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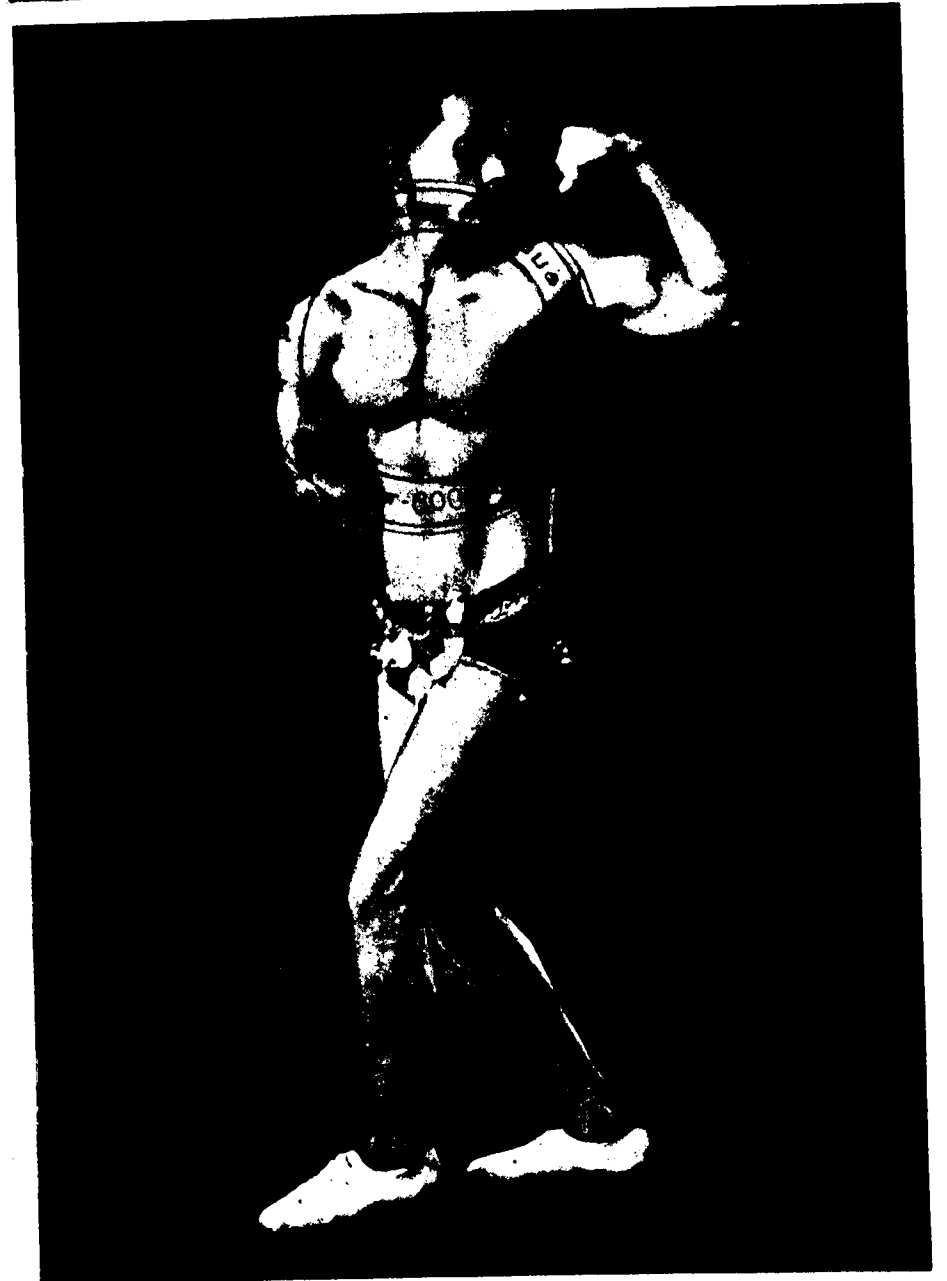
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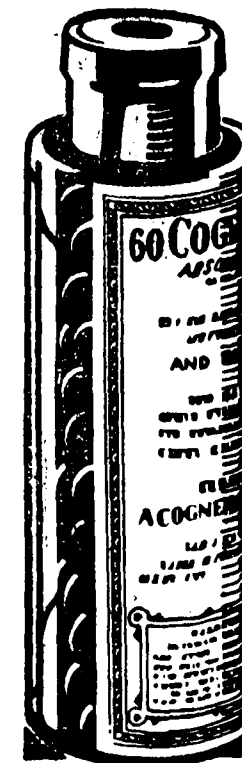
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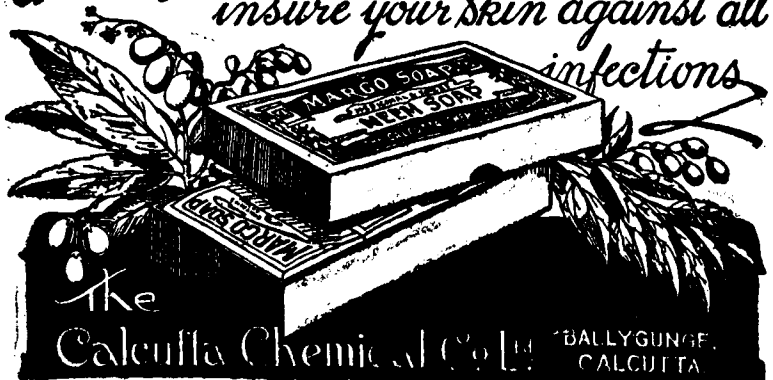
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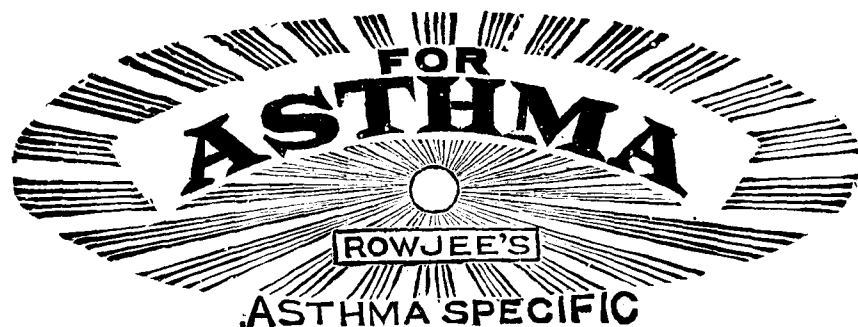
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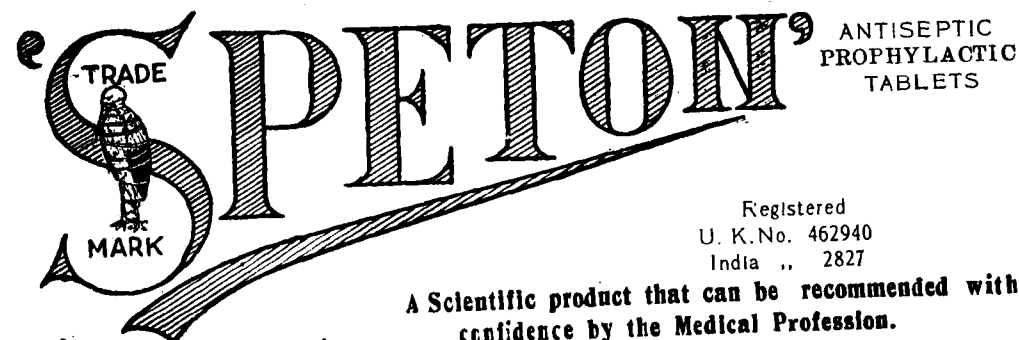
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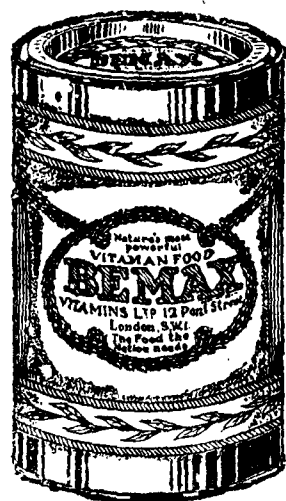
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Editorial and Publishing Offices: 323, Thambu Chetty St., G. T., Madras.

