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Vol. IX]

JULY, 1931

[No. 7

BIRTH CONTROL

II

CONTINENCE OR CONTRACEPTION. WHICH IS HEALTHIER?

(a) CONTINENCE.

We have observed, in our editorial, last month, that Birth Control is necessary in order to check the over-growth of population and consequent poverty and misery in the land. The birth rate has doubled itself during the last 100 years and at the present rate of increase will again double in sixty years. Experts estimate that in two hundred years, there will be ten times the present population on earth. There has been at the same time, during the past half a century, an extraordinary lowering of death rate, due to rapid advance made in medical science and public hygiene, which have done much to vanquish certain diseases such as cholera, small-

pox, typhoid, malaria, yellow fever, diphtheria, tuberculosis etc. The question therefore naturally arises, has the world, the capacity to support this unlimited increase in its population? All opinions point to the fact that in one hundred years, the population of earth will have expanded to as many human beings as could possibly be fed if every acre on the globe was tilled and producing to its fullest capacity. Sooner or later the people of the earth will have to limit their birth rate through the volition of parents or die off by epidemics, wars, famines etc., as throughout past history. Reckless breeding should

therefore be checked for the sake of those who are now here.

Well, what then is the right method of Birth Control? There is, in continence, an old, tried and time-honoured, natural method, morally sound in principle and absolutely harmless in practice. Continence before and after marriage should be the ideal of every man and woman who wish to enjoy the blessings of human life. Strictest celibacy before marriage is conducive to health, strength and intelligence. Many think that it is injurious to health to abstain but it has been quite clearly proved that in the vast majority of healthy young men this is not so. "There is scarcely any reason why the normal young man should not strive to be as continent as a woman. The sex instincts of men are naturally susceptible and are catered for to such an extent, that it is often very difficult for a young man to resist the impulse which comes to him under the stimulation of these allurements. He must therefore avoid temptation as much as possible". The *Bhramacharya Asramam* of the Aryans was meant to subordinate sexual passions and desires to the nobler task of attaining bodily and mental vigour. The same self-restraint should be adopted even after marriage. Parenthood should be voluntary and not promiscuous. Voluntary parenthood, according to an eminent American authority, is desirable from every point of view of the family. (1) It enables husband and wife to enjoy a few years of companionship and adjustment and to increase their joint income. (2) The birth of children at suitable intervals enables mother to regain health and strength before undergoing confinements anew. (3) It enables parents to produce fewer but stronger, healthier and fairer children

who are wanted and loved and to whom they can give proper environment, care, advantages and opportunities. It is often argued that self-restraint over any considerable period or permanently is impracticable as a means of birth control. Medical opinion which, it may be remarked, is divided in this respect, has gone further and said that continence in married life will bring in nervous breakdown—Neurasthenia—to the couple and as such is inadvisable. First, with regard to impracticability, Dr. H. P. Newsholme, M.A. M.D., Medical Officer of Health, City of Birmingham, in his recent admirable report to the council, on the subject of birth control, has quoted Mrs Florence, a strong supporter of birth control, to prove the effectiveness of self-restraint as a birth control measure, which we reproduce here:

"In conclusion, a word must be said on behalf of the working man whose alleged excesses and lack of self-restraint have been the subject of so much indignant moralizing on the part of birth control opponents. The great majority of the men whose wives have visited our clinic are extremely moderate and self-controlled. There are a few who indulge..... But it was a genuine surprise to me to find how many couples indulge only moderately, how many habitually leave intervals of two, four or six weeks, how many in reply to my question answer, 'Oh! three or four times a year'. How many others practise abstinence over long periods of six months or a year after the birth of a child! and how many others have adopted abstinence permanently". We in India need not despair of continence as a birth control measure,

There has been an age-long religious training given to us on self-restraint, that we must be proud of possessing such a valuable and harmless remedy to keep over-population and poverty at bay. As we have already hinted at in our previous article, sexual intercourse is restricted to utmost ten days in a month. Besides these, the days on which oil bath is taken or a shave is had or days of departure to or return from a journey, the days on which some sad tidings are heard are all prohibited days for the Hindus. The young couple, in many households, have to take bed only at the bidding of the elderly woman in the family—the much maligned mother-in-law—and however autocratic it may appear on the surface, it has a deep rooted significance, viz., that of imparting instruction in moderation and restraint in sexual matters by one who has the welfare of the couple at heart. When the girl becomes pregnant, separation takes place between the husband and wife after the third month till about the sixth or sometimes eighth month during which period no intercourse is permitted. A few days visit to her home for the 'Semantham' ceremony which is generally done at the beginning of the sixth month of pregnancy and the girl is back to her father's house again for delivery. After child-birth, there is again three month's, five month's or even seven months' separation according to the state of health of the mother or child. There is thus a total abstinence for the male of more than one year's duration. This custom is in consonance with the views expressed by modern medical authorities and we are tempted to quote the following paragraphs from a book entitled 'The Hygiene of Marriage' by

Dr. Isabel Emelie Hutton, M. D. for the edification of our readers:—

"The subject of intercourse during pregnancy is one which worries many married people. The majority do not know whether it is normal to have unions or to abstain from them altogether.

