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Edited by

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Published in English, Tamil, Telugu & Canarese.

Editorial and Publishing Offices: 323, Thambu Chetty St., G. T., Madras.

Annual Subscription Re. 1/8 Post Paid. Foreign Rs. 2.

SANITATION OF INDIAN RAILWAYS.

This subject has not hitherto received the attention it deserves, especially, in our country. During the pre-reform days, the passengers—we mean the third class passengers in Indian Railways—were treated as 'dumb-driven cattle'. This epithet is not ours but was freely used and is still being used, though less frequently, not only in the Press and in public platforms but also in the Councils and Assemblies of the Indian Empire. There was a time when third class carriages were attached to goods trains, which plodded their weary way, stopping at each station for hours together. There was also a time when goods waggons were utilized for carrying third class passengers, especially during fairs and festivals, and it was really a pitiable sight to see the passengers suffering for want of air and space, crying for food and water and searching for privies and urinals in vain, to answer Nature's calls. But there is a change for the

better now, partly as a result of persistent agitation and partly to transfer of control of the railways from the companies to the Govt.

There are about 40,000 miles of railways in India according to the report of 1927-28 and the total number of passengers carried in that year were 599,034,800, of whom the third class passengers alone amounted to 574,301, 100. Thus in an average, about 15,73,428 passengers travel daily in all the 10 railways in India or in other words, each railway administration has to deal with 1,60, 000 people daily. Each Railway Administration is a municipality by itself and is in duty bound, to look after the health, comforts and conveniences of the travelling public.

The worst feature of the Indian railways at the present day is overcrowding. The Railway Administrations must try to prevent overcrowding by all possible

means. Overcrowding brings on in its train a number of diseases from the common cold, cough and catarrh to the deadly consumption. When there is heavy traffic, the administration must run additional trains at convenient intervals to clear the traffic and not pack all the passengers in a single train.

The Railway carriages must be well washed, cleansed and disinfected. This is being done no doubt at the starting point but when the same train runs for two or three days at a stretch to reach



Unprotected food-stuffs—unhealthy and injurious.

its destination, no provision has been made to sweep and keep the compartments clean. This must be done regularly at least twice a day and a set of itinerant sanitary staff should be employed for the purpose with a Medical Officer in charge, who will also act as first-aid in case of accidents and sudden illness during travel. The latrines provided in the third class carriages are too narrow and are seldom cleaned. There should be separate latrines for males and females in each compartment and there must be a

water pipe and basin for the passengers for toilet purposes.

The food and eatables sold at the stations must be fresh, pure and clean and sufficiently protected from flies etc., The Railway Staff must keep vigil over these vendors, otherwise the health of the passengers would be jeopardised. In all junction-stations there should be a qualified sanitary inspector or a food inspector to supervise the restaurant-keepers and platform vendors. There must be wholesome drinking water provided at each station for passengers to quench their thirst. Except at junction-stations, this provision is now lacking.



Protected food-stuffs—healthy.

Spitting in Railway compartments is a dangerous and dreadful habit which passengers must try to avoid. Smoking is another bad practice, which passengers must not indulge in. In railways in western countries there are separate smoking compartments to which the passengers resort to smoke. To our knowledge, in the South Indian railway, this system was tried some years ago, but was given up as a failure. Passengers must co-operate with the railway staff in keeping the compartments clean and neat and in a good sanitary condition, otherwise, they will have to pay a heavy penalty in the shape of illness and suffering not to mention doctor's fees.

SEX HYGIENE THROUGH YOGA.

By
SHRI YOGENDRA,

Author of the Scientific Yoga Series in 12 Volumes, Post Box 481, Bombay.

(Continued from page 80 of the March '32 issue).

I have already discussed the possibility of eternal youth in my introductory article. In the subsequent discussions, I pointed out the means engaged by the ancient *yogins* to achieve that end by following a thoroughly hygienic life more in harmony with the various esoteric practices of *yoga*. Beginning from the manner of cleansing of the teeth, mouth, tongue, ear and the frontal sinuses to the highest means of preserving sexual virility, care of the brain and the nervous system and to the rejuvenation methods through the various means of *yoga* breathings, the ancient teachers of the Nature's secrets have handed us means of lengthening human life which are easy of practice and could, therefore, be incorporated without much inconvenience in our daily life. I outlined a few means of nasal toilet and the eye gymnastics and I propose to deal with the question of sex hygiene from the *yoga* practical aspect in this article.

It is no use philosophising this simple subject even though during the past twenty-five years psycho-analysts have greatly expanded the field of this subject, and there are many speculations still pending assertions. My object in opening this discussion is to present a few of the most simple *yoga* practices that may be serviceable to a large body of people who suffer from lack of knowledge and means of relief from sexual disorders, especially the younger generations. Making a personal appeal

to the author for suggesting means to prevent the progress of venereal diseases among the students, Prof. H. C. Muckerjee, Inspector of Colleges of the Calcutta University, observes "For sometime past, I have been noticing with increasing sorrow a gradual deterioration among our students in both their physique and morals. When I inspected the Carmichael College of Medicine last, I was informed on unimpeachable medical authority, that seventy to seventy-five per cent. venereal cases treated in the outdoor dispensaries of Calcutta are contracted by *students of higher school classes and colleges.*"

The preventive measures which have been recommended by the modern students of sex hygiene corroborate very favourably and closely the means recommended and followed by the *yogins*. The points of agreement are: (a) the moral and mental hygiene, (b) the cleanliness of the external genitals, (c) moderation in diet, (d) abstinence from stimulating drinks and food (e) out-of-door living, (f) light clothing and many other details elaborated in form of general hygiene.

Besides these useful precautions, practical *yoga* suggests: (a) the observance of certain practices which are supposed to influence the activity of the sex organs, (b) cool baths, (c) irrigation of the genital passages and (d) active continence. Among the useful processes may be mentioned the various *mudras*

or the higher psycho-physiological processes and postures. Besides *vajroli*, *khecari* and *asvini* are the other two *mudras* which are supposed to preserve virility and maintain normal functions of the sex organs. Certain *Hathayoga* authorities suggest the use of *mulabandha* for the purpose of controlling the muscles of the generative organs. Among the postures, the one easy of practice for a layman is the one called *Gorakshasana* (see the frontispiece) which has been found highly useful for stopping too frequent nocturnal discharges.