Annual Subscription Re. 1/8 Post Paid. Foreign Rs. 2.

Vol. VIII]

NOVEMBER, 1930

[No. 11

MEDICAL INSPECTION OF SCHOOLS IN THE MADRAS PRESIDENCY

It is now five years since the scheme for the medical inspection of schools launched by the ex-Minister of Education, Sir A. P. Patro, was in full swing in this Presidency and we think it is high time to take stock of the situation and review its working. At the outset, we may point out that the scheme is but an apology for medical inspection and it approaches nowhere near similar schemes at work in other parts of the world. From the meagre report of the Director of Public Instruction, for the year 1928-1929, we gather the following information:

"As stated in last year's report, medical inspection was made compulsory in all recognized secondary schools for boys, Arts colleges for men and women, in the Madras University area, and elementary schools

for boys in areas where compulsory elementary education has been introduced. Accordingly medical inspection has become a permanent feature of all recognised secondary schools for boys, about 450 in number and 33 municipal and taluk board areas, which have introduced compulsory elementary education. Arrangements are almost complete for the introduction of the scheme in the remaining compulsory areas. Medical inspection being optional for secondary schools for girls, 35 schools introduced medical inspection during the year under review". So far so good. But a close study of the procedure adopted in the medical inspection of schools for children only goes to confirm our suspicion that the scheme would prove a dismal failure in the long run,

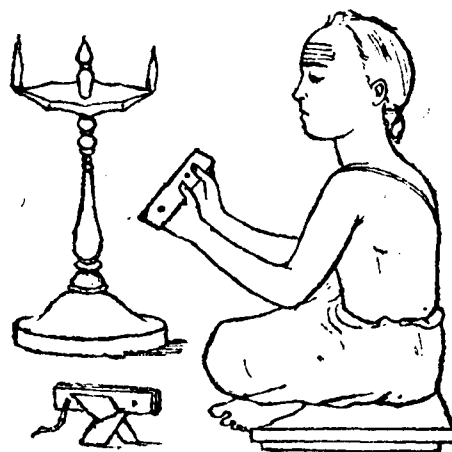
apart from its being a heavy drain on the pockets of the poor parents who have to foot the doctors' bills. So far as our information goes, beyond a hurried examination of thousands of students for a few days once a year, by the school doctor, and a vague report almost amounting to a formula, such as "heart weak", "teeth bad", "adenoids present", "eyes require correction" and so on, nothing more is done. Of course the doctor gets his fees but as for the student—lo! his defects remain all the same, which in many cases are multiplied by long neglect. A copy of the doctor's report is perhaps sent to the parent as a matter of courtesy and there ends the responsibility of the school authorities.

Probably the same procedure is followed with regard to College students. The University of Madras does not seem to care for the welfare of the College students within its area and is content with the slipshod medical inspection now being carried on in the several colleges under the existing scheme. It will not be out of place in this connection to point out that the University of Calcutta is taking a very keen interest in the matter of medical inspection and has appointed "Students Welfare Committee", which has been in existence for the past ten years and whose report for the year 1929 has just been published. It is a very interesting document and we cull the following extract therefrom for the edification of our readers:—

"The proportion of students found to be suffering from definite defects varies little from year to year. The proportion found to need treatment and observation are as follows:—

Name of disease	Percentage.
Mal-nutrition	... 40%
Skin disease	... 25.5%
Enlarged Tonsils and Adenoids.	18.5%
Heart disease	... 4.1%
Enlarged Spleen	... 2%
Enlarged Liver	... 1.1%
Dental Defects:	
(a) Caries	... 8.2%
(b) Pyorrhoea	... 3.6%
Visual defects	... 32.9

A study of the above table will make clear the direction along which arrangements should be made to improve the health of the student community. The common defect discovered at routine inspection is mal-nutrition. Defects of vision, the principal sense used in education, comes a close second accounting for about 33 per



Health
Reading in front of and with insufficient light will spoil the eyes.

cent. of the students. Next come skin diseases and diseases of the nose and throat (enlarged tonsils and adenoids—18.5%) followed by dental defects, heart disease and enlarged liver and spleen. These constitute the principal "Student" diseases.

Under the present arrangement all these are referred to private medical practitioners in attendance at the students' homes. But it seems to me

that some of these can best be dealt with most expeditiously and satisfactorily at a central clinic established by the University.

Such a clinic should be one of the most important units in the Students' Welfare Scheme. Its function would be advisory and executive; advisory in the sense of being a clearing house for referring cases to various agencies, viz., private practitioners, hospitals, etc., executive in the sense of providing treatment for minor conditions, which, if neglected, may lead to serious results, and for making arrangements for the correction of visual defects. The most successful method of dealing with visual defects would be for the medical staff attached to the department to work in co-operation with a specialist to whom cases presenting special difficulties could be referred.

The ultimate success of any scheme for the treatment of visual defects is dependent on (i) arrangement for the provision of spectacles and (ii) on an efficient system of following up. Arrangements should, if possible, be made with respectable firms to obtain glasses at contract price, and in necessitous cases, the cost should partly or wholly be remitted on the recommendation of the Principal after enquiry into the circumstances".

Now, let us examine the conditions obtaining in our own Presidency and take the school doctor first. Generally, assistant surgeons with no special qualifications whatever are preferred for this work. But the defects met with in school children as pointed out above are particularly those pertaining to malnutrition, eye, ear, throat, nose and teeth apart from communicable diseases to which they fall easy victims. The school

medical officers who are mostly general practitioners may not be quite competent to deal with such cases. Specialization in these particular diseases is therefore essential. The medical officers deputed for this work must undergo some sort of training in these special branches and must be constituted a separate cadre independently of the ordinary medical line. Lockett and Gray, in his book on Public Health Administration says, "Not every physician makes a good medical inspector, for the reason that he often fails to recognize the early stages of the communicable diseases or the mild and atypical cases."

Unless these school medical officers are also Health officers and have undergone training in special diseases, no useful purpose will be served.

Secondly, after the medical examination is over, the student is left to his fate. This is the gravest defect in the scheme. Simply to discover a defect and call the parent's attention to it will accomplish little. Such a programme can get only a small percentage of defects corrected. If the children are ousted from the schools, there is the further risk of children discontinuing their studies altogether rather than undergoing the ordeal of spending money and correcting the defects before re-admission. Unless the school authorities, on whom this duty is imposed, also undertake the task of treating children free, at least in the case of the necessitous poor and getting them cured of their ailment before re-admission, there will be witnessed the unhappy spectacle of mere empty benches in schools. Special school clinics are a feature of medical inspection of schools in all civilized countries of the world. Some

large cities in Europe and America maintain special Tonsil and Adenoid Clinics for school children. Traveling clinics are also used effectively in rural parts. Even in this Presidency, such institutions should be maintained at convenient centres managed by specially qualified medical officers if the system is at all to claim thoroughness and perfection. The University of Calcutta is already contemplating the establishment of a clinic of this kind.