"The period of pregnancy lasts nine months, and on no account should there be intercourse for at least six weeks after childbirth. If therefore, no intercourse were permissible during pregnancy, the total period of continence would amount to ten and a half months.

"There are some cases in which absolute continence must be observed throughout the period of pregnancy, for example, when the woman is ill or when she has a tendency to abortion.

"During the fourth, fifth and part of the sixth month very occasional intercourse is permissible, but must be extremely cautious.

"During the latter part of the sixth month and the remainder of pregnancy, there should be no intercourse, as it is uncomfortable, and possibly painful, for the woman. There is also the possibility, from the seventh month onwards, that it might bring on premature labour."

The second argument that is generally advanced against continence is the nervous break-down which it might bring on, owing to excessive strain. In Western countries this may be possible, owing to close and unrestricted contact between husband and wife every hour—nay, every minute—which rouses up their unsatisfied emotions and passions, but here in India, where till now the Joint Family system prevails, though to a lesser extent than before, and where the

frequent physical contact, which is met with in the West, is almost absent, such severe strain is impossible. To quote again Dr. Newsholme: "Emphasis is often laid on the elements of strain between husband and wife involved in such abstinence. Such a point needs sympathetic attention, but it should not be exaggerated. Strain in part may depend on the decision being a half-hearted one. I should agree with the following comment taken from a book dealing with this subject written by Canon Lyttleton:--

'The broad fact remains that abstinence is possible except to those who keep on saying it is not. You can make any project hopeless if you tell yourself often enough, and all your friends tell you too, that there is no hope; and this is true even when you start with some desire to do the thing. How much more when your strong desire is not to do it?'

The experience already quoted from Mrs. Florence's book in regard to

working class householders suggested that they do not necessarily find restraint or abstinence impossible. The very overcrowding which leads to close contact leads also often to sleeping with a child in the same bed with the parents; and the interposition of the child or of some other barrier (as in the case of joint family system in India) would be an effectual help in control where sleeping in separate beds, shared if need be with the children, is not practicable."

When mind is elevated and controlled, with a common object in view, by both the husband and wife, there can be no emotion and consequently no nervous strain. Remember, "The mind is its own place and can make a hell of heaven and a heaven of hell."

The next thing we would like to discuss in connection with this subject is about diet in continence, but as we have already over-stepped the bounds of space, we reserve consideration of this aspect of the question for the next issue.

"THE GREAT DISEASE"

A DRAMA

BY

Dr. G. RAGHUNATHA RAO, D. T. M.

B. & O. Govt. Research Worker in Leprosy at Purulia.

Act I, Scene (i) A park in Madras: Time 8 A. M.

Enter. Ramaswamy and Gopalan; Final year students of a High School.

Gopalan: "Good morning, Ramu! How is that you are very rarely seen outside your study-room now-a-days? You are always absorbed in your studies, um? But what is the matter with you? You seem to be a bit morose?"

Ramu: "Glad to see you, Gopal. How are you progressing with your studies? You are always cheerful. I wonder how you can keep yourself ever cheerful. Have you discovered any secret medicine, which keeps you always in buoyant spirits? I would give my all to any one who could teach me, how to remain healthy and cheerful, always, like you."

Gopal: "Well, Ramu, you seem to pay me a doubtful compliment. You mean to say that I am a wily fellow."

Ramu: "No, Gopal, I am sorry, I never meant that. I rather envy your cheerful countenance. I wish I were so healthy in mind and body, as to compete with you, in putting up a good healthy smile always."

Gopal: "I know, you are a bit of a debator. But tell me why you look rather depressed? Come out and have no secret with an intimate like me."

Ramu: "You know, Gopal, I have always trusted you, and I have never kept anything from you. For the past three months or so, I have been much troubled, because of a reddish brown patch on my left arm. There is no pain in it; nor any itching sensation. But it does not yield to any ointment. I applied several ointments, and very costly ones too. It has not healed. My father took me to several Doctors. They gave it a lot of names, which I could not understand. One doctor told us that it might be due to Leprosy and he wanted me to go to him, once again, for a detailed examination. But my father got angry with the Doctor, called him a fool and severely rebuked him, for his impertinent opinion. He said that there was no Leprosy in our family for three generations past and so I could not get Leprosy. My father was consoled but not I."

"Next we consulted a clever *Vaidyan*, one Nallathambi Pillay. He said that it could be got rid of, by burning it with some Drāvākām. But he did not or could not say what it was and how it came to be there on my arm. I did not like that my arm should be burnt with some acid. So, I refused to allow the *Vaidyan* to burn it. Now I find

another smaller, but similar, spot, in another part of my arm. I believe it is some disease which is not known to all Doctors."

