, over the region of the heart. On examination nothing abnormal was found and a diagnosis of Neurasthenia was made. Was put under radiant heat and sinusoidal and High Frequency currents on alternate days. Was cured in a week's time.

20. Mr. S. Aged 28 had weeping Eczema, 2 in square, below the right ear. Had excruciating itchy sensation; all ointments and other drugs were of no avail. Treatment: Zinc Ionisation for 6 days completely cured him. The skin is soft and normal in colour.

21. Mr. C. aged 22 came, for soft Chancre and a big Bubo; had high temperature. Glands threatened to suppurate. Exposed to Radiant heat and light twice everyday for a week. Inflammation subsided the patient recovered.

22. Mr. S. aged 25 from Tinnevely suffered from severe radiating pain from the knee downwards in his left leg. Tried all sorts of treatments from local doctors. No use. Treatment: Ionised the part everyday for 30 minutes. After 6 sittings, completely cured.

23. Mrs. S. aged 35. Madras. Suffering from Neurasthenia. Pain all over the body. No appetite, exhaustion. No good sleep. Treatment: put on Radiant heat and light bath, and high frequency currents alternately. The patient gradually improved and is now in excellent health after 3 months' treatment.

24. L. aged 9. developed acute spasmodic pain on the right hand and could not either stretch or close the hand. Severe pain above the elbow joint. Treatment: Radiant heat and light bath with interrupted currents for 20 minutes every day and massage for 10 minutes. Treatment continued for one week. Pain stopped. The patient had complete movement of the hand and was discharged.

25. Mahomadan woman aged 40. Acute Erysipelatic eruption on the lips and face, extending below as far as the neck, upwards as far as the eyes. Patient was unable to open the eye-lids, and mouth. High fever. Raving. Treatment: Radiant heat and light, exposures 1/2 an hour both morning and evening. External application of

Iodine and Ichthyol. 10 exposures completely reduced the swelling. Stopped the fever. The patient was discharged cured.

26. A baby S. aged 6 months came with erysipelatic eruption extending all over the lower part of the abdomen, buttocks, thighs and legs. Temperature 101°F. Treatment: Exposure to radiant heat and light for 15 minutes twice a day. External application of Iodine and Ichthyol. Six days' treatment completely cured the condition.

27. Mr. K. aged 45 male. Diabetic, came with a big carbuncle in the back. Urine contained 189 of sugar per oz. Inflammation was extending. The size was about newly 10 in. in diameter. Treat. Radiant Heat and Light for 1/2 hr. every day. After a week, the inflammation was localised. Then pus began to come out. Continued the treatment and applications of lysol poultice for a fortnight. The patient in the interval received Insulin Injection which brought down the sugar in the urine to 5 grs. per oz. The patient made an uneventful recovery within a month.

28. Miss O. aged 10. Female was admitted for Exophthalmic goitre. The enlargement was about the size of a big orange. Treat. Exposure to X Rays for 3 minutes every alternate day for 3 weeks improved her considerably and has come almost to normal size. The patient continues treatment.

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29. Mr. T. male aged 45 came with a carbuncle about 2 in. in diameter situated a little behind the Rt. ear. Treat Radiant heat and light exposures every day for 15 minutes. After 5 days the carbuncle became very soft and pus began to come out. After a course of treatment for 10 days the patient was completely cured and discharged.

30. Mr. S. aged 50 male. Teacher came with acute Rheumatism. He couldn't walk. Both the knees were affected especially the Rt. one. Had this trouble for the last 4 years. Treat. Exposure of the legs every day, to Radiant Heat and Light for 15 minutes, Faradaic Currents, and Massage, relieved him of the pain and he was able to walk of his own accord without the help of a stick. Continued the treatment for a period of 10 days. The patient was completely alright and was discharged.

31. Child aged 1 year with a huge enlargement of gland as big as a lime in the left axilla came under treatment. No fever. Advised operation. Quite unwilling to undergo operation. Treatment:—Exposed for about 15 minutes to Radiant Heat and light every day for two weeks. Gland completely disappeared.

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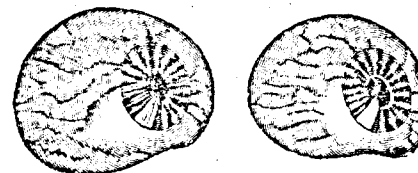
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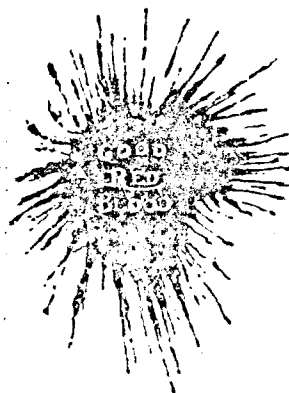
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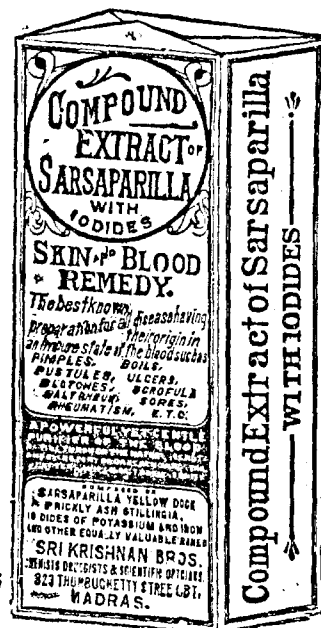