The last defect, we have to notice in the scheme of medical inspection of

schools, is the sanitary condition of the schools themselves. It is a condition precedent to the proper working of the medical inspection scheme. The question of housing school-children in sanitary dwellings must be first tackled before any attempt is made to improve their lot mentally and physically. As matters stand at present in our Presidency, the scheme is something like putting the cart before the horse. Space forbids us to proceed further and we reserve, therefore, the subject of School Sanitation for our next issue.

ONLY AN INSECT!

BY

G. NARASIMHASWAMI AIYANGAR,

Sanitary Inspector, Municipality, Vizianagaram.

Most of the insects are so intimately connected with the human beings just as domestic animals, that none of us ever pause and consider for a moment what veritable enemies they are to both animal and vegetable kingdoms. Leaving everything to the inscrutable ways of Providence, we have been courting disease and death by harbouring these silent ghosts. Children play with flies and several other insects unmindful and untaught of the havocs they cause. "The flies live on us and around us, in our food, our clothes, our furniture, our houses; we eat them or their products, we collect them and sow them on our clothing." It may be fairly asserted, that tigers and the wild animals which we so much dread, attack only the individuals when we go near them but never come out of their limits to attack enemies "en-bloc" just as the insects

which are omnipotent and pervade the whole universe and sweep nations silently. Then, is it not aptly said that silent men are always dangerous? And now is it the insect or the wild-animal about which we are to be much afraid of is the question?

The insect problem is a very widespread one in nature, although nature itself is combating the same in its own way. Some insects are preyed upon by others of their kind and this balance of power between the several insects and between the insects and the plants is thus preserved by nature. Were it not for this, the insects which multiply in enormous numbers would have devastated the Universe. But this balance to some extent, is stated to have been disturbed by man in two ways *viz.*, one by the growing of crops which afford facilities to the insects for feeding and increase them in num-

bers. The second way is also stated to be the accidental introduction of the insects into countries in which they never existed previously and thus increasing them.

The analogy between insects and plants can be taken to be correct, as particular plants require particular soil for growth and particular insects attack particular kingdoms, mosquitoes attacking human beings and weevils attacking all stored grain. Seeds sown in good soil remain there latent for some period and afterwards give birth to large plants and thus after a certain course multiply the original seed many times. Each plant grows only from the seed sown of a similar plant. Wheat seed can only produce wheat plants and Cholera seed will only produce Cholera.

The insects are the carriers of a lot of common diseases which have been causing untold misery and suffering to human beings. The following are the common ones:—

Mosquitoes—Malaria, Filariasis, Yellow fever, and Dengue.

Fleas—Plague.

Lice—Typhus and Relapsing fever.

Flies—Typhoid, Cholera and Dysentery.

Ticks—African relapsing fever.

Bed-Bugs—Kala-Azar.

Sand-Fly—Malta fever, Dengue, Kala-Azar.

Mortality from Malaria is much higher than any of the microbial diseases. The following table shows the number of deaths and the death rate per 1000 of the population recorded in British India during 1920.

Cholera.	Small-pox.	Fevers.	Dysentery & Diarrhoea.	Plague.	All causes.
130,140 0'55	101,329 0'43	4,931,202 20'68	218,734 0'92	99,368 0'42	7,355,654 30'84

This is an incalculable damage done to human beings by these veritable foes the insects and, leaving it here, let us take into consideration now what amount of harm is similarly done to the crop and plants by these insects.

The grass-hoppers in certain parts are primarily responsible for the devastation of crops and they leave a trail of ruined farmers. Due to this there is a steady annual drain on the resources of the land and the farmers, by a few locusts as well. In certain parts, the stem-saw fly and Hessian-fly ruin the wheat fields. The codling moth attacks the apple trees and ruins thousands of apples. The blow-fly and

warbel-fly are mainly responsible for the ruin of hides and wool. The tsetse fly is the cause of ruin of vast areas of manurial land in Central and East Africa. The Cotton boll weevil does a lot of damage to the cotton plantations and it did enormous damage in America sometime back. The powder post-beetle attacks the furniture which crumbles down when handled. This insect also attacks the roof of building which cannot be detected during early stages. The wood-wasp *Sirex* is a timber pest and it attacks the timber by inoculating it with fungus spores. The fungi and eggs grow and after a time soften the wood resulting in its ultimate ruin.

Taking all these into account, an insect? This is a vexed problem, namely the loss caused to human life and a crusade has to be carried on, and the ruin done to plants, are we against them. Let us beware of the still to consider the insect as, only insects.

HEALTH HINTS FOR THE MONSOON

BY

DR. P. BOSE. M.B (CAL) ; M.D. (BERLIN).

In India the rainy season is a distinct and well marked period of the year. It usually commences towards the middle of June and ends towards the middle of September. The rainy showers are brought by the monsoon winds which come surcharged with water vapour from the Arabian Sea and the Bay of Bengal. The heavy down-pour that occurs in tropical countries often leads to overflowing of the banks of rivers and ponds, submerging smaller or bigger tracts of land. These small or extended floods are almost permanent features in various provinces of India especially along the banks of big rivers. True it is that Indian agriculture is dependent to a large extent on the onset and the amount of the rains, but excessive rainfall brings the attendant evils with it. Flooding not only impedes agricultural work but it is one of the potent factors in the pollution of our sources of water supply. Night-soil is usually disposed of in low-lying areas and in times of flood the water overflowing from these low-lying areas often contaminate the water of unprotected wells, ponds, or rivers. If people are not careful about the supply of their drinking water then they are apt to contract many diseases—the so-called water-borne diseases.

The principal water-borne diseases that are commonly found in India are:—

Cholera
Dysentery
Typhoid

and certain forms of diarrhoea condition.

In the rainy season one has to be particularly careful about the source from which water for drinking and cooking purposes is drawn. Now-a-days tube wells are extensively used as the source of drinking water. It is needless to mention that water of deep tube wells is only to be used for drinking purposes. By deep tube wells we mean those tube wells which have been sunk beneath the first impervious layer of the earth's surface i.e., those which draw their supply of water from the deeper 'pervious layer' of soil and are not polluted by the surface water.

In big cities the tap water has also been found to be contaminated due to leakage in water mains and pipes. People have an idea that if water comes from a pipe, it is harmless. But it has been found that it is not so in many instances. In the city of Calcutta epidemics have been traced to pollution of city water supply with sewage water leaking from sewage mains. Epidemics of typhoid, diarrhoea or dysentery have often been caused due to this. When there is any uncertainty about the purity of water, that is, its freedom

from disease germs, it is best for the householder to boil the drinking water and allow it to cool before drinking. In case of small villages where the only source of water supply is a doubtful pond or a doubtful well, one of the following procedures may be adopted to make the water suitable for household use.

(1) Chlorination.—This is usually done by the addition of bleaching powder in the proportion of one ounce to 2000 gallons of water. All commercial samples of bleaching powder are not active and hence in buying bleaching powder only such samples are to be selected which smell strongly of chlorine.

For household purposes we recommend the use of electro-chlorine. This is a liquid preparation containing chlorine and it is simply to be added to drinking water in the proportion of one or two drops to a gallon. Chlorine has very strong antiseptic properties and it is especially destructive to faecal group of organisms and it destroys bacillus coli and similar bacteria in the strength of one in a million.

