

HEALTH

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VOL VIII



NO. 7

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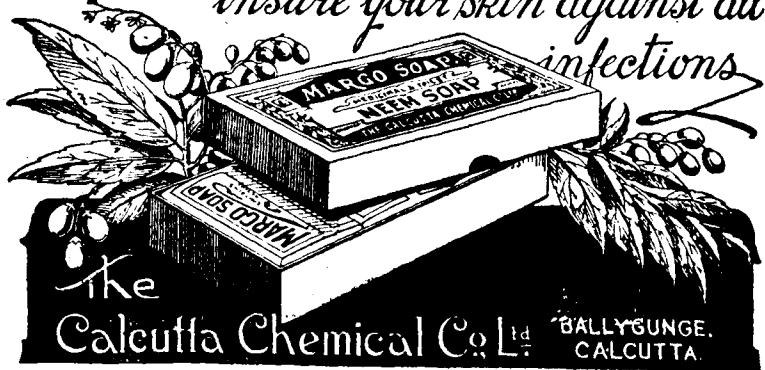
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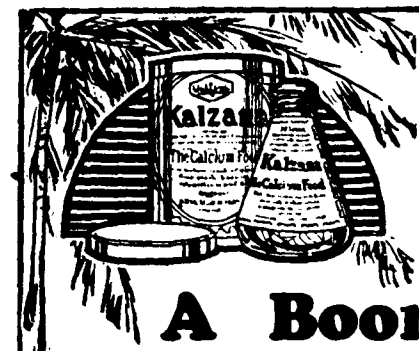
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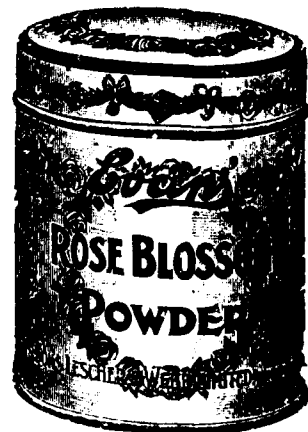
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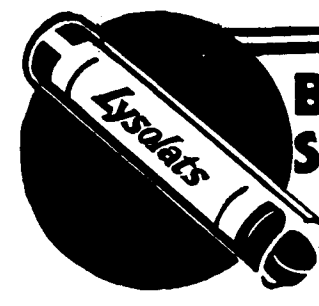
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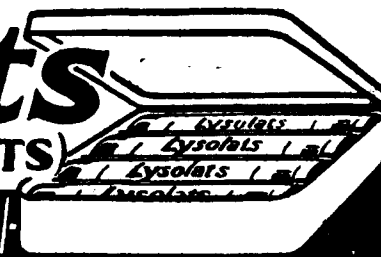


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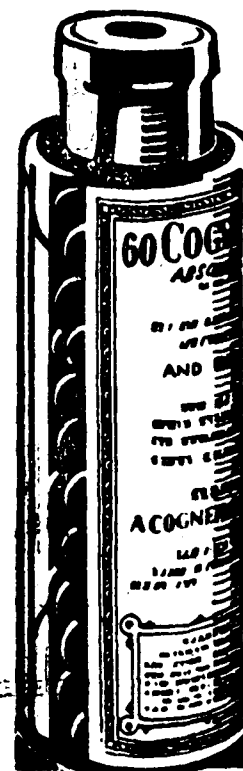
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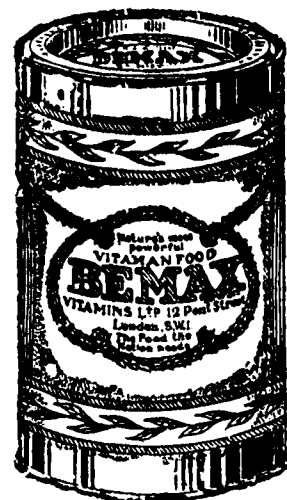
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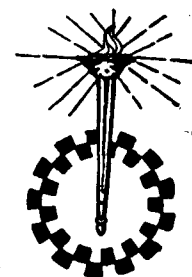
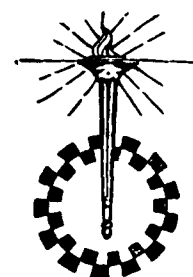
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Vol. VIII]

JULY, 1930

[No. 7

SANITATION IN ANCIENT AND MODERN INDIA—A COMPARATIVE STUDY

II WATER.

(Continued from page 104. Vol 8, No. 6 of Health)

1. "One should rinse the mouth and wash the cavities after having passed urine and ordure."—(Manu. Lec. V. 138).
2. Earth and water are to be used as necessary for purification on discharge of ordure and urine.—" (Manu Lec. V. 134).
3. By earth and water what is to be purified is made pure; a river becomes pure by its velocity.—(Manu. Lec. V. 108).

Next in importance to air comes water. Man cannot live for more than a few minutes without air. But he can live for a few days without water. There is more than 70% of water in the composition of the human body, as in that of our food-stuffs and the indispensableness of water to the human system is thus apparent. The uses of water are manifold. We shall now examine the various uses to which water is put, in the daily routine of

our domestic life. The Hindus use water freely for ablutionary purposes. This is the most perfect method of cleaning. The toilette paper of the modern civilized world must be condemned outright as most insanitary. Sanitarians of to-day have begun to appreciate the Hindu method of cleaning and have since recommended its adoption. But the one great drawback in the Hindu system is that people sit on the bank of any lake,

tank, pond or river and perform their ablutions. It has never been the intention of our Sastras to defile water like that. On the other hand our Sastras strictly enjoin that on no account should water be defiled. Water must be taken in mud-pots or brass-vessels as is done now in the Northern parts of India and ablution done in an unfrequented and out of the way place. There is also the tendency on the part of some people to use dirty water for this purpose. Perhaps they consider that dirty water will quite suffice for this dirty business! But they seldom realize that impure water used for ablution will cause itching of the private parts and numerous ailments of bacterial origin. Soon after ablution clean earth must be used for the disinfection of hands and feet. Soap is only a modern invention and is costly and beyond the means of the poor. The use of earth as a deodoriser and disinfectant will be discussed in greater detail in a subsequent issue.

