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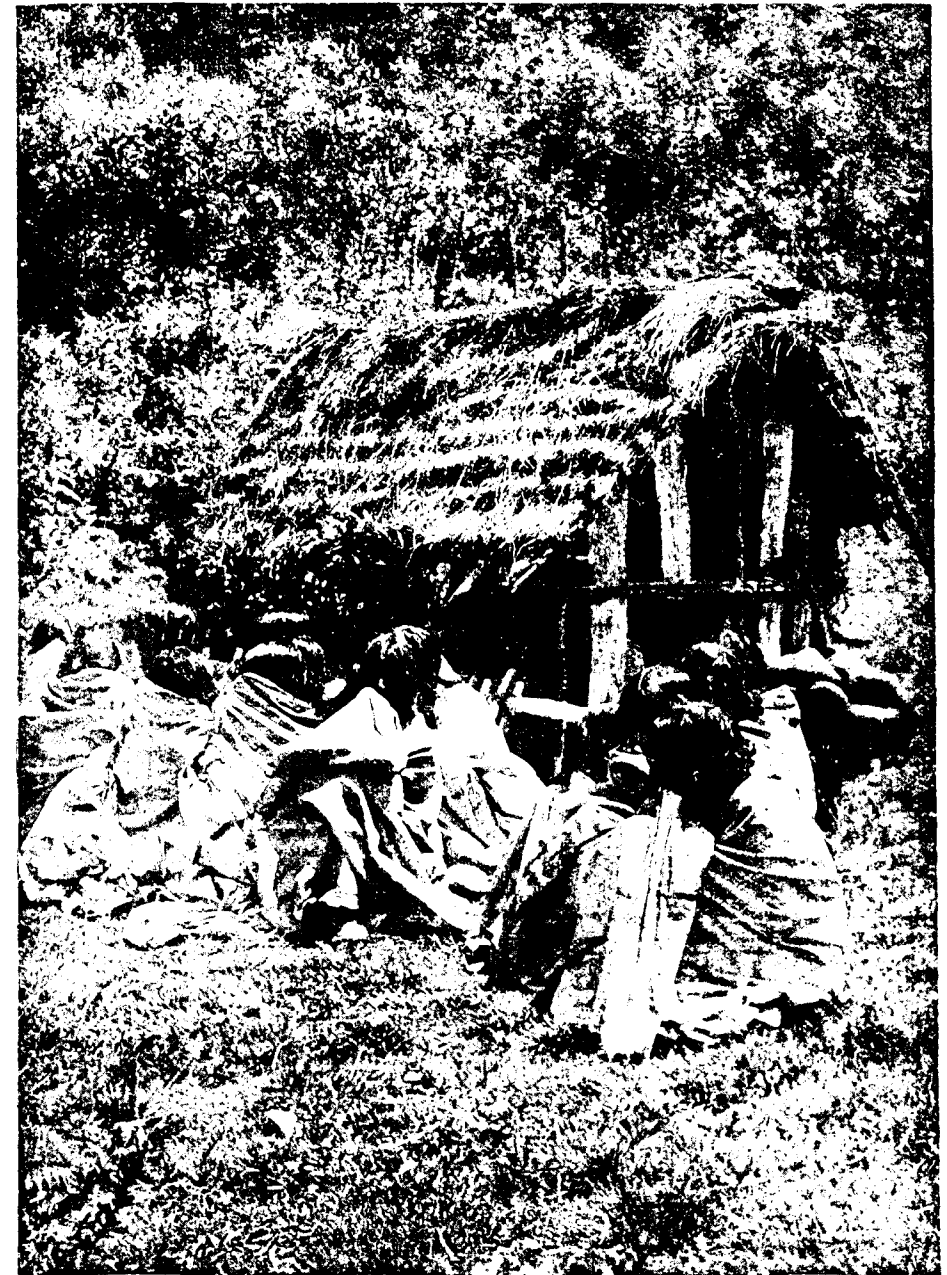
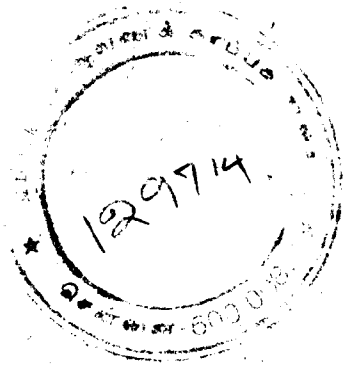
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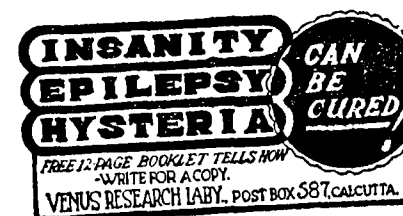
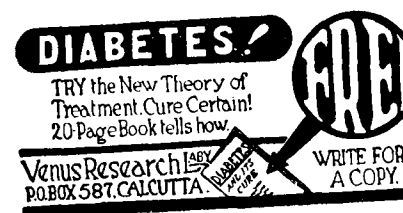
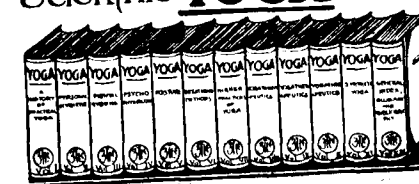
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Vol. IX]

DECEMBER, 1931

[No. 12

ADULTERATION OF FOODS.

III. THE LAW RELATING TO ADULTERATION OF FOODS IN INDIA.

We have pointed out in the two preceeding articles, how milk and ghee, two of the most essential foods of the people of India, are being adulterated and rendered unfit for consumption, apart from their being made a source of positive danger to the health of the consumers. Other important food stuffs, which are similarly adulterated are oils, butter, and wheat flour. In the North of India mustard oil is generally consumed by the inhabitants, while in the South of the Peninsula gingilly oil is extensively used. The chief adulterants of these oils are Kusum oil and ground nut oil respectively. Margarine is mixed with and sold as butter. Margarine was originally prepared from animal fats but it is now being derived from palm kernel oil, cocoanut oil and similar

substances. Butter is said to be adulterated, if the proportion of water therein exceeds (16% according to Bengal Act) 20% according to Madras Act. Wheat and rice are the staple foods of India and in a sample of wheat flour, if the proportion of ash exceeds 2% and the proportion of 'gluten' is less than 8%, that flour is said to be adulterated. In Madras, it has been discovered by chemical analysis, that Alum is added to bread to enable a bread of good colour to be obtained from inferior flour. Ghee is said to be adulterated, if on chemical analysis the proportion of water therein exceeds 1 per cent. Regarding cow's milk, if the sample contains less than 3% of milk fat or less than 8.5% of milk solids other than milk fat or less than 0.5% of nitrogen, it should not be considered as genuine.

