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

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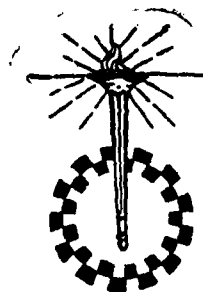
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Vol. IX]

MAY, 1931

[No. 5

ORAL HYGIENE—THE TEETH.

DENTISTRY IN ANCIENT INDIA AND THE RELATION OF TEETH TO GENERAL HEALTH.

(Continued from p. 76. Vol. IX. No. 4. April 31 issue).

The origin of dentistry is generally traced to Egypt but, in reality, India is the country of its origin. That the Egyptians were conversant with various forms of constructive dentistry is proved by the fact that examples of these have been found in the mouths of mummies, the fillings consisting of either gold or gilded wood and teeth either transplanted or carved out of solid blocks of ivory. The age when dentistry flourished in ancient Egypt was between 3,500 and 1,500 B. C. But the art was known to Indians even much earlier. In fact, India was the cradle of dentistry and dentistry formed part of Ayurveda, the ancient Hindu medical system, dating back to 5,000 B. C. The Ancient Hindus knew of the order and periods of eruption of

the teeth and the disturbance caused to the health of the child at the time of teething. They paid particular attention to the hygiene of the mouth. Joseph Murphy in his book entitled, 'A Natural history of the human teeth' says "that nations of Hindustan, take extreme care of their teeth. Every morning they scrub them for about an hour with a small twig of the fig tree. As this custom is prescribed in the most ancient codes and religious writings in India, it reverts, without doubt, to the remotest ages and therefore demonstrates the great importance that this people, has ever attached to the beauty and cleanliness of the teeth". The following instructions given in Ayurveda for the cleansing of the mouth and

teeth will be read with interest by our readers:—

The first thing in the morning, a Hindu should clean his teeth with a tooth-brush (Dantakashtha) and tooth powders or pastes. After cleaning the teeth, the tongue also must be cleaned by means of a tongue scraper made of either gold, silver, copper, or even a twig of a tree; and then the mouth should be well-rinsed with cold-water." For the tooth-brush, the twig of several plants especially the Bavala (Acacia Arabica), Nimb or Lim (Melia Azadiracta) and Karanja (Galedupa Indica) were recommended. Even to day these plants are mainly used by the Hindus and other Indian nationalities as tooth brushes. For the purpose of tooth powders and pastes, powdered tobacco, salt, burnt betel nut, pepper, dry-ginger, longer pepper etc. were used.

The Ancient Indian Dentistry recognized 65 diseases of the mouth. In his book "Hindu system of medicine, Dr. Wise gives the classification as follows:—

Diseases of the Lip	8
„ gums	15
„ Teeth	8
„ Tongue	5
„ Palate	9
„ Throat	17
General diseases	3
	—
Total	65
	—

In the case of diseases of gums and teeth, there are some which correspond to what we call gum boil, Alveolar abscess Bleeding gums, Pyorrhoea Alveolaris and so on. The use of Materia Medica by old Dentistry is evident from the mention of a number

of drugs to be used as gargles, liniments, tooth powders and tooth-pastes. In dental surgery the Ancient Indians seemed to have been equally well-versed. Of surgery, Weber in his 'History of Indian Literature' says "In surgery, Indians seem to have attained a special proficiency, and in this department European surgeons might perhaps even at this present day learn something from them, as indeed they have already borrowed from them the operation of Rhinoplasty". For the proof of the existence of some of these dental operations, one need not search into the old Indian literature for even unto this day, these are performed by Indians who had not the slightest training in the western system of medicine. There are hundreds of cases in which front teeth are decorated with gold or jewel studs by Indian jewellers. For a more detailed study of the subject of Dentistry in Ancient India, we would refer our readers to the excellent article by Dr. Jams-hedji Jivanji Modi L. M. S. & L. D. S. contributed to the Indian Dental Journal, Calcutta and published in its Jany. 31 to March 31 issue.

With such glorious heritage, that the modern Indians should generally exhibit neglected and diseased teeth is a matter for serious consideration. Few persons realise how close is the relationship existing between the teeth and the general health—in fact many people speak and act as if teeth were quite separate from the rest of the body, instead of being a vary important and intergal part thereof. The following are some of the diseases which can arise from neglected or decayed teeth:—

1. Blood Poisoning.

2. Inflammation of the glands of the neck.
3. Anemia or Bloodlessness.
4. Diseases of the heart and arteries.
5. Inflammation of the Veins.
6. Pleurisy
7. Pneumonia and Bronchitis.
8. Stomach and digestive troubles;
9. Appendicitis.
10. Inflammation of the Kidneys.
11. Neurasthenia.
12. Insanity.
13. Inflammation of the nerves.
14. Rheumatism in its many forms.
15. General Debility.
16. Diseases of the eye, ear, throat and nose.

Dear Readers ! Beware !! Keep your teeth always clean, visit your Dentist at least once a year and rectify defects, in them if any.

DEAFNESS

BY

DR. M. SANJEEVA RAO, M.B.B.S.,

Ear, Nose and Throat Department, General Hospital, Madras.

It is a very regrettable fact that a large majority of the public should be under the belief that deafness is incurable or inevitable. Nothing can be further from the truth than that. Quite a large number of cases are amenable to early treatment, an equally large number can have definite improvement, whilst nearly all cases are preventable. Two important factors contributing to the incidence of deafness are:—firstly a discharging ear is often neglected or badly treated with a bottle or two of some ear drops, and secondly the early stages of deafness are usually overlooked, the patient becoming aware of his condition only when his friends have to raise their conversation voice—a fairly advanced stage of the disease, far above the lowest limit of hearing, by which time considerable and often irreparable damage has already been done to the hearing organ.

The delicate mechanism of hearing consists of an inner ear, separated from the outer canal by a thin mem-

brane, like an onion peel, called the "Ear-drum." This inner ear is also connected to the back of the throat by a tube. It conveys the external sounds to the nerve of hearing. The connection between the throat and the ear, explains, why most of the ear troubles follow an attack of cold—either a simple cold or an acute throat inflammation occurring in measles, small-pox, influenza, pneumonia and so on. I will now mention some important hints in connection with the prevention of deafness.