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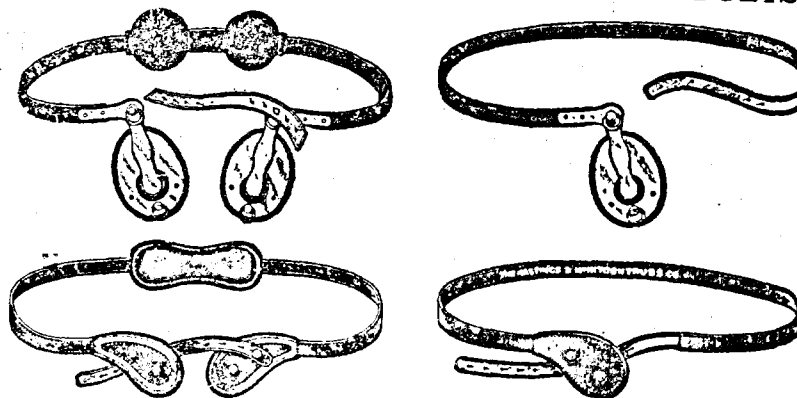
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" Liquid Malt	2	8	" Easton's Syrup	1	4
" Byno Glycerophos.	2	12	" Hair Dye 1 sol.	1	8
" Byno Hypophos	2	12	" " 2	1	4
" Bynol	2	0	" Iodised Sarsaparilla big	2	0
" Castor Oil large	2	0	" " small	1	4
" medium	1	2	" Liquor Santal Flav 4 bz.	2	12
" small	0	10	" bottle each	2	12
" Feeding Bot.	1	8	" Santal Pearls	1	8
" Food Nos. 1 & 2	2	4	" Burrough's Hazeline cream	1	4
" No. 3	1	8	" " Tubes	1	2
" Nipples	0	5	" " Snow	1	4
" Valves	0	5	" Kepler Malt Extract	2	8
Amrutanjani	0	10	" Kepler Malt and Hypophos	3	4
Anasarcin Tablets	each	5 8	" " Iron Iodide	3	4
Angier's Emulsion med.	2	4	" Kepler Malt & Cod Liver Oil	2	8
" large	3	12	" " & Hypophos	3	0
Antexama	1	0	" " & Iron Iodide	3	0
Antiphlogistine big	5	0	" Laxamel	1	12
" medium	2	12	" Paroline 4 oz bottle	1	10
" small	1	12	" 1 lb.	4	4
Antikaminia Tab or Pow each	3	0	" Tablids Aspirin gr. 5,		
Apiol Steel Pills (Martin's)	3	8	" Bot. of 25,	0	14
Arrheol Capsules	2	4	" Aloin Comp.	0	10
Aspirin Tab 100 2/8	25	0 10	" Albes Et Myrrh 100	2	0
Anzora Cream large	2	2	" Bland Pill 100	1	2
" small	1	4	" " With Arsenic	1	4
Battle's Bromida, Ecthol & Iodine	4	4	" " Aloin	1	4
Batliwala's Ague Mixture	1	2	" " Cascara	1	4
Bayrum 4 oz. size	1	8	" " Arsen & Stry.	1	12
Beechams Pills big	0	12	" " Blue Pill Squill &		
" small	0	8	" Digitalis	2	4
Benbow's Dog Mixture	2	4	" Benzoic Acid gr. 5,		
Benger's food	1	0	" Bot. of 100	6	8
Betul Oil small	2	8	" Calcium Lactate gr. 2,		
do. large	3	8	" Bot. of 100	2	12
Bile Beans	1	0	" Calomel gr. 1, 100	1	2
Bishop's Citrate of Magnesia	1	4	" Cascara Sagrad gr. 5,		
Bisurated Magnesia small	1	10	" Bot. of 25	0	14
" big	2	8	" " gr. 3, 100	2	8
" Tab big	2	0	" " gr. 5, 25	1	2
" small	1	4	" Cascara Sagrad gr. 5,		
Bovril 2 oz.	1	2	" Bot. of 100	3	4
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" Mixed Gland No. 2 (Female) ... 5 4	Dongere's Balamrit ... 0 14	