It has been found through laboratory and clinical tests conducted by the author in his *yoga* Institutes both in India and America that this particular posture by working upon the connective muscles of the groin and the thigh indirectly stretches both the superficial as well as the deeper urinogenital muscles, and thus aids elasticity of the respective muscular fibres and the corresponding increase in the circulation of the blood.

The most common form of ailment from which humanity suffers is the sexual debility causing congestion or inflammation of the internal sex organs. The only method, therefore, that can naturally improve this condition is the

complete drainage of the blood vessels surrounding this portion of the body. After this is done, through a head-low hips-high position, it is necessary to follow it up by some means of toning the accessory muscles with alternate contraction and expansion. Jointly with *asvini mudra*, *Gorakshasana* is exceptionally suited for this purpose.

There are many other important suggestions and practical processes (Refer to *Yoga Personal Hygiene*, Postbox 481, Bombay; Price Rs. 10 in India) which a lay student can easily incorporate in his daily routine and which certainly would materially help him to build up his general health which in many instances suffers from sexual disorders. The younger generation who stands in need of such knowledge will greatly benefit by the knowledge the *yogins* possessed but which unfortunately has been kept as a secret for the past five thousand years. That this knowledge in the light of our modern sciences is thoroughly wholesome and accurate and could teach us more about the care of our own body than what a Macfadden or a Muller can teach will become evident to those who will care to pursue it. May this knowledge of the ancient Aryans guide the younger generation of today!

SPICES AND HEALTH.

By

DR. EDWARD PODOLSKY, M.D.

166, Rockaway, Parkway, Brooklyn, New York.

It was Luther Burbank, the wizard of plant culture who said "Color and flavor both aid digestion very materially, most especially flavor." This is very true. The medicinal virtues of spices is well-known; almost all of the spices are used in medical practice today as an aid to digestion. The ex-

periments of Pawlow did much to place the mode of action of spices in the alimentary tract in a clear light. He found that they acted through the organs of taste, and partly by reflex, and in most part also by direct action on the stomach and intestines.

In all these various ways the appetite is aroused and the secretion of digestive juices is promoted. The late Dr. Harvey Wiley, Father of the Pure Food Law, stated that "Condiments (including spices) themselves aid the digestion by exciting in a perfectly proper way the activity of the glands which secrete the digestive ferments."

The sedative action of certain spices is well known. They ease irritability of the stomach, and the sense of warmth they create relieves dyspepsia, cramps, and sometimes even hiccup. Nutmeg, for instance, is especially valuable in cases of gastric debility. The carminative action of spices is also of great value. By their action on the stomach and intestines they relieve flatulence by expulsion of annoying gases.

Some spices have distinctly antiseptic properties, and are particularly useful in abnormal fermentative conditions in the intestines. They remove at the same time the discomfort caused by the gas, and check the growth of the bacteria which give rise to it. Certain researches have shown that cinnamon, cloves and mustard suitable for seasoning prevent the growth of certain small organism, such as mold on foodstuffs. Nutmeg and allspice have been found to delay the growth of bacteria.

Cloves are said to promote the digestion of fatty foods, and coriander is

said to aid in the assimilation of pastries. Spices have a general stimulative effect on the system which greatly increases the physical endurance of the consumer for a time. Pepper tea is drunk as a stimulant and as an antidote to colds by loggers working in the freezing northern woods.

It will not be out of place here to refer briefly to the medicinal virtues of several of the more common flavors. Marjoram is a mild tonic, diaphoretic and liver stimulator. Saffron is a stomachic and tonic, Sage is among other things, an excellent astringent. It is a remedy of some value in dyspepsia, certain chronic lung diseases, excessive sweating and sore throat. Turmeric has slight stimulant properties and is used in Europe for the treatment of jaundice. Vanilla as a medicine has been found useful in certain nervous affections.

Onions have been used since the dawn of history both as a food and a medicine. Years ago the milk-onion diet was a favourite among physicians in certain diseases of the heart and kidney. The flavorful garlic has been used and still is in diseases of the intestines and lungs. It has been noted to have some influence in arteriosclerosis in alleviating many of the most disagreeable symptoms. All in all there is no doubt but that flavors play a very important part in human health.

A SENSIBLE DIGESTION HINT.

Our endorsement can be given to the dictum of "A Physician," who, in the course of a Press article, writes: "The land of hurried luncheons is the land of chronic dyspepsia. Even the light modern luncheon needs digestion. Suppose you begin work again immediately after it. If it is the limbs that your work exercises, then the muscles need a larger supply of blood. If it is the brain, then that organ imperiously demands more blood. Consequently, either limbs or the brain draw on the blood supply at the expense of the digestive organs." It may be said that food should never be eaten hurriedly. If one has not sufficient time to eat slowly, and to masticate food thoroughly, it is best not to eat at all. Again, after eating of a midday meal, it is a good plan to rest and relax for fifteen to thirty minutes. If a worker rushes back to do work, either mental or physical, too soon after a meal, it means all the better opportunity for fermentation to be set up. It is far better for the worker to take a light meal at midday and the heavier meal in the early evening, when one usually has more leisure to eat it in comfort.—*Health for All*.

DENTAL CARIES.

By

DR. CHARLES HOOPER,

Coeur D'Alene, Idaho, U. S. A.

There is a widespread belief that caries or decay of the teeth is a pathological state: that it denotes a diseased condition of the teeth due to malnutrition, or some hidden weakness or defect of body, or a lack of care of the teeth. People are inclined to think that good health and strength, and normalcy of the body and its parts and functions, are accompanied by strong, sound teeth.

But this belief is very far from the truth. I venture to say that in a state of civilization like ours, it is the normal person whose teeth decay at a comparatively early age, and the abnormal person whose teeth are unaffected by decay.

