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Health A Journal Devoted To
Healthful Living

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HEALTH

A JOURNAL DEVOTED TO HEALTHFUL LIVING

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



OF THE REGISTRY

No. _____

28 MAR 1931

L. D. O. K. B. GUNPATH, DURBAN, S. AFRICA.
Indian by birth, Age 16, A physical culturist, and a member of the 'Great League' of England.
Has developed a fine physique and earned the distinction of 'League District Officer.'

163 CONTENTS

Editorial:—	PAGE
Cleansing of streets in Towns.	33
The Remarces of healing by Dr. J. Venkatasamy Naidu, L. M. S., (Retd.)	36
Economic Hygiene by Dr. S. C. Nag., Barbheel T. E. Hospital, Bargong P.O. Assam.	37
The A B C of Diet.	39
Place of the Physician in the School Health Programme by A. G. Ireland, M.D., (Director of physical and health Education, Department of Public Instruction) Trenton N. J.	42
England's Responsibility for the Dope Traffic by S. B. Vananey	44
Eating for Health in India	46
Cold Air—A Therapeutic Agent.	48
The Physician of the future	49
Noise and the Town Dweller.	49
Health News and notes.	50
Acknowledgment—Horlicks's Malted Milk Calendar 1931.	52



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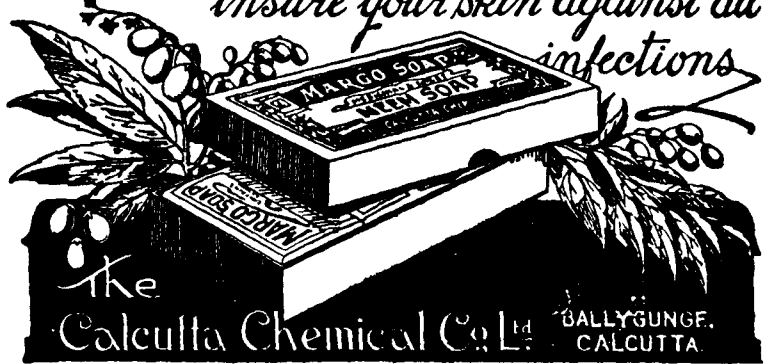
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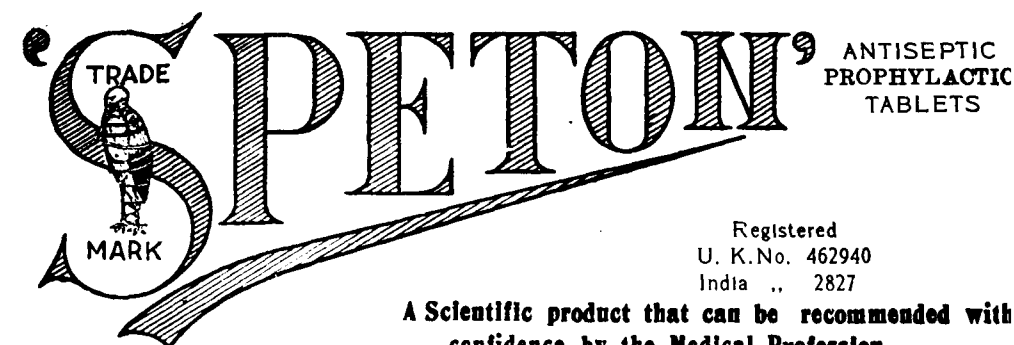
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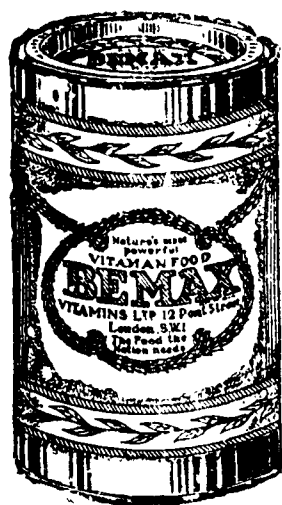
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FEBRUARY, 1931

[No. 2

CLEANSING OF STREETS IN TOWNS.

The cleansing of streets in towns is one of the most difficult problems that baffle a sanitarian. The neatness and cleanliness of the streets, apart from the lay out and architecture, always proclaim the character of a town. It is the primary function, therefore, of Local Bodies to take effective measures to prevent unnecessary defilement. But alas! the sense of public duty is not so well developed even in civilized countries, notwithstanding the exercise of Police powers and the best the cleansing official can do is to keep citizens in mind of what is expected of them. They must certainly play their part in the maintenance of town tidiness and cleanliness.

THE SOURCES OF STREET DUST.

Streets are befouled in many ways, natural and artificial. Use and abuse

make their contributions. We shall here enumerate a few important sources of street dust, most of which are common to all towns in all parts of the globe. (1) *Dust* from vehicular traffic, due to the mechanical abrasion of street surfaces. This varies with the nature of the paving and the kind and amount of traffic. (2) *House sweepings* which consist of used-up leaves, vegetable refuse, ash, broken glass pieces, fruit skins etc., thrown not into the dustbin provided, but in front of the houses; sometimes after the sweeper had passed. (3) *Shop sweepings* consisting of paper, match and cigarette boxes, hand bills and any small thing they wish to discard. (4) *Spitting, urination and defecation by human beings* which convert the street into a veritable hell. (5) *Dribblings* from vehicles of garbage, manure, sand, straw, or

other loose material not to mention night soil from municipal carts. (6) *Oil droppings* from motors at stopping stations. (7) *Tram and bus tickets*, giving rise to ticket litter. It is a thousand pities that these tickets have not to be surrendered on leaving like Railway tickets. (8) *Horse litter and cowdung*. It has been estimated in England that 1000 horses in the course of an eight hour day deposit 500 gallons of urine and 10 tons of dung on the road-way. (9) *Dog nuisance* which makes the street its privy.