Many municipalities now-a-days use chlorination of water on a large scale and this has been found to be very effective in checking epidemics of diarrhoeal diseases amongst the people. Hill diarrhoea which is a very common complaint of Indian hill stations is mostly due to pollution of the water supply with faecal matter and this can also be effectively checked by proper chlorination.

(2) By the addition of Potassium Permanganate to water.

This is the older method of disinfection of water. It is usually employed in the case of wells. For adding

Pot. Permanganate the best method is to make a concentrated solution of the substance and then to add as much of the solution as will leave a slightly pink colour to the water. One of the drawbacks of this method is that it causes a slightly metallic taste and therefore water treated by this method is not very suitable for drinking purpose but can be safely used for other household purposes like washing of utensils and washing of vegetables, rice, etc.

Apart from drinking water one has to be very careful about one's diet in order to avoid diarrhoea and dysentery during the rains. It is very dangerous to take anything raw or over-ripe. In case of fruits which are usually consumed uncooked it is advisable to wash them in disinfected water and peel them before eating. Raw vegetables or salads should never be consumed. Those who prefer to take things raw should have them washed in water containing Potassium Permanganate.

FLIES.

Flies are another great nuisance during the rains and they are also the cause of many diseases. The best way of preventing fly nuisance is to keep one's house and the surrounding area clean or free from waste food material or rotting refuse material or cow-dung. These are the places where flies usually breed and multiply.

Food and drink are always to be kept covered either by wire gauze covers or kept in cupboards with wire gauze. If in spite of these precautions there is a great menace of attack from the flies, one can chase them away or kill them by spraying 'Flit' or some similar petrol preparation or kerosine. Fly-papers are

excellent devices for destroying flies. But all these methods are rather costly for the common Indian householder. The simplest plan for a house-



Unhygienic way of selling sweets

holder will be to employ window screens made of fine bamboo sticks or wire gauze for all the windows and doors especially in the kitchen and the dining-room. There will be some



Hygienic way of selling sweets.

small outlay of capital, but as they will give permanent protection from fly-nuisance they are worth more than the use of temporary remedies.

MOSQUITOES.

The mosquitoes begin to grow during the rainy season and their population is at the maximum immediately after the rains. It is well-known that mosquitoes carry malaria and the ravages of malaria in India are something appalling. It is during the rains that every householder should take precaution to destroy all breeding places of mosquitoes. It is usually in stagnant water that mosquitoes lay their eggs from which the young larvae come out. These larvae develop into adult mosquitoes. In order to prevent the growth of mosquitoes every householder should see that all empty tins or pots or flower pots round about the house are turned upside down or kept in such places that they may not contain any stagnant water during the rains. In case of small ditches or ponds it is best to have them filled up. Where it is not possible to fill up the pond, the surface of the pond may be sprinkled with a layer of kerosene oil.

One fact about mosquito which is not commonly known is that ordinary culex mosquitoes are the transmitters of a disease called filariasis or elephantiasis. The city-dwellers who think that they run no risk of malaria by exposing themselves to mosquito bites should take note of this fact and destroy the source or origin of culex mosquitoes. It is needless to say that in spite of these precautions when there is a great abundance of mosquitoes, the use of mosquito-curtains is the only rational method of protecting oneself from the bites of these insects.

BACTERIAL GROWTH

During the rainy season the humidity of the atmosphere is very high. The temperature, though it goes down immediately after the shower, is often maintained at a fairly high level. The moist heat which prevails during the rains throughout the plains in most parts of India is very favourable to the growth of vegetable life in general and the bacterial world in particular. All sorts of infectious diseases have a recrudescence of their activity during or after the rains. Respiratory diseases like influenza, bronchitis are often met with amongst children or elderly people whose body resistance is lowered by chill or intemperance of the weather. Boils or furuncles are also very prevalent during this season. The moist heat is the cause of constant perspiration and the skin so sodden with perspiration becomes easily liable to the attack of pus organisms. This explains the greater incidence of prickly heat, pimples, superficial boils and ulcers. In order to prevent these troubles it is necessary to try to keep the skin dry as much as possible by constant change of underwear or by keeping the body naked (uncovered) as much as possible and drying the skin as often as possible. The use of simple borated talc powder (Nursery powder) often helps to keep the skin of little children dry and free from infection.

STORAGE OF RICE

The humidity helps also the growth of various forms of mildew and weevils. Most of our readers must have noticed this on shoes and leather goods during the rains. Recent in-

vestigations in the School of Tropical Medicine have shown that if rice is not stored in a dry, airy godown then it is apt to be attacked with a kind of bacilli which penetrate deep into the grain of rice. The poisons elaborated by these bacilli have been found to give rise to symptoms of Epidemic Dropsy or Beri-beri. Therefore, it is very essential that every householder should take precautions to avoid the use of such rice. Care should also be taken to preserve rice properly. The addition of 4 ozs. of dry lime to 60 lbs. of rice checks the growth of these bacilli. Neem leaves and powdered turmeric have also been employed for the same purpose.

CHILL

People with a rheumatic tendency suffer from acute exacerbations of the disease due to moist chilly wind during the rains. The drying of perspiration on the body by cold wind or by an electric fan aggravates the condition of rheumatic patients. Such patients have to protect themselves from strong winds and avoid getting drenched in the rains.

Almost all people sometime or other get drenched in the rains. If they remain in wet clothes or wet shoes for a long time they are apt to catch chill or to get either a simple cold in the head or more serious bronchitis or pneumonia. If any one happens to get drenched in the rain, the best thing for him to do is to change the dress quickly and get himself warmed in a warm bed. This may prevent many a calamity.—*Health and Happiness.*

SIMPLE RULES REGARDING FOOD.

The most important consideration in our effort to keep well is the food factor, for the consistency of every drop of blood in the body depends on the food taken in.

No matter how some books may differ on this subject, the diet question is not as difficult as is popularly supposed. There are a few simple rules only that need to be remembered.

1. THE FOOD TO EAT.

The diet should consist largely, if not wholly, of raw foods. Avoid all highly seasoned and highly cooked foods. The foods that the body needs are natural foods unspoiled by refining, cooking, pickling, manufacturing and canning. All foods that have been deprived of their mineral elements and vitamin content, or that have been adulterated and poisoned by the manufacturers' art, are more or less harmful. Everyone, who prizes his health above his unnatural appetite should avoid all such foods.

We should eat fruits, nuts, green leafy vegetables, and to a lesser extent dairy products, eggs and cereals. Meat, if eaten, only in great moderation.

The morning meal should be light. The most ideal meal to start the day with is one consisting of fruit, and there are very few people who need more. A great deal of discomfort and illness is the result of the heavy breakfast.

The noon meal can consist of a salad composed of lettuce, tomatoes, cucumber and any other salad vegetables in season. This, eaten with a little wholemeal bread and butter, or biscuits and a few ground nuts or dairy cheese, is quite sufficient.

The evening meal should be the heaviest one of the day, and can consist of steamed vegetables with an egg, nut or cheese dish, and should be eaten at least three hours before retiring.

2. NEVER EAT UNLESS YOU ARE DECIDEDLY HUNGRY.

If you are not hungry when "meal time" comes round, miss the meal entirely, and wait until you become hungry, or even until next regular meal-time. That is to say, let your appetite govern your eating times. This will not necessarily mean different hours for meals each day. On the contrary, you will find that each day's routine as to work, exercise, amount of time spent out of doors, etc., is about the same, and hunger will appear at about the same hours each day. Absolutely nothing but water should ever enter the stomach when it is unready for nourishment—that is—when no actual need for food exists.

