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HEALTH

A JOURNAL DEVOTED TO HEALTHFUL LIVING

EDITED BY HONBLE DR. U. RAMA RAU, & U. KRISHNA RAU, M.B.B.S.



D. S. Dodamani, a lad of 16, student S. S. High School, Bijapur, weight 133 lbs. Chest measurement 34 inches, height; 5'-6" a winner of Medals in Inter High School sports in Bijapur held in 1927 & 29 and prizes in wrestling.

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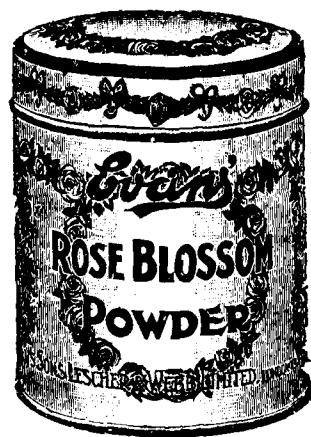
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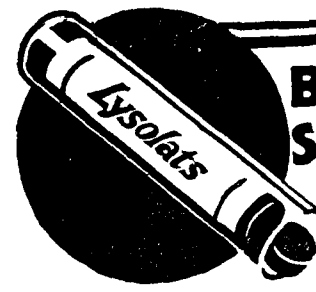
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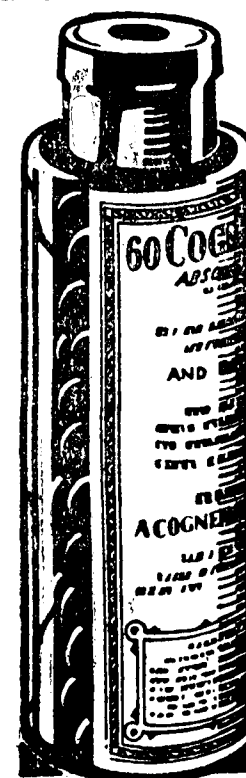
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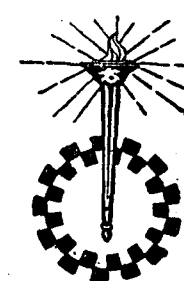
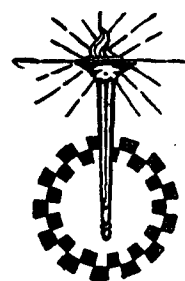
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[No. 9

SANITATION IN ANCIENT AND MODERN INDIA—A COMPARATIVE STUDY.

Continued from page 143 Vol. VIII No. 8.

IV EARTH AND ETHER.

1. Mind, urged on by (His) desire to create, effects (again) the work of creation; and thence is produced the Ether, which (the learned) know (to have) the quality of sound. (Manu Lec I. 75).
2. Now from ether transforming itself springs the pure and potent air, a Vehicle of all odours; and that is held to be endued with the quality of touch. (Manu Lec. I. 76)
3. Then from air transforming itself arises light, illuminating (objects), dispelling darkness shining; and it is declared to have the quality of form. (Manu Lec I 77).
4. But from light transforming itself, water with the quality of taste is said (to arise); and from water arises earth which is the quality of smell; such is the creation in the beginning. (Manu Lec. I. 78).

We have already disposed of three elements, Air, Water and Fire. We have now come to the discussion of the other two elements found in nature viz., Earth and Ether. Earth has got curative properties which are in some cases, even more remarkable than those of water. That earth should have such properties need not cause us any

surprise, for as the saying goes 'Dust thou art, to dust returnest,' our own body is compounded of the earthly element. In olden days long before the introduction of soap and other disinfectants earth was used as a purifying agent. It was used for the flooring of houses and even to-day mud floor is a rule rather than an

exception in every poor man's hut in India. Earth is put over decaying matter or faeces of children before removal, just to prevent the pollution of air. Our ancients used to wash their hands with it and even employ it to clean the private parts. Yogies used to besmear their bodies with it. Some people use it as a cure for boils and ulcers and dead bodies are buried in the earth so that they may not vitiate the atmosphere.

But old order changeth giving place to new. As civilization advanced, earth as disinfectant was discarded as a crude, unreliable and rustic method—a relic of barbarism. Scientifically manufactured disinfectants have come to take its place but their prohibitive cost restricted their use in most of our homes. Science, like history, also repeats itself and mud has again come to the forefront as a purifier, disinfectant and curative agent. Mud baths have now become the order of the day in civilised European societies and science has recently discovered the efficacy of mud bath in cleansing and beautifying human skin. These mud baths are composed of various earths imported from different parts of the world. They are powerfully impregnated with perfume and the bathers are rendered comatose with burning incense for the purpose of completely killing their senses and preventing their minds being distracted while the bodies are being benefited by the mud treatment for two hours daily. There are scores of wealthy women in London to-day who are undergoing this treatment (for 12 guineas an hour) which they are supposed to practise for at least three months if they wish to permanently improve their figures and remove the possibility of undue obesity.

Just as Dr. Kuhne has devoted special attention to the subject of water-cure, another German Doctor Just has made a special study of earth and its properties. He goes so far as to say that it can be used with success in the treatment of even the most complicated diseases. Mud poultice over the abdomen is said to cure constipation, dysentery, and chronic stomachache, while a mud bandage round the head gives instant relief in cases of head-ache. In the case of scorpion sting and the like, the use of mud is particularly beneficial. Itch, ringworm and other skin diseases are also subjected to mud treatment. Thus earth has regained its lost position as an invaluable element in the domestic treatment of diseases. Of course, all kinds of earth are not equally beneficial. Dry earth, dug out from a clean spot, which is midway between sand and clay is the best. Mud from contaminated source should never be used.

Next let us take ether. Ether is defined as the clear upper air, the subtle medium supposed to fill all space. "Scientists used to say that the air was composed of Nitrogen, Oxygen and Carbonic acid gas. But new gases have been from time to time discovered and to day air is considered to be made up of the following constituents: Oxygen, Nitrogen, Argon, Krypton, Neon, Metargon and Etherion, in addition to Carbonic acid, Ammonia, free Nitric acid and certain organic substances in very small proportions as impurities together with more or less vapour of water according to the temperature. Etherion is the discovery of Prof. Charles F. Brush the noted inventor, chemist and electrician of America, and he ventures

the conjecture that etherion will be found to consist of three more gases forming one or more period groups, all very much lighter than Hydrogen and he prefers to retain the name for the lightest one. He also believes that it extends far beyond the atmosphere of the earth, indicating the possibility of an interplanetary and intrastellar atmosphere. The ancient Hindus have named it *ஆகாசம்* as distinguished from *வாயு*, the atmosphere that surrounds the earth. Just as heat or cold or light or darkness may pervade the atmosphere, electricity in varying volume and influence may be present therein. We know that electricity exerts the greatest influence on the mind and body of human beings and the use of electricity in nature is summed up in Dr. Foote's book entitled, "Home Cyclopaedia of Popular medicine and Social science" thus:—

"As for the great body of animal Effluvia poured into the atmosphere by our numerous and sickly human family, nature has provided a neutralizer. The electrical scintillations which are often observed on warm evenings and the more powerful currents which rend the atmosphere during a thunder-storm produce an element called Ozone and this neutralizes those properties in the atmosphere, the accumulation of which would destroy animal life. All have observed how refreshing the air is after a thunder storm. Not only has the air returned to a healthful electrical condition but it has become permeated with vitalizing Ozone. A few hours before it was stagnant and debilitating.