Water is also used for cleaning the teeth and rinsing the mouth. Dental and oral cleanliness have been stressed long ago by our ancients as the only means of preventing pyorrhoea, constipation, dyspepsia and other abdominal troubles. Science has since endorsed their finding and due prominence is now given to dental care and oral hygiene.

Bathing is another use to which water is put and cold bath thrice a day was advocated by our Rishis. This serves to clean the pores of the skin and keep it always in a workable condition to eliminate the bodily impurities, namely, sweat and gas and absorb oxygen. Cleaning the skin as often as possible or at least once a

day will accelerate this process without hitch or hindrance.

Drinking of water is necessary to dissolve the food and toxins in the human system. The water must be pure, otherwise, we are sure to have quite a crop of diseases. Water may be impure in either of two ways:—by issuing from dirty places or by being defiled by us. We do not generally drink the water that issues from a dirty place, for it is revolting to our sense of sight, but we are blind with regard to water that has been defiled by ourselves.



Insanitary way; backyard as a latrine

Our sages have classified water according to its purity. Rain water collected direct from heaven and not passing through the roof or any other medium is the safest and purest of waters. But this cannot be had always or collected in such quantities as to satisfy our daily needs. Rain water, however, collected in a lake or tank, the catchment area of which is a rocky soil free from any kind of contamination whatever and from any habitations around can be relied upon as safe for drinking purposes, provided the water is well protected. 'Stagnant water is more pure', according to our Sastras, 'than the water taken out of a well or the like.' Science did not uphold this theory till recently, but

Dr. Frankland's observations about the enormous bacteriological purification of water following rest in reservoirs, fully justifies that statement. 'Spring water is more pure than that of a tank'—that is another theory promulgated by our ancients. It is an almost universal notion that a spring which issues from the earth of its own accord and which generally looks crystal clear must be pure but it must be remembered that there are 250 times as much carbonic acid in the soil as there is in the air and that the water becomes aerated with it and that this aids in dissolving various substances and consequently springs come to have a variety of chemical constituents in widely varying amounts. The purity or otherwise of spring water is therefore determined by the strata through which water passes and the same sanitary precautions should be taken in drinking this water as those taken for well water.

Lastly comes the river water. River water is regarded as quite good for drinking, although we throw into it all sorts of rubbish and also use it for washing purposes. Manu's observation in regard to this water is as follows:—"Water of a river is more pure than the former (spring water) and that water is purified by its current". There has been a gross perversion of sense of the original Sastras, and people have begun to assume that because it is said that the flowing water of a river is always pure any, impurity will not affect it and the water can be rendered impure to any extent with impunity. This is a preposterous assumption born out of ignorance, superstition and perversion, for which a heavy price is paid annually in the shape of death-tolls from cholera, typhoid and such like water-borne

diseases. Modern sanitarians fully agree with the view held by Manu, several thousands of years ago, that water is purified by its velocity, and the recent researches on the Dee, the Isar, the Jumna and the Cauvery have only helped to substantiate the ancient theory. Thus both according to our Sastras and according to modern science drinking water is divided into four grades in their ascending order of purity as follows 1—well water 2—Stagnant water, 3—Spring water 4—River water. River



Using old fermenting Cowdung, full of worms, for the floor, is insanitary.

water being the purest of all, and the fittest for drinking purposes, we should scrupulously abstain from bathing or washing in that water: we should never answer the calls of nature near the banks of a river nor cremate the dead bodies there and throw the ashes after the cremation into the water. Where there is the least suspicion with regard to the purity of any water we must see that the water is

well boiled, cooled and filtered before drinking.

Water is a great therapeutic agent. Everyone knows something of the use of steam as a curative agent. We often employ it in cases of fever and very often severe headaches can be cured only by its application. Hot water can always be used as a substitute for steam. Very few realise the curative value of cold water in spite of the fact that it is even more valuable in this respect than hot water and can be made use of even by the weakest persons. Our ancients knew a good deal about it and employed such hydrotherapeutic measures as the steam baths, and hip baths in cold

water for the cure of various ailments. Dr. Louis Kuhne of Germany has since scientifically proved the efficacy of these treatments and Hydrotherapy has come to be recognized as a part and parcel of modern medical science.

We have stated enough in this article to convince our readers of the scientific background, on which our ancient shastraic injunctions rest and we would exhort them to scrupulously follow those injunctions and thus acquire Health and Happiness—the splendid heritage which our forefathers had left us.

(To be continued).

MENTAL HEALTH

BY

DR. FRANK NORONHA, M.B.C.M. D.P.M. (Eng.)
Superintendent Mental Hospital, Bangalore,
(continued from page 64, Vol. VIII. No. 4.)

Mind-wandering is a common defect and results in waste of mental energy and lack of mental power. Whenever mind or mental power is to be used, it should be with the full complement of energy. This is especially necessary in the important tasks of life. Some people console themselves with the idea that they possess plenty of knowledge and let the work before them take its own course, with the minimum of application on their part and hardly any interest at all. Success in any undertaking depends not merely on the knowledge possessed but on the attention paid.