If a sample of buffalo's milk contains less than 4.5% of milk fat, or less than 9% of milk solids or less than 0.53% of nitrogen, it must be deemed as adulterated.

While the choice of a diet is left to the individual, the quality of the foods which the individual seeks to purchase, must be sound and pure and free from contamination. Herein comes the State interference. In England, in 1855, a select committee was appointed to go into the question of the adulteration of foods and the legislation that followed on their recommendation, remained a dead letter almost for 20 years. It was only in 1875 that the sale of Foods and Drugs Act came into effective operation in that country. That Act provided for inspection and seizure of food if found unsound. The Food and Drugs (Adulteration) Act of 1928 which is now in force in England consolidates the sale of Foods and Drugs Act of 1875 and other statutes.

In India, the question of protection of food stuffs has attracted the attention of the Provincial Governments only quite recently. In 1919 the Bengal Food Adulteration Act VI of 1919 came into force in the Corporation of Calcutta and was extended the following year to all municipalities outside Calcutta, in which a Health Officer or a Sanitary Inspector is employed. The Corporation of Calcutta has done excellent work in this direction and the following extract from the report of the Health Officer of Calcutta for the year 1929 will be of interest to our readers:—

"The total number of samples collected by the Food Inspectors during the year under review was 5862, compared with 5659 in the preceeding year. Of these samples 874 were of milk, 1468 of ghee, 308 of butter, 780 of sweet-

meat, 1239 of mustard oil, 117 of sago, 44 of channa, 92 of barley, 255 of flour, 276 of tea, 31 of Khoa Kir, 10 of arrow-root, 66 of dahi, 40 of drugs, 811 of rice, 36 of kulpi malai baraf, 1 of sugar, 32 of catechue and 75 of miscellaneous stuff. These samples were analysed by the Analyst at the Corporation Laboratory and the total number of samples found adulterated was 882. Of these adulterated samples 263 were of milk, 121 of ghee, 20 of butter, 74 of sweetmeats, 328 of mustard oil, 6 of tea and the rest of other foods. The total number of prosecutions disposed of by the Food Inspectors during the year was 2599 against 2506 in 1928. Of these 1690 ended in conviction and the fines realised amounted to Rs. 24,384 as compared with Rs. 31,615-8-0 in the preceeding year. The Food Inspectors paid special attention to the places where mustard oil was manufactured, sold and kept for sale. Altogether 1239 samples of mustard oil were collected during the year, 328 of these were found adulterated. There were only 11 Food Inspectors who were in charge of Food inspection work of the city throughout the year. The question of reorganizing the staff was carefully considered by the Establishment Special Committee and was under consideration of the Corporation during the year. When the increased staff would be sanctioned, there would be 30 Food Inspectors for the whole city including the added areas."

Let us now compare this with the action taken by the Madras Government in the matter of prevention of food adulteration. In Madras, the Prevention of Adulteration Act (Madras Act III of 1918) was passed in 1918. This Act was based on the old and obsolete Act of England of 1875. In Madras, as in England, the Act was not worked

for nearly 12 years. There were many loopholes and lacunae in the Act, which necessitated the passing of several amending Acts to make it effective and up-to-date. Thus the Act was brought into force only on 15th June 1929 and subsequent dates and its scope was extended to the Corporation of Madras. Ootacamund, Calicut, Coimbatore, Guntur, Karaikudi, Madura, Nellore, Rajamundry, Trichinopoly, Vizagapatam, Kumbakonam, Tellicherry, Mettupalayam Union, Viridhunagar and Mangalore Municipalities. A public Analyst was appointed in January 1924. So far only 98 samples appear to have been analysed during last year, of which 24.5 were certified as adulterated and it is premature therefore to pronounce any verdict, at present, on the working of this Act. But, we find that the list of areas to which this Act has been made applicable, is not exhaustive. Some of the important sources of food supply, for instance, Cuddappah, wherefrom a good deal of ghee is exported to

Madras, are omitted. Food adulteration must be checked and prevented at the very source, otherwise, no tangible result would accrue.

In this connection, we would point out that the responsibility of the Provincial Governments and the Local bodies does not cease merely with the promulgation of the Act and the prosecution of offenders. People must be made known, by means of leaflets and pamphlets, of the danger to health, by their eating adulterated and unwholesome food stuffs and must be asked to co-operate in the matter of detecting and booking the offenders. Educative propaganda, undertaken simultaneously with the working of the Act, will go a great way towards ensuring the success of this all-important measure. We hope that the various private health organizations throughout the Presidency will set to work to educate the public in this matter and thus assist local bodies in their endeavour to put down adulteration.

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This vast universe is the temple in which you are an idol, your spirit pervading everywhere. Stars and natural phenomena adorn your matchless shrine. Worshippers are we who are controlled by you. You will unfailingly drive away from your domain those who disobey you. The prayer that is offered to you is unique and consists not in the moving of lips but in the moving of limbs. Sweat is the holy water which washes down the disease in us. You make our existence a happy thing to be delighted in, so long as we pray to you in utter humility with great earnestness. Your supremacy is unquestionable and you spare only those worshippers, who adhere to nature and drink pure water, breathe fresh air, eat simple food. But the above requisites cannot be secured in their purity, and human ingenuity has not yet succeeded in obtaining them in the purest form. Active exercise is as much a

necessity as food, water and air. In fact, exercise is the worship and it is the only means by which we can get the kick of your foot even.

Thy ways are most wonderful and thine appearance makes us happy as if by a magic spell. Neither riches nor power can buy your silent graces. Air, light, heat etc. are your minions and God Yama's unkind authority works only when you fail to come to our rescue. It is you, who regulate the Supreme Law of the Universe and people's ambitions depend on you. The important and great men of this vast world have become great only by actively worshipping you. We have striking instances of recent times how a patriot, a genius and a scholar failed to achieve their intended purposes by losing your sweet fragrance. I once more affirm that exercise whether it be physical or spiritual or a mingling of the two is the sure means of worshipping you every day. So, I pray to you in the manner that you desire, and hope to enjoy your SWEET BLESSINGS.

"THE GREAT DISEASE"

A DRAMA

BY

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(Continued from p. 221, Vol. IX, No. 11.)

Act III Scene (i).

Place : 27, High Road, Triplicane ;
Dr. Ramnath at his study table.
Time : 4 P.M.

Enter Ramaswamy and his father
Mr. Ramanujam.

Mr. Ramanujam : " Good Afternoon !
Doctor !! I hope I am not interrupting
your studies ?"

Dr. Ramnath : turning towards the entrance : " Good Afternoon, Gentlemen !
You are quite welcome. Come in, please
and take your seats." (Offering two
chairs beside him.)

Mr. Ramanujam : " I learn that you
are sent by the B.E.L.R.A. to do some
educative propaganda and that you
have delivered some lectures to the

public, in the exhibition hall ; and the public seem to be very much impressed with your knowledge."

