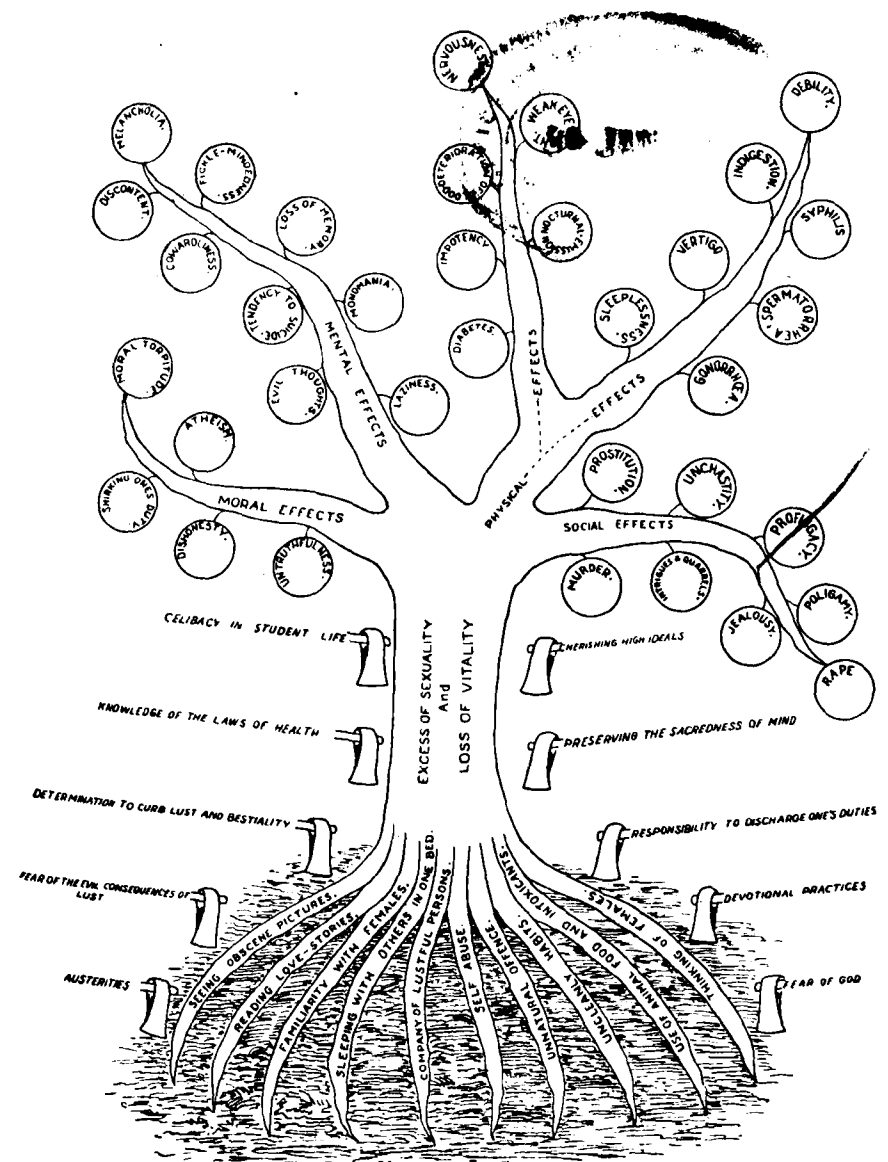


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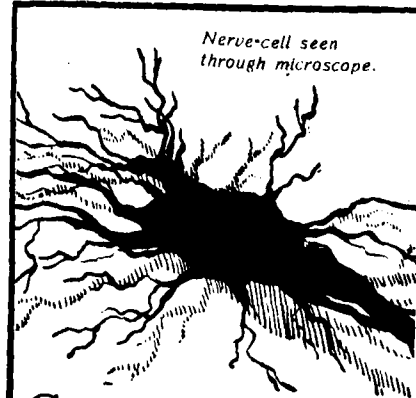
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Vol. IX]

OCTOBER, 1931

[No. 10

ADULTERATION OF FOODS.

1. MILK.

Next to air and water, food constitutes the principal requisite of human beings to sustain life and energy. The food must be pure and wholesome, otherwise it will be injurious to health. Man, by habit has become omnivorous and has been taking, for a long time, combined food of meats and vegetables of all sorts and varieties. If one should sit at the table of the various peoples of the earth, civilized as well as barbarous, one would merely be bewildered at the diversity of their dishes. "John Chinaman" feasts his stomach on cats, dogs, wharf-rats, sea-slugs, sharks, bats and caterpillar soup. Australians and many other people eat snakes, Kangaroo rats, mice, maggots &c. The Japanese prefer green peaches, apricots and plums to ripe ones. A traveller among the Indians of the Rocky Mountains or a guest of the people of Zanzibar, will

smack his astonished lips over puppy stew, without knowing what it is made of. One who visits Africa may have a plate of tender young monkey; while the people of Artics treat their visitors to a diet of putrid seal's flesh, putrid whale's tail, reindeer's chyle, train-oil, whale's skin and—partially hatched eggs. The native of Surinam eats toads and the Hottentots considers roasted caterpillars to be savoury as sugared cream. Frogs are eaten by the French, by the Chinese and by many people in Europe and America. In brief, among the many strange things used as food not already mentioned, may be named elephant, hippopotamus, girafee, Zebra, antelope, wild ants, leopard, lion, alligator, crocodile, eggs of reptiles, lizard, wild-cat, panther, wolf, opossum, musk-rat, rat's brains, por-

cupine, bird's nest, locust, grasshopper, spider and nearly every insect".

But these animals and insects are highly revolting to educated taste and most of them are tainted by disease and consequently must be avoided. It is refreshing to note, however, that civilized people all over the world are now rapidly veering round to the vegetarian form of diet, in most cases to the form in which it is found in Nature. But milk and milk products belonging to the animal kingdom have not been altogether eschewed from vegetarian diet. The principal diet of the civilized classes consists therefore in milk, butter, ghee, bread or rice, pulses, vegetables, nuts oils and fruits. These must be taken pure and fresh, with their component parts undisturbed and unmixed with any other substance. Adulteration of foods or the mixing up of any other substance with food is either deliberate or accidental. Let us take milk for instance. Milk is an ideal food for infants and in India it takes the place of meat among vegetarians. Unfortunately milk is the one food that is most adulterated in India and the common adulterants are water, sugar, morning milk mixed with evening milk, buffalo's milk mixed with cow's milk, and cream removed from milk and starch and flour added thereto.