Attention therefore, is an inestimable quality of the mind and to pay attention to little details as much as to large affairs of life, leads to satisfaction and happiness. Here again, attention to little details does not

mean worrying over them. Counting one's money over and over again to make sure that the amount is correct or seeing to the commas and full-stops and to the dotting of the i's or the crossing of the t's over too much is not attention. It is doubt. Once the undistracted mind is set upon a work and the work is done, the mind should be free for some other work. Some exceptional minds are capable of doing two things at a time, but the average mind can do one only.

"One thing at a time and that done well

Is a very good rule as many can tell"

Inattention or distractability plays havoc with many a man's efficiency. It leads to desultoriness and dissipation of mental energy, not to speak of waste of time and unprofitable tasks.

Opportunities for attention occur at every turn, in conversation, in meetings, in regard to one's personal appearance, in the control of undesirable habits during work and even during play.

The tendency of the mind is to be for ever changing. The power to direct attention and to keep the mind from changing is the peculiar gift of man. It is necessary for the acquisition of mental power to practise attention by means of which we not only acquire knowledge but apply it most profitably.

Distractability which is the opposite of attention is due to many causes. It might be due to fatigue of body and mind. Under such conditions no serious mental work should be undertaken, but both the body and mind should be allowed complete rest and relaxation. Herein lies the value of a holiday. People usually do not realise this and they take a holiday when they do not need one or if they do, they do not utilise it properly but indulge in occupations which involve more fatigue of body and mind.

Conditions under which work is done may tend to distractability e.g.,

ill-ventilated and badly lighted rooms, uncomfortable clothing and disorder among the materials one works with. Some distractions are unavoidable but these could be ignored by practice and not allowed to disturb the undivided attention necessary for a task on hand.

A change in the nature of the work itself often revives the mind from flagging attention. Monotony is tiresome and a variety in the occupation keeps up the power of attention and improves the quality of the work. The object of a hobby is to create a diversion in one's routine business. Children should be taught early, to practise a hobby which may also be made profitable besides affording relief to an overworked brain.

As regards the value of attention it may be mentioned that scientists discovered great truths and philosophers evolved eminent thoughts by intense concentration. Though all of us cannot be scientists or philosophers yet, every one by the practice of attention to the daily tasks of his life can keep his mind in a high state of efficiency. Attention to little details ensures security of the larger concerns of life.

THE TWOFOLD BENEFITS OF A MORNING WALK.

BY

DILJIT D. VASWANI, BANGULDERO, SIND

There is probably no more bracing and healthful exercise than a morning walk. After a night's complete rest and before the commencement of our routine work a brisk walk infuses activity and freshness into our system and is probably more conducive to health than any other form of exercise. On the other hand if unfortunately one has had a very disturbed

sleep and the brain feels fatigued and unfit for work, a morning walk is an unrivalled tonic refreshing the tired brain and reviving the weary mind.

Leaving behind the scenes of a populous city, as one emerges into the open country or by the sea-side, one feels one has shaken off one's mind the heavy load of cares and anxieties that hang over

city life, and has come into a purer atmosphere whose soothing influence is not long in making itself felt. This alone is a delightful change in the sense of freedom from cares with which our life generally is beset. Even to brain workers whose task can be done equally well at a late hour, the early morning time may well be spent in open air. A brisk and vigorous walk is at all times healthful, but if taken in the morning it is far more health-giving and enjoyable than during any other part of the day. It gives exercise to every limb in the body and helps to keep it in a healthy condition. It is a form of exercise, moreover, which can be taken by high and low alike while riding on horseback, or a drive in a motor car and most other forms lie only within the reach of a few affording people. A beggar can benefit himself by this as much as a king.

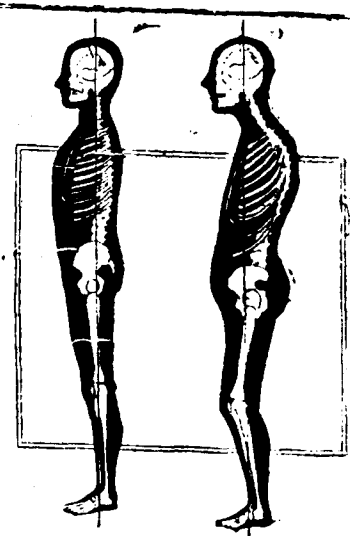
Another consideration will appeal to the artistic few and the contemplative ones, the latter of whom as Shakespeare observes:

Find tongues in trees, books in running brooks,

Sermons in stones and good in everything.

At that time all nature is delightfully fresh and beautiful and this spirit of freshness gives a greater zest to our amusements and actions in general, and adds a keener sense of enjoyment to life. If the walk is taken out in the country amidst trees and flowers and over green fields and meadows, so much the better. The variety of scenes puffs into one without one being conscious of it, a sort of new life. The grass, trees and flowers washed with the dews of the night look more picturesque than ever; the green

carpeted earth spreads before one bedecked with pearly dew-drops; the flowers send out their blessings of sweet perfume, and the innumerable choir welcome the day with their sweetest music, which excites pleasant emotions in the mind and disposes it to devotion. The rising sun is one of the charming sights of nature. To watch the first faint streaks of light slowly arising in the east and spreading themselves over the heavens, to see them multiplying and deepening in their colour, and then to wait



Proper method of walking whereby the erect position of the spinal column is maintained. Improper method of walking by which the spinal column is displaced.

expectant for the full effulgence of the glorious Sun—all have a fascination for the lover of nature. The contemplation of these and numerous other sights has a wholesome effect upon one and often leads to a greater love and a deeper study of Nature than before.