The teeth of man in a state of civilization decay in accordance with the well-known law of nature that provides that an organ or part of the body that is in process of disuse, shall break down, become atrophied or rudimentary, and finally disappear. The vermiform appendix and the male mammary glands are cases in point. Nature is the great conserver, and the most inexorable logician. There is no further use for a part of the body: ergo, it must disappear, or remain in germ, so to speak,

like the body hair of man, in case there should be use for it at some future time under changed conditions, when it will develop and grow again.

Nature, then, causes the teeth of civilized man to decay simply because civilized man does not need teeth to masticate the soft foods he eats. Brushing the teeth is a sanitary measure, but it will not save the teeth from decay. Negroes and others who never clean their teeth have sound teeth. The same is true of animals. The English who have eaten soft foods longer than certain other peoples, have notoriously poor teeth. Tho' the decay of teeth is a natural process, dentists are necessary to prevent infection, preserve the appearance of the teeth, and save our teeth for the occasional hard foods we eat.

But let no one think that this degenerative process that takes place in teeth betokens any weakness of constitution, or that civilization itself degenerates the body. The civilized man is far more adaptable to various environments and conditions than the savage is. He is immune to diseases that kill the savage, and survives diseases, climates, and hardships that overcome the savage.

TOLSTOY A VEGETARIAN.

Count Ilaye Tolstoy said of his father, Leo Tolstoy:

"My father was a strict vegetarian for the last thirty-five years of his life. He lived in the cold climate of Moscow and Tula, and he never felt better than after he ceased to eat meat. He continued a strict vegetarian till the hour of his death. He was likewise a total abstainer from alcohol and tobacco."—Good Health.

SOME EXPERIENCES.

By

DR. T. P. SUNDARAM, L. M. & S.,

Resident House Surgeon, Govt. Ophthalmic Hospital, Egmore, Madras.

(Continued from p. 244 Vol. IX, No. 12)

WEATHER IN RELATION TO HEALTH:—

The breathing apparatus of man like the mercurial barometer is very sensitive to changes in temperature and pressure. Hence the great facility with which it is easily put out of gear by sudden variations in climatic conditions. In spite of the fact that open air sleeping is an excellent thing to be practised, it is not without its dangers and should call forth a legitimate discrimination in its advocacy. The change from the indoors to the outdoors should be a gradual one. Even for the most healthy person, sleeping in the open on cold dewy nights even though under the frail canopy of a thatch or tarpaulin is decidedly injurious. I have for more than once been convinced of this fact. Accordingly, during the cold season, sleeping in the open should be a guarded one, for, it is then that the worst types of cold, catarrh of the wind-pipe, the bronchi etc., are acquired. This is particularly so with regard to children and old people whose resistive powers are low. So also on windy nights open air sleep is best avoided since, not only does the wind parch up the healthy moist mucous membrane of the nose but in addition carries with it dust and other infectious particles which may find a ready receptive soil in susceptible individuals.

TO ASTHMATICS.

I have a good many useful tips born out of personal experience to give to

asthmatics. To those who have only just started on this tiresome journey, I can particularly offer these hints with much confidence. First of all an asthmatic should ask himself some important questions, viz.

1. Do I get enough of fresh air?
2. Is my air-passage alright or is there anything wrong anywhere?
3. Is my diet proper and taken at regular intervals and in moderate amounts? Does the food suit me? Do I go to bed with an empty stomach?
4. Are my bowels regular?
5. Do I have enough exercise?
6. Do I pay enough attention to the skin?
7. Do I have peace of mind?

I am sure an asthmatic will be answering many of these questions in the negative; but yet, a careful consideration of these factors will help him a long way in warding off attacks of merciless spasms.

It is essential for the asthmatic to increase the capacity and tone of his lungs and this he can do only by the practice of deep breathing. This not only cleanses the respiratory passages from the nose down to the lungs but in addition purifies (oxygenates) the blood which is of immense consequence to the asthmatic and renders the delicate

membrane lining the passages healthy. I may in this connection say a few words about the smoking of medicinal leaves. Now, this with reference to the above statement is not only a most irrational thing to be indulged in but is further likely to prove detrimental to the already damaged tissues of the bronchial tubes. Asthmatics are liable to frequent affections of cold and sore-throat (tonsillitis). These should be prevented as far as possible and when they do occur treated early and efficiently. Prevention can be aimed at by breathing fresh dust-free air, avoiding congested atmospheres on cinema-halls and crowded meetings and protecting the body from extremes of cold and hot weather. The nose and throat should be got examined by a doctor, preferably a specialist and any abnormalities treated.

Diet should be light and nonspiced and taken while it is still hot and at regular and fixed intervals. Late meals and overeating should specially be avoided. The evening meal should be taken early so that there may be a clear interval of three hours before you go to bed. It is to court trouble to go to sleep with an unempty stomach. Milk may not suit you, nor eggs nor meat. Eschew them. Tea and coffee though they are harmless in small quantities and of real help in loosening the phlegm are better avoided since they are stimulants.

Particular attention should be paid to the bowels. Daily evacuation is important. The cultivation of a good habit combined with a diet containing a liberal amount of greens and vegetables and daily exercise for the abdomen helps this to a great extent. The digestive system should be flushed out occasionally with a purgative or an

enema. The hygiene of the skin is as important as that of the bowels since asthmatics are liable to get skin eruptions. The sweat pores should be kept active by daily exercise and daily bath should be the rule. Basking in the evening sun serves as an excellent tonic to the skin.

Lastly, don't worry. Worry suspends the functional activities of the body and sets up disharmony among the various organs. The digestive apparatus will be the first to suffer and the breathing apparatus the next.

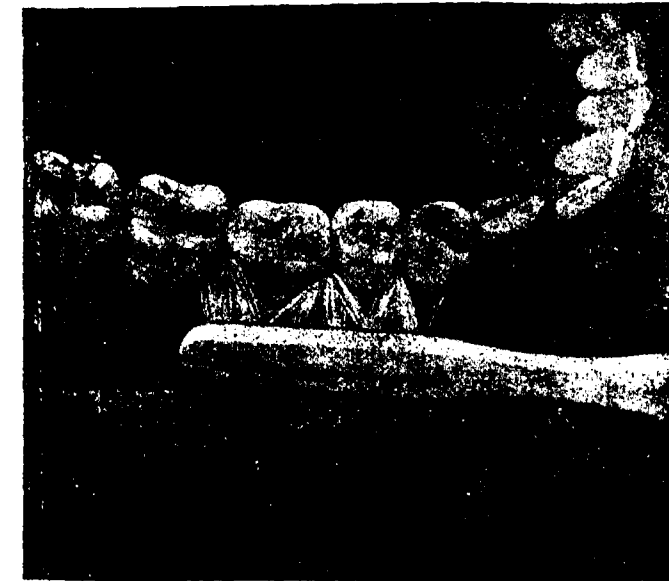
USE A TOOTHBRUSH.

