

38 1935

Health

*A Journal Devoted to
Healthful Living* No 1352

Edited By Dr. U. Rama Rau & U. Krishna Rau. M.B.B.S.



Mr. K. R. Shenai, winner of 1st Prize, weight Lifting (10 Stone class)
in the South Canara Physical Culture Competition. Member of the
Balaruthi Vijamandal, Mangalore.

Vol. XIII. No. 7.

July, 1935.

Select Contents

Nutritional Diseases.

Editorial.

Malaria Fever.

By Dr. G. Raman Pillai,

Chicken-Pox.

*By Dr. L. Seshadrinathan,
M.B., B.S.*

Vitamins in Common
Food-Stuffs.

*By Dr. Jagadish Chandra
Bhattacharjee, L.M.P.*

Your Children's Milk.

*By Margaret Y. Brady,
M.Sc.*

Price 2 as.

Office :

323, Thambu Chetty St.,
MADRAS.

THE UNITED INDIA LIFE ASSURANCE COMPANY, LTD.

Head Office: MADRAS. — Established in 1906.

Trustee: THE OFFICIAL TRUSTEE OF MADRAS.

Policies in force exceed **Rs. 287 Lakhs.**
Annual Income exceeds **Rs. 18 Lakhs.**
Total Assets Exceed **Rs. 68 Lakhs.**
Total Claims paid exceed **Rs. 22 Lakhs.**

Among the distinguishing features of the Company are:—

Complete and absolute safety of Investments;

Prompt and equitable settlement of claims;

Economical Management;

Moderate rates of premiums combined with attractive bonuses and

Efficient, sympathetic and prompt service to Policyholders.

Complete information will be gladly furnished on application to the Head Office, Branch Offices, or the Representatives of the Company at various places in our Country.

"UNITED INDIA ASSURANCE BUILDINGS,"
Sembudoss Street,
Post Box 281, MADRAS.

M. K. SRINIVASAN,
Managing Director.

CONTENTS

Editorial:—

	PAGE.
NUTRITIONAL DISEASES.	121
MALARIA FEVER. By Dr. G. Raman Pillai. (Formerly Malaria Officer, Madras)	123
CHICKEN-POX. By L. Seshadrinathan, M.B., B.S., Coimbatore.	125
VITAMINS IN COMMON FOOD-STUFFS. By Dr. Jagadish Chandra Bhattacharjee, L.M.P., D.H. Railway Hospital, Siliguri, Darjeeling.	126
REJUVENATION. By R. Rajagopalan, B.A., OOTACAMUND.	130
YOUR CHILDREN'S MILK. By Margaret Y. Brady, M.Sc.	133
APPLE IN DYSENTERY.	136
A SAFETY CODE OF CHILDREN.	136
DIET OF THE ATHLETE.	137
HEALTH TIP-BITS.	138
CORRESPONDENCE.	139

GONORRHOEA?

SURE CURE
GONO-
KILLER



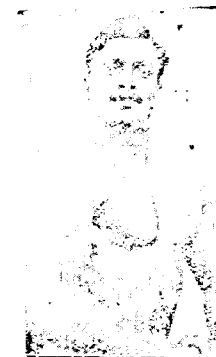
SPECIFIC for GONORRHOEA GLEET

AND ALL SORTS OF URINARY DISEASES

PRICE PER PHIAL Rs. 3-0-0.
V. P. P. Charges Extra.

Sole Manufacturers:—
Dr. D. N. JASANI,
Girgaon Back Road, EGMAY No. 4.

Robust Health in 10 Days.



More than One Hundred Thousand pupils of all ages enjoy ROBUST HEALTH and EVERLASTING STRENGTH by My Scientific System of Exercises! Why not you? If you are suffering from Nervous Break-down, Vital Depression, Constipation, Indigestion, or from any other annoying defect, so called incurable, I give you proof in 10 days that you can be cured of your malady. Write now for my FREE BOOK "My Scientific System of Graduated Physical Culture" which is fully illustrated. Send 2 annas stamp in a thick closed cover for postage with your full address to:

Prof. M. V. Krishna Rao,
Ootacamund. (S. India.)

Revised.

Second Edition.

1933 A.D.

Enlarged by addition of up-to-date treatises and illustrations. A very useful volume to all men of Medicine and the Public in General.

THE MEDICAL PRACTITIONER

With 125 Illustrations: Cloth-bound p. 650

Price Rs. 3. Postage Extra.