Your skin was relaxed and gluey to the touch. You felt languid and spiritless but now you feel as refreshed as a child from a bath. This change has been produced by Ozone. If the air be deprived of it for a great length of time, sickness becomes prevalent, particularly that which is characterized by fevers, and epidemics if present rage with fearful fatality. Thus, when nature has provided an element for disinfecting the great body of the atmosphere which surrounds our planet and arresting the spread of pestilence, each individual should put forth some personal effort to preserve the purity of the air which immediately surrounds himself and to protect the helpless and inexperienced from unnecessary exposure to diseased Effluvia and poisonous miasma."

The transmission of sound waves through ether has been scientifically demonstrated by the wireless and music, lectures and messages are broadcasted now from one end of the world to the other, which we hear and enjoy to our heart's content. This is in consonance with the old Hindu theory of sound being transmitted through ether.

Our series on this subject are over now. We have proved to the hilt in the foregoing pages, that there is nothing new in modern sanitary science which our ancients had not unearthed or revealed. It is up to our readers to act up to the letter and spirit of the Health maxims, embodied in our shastras, backed up by scientific data, stripped of all superstitions, traditions and dogmas and enjoy perfect health, bliss and happiness.



THE DARK PICTURE OF DELIVERIES IN SLUMS AND HOW TO BRIGHTEN IT

BY

C. S. SWAMINATHAN L.M.P.

Komaratchi, South Arcot

Below is given a description of the labour room generally found in the poor and some middle class houses in our country where the quack midwife rules supreme in her ignorant, though not wanton indifference to the dicta of asepsis.

Most people have no separate room to set apart for want of accommodation. They prefer to have the accouchement in the yard between the outside door-way and inside door-way (commonly known as *neel* or *Geeth* in Tamil). This place is usually the most ill-ventilated when the door-ways, the only sources of letting in air and sun-light, are closed and they are generally closed not only for privacy but also to keep away ghosts and the evil eye of neighbours. A room if present is dark and ill-ventilated and forms a "Black hole" in the history of the puerperium of the newly delivered woman.

The pregnant woman, when labour pains begin is brought to this sanctorum where on the ground are spread one or two dirty mats and over which are spread dirty rags of what were once the sarees of the female inmates of the house. The woman is made to lie down over it. In the corner of the room is placed a brass lamp burning with castor oil as fuel shedding its gloom all around it instead of light all over the room as if it were shy of the havoc that is being done there in the name of accouchement.

If the woman delivers quickly and naturally then every thing goes on well; if not she is subjected to a series of agonising processes amounting to torture. The Dhais and the relatives of the woman surround her over-crowding the room and ask her to bear down—it matters not to them in which stage of labour she is. That the bearing down does not in the least influence the labour, except after the first stage, is not known to them. They think that the phenomenon of delivery is akin to that of defaecation. This bearing down from the beginning only tends to increase her fatigue and to reduce her reserve energy. Sometimes she is asked to retch her throat or to put her fingers inside her mouth and tickle her throat or her hair is pushed in her mouth. By these processes they think of increasing the uterine force. They do not know that the will power has no influence over the womb and no one can voluntarily increase its force. I have known a case in which the attendants tried to quicken the delivery by the shock produced on the woman by gun-powder being fired in the room. In weak individuals the shock produced by the report of the gun may even kill them. So much in the first stage of labour. Now for the second stage. When the bag of waters rupture and the child presents, the Dhais to show her dexterity and skill in practical obstetrics

1930]

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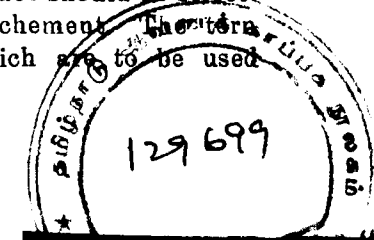
thrusts her hands inside the genitals without taking the least trouble to wash and cleanse her hands and tries to extract the child by hooking her fingers on the sides of the head. Probably she might have been just chewing pansupari and her fingers stained with chunam and tobacco. By not allowing sufficient time for the parts to dilate and forcibly extracting the child, the soft parts may rupture which wound later forms a nidus for septic infection and the dangers attendant upon it. As the bag of waters ruptures the mats and the ground by the side of the patient become soiled with blood and liquor amnii. Ash is put over it to absorb the moisture and after it is removed the ground is scrubbed with cow dung. The umbilical cord is not cut after being ligated as soon as the child is born but done so only after the birth of the placenta, as there is a superstition that the cord will retract and that all the expectant mothers in the surroundings should see the child with placenta intact and such of them as have had not the privilege are forbidden from seeing the child or the mother afterwards for sometime. The placenta is normally delivered in about 15 minutes after the delivery. Again comes the request to the patient to bear down, to retch her throat or to vomit by her finger being placed in her mouth. She is regularly tortured in this way till the placenta comes out. The Dhais put their hands freely inside the womb and separate it. Some less brave try to pull the cord down. Suppose the placenta had not separated. By this manoeuvre the uterus will become inverted. After the delivery of the placenta the genitals are freely wiped and scrubbed with a piece of dirty cloth and a pad, consisting of rags

reinforced in the middle with some straw, is applied over the genitals to absorb the lochia and a sort of binder is applied over it. It is removed and another of the same sort is reinstated. These clothes being dirty are apt to be infected with septic organisms and it is no wonder that so many cases of delivery become pathological.

All this in NORMAL LABOUR. If labour is abnormal and prolonged, woe unto ignorance and superstition. Every one present thinks she knows something in obstetrics and tries to extract the child by putting her hand in the genitals after lubricating her hands in the castor oil kept in a mud-pot probably from the time when Adam was born. I know a case of breech presentation with imperfect dilatation of the parts where the female attendants of the patient thought that it was a head presentation and were drawing the parts down. These frequent interventions done by kind but ignorant friends only bring disaster to the patient. By the time a doctor is called the patient is so freely handled by almost all the attendants that the case presents a grave problem to the doctor.

