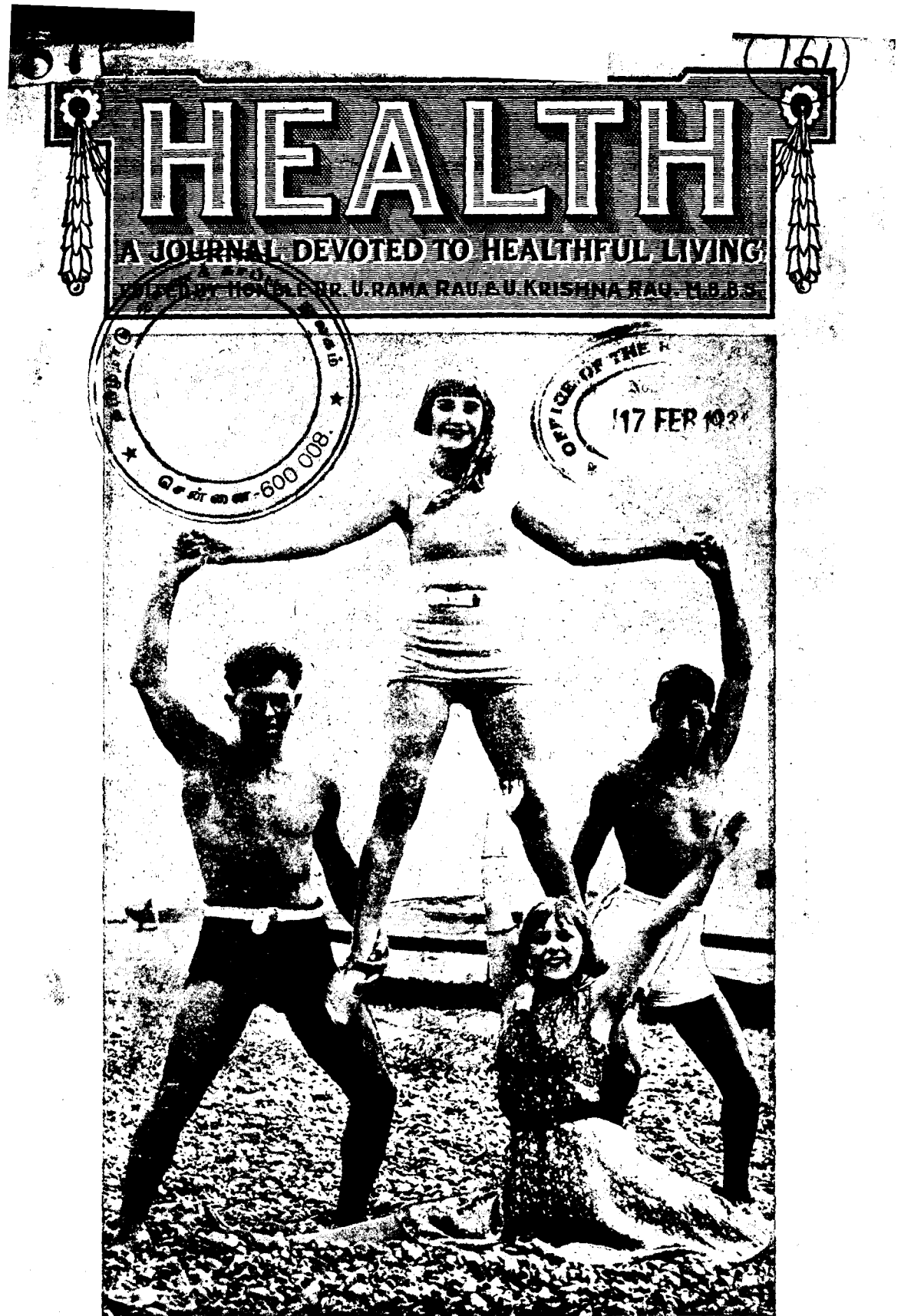




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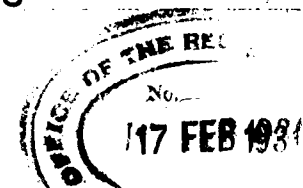
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"The October number of this 'Magazine of Liberal Hinduism' appropriately contains an attractive picture of Dr. Besant who entered her 83rd year on the 1st instant and begins with Sanskrit slokas in her honour and a glowing tribute to her from Mr. T. R. Venkatrama Sastri. Among other interesting articles are those written by Sadhu T. L. Vaswani and Mr. C. R. Srinivasa Iyengar. Sjt. Bhagavan Das's contribution on the Indian Ideals of Women's Education, the first part of which is published in this number, deserves special mention.—*The Hindu*

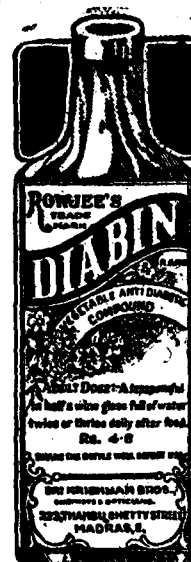
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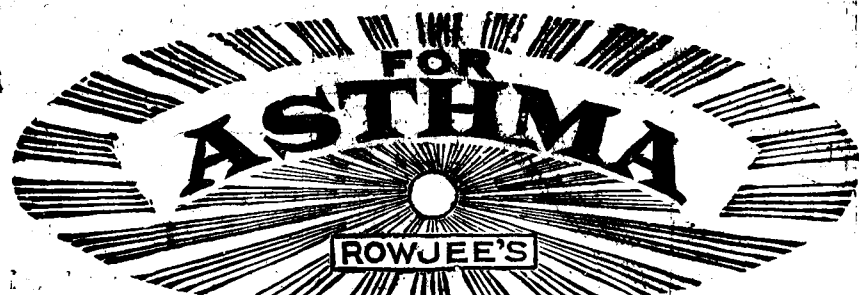
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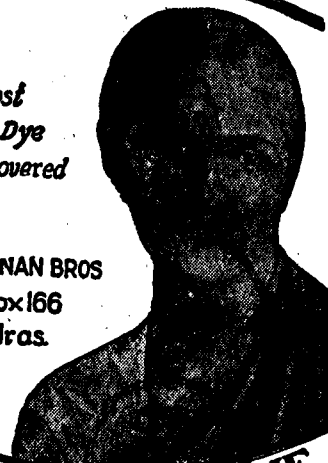
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kers shall be decently treated while in confinement, but it is absurd to build fine jails and other public buildings, and place our children in mean quarters for their schooling."