(1) A discharge from the ear, whether in a child or adult, and however little should never be neglected. Deafness is the least serious thing that might follow. There is always a potential danger of pus forming in the bore round the ear, and spread of infection to brain both of which are very serious. Especially in infants this discharge from the ear frequently stops with the subsidence of the cold in the nose and throat. It is best not to interfere with ear beyond mop-

ping away the discharge as it flows out with a clear bit of cotton wool. On the other hand if the discharge continues unabated after the cold has subsided or if it is foul smelling or again if the patient is subject to repeated attacks of cold, on the slightest pretext, proper medical advice should be sought, at the earliest opportunity.

(2) Anyone who is liable to catch colds frequently, or whose nasal breathing is obstructed should get himself thoroughly examined. Many such cases are due to some remediable defect in the nose or throat or a constitutional defect.

(3) Many cases of deafness occur as complications of infectious fevers e. g. small-pox, measles, pneumonia, typhoid, diphtheria, mumps etc. It is therefore important that these should be treated with proper medical advice, and the instructions of the medical attendant regarding the cleanliness of the teeth, mouth and throat scrupulously carried out.

(4) Avoid blowing the nose vigorously during an attack of cold, for fear of driving the cold to the ear. Blow out gently one nostril at a time.

(5) Leave off the habit of instilling oil into the ear prior to an oil bath. It does not cool the brain as is the common belief, and neither is any lubricant necessary for the ear. Wax is the natural secretion of the ear and its presence, need not alarm anybody. It can be easily softened by instilling a few drops of glycerine warmed in a teaspoon or a few drops of Hydrogen Peroxide, and wiped away with a piece of cotton.

(6) Those whose ear drums are perforated due to a discharging ear in childhood or otherwise, should take

particular care not to allow water to get into the ear, as for instance, swimming, diving etc. The ear might start discharging again. The ear can then be protected by a little cotton wool.

(7) Avoid using ear-picks. The delicate ear drum is within the reach of the pick and can be easily injured. Irritation of the ear, by constant use of ear-picks or fingers, will increase the secretion of wax. Itching and pain in the ear are also due to presence of wax. Therefore it follows that excessive collection of wax in the ear be prevented by not irritating the ear by frequent and periodic instillations of oil etc. or frequent use of ear-picks, and so on. Ulcers and boils in the ear are also usually caused by use of sharp ear-picks producing small scratches in the delicate skin of the ear which soon develops into small boil. Buzzing noises in the ear when not due to wax are usually of more serious significance, specially when constantly present.

(8) Syphilis is responsible for quite a large number of nerve-deafness. Everyone who has exposed himself to this contagion should get himself thoroughly treated. Many use quack remedies or other forms of self medication to maintain their secret. This notion is silly, because, firstly these quack remedies can never really cure the disease and secondly, every qualified medical man is bound to respect his patients's confidence. Better tell the whole truth to your doctor and get yourself thoroughly treated, than risk exposure, which is bound to reveal itself later.

(9) Avoid self-medication with quinine. Many people who have read some book on family medicine are under the impression that they can

treat any fever with impunity. The improper use and abuse of quinine is responsible for quite a large number of deafnesses. It is far better to leave the administration of quinine to your medical man than to yourself without knowing anything of the

fever for which it is being used, its dosage, when to stop it and so forth.

If only these hints are borne in mind, deafnesses with all its disabilities, and serious effects on the social life of the individual, will be much more rare in its incidence.

WHOOPING COUGH,

BY

Dr. G. COELHO M. B., M. R. C. P. (LONDON),

Honorary Physician, B.J. Hospital for Children, Bombay,

Ninety out of every hundred children suffer from some illness or other of which Whooping cough is one. Some like ordinary colds, mumps etc. are not serious; others like broncho-pneumonia, choleraic diarrhoea are very serious. Whooping cough stands midway between these two groups; by itself it is not dangerous, but complications like pneumonia and convulsions certainly increase its risks.

Anybody and at any age may get an attack of this disease. I have seen babies a month old and a doctor 35 years old suffer from this. Generally most of us have had it in our childhood before we were ten years old. The greatest incidence is before the age of six. As a rule he that has suffered once does not suffer again.

It starts as a simple cold with running of the nose and a little fever. The mother takes it lightly and treats it with her resources from the medicine chest, homœopathic or otherwise. But the cough does not get better. On the contrary it increases, especially at night. The child coughs for a longer time and more frequently and the face goes red with each spasm: the mother fears that sometimes the

baby may get choked. She then goes to a doctor. At the end of ten or twelve days by which time both the severity and the frequency have distinctly increased, the child is heard to draw in a deep breath at the end of a series of coughs with a peculiar sound resembling the beginning of a cock's crow. This sound is very typical and once it is heard then everyone is certain about the exact nature of the illness. Each fit now lasts more than a minute. Once it starts it seems to go on. There are short jerky coughs, the face becomes red, the eyes bulge out, the child bends forward and at the end of many jerky explosions takes in a deep breath with a whoop. The child makes an attempt to clear its throat of some irritating substance and in doing so generally vomits. In an infant the fit may end in convulsions. At the end of it all, the child is very much exhausted. There may be a fit every half hour or once or twice a day. The whoop may not be heard in all cases—it is very often absent in infants. This condition of severe spasms lasts for about four weeks after which the number as well as the severity of the fits decreases.

These three or four weeks are difficult times for the little patient. Because of the fear that partaking of food may bring on a fit the child refuses to take any nourishment. This starvation is aggravated by the vomiting with the result that the child is in a very weak condition. In the infant when the spasm continues for a long time there may be a severe convulsion which is often a cause of urgent anxiety. Broncho-pneumonia is a common complication at this stage and certainly adds to the dangers especially if the child is marasmic or rickety. Because of the severity and explosive force of the cough blood vessels may burst in different parts of the body; they may burst in the brain and cause paralysis, they may burst in the eyes and cause a bloody eye.