Wherever the help of a qualified midwife is available she must be asked to attend the case and in no case an untrained Dhais should be made to attend. Of late Dhais are being trained to give skilled help in labour. When the case becomes abnormal it is criminal to allow everyone to extract the child. Qualified medical help alone ought to be taken. In out-of-the-way places where such help is not available the following procedure may be adopted in normal cases only. A well-ventilated place should be selected for the accouchement. The attendants' clothes etc., which are to be used

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should be kept washed and steam-
ed by the dhobi in readiness for the
delivery. The Dhai in attendance
must have her nails clipped and wash
her hands in soap and hot water and
keep the hands scrupulously clean
till the delivery of the child and
the hands should be washed if she
has to attend to other work. As
soon as the bag of waters rupture
the tendency to put the hands
and extract the child and end the
labour quickly should be curbed and
sufficient time must be allowed for the
parts to dilate, lest the parts may
rupture by uncalled for intervention.
After the birth of the child the placenta
separates itself in 10 to 15 minutes
and it wants only slight force from
behind to evict it and a dragging force
from the front is only dangerous to
the mother for if the placenta had not
separated it may produce inversion
of the womb.

The cleaning of the parts should be
done judiciously in the cotton dipped in

pure hot water to which a little salt is
added. Wiping should be done above
downwards one wiper being used only
once. Then a clean binder may be
applied.

The Dhais should be allowed to
deliver the child after taking these
precautions, only when qualified mid-
wife is not available near by. Like
every other profession midwifery also
requires some skill and tact which
could be acquired only by those who
had some recognised training. It is
necessary to emphasize once more that
the help of a qualified midwife should
be taken in all possible cases and the
unclean and untrained Dhai should be
eschewed.

The maxim that "Cleanliness is
next to godliness" should be scrup-
ulously observed in deliveries. By
this means we can save so many lives
of our sisters from the jaws of death
and so many others from suffering
from the after-effects of their patho-
logical puerperium.

DRUNKARD vs ABSTAINER.

BY

G. NARASIMHASWAMI AIYANGAR, SANITARY INSPECTOR

Vizianagaram Municipality, Vizianagaram.

An important question of prohibition
law as to how far a drunkard is en-
titled to damages when he is prevented
from drinking on an occasion, although
he was habitually addicted to it, came
up for hearing before His Honour
Mr. Beer at Arrackpore.

The facts of the case will be clear
from the following lengthy judgment
delivered by His Honour:—

JUDGMENT.

Mr. Abstainer, a wealthy and edu-
cated landlord became a pauper in

the course of a few years, he having
been addicted to intoxicating liquors.
Repentance came to him rather too
late and he now sought service as a
temperance Propagandist on a small
salary under a District Propaganda
Board. At one time, while discharging
his duty, Mr. Abstainer met one Mr.
Drunkard going to an Arrack Shop
and prevented him from drinking that
day. Mr. Drunkard, a weak person,
could not say anything but returned
home. He was very much agitated and
troubled, could not attend to his duty

for the next few days and after he came
to his normal condition by retrospec-
tive drinking filed the present suit for
proportionate costs and damages.

The following issues have been
framed for consideration:

(1) Whether Alcohol is a necessary
food stuff.

(2) Whether any religion enjoins
the drinking of Alcohol.

(3) Whether the drinking of Alcohol
is injurious to health.

(4) What relief?

In considering the first issue, the
proximate principles of food which are
essential to the upkeep of the body
have to be taken into account.

The body tissues are composed partly
of inorganic and partly of organic
matter. Salts of Sodium, Potassium and
Calcium and little quantities of iron
and magnesium chiefly compose the
mineral matter. The mineral matter
is partly free and partly combines
with organic matter and of this 58 to
64 per cent of the body weight is
water. The organic matter composing
of Carbon, Hydrogen, Oxygen, Nitro-
gen, Sulphur and Phosphorous may be
divided into the Protein or nitrogenous
group and the fatty or non-nitrogenous
group. All the vital tissues of the
body are being built up by the nitro-
genous group and fat, although un-
important, is present nearly in all
tissues. Fat moreover serves as a
store of energy when food is deficient
in the body and protects the internal
organs as a pad to them.

Hence, food taken into the body,
should include all the above groups
and the numerous cells in the body
which go to make up the human form
require constant supply of food for the
proper carrying of their functions.

The material for the building up of
the tissues of the body should there-
fore be supplied by food which, in
addition, supplies it with warmth,
while oxygen taken from air in the
lungs assists its absorption.

The diet of a person should include,
(which has either to be increased or
diminished in proportion to the body
weight) the following.

Nitrogenous (Proteins)	2'00 oz.
Carbohydrates (starches)	11'50 oz.
Fats	0'75 oz.
Salts	0'75 oz.

Starch should be increased to 13'25
oz. when fat is not available.

The principal food in India consti-
tutes rice and the various leguminous
grains or pulses, fats, vegetable
acids, mineral salts, water and vita-
mins are also required for the main-
tenance of health.

There are certain beverages which
are food accessories, water being an
essential beverage. Aerated waters
only aid the mechanical process of
digestion.

Of the non-fermented drinks, tea
and coffee form the Alcoloidal ones
and these beverages are of no value
excepting that they produce undue
nervous excitement. The fermented
drinks form Toddy, Beer, Distilled
liquors, and Country Arrack. The
last named contains about 40 per cent
by volume of pure Alcohol and copper
to an injurious extent.

It is clear that Alcohol is neither a
food nor an adjunct to it, but is only
an injurious beverage to the body,
which is not at all a necessity to the
human system under any circum-
stances.

No religion enjoins the drinking of
Alcohol but on the other hand every
religion condemns it in unmistakable

terms. The Hindu religion is the foremost to denounce it and many religious texts testify to the same. It is stated in "Dharma Sindu".

'Madhyam Vajam Mahapape,
Maranantha Visothanam.

Soutra Manyadi Vegnepe surapa-
tragrahasthadha.

Madhaya bhakshadi Vamadhyaga
masyatu namanata

Meemamasadhwetayai Sarva Ses
hetescheya tadanantarat',

It means that for persons who are addicted to drink death alone would absolve them from that sin and that there is no other religious ablution. Further, although it was stated that in certain yegnas the drinking of Alcohol was allowed the subsequent texts and 'memamsyas' do not support it. Taking a certain liquid and assuming it to be Alcohol they desired it to be taken. Especially such a drinking is prohibited in Kaliyuga.

The great indispensable parts of Christian religion in the words of the Archbishop of York (Dr. Temple) are, "The sacredness of personality, the reality of fellow membership, the duty of service, and the power of self-sacrifice". Temperance was never preached in the Bible. The Bible held up examples of men as a warning for others not to be even temperate. It would necessarily mean that the Bible preached total prohibition when it condemned temperance.