It is not possible for us to discuss in the limited space at our disposal, what constitutes an ideal school, for that, by itself, will form a fit theme for a text book, but judging from the condition of some of the schools in the city of Madras and in the mofussil towns, we make bold to say that they are not all sanitarily perfect and must be improved or condemned, otherwise, the money spent on Medical Inspectors for examining and detecting defects in school-children will be a sheer waste. The Department of Education has no doubt laid down certain rules and regulations for the construction of school buildings which in the case of public schools can be insisted on, but they are unable to enforce them to the very letter, in the case of innumerable private institutions. The Inspectors of schools and the Deputy Inspectors are not competent authorities to judge of the fitness of a school-site, and the other conditions that go to make up the school an ideal one from the hygienic point of view. There should be attached to the Department of Education, a medical Inspector for each district or group of districts whose duty it would be to inspect the schools in his jurisdiction and certify as to their sanitary condition and suggest improvements. He will also act as the Medical Inspector for Government institutions in his area and supervise the work of medical Inspectors appointed by Local Boards and private bodies and report to Government, any defects in the working of the Medical Inspection Scheme.

Let us now take a few conditions necessary to make up a school an ideal one (extracted from a recent book entitled "Text Book on Hygiene" by Dr. Currie) and examine how far they fit in with the conditions existing at the present day in some of the schools in the city of Madras with which we are mostly familiar.

**Site:**—"The site of the school should provide unless in congested districts at least half an acre for every 200 scholars. It is best not to be on a main street, and it should not be exposed to dust or noise from streets, works or railways." This represents an ideal school site and we ask how many schools in the city of Madras have fulfilled this primary condition? We note, however, with satisfaction that attempts have been made to shift some of the colleges at least, to suburban areas.

**Play grounds:**—"There should be 50 Sq. ft. of play ground per scholar unless in congested districts. Where the roll is less than 200, the area should be 2000 Sq. ft., plus 40 Sq. ft. per scholar. Play grounds should have a sunny aspect and part should be provided with a hard, dry surface for open air physical training. There should be suitable playsheds." The play ground of, at least, one big institution in the city of Madras has been described sometime ago by one of its principals in some such terms as these:—

Drain intercepted, barbed-wire fenced, with no protection against sun and rain, with debris heaps and broken glass pieces deposited anywhere and everywhere indiscriminately, with homeless workers and beggars cooking and squatting

all round, and situated amidst squalor, dust and dirt, the playground is as dangerous in times of peace as in times of war:

This description is as true and as much applicable to-day as it was when it was given expression to about 30 years ago.

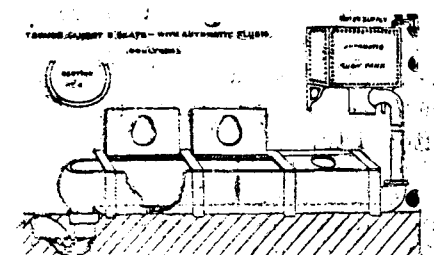
**Design:**—"The school building should be planned as far as possible to admit direct sunshine to every room for the great part of the day and to ensure effective cross ventilation. A school with a central hall surrounded by class-rooms does not meet these requirements. The structure should comply with all proper conditions as to stability, exclusion of damp and other matters" Barring a few exceptions, rest of the schools, elementary or secondary in the city do not conform to the above design.

**Class Room:**—"The ceilings of class rooms should be at least 12 ft. high. The normal floor space should be 300 Sq. ft. plus 5 Sq. ft. per scholar. Convertable or open air class rooms, where circumstances permit are to be commended". Open air classes have become the order of the day even in western countries where climatic conditions are great handicaps for the holding of such classes. There is no reason why in India, where climatic conditions are favourable, the ancient Hindu ideal of holding classes under banyan trees, in a quiet sequestered place, should not be revived. This is possible in village parts and the money spent on bricks and mortar can be considerably reduced and utilized for opening more schools of this nature in rural areas.

**Drinking water:**—"An ample supply of wholesome drinking water should be available." In Madras the

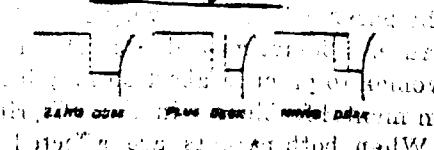
water supply in schools is from taps. The water is a mixture of filtered and unfiltered water commonly known as 'Molony's Mixture' and is therefore unsafe for drinking purposes. The water should therefore be boiled and cooled before use and though this is said to be done in some schools it is abhorrent to learn that the pot or tin used for boiling water is never cleaned at all and that generally cold water is poured into the pot to reduce the temperature. This is as harmful as the Molony's Mixture and effective supervision by the Head-masters and by medical Inspectors should be exercised over this important matter of life and death to students.

**Latrines:**—"Latrines should be placed outside the school buildings and will necessarily be with few exceptions, on the water carriage system." This must be enforced in all the city schools, where they do not now exist as this system, though a little expensive, is a guarantee for absolute cleanliness.



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#### Varieties of dust



Medical science is rapidly progressing and preventive medicine is placed

in the forefront now-a-days. Scientists are engaged now more in devising means of preventing diseases than curing them. If the school authorities are only keen in keeping the schools and their surroundings in a sanitary condition, half the battle against school children's diseases will be won.

## FEEBLE-MINDED CHILDREN

BY

DR. U. VENKATA RAO.

*Medical Practitioner, "Sudarsana," Madras.*

The Sub-normal child becomes the Sub-normal adult. Mentally weak children if properly cared for can be much improved and if neglected may remain permanently backward and may not be able to go through life and earn a living. There are many grades of mental weakness. A child may be simply backward for the age and later on may improve, or may be far below the average and may remain more or less dull and stupid throughout or may be so mentally deficient as to be one of idiocy.

Feeble-mindedness may be due to many causes and suitable treatment should be adopted with care both at home and medically. The causes may be those before birth, during birth or after birth.

**Causes before birth:**—In the majority of cases heredity is the cause. The parents may have epilepsy, idiocy or ill-balanced mind and at least some of the children born to them, if not all, are weak-minded. Drunkenness in the parents is another very important cause. Sometimes drugs taken by women to procure abortion may bring on mental feebleness in the offspring. "When both parents are affected in any of the above ways, the risks to the children are, of course, greatly

increased. This is the reason why marriages of cousins often result in the birth of defective children. Cousins, being members of the same blood-stock, are liable to have the same constitutional defects, and these become intensified in the offspring. As against this danger, when a family is particularly healthy the children of cousin-parents are occasionally more healthy than the average. Cousin marriages are, therefore, only likely to be harmful when there is some family defect, such as extreme nervousness, weak-mindedness, epilepsy or a tendency to tuberculosis in the common family." One should also remember that Nature always takes great care of the unborn child and often weak and delicate women give birth to healthy and robust children. A severe fright or shock to the mother during pregnancy may cause mental weakness in the child, especially if it produces lasting delicacy in the mother. Sometimes the child develops abnormality in the womb. Generally the bones of the head of the child are not closed before birth, thus allowing for the growth of the brain after birth, but if a child is born with closed bones, there is little room for the growth of the brain and the child becomes weak-minded. A child born deaf and dumb is naturally

weak-minded as he cannot learn like other children. *Cretinism* is another cause.