The Book contains Anatomy; Physiology with illustrations; Useful instructions from Medical Jurisprudence; Diagnosis; Urine-testing, Posology, Art of prescribing; meaning of Latin words, Idioms in Prescriptions; 1200 prescriptions specially useful for different diseases in alphabetical order; Art of bandaging with Illustrations; Injecto Therapy with Illustrations; Poisons with their symptoms and remedies: First aid to the injured, Illustrated. Up-to-date and outstanding phases in the Science of Surgery, Illustrated; Art of preparing useful household Medicines and full of such other important informations etc.

JUST OUT !

SEVENTH EDITION

1934 A.D.

Seventh Edition Revised and Greatly Enlarged.

THE COMPOUNDERS' HAND-BOOK

Cloth Bound Pages Over 500.

Illustrations 120

Price Rs. 2/-

Postage Extra.

It contains over Six hundred preparations of the British Pharmacopœia 1932 and other pharmacopœias. Synopsis changes in B. P. 1932. Dose of English medicines, Compounding and dispensing with Illustrations. Meaning of Latin words, Idioms used in prescriptions, Incompatible medicines, Anatomy and physiology with Illustrations, Art of Bandaging with Illustrations, Index of Diseases with their treatment, over 100 House-hold patent medicines, Table to prepare solutions, Urine-examinations with illustrations etc.

Very useful Book for Compounders and Dispensing Physicians.

For copies write to the Manager:—

MEDICAL PRACTITIONER'S OFFICE, (H) -

GONDAL
(Kathiawar.)

THE RAINBOW

A POPULAR FORTNIGHTLY MAGAZINE DEVOTED TO ALL TOPICS OF GENERAL INTEREST.

Special Features:

1. Complete solutions and comments of almost all Puzzles Published in India.
2. Film News.
3. Photography.
4. Humorous short stories and Jokes, etc., etc., etc.

Single Copy—2 Annas.

Annual Subscription Rs. 3.

Those who enrol themselves as subscribers within the 20th March, 1935 need send only Rs. 2/8/-

WANTED:—Contributors, and Agents to sell this popular Magazine throughout India, Burma and Ceylon.

For Particulars apply to:—

The Manager, THE RAINBOW,
Washermanpet, :: :: MADRAS.

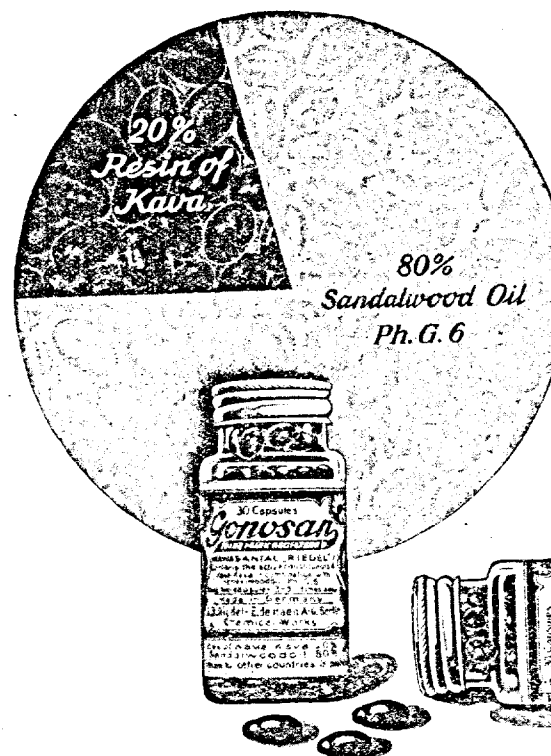
Degrees!

Books!

Medicine

H.L.M.S., H.M.B., H.M.D., Baidyan etc. Homœo-Ayur-Unani free degree by regular and postal tuition examination. No degree fee. Homœo Materiamedica Rs. 5. Homœo-Practice of Medicine Rs. 4. Independent bread Enclose 2 annas stamps:—

HOMŒOPATHIC INSTITUTE,
P. O. Mahuva (Kathiawar Dist., India.)



For
internal
treatment
of
Gonorrhœa.

Sole Agents:—T. RAMACHANDRA RAO, 153, Broadway, Madras.

THE HAPPY VALLEY

is the holiday resort in the East.