Gopal: "Very sorry, Ramu; I hope you will very soon get rid of your disease, if disease it be. My father was telling me yesterday that he had been elected, as an organising secretary, for the forthcoming Annual Health Week Celebrations. Probably, to-morrow, he will go to the Victoria Public Hall, to attend a preliminary meeting of the executive committee. He told me that he would be very busy for a fortnight more, in connection with the arrangements for the Health Week. He will have to go to several Doctors and Health Officers and ask them to deliver popular lectures on Health subjects. He may have to go to the Editors of the Dailies, to enlist their support. I shall ask my father, if he could get the help of any Doctor, who can find out your disease. Meanwhile, be patient and cheerful. Good morning!" (*Gopal goes away.*)

Act I—Scene (ii)

*At Ramaswamy's house, Time-4 p. m.
(Study room of Ramaswamy).*

Enter. Ramaswamy in his study room, speaking to himself:—"O God!! why shouldst thou be so unkind to one of thy poor devotees!!! The wise say that thou art merciful; yes, an Ocean of mercy! But why art thou so hard upon me? Is there no redemption for me? For the past three months—I have been brooding over this. What a mystery!! Is there no human help for me? What could this be? Could this be—the what!--I can't think of it!--the Great Disease? as that Doctor—with whom my father got annoyed—told us? It is said that the Great Disease visits only those who have

committed unpardonable sins!!! O, Lord of Lords! What unpardonable sins have I committed? I implore Thee. Have mercy upon me. Pardon my sins, if I have committed any, knowingly or unknowingly." He recites, with tears in his eyes:—

"Let me sing O Lord, thy praise
For, none but Thou couldst raise
The dark veil of my ignorance
And let me know Thy immanence."

Enter Santa, sister of Ramaswamy.

"Anna, Anna, what is that you are talking? Why tears in your eyes? Has father chided you?"

Ramu: "No, Santa, I am just praying to God, for mercy. Why you ran up to me now? Does mother want me?"

Santa: "No, Anna, your friend Gopal has come and he is sitting in the front Hall. He has come with a paper in his hand."

Ramu: "Very strange!!! Gopal is not new to us! Why did he not come in, as usual? Ask him to come in!!" (Exit-Santa).

Ramaswamy continues his recitation:—

"Thou art here, there, and everywhere
Our fleshy eyes see Thee not everywhere
Unknown to Thee There is nothing
We know Thee not in everything."

Enter—Gopal.

Gopal: "Sabash Ramu!!! A pucca poet and a philosopher too, harmoniously blended in one."

Ramu: "Enough of your jest, Gopal! You are always frivolous. You too seem to have neglected me. You promised to come here this morning."

Gopal: "Excuse me, Ramu; I had to go to the central station, to meet my cousin, Narayan."

Ramu: "I know you will always have some excuse or other, up in your sleeves."

Gopal: "You see, I have brought for you, a copy of the detailed programme of Lectures and Demonstrations etc., at the forthcoming Annual Health Week Celebrations."

(*Ramu and Gopal read aloud:—*)

"We, the members of the Executive Committee, for the Annual Health Week Celebrations for 1931, respectfully wish to draw the attention of the public to the Programme of Lectures and Demonstrations etc., outlined below, to be held in the Victoria Public Hall, on the dates, and at times, specified against each item. All are cordially invited to attend. We expect, the Public, as on previous occasions, would not fail to take advantage of this unique opportunity, to learn all about the prevention of diseases and to learn how Good Health can be acquired."

"We would especially like to draw the attention of the Public, to a noteworthy addition to our usual Programme, as, this year, we have been very fortunate, to secure the kind co-operation of 'The Indian Council of the British Empire Leprosy Relief Association', who have kindly sent a specially trained doctor to deliver lectures and to hold demonstrations, concerning the best methods of treating and preventing a very loathful disease, the very name of which is abhorred—'The so-called Great Disease.'"

Respectfully we remain,

(*Sd.*) *The Members of the Executive Committee.*

Gopal: "You see, Ramu, we will have quite a lively time before us! (*Thinking silently for a minute, and then exclaiming—*'Ramu! you are fortunate!!! yes!'"

Ramu: "What, one more of your pile of jokes!?"

Gopal: "No, Ramu, I mean, you will have your doubts cleared, very soon, yes!!"

Ramu: "What? you have become a Cassandra?"

Gopal: "No, Ramu, I am just your old Pal. Listen:—"

"You know, the Doctor sent by the B. E. L. R. A. to lecture and to hold demonstrations. If your patches are due to that great disease, as some

Doctor is said to have told you, this Doctor must be able to clear up all your doubts. Yes, Ramu—We will surely go to see that Doctor and hear him. On the 11th February,—at 10 A.M. —Demonstrations, on the 2nd floor of the V. P. Hall —yes—remember." (Looks at his watch) "It is already 5 P. M.!! I am off, Ramu! I have to be at the Hindu High School Grounds, to see a friendly Badminton match between the A & C teams of our school. Yes, Good bye!! cheerio!!!" (Exit-Gopal)

(*To be continued.*)

THE BENEFITS OF LAUGHTER

BY

DR. EDWARD PODOLSKY M. D.

Brooklyn, New York.

What a host of evils comes from improper functioning of the digestive organs: what a dear price one pays for poorly digested food. Yet part of the reward of a good laugh is better digestion, and therefore a step to better health.

The way laughter helps in digestion is very interesting. Through the experiments of Pawlaw, Richet, Horberh and other eminent physiologists who have done remarkable research on the digestive apparatus, it has been determined that among the other factors that aid in proper digestion pleasurable emotion is the most efficient. Laughter plays a prominent part in this role.