Even after complete recovery the lungs are left in a very damaged condition and such children fall an easy prey to tuberculosis, and other chronic diseases of the lungs.

Whooping cough is now considered to be caused by a germ which is known as *Bacillus Pertussis*. This was discovered by Bordet and Gengou. You can obtain it from the expectoration in the early stages by methods which are familiar to the bacteriologist. This is the most certain way of diagnosing the condition. There are other methods like examination of the blood, X-Ray examination of the chest which are helpful. But unfortunately they are not within the reach of every one of us in this country. Hence if you have a child who has not yet had an attack of this illness, who between the months of November and March suffers from a cough which in spite of the usual treatment daily increases in severity and frequency

and if at the end of the cough the child vomits then seek the advice of your doctor.

There is a custom in some parts of India to leave off all medical treatment once a case is diagnosed to be measles or smallpox as these diseases are considered to be the visitations of a goddess that has to be appeased. This applies to some extent to whooping cough as well. But this attitude is not the best for the child. It is true that once the disease has established itself it will follow its course; but without in any way magnifying the results of treatment it may be safely said that suitable and adequate treatment certainly modifies its course by decreasing its severity and preventing complications. This article is not the place to describe the treatment in detail. There are hundreds of patent medicines on the market all of which promise certain cures in cases of whooping cough. Their multitude just shows how widespread is this disease and how eager the parents are to relieve the distressing condition of their children. Your neighbour will probably tell you that she had four children who were dying with the cough and after all the doctors had failed, she tried just one bottle of a certain patent and her children got well immediately. In spite of all this I would earnestly advise you to consult your family doctor. He must have seen and treated at least hundred times four children, and so will be in a better position to give you sounder advice. Injections of vaccines, exposure to ultra-violet rays and administration of sedatives give the best results. Do not hesitate to let the doctor inject your baby; age is no bar to any treatment. Your doctor will choose the right dose. It is advanta-

geous to seek the advice of the doctor early. Vaccines injected early decrease the severity and prevent complications. Secondly if there are other children in the house they may be quickly separated and injected with prophylactic vaccine. The child should be kept away from school and the teacher informed so that she can keep a watch on other children who have a cold or cough. Considering the fact that the contagion is most active during the first few weeks one can realise the necessity and importance of diagnosing the condition early.

At home beyond preventing the child from mixing with other children who have not yet had an attack of whooping cough no further restrictions need be placed on its liberty. It may be allowed to run about in the compound and in the mornings and evenings sent to the park or the seashore. Keep the child warm with a vest without overclothing it. When the

spasms are severe liquid food administered warm is the best. The child must be coaxed to take sufficient nourishment. As the severity of the cough decreases food according to the taste of the child may be given. The utensils used for the child are best kept separate and it is advisable to boil the cups, spoons and such articles that touch the mouth as well as kerchiefs and other linen that have been used to clean the nose or collect expectoration. The child should have a warm bath every evening and be put to sleep in a well ventilated room which is not overfurnished, taking care to avoid a direct draught.

Should there be other children in the house who have not yet had an attack of whooping cough have them all vaccinated against it. When you travel in a tram or train do not let your child sit next to other children; follow the same rule when you go to the doctor or the hospital.

DIABETES AND ITS NATURAL TREATMENT,

BY

N. RAMAKRISHNAN, VELLORE.

Diabetes has now become a very common disease, especially among the educated and the well-to-do. It finds its way stealthily in the human body and very often the person affected is not able to diagnose the disease until the external symptoms are manifest.

This disease consists in the bodily disability to make use of carbohydrates, i.e., sugars and starches contained in our daily food. The result is that this undigested sugar is passed through the kidneys in the

urine. It is this sugar in the urine that forms the first and the foremost symptom of diabetes.

The disease is due to various causes the chief of them being.

- (1) Over-eating.
- (2) Sedentary habits, such as working at the desk from morning to night.
- (3) Untimely and unwholesome meals.
- (4) Want of physical exercise.

(5) Excessive use of rich and delicious foods and of foods containing starch and sugar, such as rice and potatoes.

(6) Last, but not the least, mental worry and anxiety.

The symptoms which can be noticed are:

- (1) Frequent desire for urination with large quantities of urine every time.
- (2) Excessive thirst and dryness of the skin.
- (3) Itching sensation all over the body.
- (4) General debility and loss of bodily weight.
- (5) Collection of ants and flies at the place where urine is passed.

Some patients suffer from occasional faintness, called diabetic coma. In course of time death will occur either of carbuncle or coma.

Treatment:—There is only one kind of successful treatment for diabetes and that is a natural one; and hence I give below the simple and natural ways of combating this dire disease.

Experience has shown that regulation of diet is the most important factor in restoring the health of the patient and the following dietary plan is recommended:

Take wheat diet twice a day, say at 11 A.M. and 8 P.M., and be punctual in taking the same. Now daily add to this green leafy vegetables in

plenty, such as, *venthi keerai, manthakali keerai, chukkam keerai, ponnangani keerai*, care being taken at the same time that the digestive power is not impaired. Do not take any other food in the intervals except water and fruits. Continue this diet for one month.

After this period you may use the rice diet in the night time. Take boiled milk at bed time twice a week as this will improve the general strength of the body.

Make free use of fresh fruits, dried nuts and buttermilk in the intervals. If you are addicted to coffee or tea drinking use it in small quantities or better you try to avoid it.

You must see that there is regular and free movement of the bowels. This can be secured by drinking daily plenty of pure water. All other articles of food may be taken in moderation.

Observe complete fasting once a fortnight or a partial fasting once a week.

Take a brisk walk both morning and evening and spend much time in open air.

Avoid worry, anxiety, fear and anger which contribute much to the disease.

Take sufficient rest.

Be regular in eating, exercise and sleep and cultivate clean thoughts and habits.

Never resort to any medicine.