Twelve years of unbroken experience in the use of a toothbrush is I think a period sufficient enough for anybody to gather reliable conclusions. To give a personal unbiassed opinion, it must be said that I owe the present healthy condition of my teeth entirely to the brush and the paste. It takes only a few minutes of your time and the benefits that you reap are more than a compensation for the little expense incurred in its behalf.

The predominant features of a good brush are its medium type bristles and its perfect adaptability to the mouth of the user. A non-irritating, non-gritty soapy paste serves as a good dentifrice. Tooth-powders when used on the brush give rise to a sticky, dry, grating sensation, prevent the brush from smoothly gliding over the surfaces of the teeth and in addition tend to wear off the enamel. Hence, it is not advisable to use toothpowder except in an emergency. A good many varieties of dental creams are available on the market and of these Colgate's, Kolynos, Rodofen and Neem tooth-pastes deserve mention due to their cheapness and quality. The brush

should be used only with an up and down and a gentle rotatory motion, access being had to all surfaces of the teeth in this way. Brushing across the teeth is highly injurious as it scours away their necks and exposes the enamel. Beginners are apt to injure the gums which

may bleed and give rise to some smarting sensation but this can easily be overcome in a few days when the gum-margins become more healthy and the hand becomes more facile in the use of the brush. The brush can also be comfortably used as a tongue scraper.



Tooth Brush—by applying pressure the bristles slide from the 'high spots' and permeate between the teeth.

This is what should happen.

After use, it is of great importance to wash the brush with plenty of water taking care not to spoil the bristles. After washing, the water pent up between the bristles should be shaken off and the brush hung up in an airy place to dry. When the bristles begin to come off during use it is an indication for renewal. A good brush if properly

kept will serve for a year while a cheap one will serve for 4 to 6 months. In order to form a correct estimate of the role of a toothbrush in dental hygiene one must assiduously discountenance smoking and chewing.

(To be continued)

By

DR. K. G. MENON,

Medical Officer, L. F. Hospital, Vayithiri

Much has been said both in the press and on the platform about the importance of this subject and though perhaps nothing original is sought to be added on now, it is hoped in the following lines, to stress upon certain simple but salient points that are often neglected to the detriment of the infant and the misery of the parents.

"The child of today is the man of tomorrow," and when the whole of the civilised world is engrossing its attention to the welfare of the child, it is only up to us to do our utmost and pay more attention to our "infants" and help to cut short to a minimum, the heavy percentage of "infant mortality" now prevailing in India; for apart from the Native States, in British India alone it is calculated, that out of about 60 lakhs of people that die every year, not less than 15 lakhs are contributed by our infants, nearly half of which dying before they are one month old. It is further known that as much as 5 lakhs die before they are one week on their earthly existence. Whereas in England and Wales not more than 10% of the deaths are from infants below the age of one, in benighted India as much as 25% is contributed by our growing infants: and pray what may be the cause; premature delivery, hereditary imbecility and other familial diseases may count for a small percentage among this; but the more important factor is *ignorance* with its time worn never-changing customs, and the blind belief in old world traditions.

The infant from the inception of its birth (*i. e.* to say from the time of conception) has to be looked after with

care and attention. So long as it is in the mother's womb, nature provides for its care as best as can be. What is required of us is only to assist nature in all possible ways, and since the growing "infant" in the womb derives its "all" from the mother, it is she alone that has to be properly looked after, "Ante-natal clinics" whereat, pregnant women are advised, as to the best ways of leading their lives in order to have safe deliveries and healthy babes are world-wide institutions now, and their popularity alone will be sufficient justification for their existence and usefulness. Unfortunately, in our country, these institutions are few and if at all any, confined to cities and large towns. The village unit is left to itself as in days of yore. Even elementary education being deficient in the vast acres of our rural areas, the authorities would do well to open "ante-natal clinics" and "child welfare centres" in such areas, so that practical hints for their good, may be given with advantage to expectant mothers, ill-nourished infants and ailing children.

It is therefore imperative that the mother should be healthy both in mind and body so that the offspring may be healthy. Food, rich in vitamins and calcium—peas, beans, fresh vegetables and milk in plenty, in the mother's dietary—should be amply supplied to the mother. Ingestion of plenty of pure water helps to wash out all dirt from her body and moderate bodily exercise, tones up her system. Stimulants, as a rule, are unwelcome, though in the modern world, tea and

coffee cannot be too strongly condemned. Last but not least, the mind of the mother must be kept free from any sort of worry or anxiety, and as far as possible, her 'spirits' must be kept up, high, in a pleasant, delightful and cheerful atmosphere, so that the offspring may "inherit" the mother's gleeful temperament.

As the time of parturition comes on, the new-born's welfare, has to be looked into, separately. It is a common practice among us, *not* to prepare, anything in advance, for welcoming the 'stranger', though he gives us sufficient "notice". It is indeed a queer fallacy that in India, noted for her hospitality, and charity, we do not prepare to welcome our own 'offsprings'. There is even a superstitious belief among us, that to prepare and make ready the essential bedding, coverings, clothes etc. for the new-born in advance of it, does not augur good. How foolish this is, cannot even be imagined'. Except, that, when unfortunately the little one happens to be born "still", the prepared things may be a disappointment, nothing unhappy or auguring bad, is found in our "preparation": and of course, this is negligible and counts nothing, when compared to the still sadder disappointment that may accrue from the death of the infant, a few days, weeks or months hence, when it is primarily due to our negligence and ignorance. So then, it is only proper that we should be in readiness to give a right-royal welcome to the 'new-born', when it comes. From the tying and cutting of the umbilical cord on, due care has to be bestowed on each and everything concerning the infant. Clean and proper clothing and sufficient "changes", must be stored up.