**Causes during Birth.**—At birth children sometimes suffer from injuries which may be harmful to mental development. If the pelvis of the mother is small and narrow, the labour is prolonged. The child is born with difficulty and the pressure on the head lasting sometimes for hours may injure the brain and cause feebleness of mind. Sometimes when the labour is slow or difficult the use of forceps may cause injury to the head and this may be the cause of mental deficiency.

**Causes after Birth.**—A child born with normal mental powers may suffer from some constitutional trouble causing extra-strain, especially during teething or at puberty and then develop mental weakness. Repeated attacks of convulsions enfeeble the child's mind. So also minor or major epilepsy. *Meningitis* is another cause and this may be the result of an acute attack of small-pox, measles, Typhoid, pneumonia or even whooping-cough. Syphilis transmitted through the mother or contracted from the nurse is another potent cause. Severe injuries to the head as a fall may affect the child's brain. Frequent drugging of the child especially with soothing remedies as opium to produce quietness and sleep and continued for a long time may injure the child's mind.

### SYMPTOMS.

The parents may not perceive any symptom in their children especially when they are young. There may be some unshapeliness of the head, a stupid and vacant expression and the head may hang down being unable to keep itself erect. The head may be

small, pointed on top and a low forehead or it may be very large as a result of meningitis. The child may have cleft palate or hare-lip, cold bluish hands due to some defect in the heart, or its eyes or ears may not be normal. The child may not recognise its own mother and may not grasp a finger when held up to him. Later he may not smile and laugh like other healthy children and is usually late in walking. Sometimes it may be even two years before it is able to stand. The child may not talk even after two years, may develop some unclean habits and may have very violent temper. Often the mental weakness is so slight that it is not noticed till the child goes to school. Then he is found backward and incapable of giving attention for any length of time as compared with other children.

### TREATMENT.

A child may be temporarily below the standard and become perfectly healthy as it grows. Therefore the parents need not worry themselves much about it but must consult a good Doctor. At the same time there should be no negligence. The child's general health must be improved and the mother must teach the child perseveringly and with unfailing patience. The child should be kept as far as possible in the open air with warm clothings; bowels must be regulated; food should be simple and nourishing. The mother must try to rouse the child's interest in things and draw his attention to birds, trees, flowers, other children, the furniture of the house and the pictures in the books. The child must be encouraged to play and to love society. As the child grows habits of cleanliness must be impressed. The

mother must educate the child tactfully and perseveringly. There should be no scolding, threats or any other punishment. "The child must not be cowed but encouraged". "Coax him and when he does right praise him." The child's sisters and other companions must not be allowed to laugh at or ridicule him. Backward children suffer intensely from the feeling that they cannot do things as well as their companions. At the same time while treating him with unvarying kindness and gentleness she must not pamper him. She must always be calm and firm. When he gets a fit of bad temper the best thing is to take no notice. When it passed away she may reason gently with the child and ask him to try to control himself. "The child must be taught to do as much for himself as possible to dress himself, to wash himself etc. "He must be gradually and patiently accustomed to obedience, taught to control himself, to be tidy and well behaved." Bad habits must be corrected. "Never nag at a feeble-minded child or, indeed, any child at all. If necessary to reprove, do so in a few firm words, without showing anger



and then pass away from the matter, and be cheerful and kind to the child. Mothers often think it is necessary to

keep up a show of anger for a long time when the child does wrong. This does more harm than good and may be positively injurious to the child's health. Children's little faults do not merit such severe punishment." Teach regular habits. The weak-minded should go to bed and get up at the same time every day and have food at regular hours. Teach him to make full use of his senses—sight, hearing, touch, smell and taste. It is advisable not to send the feeble-minded child to school till he is at least six years old.

So the improvement of the feeble-minded children falls upon the mother and, if she conscientiously does her duty, a great advancement can be hoped for. The mother's patience may be sorely tried but she must persevere and at length she will succeed.

It will not be out of place if I quote here what is declared as "the Declaration of the rights of the child, commonly known as the Declaration of Geneva", passed on September 26th, 1924, Fifth Committee of the Assembly of the League of Nations—known also as "The League's Charter of Child Welfare." This is the English translation thereof:—

By the present Declaration of the rights of the child, commonly known as the "Declaration of Geneva," men and women of all nations, recognising that mankind owes to the child the best that it has to give, declare and accept it as their duty that, beyond and above all considerations of race, nationality or creed;

1. The child must be given the means requisite for the normal development, both materially and spiritually.

2. The child that is hungry must be fed, the child that is sick must be nursed, the child that is backward must be helped, the delinquent child must be reclaimed, and the orphan and the waif must be sheltered and secured.

3. The child must be the first to receive relief in times of distress.

4. The child must be put in a position to earn a livelihood and must be protected against every form of exploitation.

5. The child must be brought up in the consciousness that its talents must be devoted to the service of fellow men.

## ITCH-INSECTS AND HOW TO KILL THEM.

BY

DR. S. U. TRIVEDI SAVLI, (Baroda).

Among the most common diseases, for which villagers seek treatment, in rural dispensaries, scabies (popularly called itch) heads the list. It is a purely local disease and it is caused by animal insects called *Acarus Scabiei*. They are so fine that they cannot be seen by naked eye but they can be easily seen under a microscope. They migrate from the sick to the healthy through personal contact or through clothings, beddings, sheets, towels and such other articles used by the sick. These insects live on human beings and are ever ready for the new field. Thus it is a very contagious disease. They attack the skin only. Like human beings, these insects are of two kinds, male and female. These female insects when impregnated make small trenches under the skin to put their eggs. These insects generally attack those parts of the body which are very dirty. "The parts of the body especially liable to the attacks of the acarus are the skin between the fingers, the front or inner side of the wrist, the front of the fore-arm, the elbows, the ankle and foot, the axilla, the groin and the genitals,

the inner side of the thigh and the nates; and the eruption spreads beyond these parts on to the abdomen from the groin or along the inner side of the leg or thigh. The back, shoulders and chest are little affected; and the face, neck, ears and scalp nearly always escape, except in infants at the breast who may be infected from the mother." The eruptions look like pearls and contain watery substance. Itch causes excessive itching. This is a picture of a simple case of itch. On the top of this infection, the parts are generally attracted by other germs which form pus. The pus gets dried and forms crusts. Thus it becomes a case of mixed infection. The whole picture is changed. What were first neat looking and isolated pearl-like eruptions containing watery substance are now changed into dirty looking tiny ulcers with dried pus. Sometimes there is excessive secretion of watery substance. This looks like eczema, a disease which is also very common. The parts are exposed to all sorts of infection, as the damaged skin cannot keep the infection at bay. The diagnosis becomes difficult even for medi-