HOW TO KEEP THE STREETS CLEAN.

Road Dust :—To prevent road dust, Local Bodies should keep the street surfaces properly paved. It is self-evident that the better the paving, the easier its cleansing will be and that a surface in good repair requires less attention than one in bad repair. To mitigate the dust and prevent the surface from breaking up, frequent watering is necessary. Unfortunately, in Madras city, road watering is a thing of the past. We know about a quarter of a century ago, Madras roads used to be flooded with water daily morning and evening. For reasons of economy or scarcity of water, or both, this useful and indispensable mode of keeping out road dust has been given up with the result that nowadays when a motor car or bus passes along the road, a storm of dust is raised and the poor pedestrians that follow are practically buried under it. No wonder, therefore, that tuberculosis is rampant in Madras. Road watering must be resumed and we hope our city fathers will pay particular heed to this important problem of city sanitation. Sea-water may conveniently be utilized for the purpose, if Red Hills water cannot be

spared. Some sea-side towns in England, Blackpool for instance have found the use of sea-water for street sprinkling very satisfactory.

House and Shop Sweepings must always be deposited in the dustbins specially provided for the purpose by the local authorities. In our opinion there ought to be at least one dust bin for every 100 yards. Every house owner should furnish himself with a kerosene tin or some other receptacle wherein to temporarily deposit the house sweepings and empty the contents morning and evening into the dust bins or into the cart when it passes along the road. Under no circumstances should house sweepings be deposited outside the dustbin and any such act must be penalized. Much street defilement is largely avoidable. If a quantitative analysis of street sweepings is made, it will be found that the per centage of paper wrappings, bus tickets, fruit skins and the like is excessively high. Paper may be world's friend but it certainly is the cleansing official's bugbear. In England, permission was asked for recently to frame by-laws to the effect that "No person shall throw down or deposit and leave in any street, likely to create or tend to create litter in or to affect or tend to effect injuriously the amenities of the street and no person shall in any street or public place throw or leave any orange peel, banana skin or other dangerous substances on the footway". But the Home Secretary demanded an undertaking from the local authorities that their provisions would be kept before the public; that the public be kept educated; that receptacles be liberally provided in the streets and that everything possible be done to uphold the by-laws and prevent them

becoming a dead letter. There is thus as much responsibility thrown on the local authorities as on the public, in the matter of street sanitation. If receptacles are not available there is an overwhelming temptation to slip the unwanted article on to the street. And if the street itself is not very clean, there is little hesitation about the act. Indeed, the dirty street invites the commission. In proximity to points where a number of newspaper wrappings or paper rubbish will be probable contents, waste paper baskets should be provided. In New York, waste paper or litter cans are provided and are lettered. 'It is against the law to throw litter into the street—Use this Can'.

Human and animal defecation :—It is a common thing in India to allow children to defile the road sides and children's faeces is generally considered to be innocuous and harmless. This is an erroneous idea, which must be erased from public mind. Not only children but adults also urinate and defecate on road sides to an alarming and dangerous extent, so much so not only is the street rendered filthy and untidy but it becomes a fruitful source of epidemics. The Town Nuisance Act is ineffective in preventing this abhorrent and indecent practice and until the public are sufficiently educated and their sanitary consciousness aroused, we are afraid no good will result. In order to maintain first-class and busy streets free of litter and horse droppings, Orderlies are employed in England during the day. Since such employees require to be very nimble to dodge the traffic, boys have found favour for the job. They are not

very dependable and so active young men are employed to supervise their work. The areas of sections vary from 1500 sq. yards for boys and 4000 for men. Some such arrangement should be made also in Indian cities and towns where they do not already exist. To prevent dogs committing nuisance in foot-paths and streets the Borough of Kensington has passed a by-law to the effect 'No person being in charge of a dog in any street or public place and having the dog in a lead, shall allow or permit such dog to deposit its excrement upon the public foot-way'. In order that the terms of the by-law might be known, the Council circularized all dog-owners, posted pamphlets in public places and made use of the public press. We wonder how this by-law is to be enforced. The dog does not know and cannot be expected to know the provisions of the by-law and help its master nor the master, knowing the act, can successfully prevent befoulment by his dog, the time and circumstances of which he cannot foresee and properly gauge. In our country, however, this problem does not arise, as the dogs are either their own masters themselves, or have masters, who can call no man their master.

Thus, we see that there should be active co-operation between the public and Local Bodies, in order that the streets might be kept clean and tidy. If every individual member in a town should take into his head that he has a duty to perform to his neighbour, and contribute to the tidiness of the street he lives in, street cleansing will not be the perplexing problem it is to-day.

THE ROMANCES OF HEALING

BY

DR. J. VENKATASAMY NAIDU L.M.S., (RETD.)

Even the most gruesome things in this world have their utilitarian sides, and they may be likened to a honey comb in which the nectar of flowers is treasured behind a barricade of stinging bees. Romance with its intriguing episodes and thrills usually flavours the careers of men in quest of gold, in search of a fitting mate, or in hunt for fame; but it has now taken a fancy for the art of healing. A new chapter of scientific romance has been added to the history of medical research by the amazing discovery of one disease healing another ailment. The scourge of Malaria, which is caused by the bite of a mosquito, one of the most formidable and widely-distributed enemies of man in the insect world, which began its carnage from the dawn of humanity by wiping out the marsh dwellers of the primeval age and vast hosts of their descendants inhabiting the Earth's surface, which caused the downfall of the Roman Empire and ruined Grecian Culture so as to affect the history of mankind, which destroyed a great part of the German race during their migration to the Sunny south in the middle ages, and which still continues its slaughter leaving a trail of its flotsam and jetsam in the regions swept by its waves is now credited with the virtue of curing some nervous diseases, to wit, General Paralysis of the Insane and Syphilitic Infection of the Brain, hitherto held incurable, when its parasites are injected into the blood of the sufferers.