3. NEVER EAT BETWEEN MEALS

The stomach must not be interrupted in its digestive routine by the smallest morsel of anything—not even fruit, chocolate, ice-cream, biscuits, or milk, nor any drink other than plain water—between meals.

4. DO NOT OVEREAT.

Stop eating at each meal as soon as you have had enough. The temptation to overeat is not always due to gluttony, but chiefly to eating cooked highly-seasoned, denatured foods, which fail to satisfy the system's needs. When the body is supplied with the elements it needs, as it is by raw natural foods which demand pro-

per mastication, it is quite easy to avoid overeating.

5. THOROUGHLY MASTICATE EVERY MORSEL OF FOOD BEFORE SWALLOWING IT.

Don't let a single particle of food enter your stomach until you have reduced it to practically a liquid by chewing it and moving it around in the mouth. Even liquid foods such as soups or milk, if used should be mixed with the saliva before swallowing. But even mastication must not be carried to extremes. Twenty minutes to half an hour will allow for sufficient mastication of a satisfying meal. Above all, do not wash down your food with liquids of any kind. Depend, instead, upon the saliva for the purpose of moistening.

6. CONDIMENTS

Pepper, mustard and spices should be entirely avoided, or used only in the greatest moderation, especially when any form of stomach trouble exists. Pickles should be left along absolutely, and salt should be used very sparingly and only with such

cooked foods as would taste insipid or unpalatable without it. In short the use of anything in the way of "appetisers" or "palate ticklers" should be avoided, for making unneeded food taste good in the mouth will not make it acceptable to the stomach, or any more likely to be properly assimilated.

7. AVOID BAD DRINKS AND TOBACCO.

Tea, coffee, alcohol in any form, tobacco, including cigarettes and snuff, and all other drug stimulants and sedatives should be left alone.

8. AVOID EXERTION BEFORE AND AFTER MEALS.

Avoid concentrated mental activity or strenuous physical exertion immediately before and after eating, so far as is reasonably possible. And avoid deep thinking at meals. If you have a tendency to the latter, and cannot seem to overcome it in any other way, light reading at meals would be the lesser of two evils, and light conversation with someone would be better still.—*Health for All.*

THE EFFECTS OF EXERCISE UPON THE BLOOD COUNT

Winternitz and others have shown that exercise as well as hot and cold bathing has a most surprising effect upon the blood count, increasing the number of blood cells sometimes to the extent of twenty-five or even a greater percent. The significance of this is best appreciated when consideration is given to the fact that the red cells are the oxygen carriers to the tissues and that the activity and efficiency of every tissue is chiefly dependent upon

its oxygen supply. Thirty thousand million blood cells found in the average human body present an absorbing surface of more than thirty thousand square feet. In many chronic conditions the average area is greatly diminished. In anemia, for example, it may be reduced to twenty-five per cent of the normal area or even less. The reduction of the blood area from thirty thousand square feet to five or ten thousand square feet means, a proportionate-

reduction in vitality and defensive power. Any means whereby this may be increased must consequently be an effective method of combating disease. By properly arranged exercises, the blood area in the case of anemia representing an area of twenty thousand square feet may be within

a half hour increased to twenty-five or thirty thousand square feet, and by systematic treatment this temporary improvement may be made permanent.

Exercise increases the number of leucocytes in the blood to even a greater extent than it does the number



Rowing is a very useful form of Exercise.

of blood cells. The importance of leucocytosis as a means of resisting and combating disease is now so well recognized that it is not necessary to dwell upon this point further than to emphasize the value of exercise as a means of increasing the efficiency of the defensive activity of the body

through bringing into circulation an increased number of leucocytes ready to seize upon and destroy invading bacteria or to engage in other of the numerous forms of defensive and imperative effort which the white cells are capable of performing.—*Good Health.*

MUSIC AS A DOCTOR'S PRESCRIPTION

That music has got some effect on the physical and mental well-being of an individual is well-known to every one. But how music helps persons in ill-health and what changes it actually produces in the system are not yet known. Professor Swale Vincent

and his assistant Dr. J. H. Thomson conducted some interesting experiments on the effect of music on the patients of Westminster Hospital in London. He devised the means of recording blood pressure of individuals continuously on a graph which enab-

led him to follow variations of blood pressure over an indefinite period. Their latest experiments showed that the pressure of blood is lowered by an overdose of a single tune, while raised by a change of melody or rhythm. This observation is very interesting for persons suffering from high blood pressure. Experiments were made on

three types of listeners—the musical, the mildly musical and the unmusical. These researches are being continued. Meanwhile, it is hoped, with a more delicate apparatus to discover what music is best for the different modes of depression, irritation, sleeplessness and prescribe accordingly.—*Health Notes and News.*

NOISE RETARDS DIGESTION

That noise is not merely annoying but may do harm to the body is indicated by experiments conducted by Dr. E. L. Smith at Colgate University. He measured the contraction of the stomach by means of small balloons which were swallowed by the subjects. Through these balloons the movements of the stomach were recorded on a revolving drum. He learned that a noise equivalent to loud radio music or to heavy elevated railroad traffic, slowed up the normal contractions of

the stomach about thirty-seven per cent. Sometimes there was also a change in the nature of these movements. The effect of noise on the digestion is similar to that produced when it sees a dog approaching. The feeling of fear checks the stomach rhythm. The anti-noise crusade is not merely a fad based on the sensitiveness of nervous persons but is justified by the interests of normal individuals.—*Good Health.*

DEFECTS OF A RAW DIET

Two German investigators, Loewy and Behrens, have been testing the value of a raw diet. They conclude that such a system is of therapeutic advantage in certain gastro-intestinal disorders, renal diseases, high blood pressure, diabetes, gout, some forms of obesity and many skin diseases. But they do not regard it as advisable for those in normal health. They found the addition of some cooked

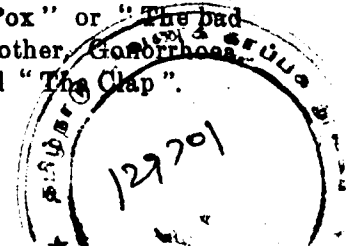
dishes necessary for most persons. People who were accustomed to a raw diet and had free choice as to what they ate and how much, did not get enough nourishment to supply the body's requirements. Either the amount taken was too small or the system did not fully utilize the food eaten. The protein metabolism was unusually low.—*Good Health.*

ADVICE TO MOTHERS

There are two diseases of great importance which have become more common in consequence of the war.

One of these, Syphilis, is commonly known as "The Pox" or "The Bad Disorder." The other, Gonorrhea, is frequently called "The Clap".

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These diseases are most commonly contracted by sexual intercourse with a person who is already infected. Syphilitic infection may, however, occasionally result from kissing, and may still more rarely be conveyed to healthy people by such articles as cups, spoons, and forks, which have been used by infected persons.

Syphilis and Gonorrhoea are most frequently caught by young people between the ages of 15 and 25. At that time of life the passions are strongest and self-control is weakest.

Parents who do not warn their children of the danger are not "playing the game." Parents often say that they cannot speak to their children on sex questions because they are too young to hear of such things, and that they fear to destroy their modesty.

Such parents do not understand that all children want to know "where the babies come from," and that if they will not tell them decently, other people will tell them in a very horrid way and corrupt their minds.