cal men. Since time out of mind, science has found a first class cure for this trivial but troublesome complaint. It will sound strange, but none the less true that though we have got such a simple and effective remedy in sulphur for the destruction of these itch-insects, we are still unable to free the ignorant and the poor people, who mostly suffer from this dirty complaint. It is rightly said that familiarity breeds contempt. Sulphur is so familiar even with the villagers. Its very familiarity stands against its general use. It is common knowledge that human nature requires something novel, which appeals to one's imagination rather than to one's sense or judgment. Poor though these villagers are, they will spend money on something which appeals to their imagination. Do what you can, advise them, persuade them, but this simple remedy—sulphur they will not use. Why?

When they use sulphur, they use it in such a haphazard way that the desired effect is not produced and so they draw a wrong inference and attribute this failure to the remedy when it is really due to unskilled use. Sulphur is an effective remedy and it kills the insects outright in a very short time, provided it is used with care. Sulphur proves ineffective if it is used in a raw state. It must be used either in the form of a solution or in the form of an ointment, so that it can easily penetrate the citadel of these ingenious insects which very often successfully meet the ingenuity of its enemy—the man. As I said above the female insects lie safe under the skin and so raw sulphur applied on the skin does not affect them. Sulphur to be effective must penetrate the skin and come in close contact with the insects. This

can be easily done if sulphur is used with some greasy substance. The following prescription serves this purpose and proves very effective.

Ung. Sulphuris  
Sulphur Precipitatum 1 dr.  
Paraffini Mollis 1 dr.

Mix well.

Before application is made the parts should be made scrupulously clean by using soap and water. Then the ointment should be rubbed well, as it should penetrate the eruption. If rubbed near fire, the part of the sulphur will be turned into gas, which will still more easily penetrate the deeper parts. Preferably the ointment should be applied at night and kept it over night. In the morning, the parts should be washed clean with soap and water. If so used the patient gets well within three to four days. It need hardly be said that all the linen used by the patient should be disinfected by burning sulphur and exposing them to the sulphur gas. They should be kept in the sun before they are used. It is seen in practice, though the patient uses the ointment as directed, he generally neglects the instruction about disinfecting the linen. He gets re-infected and the vicious circle is continued. If only a few insects remain safe, he hardly gets free from infection. The insects are fast breeders. Thus all labour and time to kill the insects are lost. We must use the ointment so skilfully that the insect may not have breathing time to multiply. Remember that the sulphur gas is very poisonous both to the insects as well as to the man, and so no body should approach when sulphur is burnt. Wait till the gas completely disappears.

Another useful application is a solution. It is prepared as follows:—

Slaked lime 4 oz.  
Sublime sulphur 4 oz.  
Water 35 oz.  
Boil it down to 20 oz.

When boiled black residue will be formed, which is to be thrown away. Filter and take only the golden yellow liquid. Apply this solution with a piece of sponge or with cloth.

Dr. Gosh in his excellent book on *Materia Medica* writes to say "This solution may cure itch in half an hour when applied after a warm bath."

Another well known authority, William Whitla, says "a sharp attack of itch may sometimes be removed in

a few hours" when this solution is used.

As this liquid comes in contact with the organic matter contained in the crusts and secretions of the skin, it gives off free sulphuretted hydrogen, which gives a very nasty smell.

I have used this solution for years among school children with very good effect. I have seen that when the application is made the insects migrate to the surrounding parts and there make trenches. When the patients see new eruptions follow the application, they get frightened. These new eruptions should be treated in the same way and within a short time the insects will be killed. Let it be remembered that the application should not be overdone, otherwise it will cause irritation.

## THE WOES OF OUR PUERPERAL WOMAN

BY

DR. C. S. SWAMINATHAN, L. M. P.,

*Komaratchi.*

The untold and unheard of miseries of our newly delivered women during the 10 days after their confinement may be traced to be the cause of the so called "prasaya vairagiam"—a vow not to become pregnant again, amongst a few ladies. As the sufferings are borne with patience by our country women who are noted for that virtue and as they are borne by them in a "Black Hole"—the delivery room, where educated male members have no access, they have not come to the light of the day. Most of these could be prevented and their puerperium be made a jolly holiday if it is possible to shake off superstition and

sentimental objections prevalent amongst us. Below are given certain practices which are a source of annoyance to the delivered ladies and which could easily be eschewed to their relief.

In a previous article I have shown the pernicious practice prevalent amongst the quack midwives of cleaning the genitals with dirty rags and putting up a binder of the same materials bringing danger to the life of the woman by septic infection. It is unnecessary once more to emphasize the use of clean washed and steamed cloth piece, for, by observing this golden rule one may avoid the dangers and

inconveniences which women are put to by getting septic or infected and give them a comfortable sojourn during their puerperium.

Soon after delivery she is given some musk which she swallows and she is then given some crude medicine. After this she is allowed to take rest. She is not given any special bedding and is made to lie on the floor over an old mat. Probably it may be winter season, the floorings may be cold and damp but it does not matter as custom prohibits the use of cots or benches.

Regarding food, It is given only on the 3rd day of delivery and consists of cooked rice and some Kolumbu (*Qanjiya*). No butter-milk or curd and the same diet is repeated for the seven days coming after. If the delivered woman is unfortunate to deliver in the early hours of the day she has to starve for full two days and if she is fortunate to deliver in the night for one full day. If it is the considered opinion of great obstetricians that it is a mistake to keep a healthy puerperal woman on a low diet, what can I say of starvation? So much for food. Coming next to water this beverage is refused to be given to her during the ten days as pus will be formed in the womb. This is only a mistaken belief. Water is given very carefully say about 8 to 10 ounces a day, and that too after the water has been scalded and after a red hot iron nail is plunged into it. This latter process is supposed to make the water ineffective of producing pus. If a lady happens to deliver in the summer months of our country, the climate of which has been described by one as 9 months hot, 2 months hotter and 1 month hottest in a year, the sufferings of that lady under this custom can better be imagined than expressed.

If the season during which delivery occurs happens to be winter, to make the atmosphere in the room warm, half dried burnt blocks of margosa tree are burnt, of course not in a blaze, in the room. Margosa tree when burnt gives out a smoke which, though it might have some antiseptic powers yet in a delivery room as is commonly found in our parts where there is no proper outlet except the door-ways which are always kept closed, at best tends only to asphyxiate for want of supply of good air.