If the walk be by the sea-side the scene, though different is not without its attractions. The limitless

expanse of the waters moves the imagination powerfully. The gravity of the ocean and the unceasing murmur of its surge that strikes on countless idle pebble cannot but lift the mind from the low levels of this physical world to the blissful heights of Heaven. While impressing us with its immensity, the ocean soothes our troubled spirits as nothing else can do. The cool breeze gently blowing over

its glimmering surface is extremely refreshing.

These and numerous other sights delight us during a morning walk; and when we return home completely re-animated and re-invigorated we are able to attend to our ordinary occupations with greater ability and rest.

(With apologies to Dr. J. Walker and Prof. E. H. Mc.Dougall).

NERVOUS BREAK-DOWN OR NEURASTHENIA

T. N. DEVARAJA IYER L. M. P.,

Sub-Assistant Surgeon, Kayatar, Tinnevely Dt.

In these days of keen struggle for existence, 'neurasthenia' is a very common malady with many a young and middle aged person of both sexes, and especially so amongst the so-called "English educated" or "Civilised". In the Western countries also it is much more common after the Great War.

The chief symptoms and causes of this troublesome malady are anxiety, strain, worry, depression of spirits and a pessimistic outlook of life and everything else, sleeplessness—sometimes bordering on melancholia. These make the poor individual's life so miserable and pitiable that in extreme cases the poor sufferer goes to the length of applying for admission as a voluntary boarder to a mental Hospital i.e. old "Lunatic asylum".

These cases can be better prevented and cured by kind friends and "suggestions" infusing self-confidence and trying to keep him or her always cheerful and in the best of spirits and finding out a suitable hobby for him or her. It is a pitiable sight to see so

many of these unfortunate persons "making a hell of heaven" and trying doctors and patent medicines one after another.

Unless we secure their cooperation and infuse into them "the will to get well" there is no cure for them. They would do well to recite in mind or low tone daily as many times as they can the following health mottoes: "The secret of perfect health and vigorous activity lies in keeping your mind always buoyant and cheerful, never worried, never hurried, never borne down by any fear, thought or anxiety. Let not anxious thoughts and worrying deeds suck the sap of your life. The brain is the master-system of the body and can control and command every other system. Hence cease imagining disease in you. Think always that you are the ideal of health, nay 'health itself' and that all your organs are healthy". Daily recitations of these lines in all seriousness and concentration, and a systematic life act much better than costly bottles of medicines or injections. "Laugh and grow fat" says the proverb, and the laughing habit can, where neces-

sary, be created by simply opening the mouth slightly and bringing the angles of the mouth slightly wide apart.

[N.B. It is not meant that doctoring and medicine are never called for in these cases. They have their own uses, and are necessary in advanced cases].

MY EXPERIENCE BY CONSTANT PHYSICAL EXERCISE

BY

K. R. RAMAKRISHNAN, TIRUVARUR

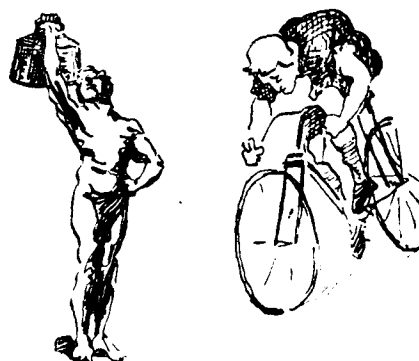
The present strength of our country-men is greatly diminished simply because we pay no attention to physical activities. The happiness of a man depends neither on his vast acres of lands, nor on his enormous wealth, but upon the physical development of his body.

If regular exercise is properly taken we need not fear any kind of diseases that affect a man in general. If we do exercise at least for an hour a day, the organs of our body get strong and fully developed. For example, in my school days, I hated exercise very much and would not even attend drill-classes properly. But immediately after my school life was over I decided to do some ordinary exercise. Then I chanced to meet a friend of mine who was used to Physical activities and took exercise with him regularly for a period of eight months.

During that short period, owing to systematic exercise my body underwent a thorough change in physical formation. Before beginning the exercise, I was very feeble and after that, I felt comfortable and strong due to constant exercise.

Therefore it is quite necessary for every man and woman to do some kind of exercise in order to develop his or her body. For this purpose

physical institutions ought to be organized in each and every village and our children and youths should perform regular exercises for the development of their human body. If adequate steps are not taken in this direction the mind and body of the nation will suffer in the long run. Hence this vital question demands speedy attention on the part of the powers that be.



OPEN AIR EXERCISE

I therefore invite the readers to organize physical Institutions in their cities, towns and villages and form an Athletic Association comprising able and interested gentlemen in this work for the good of our country. If the nation pays due attention to the development of its physique it will suffer no more from various kinds of diseases and other pests. Friends! Brothers and Sisters! Arise! Awaken

the children and youths and ask them to practise Physical, in every nook and corner of our mother-land. Exercise and profit by it. It is certain that if proper physical train-

ing is given, our country will shortly be filled with active men, who can enjoy their life with pleasure and happiness.

DISPOSAL OF A DEAD BODY AND A SUGGESTION TO THE MUNICIPAL BOARD.

BY

CAPTAIN SHYAM LAL,
Civil Surgeon, Ballia.

There are various methods of disposing of a dead body followed by different people belonging to different religions and creeds in India.

They are as follows:—

1. **Cremation**:—It is the most scientific and sanitary method if properly carried out. It is adopted by the Hindus in India.

