

HEALTH

A JOURNAL DEVOTED TO HEALTHFUL LIVING
EDITED BY HONBLE DR. U. RAMA RAU, & U. KRISHNA RAU, M.D.B.S.



TIRUKALUKUNDRAM OR THE HILL OF THE SACRED KITES.

For detailed Explanation please See page 32.



**GRIMAULT'S
SYRUP OF
HÆMOGLOBIN**

AN ABUNDANT SOURCE OF NEW BLOOD
RICH IN HÆMOGLOBIN

REINVIGORATES
**ANÆMIC SUBJECTS
CONVALESCENTS
THE OVERWORKED
AND THOSE
WITH A TENDENCY
TO TUBERCULOSIS**

Sold in all Pharmacies
INSIST ON "GRIMAULT'S"

Relieves the scalding pain at once and

SANTAL MIDY CURES all discharges from the genito-urinary organs in either sex.

obtained from the best Mysore wood.

Unlike the sandal oil of the Bazar, it is superior to Copaiba, Cubeb, or Injections, and causes no inconveniences.

Beware of imitations

Each tiny Capsule bears the name

SANTAL MIDY

8, RUE VIVIENNE, PARIS

BAILLY LABORATORIES

15 & 17, Rue de Rome, PARIS (VIII^e)

SPECIALISED PHARMACEUTICAL PRODUCTS

NAME	COMPOSITION	PROPERTIES	CLINICAL INDICATIONS	POSODOGY
PULMO BAILLY (SOLUTION)	Cedrine and Guaiac in organic combination with Calcium, Sodium, Phosphorus and Potassium.	Pulmonary antiseptic and Sedative. Remineraliser of the Tissues.	All diseases of the Respiratory Tract. Catarrh, Bronchitis, Pulmonary Congestion and Sequelae of Whooping Cough & Scarlet Fever.	One teaspoonful in a little water, night and morning, or with the principal meals.
FORXOL (SOLUTION)	Glycerophosphoric Acid, Nucleophosphates of Ca, Fe, Na, Sodium and Potassium Methylophosphates.	Powerful reconstructive and Tonic. Restorative and builder of the entire organism.	Anemia, Debility, Neurasthenia, Lymphatism, Convalescence.	One or two teaspoonfuls according to age, in a little water, twice daily, with or immediately after meals.
OPOBYL (PILLS)	Biliary Salts and Hepatic Extract with Bile, Cambrum, Eucalyptus and Podophyllin.	Cholagogue, Laxative.	Hepatic and Biliary Insufficiency, Intestinal Stasis, Icterus, Cirrhosis, Hemorrhoids.	One or two pills twice or three times daily, after meals, as ordered by the physician.
PHAGURYL (DRAGÉES)	Santalol, Cadeu, Terebinthol, Salol, Lapsin, Formosan.	Urinary Antiseptic, Sedative, Diuretic.	Urethritis, Cystitis, Prostatitis, Gonorrhoea, (acute and chronic).	From six to twelve dragées per diem.
MENATOL (DRAGÉES)	Ovarian Est. Castanea equina, Hydrastis Can. Hamam-Virg. Rhumai. Frang. Capivi. Acon. Viburni. Prunell. Ginkgo. Scopol.	Abdominal vaso constrictor Sedative and Hemostatic. Tonic and decongestive of the venous circulation.	Disturbances of the Menopause, Regulator of the Utero-Ovarian Functions. Menstrual Toxic.	One or two dragées three times daily before meals.
QUERGEMOL (DRAGÉES)	Carobine, Splenion, Qala, Hydrobrom. Sod. Dimethylarsenato. Meag. Nucleinatin.	Anti-anæmic. Anti-leuc. Hyper Phagocytic.	Chronic Malaria, Malarial Anæmia, Intermittent Fever.	One or two dragées twice daily before meals.

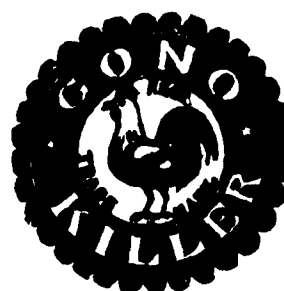
Agents:—G. LOUCATOS & Co., Menkwa Bldg., Outram Road, Bombay.
Madras Branch:—367, Esplanade Row, G.T., Madras.

CONTENTS

Editorial:—

	PAGE
The Hindu Deities on the Hills as Healers and Health-Givers	1
Mental Health by Dr. Frank Noronha, M.B.C.M., D.P.M., Superintendent, Mental Hospital, Bangalore City	4
Diet with Special Reference to Vegetarianism, by Dr. G. L. Saxona M.R.A.S. Partabgarh (Oudh)	6
Why you suffer from Tooth-ache, by Dr. H. Venkat Rao, L.M. & S., Principal, Madras Dental College	9
A Health Contrast, by Dr. P. Chatterji, Kolapani T.E. Darrang, Assam	12
Care of the Eyes during School Life, by Dr. Ragubir Saran Agarwal, L.S.M.F., Bulandshahr	13
Health Gems from Manu	15
Significance of Health, by Rai Bahadur Dr. J. L. Das, D.P.H., Assistant Director of Public Health, Orissa Circle	17
Mountain Climbing for Health, by Cecil H. S. Willson, M.H.	19
Vitamin Content of Ghee, by Dr. P. Bose, M.B. (Cal.); M.D. (Berlin)	21
The Duty of Laughter, by Jane Purves	22
Fresh Air—Mildred Claunch	23
Vegetarianism v. Frutarianism, by Dr. G. R. Clements (The well-known American Food Expert,	25
Health News and Notes	30
Tirukalukundram Hill	32

Latest Wonderful Discovery for Unyielding URINARY DISEASES.



Specific for Gonorrhoea **GONO-KILLER**

(Registered)

Is the unique remedy of the day. If the English and Native drugs have not cured the disease, and if the vaccines and injections have failed, at least once try our **GONO-KILLER** as the last resource. However old and chronic your disease may be. **GONO-KILLER** is useful in all Urinary DISEASES of males and females, in swelling of their private parts, in GONORRHOEA of any type, (fresh or old). Pain, burning and pus in urine. Gleet, Cystitis, Urethritis, Leucorrhoea, Seminal discharge and all other diseases due to Gonococcus &c.,

Foreign:—Price per bottle of 50 Pills, Shillings 7; two bottles shillings 12; three bottles Shillings 16; four bottles Shillings 20 with postage. Send money in advance.

Price per phial of 50 (fifty) Pills Rs. 3 (three)
V. P. Charges extra.

Sole Manufacturer:—**DR. D. N. JASANI,**
137, Kika Street (Gulal Wadi), Bombay, 4.

Telegraphic Address:—GONO-KILLER, Bombay.

Madras city Agents:—Messrs. DADHA & CO., 52, Nainappa Naiken St.,
Madras.

When writing to advertisers, please mention "The Health."

ABOUT OURSELVES.

India is at the present day steeped in ignorance, poverty and superstition and consequently has become the helpless victim of many a dire disease, wholly preventable.

India's manhood is at a low ebb, infant and maternal mortality are at a high level and the power of resistance to infectious diseases is at a considerable discount. To dispel the mass ignorance and superstition, to educate them in healthy habits, and to arouse their sanitary consciousness are the principal objects of 'Health'.

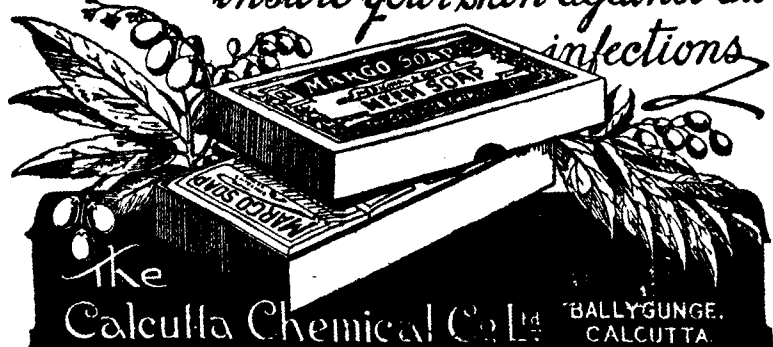
We need your help and co-operation in carrying on this propaganda work in your own interest. Health is translated and published in the principal vernaculars of South India viz., Tamil, Telugu and Canarese.

It behoves every individual, therefore, rich or poor, high or low, to subscribe to Health or its Vernacular editions as the case may be, and thus help himself or herself in maintaining his or her health and also help us in our humanitarian endeavour to free India from the ravages of disease and restore it to its old pre-eminence.

323, Thambu Chetty St.
Madras.

PUBLISHERS, "HEALTH."

For
your toilette,
use
Margo Soap
to
insure your skin against all
infections



Manufactured from Margosa (Neem)
Oil deodorised by our special pro-
cess. Pleasant smell. Free from
animal fats. Highly recommended
for delicate skins.

The
Calcutta Chemical Co. Ltd.
BALLYGUNGE,
CALCUTTA.

Madras Agents:—SRI KRISHNAN BROS., Post Box 166, Madras.

When writing to advertisers, please mention "The Health."



Kalzana Puts backbone into boys!

"A child from three to thirteen years needs as much calcium a day as two grown men, for the child is constantly building the growing skeleton."

L. M. RANDALL,
M.D., in the "Dental
Cosmos," October,
1930.

Your boy needs even more Calcium than a grown-up. He needs it not only to sustain his system, but also to build up his growing body.

Without more Calcium (lime) than he gets from ordinary food he may grow weak. His teeth will suffer and he will become susceptible to colds and infectious disease.

Give him the necessary extra Calcium with Kalzana tablets. They will supply him with the Calcium he needs. His teeth will become hard and white, his health will improve, his weight will increase and lost appetite will return.

Kalzana

THE CALCIUM FOOD
Obtainable at all Chemists &
Bazars.

24th Issue! 1931 24th Issue!!

"SRI VIDYA"

GEM, GENTS, POCKET, BUSINESS,
POPULAR & OFFICIAL

DIARIES

Sold everywhere at all
Trade centres.

Publishers:—

SRI VIDYA PRESS,
Kumbakonam (S. India).

Our Own EFFERVESCENT SALINE

A PLEASANT AND REFRESHING HEALTH SALT purifies the blood, cools the system, corrects the little ills of life as they arise: Bloating, Headache, Indigestion, Dyspepsia, Constipation, Debility, Weariness, Depression, Lassitude, Foul Breath, Heat Fag, Despondence, Flatulence, Fainting Fits, Sallow Skin, Nausea, Dizziness, Loss of Energy etc. etc. Our Effervescent Saline, acts on the liver and kidneys. Good from infancy to old age all the year round summer and winter alike. A spoonful or two taken in a glass of water first thing in the morning for 2 or 3 days will bring back the clear head and buoyant spirits and preserve the health and prolong life.

It may be given with advantage in feverish conditions as it allays the fever and thirst and proves a most refreshing beverage.

Rs. 2 & 3 BOTTLES.
SRI KRISHNAN BROS.
P. O. BOX 166, MADRAS.

ARYAVAIIDYASALA

P. S. VARIER'S

Reliable Ayurvedic medicines with instructions and suitable prescriptions for all kinds of formidable diseases can be had from :—

The Manager,

Aryavaidyasala, Kottakal, S. Malabar.

No more risk of operation.

ULCERINE (Regd.)

A time-honoured, trustworthy remedy that **Without operation** cures Piles, Fistula, Sinuses, Gangrenes, Whitlow, Carbuncles, Necrosis, Ottorrhoea, Ozina, Syphilitic Sore, Cut, Burn, any foul ulcer etc. It is also taken internally as the best blood-purifier. Operated wounds of any extent healed in a week. 1 Bottle Rs. 1-4.

TRY COCOANUT BRAND.

Lotus Honey—For all sorts of Eye diseases even Cataract, Glaucoma, Granular lids, redness, watery Eye, Etc., without knife-the nature's safe remedy. Dram Rs. 2-8, 2 Drams Bottle Rs. 4.

Postage extra, ask for free particulars from New Formula Co., Kandi, Bengal or from Agents :—

Dadha & Co., 52, Nyniappa Nalcken St.

SRI KRISHNAN BROS.,

323, Thambu Chetty Street, Madras.

CORRECT SLUGGISH LIVER AND BOWELS IRREGULARITIES.

then the whole system will automatically be regulated.

Niamett is a dependable remedy to cure Dyspepsia, Indigestion, Constipation. It removes discomfort, acidity and lassitude after eating and prevents all digestive disorders. Just five drops twice daily after meals will settle the whole thing right away. Price is only **Re. 1-4.** per bottle of 1 oz. usually sufficient for over a month.

Special Agents for India, Burma & Ceylon.