Dr. Ramnath : " Yes, Sir, I am sent by the B. E. L. R. A. to educate the public in regard to the so-called " Great Disease." But, whether the public appreciate my endeavours or not, you are in a better position to judge. I believe in doing my duty to the public caring not for cheap applause or still cheaper censure. The unique pleasure I derive when I conscientiously do my duty to the public, leaving the results thereof in the hands of " Him," who is the " Disposer of Fruits," is enough reward for me."

Mr. Ramanujam : " You seem to be a philosopher too. I should regard myself as specially fortunate to have the acquaintance of such a cultured young doctor. To come to the purpose of my present visit, my boy (showing Ramaswamy) is very much troubled, for the past upwards of six months or so because of a reddish-brown patch on his left arm. I have consulted several doctors here. Only one had the audacity to tell me that it was due to the " Great Disease." Several Vaidyans - (Ayurvedic Practitioners) to whom I showed the boy opined that it was due to some Megham (accumulation of bad fluids) and they offered to treat him with very costly medicines, specially prepared for Rajahs and Zemindars. I have heard much about your knowledge of skin diseases, and so, I have come to you now, for your opinion.

Dr. Ramnath : (Seeing Ramaswamy for a minute and then addressing Mr. Ramanujam) " Yes, this boy, I have seen in the exhibition hall. He took a very keen interest in the exhibitions of my section and he listened to my lectures very attentively ; and I remember

quite well, he asked me one or two questions also." (Then addressing Ramaswamy) " Come near me, young man, and please take off your shirt and banian. I want to see the patch." (Ramaswamy takes off his shirt and banian and shows his left arm to the doctor.)

Dr. Ramnath : (Examining the patch in good light, tears off a small strip of paper from his writing pad and shutting the eyes of Ramaswamy, with his left hand and holding the small strip of paper in his right hand, he touches Ramaswamy's chest, asking him to point out the exact spot touched by the paper.) Ramaswamy points to the exact spot touched by the paper, unhesitatingly. Then, the doctor touches Ramaswamy with the paper, in 7 or 8 places, on his chest, both arms and legs and then touches the patch on the left arm, with the paper. Ramaswamy does not feel the touch of the paper, in the patch and so fails to point out. The doctor repeats the touch and Ramaswamy, again fails to point out. Mr. Ramanujam is very keenly observing the movements of the doctor.

Dr. Ramnath : (taking off his left hand from the eyes of Ramaswamy and grasping his (Ramaswamy's) left elbow with his left hand feels for something, on the inner side of the arm, just above and internal to the elbow joint, with the forefingers of his right hand. At the same time, he watches the expression on Ramaswamy's face.) With the forefingers of his right hand, the doctor pinches something and Ramaswamy manifests an expression of pain and says, " It is paining me, Doctor, please don't press it." The doctor, leaves off Ramaswamy's elbow, and turning to his father—" I am sorry I have to give out the plain truth, however unpleasant it may be to you. Your boy has got

presidency and carry on propaganda work."

"I am afraid, I may not be able to remain in Madras for any length of time and so I think it better, if you can keep your boy under the treatment of Dr. Srinivasan of Royapettah. His knowledge of leprosy, is unquestionable; and he has a very kind and sympathetic attitude towards all his patients. He is the right sort of man to treat your boy. I shall phone to him now, if you consent to my proposal."

Mr. Ramanujam: "Yes, Doctor. Please phone to him, if you don't mind it."

Dr. Ramnath: (Ringing up) "Hullo. No. 2738 please." (the bell rings) Doctor Ramnath, talking through the receiver, "Yes, Hullo, Is that No. 2738? Who is speaking?—Good afternoon Dr. Srinivasan! I, Ramnath speaking. A boy, son of Mr. Ramanujam, cloth merchant, Chintadripet, an AI case, to be under your treatment; rest, to be settled by personal consultations. Mr. Ramanujam will go over to you in a few minute's time. Please wait. Good Evening. (keeps down the receiver.)

Turning to Mr. Ramanujam: "Yes, he will be waiting for you. You can meet him in his dispensary till 6 P. M. Whenever I happen to come to Madras I shall see your boy, and advise Dr. Srinivasan, as to the line of treatment to be followed further." "I shall always have the interests of your boy's progress at heart. Hope you agree!"

Mr. Ramanujam: "Very many thanks, Doctor!. We are very much indebted to you. Good bye!"

Exit Mr. Ramanujam and Ramaswamy.

Act III—Scene (ii)

Place—Dr. Srinivasan's Dispensary
Time 5-30 p.m.

Enter Mr Ramanujam and Ramaswamy.

"Good Evening, Doctor".

Dr. Srinivasan: "Good evening, Gentlemen. You come from Dr. Ramnath, I believe."

Mr. Ramanujam: "Yes, Doctor, this is the boy (pointing to Ramaswamy) to be treated."

Dr. Srinivasan: (addressing the boy) "Come near me, young man, don't be afraid, let me see what sign of the disease you have."

Ramaswamy: Takes off his shirt and banian; and shows the patches on his left arm, to the doctor and tells him that he has no sensation there.)

Dr. Srinivasan: "Yes, enough, you can put on your shirt. Dr. Ramnath has told me about you," (Addressing the father) "Yes, your boy has to be treated; I shall be glad to do my best for him. He has to intelligently co-operate with me, and follow a few simple rules of health. You may hope for complete recovery as the disease is just in the beginning stage."

Ramaswamy: "I have heard from Doctor Ramnath's recent lectures, all about the simple rules of health, you mentioned just now. Is that all? Or is there any other new rule to be observed?"

Dr. Srinivasan: "Oh, you seem to know something about the part you have to play in the treatment. It is all very well. That is a sign of your keenness in getting rid of this disease. I wish all my patients were like you. Let me see, how far you know."

Ramaswamy: "Briefly put, the rules to be observed by any one, who wishes to avoid or get rid of leprosy, are:—

(i) Diet—fresh, nourishing, adequate and well proportioned.

(ii) Exercise—abundant, and of the right kind.

(iii) Skin, clothings and surroundings—clean.

(iv) Freedom from any other disease or faulty ways of living.

(v) Mind—well occupied with useful work, and pleasant thoughts, never giving way to despondency.

(vi) Prompt treatment, if any disease appears, or prompt rectification of any faulty habits of living."

Dr. Srinivasan: "Yes, admirably concise and well put. If you can strictly abide by these rules, cure is in your hands." (turning to the father) "Yes your boy seems to be a very smart chap. He will surely recover soon. From tomorrow, I shall commence his injections. Please send him to me twice a week."

Mr. Ramanujam: "I shall do as you wish. You please consider the boy as your own son and try to cure him as early as possible. Whatever I may offer you as a reward, I know, can never adequately recompense you for the noble efforts you are making to give a new life to my boy. We are both indebted to you for life."