In the present age in the Western countries where all religious scruples are sometimes sacrificed before the altar of "Nature"—the law of the facts and figures, it is even adopted by some people there, no doubt in a limited number of cases.

2. **Burial**:—It is adopted by the Christians, Mohammadans and in certain cases by the Hindus. It is not so safe and sanitary as cremation, but still it may not be so dangerous if the tombs are of sufficient and proper depth.

3. **Exposure of the dead bodies to the direct rays of the Sun on a very high tower**:—It is adopted by the Parsees. It is not very safe. The vultures and the birds feeding on those dead bodies can carry the infection about and abroad. However it is not so very insanitary as it apparently appears to be.

4. **Throwing the dead bodies into the rivers**:—

It is adopted by the Hindus in certain parts of India. Children are generally thrown into the river without cremation by the Hindus. I am sorry to remark that the very Hindus, who on the one hand adopt the most scientific and sanitary method, adopt the most unscientific and dangerous method on the other. Children are not cremated and their bodies are thrown into a river or tank, a stone being tied to the body, so that the body might go to the bottom. I can only say that the sooner the Hindus give up the last method, the better it is for them and for the public.

In many cases cremation is also imperfectly carried out, sometimes as the result of necessity (due to pecuniary difficulties) and sometimes due to carelessness and this method is also not free from danger.

The only charge against cremation is that it aids to hide serious crimes and destroys traces of evidence necessary to render proper justice.

However to avoid the latter charge, as well as to secure thorough and proper cremation within the Municipal areas, I would like to suggest that cremation area be fixed, and

municipal board have a cremation municipal station in charge of a municipal officer at the site. He should see that bodies arriving for cremation are registered and properly cremated. If the relations are poor and cannot afford to purchase sufficient quantity of fuel for proper and thorough cremation, the same should be supplied from the Municipal Funds.

This may impose a fresh expense on the Municipalities but the Municipality that adopts this suggestion will soon learn that it can save a great deal, as it need not have to spend a big sum in fighting against epidemics and serious diseases.

District Boards should also adopt the suggestion in the districts taking less on from the Municipalities.

WHY SOAP SHOULD BE USED

BY

A HARLEY-STREET SPECIALIST.

There are still some people who say they never soap their bodies because they think that it must be unhealthy to remove the natural oil of the skin.

The skins of animals in their natural state are not covered by clothing and are exposed to the winds and sunlight. Both these agencies—especially the latter—check the putrefactive action of bacteria and keep the skin healthy.

In the case of civilised man, however, the skin is covered by several layers of clothing. Direct sunlight scarcely ever reaches it, and the free circulation of air over its surface is prevented. The only substitute for these two agencies is the periodical

application of soap and water—the only practical way to remove from the skin the results of decomposition, which are harmful if allowed to accumulate.

There is another factor, however, which renders the daily bath so desirable for the town dweller. The skin is provided with a network of sensory nerves which are stimulated by winds and little rapid changes of temperature. Clothing cuts down these healthful stimuli to a large extent, and the best way to minimise this evil is to keep the skin quite clear and free from oil.

CARE OF THE MOUTH

BY

A HARLEY-STREET SPECIALIST.

During sleep at night the multiplication of bacteria in the mouth takes place rapidly, and towards morning, especially in elderly people, a large amount of toxic absorption takes

place, in consequence. This causes, among other evils, rheumatism in various parts of the body.

For this reason, as well as to preserve the teeth, it is very important

to clean them properly before going to bed. This process should be followed by a thorough washing out of the mouth, and, finally, gargling.

When one wakes in the morning, even when this has been done, the mouth is in a very septic state, and if the habit can be acquired of getting up at once on waking and washing

out the mouth before "swallowing" begins, the gain in health is considerable.

Common sense must surely confirm this good advice and tell us that it is better to wash out the unwholesome products of many hours of stagnation rather than swallow them with the morning tea.

FOOD VALUE OF TOMATOES

BY

A HARLEY-STREET SPECIALIST

No one can have failed to notice the increase in the number and excellence of the fruit shops in London and other towns during the past few years. This seems to be the result of recent public education on matters of diet. The increase in the consumption of citrus fruits and tomatoes is specially fortunate, owing to their healthy properties, but, even so, the value of tomatoes is still underrated.

This excellent fruit ranks with oranges and lemons as one of the three richest available sources of vitamin C. As a raw fruit eaten alone or in salads it is at its best but it can

be incorporated in a variety of soups, sauces and other dishes with advantage because of the richness of its vitamin content. Vitamin C is gradually lost during ordinary cooking, but the tomato may be cooked and yet retain a large quantity.

For children as well as adults it may be highly recommended. On account of the vegetable salts as well as the vitamin C that it contains the tomato is probably the best choice among vegetables at the disposal of those who have to cater economically for a family. It contains a useful quantity of vitamin B.

CARE OF THE TEETH

BY

A HARLEY-STREET SPECIALIST.

It is far more economical, as well as safer for health, to pay a regular quarterly visit to the dentist than to wait until the urgent occurrence of decayed teeth drives us to seek his aid.

Evils of septic absorption from the mouth have already been pointed out,

apart from the occurrence of dental decay. The latter is an evil in two ways.

First of all, the exposure of decayed teeth in the mouth inevitably leads to constant swallowing of injurious poison. Another danger, however, which is far worse and less easily

detected, is the absorption of poisonous matter directly into the blood from the decayed roots of teeth which may not be giving rise to any local discomfort.

This danger is frequent owing to the methods by which the nerves of decayed teeth are killed by the dentist so that they may "stop" them painlessly.