Another epochal triumph has recently been achieved by the cure of intractable Pernicious Anaemia. That rebellious and sensitive organ the liver, the scavenger of the human body, the seat of bad temper and melancholy often culminating in suicide, the frequent cause of several diseases spelling blood-poisoning and death and the arch-enemy of man in the tropics is now reputed to cure Pernicious Anaemia by the oral administration of its Extract to the patients.

Yet another romantic healing exploit is the discovery of a cure for Kala-Azar, a very fatal disease prevalent in many parts of India, which was considered incurable for centuries and has decimated millions of the human race. It is now established that injections of a compound of antimony and urea, the most poisonous effete product of the human body, cure the disease reducing its mortality from 95 to 5 per cent.

A further bewitching romance is the cult of Voronoff, a key to renewed youth, by which the lives of old folks can be rejuvenated and prolonged by transplanting into them the glands from the young humans, apes or monkeys. This triumph might savour of the supernatural and delude human beings into believing in the non-existence of the after life and in the enjoyment of immortality on earth.

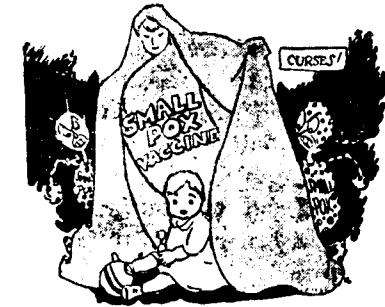
An additional marvel of the healing art, a real renaissance in dietetics, is the discovery in the food stuffs of hidden food elements called vitamins,

which are indispensable to health and lives of men, beasts and birds. Though their chemical composition is yet unknown and they cannot be isolated for further study owing to the smallest proportion of their contents (2 parts in 10000 of food stuffs) even the limited knowledge of them has revolutionised the treatment of some diseases. The Vegetable Kingdom is a mine of vitamins and daily consumption of vegetables prevents disease, and prolongs life. The nutritive value of even balanced diets is not complete without vitamin content. The energizing qualities of dairy products are due to vitamin content of green grass on which milch cows forage, and the remarkable tonic properties of Cod Liver Oil are attributed to the sea weeds on which Cod fish subsist. The vitamin potency has also been discovered in the sunshine, skyshine and the atmosphere of hill stations.

Tubercular diseases of joints, which have defied all treatment in the past, and which invariably ended fatally after prolonged suffering of the victims are now being cured on a spleen diet. The spleen has been proved to fight against infectious diseases by its rich bacteria-destroying

protective matter and its influence on bone development and regeneration.

Immunising vaccinations and inoculations against the scourges of small-



Smallpox Vaccination Protects

pox cholera, plague, tuberculosis, typhoid fever, dysentery etc. whose toll has always been terrific have served to prevent enormous economic waste and colossal destruction of human life. Among other romances of healing are the cure of chronic Rheumatism with anti-typhoid vaccine injections and the cure of chorea with Nervanol, a drug which produces rash and fever—indistinguishable from measles.

The wonderful healing perproperties of internal secretions of glands and their influence on tissue metabolism are now established beyond cavil.

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"What the ancient Hindus advised"
"Should never by us be despised."

The above should be taken as our motto in our attempt to propagate hygienic rules on economic principles. A keen power of observation coupled with power of propagation on Hindu principles may do much towards pre-

ventive medicine on economic measures. The ancient Hindus had laid down hygienic rules in the name of religion because they were adherent to religious performances. But hardly one dives deep into the subject. Everybody now

likes to be guided by sentiment and not by reason. If anybody says in Europe or in America that a certain thing is good, we close our eyes at once, throw our senses away, and, like a wise man, nod and say "Oh, yes; Oh, Yes." But why should one take authority when he can have facts? Why should one guess when he can know? In order to propagate hygienic rules on economic principles suitable to Indian conditions, advantage may be taken of the religious sentiment as seen in the daily life of the Hindus.

Abolition of the policy of "untouchability" may be right from national or "Gandhic" point of view, but the "touch-me-not" system is a very good way of taking preventive measures.

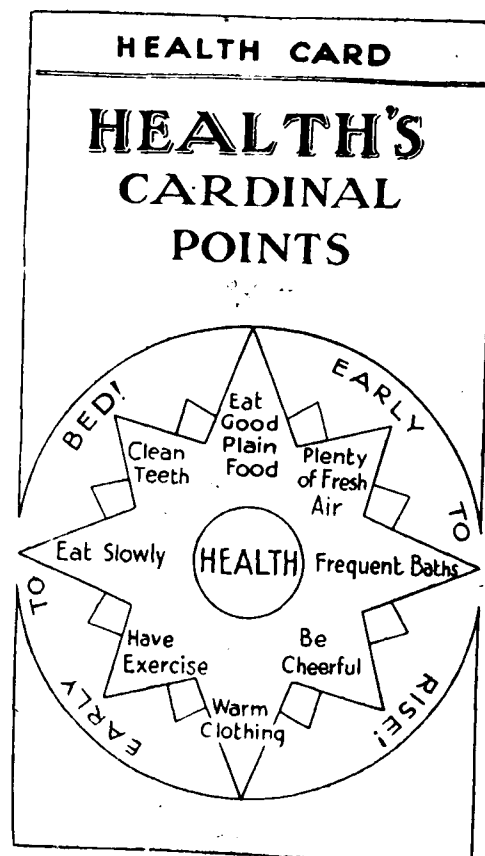
The practice of keeping the water pure and sacred like "Narayana" i.e. God (after "Apo-Narayanā" motto) is not without hygienic reason. By disobeying this rule, i.e. by polluting water at the ponds, wells and rivers etc., we have now fallen victims to all kinds of water-borne diseases.