S. ABDUL RAHEEM & Sons. Ltd.,
15, Market Street, Calcutta.

ROWJEE'S
MEDICATED HAIR OIL

A purely medicated oil for promoting a luxuriant growth of hair, for preventing them from falling off, and for strengthening and rendering them glossy and beautiful. It keeps the scalp free from dandruff, effectively eradicates scurf, prevents and cures baldness. The oil nourishes the hair roots and has a destructive action upon the micro organisms which destroy them.

A little should be rubbed into the roots of the hair every night at bed time.

Re. 1 s bottle.

SRI KRISHNAN BROS.,
(Estd 1899)
Chemists & Opticians,
323, Thambu Chetty Street,
MADRAS.

THE Bharata Dharma

A Magazine of Liberal Hinduism
Published Monthly—Every Full-Moon Day,
at Adyar.

Editor: **MR. S. RAJA RAM**

Yearly Subscription—Rs. 1-8;
Single Copy—As. 3.

"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*

Best Medium for Advertisement

Enlist yourself as a subscriber by sending Rs. 1-8 with full and clear address to

The Managing Editor,
Bharata Dharma
Adyar, Madras.



The Family Doctor strongly recommends

SERRAVALLO'S TONIC

(BARK AND IRON WINE)

AS

a sure and delicious Tonic in cases of:

Nervous Exhaustion,

Poor Appetite,

Lack of Tone,

as well as during

Convalescence,

It will be found **Invaluable** by the over-wrought business-man and the busy house-wife, while its remarkable palatability renders it a general **Favourite** with Children.

OVER 10,000 MEDICAL TESTIMONIALS

To be obtained from the leading Chemists or from :—

The Sole Agents :—

D. SYED OOSMAN & Co.

60, Bunder Street, Madras.

J. SERRAVALLO, TRIESTE, BARCOLA (ITALY)

SENSATIONAL BOOKS

Over 200,000 already sold during the last few months.

- | | Rs. | A. |
|--|-----|----|
| 1. THE MARRIAGE IDEAL | 2 | 8 |
| 2. THE NECESSITY OF SEX EDUCATION | 2 | 0 |
| 3. FAMILY LIMITED (illustrated.) | 0 | 8 |
| 4. SEX ORGANS Part I (illustrated.) | 0 | 8 |
| 5. SEX ORGANS Part II (illustrated.) | 0 | 8 |
| 6. SURE SON AND A HEALTHY ONE (illustrated) | 0 | 8 |
| 7. THE HIDDEN SCIENCE FOR ALL (illustrated) | 0 | 8 |
| 8. CLIMAX OF MARRIAGE HAPPINESS (illustrated) | 0 | 8 |
| 9. SECRET EXERCISES (illustrated) | 0 | 8 |
| 10. FIRST SEXUAL IMPULSE (illustrated) | 0 | 8 |
| 12. SELF CURE OF VENEREAL DISEASES (illustrated) | 0 | 8 |
| 11. SELF CURE OF FEMALE DISEASES (illustrated) | 0 | 8 |
| 13. ADVICE TO YOUNG MEN (illustrated.) | 0 | 8 |
| 14. YOUR FUTURE STRENGTH (illustrated.) | 0 | 8 |
| 15. MIRACLES OF NATURE (illustrated) | 0 | 8 |
| 16. LIVE 100 YEARS OR MORE (illustrated) | 0 | 8 |
| 17. FORE-CASTING OF DEATH (illustrated) | 0 | 8 |
| 18. WONDER OF WATER (illustrated) | 0 | 8 |
| 19. HI HAI! HAA!! (illustrated.) | 0 | 8 |
| 20. BED TIME RIDDLES (With solutions) | 0 | 8 |
| 21. SECRETS OF HEALTH (illustrated) | 0 | 8 |
| 22. BEAUTY HINTS (illustrated) | 0 | 8 |
| 23. SECRETS OF WEALTH & WISDOM | 0 | 8 |

Note. Books worth Rs. 10 ordered at a time are sent FREE of Post and Packing Charges.

**STENO BOOK AGENCY,
AMRISTAR.**

Madankameswar Leham

A boon to the weak and the impotent. Improves blood, vigour, vitality, strength and manhood, cures heat-complaints, debility and diabetes. gives wonderful effects.

2 Tins enough. 20 Tins tin, Rs. 1-4-0.

V. P. Charges Extra. Catalogue free.

P. C. A. & Co.,
Ayurvedic Samaj,

PERIDEPI, NELLORE Dt.

Healthful Diet For India

BY

H. CHARLSON MENKEL, M.D.

An up-to-date and scientific exposition of the subject of Dietary for India.

Over twenty years of medical practice in India, dealing with nutritional and digestive problems has well qualified the author to prepare a book suitable for popular instruction on this important subject. Just such a book as physicians desire to place in the hands of their patients as a guide to healthful dietary practice.

The book not only reflects a thorough study and knowledge of Indian conditions on the part of the author but also follows in the main the principles of Dietary laid down in our religious scriptures, Hindu or Buddhist, Mahomedan or Christian. The book also gives methods or preparing menus, which with suitable modifications may be adapted by even the poorest of Indian Homes.

Price Rs. 6 Postage Extra.

SRI KRISHNAN BROS.,

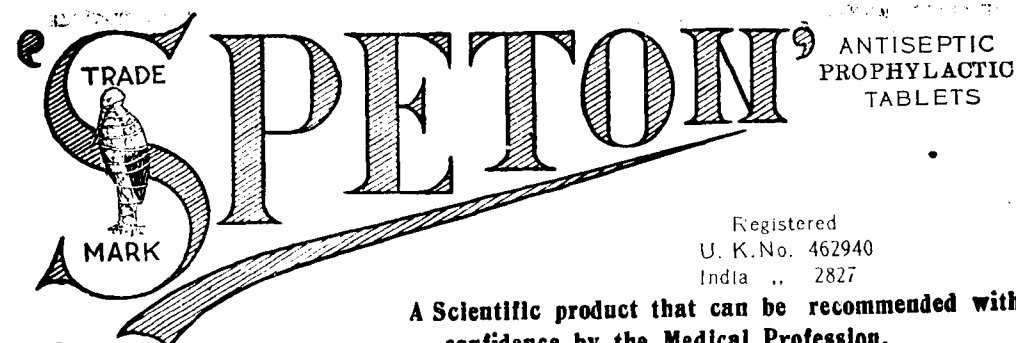
Post Box 166, MADRAS.

THE FINEST FACE POWDER.



With a puff in each tin Re. 1.

Sri Krishnan Bros., P.O. Box 166, Madras.



Originally known to the Profession as "Spermathanaton".

PACKED IN ORIGINAL TUBES OF 12 TABLETS.

CLINICAL SAMPLES & LITERATURE SUPPLIED TO THE MEDICAL PROFESSION.

Sole Concessionaires for U.K. and English Colonies: **COATES & COOPER, 41, Gt. Tower St., London E.C.3**

INDIAN DEPOTS: **Calcutta**:- FRANK ROSS & CO., LTD. 15, Chowringhee. **K. R. LYNCH** 16, Central Avenue, Calcutta. **Rangoon**:- E. M. de SOUZA & CO. 271, Dalhousie St., **Madras**:- SRI KRISHNAN BROS., 323, Thambu Chetty St., Madras, **Lahore**:- MADAN MOHAN & BROS., Rang. Mahal, **Bombay**:- THOMSON TAYLOR Ltd., Esplanade Rd., Bombay **Ceylon**:- COLOMBO APOTHECARIES Co., Ltd. P. O. Box, 31, Colomb

Manufactured by

TEMMLER CHEMICAL WORKS, BERLIN-JOHANNISTHAL.

GONO CURA.

A

MARVEL OF AYURVEDIC PREPARATION

for radically curing Gonorrhoea.
In acute cases the very first dose alleviates pain

AND

A week's treatment ensures cure
A trial is sure to convince all about

ITS

PROMPT AND WONDERFUL EFFICACY.

Price Rs. 2 per phial. Postage Extra:

Urethral Wash Re. 1 per phial

Also write for our free booklet, "A Manual of Prescription in Ayurveda," sent free to any address on request.

Deshabandhu Ayurvedic Works,

46-A Corporation Street, Calcutta.



The Food The Nation Needs.
Nature's Most Powerful
Vitamin Food.

BEMAX

ONE tablespoonful of Bemax contains more
'B' Vitamin than a 4lb. loaf of wholemeal
bread.

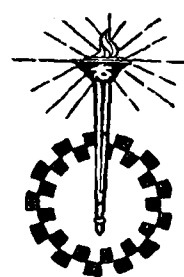
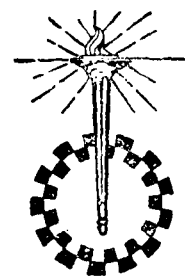
One tablespoonful added to the
daily diet is sufficient to ensure
good health.

PERTIN

2/4

SPENCER & Co., Ltd.,
MADRAS & BRANCHES.

When writing to-advertisers, please mention "The Health."



Edited by

Dr. U. RAMA RAU & Dr. U. KRISHNA RAU, M.B., B.S.

Published in English, Tamil, Telugu & Canarese.

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

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

Vol. IX]

JANUARY, 1931

[No. 1

THE HINDU DEITIES ON THE HILLS AS HEALERS AND HEALTH-GIVERS

The old Hindu conception of erecting temples on the hills and attracting pilgrims thereto, by attributing to the deities supernatural powers of healing human ailments, is an excellent one from the health point of view. There are several such temples in Southern India, the most famous among them being, Sri Venkateswara Swami on the Tirupathi hills, Sri Subramania Swami on the Tirutani Hills, Sri Narasimha Swamy on the Sholinghur hills, Sri Vedagiriswara Swamy on the Tirukalikundram hills, Sri Arunachalais-

wara Swamy on the Tiruvannamalai hills and Sri Velayudha Swami on the Palni hills. The Greeks have evidently copied the Hindu system; and their Olympic Gods, Olympic oracles and Olympic games have their own historic and health significance. Persons suffering from chronic diseases such as dyspepsia, sterile women and those with hysterical tendencies, the idiots, the insane and the otherwise mentally depressed, the weaklings, the convalescents and those with nervous affections make a vow of pilgrimage

A Happy and
Healthful New Year
to every Reader!

THE EDITORS'

to any one of the above hill-temples, there to offer their prayers and offerings to the gods. The vow among other things includes the following:—

1. Wearing clothes soaked in turmeric solution during pilgrimage.
2. Climbing the hills on foot and not by means of any lift.
3. Stay in the hills for not less than 3 days and not more than 40 days at a time.
4. Fast once a week on *Saturdays* or once a month on *Kirtigai* days for a definite term or even for one's life-time.
5. Complete removal of the hairs from their heads.
6. Jewels and money presents according to one's means.

Turmeric has antiseptic properties and clothes soaked in a solution of turmeric, if worn by the pilgrims, will help to destroy disease germs and keep them immune from infection. It is on this self-same principle that brides and bridegrooms on marriage occasions are enjoined to wear clothes soaked in turmeric solution for as long as the marriage ceremony lasts. The properties and potentialities of turmeric are described in the Indian Materia Medica thus:—"The juice of the fresh rhizome (the name of the part of turmeric that is in general use) is applied to recent wounds, bruises and leech-bites. Internally, it acts as anthelmintic (an agent which either kills or renders powerless and expels intestinal parasites or worms and hence largely used in condiments and curry powders). The root is usefully administered in intermittent fevers. It is

used both externally and internally in skin diseases due to impurity of blood. In small pox and chicken-pox, a coating of turmeric powder or thin paste is applied to facilitate the process of scabbing. Mixed with gingelly oil it is applied to the body to prevent skin eruptions. A paste of turmeric alone or combined with the pulp of neem leaves is used in ringworm, obstinate itching, eczema and other parasitic skin diseases."

Climbing the hills is undoubtedly an exercise of great value to those who are normally healthy. It is hazardous, however, for persons afflicted with heart disease and for invalids and convalescents to attempt to climb the hills. There is no gainsaying the fact that high altitude improves the blood. It has been found by Lippmann that the blood of young men living at an altitude of 5000 ft, is 20% richer in haemoglobin and red cells than in persons living near the sea level. Volume of blood was also found to be greater varying from $7\frac{1}{2}$ to 10% of the body weight. There are also other factors in the hills common to all health resorts, such as fresh air, fresh scenery, silence and solitude where one can find "tongues in trees, books in the running brooks, sermons in stones and good in everything."

Stay in the hills is limited to a minimum of 3 days and a maximum of 40 days at a time. Manu does not advocate long stay in the mountains. He says in Lec. IV s. 60, "Let him (a house-holder) not dwell in an un-

righteous village, nor very long in one where there is much disease; nor let him alone set out on the road; *let him not dwell long in a mountain.*" Hills during rainy season will be generally malaria-stricken and uncomfortable and, consequently, according to the Hindu custom, pilgrimages, marriages and the like are performed between January and June before monsoon sets in.