Dr. Srinivasan: "Excuse me, Gentlemen, I am just doing my professional duty, and for that, I don't think I deserve the compliments you have paid me. I wish and hope your boy will be cured soon."

Mr. Ramanujam: "Yes, that is my prayer; Doctor; Goodbye". Exit Mr. Ramanujam and Ramaswamy.

Act III—Scene (iii) (Concluding Scene).

Place—Ramaswamy's house; Time 9 a.m.

(Ramaswamy cheerfully singing).

"Oh God, what world is this! Thy playing ground !!!

We! poor mortals, ignorant, come round and round.

Like concentric circles that move farther and farther.

We never know Thee, the Omniscient centre."

(Enter Gopalan)—"Sabash! A budding Rabindranath Tagore !!!".

Ramaswamy: "Come in, Gopal! A seasonable clown !!.

Gopal: "By God!!! You look so cheerful today! And you have such a healthy glow on your cheeks!!! What Rama! You seem to have drunk the Elixir of youth or some nectar of life!!!"

Ramaswamy: "Nothing of that sort, I assure you, Gopal. I have been leading a very healthy life for the last eight months or so, following strictly, a few simple rules of health, and that is all. Now, you will be glad to know that I have completely got rid of that 'fell disease'; you see I have very much improved in my general health".

Gopal: "Yes, you are!!! Now, I hope you can successfully compete with me in putting up a good healthy smile always!!!".

Ramaswamy: "Yes! Why compete! I can even excel you at it, thanks to medical science !!!

Gopal: "Yes, now we should offer our heartfelt thanks-giving prayer to His Almighty the, Father of the Universe" (Both singing together.)

the "Great Disease." But, it is just beginning and so he is in the most hopeful stage. A few months' treatment will cure him."

Mr. Ramanujam : (suppressing his anger) "I wonder how my boy could get the "Great Disease." As far as I know of, none in our family, for the past three generations, ever had any skin disease, not to speak of the "Great Disease."

Dr. Ramnath : "I am very sorry, Gentleman, I thought you knew better. It is not necessary that your forefathers should have suffered from leprosy, if your boy is to get leprosy. All the available scientific evidence points to the conclusion that leprosy is not hereditary, although popular view is to the contrary."

Mr. Ramanujam : (with an expression of surprise) "What!!! Doctor!!! You are advancing very strange theories; and how dare you go against time-honoured opinions, held by the educated public."

Dr. Ramnath : "If, on careful scientific enquiries, and studies, and after well controlled experiments have been carried out, it is found out by the scientists that a popular opinion founded only on observations of chance associations or coincidences, is wrong, there is no reason why the educated public should not discard their pet but fallacious idea and learn the truth from the scientists."

Mr. Ramanujam : "Of course, you are right, Doctor. If, as you say, scientists have proved that the "Great Disease" is not hereditary, the public must believe it. But, I have a doubt, Doctor. How can you then explain as to why children of leper parents and relatives of lepers, develop the disease, whereas children of healthy parents, never develop the disease (*excepting my son, of course*)?"

Dr. Ramnath : "Yes, that is a very important question you have asked me. I know that the appearance of the disease among the children and relatives of lepers, creates the impression that the disease is hereditary. But these children of leper parents and relatives of lepers, are not born with leprosy, and not even with any special tendency to acquire the disease. They acquire the disease, only by close and prolonged contact, with infectious parents or near relatives. You know children have very thin skins and their natural resistance is very low. That is why they easily contract the disease. Moreover, children in hot climates, generally suffer from worms, which give rise to a peculiar itching sensation in the nose, to stop which, children often scratch their noses, and in this way, they convey the infection to their noses."

Mr. Ramanujam : "Then, you mean to say that, if children are kept separate from their leprous parents and relatives, they won't get the disease at all."

Dr. Ramnath : "Yes, but it all depends upon how soon you separate them after birth from their leprous parents. The sooner the children are separated after birth, the lesser are the chances of their getting the disease. For example, if a child is separated from its infectious leprous mother, soon after birth, very likely, it may never develop leprosy, if its health is safeguarded. But, the later the separation is carried out, the greater are the chances of infection and consequently the lesser are the chances of "escape" from the disease."

(The doctor shows a photo of a highly infectious leper mother with five of her children, all infected with leprosy from their mother. Mr. Ramanujam and Ramaswamy look into it very closely). Continuing Dr. Ramnath

says: "Had all these children been separated from their mother soon after birth, they would not have developed the disease."

Mr. Ramanujam : (addressing the doctor) "Then, you mean to say that contact with an infectious case, alone, is enough; and no hereditary factor is necessary?"

Dr. Ramnath : "Yes, the closer and more prolonged the contact with an infectious case, the greater are the chances of infection. Leprosy is not after all, so very infectious or contagious as cholera, influenza or small-pox. The public do not know this, and that is why probably they have such a prejudice against the disease, and consider it to be very contagious."

Mr. Ramanujam : "Then, how do you explain the appearance of the disease in my boy? We have had no leper relatives at all, in our family."

Dr. Ramnath : "Had you any servant who was suspected to be a leper or did you not have any servant with some sort of skin disease at least?"

Mr. Ramanujam : (Thinking deeply for a few minutes) "Yes, Doctor, we had a servant, our household servant; but as far as I know he was never suspected to be a leper. He appeared to be a very strong and healthy chap."

Dr. Ramnath : "But suppose that servant had a few thick red patches on his buttocks. Certainly you would not have seen them. Even if you had seen them, you would not have thought that they are due to leprosy. Is it not? Even some medical men were not able to diagnose early cases of leprosy, just, ten or twelve years back, not to speak of lay men like you."

Mr. Ramanujam : (Thinking for a minute) "Yes, Doctor, you are right. Even if that servant was a leper, I would not have known it. I remember he used to suffer from repeated attacks of cold. He began to use snuff, "to get over these colds."

Dr. Ramnath : "Possibly, these repeated attacks of cold might be the symptoms of the disease in the nose. He might have had some manifestation of leprosy in his nose."

Mr. Ramanujam : "But that servant was nursing my daughter also. She is just younger than this boy by six years. She has not developed the disease. She has been always healthy."

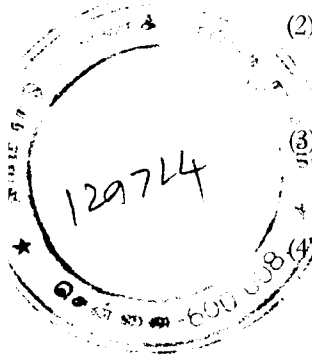
Dr. Ramnath : "Did not your son suffer from any other disease, before this patch appeared?"

Mr. Ramanujam : (Thinking deeply) and then addressing the doctor, "Yes, three months or so before this patch was noticed, he suffered from malarial fever, for a fortnight. But he was treated by our family doctor, and he got rid of the fever in a few days."