FASTING AND FEASTING IN RUSSIA

BY

TATIANA W. BOLDYREFF

Russians are proverbially expansive; whatever they do is done on a large scale and in a grand style. Perhaps this trait may be interpreted in the light of the influence of the severely contrasted climatic conditions, in winter and summer, the vastness of the country and the variety of the landscape which inspire the natives to carry their activities to extremes. There is something of kindred spirit in Americans who build Babel towers in skyscrapers and also crawl in underground subways.

Seemingly, Russians exaggerate their fasting and feasting rites.

The distribution of fasting days over the yearly period is as follows: Wednesday and Friday are lenten days; the seven weeks preceding Easter, the four weeks following Trinity Sunday, the two weeks before the Assumption, and the six weeks of pre-Christmas fasting. If added up the lenten days outbalance the rest of the calendar. From the dietetic point of view this arrangement helps to maintain a rational biologic level.

Lenten foods comprise: many kinds of fish, smoked, salted, dried or fresh, fish bouillons, caviar, pickled, salted and dried mushrooms, numerous vegetable and legumes, fruits, berries, rye bread: vegetable oils (like for instance, sunflower and hemp oils) are used in cooking. Potatoes and cabbage are rivals for the first place among the vegetables consumed.

Sauerkraut is very typical of Russia. It is made with carrots and parsnips and seasoned with dill and caraway

seed; usually it is a home product stored in barrels but it can be bought at the market as well. This is used either plain or fried and also in many soups. Dried fruit is freely eaten. A combination foreign to this country, I think, is that of semolina cutlets with plum sauce. This should suffice as an example of culinary resourcefulness. Meat and all milk and egg products are barred from the lenten menu; sugar is usually in this list, too. Cow's milk is replaced by almond milk, a light drink made of sweet, shelled almonds crushed in a mortar and mixed with hot water, milky white in appearance. This is well relished by the children and the aged alike.

Fasting usually culminates in a day of total abstinence from food, then comes a feast, followed by a non-lenten period.

YULETIDE FEAST

Christmas, Carnival and Easter are the larger feasts in Russia.

At Christmas, the celebration is extended over a week, but is especially intensive during the first three days, when all business is suspended. Schools have a vacation of two weeks, ending after the Epiphany. Church services are held throughout the week. Christmas parties occur most any day of the holiday season, but they are certainly more solemn on the twenty-fifth or the next two days. Christmas is primarily a children's holiday, but the fun is contagious.

Adults find enjoyment in staging marionette shows to amuse the tots.

At this season winter sports are also prominent. The youth indulge in masquerade parties; young romantic maidens devote nights to fortune telling. There are a few queer survivals of the ancient pagan superstitions embodied in the Christmas games of wax melting, ring dipping and other means of fortune telling such as the solitary watching of mirrors at midnight in candlelight, throwing of old shoes in the street gates and inquiring for the name of the first man encountered at midnight. These methods of prying into the future have entirely lost their original significance but are still indulged in, merely for sport.

Various parts of the country have their own regional customs, but carolling is prevalent throughout the land. Children of the poor go carolling "with the star." This is a primitive Christian custom. Numerous Christmas carols of unsurpassed poetic beauty, in the old Russian or Slavonic (the official church language), are thus kept alive in oral tradition. The carol singers usually carry a tinfoil or a filigree metal star on a pole as the symbol of the Bethlehem star which announced the birth of the Divine Child. Every house is open to these earnest carollers. They are warmly received, sing or chant their repertoire in a serious, devoted manner and receive Christmas dainties, cookies, pies or puddings and often some silver change.

CHRISTMAS PUDDINGS.

The day before Christmas is marked by a complete fast, that is, no food is taken "until the star" around six o'clock in the evening. Then the

lampadas are lit under the *ikons*, some straw is laid flat on the dining table under an immaculate white cloth and the Christmas puddings are served.

There are always three Christmas puddings or *kootyans* in separate plates commemorative of the three kings who worshipped the Christ child in the manger. These three puddings are of cereals. One is white. It is made of milk-cooked rice, spiced with almonds, marmalade and white seedless resins another one is yellow, of whole-grain wheat cooked to softness with buckwheat-flavored honey and dates; and the third is black, made of rice soaked in plum juice, stuffed with prunes and dried black currants. The three puddings are made up in loaves and served with a sauce of high-flavored fruit and a berry compote.

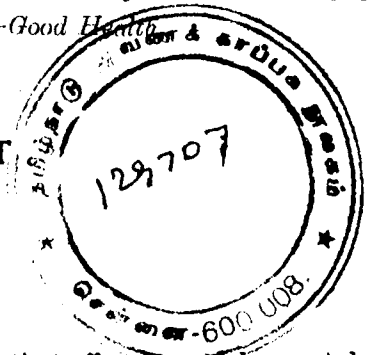
There are also specific holiday cookies made with honey, mint, nuts and fruit. Nut cracking is much like a sport in Russia. Nuts are also used as stage money in many innocent card and other games. Perhaps the chance traveller does not realize how fond Russia is of nuts, although he usually is dumbfounded by the enormous consumption of sunflower and pumpkin seed. The sunflower seed is democratic and not admitted indoors in polite society; however, all classes of people may be surprised, eating it out in the country or even in private backyards. Of nuts there are many home-grown varieties, for nuts flourish in Russia. They are very much the same as in the United States, hazel or filberts, walnuts, almonds and peanuts (neither toasted nor salted, but plain in the shells); pistachios are more common than here; Brazil nuts come as "American nuts;" cedar nuts are very typical of Russia.

DAINTIES AS ORNAMENTS.

Russian Christmas trees are dressed up more artistically than those of any other country. Since my childhood was spent in Russia, the reader may be led to believe that I involuntarily romance. But I shall explain that Russian Christmas trees (by the way, Russia is richer in fir forests than most other countries), besides the universally familiar snows, rains, icicles, stars and reflectors and the like have specially made for the holiday fine toys of artistic workmanship (not dime merchandise), and as well display a wide range of *natural* ornaments, such as retouched or gilt fir cones: gilt or plain red apples; tangerines, cleverly tied and attached to the tree.