The practice of offering every dish (food) to the God before partaking of it undoubtedly originated with a view to take the purest food—one of the most easiest and the most valuable rule of hygiene, because only the best and the purest things are offered to the God.

After one's death the observance of 10 to 30 days quarantine by the close relatives, through its effect of untouchability, and the cleaning of the house and household articles and a clean bath on the 10th and the 30th day (after one's death), and also the compulsory cleaning of the house and household articles on certain holy days, on the occasion of solar and lunar eclipse and on the last day of certain

months are other examples of successful and automatic preventive measures so easily and economically practised by the ancient Hindus.

Again the rule of avoiding certain food stuffs on certain days of every fortnight as observed by the orthodox Hindus amply illustrates the indirectly compulsory use of mixed and varied diet which is so necessary for the preservation of health.



Nobody will deny that the Hindus custom of fasting or of taking light food on full moons and certain other days is quite hygienic.

Again the compulsory use of soaked and germinating pulse, curdled milk, fruits roots etc., in many festivals and on ceremonial occasions which was so popular among the ancient

Hindus (and is still seen in some families) is, without a shadow of doubt, of much hygienic importance from food-value point of view.

The Hindus' rule of taking a clean bath after touching or handling stool and urine, and after touching a dead-body, a sweeper or a scavenger who is not cleanly in habits is not without hygienic value.

The custom of performing prayer and *pūja* at the time of epidemics brings hope and gives courage in the minds of

the people and thereby increases power of resistance to disease and confers immunity to a large number of people.

Again the custom of visiting the holy places which are all situated in the most healthy parts of the country e.g. Puri, Benares, Gaya, Allahabad, Hardwar &c., and the skilful policy of bathing in different rivers on certain days exerts most beneficial effect upon health through change of air enjoyed during the journey and during the stay in these places.

THE A B C OF DIET.

We are having to learn the A B C of the Food question in order to keep in the front line of advancement. We knew all about carbohydrates, fats, proteins and minerals. Then came calories, for measuring the heat or energy values of foods. When we learnt all we wanted about calories, behold! another factor was forced upon our attention; namely or alphabetically, the Vitamins. The vitamins are really not named, but have been given letters instead. And this is how we learn our A B C of diet.

Vitamins are not something new,—they have always been in food. But the new discoveries in food factor have brought vitamins to the front as serving a very important part in feeding. Indeed, it is found, under the most thorough animal experimentation and by careful observations on the human subject, that vitamins are very necessary to health and vigour. They are now counted as among the highest essentials to life.

It is now known that a diet may contain all the other food elements and have plenty calories, and still be

deficient in health and growth promotion because it lacks in vitamins. The vitamins have been compared to the spark which sets off the gas in the motor. There may be plenty of gasoline in the tank of an automobile, but if the spark does not set it off, the motor is dead, and gets nowhere unless towed. So there may be sufficient of carbohydrates, fats, and proteins, fuel foods, in the food, but unless there is the vitamin spark, they cannot be used.

The four best known vitamins have particularly to do with growth and development. They are:

1. Fat-soluble A, found in certain fats and oils.
2. Water-soluble B, easily dissolved in water.
3. Water-soluble C, Ditto
4. Fat-soluble D, found in certain fats and oils.

That these vitamins have an important place in diet and have an important work to do is seen in the fact that when absent or present in insufficient amounts, serious disorders result, such as lack of growth, scurvy, rickets

beri-beri, lowered resistance to disease, and poor health.

Vitamins are found naturally in various foods, and are not supplied as drug-store foods, with the exception of vitamins A and D, which are found in cold-liver oil. Fruits, vegetables, especially the green leafy vegetables, and milk furnish all the vitamins.

Vitamin A is found abundantly in milk, cream, butter, egg yolk, cod-liver oil, and green leafy and yellow rooted vegetables. This vitamin gives strength, and builds up resistance to disease. When it is lacking, normal growth is hindered, the blood is of poor quality, sore eyes result, and the general health fails. Young animals kept on food lacking in vitamin A soon stop growing and develop sore eyes. Only a small amount of food rich in vitamin A is necessary to at once correct these conditions and restore the animal to good health. Children are similarly affected under similar conditions. Other foods containing vitamin A in varying amounts are oranges, peaches, pine-apples, nuts, whole wheat and most of the vegetables.

Vitamin B is found in large amounts in whole-grain foods, particularly in the germ cells, and in certain vegetables, such as spinach, tomatoes, and raw cabbage. Cooking in an open vessel destroys a part of the vitamins A and B. Canned spinach and tomatoes retain vitamin B. Other foods containing this vitamin are certain fresh fruits, apples, grape fruit, oranges, lemons, limes, grapes, pears, and pine apples, nuts, whole milk, cream, buttermilk, cottage cheese, wheat bran, whole wheat, oatmeal, eggs, and practically all the vegetables.