The Holy Quran which teaches the religion of Islam condemns the drink evil. In section 7 Chapter IV part V of The Holy Quran (by Moulvi Mahamed Ali) it is stated, "O, you who believe! Do not go near prayer when you are intoxicated until you

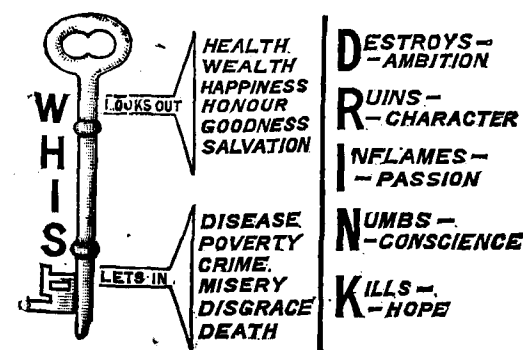
know (well) what you say, nor when you are under an obligation to perform a total ablution—"Surely Allah the Divine Being shunned persons intoxicated approaching him for prayers. Further, Allah desired that nothing bad should be associated with His name and to do so was doing a sin.

To advocate the drinking of Alcohol is a great sin according to the Holy Quran. Neither Hinduism Christianity, nor Mahomedanism advocates the drinking of Alcohol either temperately or intemperately and hence drunkards cannot have any solace in religion.

I agree with the contentions of the learned Defence Vakil, that Alcohol has to be classed as a dangerous drug and that it cannot be recommended as a stimulating agent to patients even. Drinking of Alcohol makes a person a physical wreck. Alcohol and syphilis are both clubbed together and in discussing the pre-Natal causes of Infant mortality peromnence is given to these. Statistics go to show that the progeny of Alcoholic parents includes a very high percentage of idiots, imbeciles, and mental defectives. It is also further stated that, premature and still births are not infrequent among parents addicted to Alcohol.

The drinking of Alcohol would result in the comanittal of very many crimes. Persons lose all consciousness and when allowed to go out either get themselves hurt, or hurt others. Persons of rank, drunk fully, will have no status in society, where they behave rudely. Crime among the ignorant is mostly due to over

intoxication. It is also a known fact that, persons intoxicated have committed suicides and murders.



In Madras Presidency the crime against Abkari laws showed a total increase of 5.5 percent the number of cases being 19,696. Arrests of drunken people in India may not be of more interest but I shall quote the words of "Pussyfoot" Johnson the globe-trotting prohibitionist to show the increase of the consumption of intoxicating liquors in those countries. "Arrests for drunkenness in London average from three to three and a half times the arrests of New York City. London has 14,000 beer holes. Paris has been taking wine-cure since the days of Julius Caesar but it is not yet cured. Arrests for drunkenness in Paris in proportion to population are twice as large as those of New York. The total convictions for drunkenness in France in 1924 were 15,600. Again in 1924 suicides in France numbered about 8900 and of these over 1000 were due to Alcohol. In Munich capital of Bavaria Germans drink oceans of beer. There are in Munich 10,000 confirmed drunkards. They are a burden upon the tax payers. Munich is the beer capital, the hell hole of Germany. The conditions in other European Cities are not much better. In proportion to popu-

lation arrests for drunkenness in Stockholm are 9 to 10 times, in Oslo (Christiania) 30 times, in Liverpool, Edinburgh and Glasgow 3 to 7 times those of the City of New York."

Intoxication and immorality are associated together, and people thus doubly shorten their lives without living the full bloom. People are reduced to poverty and roam themselves in the streets. Instances are not rare in Indian families, where the drinking habit has crept in and increased and people had to die of starvation unable to eke out their livelihood by other means.

Prohibition would be greatly beneficial to the labouring classes in India as their children who would have otherwise inherited drinking from their worthy parents, would not do so now, but try to emulate the noble qualities of others. The money spent on drinking by these people, would now be profitably diverted in educating their children. The family of a drunkard who ate one cold meal a day, would, after his becoming a Prohibitionist, save money and give good food, clothing and other necessities of life to his children. "Pussyfoot" Johnson tells us that in America since the prohibition came into effect, attendance at high schools has doubled though not the population.

There is no other relief excepting that there should be total prohibition which alone would be conducive to the building up of the Indian Nation. It is absurd to preach temperance to people, when total abstinence must be the aim. America can be taken as a splendid example of a country enjoying total Prohibition and Sir Gilbert Parker a British journalist has rightly said that, "Prohibition alone is responsible for American's leading indus-

trial position in the world." America had seven years of dry Law and in spite of it a great amount of reduction in taxes was given effect to."

There should be a campaign of educating the people on the evils of drink and the public should support the propagandists. Private Associations and lodges similar to the good templars in America, have to spring up and lead the battle against the drink evil. The Government have now begun the temperance propaganda to educate the masses in this direction. No useful purpose would be served by framing laws, or fighting in the legislature for more powers, where there is no public support or where the masses are not educated. Due to the illiteracy of the masses, the abrupt prohibition of the manufacture and sale of liquor, would increase the illicit trade in it. As it is now, figures of the crime in illicit trade show enormous increase.

Prohibition without mass education would be of no avail.

I have heard patiently all the high-sounding arguments put forth by the learned vakils on either side till my patience itself was exhausted and I have learnt that Alcohol is not a necessity to a healthy life.

Whatever the merits of the case may be, from my personal experience I find, that Alcohol is a necessity as a stimulant and let me at once admit that I could not have penned this learned judgment at a stretch had I not been myself stimulated occasionally.

Though I am compelled to dismiss the suit on its merits, I recommend to the Government to pay the costs of the suit and half the damages claimed, to the plaintiff since I am fully convinced that he has suffered materially and mentally a great loss.

THE GRAPE FRUIT

A COUSIN OF THE ORANGE

BY

MATILDA VANCE NEWMAN

Because it is a health promoter, a tonic, and because it is pleasing to the palate, the grapefruit, or pomelo, has earned a popularity which is steadily on the rise.

This comely relative of the orange and the lemon belongs to the family *Rutaceae*, of the genus *Citrus*, classified under the species *Citrus decumana*, its old name, or *Citrus grandis*, its common name: and recent usage gives it still another, *Citrus maxima*. Its commercial name, grapefruit, had its origin in the fact that the fruit often grows in grape-like clusters.

Its native home is in the East Indies, where it has been cultivated upwards of 2,000 years, and whence it has been introduced into many warm countries. The grapefruit came to Europe somewhat later than the orange and the lemon, and seems to have been brought to Florida early in the sixteenth century by Spanish adventurers.

But until about forty years ago it was grown in this country only by Florida pioneers. Its value was not recognized at once. This was because of lack of care in its culture and poor

judgment in marketing, and also because at first Americans didn't like its flavour. It is now greatly improved and as people have allowed themselves to become acquainted with it, they have learned to like it; so today in both the North and the South it is not only a favourite breakfast food but is frequently used at both luncheon and dinner.