These adulterations are deliberate and are done for profit by unscrupulous dairymen. The constituents of milk are water, sugar, butter, casein or curd and the various salts necessary for the support of the system. The water that is used for adulterating the milk is often polluted so much so there is always the risk of infection by water-borne diseases such as cholera, typhoid &c. The sugar of vegetables will produce acidity of the stomach and is

therefore harmful. By the removal of cream from the milk, the fat is removed and the milk is therefore not of much value for healthy people. Buffalo's milk is richer in fats and solids, and admits of larger dilution than cow's milk. The adulteration of cow's milk with buffalo's milk is not only not easily digestible but is also unpleasant to the taste.

Tinned milk is another source of danger, especially to bottlefed infants. It is sometimes preserved with borax, boric acid, Formalin &c and in such cases it is unfit for consumption.

Next come accidental adulterations, which are the outcome of ignorance of sanitary laws. The stabling of cows amidst insanitary and unhygienic surroundings, use of unclean vessels and utensils, feeding with undesirable fodder, milking by persons suffering from communicable diseases and the milking of cows infected with tuberculosis all come under this category. "The following rules if carefully followed, will effect a marked improvement in the character of milk supply:—

- (a) The milk should be received in clean freshly scalded metal vessels and should be protected from flies. No chickens, cats &c. should even be allowed in a dairy.
- (b) The tail should be secured to prevent flicking dirt attached to it during milking.
- (c) The floor of milk sheds and the approaches to the sheds should be paved and kept as clean as possible.
- (d) All persons handling milk should be clean, should not suffer from any communicable disease and should not be carriers.
- (e) The cow should be healthy and free from any infection or

- inflammatory condition of the udder. It should be properly groomed to remove dung from the body and the udder should be properly washed.
- (f) All bottles and cans used should be washed and sterilised.
- (g) Feeding the cow during milking and putting fingers into the milk should not be allowed.

(h) Do not strain, skim or keep the milk in the cowshed.

(i) All refuse should be removed to a safe distance daily.—(A Treatise on Hygiene and Public Health by Dr. B. N. Ghosh).

In the next article, we will deal about ghee and its adulterants.

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A DRAMA

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

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

(Continued from p. 178, Vol. IX, No. 9.)

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Exhibition Hall—Leprosy Section. Time 10 A. M.

(Enter Dr. Ramnath and the Public Visitors, including Ram & Gopal.)

Dr. Ramnath: (Addressing the visitors) "Gentlemen, yesterday, you all remember, that I dealt with the course and the various manifestations of leprosy in its different types and stages. To-day, I shall speak to you, about the treatment of this stubborn disease. But, before I actually commence to deal with the medical treatment of this disease, I would like you to just recollect a few salient features of the disease:—viz., (i) that the disease is a very long lasting one, (ii) that the germs do not thrive in a healthy soil, (iii) that although the germs may be present in the body, they do not multiply and cause the first signs of the disease to appear, if the natural resistance of the body is not lowered, by some other disease or improper ways of living, (iv) that the disease is spread by infectious lepers moving freely with

the healthy people, ignorant of the dangers to which they expose the unwary public, (v) that although the disease is said to be self-healing, still, it is such a chronic and stubborn disease that it appears for all practical purposes to be "Incurable," (vi) that in its earlier stages, the disease is very readily amenable to treatment and the sufferer is not infectious to others then, (vii) that, when the disease advances still further, the sufferer becomes more and more infectious until finally he becomes the most infectious case, and (viii) finally, that when the disease comes down by itself, it leaves behind such horrible deformities which reduce the sufferer to a thorough physical wreck who will be of no use either to himself or to his community, and such deformed lepers, who have only deformities, are not infectious.

If you remember all these, you will be able to fully comprehend, as to why particular stress is laid on certain aspects of the treatment.

At the outset, I may tell you that we have not yet discovered a remedy which will work miracles. A chronic and stubborn disease requires a very prolonged and persistent treatment. I may also caution you against entertaining any idea that treatment of leprosy means a few injections and a long prescription! The treatment consists not only of injections of a particular medicine but more important than these, are the other factors—chief of which are physical exercise and diet.

I have already told you that the disease, in its later stages at least, causes deformities, because of the devitalisation of the delicate nerves and muscles. Such deformities are more easily preventable than curable. To combat this devitalisation, to tone up the muscles and nerves and to increase the natural resistance of the body, physical exercise is the most important part of the treatment. Healthy outdoor games like football, hockey, cricket and tennis etc., can be played; or gymnastics, club swinging and Swedish drill are also suitable. But those who have no means or who are averse to taking the above mentioned forms of exercise, can do some of the Indian exercises which require only a few feet of the God-given ground;—e.g., dandals, baski and utki (sitting & standing) walking at least two miles morning and evening, or swimming. Those Hindus who are religiously inclined, can aim at securing two fruits with one stone, by performing *Surya Namaskars*, which provides not only healthy, and strength-giving exercise, but also, a religious rite. If properly performed, no other exercise can excel this *Surya Namaskars*. Oh, what a wonderful foresight and scientific knowledge did our

Aryan forefathers possess!! Woe unto us, we have forgotten the very elementary lessons in health that our forefathers have so kindly bequeathed to us! We think, we are wiser than they!! But, look at the frail constitutions of our present day youngmen; and consider for a moment, the heavy toll that several infectious diseases are taking year by year; and still more horrible—consider the number of babies that die before they complete their first year of life. We have sadly degenerated; the few simple rules of health, the observance of which, gave our forefathers, such sound health and strong bodies, have become strange to us!!!

“But, now, to return to my subject *Surya Namaskars*, are a wonderful health-giving exercise. Briefly stated, this exercise consists in taking an early morning bath (just at day-break) preferably in a running stream, or at home either with warm or better still, cold water (according to the season) and then performing 108 *Namaskars*. In this exercise, all the muscles of the body, are uniformly stretched and contracted alternately and as such a very healthy exercise is provided. Also, the performance of these *Namaskars*, facing the east towards the rising sun, as required by the *Shastras*, enables the performer, to absorb some of the life-giving ultra-violet rays of sun, which, modern science, has proved to be essential for the proper development of our bones and teeth, etc. etc. Oh, what a wonderful scientific truth underlies this exercise!!! How wise, were our Aryan forefathers!!! They have even laid down precise instructions as to how these *Namaskars* should be performed:—
“*उरसा, शिरसा, दृष्ट्या, मनसा, वचसा,*

तथा । पदभ्यां, कराभ्यां, जानुभ्यां, प्रणमोष्टाङ्ग ईरितः ॥”

उरसा by thighs, *शिरसा*, by the head or the heart (chest) *वचसा* by the mouth, *पदभ्यां* by the feet, *कराभ्यां* by the hands, *जानुभ्यां* by the knees *प्रणमोष्टाङ्गः* *Namaskar* by the eight parts of the body or what is otherwise popularly described as *अष्टाङ्गनमस्कार, ईरितः* is spoken of;—which, when freely translated means, that while performing the *Namaskars* the above mentioned parts of the body, should touch the ground at each time”.