Dr. Ramnath : "There you are!!!, That malarial fever must have caused enough devitalisation, to enable the latent lying germs, to multiply and cause the first sign of the disease to appear."

Mr. Ramanujam : "Yes, I agree with you, Doctor, it must have caused some devitalisation. But what about the treatment of my boy? I leave my boy entirely to your care. I know I cannot adequately recompense you for the great help you are rendering me. I am very much indebted to you."

Dr. Ramnath : "I am sorry, I cannot myself undertake to treat this boy as I have to go on tour to other parts of this



- (1) "When Million Tongues could not
Describe thy glory somewhat
What we poor mortals could do
But to pray, pray, and pray to you".
- (2) "To praise Thee no words I find
Strain as best I may, my mind
Oh, my poor wretched tongue
Why don't you His praise sing?"
- (3) "All the mortals you could flatter
Do what they may no matter
But you stand quite spell bound,
And promise not a single sound."
- (4) "That pleaseth Him, the Perfect Bliss,
Who never knows what's Prejudice
And blesseth even the stone and the worm
And releaseth those, in Him are firm".

(Curtain down).

SOME EXPERIENCES.

BY

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THE CORRECT POSTURE FOR SLEEP.

"Is there a correct posture for sleep and are there any special advantages accruing from it?" has been for very long a subject of much controversy. My experience for the past three years has taught me to choose the left side as the best side on which to go to sleep. This posture is one where there is a universal flexion of all the joints of the body to a degree of maximum comfort and relaxation to all the muscles and which somewhat resembles the attitude of universal flexion of a child in the womb. To lie down on the right side is also good but the former has a good many advantages over the latter which I shall not discuss here. The point that I have to stress very much upon is that this position aids a good deal in the relief of constipation by preventing faecal stagnation in the beginning of

the large intestine which is on the right side. The law of gravity holds good here also as it helps the propulsion of the faecal matter along its natural course from a higher to a lower level. I want my readers to test the truth of this for themselves.

REMEDY FOR COLD.

The best way of remedying any ill-health is to nip it in the bud and this is where most people fail and consequently suffer. Everybody knows that blocking of the nostrils is the earliest symptom of a cold in the head. Then comes the paroxysm of sneezing and watery discharge. Now, my remedy which every young man can safely practise is some kind of vigorous exercise as fast cycling or brisk walking just when you begin to feel that you are going in for a cold. The profuse perspiration and the large intake of

fresh warm air relieves the congestion of the nasal mucous membrane to a remarkable degree. Intake of large quantities of warm water and inhalation of warm air nearabout an oven are also beneficial in addition.

TO KEEP THE TEETH CLEAN.

A piece of cocoanut kernel chewed well after supper takes away all the food

debris between the teeth. The juice along with the dislocated fresh food debris can be swallowed and the chaff rolled over and between the teeth by means of the tip of the tongue. The chaff should be spat out after a time and the mouth rinsed well with water. No putrefaction process can occur at night and no tartar will form on the teeth if this is done every day.



I



II

Nos. I & II—Girls of Prof. Kharve's College, Poona, Performing Physical Exercises.

SLEEP IN THE OPEN

Many of my friends tell me that they feel so weak and jaded when they get up in the mornings in Madras. This they don't experience in their country homes. I tell them that it is because they sleep indoors and if they sleep in the open as I do they won't feel it. It is all due to want of sufficient oxygen

for the innumerable active cells that make up our body.

DRINK PLENTY OF WATER

The importance of water to the living body can hardly be overestimated taking into consideration the fact that three-fourths of your body weight is water. Many people drink less water than they ought to. Thirst appears as

a symptom only when the body fluid has been drawn upon to a considerable extent and hence taking water just to quench one's thirst does not seem to be reasonable. The body fluid should be maintained at an even level. This can be done only by taking at least 50-60 ounces of water a day. This

amount should be taken in the course of the day a cup at a time, now and then. It is my experience that a dry and scaly skin, occasional dull headaches, hardening of the stools, coated tongues and occasional smarting on passing urine are all indications of a water deficiency in the body.

(To be continued)

THE WONDERFUL ADVENTURES OF MILLE MOSQUITO.

BY

MRS. E. CLEWES.

It had been raining for days, and days and days. Mr. and Mrs. Mosquito and Millie Mosquito were having a perfectly glorious time in the swamp behind the village. They loved swamps, and rain, and darkness, and there they had all three, for they had chosen a place in a thick bush at the edge of the swamp where the sunshine could not penetrate.

Suddenly Mrs. Mosquito nudged her husband and said, 'See my new family; look, they are quite big now and can wriggle about in the water all by themselves!'

Mr. Mosquito gave a little grunt and took no further notice, for he was not much interested in his large family. But Millie Mosquito looked at those little wriggly things and asked, 'Was I like that once?'

'Yes,' said her mother, 'you were. And so was your father,' she added. But Mr. Mosquito was fast asleep again, and didn't hear.

'Mother,' said Millie. 'Mother,' she repeated, for Mrs. Mosquito, proudly inspecting her new family had not noticed that Millie was talking to her.

'Mother,' said Millie again, 'Why can't I live in the water now, and wriggle about like that?'

'Because you are a grown mosquito, my dear, and have wings to fly about with instead,' said Mrs. Mosquito.

'Well,' said Millie, 'I think it must be much better to stay like that, and live in nice muddy water.'

'Ah,' said her mother, 'there are many more exciting things for you to do now that you can fly. Listen! I will take you to the village to-night, and show you what a lovely time a mosquito can have.'

'Hurrah,' cried Millie, 'can't we start at once?'

'No,' said her mother, 'We will wait until it is dark: go to sleep now, for we shall be awake all night.'

So Millie Mosquito settled herself under a leaf, but she was much too excited to sleep for she could not help wondering what new things she was going to discover about herself. First of all, so her mother had said, she was just a tiny egg floating on the water of the swamp. She didn't remember

that; but who can be expected to remember what happened three whole weeks ago? Then she grew and grew until she looked something like a very tiny caterpillar; but she didn't remember that either. Next, she became a little curly thing, wriggling and darting about in the water, as her brothers and sisters were doing now. After a few more days her body burst open, and somehow or other she herself, her new self, crept out of her other self and

floated upon the empty shell of her old body. Then suddenly she realized that she had two lovely gauzy wings, and could fly, so she left the water and came to live in the bush.

Millie dozed, and dreamt and wondered, until her mother roused her and said, 'Now, my child, follow me and I will show you the world.'

'Is Father coming, too?' asked Millie. 'Shall I go and wake him?'



An insanitary tank, the water of which is used for washing and drinking purposes.
A breeding place for Malarial Mosquitoes.

'No,' said Mrs. Mosquito, 'Father doesn't bite; it is only lady mosquitoes who bite, so we will leave him behind. Come along.'