Vitamin B helps the appetite, promotes growth, and prevents beriberi-a nerve disease. When this vitamin is lacking, there results loss of appetite, constipation, loss of weight, that "tired feeling," and general weakness. Young children will develop malnutrition, and cease growing when vitamin B is wanting in their food, but will respond at once to a single feeding of food rich in the vitamin, indicating its importance.

Vitamin C is abundant in oranges, lemons, grape fruit, pine-apple, berries, tomatoes, raw and canned, cabbage, spinach, and green peas, lettuce and other green leafy vegetables, and cod-liver oil. It is found in smaller amounts in apples, bananas, cherries, whole milk, cream, buttermilk, and most of the vegetables.

Vitamin C promotes health and prevents scurvy. Indications of scurvy may be lack of "pep" or loss of energy, pale, muddied complexion, headache, listlessness, unhealthy gums, and pain in joints and limbs. Foods containing vitamin C should be eaten every day, as this vitamin is not stored up in the body. The daily use of oranges or tomatoe juice is recommended for preventing scurvy in children.

Vitamin D is found in nuts, egg, yolks, milk, and cod-liver oil. It makes strong bones and teeth and prevents rickets. It is necessary to supply the body with lime for hardening the bones. Exposure to sunlight helps to take the place of vitamin D.

Further discoveries are being made in the field of vitamins, and other letters are being added to the list, but at present those here given will help to cover the more simple fundamental dietary required as far as vitamins are

concerned. Of course it must be borne in mind that vitamins are not now the all in all of the food question. They do not replace the long-known elements of carbohydrates, fats, proteins, and minerals. Nor do they displace calories.

There are marked effects on health and growth resulting from the lack of certain elements and the marvellous, remedial effects in supplying these missing elements, so that the question of feeding is not merely one of catering to the appetite. It is quite in place that we enjoy our food, and a big part in good dietetics is to have food palatable. But we may have it both palatable and wholesome.

With our present-day knowledge of nutrition, it surely is a wise thing to give attention to making the diet as complete as possible seeing that it supplies the various essentials to good health. When the doctors tell us that many diseases are the result of wrong eating, it should not need much more argument to get us to eat as nearly right as we know. And it is quite important that we consider the food question from the standpoint of eating to live, rather than living to eat.

The A B C and D vitamins can prove a help in getting the wholesome dietary, for in using the foods containing the natural food factors we are quite assured of getting the various other essential food elements. The general use of the wide range of fruits and vegetables, whole grains, milk, eggs, and nuts, will provide the needed food for health, growth, heat, energy, and tissue repair. Care must be taken to get our food in the complete form intended in their use. Care

should be exercised against depending upon food that have been subjected to processes of manufacture which have robbed them of certain valuable elements.

Some consideration need be given to the preservation of vitamins when it comes to cooking. Vegetables should be cooked as quickly as possible with a minimum loss of the juices. As small an amount of water as possible should be used in cooking, and the water should not be thrown away. Some of the vitamins and minerals are easily dissolved in water, and are lost when the cooking water is discarded.

Vitamin A is destroyed by prolonged cooking in contact with the air, that is in open vessels. Ordinary heating is not so destructive. Ordinary cooking and canning of food does not affect vitamin B. The use of much soda in cooking is destructive of this vitamin.

Vitamin C is destroyed by heat. The Pasteurization of milk, necessary to protect against milk-borne diseases will destroy it. But vitamin C is easily supplied by the addition of the juice of oranges, lemons, limes, or grape fruit, or of tomatoe juice. Vegetables which may be eaten raw, such as cabbage, spinach, celery, lettuce, turnips, also supply it. Dietetically the citrous fruits may be better for some persons than the raw vegetables.

Certain features in the processes now followed in commercial canning are less destructive of vitamin C than ordinary cooking or home canning. Canned fruits and vegetables are considered valuable foods.

Commercial products claiming a high content of vitamins and selling at a high cost have no advantage over the simple every day common

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foods easily available. In fact, the general variety of the foods already natural foods are the superior source mentioned need have no worry about of vitamin supply. One who uses a the vitamins,—O.D.

TABLE SHOWING SOME COMMON FOODSTUFFS THAT ARE RICH IN VITAMINS A, B. & C.

Vitamin A.		Vitamin B.		Vitamin C.	
Butter	xxx	Cherry	xxx	Cabbage (raw)	xxx
Cod-liver oil	"	Egg-yolk	"	Grape-fruit	"
Egg-yolk	"	Lettuce	"	Lemon	"
Beans (runner)	xx	Liver (ox)	"	Orange	"
Cabbage	"	Tomatoe (raw)	"	Swede	"
Carrots (young)	"	Do (tinned)	"	Tomatoe (raw)	"
Cheese	"	Beans (kidney)	xx	Do (tinned)	"
Cream	"	Cabbage	"	Beans (runner)	xx
Fat fish	"	Carrots (young)	"	Do (sprouted)	"
Lettuce	"	Lentils	"	Lettuce	"
Milk	"	Nuts	"	Lime-juice (fr)	"
Peas (green)	"	Onions	"	Marrow	"
Spinach	"	Peas (green)	"	Peach	"
Tomatoe (raw)	"	Spinach	"	Pine apple	"
Tomatoe (tinned)	"	Turnips	"	Potatoes	"

N. B.—Results selected from Medical Research Council Special Report No. 38 (second Edition).

PLACE OF THE PHYSICIAN IN THE SCHOOL HEALTH PROGRAMME

BY

A. G. IRELAND, M. D.,

(Director of Physical and Health Education, Department of Public Instruction) Trenton, N. J.