This process seems to be necessary in many cases, but it is dangerous because decay afterwards occurring in the roots of such teeth does not give rise to pain, so proceeds without detection. Many people have their health completely destroyed from this cause. Acute and chronic rheumatism dyspepsia and heart disease are among the evils thus acquired.

SMOKING MOTHERS

Think of it! A baby nursed by a smoking mother. Imbibing tobacco with its mother's milk. Fortunately, animal experiments have shown that smoking mothers become sterile and cease to bear offspring and so there is an end to this form of cruelty to children. This has been proved in rats.

Recent experiments made by Hatcher and Crosby in which the subjects were cats and sows, showed that nicotin stopped the secretion of milk and the suppression of secretion continued after the nicotin has been eliminated, showing that damage had been done to the mammary glands.

In the case of a young mother, aged twenty-five years, who smoked daily twenty to twenty-five cigarettes, the

secretion of milk diminished rapidly during the last two days of the experiment. Nicotin was found in the milk.

The tobacco business is a conspiracy against American womanhood and manhood. It owes its origin to that arch scoundrel, Sir Walter Raleigh, who was likewise the founder of American slavery. Raleigh was a traitor to his king and his country and ended his life on the gallows.

Every cigar has a tobacconist at one end and an undertaker at the other. Every cigar stand is a recruiting station for neurotics, ne'er-do-wells, flat failures, drug habitues, hoodlums and lewdness. It is a devilish business.—*Good Health*.

HOW I KEEP IN GOOD HEALTH

BY

MRS M. F. SACMANN.

I did not begin to take an interest in my health until after I had had a nervous breakdown. I recovered, but I was left a worn, fagged creature with a pallid skin and dull eyes, too discouraged to want to live. The doctors all said there was nothing wrong with me but I never felt well. I just did n't have any pep. Then I began to read health articles, books on diet and

magazines about the general care of the body and began to build myself up as I learned how. I wanted to be alive and tingling with health the way I was born.

The first thing I read about was the importance of the violet rays in the sun. These can also be had from an arc lamp but in either case they do not penetrate clothes or ordinary

window glass, so must be absorbed by the bare skin. When you are brown from your sun bath or lamp bath, it is a sign they are doing you good. I used to think my body's only needs were food, drink and sleep. But at the rate it picked up after a few sun baths, I knew it must have been half starved for violet rays and could n't really live without them.

I found that a good brisk walk in the open air, every day, did wonders in strengthening muscles and putting me all a-tingle with a good circulation.

Last but not least I learned to eat more fresh vegetables, lots of fresh raw fruit and raw certified milk, to cut out

condiments, tobacco and fried things. My day's rations are always more or less like this: For breakfast I have fresh fruit and lots of milk. For luncheon I usually have a large baked potato, one or two cooked vegetables and a big raw salad. For dinner I have some nut preparation, more cooked vegetables, a large raw salad and fresh fruit again. I don't find this diet a bit monotonous. It grows on me because it is so good and wholesome. Besides, it helps me to have perfect elimination after every meal, instead of only once a day. Since I have been caring for my health, I have a fresh face and a bright eye and feel like somebody.—*G. H.*

WHAT TO EAT

WE EAT TO LIVE—NOT LIVE TO EAT.

WHAT TO EAT

They say that "tastes differ"—And it does so more in food than in anything else. What one man likes another sometimes hates. And each one eats only what he likes. All that one ordinarily desires in food is to tickle the palate and to appease the pangs of hunger. But is that all the purpose of food?

WHY EAT.

We sit down eagerly before the leaf or the plate, tuck our sleeves and begin in right earnest to gulp down morsel after morsel. Will it not be interesting to know why we do so? Well; we eat for two purposes:—(1) to supply the body with fuel for the day's work; (2) to furnish material to rebuild the worn-out body tissues. If we get pleasure from our meals, so much the better.

We should eat the right sort of food to get what we want. Food is not of the right sort unless it contains substances which form fuel for work and flesh for the tissues. The former are called *carbohydrates* of which starch and sugar are the best examples. Various *fats* such as ghee, butter and oil are also used by the body for the same purpose.

The flesh forming substances are called *protiens*. They are required for the proper repair of worn-out tissues or the building of new ones. Meat is rich in *protiens* as are also peas, beans, pulses, milk and eggs.

SALTS AND VITAMINS

The saying is that "man doth not live by bread alone." We might as well alter it and say "man doth not live by *protiens*, fats and carbohydrates

seventy times a minute. Unless my arithmetic is at fault that means 100,800 times a day. The relaxation that the heart enjoys between the beats enables it to rest and recuperate.

It is also interesting to know that all of the blood in the body passes through the heart in three minutes, so that by its ceaseless activity it is computed that the heart pumps each day what is equal to lifting a weight of 130 tons one foot high.

We thus get some idea of what a tremendously powerful organ the heart is. Let the possessor of a weak heart take heart for it is only one organ of the body.

FIFTY DISEASES OF THE HEART.

There are said to be over fifty well-defined diseases of the heart, but do not be unduly alarmed. Organic troubles are not to be regarded as diseases of themselves. They merely represent an effort on the part of the organ to adapt itself to unnatural burdens imposed upon it. A weak heart can be strengthened by purifying the blood and thus relieving it of these unnatural burdens.

Many heart troubles, both functional and organic, are developed before the individual is aware that anything is amiss. That is to say, there are no signals of distress or warning symptoms.

Do not however, be perturbed because of a pain in the left of the chest. It is not necessarily an indication of heart trouble. It may be due to intercostal neuralgia, or may be (and often is) due to the stomach being overloaded with food, or even gas.