Millie unfolded her wings and followed her mother through the damp hot air. They flew quite a long way, or so it seemed to Millie, but really it was only across a small field. When they reached the village Mrs. Mosquito no longer flew straight ahead, but zig-

zagged here and there until Millie became quite giddy and called out, 'Oh, please stop. My wings are not as big as yours, and they do ache.'

So her mother called back over her shoulder—I mean her wings 'All right, we will sit on that wall while I tell you what to do next.'

As she spoke there was a buzzing sound, and a strange mosquito flew by.

'Look,' said Millie, 'Who is she? Is she a relation of ours, Mother?'

Mrs. Mosquito sniffed. 'Only a distant relation,' she answered. 'She does not belong to our family; we are Malaria mosquitoes, she is only a common mosquito. See! She is large and clumsy, and has no white spots on her wings. Besides, she does not sit down as we do, with the hind part of the body raised. Watch her, and you will see; she is going to settle on that step.'

'That was a queer noise she made,' remarked Millie. 'I can't buzz like that.'

'No,' said her mother, 'we don't talk that language. 'It is very silly to talk so loudly,' she added, 'people will hear her coming, and try to catch her.'

Millie thought about this; she longed to be able to buzz, but now she realized that it was much better to fly quietly. Suddenly she was startled by a loud, harsh sound such as she had never heard before. 'Whatever is that?' she asked.

'Oh,' said Mrs. Mosquito, that is only the noise those men creatures make when they sleep. See! There is one of them just below you, lying on the ground. Now listen while I tell you something.'

'Are you hungry?' she asked.

'I am very thirsty,' said Millie.

'Well then, I will tell you how to get the most delicious drink. Fly down with me very softly, on to that creature's arm. Don't bump, or you might wake him, and then he would give you a flap with his great hand, and that would be the end of you.'

'Oh dear,' said Millie, beginning to tremble, 'I do hope he won't wake; I should hate to be squashed!'

So Mrs. Mosquito and Millie, flew very quietly on to the sleeper's arm.

'Now,' said Mrs. Mosquito, 'you must stab him with your long, sharp trunk. Drive it well into his skin, and then suck.'

Millie did as her mother told her, and oh, it was such a lovely drink, sweet and refreshing, and she drank, and drank, and drank, until she could drink no more.

'Quick!' said her mother, for she felt the man's arm move, and by that she knew that her sting had awakened him, and that if they were to escape they must go quickly. So off they went.

They sat upon the wall again. 'Look!' said Mrs. Mosquito, 'do you see how he is scratching his arm? That is because, when you drove in your trunk to drink his blood you left a drop of poison under his skin, and now it stings, and he doesn't like it.'

'How funny!' exclaimed Millie. 'Let's do it again, Mother;'

'Very well,' said Mrs. Mosquito, 'but we will find someone else, for this man is awake, and it is dangerous to bite people who are awake, for it makes them cross, and then they try to kill you.'

'Ooooooh,' said Millie.

Mrs. Mosquito led the way to where a woman was sleeping on the verandah of a house, and just as they were about to settle upon her face they were startled by a queer noise. It was quite different from the noise of the man snoring; it was a rattling sound, and rattling grew louder and louder, and then the woman began to shake and tremble.

'Oh dear,' said Millie, 'what can that be?'

'That,' said her mother, 'is the noise these men creatures make when they

have malaria; their teeth chatter and their bodies shake. They blame us, saying that we carry the little creatures which cause that disease, and that when we bite them these malaria germs pass into their blood and make them ill. But that doesn't matter to us. What does matter is that their blood becomes thin and poor, and not so good to drink. So we will move on, and bite some one else.'

'That is a good idea,' said Millie. 'See, there is a house quite near; let us go inside, and no doubt we shall find someone.'

But Mrs. Mosquito shook her head. 'It will be of no use,' she said. 'I have been before, and I found that the man who lives there hangs a great white net over his bed, so that we can't get at him. But come,' she said, 'there are plenty of people who don't do that, and we will bite them.'

'There is another thing these folks do,' continued Mrs. Mosquito as, followed by Millie, she flew to another part of the village.

'What is that, Mother?' asked Millie, trying to keep up with her.

'Why,' replied Mrs. Mosquito, 'sometimes they pour oil on the water of the swamp. It spreads very quickly and kills all the baby mosquitoes who have not yet got their wings.' 'Alas!' she sighed, 'I have lost many families in that way.'

'These men people don't seem to like us very much,' said Millie. 'Do they do anything else to get rid of us, Mother?'

'Well,' said Mrs. Mosquito, 'I believe they drink some stuff they call "Quinine." I have heard them say that it will cure them if they are ill, and that it helps to prevent them getting ill, even if we bite them. But that doesn't

trouble me; ' she added, 'it is the oil on the swamp and the nets over their beds that I don't like.'

'How stupid they must be,' thought Millie. 'not to do these things always. But I am glad they don't,' she reflected.

They soon found a nice chubby little boy, and they bit his face and his hands and his feet, and sucked his blood.

'That little boy will soon be ill,' remarked Mrs. Mosquito. 'We must try to remember that we have bitten him, for after a few weeks his blood will become thin, and it is such a waste of time to bite people and then to find that their blood is tasteless.'

When the day dawned Mrs. Mosquito and Millie were quite tired.

'Come along,' said Mrs. Mosquito, 'Let us go back to the swamp and rest. To-night we will return to the village for another feast.'

So off they flew, and settled comfortably in the bush by the water, and Millie sighed and murmured sleepily, 'I am glad they didn't pour oil on the water before I got my wings, and I do hope I shall never get caught!'

Meanwhile, the chubby little boy in the village woke up saying, 'Oh dear! Those horrid mosquitoes have been biting me again!'

And the woman with malaria said, as she shook and trembled with fever, 'Oh, I feel so ill. Who will go to the town and bring me some quinine from the post office?'

Yet the man under the net had slept comfortably all night long, and when he awoke he stretched himself and said, 'How good it is to be safely guarded from those terrible mosquitoes! No malaria for me.'—*The Treasure Chest*.

HOW OLD IS YOUR CHILD?

Does it behave as it ought to at its age?

A NORMAL CHILD SIX MONTHS TO TEN MONTHS OLD CAN DO THE FOLLOWING :—

1. Can turn and lie on its stomach.
2. Can pop up its head and raise its breast when lying on its stomach.
3. Can keep its head straight when made to sit.
4. Can seize things with its hands.
5. Can seize things and put them in mouth.
6. Can play with things in its hands and will cry when the things are taken away.
7. Can seize two things at a time one with each hand.
8. Can utter sounds like *Ma, Ma, Pa, Pa, Da, Da*.
9. Can laugh.
10. Can recognize its mother and express joy at the sight of her.
11. Can smile when it sees a smiling face and cry when threatened.