A good laugh causes a pleasant emotional disturbance by stimulating the vagus nerve which extends its influence to all the digestive organs. The first digestive organs affected are the salivary glands which are controlled by the affluents of this nerve. The stimulation

of these affluents brings about an increased flow of saliva which assures a more thorough digestion of the starchy foods. Travelling on the stimulation induced by the laugh affects the stomach. An acceleration of the digestive movements of the stomach's walls (known as peristalsis) is caused by the pleasurable feeling. Moreover, the gastric juices in the stomach are increased in their flow as was the saliva in the first instance. The heart also sends an increased flow of blood to the digestive areas. Still further down the path is the liver which is stimulated to pour forth an abundance of bile. This is especially helpful in the digestive process. Finally, the pancreas is influenced as is also the duodenum and both give forth a liberal flow of their respective digestive fluids. The secretion of the latter helps in a more thorough digestion of the fats and starches.

The brain which is so readily befogged by protracted mental activities is

relieved by the quickening of the movement of the blood through the fine and delicate vessels which permeate the brain structure. This relief brings about increased brain power and renewed mental endurance. Aside from its influence on the brain a good laugh tones up the entire nervous system by giving rise to pleasure which adds nervous vigor, heightens nervous stimulation and reinforces nervous endurance.

Most happy is the effect of laughter on the circulation. A good laugh is virtually a series of spasmodic expirations. The forceable chest movements cause a partial closing of the glottis which increases the pressure within the thorax and so impedes the entry of

blood from the veins into the heart. This effect is discerned in the turgidity of the head and neck. In the second place the exceptionally deep inspirations tend to expand the lungs with air and to draw off the blood from the veins of the heart.

In respiration a good laugh also plays a happy influence. The lungs are strengthened and deeper inhalations of air are encouraged. Moreover, the actions of the large muscles which do work of respiration are enforced.

A good laugh is one of life's best tonics. Its influence on the human economy is healthful and widespread. We ought to learn to laugh more.

HEALTH ALPHABET

BRIGHT SIDE OF THE GLOBE OF HEALTH

BY

Dr. S. C. NAG.

In charge, Barbheel T. E. Hospital, P. O. Borgang, Assam.

A—for the Air we breathe in which must be fresh and open.

B—stands for Bowels, important is its daily evacuation.

C—for Clothing—clean, loose and porous it should be.

D—for Drinking sufficient water, but not wine or tea.

E—stands for Eating which must not ever be quick.

F—for Fast—to be observed fortnightly or every week.

G—for Grain we eat—unpolished, whole-meal is the best.

H—means Health that needs some bodily and mental rest.

I—is for Infection; clean its main routes, mouth and nose,

J—stands for Juice of fruits; take daily many a dose.

K—is for Keeping foods covered; do not ever neglect it.

L—stands for Light of the Sun; very great is its benefit.

M—for Milk, of this a great deal one should take.

N—is for Nature whose law one should never break.

O—for Opening doors and windows both by day and night.

P—for Pleasure that keeps one healthy and bright.

Q—for Quality of water that must be pure when used for drinking.

R—for Rising early which prevents the health from sinking.

S—is for Sleep—early and sufficient it does mean.

T—stands for Teeth that should be kept always clean.

U—is for Undercooked food beneficial it's in reality.

V—stands for Vegetables—fresh and in sufficient quantity.

W—is for Walking—the best exercise if it is regular.

X—for Xanthous — (yellow), if greenish, is the healthful colour.

Y—for Youthfulness if above rules one respects.

Z—for Zero in health when these rules one neglects.

THE MYSTERY OF TEETH-POISON

BY

CHOWDHRY JAVANDLAL DUTT, M.A., LL.B.,

Vakil, High Court, Ajmer-Marwar.

Clean teeth promote health. Dirty teeth retard health, and make the human machine unworkable. In this article I shall relate a personal experience of mine, to show how this is so.

Towards the end of 1928, I began to feel almost every minute that a sort of lameness was coming slowly and steadily on both of my feet. While arguing cases in the Court, I had to be on my feet for three or four hours at a time, and at the close of arguments, I could not lift them with natural freedom. I could not walk, run, or play a game of tennis except with a heavy pain at the heels. A small thorn had, some six months before, gone into my left heel, and though I was perfectly sure, I had extracted that, I was inclined to believe it was still there, and was the cause of my misery, but my heel appeared to be alright externally. So acute and persistent was the pain, that in order to locate the thorn, I cut off several times the flesh at the heel, as far as I could, but to no good. I consulted a friend doctor of pretty long experience, but his external application of tincture iodine, brought me not the least relief. My *Vaidya* friends could do nothing

better. The painful heaviness was on the increase, and I apprehended that the day was fast coming when I shall be a 'Timur the Lame.'

I then decided to get myself X-rayed. The X-Ray Specialist, to whom I narrated my story, examined both of my heels with the X-ray apparatus, and found them thoroughly clean. He then, looking at my betel-stricken teeth, inquired how many betel-leaves I was using everyday. I said "8 or 10." His assistant saw pus between the teeth. Almost instantaneously, he said "you are suffering from pyorrhœa in its earliest stage, and you must consult a dentist, get the teeth cleaned, and take care to clean them twice a day." "You must also stop betel leaves." Tremblingly I asked "If I do not, what will be the result,

Shall I become lame?"