Choice walnuts are covered with silver gold or bronze leaf; a tiny hole is bored and a decorated cord is attached in a loop which is suspended on the fragrant twigs. There are large honey and mint cookies of various colors and many fancy shapes, which are also hung on ribbons. Festive *bonbonnières* brimful with marmalades, chocolates and hard candies, candied fruit in gay wrappers, miniature toys of all descriptions—all find a shelter where they show to advantage among the hospitable branches of the Christmas tree. You would perhaps especially notice wee, elegant, hand-painted wax angles with mica wings, each one a piece of art work, soaring above the globe of a red apple. One should be careful not to place them too near a candle lest they become fallen angles:—*Good Health*.

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DAILY SWEAT
THE BEST TONIC
BY
H. F. DEATH



"His brow is wet with honest sweat," says the poet of the village blacksmith; "he earns whate'er he can." That word "earns" must not be limited to the amount of cash the smith may get from his labour. When it was divinely decreed that man should eat bread "in the sweat of his face," the Creator must have also had in mind the healthy desire for food, and the ability to digest it, which a wet brow creates.

A man may get money to buy bread, but after all it is the effort involved in earning it that gives relish to food.

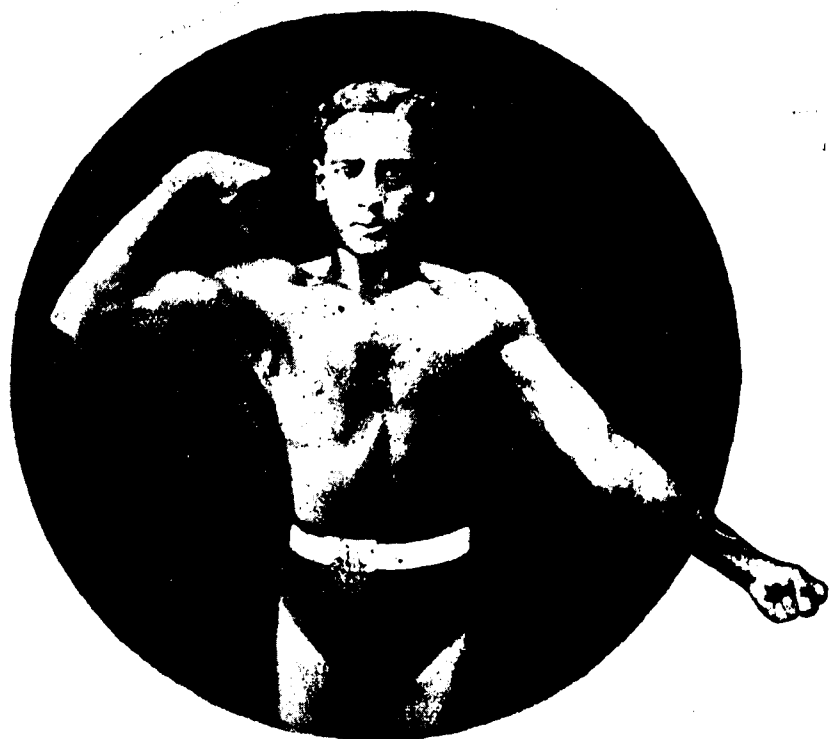
Nor must that effort be merely mental. Brain sweat alone can never supply a keen appreciation of food; indeed, it may cause us to loathe the thought of eating. Moreover, mental concentration, developed at the expense of physical movement, tends prematurely to weaken and so to break down the powers of mind and body.

Ours is essentially a machine age. More and still more machines are displacing the vigorous use of the limbs. The man who would succeed along business and professional lines must, of course, avail himself of every up-

to-date mechanical device which save time and energy. The use of a motor vehicle may mean all the difference between success and failure. But apart from business, motoring and other modern pleasures which leave the body completely inactive, are indulged in freely, and this tends increasingly to the neglect of adequate physical exertion.

Some of the wisest and busiest men have sought to safeguard themselves

against this modern tendency, with highly beneficial results to themselves and to those whom they have served. The late Lord Balfour possessed a giant intellect and a tremendous capacity for mental effort. Yet in the midst of his multifarious duties of State, and even during the most critical period of the Great War, he invariably found time for active exercise of the body. When on land, golf and tennis were regular features of



Ramas, Ipoh, an Indian, aged 19, a good gymnast and a Physical Culturist.

his well filled life. When on the sea an hour a day in the gymnasium was his habit. Thus, in spite of a rather delicate constitution, he preserved, for over fourscore years, a truly marvellous vitality of mind and body.

There is perhaps little danger that very young people will take too little exercise. Normal healthy juniors

usually contrive to stretch their limbs to the full. The chief danger of neglect in this respect lies with the middle-aged. With business and domestic burdens pressing heavily upon them, these unconsciously may be shortening their lives through insufficient exercise.

The late Lord Meichett, celebrated as a commercial magnate, has just passed away "in the plenitude of his powers." He was only sixty-three years of age. Might he have been spared many more years had he balanced his enormous mental activity with adequate physical exertion? Those who knew him best are inclined to think so.

The writer knows a retired business man who began life as an architect, and who, as a young man, worked with his brain all day and spent his legitimate sleeping hours at night planning more buildings. At the age of twenty-five he suffered a serious nervous break-down and was given up by his doctors. Fortunately he recovered, and wisely altered his ways. When I met him first he was the manager of a considerable business concern. All the year round he would invariably go to bed at 9 p.m. and get up at 5 a.m. After spending the first half-hour of the day in devotional reading, he would in winter saw wood for the next hour, or in summer work on his garden. Every day before he went to his office he managed to perspire freely. He is now bordering on eighty, and is still very much alive, tending his beloved acre and a cow.

Mr. Winston Churchill is credited with possessing first-class brains. Certainly he is a literary giant. It is reported, however, that after four hours' production of literary gems by the sweat of his brain, he repairs to his garden when the weather is fine, and there makes a complete man of himself by the sweat of his brow.