We now come to the question of fasting. This is in addition to the usual fasting enjoined once a fortnight on Ekadasi days. But fast as now practised among the Hindus has degenerated into a regular feast. Instead of the daily routine meal of rice, sauce, vegetables and butter-milk, the fasters sumptuously feed on rice-cakes, chappathies, sweets, milk, fruits and the like and assert they have fasted. Sir Henry Lunn, M.D., a septuagenarian, Fellow of the Royal Society of medicine and a Doctor of medicine and a Bachelor of surgery at Dublin University forty three years since, has contributed an interesting article to 'Health and Efficiency' on 'Clinic Treatment by fasting.' He, among others, records the case of a Barrister in a fasting establishment, which we quote here for the benefit of our readers:—

"Suffering from chronic pancreatitis, gall stones and other complications, his life a few years ago appeared to be an absolute wreck. The leaders of the profession whom he had consulted again and again gave him little hope of recovery. In this condition he decided to try a prolonged fast and spent over fifty days with no other nourishment than water or water in which vegetables had been boiled or fruit juice. This was accompanied by the systematic

massage, enemas and other methods adopted by this establishment. The result to those who knew him as I had the privilege of doing for some years, has been amazing. Though past middle life, with the energy of a very young man he has entered upon important enterprises and carried them through with remarkable success and to-day enjoys the condition of health which would be the envy of many active men of business." Gallstones removed by fast and may we add also faith—for unless there was steadfast faith in the efficacy of the treatment, the patient would have broken his fast the very next day and broken down in health too! It is this kind of fast that was contemplated by our Rishis—fast with water, plain water, pure-water, if necessary, and not rice cakes and sweetmeats. The benefit of fasting consists in 'the elimination of the waste products of years from the system. The arterial and capillary systems are inevitably choked through errors in diet with the products of combustion. A fasting cure clears away the ashes and makes it possible for the tissues to be rejuvenated by the uninterrupted flow of blood to every tissue of the body. Such a cleansing of the whole system inevitably results in marked benefit in cases of high blood pressures, obesity, habitual constipation and all the manifold troubles arising from rheumatism."

The next item of vow we have to deal with is the complete removal of hairs from one's head. We cannot say if those who had introduced this, as part of the vow of a pilgrim, ever had any inkling of the part played by louse in the causation of relapsing fever. A patient for long in bed, generally has his hair infested with lice and

even after his recovery, is not relieved of the pest. Hair is a thing of beauty, which none likes to part with. How many patients mourn for the loss of their hair in public hospitals and private clinics, while they remain unconcerned about the impending danger to their lives! This kind of vow is an insurance against further infection from relapsing fever and possible recrudescence of the old complaint. In that way we consider its health value as immeasurable.

We are not concerned here with the last vow of presenting jewels and

purse to the deities as offerings. This is done out of intense love for the deity that has helped the patient to recoup his health and surely no offering will be too great and no devotion too high for the good which the Hill-God has rendered for the patient-pilgrim.

On this auspicious occasion of the 9th birth day of HEALTH we offer our humble prayers to and invoke the aid of all the Gods mentioned herein and entreat Them to shower their choicest blessings on HEALTH and its VOTARIES.

MENTAL HEALTH.

BY

DR. FRANK NORONHA M. B. C. M., D. P. M.

Superintendent, Mental Hospital, Bangalore City.

When the several causes of mental ill-health are known, the removal of the causes, where they exist, should be the concern of every individual who wishes to keep his mind in a state of health and efficiency. It is already pointed out that the mind should be looked after daily, just as the body is cared for. To look after the mind is to look "into one-self". The great difference between the treatment of bodily and mental errors, is that the former are found out by others very readily and sympathetically. If a person is limping, everyone will enquire after him. If any one is coughing many will sympathise with him and suggest remedies. But if one is thinking wrongly, his condition is usually made worse by contradictions and annoyance from others. If he is in a state of fear, doubt or worry, the most that he might get is some form of lip-sympathy which gives him no relief whatsoever—when fear, doubt,

or worry assails us, we have to realise how far it is justifiable. In many cases the condition is quite out of proportion to the cause of the trouble. It is often due to undue stimulation of our emotions or to the surge of our feelings. This upheaval of our emotions could, to a great extent, be controlled by consciously realising their morbid nature or by giving our thought to it. When these feelings subside, the mind becomes clearer and rational thinking becomes possible; then we are able to adapt ourselves to the situation that confronts us. The mind may even be obsessed by excessive feelings of joy, optimism (which is humourously called morbid optimism), over anticipation, and over-credulity. Even these excesses are indicative of an unhealthy mind. Either extreme should be avoided—excessive depression on the one hand and intense exaltation of mind on the other. A well-balanced mind is one

that operates between the two extremes.

Our actions depend on the state of our feelings. Well controlled feelings lead to well-regulated actions and to harmonious relationship with our neighbours. Frequent estimation of our feelings is therefore of great value in regulating our conduct of life. Self-criticism of our conduct is necessary for the maintenance of a well-balanced mind. But how many people practise this self-examination in their daily lives?

"He that searcheth the heart knoweth what the spirit desireth". If we do not know to search our heart or feelings, we are apt to think in a wrong way and to entertain wrong ideas.

When emotions or feelings are subdued and wrong ideas are brought to light, these must be replaced by ideas of the right sort. Thoughts of fear should give place to thoughts of courage, and thoughts of inferiority to thoughts of worthiness; ideas of wrong-doing should be replaced by those of rectitude and those of injustice by uprightness. This process implies the formation of character and it shows how everyone possesses within himself the powers of developing a good character by self-examination, self-criticism and self-control.

There are many people who consider that so long as a person is not a "lunatic" he has a sound mind. One has not only to be free from lunacy but has to cultivate his mind to a high state of functioning.

As social beings, each one's thoughts, ideas and feelings come into relationship with his neighbour's thoughts, ideas and feelings. This relationship may be harmonious and pleasurable or otherwise. The happi-

ness in life consists in maintaining harmonious relationship with our neighbours. We may be surrounded by circumstances which make this harmonious relationship difficult. We may not be able to change the circumstances but we can certainly adopt a right mental attitude towards them. Many of the troubles in this life are due not to the circumstances but to the wrong way we meet them—to lack of courage, to want of perseverance or to impatience. Cultivation of attention is of great value and is very helpful in directing our mental energy and in regulating our life.

With our emotions stabilised and with our attention directed to the task in hand, many of the apparent difficulties vanish and other real obstacles do not appear unsurmountable.

Above all it should be remembered that Mind or mental power enables every one of us to "get on" in this world. By the power of the mind we not only acquire knowledge, but we use that knowledge to our advantage. This advantage consists not merely in selfish acquisitions but in making ourselves useful to society, and this advantage is secured by proper use of mental power, by proper conservation of mental energy and by directing it in proper healthy channels. The thoughts, feelings and actions must be kept under proper control and guided according to circumstances and as necessity arises. It is distinctly a sign of an unhealthy mind to think and act at random and to give way to feelings. Life is wasted and efficiency is impaired by such behaviour, however learned a person may be.

Lastly the care of the body is essential for the maintenance of mental

health. Mind cannot be considered apart from the body. They influence one another. A good bodily condition ensures a sense of well-being. Violation of the laws of bodily health induces both bodily and mental ill-health. In many cases mental ill-health may be wholly due to deficient bodily state.

So if the principles of bodily and mental health are scrupulously observed, a person will be capable of successful achievements.

"The mind creates, and the mind destroys, the mind makes rich and the mind makes poor, the mind transforms the earth into hells and heavens".

DIET WITH SPECIAL REFERENCE TO VEGETARIANISM

BY

Dr. G. L. SAXONA M. R. A. S.

Partabgarh (Oudh)

A food may be defined as anything which when taken into the body is able either to build up or repair tissues or to supply material for the production of heat or muscular work. It follows, therefore, that a true food should be either a tissue builder or a source of potential energy. The nutritive constituents of foods may be considered under two heads, organic and inorganic; the former comprising proteids (meat, milk etc.), carbo-hydrates (sugar, starch etc.) and fats (butter, ghee etc.); while the latter include water and mineral substances such as sodium, potassium etc. etc. Proteids, water and mineral substances are essential for tissue building which the fats and carbo-hydrates are unable to do; and since a certain amount of wear and tear is constantly going on in the body, the demand for these building materials is obvious, for without them or any one of them life is impossible.

All the nutritive constituents of food serve as sources of heat, fat out of them being the most potent fuel food; and hence the fact that fat finds a very large place in the dietary of the inhabitants of very cold climates. As for the

production of muscular energy the carbo-hydrates are regarded to stand first, though proteids and perhaps fats too, can also serve a similar purpose to some extent.

THE AMOUNT OF FOOD REQUIRED IN HEALTH.

The quantity of food required daily in order to maintain the body in a state of health differs so widely in different individuals and under different circumstances that no hard and fast rule can be laid down on this point. The different standard diets are of limited applicability and cannot therefore, be rigidly enforced in all cases and under all circumstances. For instance children require more building material, fuel and muscle food than adults: They need more building material because they have not only to keep their tissues in repairs but add to them by growth; they require more fuel because they have a large surface compared to their bulk and therefore lose heat rapidly; and muscle food because of their restlessness and bodily activity. On the contrary, the aged, the assimilative power of whose

tissues is on the wane, require less food. Again women, owing to the slower rate of their metabolism and partly because of the lighter nature of their work, require less food than men.

Then the heavy man requires more food than the light, for the greater the weight of the body the greater is the amount of food required for its up-keep. A tall thin man, because of the greater extent of body surface from which heat is lost more rapidly, requires more food than a short stout man. Climate too has some influence on the quantity and quality of food required for the upkeep of health. Experience demands that in winter food rich in fat be increased while in summer carbo-hydrates increased and proteids or fats diminished.

THE RELATIVE VALUE OF FOODS

A good food is one which is easily digested and well absorbed into blood. Here it must be remembered that the most easily digested foods are by no means necessarily those which are most completely absorbed and vice versa. Besides, it is also not desirable that a food should be completely absorbed for the intestines demand a certain amount of insoluble residue to stimulate the peristalsis. This explains the necessity of prescribing foods which leave a considerable residue in cases of constipation, and of those which are completely absorbed in cases of Diarrhoea.

Moreover, a good food must not only contain a high percentage of nutrients and be easily digested and well absorbed but it must also be cheap. The relative value of a food can be arrived at by calculating the potential energy and the amount of the building mate-

rial obtained in it. A study of a number of tables goes to prove that, both as regards the potential energy yielded and the amount of building material contained therein, the vegetable foods are far superior to animal products.

A healthy adult of average weight and doing moderate amount of muscular exercise requires about 125 grammes of proteids, 105 of fats and 420 of carbo-hydrates daily. Such a diet can be made up of a mixed diet (Vegetarian and non-vegetarian) or of one or the other alone. The chemical composition of the whole of the meat is approximately as given below:—

Water	Proteids	Fats	Mineral matter
73%	20.5%	5.5%	1%

The vegetable foods differ from fleshy foods mainly by containing much more carbo-hydrates and considerably less proteids. The Carbo-hydrates are in the form of starch, while fruits contain sugar instead. It would appear from the above analysis that a high percentage of proteids contained in meat is a distinct disadvantage as it renders it very difficult of digestion. This disadvantage is further more augmented by the fact—to which the consensus of opinion lends support—that cooking diminishes the digestibility of animal foods and increases that of vegetable products. The case of digestion of raw meat (4 oz raw meat can be digested in 2 hours) is certainly undisputed; but its ingestion into the stomach is fraught with grave dangers; for the object of cooking meat is not only to develop its flavour alone, but to sterilize it also in order to diminish the risk of infection by any disease germs or parasites which it may contain. Besides being a tax on digestion, meat is a fruitful source of

a host of diseases, e.g., gout, renal diseases, appendicitis, dyspepsia, and last but not the least, cancer. Speaking the other day at the 83rd Anniversary dinner of the Vegetarian Society in Manchester, Sir William Arbuthnot Lane said 'for every man who dies from alcohol fifty die from meat. People are continually dying from cancer and if any one wants to



Most insanitary way of selling meat &c., adding to its already infectious nature.

have cancer, he has only to eat meat and become constipated.'

This much about meat. Let us now turn our attention to fish. This is a dangerous source of uric acid particularly on account of its tendency to putrefy quickly. It is really worse than meat and diseases such as rheumatism, skin affections, kidney and liver disorders are not unfrequently attributable to its intake. The belief that fish contains much phosphorus and is, therefore, an ideal food for brain workers is entirely unfounded. Activity of brain simply depends on a proper supply of pure blood and not on any one element such as phos-

phorus. Vegetables such as radishes water cress etc., contain weight for weight more phosphorus than fish; and yet are free from the poisons that are inseparable from fish. It seems needless, therefore, to emphasize here that in selecting a food quality rather than quantity should be the determining factor.