**Management of Puerperium:**—As soon as delivery is over, if she relishes she can be given a cup of butter milk coffee, tea or conjee to pick up her strength. For the first day instead of starving her she may be placed on a liquid diet say milk or conjee with a little bread if available. On the 2nd day  $\frac{1}{2}$  ounce or more of castor oil may be given to move the bowels. Ordinary diet may be gradually and rapidly resumed. The diet should comprise of plenty of milk and should be devoid of indigestible or highly spiced articles. Plenty of good water may be given with impunity. She should be kept in absolute rest for the first 4 days and may be allowed to sit up. It is well to keep her in bed for at least 10 days as many gynaecological complications can be prevented by giving her well earned rest. Sleep is essential for her and she might be encouraged to sleep well. For any deviations in her health from the normal, qualified medical help should be taken. To warm the air in the delivery room it is better to use dried block of wood and burn them in a blaze and not to allow them to smoke.

## FEAR AND FAITH IN HEALTH AND DISEASE

BY

DR. J. S. LANKFORD, M.D.

*San Antonio, Texas.*

When Cæsar said, "Of all strange things to me yet known the strangest is that men will fear," he referred to physical bravery or fear in time of danger of bodily injury. One of the most interesting things in human experience is that fear favours death. Nothing is more common in the physician's experience than to see the timorous, frightened patient succumb to surprisingly little disease, while the fearless courageous one fights successfully against enormous odds and recovers.

The somatic mind, which controls all the functions of all the organs, operating through the sympathetic nervous system, if not under the dominion of the dome of thought, is at least powerfully influenced by the mind inside the skull. If a patient is completely dominated by morbid fear, a vast depressing influence is unconsciously communicated to the organs: function is seriously impaired; the blood becomes surcharged with the waste products of the body; vitality is reduced to a very low point and the power of resistance is greatly impaired. On the other hand the man who has a heart full of courage and lives and moves fearlessly among his fellows, is not so likely to succumb to disease. His life is calm and undisturbed; his functions are good; and his forces and powers combat disease in a masterful way. This man is foreshadowed in the boy. He is the one who walks without hesitation into the dark cave, which is said to be occupied by

a monster, when the other boys hardly have the nerve to follow.

In times of epidemic cholera many die of fright; reports of the disease producing such a profound impression on the mind that all resistance is gone and even limited infection destroys life quickly. Such is the tragedy of fear in the presence of widespread havoc and death. So it is in all alarming fatal epidemics of every kind. The public mind takes on a state of terror or panic and the hosts of disease march bravely on triumphing over fear. The "rider on the pale horse" knows no fear. All men are cowards about some things; some are not afraid of disease and resist it to the last. In times of alarming epidemics with startling fatalities it is the man of great courage, whether physician or citizen, that calms the multitude and mitigates the terrible fear. In no great crisis of life is fearless courageous leadership so valuable.

What is fear? It is probable that it is chiefly an inherited trait. It is the sum of all racial experience in casualties and calamities; a haunting memory of all that man has suffered in the long-continued struggle for survival; hunger, thirst, violent death at the hands of his associates, man and animal; the catastrophes of nature; volcanoes, earth-quakes, flood, storm, lightning, thunder, and all the horrifying mysteries of nature; the great mystifying tragedy of death, so little understood by primitive man and not

much more today with all our scientific knowledge.

Man has always lived in fear and is ready to dodge from shadows. He is hereditarily and constitutionally afraid of the unknown. And when he gets sick he falls a victim of uncontrollable fear of disease and death; every hour is full of apprehension and his chance of recovery is minimized by this unfortunate state of mind. Not only is he burdened with the old racial fears and anxieties, but ancient and medieval superstition of every kind hovers around him and is hard to shake off. Like the silent ghosts of the night they reign in his subconscious mind; he is afraid of the devil and his legions and of all kinds of evil spirits; however much he may be educated this fear is still with him. One saving point is that the patient in some cases is benumbed into stupidity and indifference by toxemia.

But we of the present day are living in a great age; an age of evolving scientific fact; an era which shall mark the disappearance of superstition and the slavery of tradition; a marvelous age when truth shall supersede the false, and the mysterious shall vanish. The truth shall make us free, and faith shall become preeminent as we absorb and apply the information of our day. With the unfolding of the truths of science and with the rapid advancement of medical knowledge faith will abound in life and in human illness, and the fighting quality of many individuals will be so enhanced that there will be a greater percentage of recoveries. Education and information will permeate the masses and fear will give place to knowledge and knowledge will inspire courage.

It is a notable fact that doctors rarely contract infectious diseases,

though constantly exposed. Evidently it is because they face the enemy intimately, fearlessly and bravely, while those further away hear worse than the truth and tremble with terror and are consumed by fear that they are readily susceptible to disease.

The truth is that we all wage eternal warfare against the mighty hosts of disease and he is safest who lives a natural, well-balanced life; who is calm and courageous; who steers clear of anger, worry, and strife, and who stands ready to defy disease, while he uses intelligent precaution against it. The dominating principle of life too often is fear. It is when our resisting powers are reduced by wrong living and enervating fear that we fall victim of the disease germs which constantly infest our bodies.

In this age of courageous truth seeking the public mind is ready to learn the truth in everything that relates to human betterment and to profit by it. The widest possible dissemination of the knowledge that has come to the medical profession in recent years would be of inestimable value to the public, and would add much to the individual's faith in himself and in the physician in times of illness and he would confidently expect to recover, even in the face of many difficulties. If a patient is in that state of mind, full of faith in the doctor, and in the means used for his relief, he is amenable to suggestion and can be greatly benefited by sound advice which he will be ready to follow and especially by the inspiration of hope, which the doctor and his friends can pour into his heart. His faith will be boundless and his chances of recovery much increased, whatever his pathologic condition may be.

Fear and worry mean death; faith, courage and hope mean life. The most abject slave is the unconquered self in the battle against disease, as in other matters.

After a few generations of proper education and further development in scientific truth, fear will disappear from the minds of the people; mass

panic will be easier controlled; and disease will come under better mastery. Then a far greater number of individuals will walk the ways of life unafraid, more capable of fighting disease and able to get more out of life by giving courage and happiness to others.—*American Medicine*.

### DON'TS FOR FIRST AIDERS

Don't delay in cases of haemorrhage.  
Don't take upon yourself the duties of a doctor.  
Don't wait for appliances not readily to hand—improvise.  
Don't give stimulants in haemorrhage.  
Don't neglect to protect a wound.  
Don't lower a bleeding wound.  
Don't carelessly handle an injured limb.  
Don't take extension in compound fracture.  
Don't try to reduce a dislocation.  
Don't expose burns to the air.  
Don't jump at conclusions—think.