A BALANCED DIET

This does not mean food weighed in the balance and then eaten. It means food which contains in it all that we want. And what we want is not only what we relish most, but also what our body needs most.

Food supplies the requirements of the body in many ways. From it are obtained the substances which build up the flesh and bones and other tissues. It gives us the things from which we derive energy for doing our work. It also furnishes materials which help us to make use of the former. The first group comprise the Proteins and the Salts, the second the

As soon as boys and girls go out to work they will often meet people who entice them to wrong doing; but the boy or girl, who has been warned by father or mother, has a better chance of escaping from the consequences of bad advice.

If boys or girls become infected, do not shut your door on them—treat them kindly and take them to the Hospital, and encourage them to persevere with the treatment until the doctor says they are cured.

Remember that if Syphilis and Gonorrhoea are not properly treated they cannot be cured. The person may suffer all through life and is likely to spread infection. But these two diseases can be cured if quickly and rightly treated. Remember also that thousands of children are born diseased, that they die in infancy, or, if they live, they may become blind, deaf, or insane from the infections they suffered before birth.

Carbohydrates and the Fats and the third the Vitamins.

A balanced diet for a day should therefore contain at least one article from the following groups:—

(1) Foods rich in Proteins, such as meat, fish, eggs, milk, dhal, peas, beans and wheat.

The non-vegetarian has a wide choice and the vegetarian may choose from the last five.

(2) Foods containing starch or sugar in available form, such as, rice, corn, grains or potatoes.

(3) Foods containing fats such as, ghee, butter or oil.

Oil cannot replace ghee altogether as we need a little of animal fat also. That is why vegetarians are allowed to use ghee.

(4) Foods, containing mineral salts and vitamins, such as, fruits, fresh vegetables and greens.

Each person is a law unto himself. What one likes, another may not. So each one must decide for himself by trial what he needs and how much of each. Some generalities that may be helpful are the following:—

DAILY DIET DIRECTIONS

Fruit at breakfast and at other meals; a pint of milk a day for adults; wheat preparations for breakfast or bread with every meal: at least one green vegetable and one raw vegetable every day; and, lastly, plenty of water. Remember moderation is essential. Have many things, but eat little of each.

One must eat correctly to live well. Hence the saying "We eat to live."—*Public Health Department, Madras.*

FIRST AID TO THE INJURED TREATMENT OF SPECIAL POISONS

BY

NURSE CLIFFORD, S.R.N., C.M.B.

Narcotics are agents used to induce sleep, and of these opium and its derivatives are the chief substances causing narcotic poisoning.

Opium itself is obtained from the juice of the poppy capsule as it is ripening. Its principal derivatives and preparations are morphia, laudanum (which is tincture of opium), paregoric (compound tincture of camphor), and Dover's powder. Opium is also contained in several of the so-called soothing syrups given to babies and young children. Morphia, although usually administered hypodermically by dissolving tablets in water and injecting the fluid, is also met with in the form of lozenges taken to allay cough. Chlorodine lozenges also contain opium.

SIGNS AND SYMPTOMS

Opium, or one of its derivatives when taken in excessive quantities, causes at first a slight exhilaration,

then gives rise to a feeling of comfort then sleepiness, increasing to a deep sleep, coma, and finally to insensibility. The features assume a pallid appearance, the pulse becomes abnormally slow, and the breathing is slow and deep and resembles snoring. The pupils of the eyes are contracted to such an extent that they appear as mere pin points, and do not react to light or shade. If opium has been taken in a very large quantity the breath gives off a musty odour.

TREATMENT

A doctor must be sent for immediately. An emetic should be administered at once while the patient is able to swallow. The clothing must be loosened, and the patient kept in a current of air. Strong hot coffee should be given while consciousness remains, and the patient roused and prevented from going to sleep by every available means. The method

most frequently practised is that of walking the patient about between two helpers, while the face, neck, and shoulders if bare are slapped with a wet towel. This treatment may have to be kept up for several hours, or until a doctor arrives. When morphia has been administered in poisonous doses hypodermically (that is, by means of a needle under the skin) an emetic is useless, and there is nothing which can be done except to endeavour to keep the patient awake until the doctor arrives.

IRRITANTS

The metals in ordinary commercial use are the best examples of irritant poisons. The best known metallic poisons are as follows:

Arsenic is present in various forms of vermin destroyers such as rat-paste fly paper, vermin killer, etc. Arsenic is also used in colouring wall paper, artificial flowers, and various forms of dyes, children's toys, cheap ices, and tinned fruits.

Lead is found in several hair dyes.

Mercury is largely used as a disinfectant, as corrosive sublimate (perchloride of mercury), and is largely employed in photography.

Phosphorus is used in making matches, and in several poisons for rats and other vermin.

Zinc, as white vitriol and chloride of zinc, is used as a disinfectant.

SIGNS AND SYMPTOMS

All the metallic poisons when swallowed in poisonous doses cause a burning pain in the throat and stomach vomiting and retching, and a metallic taste in the mouth. These symptoms are followed by cramp, purging in several instances, cold sweats, exhaustion, and collapse, ending in a convulsive seizure of coma. In the case of mercurial poisoning, a blue line appears on the gums, the teeth become loose, and the breath is offensive.

TREATMENT

Give an emetic, milk, or draughts of water, beaten-up eggs, olive oil in tablespoonfuls, and a cup of strong tea. The emetic may be repeated after one of these substances has been administered. Poultices applied over the pit of the stomach, and barley water to drink, will relieve pain and thirst. In phosphorus poisoning, owing to the fact that this metal is readily dissolved in oil, no fatty or oily substances should be given.—*Good Health*.

DON'T BE AFRAID OF YOUR DENTIST.

THE TRUTH ABOUT TEETH: BY A DOCTOR.

The Prince of Wales, when laying the foundation stone of the new Eastman Dental Clinic of the Royal Free Hospital, Gray's Inn Road (for which Mr. George Eastman has given £200,000), spoke of the importance of good teeth to the health and happiness of the community. "Too many

people wait until they have toothache before paying that dreaded visit to the dentist," he said.

A close connection exists between the health of our mouth and of our body. "Sound teeth in a sound body" is the enlightened slogan of modern hygiene. It is believed by some

eminent authorities that many diseases owe their origin to unsound teeth.

Gout and rheumatism, rheumatoid arthritis, diabetes, pernicious anæmia, and certain intestinal disorders are among these. Cancer is known to arise upon the tongue or within the mouth from the irritation of broken and unhealthy teeth.

THE BEDTIME BRUSHING.

Absolute cleanliness of the mouth should be one of the laws of health. Decay—and resulting multiplication of disease germs—is due primarily and principally to the undisturbed deposit of food particles between the teeth or inside their pits and cracks. Fermentation then occurs, and an acid is formed which attacks and dissolves the enamel.

Once the enamel fortress is attacked, the softer dentine underneath is soon penetrated, and pain at length, gives warning that the nerve of the tooth is in way of approach.

The decayed tooth is a breeding centre for millions of young germs which secrete or excrete poisons as fast as they multiply—poisons which are swallowed with the saliva and absorbed into the system.

Deposits of food should not be allowed to remain upon or between the teeth for any length of time. Choose a fairly stiff brush, but not so stiff as to injure the gums. A good type of brush is one where the bristles are collected together in V-shaped clusters. Never buy a cheap tooth-brush.

The teeth should be brushed for at least one minute twice daily, prefer-

ably after breakfast and last thing at night. The bedtime brushing is by far the most important, and nothing should be eaten afterwards. Those who can find the time would do well to brush their teeth after each meal.