To reach a market of 36 lakhs of people plus thousands of visitors from all over the world of all castes, creeds, colours, and nationalities,

THE KASHMIR TIMES

The first and the only English newspaper published in Jammu & Kashmir State having an area of 84,000 sq. miles

IS THE ONLY MEDIUM

An advertisement in the Kashmir Times increases sales because the paper is a more selling force than the commodity advertised itself. For rates and particulars write to

Manager,

THE KASHMIR TIMES,

Srinagar, (Kashmir) India.

KRISHNA HAIR OILS

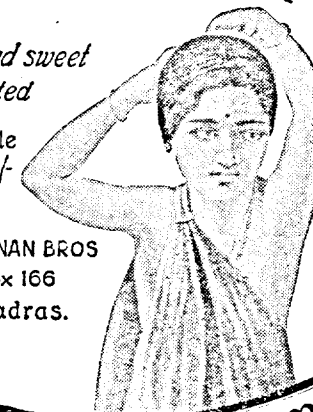
PERFUMED
JASMIN, RED ROSE OR WHITE ROSE

Pure and sweet
scented

As 12 a Bottle
3 Bots Rs. 2/-

SRI KRISHNAN BROS
P.O. Box 166
Madras.

I use none, but them



HERE'S
THE
REAL
SOAP
WITH
NEEM
IN IT



MARGO SOAP

TOILET MEDICINAL ANTISEPTIC-GERMICIDAL

Made by the Exclusive Patent Process of Deodorising known only to us.

THE CALCUTTA CHEMICAL CO., LD.,
Ballygunge, Calcutta.

Agents: **SRI KRISHNAN BROS.**
P. O. Box No. 166, Madras.

Whooping Cough

Don't allow your Children to go on for 3 months helplessly struggling in the grip of a prolonged and suffocating Cough until it turns into Pneumonia and Asthma when you can cure them within 12 days with Dr. Pereira's Whooping Cough Specific. Rs. 2-12-0 per bottle.

Asthma Cure

If you have failed with other medicines, make a last trial and be sure to succeed, as has been the case with so many. Rs. 4-8-0 per bottle.

Antidiabetin

It's use for six months will restore you to your former condition, being free from your long standing Diabetes. Rs. 4-12-0 per bottle. PEREIRA & Co., Calcutta, Rs. 20 Calcutta (S. India).

Madras Customers Apply to:—

Mrs. C. REGO,

Opposite Railway Institute, Perambur.

ARYAVAIIDYASALA

P. S. VARIER'S

Reliable Ayurvedic medicines with instructions and suitable prescriptions for all kinds of formidable diseases can be had from:

THE MANAGER,

Aryavaidyasala, Kottakkal, S. Malabar

No more risk of operation

ULCERINE (REGD.)

A time-honoured, trustworthy remedy that Without operation cures Piles, Fistula, Sinuses, Gangrenes, Whitlow, Carbuncles, Necrosis, Otorrhoea, Ozina, Syphilitic Sore, Cut, Burn, any foul ulcer etc. It is also taken internally as the best blood-purifier. Operated wounds of any extent healed in a week. 1 Bottle Rs. 1-4.

TRY COCOANUT BRAND

Lotus Honey—For all sorts of Eye diseases even Cataract, Glaucoma, Granular lids, redness, watery Eye, etc., without knife the nature's safe remedy. ½ Dram Rs. 1-4, 1 Dram Rs. 2, 2 Drams Bottle Rs. 3-8, 4 Drams Rs. 6.

Postage extra, ask for free particulars from NEW FORMULA Co., Kandi, Bengal or from

AGENTS:

DADHA & CO., 52, Nyniappa Naicken St.

SRI KRISHNAN BROS.

323, Thambu Chetty Street, Madras.

IMPAIRED VITALITY

Restored by Dr. Kotah's

Dathu Vriddhi Lahyam

Known as

KAMADHENU

The Best Nervine Tonic and Rejuvenator

It cures Loss of Virile Power. It increases Sexual Power and strength, improves complexion and enkindles the digestive Fire. It enhances comeliness of features and removes the effects of age and imparts power to an octogenarian.

Price 1 lb. Rs. 5; ½ lb. Rs. 3.

For complicated Cases

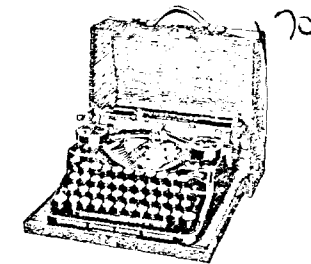
The Siddha Swarna Bhasma

to be used along with the above 25 powders Rs. 5 only.