The School Health Programme is the accepted name for a group of activities that has been developing for a period of 30-40 years, but mostly in the last decade. It is a natural product of a natural development; first in educational purpose and procedure, and second, in the allied fields of medicine and public health. Recent years have seen remarkable changes in education. Perhaps the outstanding feature has been a shifting of emphasis from the subject matter learned to the subject doing the learning, that is, the child. Recognition of the child as a person, an individual, as a personality, dominates the school of to-day. His field of study is life itself. His objective in that study is living or how to live well, richly, completely. During the same years, medicine and public health have advanced to new aims and new procedures. We know infinitely more about the child, mentally and

physically, than could have been anticipated not many years ago.

Bring the 2 together, that is education and medicine, and the inevitable result is the school health programme, not a thing apart from the educational programme, but apart of it, an integral part, interwoven in the fabric of the school. Thus, the school to-day is concerned with the lives, not the schooling alone, of a mass of individuals. It aims to send these individuals out into life physically prepared to withstand the demands of work and the encroachment of disease, mentally equipped to look ahead, always ahead, with hope and good cheer, and with the potentialities of good citizenship and good parenthood. In this new education, it was inevitable that the physician, the dentist, the nurse, should be called; and the art teacher and the music teacher and the home economics teacher, for each contributes to the richness and fullness of right living.

The essential thing mentioned so far is integration, a oneness of everything done in the school for a common purpose. The old school had 2 sides: one was the schooling process, the other was medical inspection. The 2 had little in common. The school was just another home, or clinic, or hospital on the physician's rounds. The search for disease dominated. It was purely a protective measure, of value to that point, but losing sight of the further great possibilities which are now being revealed.

The new school establishes its goal, life. To attain the full meaning of that goal, there are many contributing factors. In a large number of them, the school needs and calls for the talent and intelligent direction of the physician. It is sufficient to list a

few of the factors with a brief comment.

(1) Environment: its hygienic and sanitary aspects; its lighting; heating and ventilation; available sunshine; cleanliness; seating; toilets; washing facilities; water supply; furniture and blackboards in relation to vision; facilities for the care and drying of clothing; and so on.

(2) Organization of the school for health: length of day; length of periods at age-grade levels; time for lunch; home study; arrangements of subjects; type of materials and equipment.

(3) Health status of the pupil: other things being equal, the healthy child is the better pupil; what are his handicaps to learning, to rich living, to the formation of right habits and attitudes; and how we may bring him up to a condition of fitness that will facilitate learning and living, are among the questions put to the school physician.

(4) Educational factor: learning takes place through everything the child does; learning is the acquisition of experiences; it is a thing of action or related to action, not passivity; hence, the physician's examination, the nurse's visit, first aid, are among the many possible educative situations through which the child passes. He acquires experience from what the physician, dentist, or nurse does or says; he may develop a new point of view; he may be impressed either favorably or unfavorably. The examining room then should be organized and conducted as a classroom, as a laboratory of educational experiences.

Returning to the idea of integration what are the school needs? It wishes to know, what is holding back this pupil from learning to the extent we know him capable of? Why is he a

behavior problem? Why is he dull, apathetic, truant? What does the physician say that will put the teacher on the right tract, and what can the teacher tell the physician that will give him an insight into the child's needs?

The nurse, the visiting teacher, and the attendance officer may be important in rounding out the picture. Where and how does the child spend his out of school hours? What is the family and social life at home? Is he getting enough to eat? When does he go to bed? Does he work late at night?

The school charged with education of the child is necessarily concerned with the whole child. Correct living is not a knowledge of reading, history, arithmetic. The school, therefore, must find the pieces of the puzzle and fit them together. Such is educational procedure. In it, the teacher, physician, dentist, nurse, special supervisor, and all the others have a part, but the success of the whole depends upon how the efforts of each are co-ordinated.

The school wants a *real* examination. It asks for that *with clothing*

removed, and eventually, with both a parent and the teacher present. It asks for intelligent guidance in putting this child on the road to right living.

The school wants to know where its facilities and equipment are at fault and where its programme is detrimental to the child. So it asks for a study of the stress and strain of study, for an examination of athletes, for advice on special cases, and for guidance with the malnourished, tired, or nervous child.

Co-ordinated effort is the key to efficiency in this educational procedure. To the school, we must look for intelligent organization of these efforts into an integrated whole. The essential factor is time. It will take time. School physicians are underpaid. They are asked to perform unimportant tasks. Frequently, they are set off by themselves and, unfortunately, much of their labour goes for naught. But the school health programme is new. It will work out. Only time, patience and continued effort are necessary.—*Journal of the Medical Society of New Jersey.*

ENGLAND'S RESPONSIBILITY FOR THE DOPE TRAFFIC

BY

S. E. VANANCY

It was reckoned a few years ago that less than one per cent of the population of the United States were addicted to the use of narcotic drugs. Careful estimates at the present time indicate that a much larger number are now victims of this habit.

The retail price of narcotics has declined from a range of one hundred

and forty to two hundred dollars an ounce, a few years ago, to that of from forty to eighty dollars at the present time, making it possible for a larger portion of the population to purchase it.

The term, "dope," as it is customarily used, includes opium and all of its derivatives. From opium come

gum opium, smoking opium, yen shee, morphine, cocaine, heroin and codeine.

Excluding the deadening narcotic known as marahuana, practically all dope is derived from opium. Opium itself is obtained from certain varieties of poppies.

Some years ago, the Chinese cultivated thousands of acres of poppies for the purpose of producing opium. In fact, this crop amounted to a national industry. The widespread use of narcotics for many years has been largely responsible for the backward condition of the people of that nation. But the Chinese, as a people, have a natural mental brilliancy. Some of the greatest discoveries and inventions which have gone to advance the civilized world have come from China.