Specialist "Oh, yes, and a lot of other disorders." I rushed to a dentist, got the teeth cleansed, and as directed purchased a bottle of hydrogen peroxide, a tooth-brush and a tube of tooth cream from the market. I stopped betel leaves at once.

I had always detested a tooth brush. I considered it irreligious for a high class Hindu to use one, but necessity knows no law. I took to it with religious fervour, and on the eighth day found some relief. Within two months, I was perfectly alright, as happy as I could be. I have continued the tooth brush up to this day. For the tooth cream, I have substituted tooth powder of the Bengal Chemical Works, as I find it immensely better. I have also relegated the brush to the evening routine. In the morning, I invariably use a neem datun, as it gives a pleasant odour to the mouth. The neem datun, when broken into two, can be made to

cleanse the palate as well. My teeth are fine and finer is my health.

I strongly feel now that the "neem datun" does not engage public attention to the extent it deserves. It is a great germ killer and a blood purifier. In most parts of the country, it is found in abundance. If a tree of such medicinal virtues had belonged to England, U.S.A. or Japan, a lot of useful trade must have grown out of it, and "Neem Datuns" preserved fresh in suitable medicines would have been rightly patented as the best medicine for all diseases of the teeth and sold at high rates in the market. Everybody would have then admired a "Neem Datun."

WATER IN HEALTH AND DISEASE

BY

DR. F. C. SHONE. ✓

Only about a hundred and fifty years ago water was believed to be a chemical element and was included among the four prime elements of Nature. Everyone now knows that it is not an element, but is composed of the two gases, oxygen and hydrogen, in the proportion of two parts of hydrogen to one of oxygen, and so the chemist expresses water by the formula H_2O .

Water is one of the essentials of life, like the air we breathe and the food we eat. Nature with her usual bountifulness has provided an abundant supply of this important substance so that none need suffer lack under ordinary circumstances.

Because of its necessity for the existence of man towns and cities grew up on the banks of rivers, and where for other reasons they were founded elsewhere aqueducts were constructed for

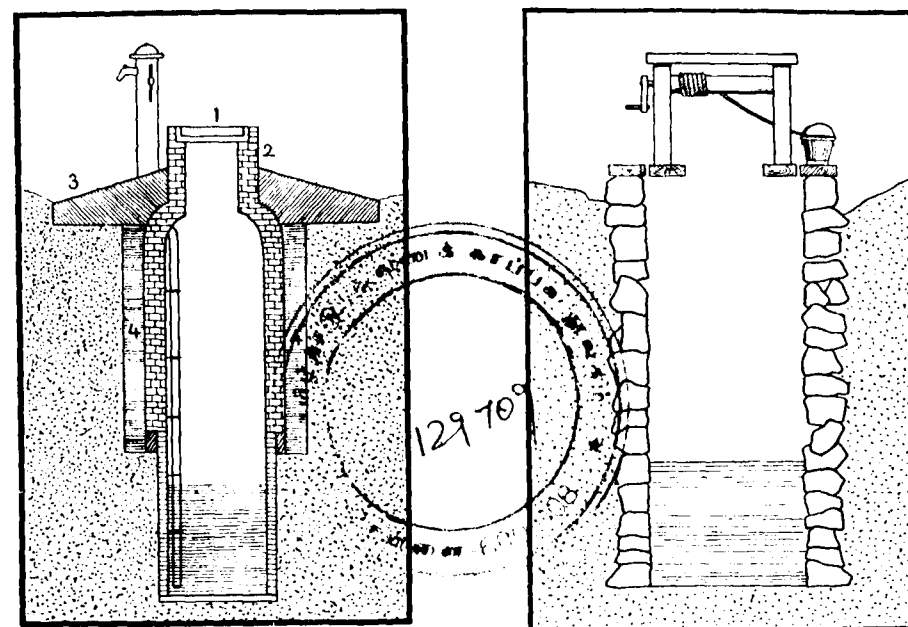
the supply of water. Among ancient nations the Romans were the great masters of this art and their magnificent works compare favourably with some of the greatest engineering achievements of modern times. In Rome itself, a city of one million inhabitants, there was provision for a daily supply of three hundred million gallons, this enormous supply going chiefly to the public and private baths.

Pure water is found only in rain as it leaves the clouds. Owing to its solvent character it dissolves atmospheric impurities in its descent to earth, especially over towns and cities. Rain-water thus purifies the air but in turn becomes impure and unfit to drink. Other impurities are dissolved by rain water as it flows into rivers, lakes, and seas, and in consequence it is difficult to obtain water free from dissolved matter.

Water is designated hard or soft according to the nature and quantity of dissolved impurities. Rain-water is soft and because of this is valuable for washing and is very economical in the use of soap. Water containing carbonate of lime is said to be of "temporary hardness" because boiling such water will deposit the chalk and soften the water. It is this deposit which is familiar to the housewife as fur in kettles. "Permanent hardness" is caused by

ago. Careful research led to the conclusion that the nation's health was largely dependent upon the quality of the water supply, and extensive schemes were formed for the provision of pure water, with great benefit to the health of the people.

The human body, with all its wonderful structure and marvellous mechanism, is largely composed of water. Indeed, if all the water were extracted from a stalwart adult he would be re-



An hygienic well which admits of no contamination.