The old conceptions of dietary standards need careful reconsideration now. Experiments go to show that health and efficiency are compatible with a diet containing much less than the accepted minimum of proteid. Besides this, vitamins play a very important role in the present day conception of our diet and can only be ignored at the expense of deterioration of health. They are found in abundance in vegetable products, particularly, fresh fruits such as oranges, grapes, banana etc., and consequently, fruit-eating is the simplest and most natural way of taking vitamins. It is an undeniable fact that vegetable foods are poor in proteid, but this comparative poverty can be amply made good by milk and fresh fruits without at the same time exposing the system to the poisons which are inseparable from non-vegetarian foods. Moreover, India is a tropical country which, so to say, is warm for three months and hot for nine months during the year. Here the need for a food rich in carbo-hydrates and comparatively poor in proteids is obvious. With the advent of winter necessitating an increase in the proteid contents of food, bountiful nature arranges a plentiful supply of fresh and dried fruits, which, according to the modern researches, can be thoroughly relied upon for an adequate supply of vitamins, fats and proteids. Lastly a few words about the nutritive

value of milk would not be out of place here. Containing as it does about 4% fats and 3% proteids, a tumbler full of milk is equal in nutritive value to three eggs, $1\frac{1}{2}$ lb. of mutton or a chicken. To sum up, therefore, there appears to be no reasonable ground for resorting to a non-

vegetarian diet and thereby deliberately exposing the system to the harmful and stimulating toxins of fleshy foods, when radiant health is quite compatible with a Vegetarian diet which contains genuine nourishment and thereby fortifies the body against the inroad of diseases.

WHY YOU SUFFER FROM TOOTH-ACHE

BY

DR. H. VENKAT RAO, L.M. & S.,

Principal, Madras Dental College.

Why you suffer from tooth-ache will become evident to you, if you believe the following two facts. Indians, in ancient India, (and such lives are found now-a-days in remote country parts) suffered little from tooth-ache and lived long having and using their strong and sound teeth. Whereas, tooth-ache, loss of teeth and premature death are the rule among the so-called civilised Indians, especially their offsprings. In fact, "decay of teeth" is the most prevalent disease among present day children and youngsters, but they apparently suffer little inconvenience, and declare themselves able to eat ordinary food, due to the soft nature of the modern diet, (in which unfortunately mastication is in a large measure unnecessary) or due to such patients often overcoming the disability by washing down each mouthful with tea, coffee, "Surbuths" milk or water. It is, therefore, easy to imagine the evil effects of bad foods, and wrong as well as frequent feeding with less or little attention to personal or oral hygiene, which lay the strong foundation for future tooth and stomach troubles.

TOOTH-ACHE DURING INFANCY

(Up to 2 years).

The artificial methods of feeding, cooking and living, more or less, tell upon the health as well as the growth of bones and teeth. The child at the breast uses in sucking milk, certain amount of muscular force, stimulating the growth of jaw bones and teeth. The jaw develops as the eruption of teeth proceeds. The milk-teeth too will then fall out in due course to allow the permanent ones to cut in their respective places. While the bottle-fed children suffer from stomach complaints from infancy, delayed dentition and painful cutting of teeth will be the rule in later life.

TOOTH-ACHE DURING CHILDHOOD

(2 to 7 years.)

In the ordinary course of nature, all the twenty milk teeth will appear in about 24 months, and there is an interval of 5 years before these begin to fall out and the permanent teeth inside the jaw bones grow and cut and replace these milk or temporary teeth one by one. But nature watches how the child

makes use of this trial set of teeth, and punishes or awards as these are ill or well used. It is during this critical period that the child makes a good or deformed set of permanent teeth and profile of face. Serious de-



Face of a bottle-fed child with deformed Jaw bones and protruding and diseased Teeth—a home for a host of diseases as Adenoid, Nasal obstruction, short sight etc.

formities as protrusion or abnormal position of teeth and mal-development of jaw bones are the consequences of ill used teeth and jaw bones, as by bottle-feeding, washing down foods with drinks, and living on liquid and semi-liquid diets for years, as well as by diseases as Rickets, Syphilis, mind-disorders, insufficient nourishment, and "Mouth breathing" due to "Adenoids." It is, however, the child that suffers on account of the wanton or wilful criminal negligence of their parents due to their ignorance or rather "wisdom" in knowing that the children will have another fine set of teeth soon. But alas! the changes or diseases in the temporary teeth affect greatly the permanent ones. Tooth-ache is becoming more and more general at this tender age, and the brittle milk-teeth yield to the fermenting sugary and carbo-hydrate products of artificial foods as well as

germs, in unhealthy and uncleaned mouth and teeth, resulting in "cavities" in teeth. And this cavity



"Adenoid face," Adenoids being the cause of mouth "breathing" and tooth Troubles.

or caries in temporary teeth if neglected and untreated, gets a free strong-hold of the future set of teeth to the amazement of misinformed or misguided parents and patients.

TOOTH-ACHE DURING SCHOOL AGE (7 TO 12 OR 13 YRS).

This stage is the active period for all the permanent teeth (except the four wisdom teeth) to cut one by one, and tooth-ache during this period will be both natural and induced. Whenever the temporary teeth begin to shake and fall off and the permanent teeth cut there will be some pain and disturbance in the gums and body, which will be severe in run-down children affecting their health and brain. This vicious cycle of events must always be guarded against, so that the growth of body, bone and teeth, will not be hindered for more than the necessary minimum period. And any carious tooth unattended to will set the whole set of teeth on "fire" which pitifully is the case among many students attending schools, especially in cities, and in civilised families.

TOOTH-ACHE DURING ADOLESCENCE.

Tooth-ache during this period is not common unless it has manifested itself already. But in most ill-developed jaws, among non-outing and over-mugging student population, the cutting of "wisdom" tooth will give the greatest torment both to the body and brain. Unheeded and untreated

excruciating pain and swelling over the region, head-ache, ear-ache, &c., with lock-jaw will often end in a big abscess slowly opening on the outside of cheek, or sometimes death.

TOOTH-ACHE DURING THE PRIME OF LIFE (25 to 40 YRS.)

Caries or Pyorrhœa Alveolaris (i.e., pus in the gum) share between them



An unhygienic and insanitary betel-leaf shop.

selves the whole of the civilised nations' teeth and unheeded and untreated cases will end in a complete destruction of the chewing and ensalivating (digesting) machine, as often met with among the ill-paid and underfed teachers, over working morning diners as the poorly paid clerks, and the high living and over-concentrating legal practitioners

A HEALTH CONTRAST

BY

Dr. P. CHATTERJI, KOLAPANI T.E., DARRANG, ASSAM

Hill Tribes and other classes of uncivilised persons.

(HABITS, DIETS &c.)

Fond of naturalisation; work outdoor, barefooted; wear short clothes; do not keep the body always covered with coats and shirts; sleep in small, ventilated huts or in open places—thus get full advantage of sunlight and air.

Their society is small and so they do not mix with persons whose history of past or present health is unknown.

They habitually take plenty of fresh, green, leafy vegetables, tubers, fresh fruits grown in hills and jungles; they take unpolished rice and other foods derived from whole grains that have not lost the vitamin contents; they take half cooked food and other raw eatables that have not lost their vitamins.

(RESULT)

Their health is good; they enjoy healthy long life; premature senility,

Educated, Civilised Persons.

(HABITS, DIETS &c.)

These people are fond of artificialism—read indoor in schools and colleges; work indoor in factories and offices; always keep the body covered with fancy dress; sleep in houses the doors and windows of which are hardly kept opened consequently they do not get the benefit of the sun and air.

Their societies are generally big, and so they mix with persons whose history of past and present health is not known; they take overcooked food prepared carelessly by servants; most of these men (the school & college going students and office going men) eat food hurriedly without masticating it fully.

Their food consists of a trace of (but not sufficient) green vegetables; very little or no fruits; they take well polished rice or white flour and overcooked food having very little vitamin.

(RESULT)

Most of these persons are not perfectly healthy. These are the persons

grey hair, bad tooth, rickets, Phthisis, bad eyesight, dyspepsia, neurasthenia, difficult labour, postpartum troubles &c., are very rare (or almost unknown) among them, and so they hardly need medical aid, because they walk in nature's way.

who are filling the pockets of physicians, and have increased their number. Dyspepsia, neurasthenia, tuberculosis, premature old age &c. are found among these people. Use of spectacles on account of bad sight is common among them. Artificial teeth adorn the mouth of many of these people. Difficult labour and postpartum troubles are found among the womenfolk of this class.

Remedy.—Avoid artificialism. Take advantage of the religious sentiments of the ancient Hindus. Go back to NATURE.

CARE OF THE EYES DURING SCHOOL LIFE

BY

DR. RAGUBIR SARAN AGARWAL, L. S. M. F.

Bulandshahr.

When we consider the almost vital part played by the eyes in the conduct of human affairs, the urgent need for a careful preservation of the sight becomes at once apparent.

Practically speaking a child's future—its education, its livelihood, and enjoyments of all beauties of creation—depends upon the preservation of good eyesight.

With the increased demands that modern educational methods make upon the youth of our land come greater strain and increased effort, and as a natural result the eyes all too often suffer from the effects of overwork.

Almost all eyes are hypermetropic (long sight) at birth. As the children grow, there is gradual sinking of long sight into near sight (myopia). At the age of eight years there is only 4% myopia but at the age of 17 years there is 20% myopia.

The influences of near work increasing myopia is shown in the following table of percentage of persons suffering from myopia in different phases of life:—

	Myopia.
Students	32 %
Persons employed in offices and trade	16 „
Artists etc.,	13 „
Tailors, shoemakers etc.,	12 „
Workman (hard labour)	5 „
Agriculturists (Peasants)	2 „

A certain well known Doctor, Ophthalmic surgeon of the Madras Hospital, some-years ago, used to say to some of the students, "By the time you become a B.A., your eyes will become BAD."

That remark is perfectly true.

CAUSES OF BAD SIGHT

1. Early education before eighth year.

2. Student reading with defective eye sight.

3. Use of wrong spectacles.

4. Improperly nourished, and weak children.

5. The use of books which are poorly printed in small type with lines too close together and extending across the page.

6. Uniform height of desks for the use of children of varying sizes proves harmful.

7. Reading or writing at a distance less than one foot causes much strain on the eyes.

8. Faulty ventilation.

9. Reading in insufficient light or lanterns.

10. Reading in moon-light.

11. Reading after dusk.

12. Reading while lying down.

13. Reading while walking or riding or moving in trains or cars.

14. Reading while one is drowsy.

15. Reading in direct sunlight or bright lights.

16. Too long hours of study, with insufficient intervals.

17. Reading with inflamed eyes.

Instructions.—As a general rule, children are not fit to enter school until their eighth or ninth year.

When a child is ready for school he should be taken to an eye-specialist, who will advise as to his eligibility. Teachers should be instructed in the methods of testing eye sight and any child who is found below normal should be sent to the specialist. Moreover, the teachers should test the sight yearly. These methods have been adopted with gratifying results in most schools.

Children with inflamed eyes or reddened eye-lids or granular eyelids should not be admitted to school except upon the advice of a physician.

Light.—It is a very common practice to attempt to read after dusk, by deficient artificial light and often by moonlight which is of course, never sufficiently strong for reading purposes. Bright lights and direct sunlight should always be avoided.

Every portion of the room should be well-flooded with light. Care should be taken that the desks be so situated that the light enters from the left; otherwise shadows will be formed by the writer's head, shoulders or hand. Under no circumstances should the light come from the front or fall directly into the face of the student.

Furniture. Desks should be so built that when the foot rests squarely upon the floor the forearms will rest comfortably upon the desk, without forcing the shoulders upward or compelling the child to bend over.

The children should be encouraged to have out-door exercise. It is absolutely necessary for the health of the student that a certain time each day be spent out of doors.

Study at home should be discouraged, for this is often done under the harmful influence of a poor artificial light. Frequently too, the work is carried on after the child becomes sleepy, an evil that should not be allowed to exist.

The hand lanterns should not be used for reading purposes. The smoke directly coming out of the holes is very irritating to the eyes. The table lamps are better for reading.

One should not read with inflamed eyes, defective eyesight or with wrong spectacles.

Defective eye-sight should be corrected with spectacles.

Reading while lying, walking or riding is a habit that should be dis-

couraged. One who has got the habit of reading while lying is bound to get defective sight in due course.

Attention should be given to regular medical inspections of schools.

The Director of Public Health should be the authority to supervise and control the scheme of medical inspections of Schools.