If you are very concerned about your heart you had better go to a qualified practitioner of Natural Cure

and get him to give you a thorough physical overhaul. It is a much more sensible plan to do this than to wait for serious trouble to show itself.

SYMPTOMS OF HEART TROUBLE.

It is not wise to ignore symptoms of heart trouble, some of the most common of which are:

1. Fullness of the chest, particularly of the left side.
2. Intermittent heartbeat.
3. Hot and cold flushes.
4. Pain in the region of the heart.
5. Pains through the whole of the pectoral region and down the left arm.
6. Aching between the shoulders.
7. Shortness of breath.
8. Severe exhaustion.
9. Giddiness.
10. Blue hands and feet.
11. Palpitation.
12. Spells of profuse sweating.
13. Extreme nervousness.

Functional and organic heart disorders may develop as follows:

1. Eating too much food, no matter how good it may be.
2. Use of the wrong kinds of food.
3. Bad combinations of food.
4. Eating when enervated.
5. Using too many liquids (especially the coloured variety).
6. Alcoholic and other false stimulants.

There are but few people who do not sin in one or more of the above directions.

A POINT TO BE REMEMBERED.

It must be remembered that the heart has quite sufficient work to do under ordinary conditions, and normal circumstances, without having to wage war against distension of the stomach caused by its being over-

loaded with a conglomeration that goes by the name of "food."

The heart tries to do its level best at all times, but if it is called upon to work overtime, or rather do extra work under continual pressure, it will grow old and tired before its time.

It is easy to understand that under such strain the valves of the heart will have a tendency to fail in their functions, and will be unable to open and close sufficiently for the proper distribution of blood to the circulatory system.

That piercing eye--the X-ray--shows that when one is suffering from any kind of heart trouble there are large gas pouches either in the upper part of the stomach or of the splenic flexure of the colon.

ATHLETE'S HEART.

We often hear of a trouble that is referred to as "athlete's heart." This would never occur if it were not for the existence of this gas pressure during the time when the athlete is making a supreme physical effort. Any athlete who does a hundred yards sprint after eating a "gassy" meal is in danger of developing heart strain or perhaps of injuring the valves of the heart.

There are also what might be termed chemical causes which are responsible for heart troubles. If an individual lives in such a way that a general systemic toxemia is developed it is fairly easy to understand that the extra amount of poisonous waste, which the blood carries through the heart, must have an adverse effect on the tender membranes lining the heart walls.

RHEUMATISM AND HEART TROUBLES.

In my work I have found that those with a predisposition towards rheumatic troubles very often develop some kind of heart trouble. Indeed, many cases of rheumatic fever end up with heart murmurs or leakages of the heart valves. In my estimation this is often due to the strong drugs that are often unwisely used during a fever, when the patient is in a state of lowered vitality. The patient would get well far more quickly and with less danger of bad after effects if natural methods of treatment, such as fasting followed by correct eating and water treatments were used.

The heart is only subjected to greater strain when poisonous and stimulating drugs are used. Mother Nature will always restore the sufferer to the normal if she is given a proper chance to do so.

STIMULANTS.

I have known of many cases of heart troubles where the cause could definitely be attributed to too much alcohol and tobacco, as well as to the regular use of so-called laxatives and cathartics. These things may easily produce quite sufficient irritation to excite the heart and produce strain. Then, common (because there are so many of them) "remedies" used to relieve pains and headaches are also, in my experience, to blame for heart troubles.

Only a reliable diagnosis can determine whether one or more of the causes previously mentioned are responsible for the heart disorders, but, no matter what the causes may be, it is a good plan to start treatment by thoroughly cleansing the stomach and intestines of all food and waste

material. Then the alimentary tract should be given a vacation and rested for a few days. A fast may be taken with fruit juices or with plain water only.

THE VALUE OF FASTING.

When the trouble is caused through pressure of food, or if there is gas in the alimentary canal, a fast lasting four or five days will be beneficial.

During such a fast the heart will have less work to do, so the fast should have no terrors for the patient just because he feels weak. As a matter of fact, he will be stronger at the end of the fast because his heart will be able to function more efficiently.

Following upon the fast the diet should be carefully selected, both as regards quantity and quality, as well as in regard to correct combinations. These are all matters that should be adjudicated and regulated by a qualified Naturopath, and not by one who uses a single two-by-four method.

DIET AND EXERCISE.

Three small and well-balanced meals a day should be ample. The idea should be to eat only enough to supply the requirements of the body. All "gassy" foods such as onions, turnips, and cooked cabbage, should be given a wide berth. It is also best to eliminate all sugary and highly starchy foods for a time, and to substitute some kind of sub-acid fruit, or a salad of raw vegetables, or one or two conservatively cooked non-starchy vegetables.

Properly regulated exercise is a most important part of natural treatment. This may be limited to simple movements taken whilst lying in the prone position, or in some cases better results will be secured by receiving passive exercise at the hands of the practitioner in charge. In any case rhythmic breathing may safely be indulged in several times a day. Also medium to long walks (in keeping with the patient's strength) should be taken daily. It is best to start with a short walk and gradually increase the distance day by day.

Rest in bed is only indicated when the trouble is very acute, otherwise the patient is much better up and about.

SIMPLE METHODS.

* I submit that the above methods are simple enough and I know from long experience that they will work wonders in every case of functional or organic heart trouble.