Don't raise the head in fainting.  
Don't lower the head in sunstroke.  
Don't give anything by mouth in apoplexy.  
Don't fail to treat shock in all cases.  
Don't delay in cutting down in hanging.  
Don't give emetics in corrosive poisoning.  
Don't let a patient go to sleep in opium poisoning.  
Don't forget the doctor.

(From *Accidents & Emergencies*, by A. T. Gooding, published by John Bale, Sons & Danielsson Ltd.)—*First Aid*.

### FASTING IS A TRUE SCIENCE

One really begins to wonder whether so-called medical scientists really take the trouble they should, in investigating any method of treatment which is new to them, or whether they condemn such a method without investigation, simply because it is based on theories supposed to be wrong.

The recent report of an address given by Professor Max Rubner before

the Prussian Academy of Science is a case in point. In talking of the subject of fasting as a method of rejuvenation, he condemned it as having no scientific support, and said that it is only a fashionable fad.

According to the *Evening News* of August 4th he said that "such cures are based on an entirely erroneous theory—that fasting breaks down the weaker material of the body cells,

which later, through suitable nourishment, can be built up afresh." What actually happens, in Dr. Rubner's own words, is that "not only the cell albumen but also the cytoplasmic contents are reduced and only the nucleolus, the comparatively large body found in the nucleus of most cells, remains until the end of the fasting. The properties of the new portion of the substance of the cell body subsequent to the fasting are identical with that of the old. What is required in regard to fresh cells is provided by the blood. In other words fasting may be fashionable, but when aimed at rejuvenation it has no scientific support."

#### LACKING IN KNOWLEDGE.

We know that in talking before an audience of scientific men he had to use very scientific language, and as the result very few laymen would understand his reason for condemning fasting from his words, but in his statement that "what is required in regard to fresh cells is provided by the blood" he lets the cat out of the bag, and proves that he is lacking in knowledge of even the most rudimentary principles of the fasting cure. In this last statement he discloses an elementary principle of physiology upon which the whole subject of fasting is based, and which he entirely disregards.

Anyone with the smallest knowledge of physiology knows that health, youth, and longevity depend entirely on the health and vitality of each individual cell. The health of each cell depends entirely on the condition of the blood that nourishes it. If the blood is pure and normal in its constituency each individual cell is normal, and the result is normal

health, youth and strength. If, on the other hand, the blood is laden with impurities, is poor in quality and otherwise abnormal, the health of the cell becomes abnormal and the result is weakness, ill-health, premature old age and early death.

Fasting, by its miraculous cleansing effects on the blood, produces a rejuvenating effect on the cells which no other method can produce.

#### THE BLOOD-PURIFYING EFFECT.

The blood-purifying effect of abstinence from food is the whole effect upon which the fasting cure rests; and it is of little use for a professor, no matter how high his standing, to use high scientific language and disregard this main fact.

In cases of pernicious anæmia, where the blood count is a third of its normal number, double the number of red corpuscles have been produced in so short a period as seven days' abstinence from food, and after a further period of fasting the condition of the patient has been changed from weakness and the prospect of an early grave to fairly normal health. Is not that proof of the rejuvenating effect of fasting?

When one sees patients, 70 years of age, who are unable to walk, because of weakness, and are suffering from terrifying symptoms as the result of high blood pressure, and then sees them again after they have abstained for thirty days from food, having in the meantime become normal beings, rejuvenated in health, strength and appearance, would not one regard such evidence as proof of the rejuvenating effect of fasting?

#### NO LACK OF PROOF.

Patients weakened and worn out by sleeplessness and restlessness as the result of rheumatic pain in muscles and joints, are freed from pain, and become stronger and able to walk distances of 8 and 10 miles, simply because of abstinence from food. Is what the eating or not eating of meat or other flesh foods amounts to.

It is necessary to be absolutely clear on this point, for the science of dietetics, upon which the whole fabric of modern food reform is built, is not called upon to decide whether it is right or wrong to kill animals for human food, but whether flesh foods, as such, are, or are not, conducive to health and healthy living. And the answer undoubtedly is that these foods eaten not more than once a day by one leading a vigorous and active life, are not harmful to health, and indeed, they are reputed to be more readily assimilable by the system than protein from vegetable sources.

#### A POSSIBLE SHOCK.

This may come as a shock to the ardent vegetarian who has been accustomed to ascribe to "meat-eating" the

cause of all the ills of to-day; but, as he will now see, it is not actually the eating of meat itself which is the danger, but the grossly excessive quantities in which it is consumed, and consumed by people, moreover, whose mode of living prevents the system ridding itself of the large quantities of waste and harmful by-products so inevitably accumulated thereby.

Let it be understood, therefore, that it is not whether one eats meat or not which decides whether one is living healthily, but whether one is taking steps to supply the body with its daily need of fresh unspoiled foods, from which to derive its quota of materials for efficient, active functioning.

A diet rich in fresh fruits and raw salad vegetables, clean habits of living and plenty of fresh air and outdoor exercise; these are the essentials upon which real robust and sound vitality depend. And if Vegetarian and "Meat-Eater" alike will take this to heart, and arrange their daily lives accordingly, then both of them can be assured that they will be treading the path to radiant health together!—*Health for all.*

#### EFFECT OF COLOR IN GARMENTS.

Light-colored garments are cooler than dark because white does not absorb light rays but reflects them. Black, on the other hand, drinks in these rays. From the point of view of decency and health, however, white is to be preferred because it shows dirt so readily. It must be sent to the dry cleaner or the laundry frequently, while dark apparel, although equally

soiled, will be worn indefinitely. Woman send far more of their apparel to the tub than do men and hence enjoy greater cleanliness. Daily change of underwear and hose is recommended, even if the articles are not sent to the laundry each time. The interval serves to air them thoroughly.

—Good Health.

## BATHING HYGIENE

The Joint Committee on Bathing places of the American Public Health Association and the Conference of State Sanitary Engineers have submitted the following recommendation to the Public Health Engineering Section of the American Public Health Associations:—

1. "The feet and toes of all bathers should be inspected regularly and those persons showing infection should be excluded from the pool and dressing rooms and advised to consult a Skin Specialist."



Insects are the carriers of infection.

The idea is of course, to prevent the spread of infectious skin diseases of the feet at the swimming pools and other bathing places, such as ringworm, toe-itch, toe scalding, fungus foot and papilloma. This is no doubt an impracticable suggestion as considerable difficulty would arise from an attempt to have a regular inspection of all bathers particularly in public pools and in the dressing rooms of bathing resorts at public beaches. If the disease be marked and obvious and raw bleeding sores are actually

noted, exclusion becomes a practical possibility. To demand personal inspection to control foot diseases to prevent their spread in bathing places is probably unreasonable in the light of practical administrative procedure.