It is grown in the West Indies, Florida, Arizona and California. Since its commercial culture has been undertaken, the acreage planted to grapefruit has rapidly increased. In 1909, Florida produced 1,061,537 boxes of grapefruit and California 122,515, valued at over \$2,000,000. It has only become established in California since about 1900, but that State now has 11,000 acres of grapefruit plantings, with about 5,600 acres in bearing. Most of the California grapefruit is used in the West, but some is shipped East during summer months.

The broad, round-topped grapefruit tree reaches a height of twenty to forty feet. Its branches are regular and covered with glossy dark green leaves. Its large white flowers, which bloom during March, April and early May, are borne singly or in clusters in the axils of the leaves. The fruit, yellow like the lemon, is filled with a slightly bitter acid pulp.

In California the principal grapefruit variety grown is the Marsh Seedless, which was introduced from Florida. In the Imperial Valley, it develops a high sugar-acid ratio earlier than in the cooler districts and has therefore made a reputation in Pacific Coast markets as a high quality fruit in early season.

As grapefruit is more susceptible to cold than ordinary citrus fruits, its profitable culture is restricted to

regions below the frost line. It prefers a light, well-drained soil, sandy or porous; and in order to produce the best results, the tree should be well fertilized for the care and fertilizer given have a good deal to do with the quality of its fruit.

Because of the changefulness in the different varieties, grapefruits are usually propagated by budding. Seedlings are extensively used for stocks, as they have well-developed root systems. As a rule, budded trees begin bearing in three or four years and reach full bearing in about ten or twelve years; their fruitfulness continues for an indefinite period.



Sweets and Fruits subject to the ravages of fleas and flies are unwholesome and dangerous to human lives.

We have little accurate knowledge of the longevity of the grapefruit tree: in California there are grapefruit trees forty years old or more; in Florida, some have reached the age of one hundred years.

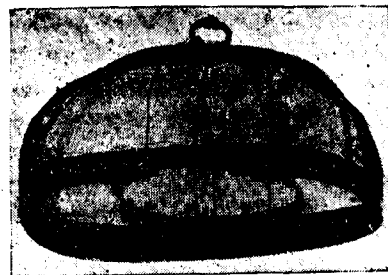
The culture of grapefruit in California is similar to that of the orange and the lemon. Harvesting is from the middle of December to the following August, while all summer the fruit hangs in good conditions on the trees. The fruit is handled like the orange and packed in orange boxes.

though it is sometimes stored and scoured before shipment (like the lemon) to improve its flavor. It should be gently cut from the stem to prevent bruising, which easily affects the keeping quality, and it should be allowed to become fully mature before it is removed from the tree.

From different sections of California—Tulare County in the North to Imperial Valley in the South—grapefruit, like other citrus fruits, is marketed during every month in the year.

A GOOD WAY TO SERVE GRAPEFRUIT

Grapefruit is used in salads and desserts. It is also preserved, either separately or in combination with oranges or other fruits. It is said that its pectin or jellying content is greater than that of any other citrus fruit.



Fruits & Edibles should be kept properly covered.

The usual way of serving grapefruit is in halves with the seeds removed, if there be any. Or the flesh is cut in cubes, returned to the half-shell, sprinkled with sugar and put in the refrigerator for a half hour or more; this gives the sugar time to permeate the fruit.

But some declare that the only proper way to cut grapefruit is to cut it as little as possible, and then only just as you are ready to eat it. For the

bitter taste of grapefruit originally resides in the rag—the white fibrous membrane investing the pulp. The more this white membrane is cut the more the bitter element is released into the juice.

Grapefruit is usually eaten with sugar; but if we form the habit of eating it without sugar, we more keenly enjoy its real flavor. And besides, we don't need to burden the blood with devitalized sugar for we get a large amount of delicious natural sugar in the grapefruit itself, its sugar content being about as high as that of the sweet orange. It is reckoned that half a large choice grapefruit contains the equivalent of one to two teaspoonfuls of granulated sugar. This natural sugar is an excellent energy food, requiring little digestion and is therefore easily assimilated.

THE ALKALINE REACTION

As a breakfast appetizer, grapefruit is largely used in this country and bids fair to become popular abroad, especially in England. This is because people both in America and in other countries are learning that citrus fruits are very important in promoting health. Not so long ago fruits were usually regarded as food luxuries to be eaten because we enjoyed their flavor. But recently scientists have been teaching us the value of fruits as a part of our diet and that the grapefruit ranks high as a health-builder.

It contains a good proportion of mineral salts, with the alkalies in excess of the acids. Although it has an acid flavor yet its reaction after digestion is alkaline, for the citric acid of the fruit is oxidized in the human system; so its effect is to increase the alkalinity of the fluids of the body. It is therefore valuable not only for

warding off but for combating acidity and the many diseases resulting from too much acid in the system.

Physicians have found that the juice of grapefruit is an excellent remedy for influenza because it helps to render the patient's system alkaline while its bitter properties tone up the system and the digestive tract.

VITAMIN C

Grapefruit is also rich in vitamins. It is a good source of the anti-neuritic vitamin B. This vitamin promotes growth, and where it is lacking there is loss of appetite, and a nervous disease, a neuritis develops. Vitamin A, also present, though in a smaller amount, is another growth-promoting vitamin. Its absence in the diet causes a more or less susceptibility to eye disease as well as to infections of several kinds.

But best of all, there is a particularly high content of vitamin C in grapefruit, for this is the vitamin that is most likely to be deficient in the average diet. It is called the anti-scorbutic vitamin because its absence causes scurvy, a disease which used to be prevalent among sailors and due largely to lack of fresh vegetables and fruits.

But why talk about scurvy here in America?

Because it may be more common than it seems, for the milder forms of scurvy are not always recognized.

EARLY RISING

BY

H. F. DEATH

"Let me get to bed what time I like," said the wise and learned Lord Acton. "but bring me up early in the morning."

The following quotation is from Sherman's "Chemistry of Food and Nutrition:"

"Much of the so-called rheumatism which afflicts such a large proportion of our people in Winter and Spring, is due at least in part to the use of diet too poor in vitamin C..... The tooth is one of the first, if not the first part of the body, to be affected by a deficiency of vitamin C..... The teeth may be seriously affected, even when scorbutic symptoms are so slight as to be almost unrecognizable."

GRAPE FRUIT A SOURCE OF IRON

Grape fruit also has a considerable content of iron, which partly accounts for its distinctly tonic qualities. And when eaten with a diet containing sufficient milk, which is rich in calcium, we perhaps get more benefit from the iron in the grapefruit than if the diet were poor in calcium; for a liberal amount of calcium in our food seems to help the body make good use of the iron in the diet.

Grapefruit is an all-the-year fruit, a good keeper, and such a splendid traveller that it is able to reach everyman's door. Of course, grapefruit alone is not the fountain of youth, but it is one of the important and delicious fruits Nature has given us to help keep the body young and the mind clear.—Good Health.