“Swimming and horse-riding, are also good exercises, but every one cannot indulge in them”.

“Next comes the diet. All fresh and nourishing foods can be taken. Here, again, we have unfortunately forgotten our ancient *Hindu Shastric* injunctions. As a result of our western education, we have multiplied our wants, without caring to enquire as to where we are going. As for example, we require coffee or tea or some other stimulant, just soon after we rise from bed. Then, again, within 2 or 3 hours, we take a full meal. Again at 1 or 2 P.M. some tiffin is taken. Again at night some substantial food is taken. This sort of perpetual overloading of the stomach gives rise to dyspepsia, and other stomach and bowel disorders, which are only too common in our country”.

“At least, if sufficient exercise is taken, an excuse for this overloading may be offered. But, unfortunately, in these days of quick mechanical transport no scope is left for physical exercise. We have thoroughly forgotten the

scientific significance of *Ekadasi*—the once in a fortnight fast, that gives rest to the stomach, which otherwise, rebels against the continuous drudgery, to which, it is thoughtlessly subjected.”

“Pure milk and unadulterated ghee, the two essential elements of our dietary, have become luxuries, now-a-days! The springing up of innumerable coffee hotels, gives golden opportunities to milkmen to sell any white-coloured liquid as “milk.” In fact, one prominent European sanitary authority in Madras, has once said that, in Madras, milk contains only a white sewage!! About the ghee that we purchase from the bazaar, the less said the better. Modern medical science has proved that animal fat, specially, cow's or buffalo's butter, contains enough of vitamine A, an essential accessory food factor. For the vegetarians of Madras ghee or butter is the only source of this vitamine A. And this is denied to them, because the demand for milk is so much owing to the springing up of numerous coffee hotels. Even in villages in South India very little milk is left for manufacturing other milk products like curd, butter and ghee.

Partaking of highly adulterated food-stuffs in large quantities, without proper amount of physical exercise to aid digestion, lack of cleanliness of both person and surroundings, and above all, a slovenly habit and indifference to all good counsels, are mainly responsible for many of the ills that we are subject to, now-a-days. All these should be corrected. Plenty of green leafy vegetables, milk, curd, butter, and ghee are absolutely essential for the proper maintenance of health. Preserved, tinned, canned, or stale foods of any kind, should be avoided. Highly spiced

or seasoned foods, should be avoided. Condiments should be used sparingly. Here, I have to utter a word of warning to South Indians in particular. I know that we, South Indians, take too much of condiments. Also, we in common with Orrissa, and Bengal, like cold or stale rice. A leper who wishes to get rid of his disease, should avoid stale foods of any kind."

(To be continued.)

STERILITY IN WOMEN

BY

DR. K. L. NARAYANA RAO, M.B.B.S., Madras.

This is a common cause of lot of misery and unhappiness among women. To have a child is a natural desire with all women. It is something like an instinct born with her and she is prepared to bear any amount of suffering and pain for the sake of a child. If this were not so the propagation of the species would have been a difficult problem. But when a woman becomes sterile, i.e., bears no children, the disappointment for her is very great and she feels much. In addition to this, she will be slighted by the community and will get less attention from her own husband. Though some may contest that



Girls in Prof. Kharve's College, Poona, performing mild physical exercise.

sterility is the best way of assisting birth control, yet it is worth our while to pause a little and investigate the cause of this suffering.

Sterility may be due to developmental defect in genital organs. Any one of the genital organs may be badly formed or missing so that conception is impossible. In such a case no treatment is of any avail. In some cases the womb may be displaced and the aperture may be too small so that there is some obstruction to the passage of spermatozoa. It is in these cases that the doctor can do a great deal of good. By operation these things can be set right and pregnancy can be helped. Yet in a large number of cases sterility is due to preventable causes. It is due to some acquired disease, by which the womb gets inflamed and diseased, and thus pregnancy is prevented. It is on the

latter cause we are going to dilate at some length.

Venereal disease is the deadliest enemy of mankind. It is the starting point of ever so many ailments and diseases, and may invalid the patient for life. It is the most common cause of sterility in women. Gonorrhoea causes inflammation of the genital organs and the passages of the ovum become obstructed. Ovum starts from the ovary and has to pass through tubes before it becomes embedded in the wall of uterus or womb. When the tubes become blocked, the ovum cannot come out and conception does not take place. This is what happens in gonorrhoea. In syphilis, pregnancy may occur, but abortion, still birth, or birth of a diseased child is the common sequelae.

It is the husband that is the culprit generally. He contracts the disease by immoral connections and never gets himself treated properly. Before he is completely cured of this disease, he has connection with his wife and conveys the germs of the venereal disease into the womb of the innocent woman. Then ensues a series of misery and suffering for the woman thus infected. She not only suffers from pain and bad health, but becomes also sterile; but

all this for no fault of hers. Yet the husband never thinks that he is at the bottom of all these. He may even ill-treat and neglect her for being barren, and may even re-marry to have an offspring.

All this can be prevented by proper care and understanding by the man. To err is human. But when once he contracts the venereal disease and does not get himself treated thoroughly by a medical man, his offence is not excusable. Such a man, is a menace to the society and a source of danger to all. This will disable not only himself but his wife, his children and children's children. We would strongly advise such men to get themselves completely treated by an efficient and qualified medical man and should not marry or have connection with his wife, until he is certified by the medical man to be free from disease. When the woman gets infected she requires no less care and much misery can be avoided by early treatment. Once again we will stress that that the venereal disease is the most common cause of sterility and this can be easily avoided if the man understands the gravity of the situation. What is required is treatment until there is a complete cure.

FLIES: THE MISCHIEF THEY CREATE AND HOW TO WIPE THEM OUT.

BY

DR. YAMANI, L.M.S.,

Civil Hospital, Warangal.