Specialists should be appointed to diagnose and treat children's diseases

which are of a peculiar nature and which the Civil Assistant Surgeon or Sub Assistant Surgeon is not competent to handle. The School Doctor must be a bit of a dentist, a nose and throat expert and an eye surgeon.

Such reform is therefore urgently called for, and unless the parents, the school authorities, the Medical Profession and the Government act in concert, no good will result.

HEALTH GEMS FROM MANU.

Ancient Text.

LONGEVITY. "*Men free from disease and with all sorts of prosperity, live four hundred years in the Kreta age; in the Treta and other ages their life becomes shorter by a fourth.*"—*M. L. I. 83.*

* * * *

CHILD WELFARE. "*The infant's going out from the house should be done in the fourth month, his eating food in the sixth month, or what auspicious practice is preferred in the tribe.*"—(*M. L. II. 34.*)

* * * *

PRANAYAMA OR BREATHING EXERCISE. "*The three imperishable great words (bhuh, bhuvah, svah) preceded by OM and also the Savitri-Gayitiri consisting of three line (Tat Savitur Varenyam-bargo devasya dhimahi-Dhiyoh yo nah prachodayat) is to be considered the mouth of the Vedas. He who, unwearied,*

Modern scientific opinion.

The average span of human life in the present age is both according to Manu and medical science, 100 years. Owing to insanitary and unhygienic home and surroundings, unnatural living and the like, man's average life has been considerably reduced now, the maximum being only 50.

* * * *

A child should be weaned according to Manu after the sixth month or according to the custom prevalent among the tribes. Medical Science permits weaning after the ninth month. "The Illinois Health Messenger", the official Bulletin of the state Department of Health, declares that breast fed children, when the practice is not continued longer than the first nine months, are distinctly superior mentally to the bottle fed children.

* * * *

Sir Bruce Bruce-Porter gives some sound advice to all office workers etc., He advises them to practise deep breathing * * * It is no waste of time to breathe deeply for a few minutes during a busy day. It is a magical tonic which is more invigorating than a cup of tea or whisky and

repeats day by day those words and texts for three years, goes with an ethereal body to the supreme Brahma becoming like air.—(M. L. II. 82.)

"The one syllable OM is the supreme Brahma, suppressions of breath are the highest austerity, but there is nothing higher than the savitri, truth is better than silence."—(M. L. II. 83.)

* * * *

MENTAL HEALTH. "Mind is to be known as the eleventh organ which by its own nature partakes of both sense and action which being conquered, these two sets of five organs viz., Ear, skin, the two eyes, the tongue, and the nose, the anus, the generative organ, hand and feet and speech are also conquered" (M. L. II. 93) "Without doubt, one incurs fault by attachment of the senses (to several) objects but having subdued them then one gets perfection." (M. L. II. 93.) "Desire never rests by enjoyment of lusts, like as fire, surely increases the more by butter (offered in it)."—(M. L. II. 93).

"He indeed who may attain all these desires and he who may forsake them entirely (as for both these) the renunciation is better than attainment of all lusts."—(M. L. II. 95).

"That man who having heard and touched, seen and eaten and smelled neither rejoices nor ever is sad, he is to be known as a man who has conquered his senses."—(M. L. II. 98).

"Having restrained the best of senses and having also subdued the mind (even though) not wasting his body by asceticism, a man may attain all objects."—(M. L. II. 99).

soda. If you are weary, take off your coat and waist coat, loosen your braces and lie down flat on your office carpet, stretch and relax your limbs and your spine and at the same time exhale and inhale slowly and gently in rhythmic periods. In five minutes you will rise like a giant refreshed * * Try it!—Health and strength.

* * * *

"Mind like body requires exercise in thinking, feeling and willing. Self-control is the highest and the last facility to be developed in man. Perfect self-control in all directions and at all times is ideal to be aimed at but very few indeed have attained it in history. The positive qualities of human character such as kindness, love and hope prolong life while the negative qualities such as anger, hate and avarice shorten life by their irritant action on the nervous system by producing rise of blood pressure. The human body is made up of some 26 trillions of cells and these act harmoniously only, when they are supplied not only with sufficient hormones but also with healthy nerve impulses from mind. Mind, no doubt, exerts a tremendous and wonderful power over body; health and long-life really depend on sound mental attitude. Hence a serene mind, happy and content with a moderate amount of self-control, is an important factor in the prolongation of life. Overworry, grief and overanxiety shorten life by causing contraction of capillaries through the nervous system leading to arteriosclerosis when persisted indefinitely. Hence clergymen have long life on account of mental calmness they possess".—Dr. Mullannah M. D., in Medical Review of Reviews.

SIGNIFICANCE OF HEALTH

BY

RAI BAHADUR DR. J.L. DAS, D.P.H.,

Assistant Director of Public Health, Orissa Circle.

There has been and there still exists a striking difference in the angle of vision of the average medical men and that of a sanitarian. The former has a very restricted field of activity as he deals only with diseased individuals with a view to effect a cure, while the latter takes a broader view and seeks to foresee and prevent occurrence of disease and alleviate human suffering. In other words the one concerns himself with the individual patient while the other with the community as a whole. Hence it has been said by an American Doctor that "cure looks through the microscope, prevention through the telescope."

In spite of the narrow view taken by the medical men nobody can deny the fact that they have been the very prophets and promoters of preventive medicine, and it will certainly be a slur to say that a case of illness is the physician's opportunity for making money. The men who have done most to introduce telescope have, with certain notable exceptions, been trained primarily to concentrate upon the microscope. With them cure and prevention have not been sharply contrasted but are closely related ideas.

Jenner's discovery of vaccination for small-pox, Pasteur's researches in the causation of various diseases by bacteria and microbes and the use of vaccine and sera, Lister's introduction of antiseptic surgery are living examples of the scientific knowledge of

the origin, spread and prevention of certain diseases which have been made available since the end of the Eighteenth Century, and especially during the last fifty years.

The presence of small-pox is now considered to be a disgrace in any civilised community, cholera and plague have disappeared from the leading nations, malaria and hookworm diseases are giving ground, tuberculosis is a retreating enemy and infantile diarrhoea has been greatly reduced in all the countries in Europe. But this is only the beginning and many diseases still baffle the health authorities.

The expanding idea of health is gradually adding new types of technically expert individuals to the personnel of health work. In all parts of the world there is an increasing demand for men and women competent to do different kinds of public health work. As the result of the passing of an Act by the British Parliament in 1872 about 1500 sanitary officers were appointed straightaway in England and there are now about 5000 to 6000 such officers in the United Kingdom which has the size and population as that of the Presidency of Madras (about 4½ crores). In the United States of America with its population of close upon 10 crores no less than 10,000 medical officers are engaged in public health work.

India with its huge population of about 30 crores is also not lagging behind; she is moving on along with

the rest of the world though at a retarded pace. About a decade ago the number of health officers employed by municipalities could be counted on one's finger's ends, but now almost every municipality of importance and every district board have a health organization and employ trained sanitary officers to look after the health of the public and deal with epidemic outbreaks.

But there are yet men—although fortunately their number is very small—who are inclined to think that the money spent on sanitation is simply wasted. This is due to the fact that they want miracles to be performed in the same way that a physician gives prompt relief to a patient suffering from agonising pain by the injection of morphia or by the administration of some other suitable remedy. They seem to think that sanitation is very cheap and want to have tangible results within a short time. In this they make a great mistake. Public health is a purchaseable but costly commodity and one can only expect to get the quality and quantity of it for which he is prepared to pay. It takes a long time to sanitize a town or even a small village—all of which are full of filth and dirt in this country.

The general death-rate of a town gives the index of its sanitation. It has been observed that improvement in sanitation has invariably been associated with a decline in death-rate. Thus, for example, in England in 1841-50 out of every 1000 people 22.4 died, in 1891-5 the death-rate was reduced to 18.7 and now less than a dozen persons per 1000 of the population die there every year. With India the case is different. The mortality rate is very high. It is at

present something like 25 to 30 per 1000, while the infantile mortality is about 200 per 1000. births, which is roughly about three times as much as that recorded in England and Wales. It is well known that certain diseases like plague, cholera, typhus fever, malaria and leprosy have been banished from England; this again shows what scientific sanitation can do for a country. But all this requires money and time as well.

India is a very big country being more than twenty times the area of Great Britain and has a population of about seven times as much. The vast majority of the people are unfortunately uneducated and their apathy to fatalism and resentment to interference constitute a formidable obstacle to all sanitary progress. This no doubt is a great drawback but it can be combated by an organised effort on the part of the local bodies and social workers to disseminate knowledge of the elementary rules of sanitation by means of suitable propaganda work. The people expect Government to do everything for them. This is not possible. The educated public can do a lot by co-operating with the municipalities and district boards in their enforcement of sanitary bye-laws and by insisting upon the masses to observe the rules of hygiene and healthful living. Much good work is being done by the Indian Red Cross Society.

But in spite of all these drawbacks there has been progress in sanitation although its rate has hitherto been very slow. There is, however, ample evidence to show that the more enlightened minds in India have awakened to the importance of sanitation and the movement in its favour is steadily gaining ground. And in proportion as knowledge spreads in a

population, disease, ill-health and incapacity decline.

Good health is the greatest of all blessings. Health means capacity for work, capacity for work means money, money means the well-being of the individual, a duty to surround himself and his family with comforts, or even

luxuries, and it also means the general prosperity of the community. Health means longer life and consequently increased population. This implies increased capacity for production and again leads to increased prosperity. So the proverb goes "Health is wealth".

MOUNTAIN CLIMBING FOR HEALTH

BY

CECIL H. S. WILLSON, M. A.

Of all the manifold sports and pastimes open to a sport-loving age to-day, I think I would still give first place to mountain climbing. In the following short article I shall endeavour to bring forward some of the many benefits both to bodily and mental health to be derived from mountain climbing. I am not dealing here of course with big mountain peaks or the dangers of rock climbing, but with the ordinary routine climbing of the average mountaineer. One of the chief benefits and advantages of mountain climbing in these days is to my mind that it is unquestionably the cleanest sport, from a moral point of view, in existence. It is perhaps almost the only sport left which is entirely uncontaminated by professionalism in any shape or form, or with the hope of any other reward than the joys and healthgiving advantages which the sport itself affords. The moral and mental effect of this on the climber is perhaps greater than is at first sight imagined. From the point of view of the development of physical health it is doubtful if there is any other sport to be compared with mountain climbing. Here of course it is necessary to utter a warning that mountain climbing even of a modest

nature, is not everybody's sport. People suffering from weak hearts will do well to leave it severely alone, while those suffering from frayed nerves will be well advised to confine themselves to less ambitious pastimes. For the man of reasonably normal health, however, the immense benefits to be derived from the muscular exercise of climbing added to the health giving properties of the glorious fresh air one breathes from morn till eve, constitute perhaps the finest tonic on earth. In hot weather the first two thousand feet or so down on the lower slopes may be a bit trying, but all climbers know how true it is that after reaching a certain height the skin becomes dry, one's cheeks take on a fine glow, and one attains to that happy state known as getting one's second wind. After this point has been reached though there may be physical fatigue and a number of awkward corners to negotiate, the dangers of premature exhaustion are past and over.

From the mental and moral point of view, which is now recognised to be even more important to health than the physical side, mountain climbing provides a sport in my opinion unequalled by any other in the world. The

sport indeed resembles very closely a miniature battle of life. Most of the finest qualities required in life—pluck, the taking of some risks, endurance, foresight, quick decisions, self-control, a cheery spirit, all these and many others—are brought out by mountain climbing. Of course one's decisions may sometimes be wrong, and then just as in life, one has to pay the penalty. Twice recently when climbing in North Wales I remember such incidents occurring. Once to save time I made a foolish frontal attack on a rather steep ascent at the top of which there was no foothold better than very slippery grass. I did arrive at the top ultimately, utterly exhausted and disgusted with myself, for I knew that I ought to have made a flank attack on the hill, a mile or two further down the pass. On another occasion in my zeal to find a new descent from Glydr Fawr I became "crag-bound," and had to climb up again several hundred feet. On yet another occasion when descending from the Balmhorn in Switzerland we narrowly escaped a serious accident because one or two members of the party would not refrain from shouting, and loose rocks from precipices began to fall unpleasantly near. In mountaineering as in life one learns often by bitter experience. That splendid rule for health to look upward and outward, not downward and inward, applies in no sport with such force as in mountain climbing. It is the next rung of the ladder which is the vital thing, not the last one. Then come the joys of conquest. The joy of making a century at cricket, or winning a race, must be great, but is there any joy on earth quite comparable to stretching oneself out by the cairn on the summit of some glorious

mountain which has tested your mettle, but which you have conquered? There is the "champagne air," the glorious panorama, the simple but hearty meal with hunger as the best sauce, and above and over all, the sense of peace and utter contentment after hardships faced and overcome. I shall never forget the panorama at my feet when I reached the summit of the Cairngorm in the Grampians last summer. To the north the eye could travel over the blue waters of Moray Firth to the distant hills of Caithness, to the West the very distinctive shape of Ben Nevis, fifty miles or more away, could be clearly seen, to the South peak after peak of the Grampians for nearly eighty miles. It seemed as though half Scotland were unrolled at one's feet. Truly has it been said that "God sets His finest views on the highest hills." There is no spot on earth which produces such a sense of exhilaration, of bodily and mental health, as the summit of a fine mountain which has been attained through toil and some risk. All cares and worries are for the time entirely forgotten in the sense of utter cleanness and freedom—for the mountains have ever been the home of freedom. I cannot do better than close this short article with a noble passage from Tennyson which often stimulated me in the midst of climbing difficulties. He is speaking of the ascent of the mountain of Life and the voice of Duty.—

"He, that ever following her commands,
On with toil of heart, and knees, and hands,
Thro' the long gorge to the far light has won.
His path upward, and prevail'd.
Shall find the toppling crags of Duty scaled
Are close upon the shining table-lands.
To which Our God Himself is moon and sun."