Active physical exercise not only means healthy perspiration, but involves deep breathing. And who can measure the value of that? Helen Hope, who writes those bright, chatty,

helpful, social and domestic articles each week in the *News-Chronicle*, recently declared that deep breathing had given her a new lease of life; that it had done more for her healthwise in a few weeks than years of medical attendance and treatment.

Of course, there are, those who are not sufficiently robust to take heavy or very vigorous exercise. For them there is always the good old-fashioned gentle art of walking, at once the best, most natural, all-round method of preserving physical fitness. A few miles each day, briskly covered, will usually induce a gentle perspiration.

Unfortunately most exercise is taken in summer when the body needs it less; while in winter, when the skin is less active, and therefore needs to be prompted by adequate exercise, the tendency is to spend long days cooped up inactively in stuffy rooms.

No middle-aged person can afford to neglect regular bodily exercise. Nor need such be discouraged by silly one-sided, materialistic, youth-intoxicated writers, who suggest that this modern world of ours is no place for the middle-aged. The verdict of practical, successful up-to-date masters of industry is all on the side of the older generation. "Older men should never quit," says Mr. Henry Ford. "The world needs their experience. I prefer to have a good part of my employees not young men. Men of thirty-five to sixty—and in some jobs even older—are more desirable. Not only are they more dependable than the average young fellow, but they are able to set the younger ones an example and pass on their experience to them. If all the men over fifty got out of the world, there would not be enough experience left to run it."

Let this "Ford" tonic stimulate the middle-aged to activity. Let them hang on tenaciously to life. Let them keep back the inroads of rheumatism, lumbago, sciatica, and those aches and pains incident to advancing years, by sweating more. Let the highbrows develop also wet brows. Let them beware of the danger, in this age of specialization,

of putting forth mental effort out of all proportion to the expenditure of physical energy, and so becoming prematurely wrecked. Finally, let them take to heart what a well-known medical authority has said. "A daily sweat may be far more effective than a daily apple keeping the doctor away."—*Good Health*.

TEN RULES OF HEALTH.

1. Clothe the body sensibly, leaving no part unduly exposed.
2. Ensure a good circulation by taking moderate and natural exercise daily out of doors.
3. Live day and night, as far as possible, in the open air. Devote a little time, morning and evening, to deep breathing.



An open-air scenery—fine, picturesque and healthy.

4. Eat only plain, natural food, such as fruits, grains, and vegetables. Avoid all unnatural stimulants such as alcohol, tobacco, tea, coffee, condiments, and flesh-foods.
5. Eat regularly and not more than three meals a day. Always allow sufficient time for thorough mastication and digestion.

6. Keep the mouth and teeth scrupulously clean by brushing thoroughly, night and morning, with a reliable tooth paste.
7. Assist the elimination of waste matter by drinking two to three pints of water daily between meals, by frequent bathing, and by regular daily action of the bowels.
8. Always take sufficient sleep to allow the body to recuperate, eight hours being the minimum. Avoid monotony in work or thought and take a

complete rest and change at least twice a year.

9. Exercise self-control and cultivate a placid, optimistic temperament. Overcome the habit of worry and complaint by engaging in helpful, active work of body and mind, and by meditation upon the higher things of life.
10. Exercise true temperance in all things by avoiding that which is harmful and using moderation in that which is good:—*Good Health*.

THE BACTERIA OF THE ALIMENTARY CANAL.

At birth, the body is absolutely free from bacteria. Within a few hours germs begin to make their appearance and within a week the whole alimentary tract is swarming with bacteria. Some of these bacteria form acids like those which cause the souring of milk. These are harmless. Others produce ammonia and various malodorous and poisonous substances. These germs, the so-called "wild" bacteria, are responsible directly and indirectly for many, if not most, of the maladies from which human beings suffer, and, according to Metchnikoff, for premature old age. So long as the acid-forming germs are dominant, the "wild" bacteria cannot thrive and putrefaction does not take place. Hence these bacteria are useful and are known as the protective flora.

The mouth and nasal cavity, as well as the eyes, are constantly exposed to contact with bacteria of various sorts floating as dust particles in the air. The tears bathe the eyeball and carry

the bacteria into the nasal cavity. In the nasal cavity, the germs are caught by a mucous secretion that stops their growth and carries them into the throat, from which they are swallowed into the stomach. The mouth is also a germ trap in which millions of bacteria are caught. The saliva checks their growth and sweeps them down into the stomach.

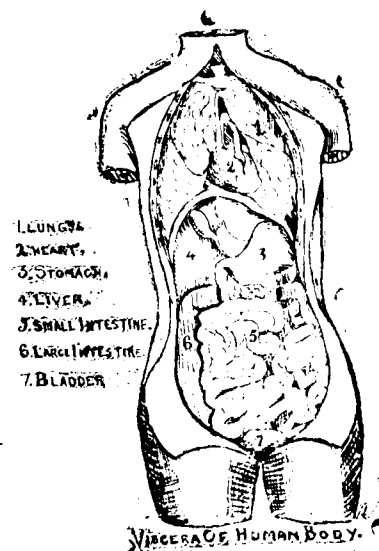
In the stomach, live germs are not found so long as the gastric juice remains normally acid, for the reason that hydrochloric acid is a powerful germicide. When the acid is absent, as in achylia and pernicious anaemia, the stomach swarms with "wild" germs and even yeasts and molds. The small intestine normally contains acid-forming germs.

In the colon of the average man are produced daily, according to Strassburger, several trillions of bacteria.

When the saliva loses its protective properties, which happens when the blood is overcharged with germs or

germ poisons, as in fevers and in chronic autointoxication, the teeth undergo rapid decay when they are not properly cleansed from the residues of foods that feed the destructive bacteria which are the cause of dental decay and pyorrhoea.

In like manner, the residues of foods that collect in the colon, if retained for more than a few hours,



become seething masses of bacteria which give rise to colitis and other maladies if the "wild" putrefactive bacteria are dominant.