Dr. KOTAH'S M. S. MEDICAL HALL,
146, Broadway, Madras.

Consult for all your ailments however obstinate it may be Dr. Kotah Jayaram Naidu.

UNDERWOOD PORTABLE TYPEWRITER.



The New Underwood Portable has the same keyboard as Standard Office Machines. It's sturdy & strong. In every phase of its construction—"It's more than a Portable; it's an Underwood."

Agents:

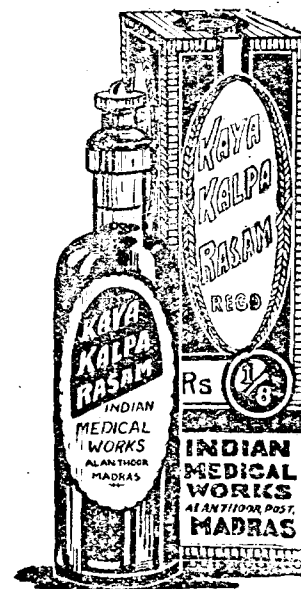
BYRAMSHAW & CO., LTD.,

Mount Road, Madras

Phone: 3645.

Telegram: 'MINORU.'

KAYA KALPA RASAM (Registered.)



"This is reputed throughout the world to be an "Elixir" for all kinds of ills. It is a specific for several kinds of fevers, headache, cold, sore throat, neuralgia pain in the nape of the neck, guinea-worm, hip pain, apoplexy, indigestion, convulsions, foul-belching, diarrhoea, wind in the system, want of appetite, rheumatism, toothache, foul breath, pyrexia of sexual origin, Amenorrhoea, cholera, plague, respiratory diseases, infantile convulsions, whooping cough, and a host of other diseases. If used in drops internally and externally, you can be sure of instantaneous cure. It acts like a physician in every family. Try once and you will be convinced of its efficacy

Price per bottle Rs. 1-8. Postage Extra.

INDIAN MEDICAL WORKS,

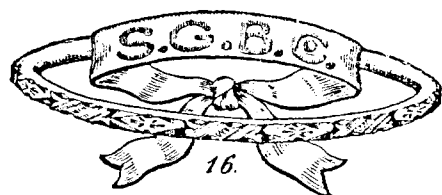
Alandur Post,
MADRAS.

234, Govindappa Naicken St.,
MADRAS.

SCIENTIFIC GOLD JEWELLERY

Highly Appreciated by

High Court Judges, Ministers
to Government and other
Eminent Public Men



Full Catalogue Free.

The Scientific Gold Bangles Co., Ltd.

Head Office:—43, Byragimattam Street.

Branch:—104, China Bazaar Road.

Post Box No. 203,

MADRAS



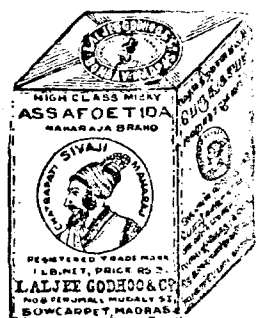
FASTER THE NEW ROYAL PORTABLE TYPEWRITER

Cash or Hire Purchase

Send for Literature

ADDISON & CO., LTD.,
Mount Road. - Madras.

HAVE YOU EVER USED OUR



H HATRAPATI
SIVAJI
MAHARAJ
BRAND PURE
ASAFOETIDA.

It has a rare
distinctive
flavour &
taste of its
own. Many
Ayurvedic

and Unani Pharmacies also use it.

A half pound costs only Rs. 1-8-0.

V. P. Extra.

Laljee Godhoo & Co.,

Sowcarpet, Madras.

Founder: Sh-i Yogendra

Established: 1918.

YOGA

The Official publications of
the Yoga Institute of
INDIA.

Yoga Personal Hygiene: "A monumental work on the
Yogic Physical Culture." JUSTICE. Prefaced by J.
W. Fox, M.D. Pp. 327. with 51 Illus. Rs. 10/-; 21/-;
\$ 5.00.