Health and Efficiency.

VITAMIN CONTENT OF GHEE*

BY

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

"Ghee is the clarified fat of cow's milk or buffalo's milk. It is prepared by inoculating freshly boiled milk, usually buffalo's, with sour milk and after curdling has taken place, churning in a rather primitive manner. The fat so obtained is skimmed off and allowed to become somewhat rancid and then heated in earthen pots, until the water has evaporated. The fat clarifies on standing, and when it is sufficiently clear, it is run off from the sediment and this constitutes ghee." Ghee is an important constituent of Indian dietary. Its vitamin content is consequently a matter of considerable interest.

S. Ghose, working in the Bio-chemical Laboratory of University College, London, showed that ghee contains fat-soluble vitamin. *But if the ghee is reheated, then the vitamin is destroyed.* These experiments were carried out before the accurate classification of vitamins into A, B, C, D, E groups. More recently Bacharach* has examined four specimens of ghee sent to him, from four different hospitals in or near Bombay. Preliminary chemical examination of these four samples by the colorimetric test, has shown that two of them gave no colour reaction. A third gave a trace of blue, while the fourth sample showed an amount corresponding to 1/500 to that shown by standard codliver oil and 1/10 of that shown by average butter. Bacharach also conducted animal experiments with rats to see the effects of vitamin in ghee. Though his experiments are not convincing, still he

showed that the samples of ghee supplied were deficient in vitamin A.

Ghee is a milk product. So the vitamin content of ghee must depend on the vitamin content of milk from which it is produced. It has been shown by scientists that the vitamin content of milk is variable according to the food and condition of life of the cattle. Cows grazing on green grass in the open sunny fields, produce milk rich in cream and vitamins. In our country due to lack of proper grazing fields, not only the health of the cattle but also the quality of milk has deteriorated a good deal. The same remark applies to buffalo's milk. Naturally ghee that is made from poor cow's or buffalo's milk is bound to be very deficient in vitamin content and in the process of clarification whatever vitamins remain in milk is destroyed by the heat.

Butter is, therefore, naturally a much more wholesome article of diet than ghee so far as vitamin content is concerned. Raw cow's ghee taken with rice or ghee taken with *chapati* is a better form of taking ghee than frying *luchis* or *puris* boiling ghee.

Now-a-days there is so much adulteration of ghee with vegetable oils and fats, sometimes with lard also, that one wonders if the ghee, as it is consumed in the big cities of India, can really contain any vitamin. Fraudulent adulteration of ghee is carried out by communities who look upon the cow as a goddess and it is really a great pity to see how the moral and religious sentiments are

*British Medical Journal July 26, 1930.

brushed aside for the sake of profiteering. Government has tried to check the adulteration of ghee in Bengal by legislative measure. As a result of the legislation the price of ghee has gone up without improvement in

quality. In our opinion, no improvement is possible by legislation until the moral consciousness of the people is raised by proper education of public opinion through constant agitation in the press.—*Health and Happiness.*

THE DUTY OF LAUGHTER.

BY

JANE PURVES

We hear a good deal nowadays of the efficacy of the daily apple or the daily sixpenny-weight, but very rarely of the immense value in the new Health Cult of the daily laugh. Yet on the word of Mr. Eustace Miles, who discussed the matter with me at some length at a certain historic dinner, a laugh a day is a great factor in our unending struggle to hold the medical profession at bay.

Laughter fills the lungs with air to the lowest lobes. For one magical moment it insulates us from all depression and worry. Real laughter, that is, for the bleat of tired hostess trying to reanimate a dead tea-party, or the cachinations of some idiot bent on entertaining his own particular friends as mindless as he, are but as sounding brass or tinkling cymbals.

Laughter is like the Holophane light. It changes the dull grey monotonous round of life into the rose, amber, sapphire and emerald of its own music.

Perhaps the day's work has been long and trying; tempers are frayed, and our ordinary pleasant workday mates take on a soured, suspicious manner. They trail their coats like a provocative Irishman, hoping, just hoping, someone may be rash enough to tread on them, so that they can at

once turn and rend him with Jovian thrusts. How quickly the lurid atmosphere changes if someone intervenes with an apt phrase that makes them all one with a happy gust of laughter.

Think what a solvent of enmity a good laugh is. Only a Machiavelli could plot evil with anyone with whom he had just shared a real laugh—if, indeed, a Machiavelli could laugh at all, which I doubt. In any case, the effect on one could hardly be more agreeable than the laughter of fools, which the Psalmist long ago contemptuously dismissed as the crackle of lighted thorns under a cook-pot.

Most of the nervous disorders of the day are suffered by people who have forgotten how to laugh. They brood, they ponder, they analyse everything they do, particularly all that everyone else does unto them, until they make life as pulpy and boneless as a dead rat after terrier has finished with it.

These poor people need joy and laughter in their lives more than any others, yet the only thing that can cure them they turn away from with scorn, condemning laughter and joy as childish.

Judge Cluer said a wise thing the other day to a woman clamouring for

protection from the annoying little ways of her neighbours, which had reduced her to semi-invalidism with all its drain of doctor's bills. He said, "The only doctors you need for your nerves are Dr. Quiet, Dr. Diet and Dr. Merryman, and they charge you nothing."

Dr. Diet to clean out the human engines, Dr. Quiet to superintend Dr. Diet's operations, to see that he is undisturbed throughout his treatment, and Dr. Merryman to recharge the human dynamo after it is in good running order once more.

Peace, raw fruits and laughter. Could any cure be simpler or cheaper than these? Yet because of its simplicity rich people turn from the cure with scorn, as did Naaman of old when told to bathe his leprous sores in the little brook running through his back garden. He expected to be told to take long trains of expensive camels over the desert under armed escort to some rich shrine hundreds of miles away, the mere doing of which would proclaim him wealthy beyond all other. His *amour propre* was insulted at the lowliness of the suggested cure.

Precisely the same attitude of mind is that of the *malade imaginaire* when told that all she needs to do to be well

is to stop eating too much, and to live an open-air, quiet life for a time, and to enter more into the little joys of life around her.

She prefers to go for an annual cure abroad to a foreign spa, where with doctors, baths and nurses, she may easily spend thirty to forty pounds sterling a week on her precious self. It is all so much more imposing to talk about, it creates an impression of heedless wealth, though some poor devil of a man has probably got to earn it first. However, all life is a matter of recompense. No doubt he gets some of the peace and simple living she spurned in her absence, and you may be sure someone else helps him to laugh.

Poor folk who live in a town can never hope for peace in their crowded homes, but simple food is theirs, willy-nilly, and laughter is much more common round a crowded family table, than when two sit long in state from caviare to cognac with their coffee.

Better a dish of herbs where love and laughter is than beef spiced on a golden platter set between two who hate and so have forgotten the lovely health-giving joy of shared laughter.—*Health & Efficiency.*

FRESH AIR

MILDRED CLAUNCH.

I am Nature's best tonic. He that breathes me to the utmost is rewarded with health and energy. One can live without water, food, sleep or exercise a certain length of time, without disastrous results, but immediately the attempt is made to live without me, Air, death follows. For I am

indispensable to life. I am the life-giving force.

It is because I possess oxygen that I am so vital to man and animal. As blood is the life of the body, so is oxygen the life of air. It is the basis of vitality, the elixir of life. It gives the "sparkling redness to the blood,"

which produces the picture of health we so admire. Oxygen supplies the body with warmth and energy and makes it possible for food to be transformed into bone, muscle and tissue.

Your Enemy Carbon Dioxide.

How I sigh when you go to bed and neglect to open your windows: For I know how unrefreshed, dispirited, languid and pale you will be in the morning. Ah, but when you open your windows and allow me free access, I drive out your enemy, poisonous Carbon Dioxide, and you wake up wholly refreshed and get up cheerful and in a pleasant mood. I cause the difference in your feelings. I cannot go through window glass nor penetrate doors and walls, and so, if you desire health, give me a chance to help you by opening your windows—top and bottom in summer and winter.

Lack of me is a big cause of scarlet fever, hooping cough, diphtheria, etc., and other epidemic diseases in school life. Houses and buildings are improperly ventilated and overheated, especially in the cold months. The system fills with impurities as a result of deficient oxygenation of the blood, and the body naturally becomes in a state highly susceptible to vital disturbances. Throat troubles, headaches, and stomach nausea result.

Dr. Fresh Air.

I, Air, am the best doctor a tubercular patient can engage. Dr. Fresh Air positively cures more quickly and lastingly than any doctor except pill or medicine or serum. To exclude me in the sick room is a gross insult to intelligence. Keep the children out side as much as possible every month in the year, yes, even in the cold months. Dress them warmly and you will be surprised to note that "roses"

bloom in the middle of January amidst ice and snow.

I am everywhere, yet cannot be seen. Feel me as the north wind on a winter day and be exhilarated. Enjoy my gentle breezes on a warm spring day and be magnetized. Take me deep into your lungs and you will be no victim of asthma, catarrh, bronchial and lung troubles, other habits of living being rational. My supply is bounteous and I am without price—free and the most valuable gift Mother Nature has bestowed upon her favourite, Man.

Expand that Chest.



MR. ANDY MCKINLEY,
aged 83—and still lifting.

Expand that chest of yours and fill every air cell. "Woe unto him that

compresseth his chest and spurneth the ozone." Breathe through your nose. Teach your child, parent, how essential I am for health. Instruct him early to appreciate me and know that I am always endeavouring to keep him healthful and happy. I derive pleasure in keeping people in normal health, yet experience a greater satisfaction when I assist those who have erred in disobeying the laws of their being. Co-operate with me: I am sweet and clean and remember, whatever the degree of health, I mean additional strength and better well-being.

Ventilate sleeping rooms, ventilate living rooms, school rooms, all rooms. After company, open wide the windows. In winter, above all seasons, I am needed to help to keep every person

in fit physical and mental condition. No one who lives with all other habits sane and correct can expect a high degree of health if he persists in living in the fetid atmosphere of a poorly-ventilated and overheated house.

Housewife, begin to-day to value me; you hold the welfare of your family in your grasp. Teacher, open the windows, every recess, wide; you are responsible in part for the health of the children you teach daily. Health student, do your part and radiate contagious wholesomeness by proving a good example of healthy living.

Whoever you are and wherever you are, preach me and practice me wherever you go and whatever you do—I, Fresh Air.—*Health for All* (May '30).

VEGETARIANISM V. FRUITARIANISM

BY

DR. G. R. CLEMENTS (THE WELL-KNOWN AMERICAN FOOD EXPERT)

The groves of the Garden of Eden were both pleasant to the sight and good for food. They bore figs, dates, pomegranates, apples, grapes, nuts.

When the Great Deluge destroyed the groves, Noah hastened to plant a new vineyard, and other fruits also, and nut trees, of course.

This recorded act reveals the secret of Primitive Man's diet. Noah craved the food known and eaten by him before the flood. It was the same food in kind that Methuselah ate for 969 years.

Even in the days of Moses, centuries later, man still ate of the fruits and nuts. The spies sent to search the land of Canaan, to see what foods

grew there, returned with the glad tidings that "the land floweth with milk and honey," and they displayed "unto all the congregation, and showed them the fruit of the land," consisting of grapes, pomegranates, and figs.

The people living in Canaan on this diet, were said by the spies to be of great stature—giants, as tall as the cedar, and as strong as the oak.

Goliath was one of these giants. His height is recorded as 11 feet 6 inches. Og, king of Bashan, was also of the giants. His bedstead was of iron, and was 14 feet long by 6 feet wide.

This record shows that man was not a Vegetarian, but a Fruitarian; and it

also shows the degenerating effect that faulty food has had on man's body.