Roger enumerates more than one hundred and sixty species of bacteria that grow in the large and small intestine. Many of these produce highly poisonous substances, some of which

are capable of causing great disturbances in the functions of the body and even serious organic changes.

The undigested fragments of protein foods undergo putrid decomposition in the colon, giving rise to most obnoxious and deadly poisons which when absorbed into the body, contaminate every tissue and derange every function. The sallow color, coated tongue and bad breath noticed in persons who suffer from biliousness is due to these germ poisons. The condition to which they give rise is known as intestinal autointoxication—that is, self-poisoning through the absorption of toxic or poisonous matters from the intestine.

Certain foodstuffs rich in protein, such as meat, eggs and, in certain cases, even milk, encourage the growth of "wild" bacteria and the formation of poisons in the intestine. Fats when freely used, especially animal fats, also encourage intestinal autointoxication. On the other hand, sugars, cereals and farinaceous foods of all sorts, with fruits and fruit acids by encouraging the growth of acid-forming germs in the intestine, combat autointoxication.—*Good Health.*

[By constant use of butter milk, with food which contains large quantity of acid forming germs, the wild bacteria cannot thrive and putrefaction does not take place. Life is thus prolonged.] (Ed. H.)

FACTORS THAT MAKE FOR SOUND SLEEP.

In the Sleep Laboratory at Colgate University, Professor Donald Laird and Charles G. Muller have been conducting experiments which form the basis of their book entitled, "Sleep—Why We Need It and How To Get It." This is published by the John Day Company. The authors recommend that bed chambers have blue or green wall paper. These colors reflect little light. This is important in the early morning hours of summer. Light reflected from the sun may make your sleep less sound, even if you are not awakened.

But noise is the worst foe of proper sleep. It raises our blood pressure without arousing us. It causes the muscles to tighten. Many outside noises like those from passing trains or automobiles cannot be stopped, but their influence can be mitigated by using sound-absorbing materials in building the house. A home constructed in this fashion may be so quiet that a door or telephone bell cannot be heard from one room into another.

A velour screen, dark in color, placed before the open window in a bedroom, keeps out both noise and light. Velour drapes and heavy wool rugs also aid in deadening sound. An alarm clock or even a watch ticking

beside your bed can make your sleep lighter. If the timepiece is placed on a cushion pad, it will be less objectionable.

A double bed is the best for one person. The mattress should be in no case less than thirty-nine inches wide, although many are in use that measure only thirty-six or even thirty inches. Covers loosen more easily on a narrow bed. Besides, there is a certain mental apprehension about falling out of bed, which results in an unconscious holding on. The coil spring is superior to that made of horizontally stretched wires or springs or metal links and known as a link spring. After a night's sleep on a coil spring about fifteen per cent less increase in energy is required to do mental work than after a night on a link spring. The reason is that the link springs sag like a hammock and keeps muscles tensed all night long.

Coil springs of medium softness are better than soft ones. A very light person will need lighter springs than a very heavy one. Blankets should be wide. Wool or camel's hair is the best material. A down pillow is for some the most comfortable; others prefer a hard cotton pillow.—*Good Health.*

HEALTH NEWS & NOTES.

Loss of Teeth.—The material for this study was 310 consecutive office patients presenting themselves with the usual complaints:

The female loses her teeth five years earlier than the male,

About 16 per cent more teeth are lost in the upper than in the lower jaw. This is true in both male and female.

Both sexes lose the teeth in a definite sequence: Molars, bicusps,

central incisors, lateral incisors and cuspids.

The molar is the most fragile tooth and the cuspid the hardest,

Three hundred and sixty-one patients lose 32 percent of the teeth.—DR. WM. LINTZ. *Jour. A. D. A.* 17:909, May, 1930.

* * *

Ants are Surgical Assistants in Peru.—The use of "surgical ants," with powerful jaws to stitch the wounds of human beings, by the Indians living far in the interior of Peru is described in a report received from the Marshall Field botanical expedition to the Amazon.

"The natives of the equatorial forest show great originality and dexterity in the treatment of wounds and illness," writes Llewelyn Williams, leader of the expedition's Peruvian section. "In the case of a wound, a certain ant which has very powerful jaws is sought, and the ant is made to bite the severed edges of the skin, thus bringing them into juxtaposition. In the operation the ant surgeon loses its own life, for after it has drawn the closed skin with its jaws, its body is snipped off."—*The Diplomat*, October, 1930.

* * *

The Newest Beauty Treatment.—At last the people who study beauty culture acknowledge that the use of one of nature's elements—plain water to wit—is the latest and best "treatment" for securing that "school-girl complexion." A writer in the press says: "Rain-water for those who live in the country or, in London, have a roof or corner where rain-water can be collected, in the ideal prescription;

but distilled water which can be obtained at any chemist's, has almost the same effect. It is not an old wives' tale, but the truth, that the persistent bathing of the face and hands in either rain-water or distilled water has quite a remarkable effect on the complexion." We are afraid this suggestion will be far too simple in character to appeal to the average Miss Modern. She is apparently too closely wedded to lipstick, eyebrow pencil, eyelash cosmetic and rouge, to believe that they can be dispensed with in favour of rain or distilled water. At least, that would seem to be a rightful conclusion according to the following startling figures given by a perfumery buyer in a London store. "Twenty years ago," she says, "we had one type of lipstick in the whole store. It was white and we sold it for cracked lips. Ten years ago we had three colours. To-day, we have 400 varieties in about eight colours." This lady buyer says that in her department, four tons of bath salts have been sold in a month, and that £100 worth of perfume is sold in a day, while scent buying and mixing is becoming quite a science among modern women. This is all to the good for trade, but it is open to doubt as to whether it is good for the natural complexions of the "fair" sex.—*Health for All*.

Colds Lead—The common cold is the most frequent cause of illness. It also accounts for far more days lost from work, from school, from production activities of every type, than can be charged to any other disease.—*Medical Times and Long Island Medical Journal*.