From the beginning of the earthly life of the infant, it does not, generally, sustain itself, independently of the mother. The mother's milk is the mainstay for it, and contains all the essential factors for its growth. The indiscriminate dolefuls of castor oil, that are poured into the infant's stomach, as a matter of routine, in every Indian household, is to be condemned. The mother's milk, itself contains sufficient "purgative principles" to move the infant's bowels, well. For the first 24 hours or even two days, simple pure water boiled and cooled, needs be given to the infant, and from the 3rd day onwards, the mother's milk will be available. Proper and timely feeding at the breast has thenceforth to be stressed upon. The haphazard way of putting the infant to the breast, whenever it cries, or makes a 'noise', is not only bad, but is harmful, as the infant's delicate digestive system will become over-wrought thereby, resulting in systemic disorders in the infant.

As a rule, the infant need not be fed at lesser intervals than 3 or 4 hours, and when the mother's milk is sufficient for the needs of the infant, nothing else needs be given for 6 or 7 months of its life.

The simplest and most practical method of knowing that the infant is having his needs fulfilled in its dietary is by noting the following points.

1. It should steadily increase in weight by 4 to 6 ozs. a week.
2. It should lie happily and have sufficient sleep.
3. Its stools should be of a healthy nature and 2 or 3 times a day are only just the normal for it.

The general practice of allowing the baby to suckle at the breast for more than a year should never be encouraged and by 11 or 12 months the infant, should be weaned. Some children are nursed at the breasts to as long as five years with disastrous results to the mother and to the child.

If for any reason such as grave wasting diseases in the mother or insufficient quantity of milk in her, the child has to be fed on other "foods," the best among the available 'artificial' ones, is fresh "humanised" cow's milk; cow's milk, if possible must be obtained from a cow whose calf is about the same age as that of the infant. It must be drawn in a clean vessel, cleaning the udder and the milk-man's hands and pots as well. The milk may then be boiled to ensure further cleanliness and cooled; mixed with an equal quantity of fresh boiled water, also sufficiently cooled, and with the addition of a pinch of sugar-candy to every feed, this forms the best artificial food and as much as 4 or 5 ozs. of the mixture may be given at each feed, every 3rd or 4th hour in the day. After the 1st two months, the proportion of water may however be gradually reduced. Boiling deprives the milk of a certain essential vitamin; but this can be supplied by feeding the babe, with fresh fruit juice—such as of Orange, Grapes, Tomato etc. In fact, all infants fed artificially, must be given some fruit juice, about 1 or 2 ozs. at least a day or some preparation of Codliver oil, to ensure its perfect health.

It is a practice in some parts of our country to feed our 'infants' with the milk of any and every "nursing mother" that comes to pay her respects to the "new comer." This practice is really,

very bad and unhealthy and the earlier this is done away with, the better it is for every one. The very many patent foods of infants and the too fashionable 'untouched by hand' artificial milk products, advertised as 'best for the growing infant,' have really nothing so much to recommend for, as against the mother's milk or the 'humanised' cow's milk, detailed above.

No food of solid or semi-solid consistency is required until the infant cuts its teeth. This fact is hard to be impressed upon the anxious mother, who too erroneously measures the strength of the infant's digestive system by her own. "Two solid foods a day are not sufficient for me, and then, how can a poor thing go on without at least one solid, or at least semi-solid food!"—is her argument: she forgets that Nature is a kinder 'Mother' and provides her children with all necessities of life in due and proper time.

From the 7th month onwards, the infant begins to cut its 1st teeth, and gradually, therefrom the infant's food also may be altered, first with pure milk, given 4 times a day and then perhaps two or 3 times a day augmented by something of a semi-solid consistency, at least once a day. Thus rice or ragi, properly powdered and cooked with sufficient milk and sugar, may be given once a day. The traditional 'rice-eating' ceremony is generally performed, only after 6 months of the infant's age when the infant cuts its first teeth and is able to take something more than the milk.

Very many infants, especially among the labouring classes are fed on our staple food—"boiled rice"—from the 2nd or 3rd month, or even earlier!!

This may perhaps sound preposterous but all the same, it is only too true; and it is nothing wonderful to realise that many of these contract 'diarrhoea' or 'vomiting' and 'waste away,' ere long, adding their quota to the heavy death-toll among our infants.

Sweets in general, Lozenges and cheap flour-biscuits are harmful to infants and growing children, some of these act as favourable 'soil' for the growth of parasitic worms which, apart from causing alarming symptoms, sometimes even cause many a death among our "little-folk." Some of our 'parents' are even known to harbour a dislike to relieve the children of the 'worms.' They have a strong belief that the worms are "essential" for the "child."

Now, a passing reference to certain common ailments of infants, will not it is hoped, be out of place here. The more common disorders viz. diarrhoea and vomiting of infants and the 'Wasting' associated therewith are due to errors in digestion.—overfeeding, faulty feeding, or underfeeding. Proper care in the selection quantity, quality and time of feeds, will no doubt avoid all these complaints.

Any way it is hoped a word to two on the management of the infant in these diseases will be helpful.

First of all there is the air-swallowing to be considered. This is a common thing with the infants who are allowed to suckle at empty breasts. The practice of giving 'Baby soothers' also helps to promote this. The swallowed air, can however be got rid off, by putting the infant on to the shoulders in an upright position, when the bubbles of air may escape.

DIARRHOEA

When the infant is having more than 4 motions a day and they contain fatty undigested particles of food, it may be taken, that it is having Diarrhoea. A small initial dose of castor oil with restriction of diet to *simple water* for the 1st 24 hours or 48 hours and thereafter to thin arrow-root congee or barley water will help to effect a 'cure' in the condition. But then even educated mothers feel over-anxious about this "Water diet" and don't seem to tolerate this advice. Medicines, as such, need rarely be used.

VOMITING

Is again another disorder, due to error in feeding. Most often, round worm infection, has been accounted for, as the cause of the malady. Here again, stopping all other food except water and a small purgative, will relieve the condition. When due to "Worms", they may be seen vomited when Santonine and a purgative effect a cure.