Man is not by Nature a Vegetarian; nor did he become a Vegetarian until

he fell through disobedience. For part of the penalty of the crime was, that he should "eat the herb of the field," and eat it in the sweat of his face.



SANDOW AS A VETERAN.
A photo of the great physical Culturist taken
3 Years before his death.

None can deny the truth of the statement that Natural Food is uncooked, un-mixed, unseasoned food. This fact lends more support to the belief that man is a Fruitarian. For few vegetables do we find that are palatable and edible in their natural, uncooked state.

No one enjoys eating uncooked potatoes or uncooked beets or uncooked pumpkin or squash, or uncooked spinach, rice, wheat, corn, oats, rye or barley. Yet, these are the great foods of the Vegetarian, and none of these things can the Vegetarian eat with pleasure and satisfaction unless they have been cooked and seasoned.

To make us what we are not, we deceive our senses of sight, smell and

taste by cooking, mixing and seasoning the things we eat. We eat vegetables, cereals and cereal products because these are prepared in the foregoing order. If they were not so prepared as food, they would be rejected without argument, and the subject of dietetics would at once become greatly simplified.

It is the eating of cooked, seasoned and mixed substances that causes fermentation and putrefaction in the digestive tract, and saturates the system with toxins and poisons that produce most of the maladies of man.

It is the cooking, mixing and seasoning of substances that make men Vegetarians. Primitive man knew nothing of fire, nor of those artificial

processes. And he was not a Vegetarian.

Without cookery man could not be a Vegetarian; and without cookery man would still be in eating habits what he was originally—a Fruitarian—feeding on the red and purple and golden fruits of the trees and vines, and the smooth brown nuts, cooked and coloured and seasoned by the mighty rays of the summer sun—the cook stove of Nature.

Doctors are agreed that 90 per cent of all human ailments result from Faulty Food. But no two of them are agreed as to what constitutes Faulty Food. This is because they have pet theories and prejudices to support and protect.

We hold that all cooked, mixed and seasoned foods are Faulty Food, and shall proceed to cite some evidence in support of our holding.

About a generation ago, a business man in this country conceived a scheme to make money. He began to manufacture stock food-cookers, and circularised the farmers with literature that lauded to the skies the virtues of cooked food for stock.

The farmers fell for the story. The makers of stock food-cookers did a big business for a while. That is all they wanted; for they had no further interest in the farmer than have we in the man in the moon.

In a few years the farmers had learned a sad lesson. They found to their dismay that feeding stock on cooked food developed in animals all the disorders that afflicted humanity including constipation, catarrh, pyorrhea, and the loss of teeth.

The farmers pocketed their losses, discarded the food cookers and return-

ed to the old-fashioned way of feeding stock on uncooked food.

The manufacturers of food cookers closed up their plants, took the millions they had gathered in from the hood-winked farmers, and built big mansions and lived in luxury.

But the farmers failed to take to themselves all the profit of their costly experience. They discovered that cooked food is dangerous for stock, but they did not consider that the same law applies to man. So they continue to build disease in their bodies by the same methods that built disease in their stock, and pay millions of dollars to doctors to be "cured" of these self-built disorders.

The expensive lesson of the farmers did not pass unnoticed. It aroused another bunch of alert profiteers, who sat up, rubbed their hands, and scratched their heads. Here was a great field; it must be well worked.

So dietetic experts and food scientists began to spring up like mushrooms. Their propaganda was soon encircling the globe, and people were told how to avoid disease and cure disease by special food selections, food combinations, by certain cooking utensils by fireless cooking, by dry cooking, by steam cooking, by sun cooking.

The food experts and scientists cared little about what they taught, or the effect of what they taught, so long as their teaching was just a trifle different from what had been the practice and was sufficiently complicated and mysterious to arouse the curiosity of humanity, and bring in a good harvest of gold.

Here is the chief reason why there is such a medley of dietetic teaching.

Each food expert strives to concoct something different from his competitor, in order to gain the ears and earnings of the gullible. Like the makers of stock food-cookers, they are interested in profits and dividends. They care nothing about the health of humanity. Their own purse is their only concern.

A certain man in New York City whose name we shall not give, is a prominent dietetic teacher. In Lesson V. of his work entitled, "Weight-Control the Basis of Health," he has the following to say about Protein:—

"Milk yields the highest quality protein. Milk proteins are the most efficient for the body's need, either for growth or maintenance. Egg proteins are also of high quality. Meat proteins are more objectionable for reasons I have already given, but as building proteins, they are superior to most vegetable proteins.

"Meat from species less akin to man are less efficient than meat from warmblooded animals. Fish are not equal to beef, and crabs and lobsters are still less efficient than fish.

"This statement of the superiority of meat protein over vegetable protein will disappoint my vegetarian readers; but I am giving the facts as revealed by scientific experiment, and am not merely hunting for arguments to prove a theory. . . ."

As this food expert fails to mention the fact that nuts contain protein one would infer that nuts are unknown to him, or that protein is not found in nuts.

Nuts are not only rich in protein, but they contain protein of the finest quality. The protein of nuts is of much greater biological value for the repair and renewal of the cells of the

human body than is the protein of vegetables or of milk or eggs or the protein of muscular tissues of a dead animal, with its decaying carcass and waste poisons, that should be buried in the ground instead of in the human stomach.

But occasionally there comes one who knows the truth and speaks the truth.

Listen to what Otto Carque says:—

"Chemical analysis shows that greenleaf vegetables contain from 1 to 3.5 per cent. of protein of the highest order; fresh fruits from 0.5 to 2.5 per cent. and nuts from 5 to 30 per cent.

"This protein is formed directly by the actinic rays of the sun, in the protoplasmic cells of the plant. It is, therefore, much superior in the building and reconstructive processes of the body to that contained in the more or less worn-out cells of meat in which the vibratory forces of life are descensive."—*Natural Food*, p. 205.

The New York dietetic expert may be allied with the Meat Trust, or he may be a lover of meat, milk and eggs, and because of his own manner of living, attempts to justify his conduct and make himself and his readers believe that he is right.

The doctor who drinks or smokes will not admit that whiskey and tobacco are harmful, unless used to excess; and no matter how much whiskey or tobacco an addict uses, he will never admit that he is indulging excessively. The user of meat, milk and eggs, being only human, has all the traits of other human beings, regardless of whether he be a food scientist or a medical vaccinationist.

It is easy to hoodwink humanity. It has been done since the dawn of his

tory, and it will continue for countless centuries. People are looking for complex and mysterious, for the short cuts to health and happiness, for evidence to support their beliefs. They want to feel justified in their transgressions, and catch at everything that tends to uphold their conduct.

These are the conditions that encourage teachers to cater for the prejudice and ignorance of their audiences. Unless you do this as a teacher, then as a teacher you will fail.

Remember, truth never flatters. Truth is always hard to face. Truth is a bitter dose. Yet, seek and ye shall find; knock, and it shall be opened unto you. Search diligently for the teacher who, without fear or favour, shows you the right road. Such are few and far between, and their purses are generally empty or very lean.

There is only one road to truth, regardless of whether it is dietetic truth or some other truth in Nature. The road to dietetic truth may be thus described:—

1. Uncooked food is the only natural food.
2. Unmixed food is the only natural food.
3. Unseasoned food is the only natural food.

No man can successfully deny the correctness of these statements. This is a description of Nature's Dietetic Law for man, and for the whole animal world. But what dietetic expert is teaching this doctrine?

The universal adoption of this dietetic truth, would mean the bankruptcy

of food manufacturers to the extent of millions of dollars. Knowing that their existence depends upon the suppression of this dietetic truth, food manufacturers are spending millions of dollars in various ways to keep people in dietetic ignorance, and they will increase their expenditures as and when conditions arise that make it necessary for their preservation and profit.

When you know and observe this Natural Law of Dietetics you will find that it leads not to vegetarianism. It leads you to fruits and nuts. It makes of you a fruitarian.

No one would be so silly as to try to improve the appearance, flavour and quality of fruits and nuts by cookery, mixing and seasoning. Neither do we need these things, to make fruits and nuts both edible and palatable.

The world is flooded with books and magazines that direct us how to fix and mix and spice and season fired and unfired foods, and there are menus without number. But if you follow these menus and directions, you will wander far from truth in the field of food.

If you are eating right, you are not a vegetarian, and should not call yourself such. But if you are really and literally a vegetarian, do not allow yourself to believe that you are on the right dietetic road.

There is a great gulf between fruits and nuts on the one hand, and vegetables on the other, which no teacher nor belief can bridge.

What God has divided, no man can successfully join.—*Health and Efficiency*.

A New year press

Minister:—At the 1st Conference of the Labour Party in England, Mr. Arthur Greenwood, Minister of Health spoke on the work and policy of his department. In dealing with maternal mortality he observed as follows: "It was a tragic thing that motherhood in this country was the most deadly of all professions. It ought to make every decent person's blood boil to think that every year 3,000 mothers went down to their graves in performing the greatest of all human tasks and responsibilities, and the more so when 60 per cent of those deaths were avoidable. So far from the maternal death-rate declining it had actually been increasing and they could not sit down and do nothing. He hoped local authorities would do all that they could within their powers to make the necessary provision for ante-natal treatment for maternity hospitals and for post-natal treatment. It was necessary to go, farther than that. They had to evolve a national maternity service, and the Government meant to do that. They were beginning negotiations with all the people who were concerned. If this problem was to be dealt with effectively they must mobilize every form of health provision and health service that there was. They must consult the local authorities, the approved societies and the medical profession with a view to framing a comprehensive scheme which, combined with the activities of local authorities, would ensure that no mother shall die unnecessarily."

[We make a present of this policy to our New Health Minister for him to adopt.—*Ed. H.*]

Health

The Tidiest City:—Now in Vienna, apparently, they don't expect people to be unusually appreciative—in fact, they don't expect them to be anything save careless and untidy. Hence, they exact a fine of two shillings every time one throws down any form of rubbish—even a tram or bus ticket—and consequently Vienna is the cleanest and tidiest city in Europe. Not a bad notion; what a harvest the Revenue would reap in England! What about a shilling for a tram ticket, two for a banana skin, five for empty cigarette packets and simply pounds and pounds for those who persist in defacing the countryside with paper bags, salmon cans and "dead" bottles! Possibly the fine system would teach us appreciation far quicker than any amount of learned lectures in the days of our youth!

Vitamins and Leprosy:—New discoveries are made from time to time indicating the part that diet has in the causation, prevention and cure of disease. The announcement comes from Japan that apparently leprosy can develop only where there is lack of vitamins. Dr. Kioyoshi, head of the government hospital at Seoul, Korea, has been making extensive studies on this subject. He found that injecting leprosy bacilli from a leper into a rat did not bring on the disease unless the rat had been fed on a diet deficient in vitamins. Japan has fifty thousand lepers and Korea twenty thousand, so that the empire has more of them in proportion to the population than any other part of the world.—*Good Health.*

The Black Death and Dogs.—At the time of the great plague in London in 1665 A. D. "dogs were believed to

carry the plague and thousands of them were killed but no attention was paid to the rats which were responsible for the Epidemic." In ancient India however, rat as the disseminator of Plague has been recognized from pre-historic times. The Hindu Shastras say "the moment the rats fall from the roof above, jump about and die, they (intelligent people) will at once leave their houses with their friends and relations and will go to a plain (Vana)—there, they will do all rites, will utter Mahamarika mantrams and will recite Stotrams." Is not this a case of history (of preventive medicine) repeating itself?

Defective vision due to Excessive use of common salt.—There is nothing more important than to end every meal with ripe fruit, not only for the food values of the fruit itself, but because the acid of the fruit inhibits the injurious effect on the teeth of food that may have been taken during the rest of the meal. In this diet there is a sufficiency of vegetable salts, and there will not be a craving for common salt. Common salt taken into the system goes in as chloride of sodium and is excreted as chloride of sodium, the only effect being to thin the mucous membrane of the body and predispose to colds. The late Professor Lahmann, of Leipzig, gives it as his opinion in his book, 'Natural Hygiene,' that the great amount of defective vision among civilized people of today is due to malnutrition through wrong diet, and to the excessive use of common salt.—*Good Health.*

Child Bearing by Children.—Child marriages have been abolished in India. The oriental native's concep-

tion of child marriage, however, is entirely different from that which obtains in the occident. The United States too has its child marriages, as may be judged from some facts culled from the Birth Registration Area of the United States during the year 1927 and presented by the Bureau of Census in a report of Births, Still Births and Infant Mortality Statistics.

In the year 1927 approximately 10,000 mothers under the age of 16 years gave birth to children! Twenty-three of these mothers were only twelve years old; 399 were thirteen years old; 1,985 were fourteen years old; 7,052 were fifteen years old.