Now it certainly is true that although one may not always be able to get to bed early, an extra hour's rest in the morning is very often too big

a price to pay by way of compensation for retiring late. It is a course fraught with many perils. For one thing, every day brings its own appointed tasks, which fill it to the full. Hence, the loss of an hour, or more, will almost certainly mean that some, if not all, the duties of the day will become crowded, and will therefore suffer for want of due and proper attention. Hurry and Worry will mount the saddle and drive you to the end of the day with frayed nerves, and a feeling of dissatisfaction with yourself and with others, who, in turn, will probably entertain like feelings towards you; so that your extra stay in bed will have proved a decidedly bad bargain. Far better is it to rise at your usual hour, and make up for a short night's rest by retiring earlier the next evening.

The regular practice of early rising brings its own reward and creates enthusiasm for itself. There is a curious, indefinable charm, a sense of power and of possession, that comes to the one who rises promptly say at 5-30 a. m. The air may be chilly, and the water, too, but that is part of the tonic of getting up early. Knowing the day is yet very young, you address yourself serenely to the tasks before you. That, by the way, is the value of an early start: it makes for composure—a very valuable aid to efficiency and dispatch. Assuming that your day has been carefully planned, you know pretty accurately what you are going to do, when you are going to do it, and the time it will normally take. If you are old-fashioned, and prefer the open coal-fire to the modern gas or electric variety, it will be your first task to make one in the dining room. A real art is fire making! To an old hand,

but a few minutes is all that is needed for the job. For him there is no hands-and-knees business, no puffing and blowing, no holding up a newspaper to make the fire "draw up". Swiftly and surely he makes up half a dozen loose paper balls. On these he places criss-cross fashion, a few dry, evenly-chopped sticks, a shovelful of small "Derby Brights," then applies a lighted match, and immediately turns his back on it, never doubting that he will return a little later to a cheery, glowing fire.

Well, having started the fire in dining-room, you immediately start another in the study. Very soon two fires are spluttering merrily and cracking good natured defiance at each other. This makes pleasant and comforting music as you proceed to shave and complete your toilet. Meanwhile, to add to your sense of comfort, Bob, the black, fluffy-haired cat, who has been curled up contentedly on the couch all night, has roused up to greet you, and is already unloading upon you the first ardour of his pent-up affection, by purring loudly and rubbing himself in and out against your legs.

Under these refreshing influences, coupled with the delicious quietness of the hour, you sit down to the mental tasks you have assigned yourself before breakfast. The mind moves swiftly and surely now. Duties which "dragged," and tasks that looked formidable the evening before are now dispatched with ease and celerity. So that by the time the breakfast bell rings you have completed several jobs satisfactorily and thus laid a good foundation for the day's work. The mere thought of this gives courage and buoyancy as you face the rest of

the day, with the result that its work glides gloriously on to a successful finish. Then at the close, you return triumphantly to the family circle to

share the fruits of work well done, because well begun, and to do your part as a parent to make "Home, Sweet Home."—*Good Health.*

THE NATURE CURE WAY TO HEALTH

BY

A PHYSICIAN

With the exception of certain infectious ailments, all diseases, with their accompanying pains and discomforts, are caused by habits of living not in harmony with Nature's laws. She is the invisible power, who, if allowed guides and governs life to the best advantage in all its manifestations. If her plans are thwarted or her laws disregarded, sickness, disease, and death are the inevitable results. What then is the best way to repair the damage done to the body by neglecting Nature's signals and disregarding her laws? Viewing it from a negative standpoint, it is apparent to those who think, that drugs and medicines suppress the symptoms, while leaving the cause of the malady untouched. The aches and pains, and the various symptoms associated with ill-health, are only Nature's warnings that the body is not functioning as it ought to. To deaden temporarily the pains or to stimulate the body to a feeling of well-being, while leaving the disease to progress unchecked is the role played by drug medication.

In treating disease with natural remedies, the first thing that is done is to examine the patient thoroughly and find out the underlying cause of the symptoms; very often they are due to errors of diet extending over a long period, during which the blood has become chronically poisoned, pro-

ducing the so-called degenerative diseases. When the cause of the malady has been ascertained, the next step is to apply the appropriate remedy in such a way as to give the best results with the least possible inconvenience to the patient. Absorption of poisons into the blood stream from the intestines, is responsible for a large group of ailments commonly diagnosed by medical men as auto-intoxication, and recognized by laymen as biliousness, sick headache, foul breath, high blood pressure, skin eruptions, and a general feeling of ill-health. Patients suffering from such complaints often require a scientifically supervised fast. It is for the physician, after he has examined the patient, to decide if the fast is necessary, and if so, to conduct it until the poisons are eliminated.

A therapeutic fast is not simply an abstention from taking food; indeed this would soon lead to death, owing to the formation of poisonous acids in the blood. In some cases it may be advisable for the patient to be confined to bed for the first few days of the treatment, but usually this is unnecessary, and in order to maintain the vital activities of the tissues intact, he is given the juice of two oranges morning and evening, and encouraged to drink three or four pints of water daily. In addition to the orange juice, he has a

cup of specially prepared milk with a dessertspoonful of Lactose mid-day. As the liver is continually excreting poisons out of the blood into the bowel, a daily irrigation of the latter is necessary. Under such a regime, the body is enabled to get rid of poisons that have been accumulating for years. The liver, kidneys, and skin become physiologically rested, and able to protect the organization from the toxic bodies that are ever ready to produce disease.

One of the most widespread and seemingly intractable scourges of civilization is constipation, and the growing number of pills and other nostrums advertised in the daily press makes it apparent that drugs, instead of curing, only aggravate the ailment. Almost invariably the sufferers first try medicinal treatments, and find no permanent benefit. Some of them try the correct method at a medical establishment, where natural remedies, such as hydrotherapy, abdominal massage, and scientifically supervised diet are employed. After restoration to health, the only regret expressed is having suffered so long, oblivious to the fact that Nature could heal them.

No graver indictment of drugs and their use in therapeutics could be made than that by Sir William Osler, formerly Professor of Medicine at Oxford University, and a leading exponent of orthodox medicine. He says, "The new school does not feel itself under obligation to give any medicine whatever. The modern treatment of disease relies very greatly on the so-called natural methods, diet and exercise; bathing and massage; in other words, giving the natural forces fullest scope by easy and thorough nutrition, increased flow of blood, and removal of obstructions to the excretory systems or the circulation in the

tissues. One notable example is typhoid fever. At the outset of the nineteenth century it was treated with 'remedies' of the extremest violence; bleeding and blistering, vomiting and purging, antimony and calomel, and other heroic remedies. Now the patient is bathed and nursed, but rarely given medicine. This is the result partly of the remarkable experiments of the Paris and Vienna schools into the action of drugs, which have shaken the stoutest faiths. There was one conclusion to draw, "that most drugs had no effect whatever on the diseases for which they were administered."