1. Flies are nature's scavengers so long as they are away from human habitations.
2. Once they (flies) enter human dwellings they contaminate our eatables and cause disease.
3. Flies are disease-carriers.
4. They live and breed in all kinds of filth, and infect food and drink by germs-laden feet and wings.
5. Innocent looking house flies are our great enemies.

6. From flies and filth to food, fever disease, death and misery is so certain a fact that no intelligent person could ignore it.

7. The wide-spread distribution and prevalence of this innocent looking pest has been the cause of grave risk to health and life.

8. Each female fly can lay 150 eggs. The eggs incubate quickly and you have 150 flies in a very short time. The female out of this again lays 150 eggs and the cycle of multiplication is thus kept up.

9. Flies breed in house-manure, cow-dung, decaying vegetable, garbage of all descriptions, dead animals and human excreta.

10. Tuberculous sputum is a great treat to the flies. They feast on it and carry on tubercule bacilli on their mouths, wings and feet and perch on articles of food and drink and thereby spread the disease.

11. Flies quickly transfer the tubercule bacilli from exposed sputum to fingers and lips.

12. In the same manner they hover around drains, cesspools, latrines and night-soil tubs and buckets and spread all kinds of disease germs to the human beings.

13. Flies are found in very large numbers during the season when fruits ripen.

14. Remnants of fruits should not be thrown about indiscriminately.

15. These must be carefully collected as also all other house refuse, and quickly removed to the Municipal bin.

16. Fly papers must be kept in every house during fruit season. Eating and drinking articles should be well screened off.

17. Presence of flies in any house is direct indication that it is kept dirty. It is also a proof that the surroundings are in no way better.

18. Meat, milk, bread, cakes, sweet-meats and all articles of food and drink for sale should be kept in fly proof receptacles.

19. Articles of food and drink exposed for sale without proper precautions in bazaar should not be purchased.

20. Purchase articles of food and drink from such shops as keep these things scrupulously clean and free from fly nuisance.

21. Many out-breaks of cholera, typhoid, dysentery and infantile diarrhoea have been traced to the agency of flies carrying night-soil infection into our eatables.

22. Befriend your only ally "Cleanliness" if a successful war is to be waged and won on flies.

DYSPEPSIA AND ITS TREATMENT

BY

N. RAMAKRISHNAN, *Vellore.*

Dyspepsia is a form of chronic indigestion and has become one of the commonest diseases in India. This, if neglected, will not only develop into

diarrhoea, but will also result in other serious diseases.

The food, after proper mastication is subjected to the action of the gastric

juices and is then changed into a fluid. The body-building material contained in the food are gradually absorbed and assimilated and the un-assimilated portions of the food pass into the intestines and are thrown out of the body. The food so absorbed into the blood affords materials for repairing and building up the body. This wonderful and important process which is daily going on within our body is called "digestion", and indigestion therefore means lack of digestive power.

Dyspepsia is attributed to (1) over-eating, (2) fast eating, that is, swallowing

the food in large quantities, (3) improper and unwholesome diet, (4) Want of physical exercise, (5) habitual constipation, (6) insufficient cooking and (7) excessive use of sweets, condiments, liquors, coffee, tea and other stimulating beverages. There are other minor causes which are too numerous to be mentioned here.

The symptoms of dyspepsia usually noticed, are pain during digestion, vomiting, unusual flow of saliva, heart-burn, palpitation of the heart after the food is taken, headache and constipation, acid belching, coated tongue,



Food pecked by a crow after picking the flesh from a dead rat, being sold to the poor—a most insanitary and hygienically dangerous practice.

bitter and offensive smell from the mouth etc.

Treatment:—The following simple and natural rules must be observed for the successful treatment of dyspepsia:—

FOOD.

(1) Observe moderation in eating and eat only when you are hungry, that is to say, 'eat to live, but not live to eat.'

(2) Allow time for mastication and digestion as proper mastication is conducive to proper digestion.

(3) Abstain from fermenting foods such as meat etc., as well as concentrated sweets until you are free from the disease.

(4) If the disease is of a severe form refrain from taking any kind of food for a day or two as this gives rest to the digestive organs.

(5) Effect better flow of digestive juices by taking fresh ripe fruits.

DRINK.

(6) Drink good quantities of clean hot water, particularly in the morning and at bed time as this aids the process of digestion and relieves pain in the stomach to a considerable extent.

(7) Put a stop to the use of intoxicating liquors, coffee, tea and other stimulating drinks.

(8) When you take water or any other liquid food sip it, because by sipping, only small quantities are taken when it becomes easily digestible.

(9) Prefer hot milk to cold one as the former is more digestible.

EXERCISE.

(10) Take physical exercise, say a brisk walk twice a day as the health of

a man depends upon food and exercise. Without exercise the human machine becomes rusty, this is, subject to various diseases, and any exercise you take must be in the open air.

GENERAL.

(11) Be calm and cheerful as calm mind and cheerfulness aid digestion. Eating with anger, worry, anxiety and aversion weakens the digestive power.

(12) Have clean and sound teeth and if they are bad get them cleansed by a dentist as bad teeth is another cause of dyspepsia.

(13) Be regular in taking food and exercise and be pure in mind and body.

(14) Never try any medicine as it will give you only temporary relief.

THE BODY LOUSE

The body louse is a dirty grey creature with a smooth, hard, chitinous protective shell. Its mouth is fitted with a sharp hollow sucker with which it punctures the skin and sucks blood. At the end of each of its six legs is a single claw, and it anchors itself by one or more of these claws to its victim's underclothing while sucking his blood.

The male is smaller than the female which, under ideal conditions, may lay 300 eggs and have 4,000 descendants during her lifetime. The eggs or nits are deposited in the clothing. They hatch out in 7 to 10 days, if the temperature suits them, and the larvæ begin to feed at once on their host. Sucking blood at frequent intervals and moulting several times, the larvæ grow to sexual maturity in about two weeks.

The average life of a louse is from 35 to 40 days. Lice seldom roam freely about on the body, preferring the comparative safety of folds in underclothing. It is usually at night that they feed on their host whom they desert when he is feverish or dead, disliking a temperature which is a little above or below what they are used to.

The disease which lice convey are typhus or gaol fever, relapsing or recurrent fever, and trench fever. Typhus is carried by lice alone; without them this disease would be non-existent. Infection occurs not so much at the time of biting as afterwards when the victim is liable to scratch the bitten skin and rub infected matter from the louse into the body. So dangerous is the typhus in the typhus-infected louse that its excreta when rubbed into the intact skin will

infect the person concerned with typhus. Many skin troubles are due to lice. There is also the loss of sleep from which lice-infested persons suffer.