10 MONTHS TO 18 MONTHS.

1. Can stand with the support of some object and sometimes without any support.
2. Can crawl up the stairs.
3. Can walk some paces if helped.
4. Can seize things with finger and thumb.
5. Can put things in boxes if shown.
6. Can scrawl lines.
7. Tries to seize a third thing when it already has something in each hand.
8. Searches for its playthings when they are hidden under covers and tries to find them.
9. Can utter short words like, *Ma, Pa, etc.*
10. Can answer when it is called.
11. Can understand words like 'give' 'take' etc.

12. Can understand and obey such orders as "Don't take this", "Don't do that", etc.

13. Uses the right hand more than the left.

18 MONTHS TO 2 YEARS.

1. Can walk.
2. Can come down the stairs sitting.
3. Can throw things.
4. Can place 2 or 3 small boxes (e.g., match boxes) one upon the other if shown.
5. Can hold three things with two hands.
6. Can speak some words.
7. Can point to hands, mouth, etc. when asked.
8. Can understand questions like "Will you eat?" "Will you go to bed?"
9. Shows an interest in pictures when shown any.
10. Can eat with its own fingers.
11. Knows when and where to use the lavatory.
12. Can carry out appropriate movements in being dressed.

2 YEARS TO 3 YEARS.

1. Can draw vertical lines like this. ||
2. Can fold a piece of paper in half when shown.
3. Will try to draw things towards it with a stick when out of reach.
4. Can place 3 or 4 boxes one upon the other.
5. Can utter sentences with 3 or 4 words.
6. Can name familiar things when their pictures are shown to it.

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HEALTH

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7. Can understand which is the outside and which is the inside of a thing.
8. Listens to stories with interest.
9. Plays alone.
10. Asks many questions.

3 YEARS TO 4 YEARS.

1. Can draw horizontal lines like— and circles like O when shown.
2. Can understand the difference between round things and square things.
3. Can arrange 5 or 6 boxes one upon the other.
4. Can arrange a few things according to the pattern of a given picture.
5. Can use the pronouns 'I', 'U', etc.
6. Can use the adjectives like 'small', 'big', 'white', 'black', etc.
7. Can use words such as 'for', 'Why', 'man', 'also', etc.
8. Can repeat stories that have been told to it.
9. Can tell its name.
10. Wants to put on its shoes, coats, etc.
11. Can keep its things arranged.
12. Tries to show its dexterity at play.
13. Wants to go outside the house.
14. Uses mirrors.
15. Can repeat 2 or 3 digits e.g. 2-5-1, after hearing them once.
16. Knows the names of colours but cannot always point to the right ones when named.

4 YEARS TO 5 YEARS.

1. Can draw crosses like this +.
2. Can draw lines between two four-sided figures one enclosed within the other.
3. Can pronounce all the words of the first primer.
4. Can himself take his bath, clean his teeth and wash his face and unbutton his coat, etc.
5. Can play with others.
6. Can repeat 3 or 4 digits e.g. 2-5-7-3 after hearing them only once.

7. Can count from I to 10.
8. Can say which of the two lines is larger and which is shorter.
9. Can say whether it is now day or night.
10. Can fold a piece of paper into quarters when shown.

5 YEARS TO 6 YEARS

1. Can copy triangles and squares like these ◁ □
2. Can arrange 7 or 8 boxes after a given pattern.
3. Does not prattle but pronounces every word clearly and distinctly.
4. Can answer questions like these : Why are the leaves of the tree moving? Why is the mother beating the child?
5. Can keep his personal belongings arranged.
6. Can repeat 4 or 5 digits like 5-7-3-1-4 after hearing them once only.
7. Can distinguish between the right hand and the left.
8. Can say whether it is now morning or noon.
9. Can say whether its mother or its father is the older of the two.

MENTAL DISEASE TAKES ROOT BEFORE THE FIFTH YEAR OF LIFE. PROTECT YOUR CHILD FROM MISCHIEF.

WHAT NOT TO DO.

Do not feed the baby from the breast as soon as it begins to cry. Very often bites of mosquitoes or ants or a wet bed, thirst, pain in the stomach, etc., make a child cry. Try and remove the cause of its crying.

Never feed a child by force.

Do not force a child to do anything in anger, vexation, or haste.

Do not allow a child to remain slovenly.

Do not frighten a child into sleep or put it to sleep by telling it a story or by patting or rocking it.

To keep your child quiet do not frighten it with stories of ghosts, bogies, animals, etc.

an introduction by Sir Philip Gibbs—
Published by Messrs. Longmans Green
& Co., Ltd., 39, Paternoster Row, Lon-
don, E. C. 4. Price two shillings, nett.

This book describes the most remarkable social work of the day, the work of the Save the Children Fund, whose policy it is 'above and beyond all considerations of race, nationality or creed' to succour children in privation and distress, so that they may grow up healthy men and women, prepared to devote their talents to their fellow men. The Save the Children Fund has founded and supported many model villages, hospitals, clinics, work schools in Europe and in the Near East, besides feeding many hundreds of thousands of hungry children in England and abroad. The book must certainly appeal to all sociologists, students and lovers of humanity.

Mrs. Dose—The Doctor's wife:—
By Joyce Denny. Published by John
Lane The Bodley Head Ltd. London
Price 5 sh.

This is a satire on the domestic life of doctors and is really amusing and interesting reading. The idea that doctors are the most recalcitrant patients the world over has been amply borne out in these pages. We commend this book to all doctors in India, even more than to their wives who seldom poke their noses in the professional affairs of their husbands, unlike their sisters in the west.

Edinburgh official Guide 1931:—
Published by the Corporation of the City
of Edinburgh. Price 6 d.

This is an official guide issued by the City Corporation wherein is described the City of Edinburgh and its interests

and activities, with illustrations in colour and black and white. This will certainly serve as a good guide to intending tourists to this old and historic capital of Scotland. We heartily commend the book to our readers.

Practical Nature Cure, Vol. I. The Life Natural—The Way back to Health—By Sarma K. Lakshman, B. A., B. L., Published by the Nature Cure Publishing House, Pudukotah S.I.R. Price Re. 1-8-0.

Nature Cure is no new thing and as the author observes is 'as old as the hills'. Living in Nature's ways means 'Health' and transgressing of Nature's laws is 'disease'. In this volume, the author deals with the philosophy of Nature cure, mental healing, law of Druglessness, non-violence to the eater, non-violence to food, fasting cure and other rules of health. The book is well-worth perusal.

Curative Hygiene and Non-Violence in Healing:—By K. L. Sarma B. A., B. L., Published by Nature-Cure Publishing House, Pudukotah. Price. Rs. 2-8.