(2) "Wash all floors, benches and stools in dressing rooms, dining boards out of water portions of ladders or steps, rubber mats etc. daily with a strong solution of chlorinated lime or chlorinated soda.

This is a precaution that can be taken with regularity and certainty. It is reasonable to advise that canvas mats and pads be eliminated from use in place where they are likely to be water-soaked and thus afford a splendid medium of growth for fungi.

(3) Take precautions to ensure that there is no change of unsterilized towels, suits, bathing slippers etc. among bathers. All suits and towels should be thoroughly sterilized by boiling before being dried for re-issue."

This is practicable in so far as these are issued by the proprietors.

When, however, such articles of personal use are brought in by bathers and swimmers, the control of their sterility becomes impossible. This depends upon the Education of the community concerning the health dangers inherent in such practices.—*American Medicine.*

[In India, swimming pools are being established by city Corporations and Municipal bodies as pleasure resorts and for recreation purposes and the above suggestions will be found immensely helpful to those who participate in such sports.—Ed. H.]

## HEALTH NEWS AND NOTES.

**Why a father always desired a son:**—As far back as anyone can remember the father of a family always desired a son—often, as we well know, he did all kinds of things if the baby turned out to be a girl. The father and son idea was always strong—with the father. Perhaps it is the unborn desire to have the name, business and money carried on (or away) by the male offspring—sort of "direct descent" hankering. One sometimes wonders why this should be when he sees some of the famous modern sons and how they turn out. Some fond fathers ought to be glad that they have no sons to carry any part of the father onward. However, sons are the rule.

For example, a boy and a girl in a family were, after great effort upon the part of the school nurse, booked up for tonsils operations. Both equally needed the tonsils removed; beds were engaged and all arrangements made for a certain day. Upon that day, the mother appeared with the girl; said the nurse, "Where is the boy?" Said the mother, "Well, the father said to take the girl first and if she didn't die, he would bring the boy!" And this is a true story.—*American Medicine.*

**Future Man Pictured as Deaf and Blind:**—A Human race deaf, blind and with the balancing mechanism in the ear unable to function properly, is predicted by Dr. Paul V. Winslow, ear, nose and throat specialist. He told the Kiwanis Club in New York City about this. The results would be brought about, he said, by the strains and shocks to which the

eye, ear and bodily organism are subjected by modern civilization. He pictured men "like dizzy pinwheels" staggering about and conducting all their affairs by the sense of touch, as certain animals do today. Hearing would go first, he believed, and then sight. The strong artificial lights now used constantly, with little chance for the eye to rest, would ruin the vision. Moving pictures were contributing to this result. While he could not prove it, he thought that noise was a factor in the death of so many men of middle age.—*Good Health.*

**Confusion worse confounded:**—Children hear so much about doctors, milk, teeth, tonsils, adenoids, etc., etc., that it is not surprising they think confusedly. We recently examined a bright little girl and were properly shocked at the condition of her throat; "What did your doctor say about your tonsils—did you go to see him?" And, said the little girl, "No, we haven't been to the doctor's yet—he's dead!" (P. S.: Someone overlooked a tonsil case—and that is the funny part of this story.)—*American Medicine.*

**A dream and its explanation:**—Speaking of dreams, experiments and discoveries at the University of Texas seem to explain that the common dream one has of falling, is due to a downward movement of the body during sleep—turning or twisting which pushes one's body, or part of it, farther down in the bed. They endeavored to discover the cause of the old dream wherein one finds oneself out in company minus most or all of

one's clothing—and they couldn't even make a guess. Perhaps this latter type of dreams is going out of date because it ought to be explained by the fact that there is now nothing very startling about it—one has become so accustomed in every day life to see women with little or nearly no clothing that the whole thing seems very natural.

#### Aluminum ware not dangerous:—

Many housewives have been afraid to use aluminum cooking utensils, having heard of the danger from poisoning. These fears are quite groundless, we are assured by H. R. Boll, chief of the division of chemistry of the Baltimore Health Department, writing in *Practical Home Economics*. He points out that tests made by the Medical Research Council in England proved that even if acid fruits and vegetables were boiled for long periods in aluminum ware, the traces of the metal in them were extremely slight. McCollum of Johns Hopkins made elaborate experiments on animals with aluminum and found that it was not absorbed in the system. No bad results were noted even when comparatively large quantities were administered.

Another investigator learned that various foods contained this element, especially cherries and onions. Lettuce, milk, flour and liver had a smaller content.—*Good Health*.

[This is evidently a counterblast to the terrible indictment against aluminium vessels being used for cooking purposes, published some time ago in the *Western Medical Times* and extracted in the *Health*. Vol. IX No. 9 Page 177. We still adhere to our opinion already expressed therein that

Aluminum wares are not conducive to health and warn our readers not to use these utensils until, at least, more convincing proof in their favour is forthcoming.—*Ed. H.*]

#### Old mannerisms still survive:—

Barbers, as we recall, originally practised some surgery. They have now become more highly specialized and still lean to professional mannerisms. A Barber shop on Broadway, New York City, displays this sign, "Consultation free as the most becoming styles of Permanent Waves. \$ 8.00. No other charge." Rather a familiar tone of quackish suggestion,

—*American Medicine*.

**Fear Bogey in Children:**—Of course, modern intensive "child training," especially from the "mental hygienic" point of view, is quite alright; almost everyone "speeches" and writes authoritatively upon the subject. It would be a good idea, however, before beginning "training" the child, to work a little special common sense into parents. Putting fear into a child's mind seems to have always been, and still is, one of the prime resources at hand by which fool parents obtain obedience. It is interesting to note how the old fear bogey is being changed for new models. We recently heard a woman correct a child by saying, "If you don't sit down and be quiet the vacuum cleaner will get you!" And the child promptly subsided—with fear. One thing at least can be said for some presentday mothers—they are very modern!—*American Medicine*.

**Parent's responsibility for children's sleep:**—"The responsibility regarding [children's] sleep lies, of course, with parents. Teachers are,

at all times, justified if they perceive continued drowsiness, inattention, dark lines under the eyes, pallor, due to late hours in certain of their pupils, in writing to the parents drawing attention to shortcomings in this particular respect."—JOHN HUNTER in the *Scottish Health Magazine*, Glasgow.—*The World's children*.

**The 'pater' is no more the master:**—That the tag, "the Englishman's home is his castle", is not to be maintained in face of neglect of a child was recently proved by a police court prosecution in a London suburban district. The father of a twelve-year-old boy, had been ordered, by the school medical officer, to provide spectacles for his son, but he refused. His objection was that "he would not have outsiders interfering with his child". After four months' delay he submitted, but nevertheless—as an example to other recalcitrant parents—he was prosecuted and ordered to pay a fine of forty shillings and five guineas costs.—*The World's children*.