When cleaning the teeth, care should be taken to brush them up and down, as well as from side to side. Work the brush vertically between the teeth with quick, jerky movements. This ensures removal of matter that may be clinging between the teeth intervals. Don't neglect the insides of the teeth or the gums, which may be brushed vigorously.

As no tooth-brush can remove completely all deposit between the teeth, it is a good plan to hold a piece of floss silk taut between the fingers and work it in the spaces between the teeth, after meals.

Choose a reliable brand of tooth paste or powder. Those containing much gritty substance should be avoided or, at most, only used two or three times a week, as they are apt to damage the enamel.

A suitable diet is of prime importance in the care of the teeth. Sweets favour decay and should be taken only in moderation. Hard foods which require chewing are as good for the teeth as the soft, sticky variety are injurious.

A dentist should be visited once every six months to detect and stay any commencing decay in time.

If the gums bleed readily, suggesting pyorrhœa, an immediate examination is indicated. Pyorrhœa, if allowed to continue unchecked, invariably leads to loss of teeth.

ORANGES AND LEMONS AND SOME OTHER THINGS

BY

A. B. OLSEN, M. D., D. P. H.

The daily use of fruit, both fresh and stewed, is one of the best means of insuring good health and preventing disease and especially nutritional disorders. Few people, even among fruitarians, recognize the dietetic medicinal value of citrous fruits, and are more inclined to look upon them as

dainty and delicious titbits rather than anything of importance to health. Of citrous fruits we have oranges of different varieties, including the seedless Washington navel from the Pacific Coast of America, the delicious russets from Florida, delightful wine-coloured or blood oranges from the

Mediterranean and elsewhere, and a large number of other varieties from Spain, France, Italy, etc. Then there is the grapefruit, or we might call it the giant orange, aromatic and tart and somewhat pungent, which is none the less an agreeable fruit with which to start breakfast in the morning. There are the dwarf organes, known as tangerines, or mandarins which are also highly aromatic and possess a spicy flavour. And then there are also lemons and limes, which are still more acid and are popular everywhere for the preparation of appetizing fruit drinks.

Either lemon or lime juice makes a fine substitute for vinegar, and can be used equally well as a dressing for various salads. Sliced oranges served with fresh diced apples make one of a large number of appetizing and delicious fruit salads.

Citric acid, which accounts for the sourness of all these fruits, is both a safe and a natural antiseptic for fermentation in the stomach or bowels. Germs cannot grow in the presence of citric acid. A glass of plain lemonade in the proportion of one to two teaspoonfuls of lemon juice to half a pint of water taken hot or cold one hour before breakfast, serves as an excellent cleanser of the stomach and bowels, and at the same time has a gentle laxative effect. It is a mistake to add sugar to the lemonade when it is to be used medicinally, but when it is merely a question of an attractive and refreshing drink, the sparing use of sugar makes the preparation more palatable for the majority of people.

Citrous fruits have long been recognized as a valuable remedy for persons suffering from obesity. Advantage of this fact has been taken by the patent medicine vender, for, according to an analysis by the British Medical Association, a popular obesity cure consists mainly if not entirely of a little citric acid. But it would be much more satisfactory and wholesome to take the drink made direct from the fresh fruit.

Lemonade, lime juice, orangeade, and the fresh fruit itself have a gentle

stimulating effect upon the kidneys, and may truthfully be described as mild diuretics. An irritable bladder, too, is relieved by the free drinking of lemon water.

There is no more refreshing drink for the feverish patient than freshly prepared lemonade or orangeade, which sipped cold or iced, serves not only to moisten the mouth but also to reduce the temperature. Drinking one, two, or three pints of hot lemonade is a valuable means of helping to abort the common cold or even a mild attack of influenza, if taken in the earliest stage.

All the citrous fruits have a definite even though mild, laxative effect upon the bowels, and may therefore be looked upon as Nature's cathartic pills, even though they are large. The juice of one to four oranges taken before breakfast has a marked laxative effect, but those who have fair digestion will find no trouble in taking the pulp, providing it is well masticated, as well as the juice. It is only those who suffer from a delicate stomach or dyspepsia who are obliged to confine themselves to the juice only.

As a laxative medicine, oranges, grape-fruit, and tangerines are all about equal in value. If the constipation is marked, it is necessary to take larger doses and repeat the dose before each meal. Even for the little infant in arms suffering from constipation there is nothing better to give than a few drops of sweet orange juice in a little water. All children love fruit and their desire for it is a natural thing. If children are given fruit freely, including dates and figs, there would be less demand for sweets and chocolates, all of which are really unnecessary. Let the children form the fruit habit rather than the sweet habit, and they will have a very much better chance, as far as their health is concerned.

All the citrous fruits, whether in the form of lemonade or orangeade or in their natural state, are valuable for patients suffering from gout, rheumatism, lumbago, sciatica, neuralgia,

and similar disorders, because their immediate effect is to diminish the acidity of the blood and render it more alkaline. This may seem a contradiction, but the explanation is simple for citric acid, in common with other fruit acids, is changed into an

alkaline carbonate in the blood. Their free use assists in dissolving uric acid and other wastes that are inclined to gather in the tissues, and by this means there is a better chance of eliminating them from the system.—*Good Health*.

HEALTH NEWS & NOTES

The oldest man in the world:—We learn from "American Medicine" that Zoro Agha is going from Istanbul, Turkey, to America, so that medical and other scientific men may look him over carefully and endeavour to find out how and why he has lived so long. He is 158 years old.

[Zoro Agha was born at Bitlis and is a porter in Constantinople. He has lived under Six Sultans and outlived 10 wives. His life sketch and photograph are given in vol. v. No. 9 (Sep. 1927 issue) of *Health*.—Ed. H.]

Shaking hands deprecated:—The men in Italy are doing away with the custom of shaking hands upon meeting. A form of salute is used instead which is done with the upraised right arm and open hand extended toward the friend met. It seems that Mussolini has so ordered. Not bad—considering the fact that we are constantly warned by an enterprising soap manufacturer that some 27 diseases may be spread by germs upon the hands! Any-way there is too much handshaking in this country—the custom, habit or whatever it is, often seems as tho' it were started by the cloak and suit dealers as a purely "business" gesture.

Take care how you take fresh air:—Fresh air is most essential to good health but be careful how you take it. A man in Missouri was a confirmed fresh-air addict so he placed his head at an open window while in bed. A severe storm dropped by and the lightning took a little detour through the window—wrecked the sleeper's pillow, tore off his hair and knocked him cold for some time. He seemed to show no subsequent bad effects. There cer-

tainly must have been a lightning rod on the house.—*American Medicine*.

A weight guide for adults given by S. R. Miller, M.D., is: A height of 5 feet equals 110 pounds; for men, add 5½ pounds, and for women, 5 pounds for each additional height inch over 5 feet. This gives the "so-called ideal net weight." Ten pounds either side of the result obtained is within the "accepted height-weight zone."—*Jour. Med. Soc. N. J.*

False Economy.—The husband who allows his wife to waste health and strength upon household labours of secondary importance is an instance of false Economy.—*Mentreal Standard*.

A childless marriage:—"A childless marriage is a fruit-tree that yields no fruit. It draws nourishment from the soil, oxygen from the air and light from the sun, but renders no equivalent of service to the gardener. The voluntarily childless accept all the privileges of life but remit none of its duties."—Dr. Jibson on Birth control—*Indianapolis Medical Journal*

Sunshine and Health:—"OPEN the door, let in the sun,
He hath a smile for every one.
He hath made of the raindrops
gold and gems,
And will change your tears to
diamonds!"