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" Bot. of 100 2 12	Eau de Cologne ... 2 0	
" Phenacetin & Quinine Comp. Bot. of 100 ... 4 4	Edward's Harlene small ... 1 0	
" Potas Chloras gr. 5 ... 0 10	" " medium ... 2 0	
" Iodide gr. 5, Bot. of 100 3 8	" " big ... 4 0	
Quinine Bisulp gr. 2, Bot. of 25 1 0	Elliman's Embrocation Royal or Universal ... 1 6	
" gr. 5, " 25 2 0	Eno's Fruit Salt ... 2 8	
" gr. 2, " 100 3 0	Ergo Apio (Smith) ... 4 4	
" gr. 5, " 100 6 8	Esanofele Pills ... 3 4	
Cactina Pillets ... 1 12	Essence of Chicken ... 2 2	
California Syrup of Figs ... 1 2	Evan's Lime & Glycerine 4 oz. ... 0 12	
Calvert's Carbolic Ointment ... 1 8	" Throat Pastilles ... 1 4	
" Tooth Powder big 0 10	Fairchild's Panopeptone Big ... 2 12	
" " small 0 6	" " Small ... 2 12	
Carnrick's Liquid Peptonoids ... 2 12	Fellow's Syrup ... 2 12	
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" " small ... 1 0	Glaxo ... 2 12	
" Infant Relief ... 1 0	Glyco Thymoline small ... 1 4	
Castor Oil big ... 0 10	" " big ... 4 0	
" " small ... 0 6	Gonosan ... 3 12	
Celerina ... 4 12	Grimault's Cigarettes ... 1 2	
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" Pain Balm ... 1 0	" Skin Soap ... 1 8	
Clark's Blood Mixture ... 2 12	" Strammon Cigarettes ... 0 12	
Cockle's Pills ... 0 10	" Syrup of Hypophos ... 1 4	
Cod Liver Oil 1 lb. bot. ... 2 4	Haematogen (Hommel's) ... 2 12	
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Colgate's Dental Cream ... 0 12	Hazeline Liquid ... 1 12	
Colgate's Dental Powder big ... 1 0	Hall's Wine ... 3 8	
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Lactagol large ... 3 8	Sanmetto ... 3 4	
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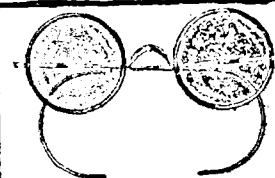
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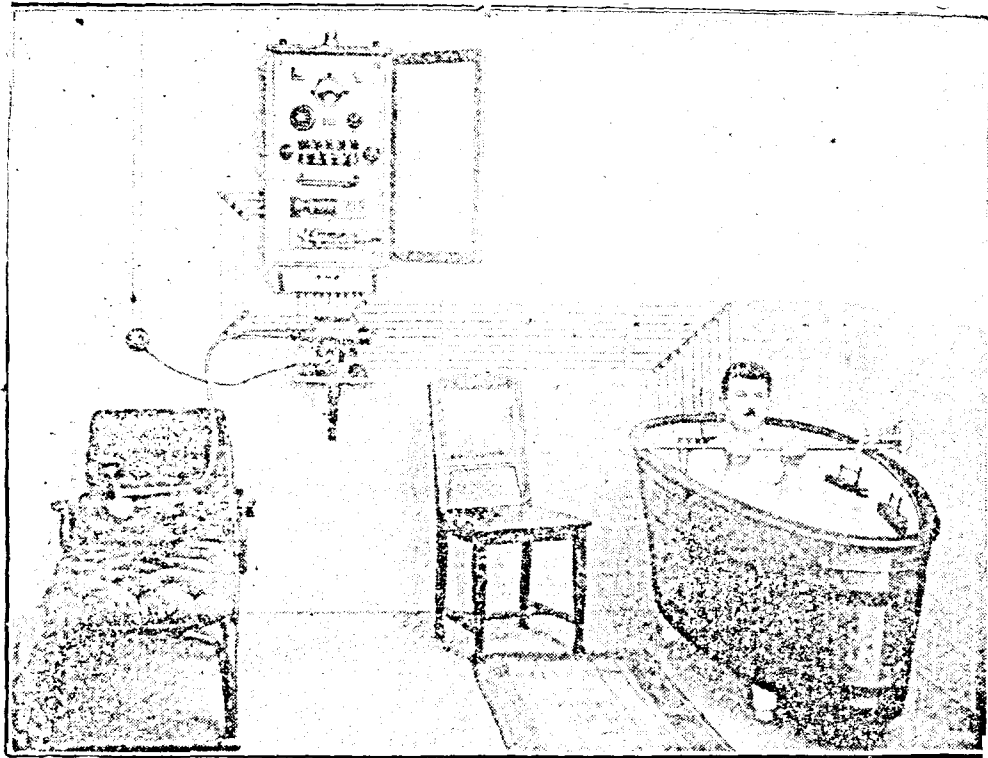
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