An insanitary well likely to be contaminated.

the presence of the sulphates of magnesium and lime and is not removed by boiling. It can only be obviated by adding carbonate of soda to the water, which precipitates the magnesium and calcium as insoluble carbonates.

The great advances in the science of sanitation are concerned largely with the supply of water for domestic and industrial purposes. Sanitation is a comparatively modern science and was brought to the fore by the repeated epidemics of cholera a hundred years

ago. Careful research led to the conclusion that the nation's health was largely dependent upon the quality of the water supply, and extensive schemes were formed for the provision of pure water, with great benefit to the health of the people.

Water is constantly being lost by the body. The evaporation of water through the millions of sweat glands and from the lungs is part of the marvellous provision of Nature for the regulation of the body temperature. All

the vital functions which are going on day and night result in the production of heat and the excess of heat is removed by the evaporation of water. In this way human beings are able to live in the Arctic zone or at the Equator.

Again, all the activities of life result in the production of acids and impurities which would cause the death of the tissues if they were not speedily removed. A vast drainage system is therefore provided, in which the kidney and skin play an important part. An abundant supply of water is necessary for this drainage to be carried off effectively and expeditiously.

The average loss of water in these various ways has been estimated at five pints, and this loss must be replaced by drinking water or taking it in some other form. Free water drinking should be encouraged, the more so when the body is producing an excess of poisons through some disorder of the functions, as evidenced by pains in the muscles and joints and other signs of auto-intoxication. All the drinks for quenching thirst are valuable only in proportion to the amount of water they contain.

There is no more universal remedy for the relief of pain than hot water. Hot baths or local applications of hot water in the form of fomentations have at all times been greatly valued. The value of bathing was known and appreciated by the Greeks and Romans, and the latter people developed a wonderful system of baths.

The ignorance that prevailed during the Middle Ages caused the value of water to be forgotten. In the seventeenth century a famous physician who had travelled widely and learned the use of water as a healing agent petitioned Parliament for the provision of baths in London, by which he proposed to save 10,000 lives annually. The matter was referred to the Royal College of Physicians and that learned body rejected the proposition declaring that it was the baths of the Romans that had contributed to the decadence of that people.

But the science of hydrotherapy or water treatment has now been re-discovered and the use of water in the treatment of diseases is one of the modern methods in medicine recognized by every progressive physician.—*Good Health.*

CLEAN FOOD

The Crèche News laments "the amazing apathy of the public towards the prevailing unclean and unhygienic methods of handling our principal food-stuffs," and draws the attention of mothers and of matrons of creches who discuss the feeding of babies with mothers, to a helpful address on "Clean Food" which appeared in the December issue of *Mother and Child*. The following is an extract from this address

"Dirt is a danger to health, and nowhere is the danger greater than in the case of dirty food...Just as inferior fuel will hamper the working of an engine, so unclean food will endanger the efficiency of the body and may cause disease.

You, as a mother, are particularly concerned in this question of clean or dirty food.....*What can you do?*

(1) Buy your food at clean shops only, where it is served out by assistants with clean hands and nails, and wearing clean overalls of washable material.

(2) Refuse foodstuffs that have been left uncovered and thus exposed to dust and dirt.

(3) Refuse foodstuffs bought in shops where cats and dogs (and sometimes other animals) are allowed the run of the place.

(4) Keep the food clean after it reaches your home. Store in a clean well-ventilated larder, the window of which is covered with clean gauze to keep out flies.

(5) Clean the larder frequently, scrubbing down the shelves with soap and hot water.

(6) Cover the more perishable articles of food, such as meat, milk and butter.

(7) Keep a fresh clean overall made of washable material for wearing while you are cooking.

(8) Clean all cooking utensils by the use of plenty of soap and hot water and a good scouring powder. They are then made safe.

(9) Always wash the hands well before beginning to cook. The nails should be cut short and scrubbed thoroughly clean.



Sweetmeats exposed for sale—not fit to be eaten.

(10) As a matter of course the hands should be washed before partaking of a meal. Train your children in this good health habit.

(11) Remember that your household should have healthy mouths or the food becomes contaminated in the mouth. A regular visit to the dentist is a great help.

(12) Keep your house free from flies. Burn all waste animal and vegetable matter. Flies are not found in a clean home.

(13) Keep your refuse bin absolutely dry and the lid tightly fixed.

(14) Wage war on rats and other vermin.

Clean food, cleanly handled, eaten by clean people with clean mouths in clean homes: this is the ideal every mother should aim at, for herself and her family.

For some mothers it may be easier than for others. Much depends upon home conditions. *Revue Internationale De L'Enfant.*

"DONT'S" for FIRST-AIDERS

BY

RAMRAO D. KILADE

Honorary Secretary St. John Ambulance Association Sion Centre, Bombay.

Don't forget to arrest bleeding at once.

Don't forget the Pressure Points.

Don't give stimulants in bleeding.

Don't wait for appliances not readily to hand—improvise.

Don't forget to work quickly and quietly, not hurriedly.

Don't lower a bleeding wound.

Don't forget to cover wounds.

Don't forget to secure medical assistance.

Don't take upon yourself the duties of a Doctor.