I call to mind the case of a gentleman patient whose heart was throwing out signals of distress, and whose generally poor condition of body was such that he no longer desired to live. To cut a long story short he took up natural methods of treatment under the writer's direction, and within a month he did not now he had a heart and expressed himself as feeling "lovely". He certainly did not look lovely when he placed himself in my hands, but a wonderful transformation was wrought in his life when he started to live as Nature intended he should,—*Health For All*.

DATES FOR HEALTH.

There is one thing about the date that is seldom borne in mind, and yet it is one of the most important considerations. Dates can always be relied upon to be sun-dried and perfectly natural as far as cultivation is concerned, provided they are the produce of Mesopotamia. Californian dates have the disadvantage of being more artificially grown and cultivated, which means a good deal to those who wish to eat 100 per cent. natural food. Once a plant is introduced to a region where it does not grow naturally, it can no longer be classed as perfectly natural, and its fruit suffers in proportion from a health point of view. Different soil contains different minerals.

Cultivated plants also have the disadvantage of unnatural and excessive fertilising. And fertilisers affect the health of those who live on the fruit of such plants, either for weal or woe, frequently the latter. The cultivator grows fruit to sell, not to eat.

In addition to this, most fruit sold as dried fruit is dried in the sun and subjected to the fumes of sulphur. Horrid thought! It may be called sun-dried and yet not represent the thing that lovers of health want. The awful thing about the whole business is that the sulphur in the fruit develops into that dreadful chemical sulphuric acid. So corrosive is this dangerous substance that it even eats its way through steel and cement if concentrated enough.

Dates are perfectly free of all these objections. Nature herself manures the date palm and dries the fruits in her own good way. Nature even sees to their removal from the palm, for the dates drop to the ground when mature and are collected by the natives and dried in the sun.

Dates form the principal diet of the Arab desert dweller for the greater part of the year. And a more robust and hardy fellow would be difficult to find anywhere. This has been abundantly proved in the Riff wars between the natives of northernmost Africa and France. Primitive as their methods of warfare are, the Riffs proved a most adamant enemy in the face of highly trained soldiers.

The analysis of the date is very similar to that of the dried fig. It contains more protein than raisins and less sugar. As a food it is even more valuable than prunes, which resemble raisins closely. The $4\frac{1}{2}$ per cent. protein of the date is ample for the daily needs of the hardest worker. This is readily proven in the case of the Turkish porter, who lifts a quarter of a ton and walks away without a groan! He uses his back where we are compelled to use platform vehicles, and seldom gets ill.

The cleansing and alkalising value of the date is about equal to that of the peach, raspberry, prune and grape juice. Bought loose in cases weighing from 75 to 77 lbs., dates form one of the cheapest foods obtainable.—*Health and Efficiency*.

DON'T TAKE RISKS WITH MEASLES

MISTAKES SOME MOTHERS MAKE: BY A DOCTOR

"It's only measles—nothing to worry about," said a mother to me recently, as I remarked upon the flushed face and heavy eyes of her little girl. "I shall just keep her in the warm—I know what to do for her; I've pulled three children through it."

But she did not notice what I did—that this child was not nearly so sturdy or strong as the other three, and I was not surprised to discover the following day that the child was down with bronchitis.

Measles should always be treated with care. Bronchial pneumonia sets in so easily and so unexpectedly that no one can ever be sure about it. Many a child has developed measles but slightly, to be taken suddenly very ill indeed, and often be at death's door from the dreaded complications which set in.

KEEP OTHER KIDDIES AWAY.

This can be quite apart from the ear, nose, eye, and throat troubles which manifest themselves after measles has disappeared. Measles should never be treated lightly, and to imagine, as many mothers do, that just because one in the family has it the rest are sure to "catch" it and be ill as well, is as futile as it is dangerous.

A child who develops symptoms of measles should always be isolated from the others. To allow it to get up and mix with the rest of the family, or to allow the brothers and sisters to play with it while it is ill in bed, is asking for trouble. There is no reason to believe that any other child in the family may "catch" it if proper care is

taken, and to allow the rest of the family to run such a risk is cruelty to young children.

Many a puny child has caught measles in this way and failed to get over it. Many a little one, making a frantic endeavour to overcome infantile and inherited weaknesses, has been completely knocked out by catching this complaint in the senseless fashion referred to above.

When the rash appears, a child should be kept in bed, in a room free from draughts and warm in temperature if the weather is cold. Not less than three weeks should elapse before the child is allowed to get up.

DANGER SIGNALS.

The measles season is at its height at the present time, and warning notices posted up at social centres, Town Halls, and clinics should be studied and borne in mind.

Children with feverish colds, puffy eyes, coughs, and sore throats should be put to bed at once, for this is the time when the disease is most infectious. As a rule, the rash appears about the fourth day, and generally begins behind the ears and about the temples.

When the eyes are sore and red, they should be bathed frequently with a solution of warm boracic water, one teaspoonful of boracic powder to half a pint of boiling water being the proportion.

After the illness is over, the child should be given as much fresh air as possible, with cod-liver oil as a body-builder.

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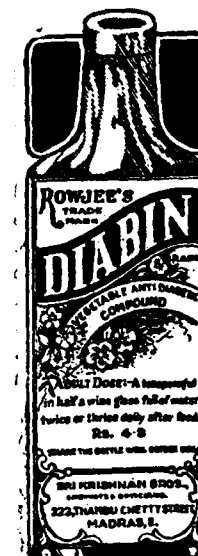


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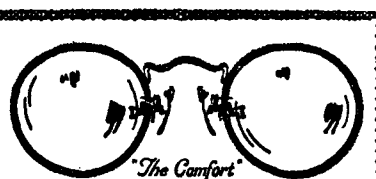
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