#### Vegetarian Kittens Refuse Meat:—

A Chinese psychologist of the University of Chekiang reports a series of studies of about sixty kittens brought up in his laboratory. Some of the kittens were brought up from birth to associate with rats or mice as social companions. No kitten of the eighteen so raised ever killed one of its playmates or any rat of its kind, and only three killed other kinds of rats.

Some of the kittens were raised on a vegetarian diet. This did not make them less keen as rat hunters but most of them would not eat the rats they killed. In fact, after three to four months of a meatless diet, the vege-

tarian kittens refused any meat.—*Good Health*.

**The newest Vitamin:**—Vitamin G is now in the papers. It is one of the more recent vitamins to be considered and may apparently be found to exert marked influence upon growth and old age. Prof. H. C. Sherman of Columbia University, New York City, is quoted to the effect that laboratory experiments show that this particular G member being cut down in, or entirely from, the diet of rats, reduces rate of growth and may even result in their death. Some rats became old before their time due to insufficient G vitamin and began to show signs of this through losing their hair. And now we know we are sunk—our hair has been thinning out for some time—prematurity has us. Just wait until our bright-eyed advertising geniuses of the high pressure salesman type eat up this vitamin G news and then see splashed all over, "Use our G Tonic—live for ever and see your barber twice a day!"—*American Medicine*.

**"Health Circus" in Germany:**—The Dresden Museum of Hygiene, in addition to its travelling loan exhibits, travelling libraries and dental offices, has started, under the auspices of its International Health Service, what has been called a travelling "health circus,"

This consists of a motor-van carrying a condensed but comprehensive exhibition of models of human anatomy, and photographic and cinematographic apparatus. A large tent is carried, and an electricity plant provides light for the tent and power for the cinema apparatus.

This model has been ordered by most German States and provinces.

It was shown to the Hygiene section of the League of Nations during its visit to the city.—*Medical World*.

**Death is relative:**—Death is apparently not what it used to be. Nowadays, many individuals carefully study their impending demise and arrange the grand finish in detail. Some look at it in one way and some in another and therefore death is relative—just as smoking, drinking, bathing, exercising, etc. A man in Michigan is said to have left a will in which he directed that one hundred cigars be brought which were to be continuously smoked by all the men attending his funeral; the females and the children of the

cortege were to be supplied with chewing gum and candy. The pallbearers were to be musicians who were to play modern jazz with a particularly last peppy number at the final moment of interment. We suppose, and trust, as the principal in the cast directed, that a good time was had by all.—*American Medicine*.

**Vow kept for 67 years:**—For 67 years Mr. Henry Bassinger of New York, aged 100 has not drunk plain water. During the American Civil War he was ordered to get some water from a stream polluted by the bodies of four decayed mules. He then made a vow not to take a drink of water and has kept it ever since.—*B.U.P.*

## NOTICE

Eminent physicians of various countries have frequently drawn attention to the lack of the international centre for discussion of questions concerning social hygiene of the child and the prophylaxis of children's diseases. It is to meet this need that save the children International Union, Geneva, has decided to form a new section which is to be called the *Section for Preventive Pediatrics*.

This Section will be composed entirely of physicians, and will deal with the scientific study of the prophylaxis of children's diseases and related questions of organization and instruction. Its head quarters will serve as an information and liaison centre for

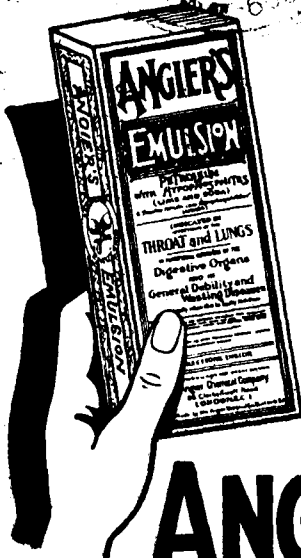
physicians and others who are interested in child hygiene and who may wish to make inter-staff exchanges or undertake studies in other countries.

The lines upon which this new section is to be conducted have been fixed by a number of well-known pediatricists, including Professors Lereboullet (Paris), Parsons (Birmingham), Valagussa (Rome), Schlossmann (Dusseldorf), Hamburger (Vienna), and Scheltéma (Groningen). Professor Scheltéma has undertaken the work of organizing the section and is temporarily in charge of its secretariat. All further informations may be obtained from Professor. G. Scheltéma, Groningen (Holland).

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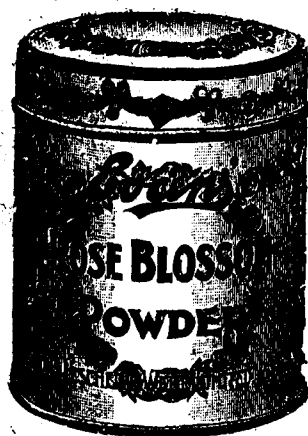
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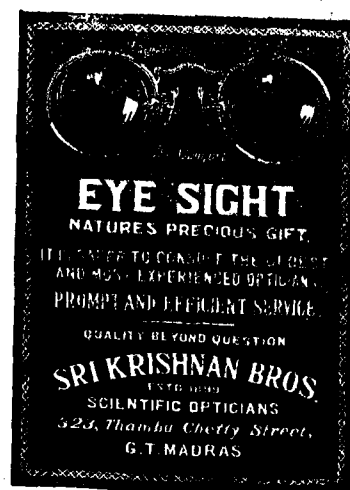
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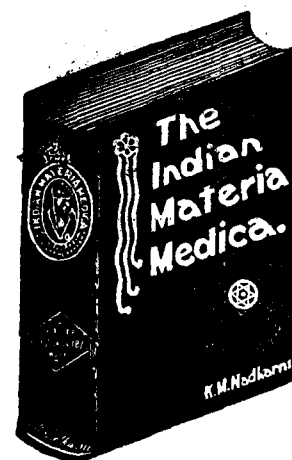
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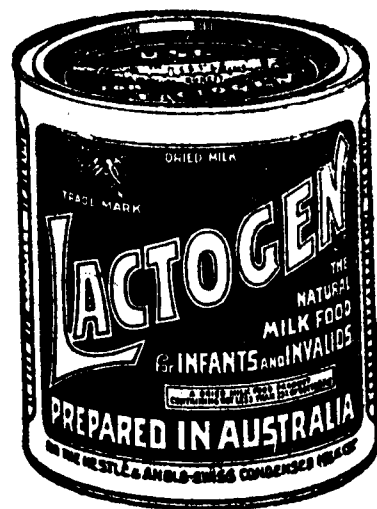
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