The better-educated Chinese, realizing the serious hindrance to their national progress from the narcotics, succeeded in having a law passed prohibiting the culture of poppies.

As the result, it became impossible to produce opium in large quantities. The law was easy to administer for the reason that it requires a large amount of poppies to produce a comparatively small amount of opium and large numbers of poppies cannot be grown in concealment. Their culture required acres and acres of ground. Government inspectors had no difficulty in noting any attempts made to evade the law, and so the great narcotic problem of China was apparently solved. In the last decade a wonderful advance has been made throughout all China—an advance which was not credited by the people of the occidental nations who have not had the opportunity of studying the improvements in modern China.

Recently, however, foreign countries have taken advantage of the

Chinese civil wars to wreck the situation and it is reported that the dope industry has broken out again.

The primary reason for the spread of this evil in the United States is that it is a very profitable proposition for small groups of persons who are responsible for encouraging the dope traffic.

Nearly all the narcotics used illegitimately in this country, are imported. The men responsible for the importations are thoroughly concealed, and it is next to impossible to expose them. The principal importers never come in contact with the narcotics themselves. They employ agents who handle the stuff. These agents store quantities of the drugs at central warehouses, from which smaller quantities are redistributed to peddlers. The peddlers in turn sell to the consumer. The plan of distribution is so perfected that the peddler has absolutely no knowledge of the identity of the agent.

Most of the arrests which are made by the officers are of the users of narcotics and the peddlers. The traffic cannot be stopped by this system. It is the source of supply that should be attacked in order to make the fight against this great evil effective.

Let us consider the source of supply of opium. Today, the nation chiefly responsible for the production of opium is Great Britain.

India, under control of the British Government, produces annually seven hundred tons of opium for export trade. The minimum price is forty dollars per ounce, retail. An exhaustive survey indicates that approximately three tons of opium would adequately supply the legitimate demands of the entire world for medical purposes, each year. It should be understood that the British Govern-

COLD AIR—A THERAPEUTIC AGENT.

It is not generally realized that we possess very valuable means for the promotion of good health in the intelligent use of cold air. It is a reliable stimulant which, if used properly, has a general tonic influence on every organ and tissue of the body and leaves no evil after-effects. The lungs especially benefit by the health giving properties of cold air, so that breathing is deepened and quickened and more air, reaches the blood. Thus the heat production of the body is naturally increased, and as the fires of life burn more intensely the body



Mrs. Chas E. Dawson the Author of 'Breathing and Posture' is a forcible advocate of 'Breathing Exercises' for women to enable them to preserve their feminine beauty and charm throughout life.—By Courtesy H. & S.

wastes are more completely consumed and more freely eliminated. So the various organs perform their duties more efficiently. In addition, the cool air has a sedative and relaxing effects upon the nerves, and with the exposure of the body, there is a pleasant feeling of freedom and refreshment.

The air must, however, be brought into direct contact with the skin as well as the lungs if its complete benefit is to be obtained. In the summer this can be best accomplished by complete exposure of the body to the air out of doors, and if the weather permits, a combined air and sun bath can be usefully taken. Indeed much of the benefit obtained from natural sun bathing ought to be credited to the air and its toning influences. In the autumn and winter, the air of the British bed room is about the correct temperature for an air bath, and this ought to be taken every morning on rising. It is astonishing how rejuvenated one feels when completely undressed, a brisk walk is taken around the room in the cold morning air. This is an excellent preventive of common "colds" and catarrhal diseases, whose prevalence amongst civilized races is appalling.

The modern habit of excessive clothing has adversely affected the functions of the skin to such a degree that it has to a large extent lost its power of adjusting the body to the frequent changes of temperature to which these islands are subject. Clothes should be as light as possible permeable to the air, and made of loose material. Dressed in this way the skin maintains its natural tone and is able to resist violent changes in temperature. By these means a healthy skin is preserved, and this in turn places the body as a whole on vantage ground so that it is enabled to overcome successfully the common respiratory disorders.—*Good Health.*

THE PHYSICIAN OF THE FUTURE.

The day is not far off when the physician will be a *health instructor*. He will not wait for illness to come on and then attempt to treat it, but he will first and foremost teach his patient how to live for health. He will prevent disease rather than attempt to cure it.

He will meet all disease conditions with a natural application to which the healing forces of the body will most readily respond. He will inform his patients that proper food, as provided by Nature, God's pure air and

sunshine, will cure more physical distress than all the concoctions put together in corked bottles, or all the pills, all the sera, and all the vaccines.

He will recognise the truth that "the greatest physician is the one who uses his hands to manipulate the diseased organs rather than the knife to remove them."

He will, above all, shout from the house-tops that the great physical requirements for health are: Proper food, exercise, fresh air and sunshine.—*Health for all.*

NOISE AND THE TOWN DWELLER.