WASTING

Is very often due either to under-feeding or to the want of the essential factors in artificial food or as a result of diarrhoea or vomiting and may hence be corrected by paying proper attention and rectifying the errors.

"Cleanliness is next to godliness" and in the case of infants this is essential as it would help in two ways 1st by the immediate result, being very beneficial to the child and secondly by helping to inculcate in the growing infant and child an unconscious sense of cleanliness in it, which helps it in the.

long days ahead. A warm bath a day is imperative therefore, and as the infant grows and begins to crawl about or walk about 2 or even 3 washings per diem will only be most welcome. The use of toilet powders and soaps are not unwelcome to those who can afford them.

And in the matter of clothing of infants it must be understood that infants are growing 'beings', and hence, no sort of tight-fitting clothing or laces should be used, hampering their growth. All articles of clothing, must hence be loose, clean and light. As far as possible, no bright coloured dresses should be used, as colours seem to have specific influences on the brain and more especially as they mask "dirt". White

clothing should therefore be preferred whenever possible.

This article cannot be concluded in no better way than by the following humble request to all our mothers "Mothers".—Our infants of today, are the children of tomorrow, who in their turn will be the citizens of our Empire the day-after'. It is up to us to care for them in all possible ways, and therefore, no amount of time and attention, devoted to the welfare of the infant would be a waste! Hence study the 'Art and Science of Infant Welfare and Management' and act accordingly so that the world may become more prosperous and brighter, in years to come, and human misery alleviated.—*May our infant mortality be reduced to a minimum!*

BIOLOGY AS A FACTOR IN HEALTH EDUCATION.

By

T. N. S. RAGHAVACHARI, B.A.,

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During recent years there has been a great deal of talk and some measure of action on the subject of health education. The problem has more or less been considered and tackled only from two main aspects: viz., the introduction of health habits in the routine of the school child's life and the scheme of school medical inspection with or without the correction of physical defects. Both these aspects take into account only the physical well-being of the child as an end in itself. There is no doubt, however, that in the present schemes of health education we are trying to form in the child standards of personal hygiene which he will unconsciously

aspire to in his later life. Unfortunately, a much more important aspect has been entirely lost sight of, or at all events due consideration and weight have not been given to it. The child of to-day is undoubtedly the father of to-morrow but he is at the same time the father of future generations yet unborn. So is it at all wise to consider perfect, any scheme of health education which does not develop in every individual a full sense of racial responsibility? Man is a gregarious animal, so we are repeatedly told, thereby meaning that man needs society. All education aims at fitting each generation to live to the best advantage in society. One of the

most important factors in securing that object is the recognition of that fact and the application of our knowledge of the laws of biology as they affect human society. It therefore follows that, for any scheme of health education to be perfect and successful and to be productive of lasting benefits to the community at large, a thorough knowledge of and grounding in the elements of biology is most essential.

Elementary education has been made compulsory in almost the whole of our province and possibly also in the whole of India. The minimum education to be secured by all should therefore include a compulsory course of health education which has its grounding in biology. The voluntary education that follows into adolescence should also continue the scheme of health instruction begun in the primary school. The inculcation of the noble ideal of racial responsibility and racial service will then provide a very effective appeal that will carry the young through the stress and trials of adult life. This appeal must rest on a firm foundation of biological knowledge. We are often told about the repercussions that may follow the teaching of sex problems and of the disastrous effects of the "inferiority complex" on the tender children. But it is not realised that the graver danger is from not imparting the requisite --and no more-- instruction on the sex complex. Without being dupes of the fantastic notions of the last decade, or of the distorted ethics that is often vaunted by the conservative section amongst the old school educationists as the *raison d'être* for observing silence on sex questions in the health education curriculum, we cannot fail to see the gems that lie imbedded in the coarse matrix of a well-designed course

of health education including the sex question.

EDUCATION IN SEX KNOWLEDGE:—Trouble really begins as already indicated from the conspiracy of silence towards sex through the developing period. The origin and reason for this silence need not detain us here. They can be traced to the mysticism shrouding our religion. Unfortunately we forget that our religion is not to blame. It is sufficiently expansive and elastic. Sex is not a matter for esoteric discussion. It is certainly a matter for simple direct and correct statement. Our lives are daily becoming more and more artificial and we are daily becoming slaves to fashion in increasing numbers. Villages have lost their primitive and pristine simplicity and urbanity has come to stay even in the remotest rural areas. We are thus up against nature all the time. If we do not teach the growing child properly on sex matters nature takes care that the child learns. Nature will have her way. Sex will out. The so-called childish delinquencies and derelictions are only nature's method of education. We need not entertain any fears or maudlin sentiments nor any sentimental nonsense over this. Knowledge on this subject *must* be imparted at the right time and unassociated with emotions of any kind. No mystery should be allowed to surround it, no wonder, no admiration; merely bald and bare facts expressed in cold print. There should be no evasion or equivocation nor any suppression of facts. Sufficient information without reticence *should* be furnished so that the child at the proper age will pick up so much as it wants at that period of its life. If it cannot take it in, the information will simply be passed over unappreciated and little by

little the child will come into the possession of full knowledge without suffering any disturbances or complexes. Casually scattered in text books and health primers, even in dictionaries and encyclopaedias, the facts of sex should be clearly given, so commonly expressed that none will miss it and none will have to go out of the way to seek and find it; in other words, the information should be diffused but never withheld or pressed into service but allowed to come indirectly and almost unconsciously. It will then take its proper place and proportion in education and its influence in the advancement of racial health will be gradually manifest. In the universal teaching of biology and botany including the fertilization

and reproduction of plants and understanding of the continuity of life and the dependence of the offspring on the quality of the parents, we have foundations that should be firmly laid during the very early period of a child's school career, for both personal and racial hygiene. The teaching of biology on the above lines gives the child the right attitude of mind towards life. By the time the child is 16, or perhaps even earlier, he can grasp the idea of the unity of living things, recognise the normality of reproduction and above all, will doubtless be greatly impressed with the responsibility of his moral and social conduct, without having gone into the minute details of sex hygiene.

WATER AND ITS RIGHT USAGE.