In view of this condemnation of medicines and drugs by a man of Sir William's long experience and keen observation, and supported by the evidence of many other practising physicians, is it not time to seek the only path that leads to health?

"No disease should be pronounced incurable until Nature Cure methods have been tried" is a truism that is happily becoming more realistic to the public because lay and even medical opinion is seeing at a rapidly increasing rate the folly of flooding the system with chemical poisons, in order to combat the symptoms of disease. The wonderful changes wrought by natural remedies in a person suffering from a supposedly hopeless malady is so encouraging that in all probability the life span and the usefulness of mankind will be greatly increased as the true science of healing becomes more widely disseminated. The old idea of dividing diseases into water-tight compartments and assigning to each a different cause, is fortunately beginning to disappear, and with it the pernicious method of treating symptoms, and leaving the basic cause of the disease

unchecked. As the new day dawns, the light brings with it a buoyant hope and certain belief that at last humanity may be saved from much of the ravages and wastage of disease. Nature Cure is not simply a method of healing ailments, but a complete revolution in the science of living; it not only overcomes disease, but teaches the sufferer how to avert the

dangers inherent in wrong living. It is always necessary to supervise patients undergoing a course of Nature Cure Treatment, and this is best done at an up-to-date and properly equipped Health Home, where the physician and nurses are specially trained in the art of natural healing.—*Good Health.*

POISONING BY ALUMINUM COOKING UTENSILS.

The following are a few observations as a result of experiments made by Charles T. Betts, Ohio, with regard to the possibility of Aluminium being poisonous or probably as not fit for cooking purposes:—

1. Peeled potatoes, if allowed to stand in an aluminum dish over night, would become yellow and when cooked, looked somewhat shrivelled and had dark streaks through the inner part of the vegetable.

2. Bread or pie dough when mixed on a sheet of aluminum acquires a grayish color. The pot becomes darkened when cabbage is boiled in it. Tomatoes, apple sauce, rhubarb, cherries or grapes, etc., will clean an aluminum dish beautifully within five minutes or as soon as they are brought to a boil.

3. Ordinary well water for two hours will look rather milky and cause a dark coating over the inside of an aluminum dish.

4. Lemonade made in one of these dishes had a very bad taste if allowed to remain standing in the metal for any length of time. Coffee remaining in an aluminum coffee pot has a puckery or metallic taste.

5. When you drive your car with an aluminum throttle your fingers or gloves will become blackened by the metal rubbing off.

6. Whites of eggs will turn green if stirred ten minutes in an aluminum pan.

7. Ordinary foods other than proteins (beans, etc.) will not adhere to the metal. Cake, pancakes and waffles do not stick to aluminum and the use of butter or oil is not needed. Alum baking powder sprinkled upon an iron utensil will prevent sticking of the dough.

8. Tarnished silverware can be made bright and shiny within a few minutes by putting the ware in an aluminum dish, partly filled with water, with a little bi-carbonate of soda added and bringing to a boil.

9. All bubbles on wild beer will instantly disappear when the beverage is placed in an aluminum dish.

10. When water is boiled in an aluminum dish for one-half hour and placed in a glass can, a light feathery substance can be seen with the naked eye, and precipitation will take place in the bottom of the glass after cooking.

11. Aluminum chloride is produced when salted bacon is fried in an aluminum spider after the grease has congealed.

12. Vegetables cooked until dry will be covered with a white dust.

13. Persons would become sick after they eat sea foods which have been cooked in such ware with milk.

14. The same effect was noted after eating custard which had been allowed to stand in an aluminum dish for some hours before serving.

15. The most frequent cases of group poisoning come from serving salted fricasee of chicken, pork or veal, which has been cooked and allowed to remain standing in the aluminum vessel for twelve hours.

The Government made a thorough investigation upon this particular point from 1920 to 1925. The Federal Trade Commission, Docket 540, took more than four thousand pages of closely typewritten testimony from 158 witnesses in a period of five years after which an official report was made by Edward M. Averill. Many of the witnesses above mentioned were professors, deans, biologists and toxicologists from many colleges, some of which are the highest schools of learning in America.

Following is the language used in part by Averill as his findings:

"The evidence in this record does not prove that they are harmless."

"The evidence in this record does prove that there are substantial grounds upon which to predicate an

honest opinion that they are harmful."

A further proof that the aluminum which dissolves from the utensils has evil effects upon the human body when consumed with foods, we have evidence of a real nature understandable by anyone. Our American people are banqueters, they love picnics and have extensive church gatherings at which they come to enjoy food, to worship or have a good time. Often these are turned into places of grief, anxiety and death.

"At San Francisco on February 23rd, 140 persons were poisoned and 130 taken to hospitals after the Salvation Army banquet held at the Masonic Temple. The food was cooked and stored from Saturday until Sunday before serving, in aluminum ware."

"At the Y. W. C. A., Toledo, Ohio, 90 high school girls were poisoned after their food had been cooked and allowed to be stored in aluminum ware some hours before serving."—*Extracted from Western Medical Times.*

[Aluminum vessels have come to replace mud pots and brass utensils in poor Indian homes, in all coffee clubs and restaurants. Superstition to which orthodox Hindus are still steadfastly clinging, has successfully prevented Aluminum from gaining entrance into their kitchen. Blind orthodoxism has thus proved a real blessing in disguise. We hope our readers will take a lesson from this and avoid aluminum vessels altogether.—(Ed. H.)]

DOES RUNNING WATER PURIFY ITSELF?

A warning that water from brooks and streams may be dangerous to health even though clear and cold, is given by the New York State Department of Health. Many persons have the idea that water from a running stream in the country is fit to drink if clean and cold, because "running water purifies itself." There is a grain of truth and much falsity in this tradition. The facts are presented in the following statement by Mr. Charles Cox, sanitary engineer:

"If a running brook crosses a farmyard or pasture or flows near a highway it is bound to pick up human or animal pollution, which taken into the system, may cause disease. True it is that certain factors begin at once to render the water less dangerous, but what chance has it of becoming fit to drink? Let us see. First of all, solid material tends to settle out, the heavier particles first, but the amount of sedimentation depends upon the rate of flow: the faster the stream, the less settling. Thus solid material may be carried long distances from the place where the stream became polluted. Moreover, bacteria are so light

in weight that there is little chance of their settling while the water remains in motion. If other streams join the first stream the pollution may become greatly diluted and then much less dangerous; but on the other hand, these tributaries may be highly contaminated, and so increase the danger. Oxidation of impurities by air is rapid in fast flowing streams if the water flows over rocks or falls. Sunlight also has a better chance to kill harmful bacteria if the stream is turbulent so that fresh surfaces of water are constantly exposed. Disease germs tend to die off rapidly outside the human body.