In an age of motor traffic, sirens, pneumatic road-drills, and intra-urban train services, it has become impossible for the city dweller to escape from noise even during his hours of sleep. Though the man whose house abuts on the railway will admit that he no longer notices the passing of a train, there can be little doubt that noise has a harmful effect on the mind, even of those who appear to be indifferent to it. The effort of concentration is considerably increased in noisy surroundings, and it has been repeatedly demonstrated that existing neurasthenia is aggravated by noise, and improved by a quiet environment. The effects are inevitably serious on young children and infants, whose nervous systems are insufficiently developed to withstand a prolonged strain: the child who has slept in the midst of uproar will awake listless and tired, and if the conditions persist his growth will suffer. The nursery schools have shown the value of a midday rest to the child who is kept awake late in a noisy and overcrowded home. In the annual report of the

Willesden Urban District Council some of the difficulties in the path of legislation to reduce noise are discussed. Clearly the repair of the roads and the warnings of motor traffic are among the necessary evils of our civilisation, nor is it very easy to legislate for the suppression of the crying infant, the howling dog, or the incipient pianist. By means of a meter designed to convert sound into measurable electric waves it has been possible to determine the effects of noise on the human body. Among other results it has been found that a sound of a given magnitude produces a reaction of fear in the new born infant, that noise raises the blood pressure in the adult and that a degree of noise insufficient to waken a sleeping person will cause the muscles to contract and to remain tense for as long as thirty minutes before they relax. Deafness, dizziness, and headache are the lot of those who earn their livelihood by boiler-making or cotton-weaving and it has been estimated that for normal persons it requires 19 per cent more energy to

ning of new schools of other types, as is evidenced by the new buildings recently erected under the London County Council. When many of the existing schools were built, few people understood the relation between health and movement, health and sunshine, health and fresh air. Even now practice, in the matter of health, lags behind expert knowledge, but educational authorities are realising the wisdom of designing schools on open-air principles. The London County Council has already erected elementary schools on these principles and others have been planned. There is little doubt that the success of the open-air experiment has had an appreciable effect.

Dr. G. H. Gater, the L. C. C. Education Officer, states that sunlight classes have resulted in improvement in the physical and mental capabilities of the children. Not only are they more alert, but they gain in self-confidence, self-reliance, and general *esprit de corps*. This being the case, one is tempted to ask why all these benefits are kept, almost without exception, for the debilitated and ailing child instead of being shared by all little Londoners. (*Sunlight, September 1930*)—*Archives of Physical Therapy, X-Ray & Radium*.

ACKNOWLEDGMENT

HORLICKS'S MALTED MILK CALENDER 1931

We acknowledge with thanks the receipt of a beautiful Calendar for 1931 issued by the Horlick's Malted Milk Co., Ltd. It is a highly coloured night scene from Akbar's life at Fatehpur Sikri, the episode in which, using the device of rainbow-coloured lights, Akbar sought to convey in this striking manner a lesson in statesmanship to representatives of the various races and religions of his vast Empire.

The picture portrays the idea of a united and free India as an integral

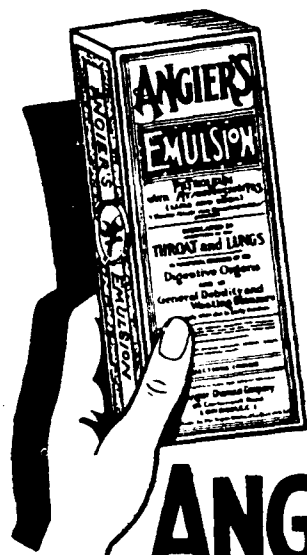
Oldest Living Men.—The other day Big Chief White Horse Eagle enjoyed an aeroplane flight over London at the age of 108. But he is quite a boy amongst the Sioux Indians, whose chief he is, for lifetimes of up to 135 years used to be quite common amongst them. Nor is he the world's oldest man at the present time. A Turk visiting New York claims to be 158 years old. But China easily tops the list with Li-Ching-Yuh, who is believed to be 250 years old. Italy has a man of 122 and a woman but a year younger.

The country which has the greatest proportion of centenarian amongst its inhabitants is Bulgaria, where the last census showed 3,139 persons over a hundred years of age. This compares with 145 for Great Britain with a far larger population. Spain comes second to Bulgaria in the matter of longevity with 355 centenarians; though the Irish Free State with a population seven times less, has 116.

Why does Bulgaria produce so many long lives? Possibly the secret may be found in the diet of her people, which consists mainly of vegetables, fruit, cheese, milk and bread. Of her 3,139 centenarians only fourteen have ever seen a doctor. Most of them are not teetotalers and more than one-third are smokers.—*Tit-bit*

part of the British Empire that is to emerge from the efforts of the Round Table Conference and forestalls the dawn of an Era of good-will, co-operation and prosperity in the place of distrust, disunion and trade depression witnessed during the unhappy year 1930 that had just ended.

We wish this calendar is kept in every home as a memento of the New Era of liberty for India that marks the New Year 1931.



AFTER MALARIAL & ENTERIC FEVERS

Angier's Emulsion will be found eminently useful in the convalescent stage of Malarial and Enteric Fevers. By its antiseptic properties and its soothing, lubricating effects upon the intestinal mucous membrane, it aids in the elimination of the toxic matter elaborated in the system during the acute febrile stage. Moreover, by its stimulating effect upon the absorptive functions, assimilation of nutritive material is increased, appetite is improved, the blood is enriched, and the anæmic, digestive disturbance and nervous prostration are all rapidly overcome.

A retired Colonel of the Indian Medical Service writes:—

Dear Sirs,—Following repeated attacks of debility due to long service in the tropics, I was left with obstinate chronic bronchitis, severe flatulent dyspepsia and a general neurasthenia, which took the form of mental depression (irrational fear, neuritis of musculo-spinal nerve), etc. The action of Angier's Emulsion was wonderful. (Observe that these symptoms were of high two years' duration). The first few doses showed a perceptible amelioration—a couple of bottles removed all symptoms. I have no cough now, eat well, sleep well, am not a bit nervous, can walk a hillside with a gun or wade a river all day salmon fishing, and I am 60 with 24 years' Indian service behind me. The effect was equally good with my housekeeper, who suffered from chronic bronchitis and dyspepsia. I could quote a dozen similar cases. Signed—M.B. C.M.

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