Obesity no beauty:—Of course, we always knew that our modern female was slightly daft on the subject of personal obesity; obviously, she will resort to almost anything in order to get and keep a slender figure. But what we had not realized was

that the male of the species took the matter so seriously and was in accord with the idea. A woman in Iowa went on a diet to reduce—every time she lost a pound her husband kissed her and for every pound she gained he smote her. She is asking the judge about it.—*American Medicine*.

Colour cure.—It may seem like a fairly tale to learn that treatment consisting of sitting clad in a *white robe*, exposed to stray red light rays for one or two hours at a time will cure paralysis. Dr. Pancoast cured a little paralysed boy of 8 years of age in this way. At the end of three weeks' treatment the child could walk and was restored to perfect health after two month's treatment. Dr. Pancoast was equally successful in a number of other cases.

Dr. Babbett, the great pioneer colour doctor made use of the *red ray* to cure Rheumatism.

The *rose ray*, though somewhat similar to the red ray, is more harmonious and even more effective in its operation than the red ray. It has a beneficial effect on the blood and heart. Its use benefits the nervous system—Cases of depression give way to its sunshining and pleasant-influence.

Blue colour baths are of great value in the case of persons suffering from fever conditions. Blue ray treatment is also very efficacious in cures of sleeplessness.

Dr. Ponza of the lunatic asylum at Alexandria in Piedmont found the use of *violet glass* effective in the treatment of the insane.

Yellow colour baths act principally upon the nervous. In cases of nervous irritation, however, yellow colour baths would be found over-exciting. The colour physician decides whether the use of the yellow ray would suit the patient or not.

Iron, phosphorus, sodium, carbon and other elements are got from the yellow ray and from the red rays, iron, zinc, barium etc. The blue rays furnish

sulphur, chlorine, cobalt and several other elements.

Grey colour brings on depression and melancholy. The wearing of black, red, yellow and green is considered undesirable for consumptives by colour specialist, for these colours prevent the passage into the body of the chemical rays which have the power of killing the disease germs. White clothing is the most suitable for such patients, as it allows a larger number of chemical rays to pass though than any other colour.

Black clothing is most unhygienic and should be avoided by all and more especially, by those who are ill.—*Health and colour January, 28.*

SOME FACTS AND FIGURES REGARDING THE HEALTH OF ENGLAND.

Tuberculosis in England is still a mighty problem and accounted for 40,000 deaths during 1925—26.

Venereal disease takes a heavy toll in death, suffering and invaliding; 46,654 new patients attended the various treatment Centres and a total of 30495 ceased to attend before a full course of treatment has been gone through.

Scarlet fever and diphtheria two controllable diseases, account for the usual 3000 or so deaths.

Puerperal Sepsis maintains its level of over 1000 deaths.

'*The Captain of the Men of Death.*' (*Pneumonia*), claimed more than 42,000 victims.

In England and Great Britain generally, *measles and whooping Cough* are still a Veritable Scourge, and were responsible for over 11,000 deaths.

Small Pox continues to increase steadily—a melancholy fact not to be wondered at in a country which refuses to recognise the value of Vaccination.

Infantile mortality is 75 per 1000:—Seventh Annual Report of the Ministry of Health of England for 1925—26.

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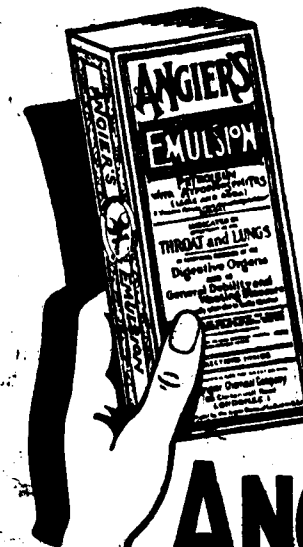
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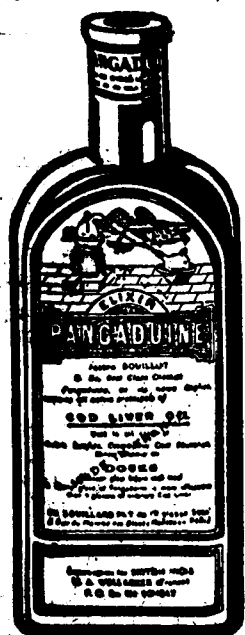
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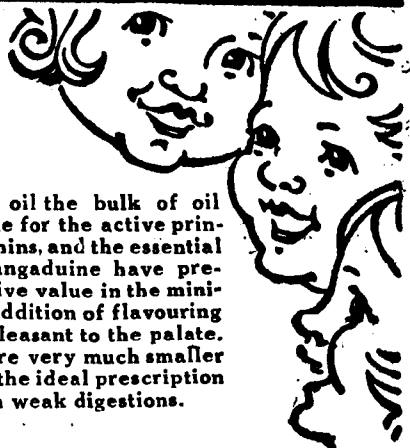
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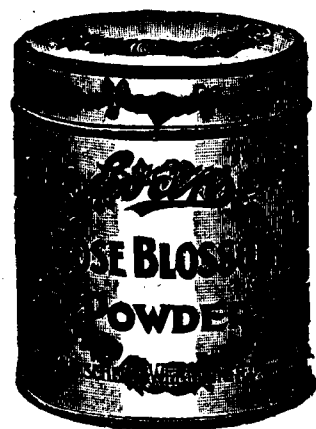
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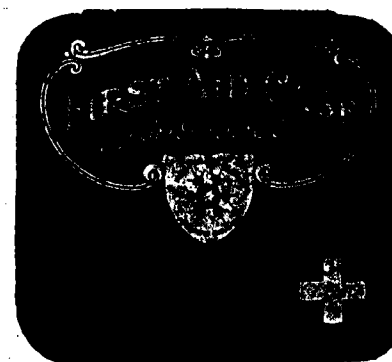
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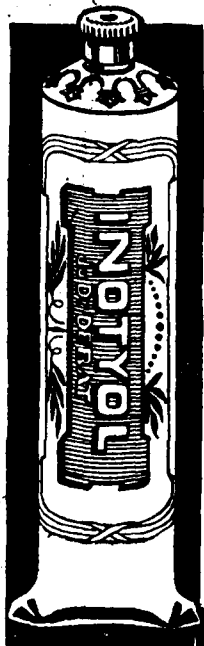
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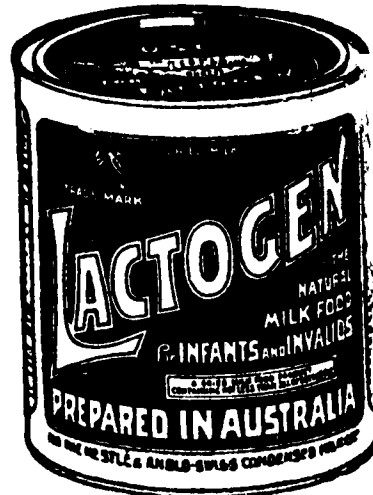
They render the hair glossy and beautiful and keep the scalp free from dandruff and effectively prevent baldness or black hair turning grey. They have a cooling effect on the scalp. They are unrivalled for purity and delicacy of fragrance of fresh blossoms and make an ideal present for ladies. The sweet perfume is enjoyed at all times.

12 As. Bottle, 3 Bottles Rs. 2.

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