Lice and nits are killed by a jet of steam or a hot flat-iron passed over clothing. Petrol or paraffin also kills them. While his clothing is being disinfected the host should take a hot bath, for a stray louse left at liberty on his body may nullify all the good effects

of wholesale sterilization of his clothing.

Lice cannot live long without food and if infested clothing is stored for 30 to 40 days, not only the lice but the nits in it will die. Numerous insect powders have been recommended and though some of them may perhaps kill the adult louse, the nit is apt to survive. (*Communicated by the Secretariat of the League of Red Cross Societies, 2 Avenue Velasquez, Paris, VIII*).—*The Red cross*.

OVERWEIGHT AND LONGEVITY

The profession has long recognized in a general way that the condition of overweight in individuals is a definite handicap in the attainment of long life. While a condition of underweight appears to favour the development of tuberculosis and acute respiratory affections, overweight undoubtedly taxes the vital organs and puts a burden on heart, kidneys and blood vessels; a burden which increases with age and with the amount of overweight. These facts have been emphatically brought out in an interesting paper¹ by Louis I. Dublin, statistician of the Metropolitan Life Insurance Company of New York. In this paper is presented a study of the influence of deviations from the normal body weight on length of life as indicated by the records of a life insurance company in the States,² selected by Dublin as affording insurance material of relatively high standard.

The records made use of in this study were those of 19,304 individuals whose lives had been insured between the years of 1887 and 1908. The record of each individual was traced from the

date of his entrance policy to its anniversary in 1921, or to its termination at an earlier date from whatever cause. In these records 13,350 deaths were reported during the period of observation. In the study of these cases the weight classifications made use of were those of the Medico-Actuarial Investigation of the Actuarial Society of America. The death rates at the various attained age periods were adjusted to a definite age standard in order to eliminate the effect of differences in age composition between the various classes.

The following is a brief epitome of the results obtained. Including all ages thus standardized and all causes of death, the mortality rate for men of normal weight in this collection of records was 844 per 100,000. The lower classes of underweight individuals had a mortality of 913 per 100,000, but the class of only moderately underweights had a death rate of only 833 per 100,000 a rate slightly lower than that of those of normal build. The overweights as a group showed a mortality rate greatly in excess of the normals, the mortality

(1) Human Biology page 159, May, 1930.

(2) Union Central Life Insurance Company.

increasing as the percentage of overweight increased. Weight-class I, representing those from 5 to 14 per cent. in excess of normal, had a death rate of 1,127 per 100,000; weight-class II, from 15 to 24 per cent. above normal, had a death rate of 1,215 per 100,000 and weight-classes III to V, including all from 25 to 50 per cent overweight, showed a combined death rate of 1,472. Thus the penalty for overweight was shown to be an increased mortality rate, from one-fourth to three fourths greater than that of those of normal weight.

When the factor of age is included, the figures are slightly changed. In those under the age of 45 years the penalty of overweight was by no means so marked, and underweight did not present any special advantage. It was in the later decades of life that the increased death toll in overweights reached the highest figures, and showed a mortality of nearly 40 per cent in excess of those of normal weight, a percentage which is startling when it is remembered that every individual was carefully selected when first insured.

After this general exposition of the high mortality associated with overweight, Dublin goes on to consider the more important causes of this increased death rate. These he found to be heart disease, angina pectoris, cerebral hæmorrhage, diabetes and nephritis.

In individuals over normal weight the tables presented by Dublin show that diseases of the circulatory system were the principal cause of death. While men of normal weight had a standardized death rate from organic diseases of the heart of 80 per 100,000, and those under weight had only 65 per 100,000, the death rate in overweights rose to

121 per 100,000. This excessive mortality occurred principally in adult life.

Similarly, the death rate from angina pectoris among overweights above 45 was twice that of normal, and in the case of those heavier still rose even to two and a half times the normal. The mortality in underweights from this affection was 20 per cent. less than that in the normal group.

While in the earlier decades of life the death toll in overweights from cerebral hæmorrhage was found so small as to be negligible, in those over the age of 45 it became a disease of major importance. Among underweights its occurrence was much less frequent; in them the death rate was only 98 compared with that in overweights of 218.

A breakdown in the renal system was another important cause of death in which the mortality rate for overweights reached 141 while it was only 82 for normals and 63 per 100,000 for underweights at the orderages under weights showed a particularly low death rate from this disease and the rate among the lighter of them was only 50 per cent of the rate in normals.

Diabetes was another disease which took an excessive toll of life among overweights, for while the death rate of normal weight persons over 45 years of age was only 23 per 100,000 among overweights as a class the rate was 69 per 100,000 and in those excessively overweight it rose to 259 per 100,000, or more than 20 times the rate observed among underweights.

Tuberculosis was found to be by far the most important disease affecting underweights. The mortality from it at all ages combined was nearly twice as high as that from disease and from nephritis. A fact not usually recog-

nized was that high as tuberculosis death rates are among the young they are still higher among those over 45. While pneumonia showed a high mortality among underweights, it was recognized as a disease which is frequently ever reported, especially in the later decades of life when it frequently becomes a terminal condition.

In his summary Dublin again emphasizes the great disability occasioned by excessive weight as shown by the above statistics; a disability which increases with increased overweight and advancing age. Overweight, in his opinion,

must in many be regarded as a matter of hereditary constitution and to that degree difficult to control. Nevertheless, in a large number it is due to faulty dietary habits and mode of life. The measures to control overweight through sensible dietaries and exercise are usually simple and practicable. Emphasis should always be placed on habitual moderation, not on freakish and temporary diets. While longevity of itself cannot be regarded as a great ideal, it is generally the result of a healthy and active life, and in itself is desirable so far as it increases possibilities for service.—*The C. M. A. J.*

IF YOU FIND ONE OR MORE OF THE FOLLOWING SYMPTOMS IN ANY PERSON, YOU MAY SUSPECT MENTAL DISEASE.