Don't carelessly handle an injured limb.

Don't take extension in compound fracture.

Don't try to reduce a dislocation.

Don't expose burns to the air.

Don't break blisters in burns.

Don't jump at conclusions: think.

Don't raise the head in fainting.

Don't lower the head in sunstroke.

Don't give anything by mouth in apoplexy and in fainting.

Don't fail to treat shock in all cases.

Don't delay in cutting down in hanging.

Don't give emetic in corrosive poisoning.

Don't let a patient go to sleep in opium poisoning.

Don't forget in electric shock to stand on dry board or coat, covering hands with India-rubber or dry material (for insulation): pull patient away.

Don't forget to read the accident cases from the newspapers: think what treatments you would have given. —*The Red Cross.*

JEALOUSY IN CHILDREN

An American Journal for Mental Diseases writes as follows:

Jealousy is serious even in a child. It makes him unhappy, disagreeable and unable to get on with those about him. When he grows up it will interfere with his success as well as with his happiness.

Things to do:

Respect his property and his rights.

Teach him to share with others and respect their rights.

Let him know of plans for the new baby.

Let him help in the care of the baby.

Divide your attention fairly among all the children.

Things to avoid:

Don't make favorites of any of the children.

Don't compare children with one another.

Don't tease a child by petting another and leaving him out.

Remember:

A child is not born jealous.

Jealousy can be prevented or corrected by proper training.

A jealous person does not work or play well with others.—*Revue Internationale De L'Enfant.*

EARLY TO BED

Go to bed early—waken with joy:

Go to bed late—cross girl or boy.

Go to bed early—ready for play:

Go to bed late—moping all day.

Go to bed early—no pains no ills:

Go to bed late—doctors and pills.

Go to bed early—grow strong and tall:

Go to bed late—stay very small.

—W. S. Reed.

HINDU HYGIENE

One would hardly think of turning to India for instruction in domestic hygiene, yet Dr. Sengupta in the *Medical Review of Reviews* published in that country contends that many of the ancient social customs have done much to preserve the health of the people.

The immemorial custom of rubbing infants with oil and exposing them to the sun's rays is in striking accord with the modern practice of sun bathing and is regarded by him as the reason for the comparative immunity of the Indians to rickets.

Then, too, the practice of boiling household milk is very ancient and may account for the low incidence of gastrointestinal diseases in children.

The ancient scriptures of the Hindus inculcate habits of cleanliness which, though perhaps not stringently carried out to-day by the devotees, are in advance of the practice of many Westerners. For example, insistence is placed upon the early morning bath, the habitual use of a fresh tooth-brush (twig of the neem tree), careful washing of the hands before and after meals and after visits to the toilet.

Dr. Sengupta further maintains that the deterioration of health amongst Hindu people of late years is due largely to the introduction by Europeans of unhealthful foods such as refined and vitamin-deficient rice and other products—*Good Health.*

THE VALUE OF FASTING

In order to fully comprehend the value of fasting as a therapeutic agent, it is very essential to have a clear conception of the true nature of "disease." Disease is not an entity, nor an enemy

to the animal organism, but is simply an effort to restore the normal functional equilibrium of the organs of the body; and when this healing and cleansing effort comes on suddenly, and only

runs a short course, it is called an acute disease. A sub-acute disease is one coming between an acute and a chronic condition.

Disease of all kinds is caused either by a direct, or an indirect, violation of natural health laws. One of the first manifestations of an acute disease is invariably some derangement of the organs of digestion and assimilation, and as Nature prescribes a fast in almost all these cases, whether in animals or men, by taking away the desire for food, it would be logical to infer, in accordance with the law: "Nature never makes any mistakes," that a fast would, other things considered, be the best form of treatment in all subacute and chronic diseases.

The value of fasting as a curative agent is mainly two-fold: First it purifies the system by increasing the acti-

vity of all the eliminating organs, and, secondly, it gives a complete rest to the digestive and assimilative organs. During the rest the body repairs itself, as is illustrated by the recuperative power of sleep, and, as stated before, the stomach and intestines, as the organs of digestion and assimilation, are always more or less affected in all kinds of disease. It is obvious that the rest a fast will give to these organs will give Nature a chance to repair any pathological condition that may be present. As the injury to the alimentary tract generally takes the form of some defect in the inner mucous lining, we may say, after a fast of sufficient duration, that we have a new lining to this tract, which means better digestion and absorption, and a return to a normal healthy condition of the whole body.—*Health for All*

A DAILY FOOD PLAN NEEDED

But let us come back to the housewife, who needs to transform calories and protein, mineral elements and vitamins into healthful food for her hungry family. Being convinced of the need for securing health values, she should make a plan for herself which will enable her to hold steadfastly to her purpose without yielding to desires of her family for those more expensive foods such as steaks and chops and roasts, pastries and cakes and higher priced fresh vegetables and fruits. She should hang a daily plan in her kitchen as shown below:

1 quart of milk a day for each of the children

1 pint of milk for each adult

A liberal supply of cereals for all-- oatmeal, cornmeal, wheatena, rice, abrley, rye, whole wheat flour, graham

flour (these to be used for breakfast cereals, breads, puddings or in soups. Occasionally for the older ones fried mush with molasses)

Potatoes daily

Other vegetable daily (fresh vegetable 3 or 4 times a week, dried vegetables the other days)

Fruit daily (fresh fruit 3 or 4 times a week, dried fruits the other days)

Cheese and peanut butter frequently during the week

Eggs and butter for the youngest children when price permits

Fat meat drippings and vegetable fats with a return to butter when price permits

Meat or Fish (economical sources) 3 or 4 times a week.