This book consists of two parts—Practical Nature—Cure Part II. Curative Hygiene and Practical Nature-Cure Part III Non-Violence in Healing bound in one volume. In the first part all about the Natural history of disease, diet and fasting, sun-cure and water cure, are described, while in the second, the nature of diseases, acute and chronic, motherhood, rearing and treatment of children, and injuries and accidents are dealt with. The book will prove to be of interest to students and followers of Nature Cure methods, which are fast coming to prominence.

ERRATA.

THE HEALTH, OCTOBER 1931.

Page 197.

Line 1 For पदभ्यां

„ 3 For उरसा by thigh.

Left column.

Read पदभ्यां

Read उरसा by chest.

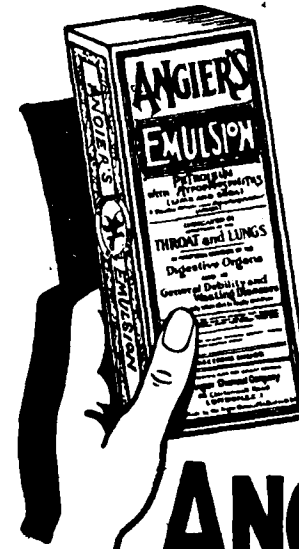
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Do not allow a child to sleep on the same bed with its parents from about the age of one year and a half upwards.

Never lie to a child.

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Do not dishearten a child when it wants to do something beyond its powers.

Do not taunt a child or laugh at it when it makes mistakes.

Do not disturb your child with caresses when it is at play.

Do not excessively caress you child.

Do not give any toy which the child cannot manage.

Do not pamper the child.

Do not punish a child when you can correct it with kind words or tender behaviour.

It is never necessary to punish a child if it is properly brought up.

WHAT TO DO

See that good and regular habits are formed by the child from birth. A child can be taught habits of cleanliness from the actual moment of birth.

Get a child accustomed to darkness from infancy.

Teach a child self-help.

Allow your child to play with other children.

There are contradictory tendencies in the child's mind, e.g. to lead, to be led, to caress, to be caressed, etc. So all the child's activities and even play should be so regulated as to give satisfaction to these opposite types of cravings.

Both parents the father and the mother must show equal love to the child. A child's mental health suffers by the expression of excessive fondness on the part of one of its parents only. —*Health and Happiness.*

HEALTH NEWS AND NOTES.

About Alcohol:—What do the Scriptures say?—Hindu Scriptures.—

The Hindu Law-givers interdict the use of alcohol in any form by the higher castes:—"Madya (wine, even of the superior kind) should not be drunk by anybody, or given to anybody, or accepted by anybody." "A twice-born man who has (intentionally) drunk, through delusion of mind (the spirituous liquor called Sura) shall drink (by way of expiation) that liquor boiling hot; when his body has been completely scalded by that, he is freed from his guilt. Or he may drink cow's urine, water, milk, clarified butter or liquid cow-dung boiling hot until he dies."

"In the case of drinking (the spirituous liquor called Sura), a Brahmin is purified by death by drinking fire-coloured (liquefied) silver, copper or lead."

Buddhist Scriptures.—The Buddhist Scriptures strongly condemn the

use of intoxicating liquors by the followers of the creed.

Of the Pancha-sila, which is incumbent on all professing the religion of Buddha, the fifth one prohibits the use of drinks altogether. It runs as follows:—

"Sura meraya majja pamadathana veramani sikkhapadam samadiyami." "The use of all sorts of intoxicating or spirituous liquors or drugs is the road to death. I accept this instruction."

In the Singalovad sutta of the Diggaha-Nikaya, the habit of drinking is mentioned to be Roganam Ayatonam—the cause or seat of all diseases. In other places, it is characterised Sandhithika dhona yani—causes destruction of wealth; Akitti sanjanani—brings unpopularity; Panna dubbalakarani—produces madness, etc.

In the Noble Eight-fold path, in the classification under head Sama Ajiva,

the manufacture as well as sale of all kinds of drinks have been strongly condemned.

From the Holy Koran.—"Oh Muslims, says Almighty God, drinking, gambling, distribution of property by means of throwing arrows and all such things are Satanic deeds. It is the wish of Satan to cause enmity and contentions among you by means of wine, and gambling, and to check you from saying your prayers and remembering God. Will you not leave them?"

Among the sayings of the great Prophet of Arabia who had drunkards scourged with forty stripes, this occurs—

"All intoxicant liquors are forbidden. An intoxicant is the sum of all sins. Drink no intoxicant, for verily it is at the head of all filthy actions."

From the Holy Scriptures of the Jews.—"The Eternal said to Aaron, when you and your sons enter the dwelling of God's Presence—never drink wine or liquor—lest you die. This is to be a standing rule from generation to generation that you may distinguish what is sacred and what is profane, what is unclean and what is clean and that you may teach the Israelites all the rules that the Eternal has given them by Moses." Leviticus II.: 8-11.

From the New Testament (St. Paul).—"We that are strong ought to bear the infirmities of the weak and not to please ourselves. It is good not to eat flesh nor to drink wine nor to do anything whereby thy brother stumbleth, or is offended, or is made weak." —*Abkari.*

BOOK REVIEWS

The Itinerary of a Breakfast.—By John Harvey Kellogg, M. D., Published by Funk & Wagnalls Co. 351--360 Fourth Avenue, New York \$ 1.75 nett.

This is a very interesting book that has been presented to the lay public in the form of a romance, devoid of all technicalities. The author is a facile writer and an eminent authority on dietetics and his views and conclusions are therefore highly estimable. According to the author, Colon is the principal culprit in the human frame which brings on disease and untimely death to the individual, if neglected, and the volume is specially intended to combat some of the mischievous errors which are everywhere current in relation to the hygiene of the Colon, especially with reference to the sufficiency of one daily evacuation of the food residues. The diagrams of which some are coloured are a revelation and enhance the value of the book. The book certainly deserves to be in the hands of every one of the readers of 'HEALTH'.

Diet Tables and How to Eat Biologically.—By Dr. John Harvey Kellogg

M.D., Published by Modern Publishing Co., Battle Creek, Michigan. Price \$ 1.00.

This book is indispensable not only to doctors but also to lay men, in that it contains rules for Biologic eating and living and dietetic rules for specific diseases. The vitaminous foods, Infant feeding formulas, Food and development table for infants and young children are some of the important items worth noting. The book has the stamp of authority on it, the author being a world renowned specialist on Dietitics and we hope our readers will profit by its perusal.

Health Essays.—By Horace W. Soper, M.D., Published by Richard G. Badger, the Graham Press Boston. Price \$ 1.00. This is a very fine collection of Health Essays, dealing with exercise, under-Nutrition, over-Nutrition, prevention of cold &c. Tobacco, Alcohol, Diarrhea and constipation. The 'Health aphorisms, at the end which go by the title of Health paragraphs will be found interesting and instructive to our readers. The book let will amply repay perusal.

The White Flame.—By Mrs. Charles Roden Buxton & Edward Fuller with

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