- | | |
|---|--|
| Sleeplessness. | To laugh or cry at the slightest excuse. |
| Constant absent-mindedness. | Fits. |
| Loss of normal restraint in language. | To turn religious suddenly. |
| Want of normal restraint in language. | To consider oneself a great sinner and inferior to everybody else. |
| Taking up peculiar fads or hobbies. | To have supernatural visions of men and things. |
| Saying the same thing over and over again. | To consider oneself, possessed of occult powers or abnormal wealth. |
| Doing the same thing over and over again. | To hear imaginary sounds. |
| Counting mania. (Counting up to a certain number before attempting to do anything). | To think one is being influenced by hypnotism, spell <i>mantras</i> , wireless messages or electricity. |
| Washing mania. | Anxiety over everything. |
| Obsession by meaningless thoughts against one's wishes. | To be apprehensive of serious illness or danger on the slightest account. |
| An inner compulsion to commit certain actions against one's wishes. | Excessive and constant fear of death. |
| Hesitation in doing the simplest acts. | To think others are trying to insult you by coughing, looking in your direction, whispering about you or spitting etc. |
| Excessive doubt. | |
| Excessive shyness. | |
| Talking too much | |

To think one's food is poisoned.
To suddenly change one's accustomed mode of life.

To refuse to speak.

To refuse to eat and to renounce all food.

To sit still in one place and not move. *Health and Strength.*

WHY BABIES LAUGH

Ten things made one baby laugh. They were described to a recent meeting of the British Association by Prof. C. W. Valentine of the University of Birmingham:

'This baby's first laugh appeared at the age of thirty-nine days and was caused by delight at the approach of food.

'The second was at the age of ten weeks, and was in imitation of the laughter of mother or father. At this same age it was first noticed that tickling caused laughter. At twelve weeks laughter was caused by sight of a bright, attractive object.

Six weeks later, when the baby was eighteen weeks old, there appeared for the first time what some psychologists consider the chief cause of adult laughter, a laugh at some simple, non-painful shock or surprise. At six months, the boy's laughter had become frequent,

and could be invoked, Professor Valentine found, by imitating the child's own actions or by mere repetition of something, as when a stage comedian makes his audience laugh by repeating, again and again, some incongruous or meaningless phrase.

"At seven months, the baby laughed for the first time at what might be called intellectual surprises, like the father speaking in a falsetto voice. At seven months, also there were uncertain signs of laughter caused by mere recognition of a familiar person or thing. Between eight months and twelve months appeared the laughter of accomplishment; induced, for example, by success in standing alone.

'Finally' when the child was almost a year old, the tenth cause of laughter was noticed, the mild discomfiture of embarrassment of others, a cause which many psychologists hold to be the chief one among adults.'—*The Sanitarian.*

"GERMS" AND DISEASE.

The belief that disease is caused by "germs" is the greatest hindrance to the advancement of the true science of healing. The fact that no particular germ is ever found until the disease, which it is supposed to cause, is well advanced, should be evidence enough that the particular micro-organism is not the cause. It should be evidence that the germ's location was diseased

and suited to the germ, rather than evidence that the germ made the location suitable to itself.

Mosquitoes seek stagnant water as their natural breeding ground, but they are not the cause of the stagnant water. In the same way the germ seeks diseased tissue, and so cannot be responsible for the disease.

The only effective way to rid a place of mosquitoes is to render their location unfit for them to live and breed in. We should, therefore, treat the body in such a manner that germs will not be

able to find a place in which to live and multiply, and to do this we must keep the bloodstream pure by natural living.—*Health for All.*

IS MODERATE DRINKING HARMFUL?

BY

NURSE A. E. CHAPPELL, L.O.S., C.M.S.

(Pioneer Plunkett Nurse)

ONE day when travelling by train I got into conversation with a fellow-passenger whom I discovered to be a social worker who had to deal continually with the results of drink. I was astonished beyond measure to find that she believed that it was only injurious when a large quantity was taken. I am glad to say her whole attitude on the subject had changed before we reached our journey's end.

In 1909 an International Conference on Alcoholism was held in London, to which most of the great nations sent delegates. At the conference the following statement was drawn up summarizing the effects of alcohol upon the human body:

"Exact laboratory, clinical, and pathological research has demonstrated that alcohol is a dehydrating, protoplasmic poison, and its use as a beverage is destructive, and degenerating to the human organism. Its effects upon the cells and tissues of the body is depressive, narcotic, and anaesthetic. Therefore, therapeutically, its use should be limited and restricted in the same way as the use of other poisonous drugs."

When we realize that our well-being depends on the normal functioning of the millions of cells of which the body

is composed we can readily imagine what a devastating effect alcohol must have upon health.

The effect upon the white blood corpuscles is most marked. They are a standing army millions strong, ready to attack and destroy the hordes of injurious germs which may find an entrance to the blood through the air we breathe or in food and drink. Under the microscope it was found that even a moderate drink of alcoholic beverage passing quickly into the blood paralyses the white blood corpuscles. They behave like drunken men. In pursuit they cannot catch the disease germs. In conflict they cannot hold the disease germs for devouring, and they cannot operate together in great numbers as they do when sober.

"Every time a man takes a drink of alcoholic beverage," we are told, "he lays himself open for a time to contracting diseases. Every time a man takes a drink he puts his life in peril. If the drinks are repeated, the microscope shows that the fighting powers of the white blood corpuscles are permanently impaired, even when they are not actually drunk. This accounts for the lowered vitality of regular drinkers, even though temperate.

"After long continued drinking, even though temperate, the microscope shows that the white blood corpuscles, with the serum which contains their vegetable food continually sucked up by the dehydrating toxin, become carnivorous, and begin to feed upon the tissues and organs like the disease germs. The favourite food of the degenerate corpuscles is the tender cells of latest development. In the human being the latest development is the brain. . . . This accounts for the heavy mortality among heavy drinkers and the degeneracy."

It also shows why noble, true, and tender-hearted husbands and fathers become brutal and cruel. What can one expect but that the intellect will lose its balance when the very cells of brain are devoured?

There is an idea among some superficial thinkers that drinking makes a man good-natured, but that is not so. It makes him throw his money away on anything or to anyone, because he has lost his balanced judgment. His own often have to go without, as I well know after working in slums and among those who have come down through drink.

I admit that there are many, both men and women, of naturally noble characters who are addicted to drink.

My personal opinion is that this type are often snared in the first place by their dislike to hurt people by refusing to take a friendly glass.

A foreign prince, who is a lifelong abstainer, was telling me not long ago of such a temptation. He is by nature one of the kindest of men and would not willingly hurt the feelings of anyone. An Indian prince had convened a great banquet in his honour and the choicest wines were on the table. Being invited to partake of them he graciously declined. The Indian prince put great pressure upon him to take some wine, but he firmly refused, explaining that he was a lifelong abstainer and that it was against his religion. The prince pleaded that for friendship's sake he would just take a little. As he told of the circumstance I could tell the great pain it had been to him to refuse all the pressure which had been brought to bear upon him, in view of its being regarded as a token of friendship. But he stood firm to principle.