With wise planning such low cost foods may be transformed into stews and soups, cereals, breadstuffs and pud-

dings, so that health may be retained at little sacrifice to the family. *Connecticut Health Bulletin*.

TWELVE HEALTH RULES FOR MEN

1. If your employment is sedentary, eat no more than two meals a day.
2. Counteract the bad effects of stooping over a desk or other cramping posture by suitable physical exercise daily.
3. Do not habitually breathe an atmosphere laden with smoke of any kind.
4. Avoid wearing a tight collar.
5. Do not drink stimulants (so called) between meals.
6. Avoid chain-smoking habit.
7. Cultivate a hobby for your hours of recreation.
8. Avoid excess in eating, drinking, smoking, or walking when on holiday.
9. Do not cultivate inhalation when smoking; carbon monoxide impairs your red corpuscles.
10. If your pipe gives you a sore lip or tongue, give it up and see a doctor at once.
11. Don't play indoor games during the lunch hour; take a brisk walk in the open air.
12. Never bolt your breakfast, get up in time to enjoy it in a leisurely way.

TWELVE HEALTH RULES FOR WOMEN

1. Avoid an overplus of chocolates and sweets between meals.
2. Fight the worrying habit by cultivating equanimity.
3. Dispense with tight corsets, garters, and all constricting garments.
4. Change shoes and stockings at once when wet.
5. Beware of cheap and poisonous cosmetics, and hair dyes.
6. Avoid possible infection from fondling and kissing dogs and cats.
7. Shun the solitary meal; that way dyspepsia lies.
8. Do not acquire the cocktail habit.
9. Cultivate a fine complexion by care of the skin as a whole.
10. Wear $2\frac{1}{2}$ inch heel on special occasions only.
11. Do not take hot baths too frequently; tepid baths are safer.
12. Avoid all stimulants when periodically indisposed.

TWELVE HEALTH RULES FOR CHILDREN

1. Give them all the sleep and all the fruit they want.
2. Don't force fats and greenstuff on them. Give them fresh fruit and plenty of milk.
3. Give them plain sweets in moderation; they are a muscle food.
4. Cultivate the early-to-bed habit.
5. Do not let them habitually breathe a tobacco-smoke laden atmosphere.
6. Never waken a sleeping child to "show him off" to visitors.
7. If they fear the dark, give them a night-light.

should not be chained to a desk 4-5 hours a day; that he must have a lot of muscular activity, some rest, and a great deal of sunshine and outdoor air, together with plenty of sleep and proper food, if he is to reach his optimum health at adolescence. To obtain this we must do battle for him by health educating the educators. With all due respect to educators, they know a great deal about education and mighty little about health. The daily curriculum on a school black-board, covering what a teacher must get done between 8-30 and 3-30, looks to me like the timetable of a railroad. I am afraid that, like the laws of New Jersey, many things are being added to school schedules but very few are being lopped off. We must work for a simplified and shorter school day curriculum in town and country schools, and more manual and outdoor activities in city schools, to replace the outdoor facilities available in town and country. Class education, like class health building, is giving way, slowly but surely, to the individual handling of each child, and this will be the method of the future. —*Stanley Nicholas M. D. Journal of the Medical Society of N. J.*

School Health work is more than mere 'Medical inspection'—School health work has progressed far beyond its first stage of mere "medical inspection". The school now recognizes that it should discover defects, do everything it can to bring about their correction, and that it should establish a programme to teach children proper health habits for the prevention of disease. Indeed, one of the school's greatest responsibilities is conservation of the physical well-being of childhood to the end that

the nation may have the benefit not only of trained minds, but trained minds in sound bodies. Only by consideration of the whole child—his mind, spirit and body—can the school fulfill its obligation to posterity. The importance of this work was well stated by President Hoover when he said: "If we would grapple with the whole child situation for one generation, our public health, economic efficiency, moral character, sanity, and the stability of our people would advance three generations in one." —*Frank G. Pickell, Supt. of schools, Montclair N. J. Journal of the Medical Society of New Jersey, October 1930.*

Certain remedies traced to primitive races. It is to the primitive inhabitants of Peru that we owe the discovery of the value of the bark of the cinchona tree in the treatment of malaria. Then again, the value of inoculation as a protection against small pox was first discovered in India where it has been practised since an extremely remote period. *Lieut. Col. C. A. Gill D. P. H., I. M. S. Director of Public Health, the Punjab.*

Slum Clearance. It should be possible to rouse public opinion in such a way that every slum area in the country would be destroyed. Those areas were the seed grounds of disease, the places where infant mortality was double and the death-rate was higher than in other places. They were centres of infection among people who lived outside the slums. Slum clearance was not half so expensive as the load of disease which bad housing created. —*Dr. Arthur Greenwood, Minister of Health, England and Wales.*

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