Rhythmic Exercises: "A new scheme of Physical
Culture." BOOK REVIEW. Seventh Thousand.
Pp. 78, with 19 Illus. Re. 1/-

Breathing Methods: "An ideal book on methods of
breathing known to Orientalists." HEALTH.
Second Reprint. Pp. 74, with 8 Illus. Re. 1/-

Way to Live: "Here is health in a nutshell." MODERN
LIVING. Second Reprint. Pp. 96, with 11 Illus. Re. 1/-

Life Problems: "It is a book that can thrill and shake
your whole existence." JUSTICE. Third Edition.
Pp. 144. Rs. 2/8.

Easy Postures for Woman: By SITA DEVI. "A Text for
the gentle sex in their study of practical Yoga."
Second Thousand. Pp. 64, with eleven Illus. As.
12/-; 1s. 6d

Simple Meditative Postures: "To the earnest students
of Yoga, this work is indispensable. Second
Thousand. Pp. 72, with 15 Illus. As. 12/-; 1s. 6d.

Can be had of

MESSRS. SRI KRISHNAN BROS.,

Post Box 166, Madras.

Health

*A Journal Devoted to
Healthful Living*

Edited By Dr. U. Rama Rau & U. Krishna Rau, M.B.B.S.

Published in

ENGLISH, TAMIL, TELUGU AND CANARESE.

Annual Subscription for any edition Rs. 1-8. Foreign Rs. 2. Post paid.

Editorial and Publishing Offices:—323, Thambu Chetty Street, George Town, Madras.

EDITORIAL

Nutritional Diseases

IN the history of the growth of scientific medicine, various theories have been put forward from time to time for the causation of diseases. There were the days of "Heredity", when diseases were traced generally to one's parents and forefathers. Then came the period of 'Infection'. Under this heading, air was first accused of as the chief offender in the propagation of diseases and malaria was at one time considered to have originated from bad air (mal-air). Water was the next culprit and we have still a number of air-borne and water-borne diseases prevalent but it is neither the air nor the water that is responsible for a particular disease. It is the germ that is carried through the air or contained in the water that always causes the disease. This period of Infection through germs is now being slowly supplanted by 'Nutrition'.

Many diseases have now been grouped under 'Deficiency Diseases' and much research has centred in the study of diseases resulting from the diminution or absence of particular Vitamins.

Enough has been said already about Vitamins in the columns of "Health" that it is needless for us to dilate upon them here. There are six kinds of Vitamins known to the medical world to-day viz., A, B, C, D, E & G. The characteristics and properties of these Vitamins have undergone tremendous changes in recent years and the last word has not yet been written on any one of them. *The Vitamin A deficiency* renders the body more susceptible to respiratory infection. There are also two types of changes on the eye from vitamin A deficiency viz., (1) night blindness. (2) Xerophthalmia, Zerosis or

Keratamalacia—all of which have to do with changes in the Epithelium of the eye-ball and para-ocular glands.

Vitamin B is the anti-neurotic vitamin. It is definitely concerned with growth. Patients in whose diets this vitamin is absent develop anorexia and neuro-muscular symptoms suggestive of beri-beri, of which it is the recognized causative factor. This vitamin is required in large quantity for successful mammary function. It is intimately associated with vitamin G.

Vitamin C is the anti-scorbutic vitamin. It has recently been suggested that deficiency of this vitamin plays a part in female sterility and in some instances of habitual abortion and premature delivery. Clinically, it has been found that in addition to scurvy, vitamin C deficiency causes decay and loosening of teeth and decalcification of bones.

Vitamin D deficiency causes rickets. It is an indispensable accessory food factor in proper growth and nutrition. *Vitamin E*, is related to reproduction. The knowledge about this Vitamin is still scanty.

Vitamin G, is the anti-pellagric vitamin. "Klander and Winkelman have demonstrated that alcoholism may contribute its share in the onset of pellagra as the history of their patients was uniform concerning alcoholism of year's duration and the appearance of symptoms of pellagra after a debauch lasting several weeks or months during which time little food was eaten".

Elsewhere, in this issue, appears an article on 'Vitamins' wherein is given the list of food-stuffs containing

these Vitamins and their proportion and it may advantageously be read with this article.