It is just there, however, where so many fine people have fallen. The last people in the world one would expect to become slaves to drink, and who probably could have been ensnared in no other way, have been induced to take intoxicating liquor in the name of friendship.—*Good Health*.

TOURIST CAMP SANITATION

Weekly Health Message, Iowa State Department of Health, in co-operation with the U.S.P.H.S., D.B. Steelsmith, M.D., C.P.H. Collaborating Epidemiologist & Health Commissioner No. 167, Des Moines, Iowa.

"Iowa is rapidly digging herself out of the mud. With the paved roads, tourist traffic is greatly increased and tourist camps are springing up like mushrooms along the highways," says the State Department of Health.

"A tourist camp may be an asset or a liability to a community. The tourist

to-day demands and is entitled to a clean camp, a safe water and food supply and certain conveniences.

"From the standpoint of health all of the following are requisite for a safe tourist camp.

"1. The camp must be located on well drained ground and preferably on a shaded area.

"2. The water supply must be safe and convenient. Wherever possible water from an approved city supply should be used. If water is taken from a private well the construction must be satisfactory and the quality of the water must be checked by frequent analyses.

"3. The toilet facilities must be sanitary, adequate and convenient. Flush toilets connected with a city sewer system should be used wherever feasible. If city sewers are not available, toilets must be of an approved type of construction. All toilets must be fly-tight.

"4. Garbage and rubbish cans must be conveniently located, and the con-

tents must be removed and properly disposed of daily. Garbage cans must be fitted with covers to protect their contents from flies.

"5. The camp must be under the direct supervision of a caretaker whose duty it is to see that the camp is kept clean at all times.

"6. Milk and other foods usually eaten uncooked must be under close supervision and of approved quality.

"7. Kitchens, dining halls, etc., must be well lighted and ventilated and their windows and doors screened.

"8. Cabins, where available, must be dry, well lighted and ventilated and all openings screened.

"In addition to these necessities, there are many other conveniences which add to the comfort of the tourist and make the camp popular."—*Abstracts of Current Public Health Literature*.

HEALTH NEWS AND NOTES.

Beef-Fed England Surrenders to Vegetarian Gandhi:—Much has been made of the fact that a small army of Englishmen are able to hold in subjection the three hundred million of India, although those who make use of this argument in opposing a fleshless diet overlook the fact that of the three hundred million who occupy this densely populated area, one third, or one hundred million are flesh-eating Mohammedans.

It is argued that a meatless diet will produce effeminate men unable to defend their country, and so destined in time to extinction. To those who seriously urge this objection to the biologic or fleshless regimen, the dramatic spectacle presented by Mahatma Gandhi challenging and successfully bringing to his feet the British Government, is most impressive.

Gandhi lives the simple life in its simplest terms, and expects as the result of so doing to live at least a hundred

years. His formula for right living is thus stated by him:

"A clean heart, a clear conscience, regular communion with God, abstention from carnal food and pleasure, no alcohol, smoking or condiments, a strict vegetarian diet and love for my fellow-men."

It is reported that Gandhi works regularly eighteen hours out of his twenty-four. He receives daily several hundred visitors, writes many letters, works on his magazine, "*Young India*," and yet devotes some time every day to spinning, and likewise finds time for prayer and meditation. As a statesman, a diplomatist and a strategist, Gandhi has perhaps no equal in modern times. He compelled proud England to lower her head and to accept his program, and all this has been accomplished without violence or the shedding of blood.

The fact that after more than two thousand years' experience on a meatless diet, India can produce a single

man who is more than a match intellectually and morally for the ablest statesmen the British Government can produce, for the whole government, in fact, is a very complete answer to the claim so often made that a diet lacking meat would lead to intellectual and moral as well as physical decay. Gandhi has shown himself to possess the acumen, balanced judgment, force of will and courage needed to enable him to meet the great issues involved in the solution—the solution of one of the greatest political problems with which statesmen have ever had to struggle.

To Western eyes, Gandhi appears grotesque and uncouth in his mode of living, but he thinks straight and keeps his head, and has a clear vision of the great fundamental principles involved in his controversies with England's most adroit diplomats, and always keeps a few steps ahead of them. — *Good Health*.

Sweets Good for Digestion?—Views on diet are constantly undergoing revision. There is no such thing as a generally accepted standard diet. Nor is it probable that will ever be a consensus of opinion on the subject. Climate and habit of life all play their parts. The personal equation must be always considered. What is one man's meat is another man's poison. Then vitamins have, perhaps, been somewhat unduly lauded. The mineral salts are as important or more so. As a matter of fact, if we have in our system the mineral salts in their proper proportions the vitamins will be present almost as a matter of course.

Tasty, appetizing foods are important constituents of a diet. Even though some such as soups, etc., have little or no nutritive value, they aid digestion by their action on the salivary glands creating appetite. Sugar was some years ago thought to be of the utmost account in a diet. It has fallen somewhat into disrepute from this point of view, altho' its consumption has by no means slackened.

Now Dr. Donald A. Laird, director of the physiologic laboratory of Colgate

University comes forward with the statement that taste of food is more important in determining digestibility than its appearance and that the taste of sweets is by far the greatest stimulator of gastric juices. The sweet taste was more effective than the taste of sour articles of diet as it produced a steady and moderate increase which was still in effect five minutes after the taste had gone from the mouth, while the taste of sour food exerted only a temporary effect. Doctor Laird has also a good word to say for the after-dinner sweet cordial, not only a pleasant aftermath to the dinner but a valuable aid to good digestion. Perhaps too great attention is paid today to diet. Faddism in diet is not in the best interests of health. There are too many pappy predigested foods that give no exercise to the jaws, excite little flow of saliva and provide no exercise for the gastric juices. Diet viewed from the psychologic standpoint is of comparatively novel aspect, but no doubt the need for studying our eats from every angle is one of the penalties of civilization. — *American Medicine*.

Old Mother Nature's Trick!—The *Daily Sketch*, London, is responsible for this:

Only a few years ago it was announced that Great Britain possessed something like 2½ million surplus women. From this statisticians drew alarming deductions and predicted that in time it might be necessary to legalise polyandry.

But already nature is making good the wastage of the war and readjusting the balance. During the last ten years more boys have been born in England and Wales than in any previous ten years. The latest figures show that boys born in this period have exceeded girls by nearly three quarters of a million.