"But all of the factors mentioned are frequently insufficient to purify water in a stream so that it is fit for drinking purposes. There is no way to tell by the appearance of water whether it is fit to drink or not. Not even an expert sanitary chemist can tell except by a careful analysis. Why take a chance of a serious infection by drinking water of whose history you know nothing? Do not drink from the roadside stream or spring."—*Good Health.*

WHEN IS A POISON A POISON?

The tobacco leaf contains a substance known as *nicotin*, which appears along with prussic acid, strychnia, arsenic and other well-known deadly substances in every general list of poisons published.

Eight drops of nicotin will kill a horse.

Two drops of nicotin will kill a man. Rose's Rat Poison, sold at drug stores, the most certain vermin exterminator known, bears on the face of

each bottle the words, "This is Pure Nicotin."

A nicotin bath kills the ticks on cattle.

A nicotin spray kills pests of many sorts.

Some poisons are useful medicines; but tobacco once considered the most potent of remedies, is so powerful a poison that it has been excluded from

the *materia medica*. It is now no longer a lawful remedy.

In the face of these well-established facts, there are those who maintain that tobacco when rolled into the form of a cigar or cigarette, or stuffed into a pipe, ceases to be a poison! Deadly to swallow, but harmless to inhale!

There are even medical men who when asked for an opinion as to the effects of tobacco upon the heart, lungs, nerves and other bodily organs, will say, "Of course, when used to excess, tobacco like food is harmful, but in moderation it appears to do no harm. I smoke myself."

This is mere word juggling, not honest reasoning. A poison like

nicotin is not a "Jekyll and Hyde." It is recognized as wholly bad by everybody except those whose mental vision is obscured by tobacco smoke.

If tobacco is harmless, how does it happen to be in the list of poisons along with the most deadly drugs known? If it is harmless, it is not a poison. If it is a poison, it is harmful, and in every dose, large or small. Poisons are always poisons, and always harmful in some degree. Wholesome substances never become poisons, although in great excess or inappropriate use, they may become unwholesome or injurious. This is the difference between poisonous and non-poisonous substances.—*Good Health*.

COUGHS AND COLDS IN CHILDHOOD.

1. A neglected cold in a young child may have serious consequences and may lead to Bronchitis and even Pneumonia.

2. Little children should be protected from the infection of colds as much as possible. No adult or other child with a running cold should be allowed in the room where there is a young baby, as the cold is infectious. Babies should not be taken into crowded hot rooms, and then out into the cold night air. They should not be left naked under a fast electric punkah, but should be covered with a light woollen garment or shawl to prevent chills. They should be kept in the open air day and night as much as possible in order to keep them healthy.

3. If a baby has a cold, it should be protected from chills and warm vest, but still kept in the fresh air, as open air does not hurt children if they are properly clothed.

4. A few drops of disinfectant, such as oil of Eucalyptus, should be sprinkled on its bib, so that it can inhale the vapour constantly. The nose should be cleaned frequently so that the air passages are kept as free as possible, and the child does not need to breathe through its mouth. Mustard of camphorated oil should be rubbed on the chest.

5. A simple cough mixture should be used, and if the cold does not rapidly improve, a doctor should be consulted.—*Bengal Public Health Department*.

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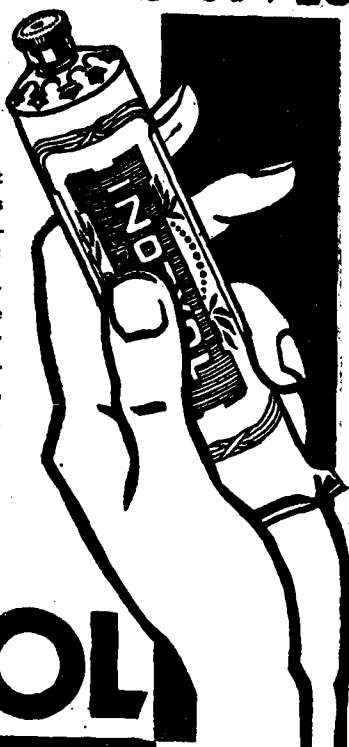
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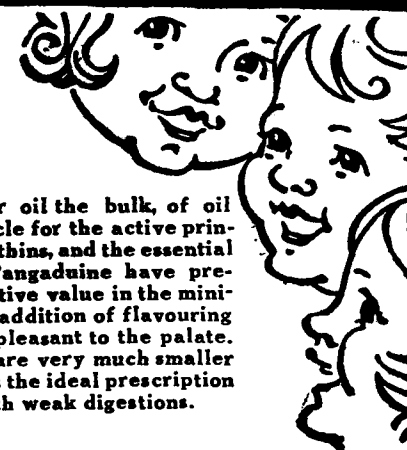
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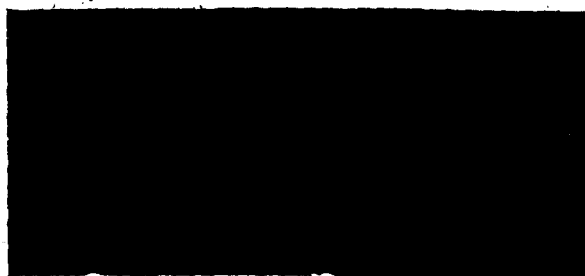
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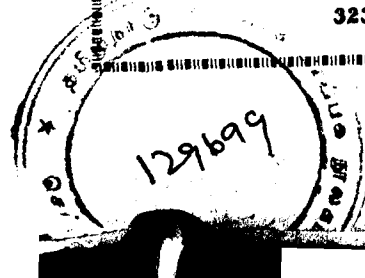
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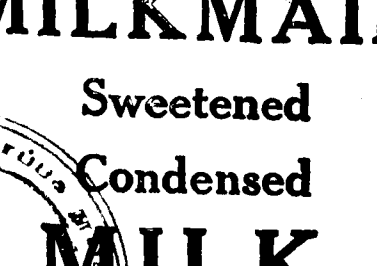
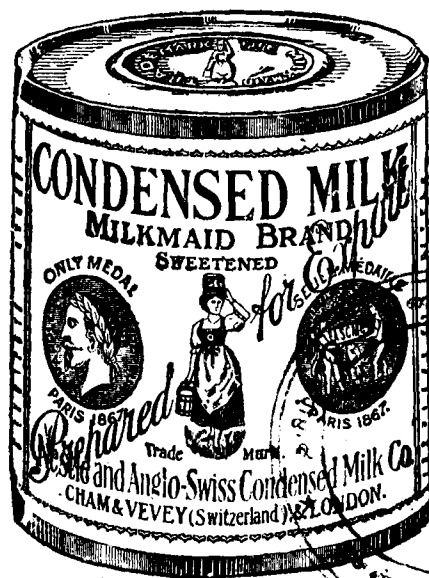
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