Europe Underpopulated—The views of Herr Hindhede, the well-

known Danish food expert, as expressed in a speech before doctors at Cassel, are of interest. Germany, with its existing cultivated acreage, can feed, he said, 185 million inhabitants, and France 200 million, while the whole of Europe has food enough for over 1700 million beings. All countries, with perhaps the exception of Britain, he further declared, are underpopulated. Europe has 452 million inhabitants, though it can nourish 1700 millions, the United States of America has 120 millions inhabitants but space and nourishment for nearly 1200 million; in short the white races are not nearly so badly off as is imagined, provided, the Danish expert remarks, that the people of Europe abandon their present extravagant and unhealthy foods in favour of a more simple and healthy diet, or, as he put it, "that human beings eat, instead of feeding themselves like pigs."

As an argument that the simple life is good for the human race, Herr Hindhede mentioned that during the war Denmark was in food difficulties owing to the Allies' food blockade. He was summoned by the Government to give his advice, which was that "all pigs should be allowed to die in order to save human beings." All pigs' food, barley, potatoes, and milk were confiscated, the pigs and third of Denmark's cows were slaughtered, and the populace lived on bread and vegetables. The result was splendid. The mortality figures sank enormously, and never was a country so healthy as Denmark during the rationing period. Doctors had practically nothing to do until in October 1918 the influenza epidemic again gave them work.—*Glasgow Herald*.

Exhaust Fumes in Motor Buses.—Reporting to the Golbourne urban district council, Dr. James Bennett, M.O.H., points out that in many motor buses sufficient care is not taken in their construction to prevent gases from the engine and the exhausts from getting into the interior of the vehicles. He writes: "As carbon monoxide gas is produced in all petrol engines and finds its way into the interior of many of the coaches, even whilst they are running, and much more when standing with the engine not shut off, especially if there is a slight following breeze, this is a matter of considerable importance, its effect being stupefying and debilitating if nothing more serious." Dr. Bennett believes that seeing that such a mode of travelling is now an actual daily necessity for such a large number of people, and that at certain periods of the day the buses are filled to their utmost capacity, and bearing in mind that there are so many people who will not have the windows open, this matter will require the careful attention of local health authorities in an endeavour to get the vehicles so constructed that concentrated fumes cannot get directly into the interiors.—*The Medical Officer*.

Eyes that see not—well!—One out of every five men twenty years of age has defective vision, and does not know it, or knowing it, is still unwilling to take the steps necessary to correct the defect. This, and other facts bearing on one of the most important of the proverbial five senses of man, was brought to light in a study of the medical histories of 100,000 men native-born, white, and over twenty years of age, made by the Research Division of the Milbank Memorial

Fund, from records which the life Extension Institute made available for analysis. Starting at the age of twenty and running through all age groups up to seventy, on an average of a little more than one-fifth of all persons examined had defective. *uncorrected* vision. Beginning at the age of forty, the prevalence of defective vision mounts rapidly but more than half of the defects are corrected. A certain amount of loss in the capacity of the eye to accommodate itself to distance is normal to growing older. After the age of forty, the normal eye tends to become presbyopic, that is, far-sighted, and to make reading and close work easy properly fitted glasses are required. Defective eyesight in the younger age groups, however, is distinctly abnormal and should be corrected without delay. Defective vision seldom "corrects itself." On the other hand, certain forms of eye defect, particularly that of near-sight, tend to become more aggravated with time and neglect, leading ultimately to partial or complete blindness.—*How to Live. The Canadian Medical Association Journal.*

The Inheritance of Longevity.—Stat. Bull. Metrop Life Ins. Co., 11, No. 6, 1930.

The question as to which factor, heredity or environment, is the more important with respect to longevity has long been of interest to biologists and hygienists. Insurance records indicate that heredity has an important influence on longevity. The death rate of those with a favourable parental longevity is nearly 20 per cent less than those whose parents died young, notwithstanding the fact that the latter group has been more carefully selected for insurance on account of the unfavourable family history. At age 25 those with long-lived parents have an expectation of life of nearly two and a half years greater than those with short-lived parents, and this difference persists into the older ages, so that at age 60 the former group has a superior longevity of over a year greater than the latter. The gain in expectation of life from good heredity, however, is not nearly so large as that obtained by the improvement in social and health conditions in recent years. "From the point of view of longevity, environmental influences are still more powerful than heredity, important as that may be."—*Canadian Medical Association Journal.*

OUR PHOTO AND DRAWING CONTEST.

List of persons who have responded to our call for Photo or Drawing Contest on Health topics during April '31. No prizes have been offered this month.

(1) Messrs. M. S. Sarma & Sons., Art Publishers, 21, Tholasinga Perumal Coil St., Triplicane, Madras. "Milk of Health."

(2) Dr. K. S. Rangasami, President, Health League, Madhavaram, Cuddappah. A drawing on "Pollution of water-supply."

(3) Dr. K. S. Rangasami, President, Health League, Madhavaram, Cud-

dappah. A drawing on "Hook-worm."

(4) L. S. Seethamma c/o Mr. L. S. Sundara Raja Iyengar, M.A., B.L., 3, Cross Road Basavangudi. 2 drawings one "Parangi plant" and the other "Kalinga Marthanam."

(5) A. Ruben Esq., C. I. J. Mission, Hindupuram, Anantapur Dt. Dumbell Exercise."

(6) A. Ruben Esq., C. I. J. Mission, Hindupuram, Anantapur Dt. "Two years' child exercising."

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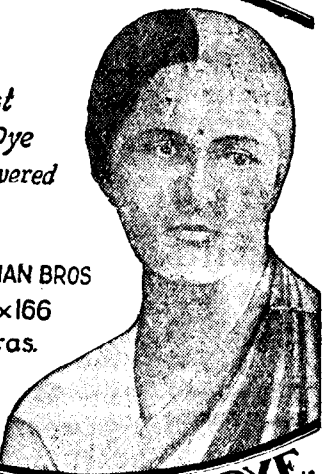


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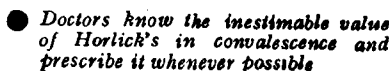
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