To be sure all of these mothers may not have been married. One rather suspects this because thirteen of these mothers had as fathers of their children boys between the ages of ten and fourteen years. Fathers to the number of 29,607 were between the ages of fifteen and nineteen years.

Some of the facts concerning these child marriages are perhaps more marked when considered with reference to the number of children born and the ages of these mothers of 1927. Of these young girls under sixteen years of age 9,169 had their first child; fifteen of the fourteen year olds and 263 of the fifteen year olds had their second child; eighty-six of the sixteen year olds had their third child; sixty-one, seventeen year olds had their fourth child; thirty-nine, eighteen year olds had their fifth child; fifty-nine, nineteen year old had their sixth child. The age appears to be rising but if one will stop to think what it means for fifty-nine, twenty year old mothers to have borne their seventh

child, one realizes that it means a child a year for seven years, beginning with age thirteen.—*American Medicine.*

* * *

Our Social Standards At Fault?—

These evidences of early marriage and some of its later consequences are further illustrated by higher figures which are enumerated merely to make more impressive some facts which lead one to question some of our social standards and our social outlooks. Thirty-two women of twenty-three years of age bore their tenth child. Five women of twenty-eight years gave birth to their fifteenth child; two women of thirty-three presented their communities with their twentieth child and one poor soul of thirty-nine years bore witness to her fertility by presenting the twenty-fifth child. The influence of course, of twins and triplets upon these figures is very small and even if considered plays little part in the vital facts represented by this early age of child bearing and the continuity of the physiological pregnancies and labors.

What is most shocking perhaps in these figures lies in the fact that of the nine twelve year old mothers, eight were daughters of white women born in the United States, as were 139 out of the 149 thirteen year olds; 931 out of the 966 fourteen year olds and 4,059 out of the 4,189 fifteen year olds. There is no problem of the foreign born represented in these mothers and one

views with a sense of satisfaction the fact that among these young mothers there were only two born in Russia, only five born in Germany, one in Ireland, two in Denmark, Norway and Sweden. Seven in Austria Hungary, and thirty-five in Italy.

Perhaps there are some who will find extenuating circumstances for this young group. To make it easier for such perhaps it is proper to note that fourteen of the twelve year olds were colored, as were 240 of the thirteen year olds; 1,019 of the fourteen year olds and 2,862 of the fifteen year olds. These figures for the colored populations are entirely disproportionate to their numbers in the population.

Such facts and figures would indicate that the United States of America has a medical social problem of no small size bound up in child-bearing people under fifteen years of age. There is no harm in adding that the sixteen year old girls were responsible for 20,295 babies of whom 14,330 were white and 13,796 had mothers born in the United States. These figures are fraught with provocative queries for thoughtful physicians who think in social terms, who are interested in sex education, social hygiene, morality, civics marriage, venereal diseases and obstetrics. What are the answers to be in terms of social protection? Possibly India would be interested in America's solution of this problem.—*American Medicine.*

TIRUKALUKUNDRAM HILL.

Tirukalukundram, or the hill of the sacred kites, is situated half-way between Chingleput and the sea coast. It is a ridge terminating in a spiked hill, on which stand the remains of a quaint temple of great antiquity, and dedicated to Siva. Every day two birds of the kite species come to the hill to be fed by an attendant Pandaram. They are said to come from Benares. It is a health resort, frequented by the inhabitants of Madras and its suburbs.

**IN
CONVALESCENCE
AFTER INFLUENZA,
PLEURISY, PNEUMONIA,
BRONCHITIS**

The soothing, inflammation-allaying properties of Angier's Emulsion and its general tonic effects especially commend its use in convalescence from acute respiratory affections. It will clear up any remaining catarrh, whether of the respiratory or digestive organs. It will restore tone to the digestive functions, and greatly improve assimilation and nutrition.

An absolutely perfect emulsion, it is presented in a form pleasing to the taste, and acceptable to the most fastidious. Moreover, it can be administered to advantage in conjunction with other remedies, such as salol, aspirin, bismuth, etc.

Angier's Emulsion is made with petroleum specially purified for internal use. It is the original petroleum emulsion—the result of many years of careful research and experiment.

ANGIER'S Emulsion
Free Samples to the Medical Profession

MARTIN & HARRIS, LTD., ROWLETTE BUILDING, PRINSEP STREET, CALCUTTA.
Proprietors—THE ANGIER CHEMICAL COMPANY, LTD.

When writing to advertisers, please mention "The Health."

HEALTH & VITALITY THROUGH YOGA. "YOGIC PHYSICAL CULTURE"

BY

Sjt. S. Sundaram, Pleader, Bangalore.

A practical Guide on Yoga-Asanas, Pranayam and Yogic cure, containing 12 Chapters and describing more than 20 poses, all illustrated by Photo-Blocks printed on Art Paper.

".....But there was lacking a complete treatise on the subject, especially in the English language, which would put the aspiring novice in touch with the detailed technique of the various Yogic exercises known as Asanas and of the Science of Breath-control Pranayam. Sjt. Sundaram's book fulfils this great want. The treatment is thorough and scientific.....":—"The Hindu"

Paper Bound Re. 1. Calico Bound Re. 1-8.

(Reg. Postage As. 4 extra.)

"Brahmacharya" Office Gurukula Ashram
Kengeri P.O. (Bangalore) S.

BHATTACHARYA'S MAKARADHWAJA

Guaranteed purity & Genuineness.

Prepared by Scientists & Expert Kavirajas
under Ayurvedic Standard.

Price Rs. 4/ per tola.

MAKARADHWAJA KARYALAYA
Strand Road, Chittagong.



SAVE TIME IN ADVERTISING

We can supply to you 5,000 up to
date and genuine addresses of English
Knowing people.

India addresses Rs. 5 per 1,000.
Foreign .. Rs. 6 per 1,000.

SAMPLE FREE ON REQUEST.
ALL INDIA ADVERTISING
AGENCY, AMRITSAR.

SUBSCRIBE TO THE MESSAGE

A high class religious monthly, highly spoken of in India and abroad, edited by Swami Sadananda, with kind co-operations of Rev. J. T. Sunderland (America), Rev. George Birnie, B.D. (Scotland) Mr. Leland. J. Berry (England), T. L. Vaswani, Messrs. Bipin Chandra Pal, Dr. H. W. B. Moreno M.A., Ph. D., Dr. J. K. Mozumdar, Ph. D. Bar-at-Law, G. P. Mozumdar (Ranchi) and other distinguished writers of India and abroad. Every one interested in religion should read it.

Annual subscription Re. 1 (Post free).
Manager, The MESSAGE, Gorakhpur, U.P.

THE MYSORE SCOUT.

An illustrated monthly for all Boys.

Published by the Mysore Scout
Head Quarters at Bangalore.

Contributions on all topics of interest to Scouts and Secondary Schools, students are invited. A profitable medium for Advertisement for all kinds of Student and Scout wares. Annual subscription Rs. 1-4, exclusive of postage.

Rates for advertisement on application.

Apply to:—

The Editor, The Mysore Scout,
Fort, Bangalore City.

COD LIVER OIL—S. K. Bros.'

(PUREST NORWEGIAN.)

A PERFECT FOOD] [A POSITIVE TONIC

It will be found absolutely pure. Digests quite easily and is rapidly assimilated. Invalids will have no difficulty in appreciating its perfect purity and delicate flavour. Cod Liver Oil is one of the most nutritive medicines extant. It is largely and successfully employed in Chest and Lung complaints, Weakness, Exhaustion and Wasting. It is also largely employed in Scrofulous Diseases, Glandular Swellings, Rickets of Children, etc.

Of a pale straw colour and almost entirely
free from taste or smell.

Rs. 1-4-0 a bottle.

SRI KRISHNAN BROS.,
323, Thambu Chetty St., Madras.

THE LUXURY SOAPS.

PERFUMED

The finest of fine quality Toilet Soaps. White Rose, Yellow Rose, Gold Rose.

There is no finer quality toilet soaps than our Luxury Soaps—the choice of leaders of taste and fashion.

Made of extra fine quality materials, the mellow lather refines and purifies the skin and preserves the youthful beauty of the complexion. Lavishly perfumed, their delicious fragrance lingers on the skin about the room long after use.

White or Gold Rose. Cake 12 Annas

Box 3 Cakes Rs. 2. Yellow Rose Cake 15 Annas. Box 3 Cakes Rs. 2-12.

SRI KRISHNAN BROS., Post Box No. 166, Madras.

THE STUDENT: Chingleput, S.I.

(The only All-India Magazine for High School Students.)

ANNUAL SUBSCRIPTION
Rs. 2.

SINGLE COPY AGAINST
3 Annas in Stamps.

Free Copies Positively No.

Send M.O. to the MANAGER.
No. V.P.P.

THE INDIAN LADIES' MAGAZINE.

DINDIGUL, (S. India.)

Edited solely in the interests
of the Women of India, by
Mrs. K. SATTIANADHAN, M.A.,

Subscription (including postage.) Inland
Rs 5. Foreign Rs. 5-8. Single copy As. 8.
Subscribers and contributions urgently needed.

ACCIDENTS EVERYWHERE

Are on the increase. Prompt medical attendance cannot be had always. It therefore behoves every one to know how to render to injured persons immediate temporary assistance in a scientific way, or First Aid making use of materials at hand in cases such as bleeding, broken bones, drowning, snake-bite, scorpion-bite, burns, poisoning, epilepsy, sun stroke, fainting, suffocation, convulsion, foreign bodies in the eye, ear, throat &c. till the arrival of the Doctor or medical aid is sought. The Hon'ble Dr. U. Rama Rao's book "First Aid in Accidents" teaches you how to render "First Aid". The desire to help a fellow-creature when injured exists in most of us but people shrink from giving aid because they do not know what to do and are afraid of doing more harm than good. Many precious lives are thus lost every year which might have been saved by prompt aid had any one been near-by able to render, "First Aid". So get a copy to-day and know how to save people from terrible agony, or injury or even life itself. Written in simple non-technical language and profusely illustrated, the book has undergone several editions and several thousands of copies have been sold. Doctors speak highly of the book. Governments, Railways, Mines, Industrial concerns, and Schools are buying largely. Published in English, Kanarese, Tamil, Telugu, Malayalam.



Price Rs. 12.

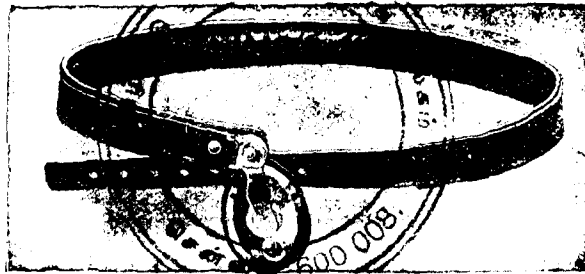
From SRI KRISHNAN BROS, 323, Thambu Chetty Street,
G. T., Madras.

IT IS NOT THE MERE SALE OF A TRUSS THAT INTERESTS US

We want to see that it continues to do you good, and protect you at work or play. With years of our experience in fitting, combined with our large stock and variety we can assure you satisfactory results; it costs no more.

Single
Truss
Leather,
non-rever-
sible

Rs. 5.
Vulcanite
reversible
Rs. 9-0-0.



Double
Truss
LEATHER
Rs. 10-0-0.
VULCA-
NITE
Rs.
18-0-0.

Sufferers from hernia are advised to put on an Elastic truss when going to bed as it is comfortable and will prevent accidents attendant on being without a truss. Ordinary trusses are uncomfortable to be worn when going to bed. Price Single Elastic truss Rs. 6. Double Rs. 12.

SRI KRISHNAN BROS., Chemists, 323, Thambu Chetty St., Madras.

THE HEALTH ALBUM

VOL II 1930.

A superb collection of fine illustrations, dealing with matters of **Health and Hygiene**. All about **Air, Water, Food, Childhood, Motherhood, Manhood, Dirt, Disease, First-Aid, Physical culture, Nursing** etc., can be learnt by every man, woman, and school-boy and girl, at a single glance of the pictures. Kept in the Drawing-room, School-room, School and Public Library, it will serve as a good guide, friend, and philosopher, in times of physical and mental disease and distress.

Is a fertile source of emulation and inspiration to those who desire to be **hale, healthy, stalwart and strong**. It is no luxury, it is a sheer necessity in every household, Association, Club, School and Library. The first Vol. published in 1925 was soon exhausted and several were disappointed. Make haste and book your orders early.

Price Re. 1.

Special concession to subscribers to The "HEALTH" Annas 12, also to be pre-paid.

Apply at once at:—

THE MANAGER, "HEALTH,"
323, Thambu Chetty Street, G.T., Madras.

129703

For the Pleasure of a well dressed head

Jasmin, Red Rose or White Rose Hair Oils



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.

SRI KRISHNAN BROS., 323, Thambu Chetty St., MADRAS.