So the statistical experts now predict that at this rate there will be in the next twenty or thirty years a definite shortage of wives perhaps. But it is not unlikely that old Mother Nature has another trick or two up her sleeve. — *Indian Medical World*.

Beauty from a Lemon.—A lemon, my friend, if you are anxious to make best of your natural assets. This humble fruit can assist you in some ways whether your looks are of the good or indifferent type. Some of the world's loveliest women owe it more than many of them will admit, writes a woman correspondent in a Home paper.

For instance, hair that looks dull can be given a healthy lustre if the bristles of the hair brush are dipped into lemon juice and brushed briskly.

Shapely arms are often spoiled by a patch of coarse skin which affects most elbows. Such a defect is easily remedied. Two ounces of very fine oatmeal, the juice of a lemon and a little glycerine, all mixed to a paste and massaged gently into affected parts will soon banish the trouble. One of the best mixtures for keeping arms and throat milky-white is composed of equal parts of lemon juice, rose-water, eau-de-Cologne and glycerine, well mixed, and massaged into the skin before retiring.

SMOOTH COMPLEXION

A rough complexion will soon become a thing of the past if a mixture of lemon juice and milk is applied to the face overnight. Wash it away next morning with tepid water and without using soap. Discoloured finger-nails or tar-

tar-affected teeth are effectively dealt with rubbing them with piece of newly cut lemon rind.

And don't forget that, for health and beauty, the use for lemons is to take them as a beverage.—*Commercial Education*.

Carbohydrates and Beauty.—Why does that woman look so beautiful, so gracefully rounded, firm, clear-skinned and zestful? If you could really look into the secret you would find that it was simply a matter of correct dieting, a well-balanced diet containing the proper proportion of proteins, carbohydrates and fats with the necessary vitamin accessories. It is easy enough to prescribe such a diet and easy enough to have it so varied that the patient enjoys every meal besides being benefited by it, but on the other hand, it is very easy to eat the wrong things at the wrong times and in the wrong way. One of the things which many people abuse is sugar. Sugar is absolutely necessary in correct dieting and must be used in moderation. It is a delightful seasoner of many foods and makes them more enjoyable. Do not neglect to use sugar, but employ it judiciously, at all periods of life, not merely for the good it directly gives, but for the added enjoyment it gives to the taking of other food. — *American Medicine*.

BOOK REVIEWS

Care of the Nose:—Published by the Dayalbagh Press. Dayalbagh, Agra—Price 4 as.

This is a very useful publication explaining all about nose its structure and functions, hygienic rules for the nose and diseases and injuries of the nose and their treatment. The compiler has taken pains to infuse into the minds of the readers, the ancient Hindu conception with regard to right breathing through the nose and the scientific principle involved in it. The book is written in a simple non-technical style

Tree of Lust:—Published by J. C. Basak, 363 Upper Chitpur Road, Beadon Sq. Calcutta Price 3 as.

As the title itself indicates, the *Chart* exhibits all the evil consequences of Lust—the moral, mental, physical and social effects resulting from excess of sensuality and non-observance of the rules of celibacy. The conception is good and the method of expression by means of an illustration is novel. The picture must be hung up in every house to serve as a warning to the youth to avoid sexual excesses and observe continence.

Published by the C. W. Daniel Co., 46 Bernard street, W. C. 1. London, Price 6d. nett.

This is a handy booklet, in which all about fasting is put in a nutshell, as it were. After enumerating the various kinds of fasts and the benefits accruing therefrom and the risks attendant on them, if observed indiscreetly and unscientifically, the author recommends the Saline fast as the best. The cleansing process under this system is said to be "Very thorough" and there is also "the great advantage of speed, which counts for much in these days". The booklet certainly deserves to be in the hands of every one of our readers.

Diet and Good Health.—By Dugald Semple, Published by the C. W. Daniel Co. Graham House, Tudor Street, London, E. C. 4. Price 1/6 nett. p. p. 2/6 nett cloth.

That disease and suffering are caused by erroneous habits in eating and drinking, none can deny and any book that attempts to impart the right kind of knowledge in dietary will not be unwelcome. This book teaches us as to what the natural food of man is and how he should take it if he is to keep up good health. The author condemns meat eating and rightly castigates his own nation when he says "The daily slaughter of thousands of sentient beings, with feelings of pain similar to ourselves is indeed one of the greatest stains on our national character." The book affords instructive study and must certainly appeal to food reformers and others interested in food problem.

Nutriology. By Dr. J. Arthur Buchanan, M.D., Publishers, Richard G. Badger, Boston, Price. \$ 2'00.

This book treats about food values and the suitable method of feeding during illness. The author has taken immense pains to collect the necessary data in regard to various foods and the many tables which the book contains such as the chemical composition of foods, the high protein and fat contents of foods and standard weights for men and women, are really instructive. The several diseases, where diet constitutes the principal line of treatment, for instance, Diabetes Mellitus, ulcer of

the stomach or duodenum, diseases of the Genito-urinary tract, the infectious diseases &c are also dealt with in detail. The book will be found useful to Medical Practitioners and the lay public alike.

Yoga Personal Hygiene.—By Shri Yogendra, Founder of the Yoga Institutes in India and America, Published by Yoga Publishing, Postbox 481, Bombay. Price Rs. 10/-net.

At this time of our unnatural living and progress of civilization, men are asking themselves how they can live long and healthy. A text-book which can impart scientific and practical instructions on this line is most welcome and this work supplies the great need. Shri Yogendra is a scholar-scientist known for his researches on Yoga for the past fifteen years. This book is a result of his careful experiments, clinical and laboratory tests and methodical comparative study of the modern health literature.

Modern hygiene is not very old, but in India the practical secret of healthful living was known to the Yogins five thousand years ago. The author has done well to give weight to his statements by reference to the original texts in Sanskrit, modern medical and hygiene works favourably compared with X-ray experiments, and the work thus forms the most interesting and instructive study on the subject of individual prophylaxis. To the seekers of health both of the body and mind, the knowledge of the secret technique of the Yogic exercises which can be easily followed in everyday life by a layman as contained in this exceedingly valuable work will come as a great boon. It covers the entire field of personal training secretly taught in India and which in the light of our modern knowledge as proved by the author is thoroughly scientific. We take extreme pleasure in recommending this practical and comprehensive treatise of personal hygiene unhesitatingly to every reader of our magazine who is looking for just the kind of practical instructions and exercises it contains. The printing and get-up of the work is superb.

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