BY

M. V. NARASIMHA RAO, *Berhampore.*

Water is so important, so indispensable in the life of man, animal, beast, bird and tree that without it human, vegetarian, and animal life cannot exist. It is the divine gift and is perhaps the prime work of God. Bearing in mind the unavoidable necessity of it let us restrict our topic to human life which seems to be the highest of the three and yet most erring. It is the most important and essential element of the body tissues and blood and is in daily demand for proper functioning of an adult body. About two thirds of the weight of the human body is water and every solid food contains water to half its weight. An adult, when his functioning of body is regular and active, loses about five pounds of water by weight daily. It is an interesting fact to note that half of the above quantity

is lost by the skin and the lungs. Water is a purifier of blood and a promoter of health and strength. Though it is the elixir of life and is indispensably necessary for the body functioning and the existence of man, beast, and bird a wrong use of it impairs the system. Nature's way is to eat and drink at different times. No one can act against nature for she is unconquerable.

Water in the pure condition, no doubt, cures many of the diseases and gives great vigour but it is a life destroyer in the impure state when it causes Cholera, Typhoid Fever and several Parasitic diseases. If you want to prevent these diseases, boil and filter the water before taking in. Several methods have been suggested for its purification but boiling is the only practicable method which is

within the easy reach of every body. By this method temporary hardness is removed and organic impurities are destroyed rendering water perfectly harmless.

The universal habit of drinking water at meal time is practised under the notion that it helps digestion and action of bowels. Water and several other drinks when taken at meal time dilute the saliva and the stomach juice on the integrity of which mainly depends sound digestion. If the drinks are cold they are utterly prohibited as digestion proceeds satisfactorily at body temperature. In this way the drinks come in the way of proper digestion in the mouth and stomach and even make the body stout. No doubt hot curries and swallowed air offer irresistible temptation to drink at meal-time and the conglomeration of food and drinks serves to distend the stomach, a bad neighbour of the heart. Thus the heart suffers great kicks every time the stomach gets distended and becomes eventually weak. Often water drunk with food prevents enough chewing and leisurely swallowing and promotes over-feeding. This trouble results in a worse manner in the case of meat eaters. When meat is swallowed in half chewed pieces it sets up flatulent Dyspepsia. Perceiving the ill-effects of drinking water at meal time, it is very desirable that water may be drunk only between meals.

Again water is drunk after active exercise and tremendous exhaustion by many people who do not realise the evil effects of it. Many people are apt to take water after toiling in the heat

of the day. This is particularly true of the villagers who go from village to village all day in the blazing sun and take in water immediately after reaching their destination. After great exhaustion blood is thirsting for water and so as it is drunk the body tissues suddenly absorb the water and raise blood pressure with evil results. This may result in death in the case of diseased and old persons. The Arabs must instruct us regarding this habit. The Arabs live a nomadic life in the sun-baked desert wilderness and encounter scorching sand storms parching up their bodies and the atmosphere. They would welcome water to slake their thirst yet they refrain from drinking water and feed themselves with their staple diet of dates for fear of losing their nutriment.

Thus water must be taken in, on getting up from bed and retiring to the same. A free use of it is no doubt advocated but it must not be drunk in the wrong hours of the day. In this way water is a great purifier of the system and also acts as a laxative when taken early in the morning on empty stomach. Whereas hot water nourishes the stomach, luke warm water gives rise to vomiting. This peculiar effect of water may be taken advantage of in cases of suspected poisoning before medical aid comes in.

Thus water plays a very important part both externally and internally in the life of man, a right usage of it cures even great diseases. For instance the cold packs of hydrotherapy are responsible for curing innumerable patients at the point of death under high fevers and sunstroke.

ASTHMA AND ITS NATURAL TREATMENT.

BY

N. RAMAKRISHNAN, *Vellore.*

Among the many ailments which human flesh is heir to, asthma stands as one of great importance. There is no city or a big town in which the disease does not exist.

Asthma is an affection of the organs of respiration characterised by fits of extreme difficulty in breathing. It may attack persons of any age and although it is not usually fatal, it causes great alarm and distress.

CAUSES.

This troublesome disease is attributed to various causes and the chief of them are :—

- (1) Want of adequate physical exercise.
- (2) Using tight and wet clothing.
- (3) Lack of proper ventilation.
- (4) Overwork and undernutrition.
- (5) Overeating.
- (6) Living in foul, dusty and smoky atmosphere.
- (7) Constant mental worry and anxiety.
- (8) Excessive use of alcohol and tobacco.

Females, whose health has become undermined on account of frequent child-bearing, become easily subject to asthma.

SYMPTOMS.

The prominent symptoms of this dreadful disease are :—Great difficulty in breathing resembling almost that of suffocation, especially after a slight physical exertion, wheezing and a feeling of tightness in the chest, palpitation of the heart, frequent and trouble-

some coughs followed by great quantities of phlegm, and coldness of the limbs.

TREATMENT

It is a mistake to suppose that the disease is an incurable one, whereas the modern methods of natural treatment have proved beyond doubt that this can be treated with success, and the poor sufferer must, therefore, put the following simple and natural laws into practice :—

- (1) In the first place avoid over-eating and take only light but nutritious and easily digestible diet, such as fruits, green vegetables, eggs, milk, and nuts. Figs and apples deserve special mention in this connection as they have great curative properties.
- (2) Abstain from eating meat, starch-containing vegetables like the potatoes, and all articles of food containing sugar and jaggery.
- (3) Refrain from the use of tobacco in any form and give up all concentrated drinks.
- (4) Observe fast once a fortnight as this facilitates the elimination of waste products from the body and thus helps in effecting a speedy recovery.
- (5) Pay attention to the regular evacuation of the bowels and secure the same by drinking plenty of water daily.
- (6) Use warm water for bathing and drinking and never expose

your body to sudden and violent changes of temperature.

- (7) Rub and massage the whole of your body once a day with particular attention to the ribs.
- (8) Spend much of your time in pure and open air and take brisk walking exercise in the evenings.
- (9) Take deep breathing exercises at least once a day so that the respiratory organs may become strengthened.
- (10) Apply hot fomentations to the chest when the trouble is great and remove the wet soon after by means of a dry cloth.
- (11) Expose your body for some-

time to sunlight both morning and evening.