Apart from vitamins, there is another factor which is generally overlooked in Nutrition and that is, water. As a matter of fact, its importance is second only to oxygen. It is the vehicle which carries nutrition to the cells and carries away the waste products of metabolism and furnishes the medium for all intracellular chemical changes. About 70% of the entire body weight is water, so, we must have a sufficient intake—i.e., about 9 glasses of water per day are required for a healthy person. Here we have a significant finding recorded by Dr. Rufus S. Reeves, M.D., of Philadelphia in his article on 'More Recent Ideas of Nutrition', published in 'American Medicine-April '35, from which we have freely drawn materials for the purpose of this article, and that is, that drinking water at meal time is more an aid than a hindrance to digestion, contrary to the already established theory on the subject. He says:—"Before concluding my remarks on water, I want to stress the fact that drinking water at meal time accelerates rather than hinders digestion—this fact has been proven in the laboratory more than once".

There are again certain deficiency diseases, which are the result of mineral deficiencies. It has been estimated that the human body contains about 7 lbs of mineral matter of which about 5/6th is in the bones. All these mineral ingredients are of course obtained from the diet and they are necessary for the building up of tissues and organs. Recent estimates of the amount of some of the chief

mineral ingredients of the diet required per day are as follows:—

Phosphoric acid	...	3 to 4	grams
Sulphuric "	...	2 to 3½	"
Pottassium Oxide	...	2 to 3	"
Sodium "	...	4 to 6	"
Calcium Oxide	...	1 to 1.5	"
Magnesium Oxide	...	0.3 to 0.5	"
Chlorine	...	6 to 8	"
Iron	...	0.006 to 0.012	"

The amount of mineral matter found in an ordinary mixed diet is more than sufficient for all the needs of the body and is estimated to be about 20 grammes exclusive of the addition of salt in the culinary preparations.

The subject of 'Nutrition' has of late attracted the attention of the medical profession and the Far Eastern Association of Tropical Medicine have decided to bring this topic before their next congress, as can be seen from a communication published at the end of this journal. We trust newer ideas and materials will be forthcoming as a result of their discussions and deliberations, which will contribute more to the health and happiness of human beings.

DENMARK CONQUERS SYPHILIS

For a century and a half Denmark has been fighting syphilis. Now comes the word that the disease is conquered, and Hamlet's remark, "Something is rotten in the state of Denmark," is not so applicable. Compulsory treatment, penalties for infecting others, a very careful filing system of cases and follow-up tests for several years after treatment, have solved the problem of syphilis, one of the greatest public health problems almost everywhere. All patients, high or low, rich or poor, male or female, of good or bad character, are alike subject to the same regulations.—THE ORIENTAL WATCHMAN.

Malaria Fever

By

DR. G. RAMAN PILLAI,

(Formerly Malaria Officer, Madras.)

WE get the malaria fever when a mosquito with the disease bites us. The healthy mosquito's bite does not give us the malaria fever or any other disease. But when the mosquito sucks in the blood of a patient, the insect swallows the germs of disease. These germs grow in the body of the mosquito but do not kill it. The diseased mosquito, on next biting a healthy man, injects the germ into his blood. The germs, now in the man's blood, rapidly multiply and cause the fever and other symptoms of the disease.

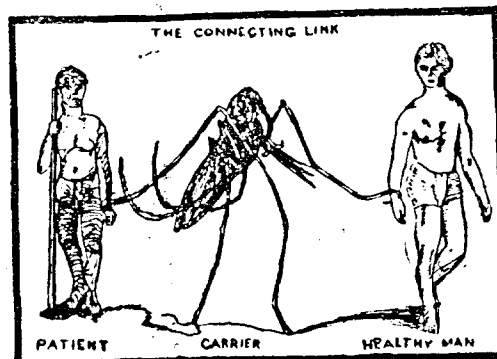
If there were no germs, there would be no malaria of course. But the germs are found in nature as other living beings: and we have to fight them to be saved from them. If there were no mosquitoes there would probably be no malaria in man; but the mosquito is also found in nature and we have to fight them too, and keep them from biting us. We have had the mosquitoes with us for ages; but they did not always bring us malaria. We have had the dogs with us for ages; and yet we did not always contract 'rabies' (mad-dog disease) until the dog got mad (=rabid). It is therefore the diseased animal or insect (mosquito) that brings us also the disease. It follows that diseased animals should be destroyed if possible. Dogs are useful to us but mosquitoes are not by any means so.

If the killing of all mad dogs can save us from rabies, the killing of all

52
L: \$m 211, 223 11-1231 13.7-8

mosquitoes can save us from malaria too. But the killing of every mosquito is not possible; we can only reduce their number by actively fighting them where their eggs are laid for breeding their kind, when they are near our habitations. It is clear that if we reduce their number we shall reduce the number of chances of their carrying fever germs.