- (12) Always breathe only through the nose by keeping the mouth shut.
- (13) Add a very small quantity of pure honey to your daily diet as it acts as a remedial agent for asthma.
- (14) Take a long sea voyage, if possible, as it affords great relief.
- (15) Avoid all mental troubles and have sufficient rest.
- (16) Never try thousand and one nostrums that are daily advertised.

If the above laws are strictly observed, asthma will vanish like mist before the sun.

LAUGHING AS AN EXERCISE

Hearty laughter is a most wholesome form of exercise. In laughing, the abdominal muscles play upon the stomach, shaking its contents as one may shake the contents of a half-filled bottle. The blood is made to move faster in the large vessels which supply the digestive organs, stomach, duodenum, liver, etc. Equally important is the influence upon the nervous system. Fear and anger stop digestion, almost instantly bringing to a halt the muscular movements of the walls of stomach, as well as the secretion of juices by its glands. Even the saliva of the mouth ceases to flow.

Laughter produces just the opposite effects. It acts like a lubricant to the digestive machinery. Muscles, glands, heart, liver, every organ concerned in

the digestive process, becomes more active and the whole process proceeds at an accelerated rate. But it is only real laughter that helps—a hearty ha! ha! ha! sets the heart jumping and the lungs swelling, and makes the eyes glitter and the cheeks glow. Those who only snigger, or, as Carlyle says, “only sniff, and litter, and sniggle from the throat outwards, or at least produce some whiffy, husky cachinnation, as if they were laughing through wool,” get little or no benefit from laughing.

Regular laughing exercise, stimulated by some humorous tid bit, is a fine after-dinner exercise, especially for persons who are inclined to drowsiness and depression after the midday meal.

—Good Health.

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DECREASING USE OF ALCOHOL IN MEDICAL TREATMENT

In a lecture delivered recently in Edinburgh, Scotland, Dr. Mary Macnicol stated that alcohol had long enjoyed the reputation of increasing the vital activity of various organs, but it is now regarded as a depressant, and in consequence much less alcohol is used in hospitals and infirmaries than formerly. The records of the Edinburgh Royal

Infirmery, for instance, show that in 1861 the expenditure upon alcohol was about ten dollars for each patient, while in 1917 the rate per patient was only twelve cents. Similarly in Liverpool and London hospitals the use of alcohol has greatly diminished, while the consumption of milk has greatly increased.—*Good Health*.

REVIEW OF FOOD PRODUCTS.

Messrs R. G. Paul & Co., (Triplacape High Road, Madras) have sent a tin of Banana biscuits and cakes. They are said to be made of banana flour, pure hill honey, butter, almonds and other

ingredients. They are very delicious and if what the manufacturer's claim regarding the composition is true, are bound to be nutritious. They are priced at Re. 1/- and Re. 1/4 per tin.

BOOK REVIEWS.

Memorabilia or Practical Epigrams, by Shri Yogendra, Postbox 481, Bombay, Price Rs. 2/-

Shri Yogendra is an accurate thinker and has given much thought to the problems of ordinary life. In this book he has offered us over six hundred epigrams or what he terms "practical truths" which are really thought-pro-

voking. There are many interesting solutions and ingenious remarks which you must know about love, marriage, sex, property, society, religion, morality and everything worth considering in life. We wish this to be widely read both by the young and old for the work contributes to mental health by encouraging rational thinking.

REVIEW OF PERIODICALS.

Sound & Shadow:—A monthly published by the People's Printing & Publishing House, Big Street, Triplicane. Price 4 annas a Copy. Annual subscription Rs. 3. This is a new venture in the field of journalism and its advent is quite opportune and welcome, especially when it is realized that, whereas there is an increasingly large number of people to attend shows and cinemas in our land there are very few journals to guide them. The object of the journal is indeed laudable,

which, as expressed by the Editor, is 'to avoid many of the obvious blunders' that are found in the high class film journals published in Europe and America and also to offer 'a timely and honest criticism of the films, that you proposed to see so that you might get your money's worth'. The journal is finely illustrated and the get-up is excellent. We offer our hearty congratulations to the Editor and publishers and wish the journal a long and prosperous career.

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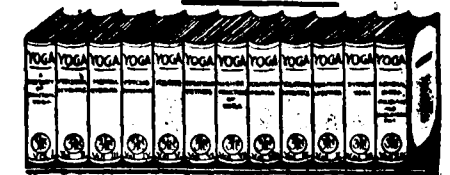
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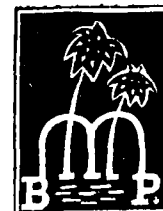
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A valuable remedy specially prepared from the best Sarsaparilla obtainable combined with several other blood purifying drugs. Largely used in a variety of diseases, such as Syphilis (primary, secondary & tertiary) Scrofula, Eczema, Psoriasis, Lupus, Glandular affections, Chronic rheumatism, Pimples, Patches Old sores etc., & various skin diseases of a syphilitic nature. *Rs. 2-8-0 a Bottle.*

SRI KRISHNAN BROS. 323, THAMBU CHETTY ST. MADRAS.

INJURIES.



However slight, like small cuts, abrasions, puncture wounds &c. should receive prompt scientific attention. Otherwise they may not heal rapidly and in many cases septic poisoning from outside sources may produce painful infection, abscess formation, and some times blood poisoning.

Our Pocket First Aid case has all the necessary things in it for the emergency treatment of all injuries. Its contents have been carefully selected after long experience. Every household should have a case.

Instructions as how to act and use the contents are printed inside the lid of each case. The case which is specially designed

for portability and neatness measures 4½ x 3½ x 1½ and has all edges and corners rounded.

Being stamped out of tin it is light and strong. The outside of the lid is attractive in appearance, having a background of dark green relieved with red and white. Contents :- Bandages 1 in., 2 in., and 3 in.; BORIC LINT; SAFETY PINS; Court Plaster, Perforated; Rubber Plaster; Carbolic Jelly; Ampoule of Iodine; Compress.

Price Rs. 2.

SRI KRISHNAN BROS., 323, Thambu Chetty Street, Madras.