There is another important way to reduce malaria. If the mosquito cannot bite a feverish man, it cannot



obtain the germs to carry to another man. We have therefore to see that men with fever are not allowed to be bitten by the insect. Also, if our treatment of patients is effective, and if the germs in their blood are killed off by drugs, there will be no germ for the mosquito to swallow, and consequently no germs to carry to another man. But how to kill off the germs in a man's blood? This is done by means of drugs or medicines diligently given. If the treatment by these drugs is not thoroughly carried out, only part of the germs are killed: and the man's blood still contains the germs ready to be sucked by the next mosquito that bites him. Ineffective treatment is the chief cause of the disease still clinging to man.

Man is the store-house of the germs.

The disease spreads because partly treated men are among us.

The killing off of the elusive mosquitoes is a more difficult problem than the killing off of the germs that are already in man. In practice, both methods are attempted, as each of them can only be partially successful.

To destroy all the germs in man, the most effective plan is to treat all the cases in hospitals where all the up-to-date medicines are available and where qualified doctors can treat patients as in-patients until they can be sent home free from germs, in their blood. Patients cannot know when they are rid of the germs and therefore when to continue or stop treatment. We shall require a number of malaria hospitals for this. This would be costly; but there is no other way of stamping out the disease effectively at present. The disease is spreading from place to place; and it does not depart from places it once visited.

Money spent in time when the disease is limited would save uninfected areas that otherwise are certain to be infected in due course. Vigorous measures in the beginning will be rewarded, and cost in money should be no consideration. The cost in labour, in earning capacity, in revenue to the state, in health, in lives would be tremendous if the disease runs its own course.

The rains would no doubt reduce the number of mosquitoes breeding; but the thousands of human beings who have already got the disease cannot easily be cured or freed of the germs, unless they are vigorously treated. These thousands of victims are as many sources of spread of disease unless they are dealt with as suggested.

Chicken-Pox

By

L. SESHADRINATHAN, M.B., B.S.,

Coimbatore.

I PROPOSE to write a series of articles on contagious and infectious diseases, and I begin the series with Chicken-pox, as I have just had to deal with an epidemic of Chicken-pox in my own family.

This disease is known as "*Chinna Ammai*", "*Nirkuluran*" or "*Vilaiyatu Ammai*" in Tamil. Before one notices the rash, there is very rarely any fever etc., but some cases do have pain in the back, pain in the calf muscles, head-ache and low fever and only when the eruption comes out is the nature of the disease known.

At first all one notices is a crop of reddish spots which look like mosquito or bug-bites which in the course of 12 to 24 hours turn into vesicles—that is—appear like a bubble of clear liquid placed upon the skin. These vesicles may or may not be surrounded by a small reddish area. These clear transparent vesicles soon turn translucent and cloudy and within two or three days begin to dry up leaving yellowish or brownish scabs which fall off in the course of the next few days. Low fever and pain in the body and limbs may be present for the first two or three days. The rash is generally first noticed on the chest: but the face, trunk, and limbs may also have them. This disease is very rarely dangerous to life and it is most common in children, though infants and adults are also sometimes affected.

One attack usually protects one for the rest of one's life. Vaccination does not protect against chicken-pox, nor does an attack of chicken-pox prevent one getting small-pox. These two diseases are quite separate entities, though severe forms of chicken-pox may lead one to suspect small-pox. In small-pox there is usually high fever for 2 or 3 days before the eruption is noticed and is attended with severe pain in the back and limbs and head-ache, and the eruptions when they occur are found more on the limbs than on the trunk. Again, in small-pox the vesicles when they turn turbid get depressed in the centre and seem to arise from *within* the skin whereas in chicken-pox they seem to be placed *on* the skin.

By way of treatment in chicken-pox, nothing much is necessary. Isolation in a well-ventilated room is essential especially in households where there are other children about, though in spite of all precautions many children get the attack one after another. The period in which the disease develops in any individual is about 15 days from the day of infection.

It is interesting to record here my observations on the epidemic I have just passed through. A relative of mine was suffering from chicken-pox sometime ago and was isolated at one of the I. D. Hospitals at Madras. Though he was not supposed to write himself to anybody from the hospital, he did write to his family a letter (which was of course carried by the post) and exactly fifteen days after receipt of the letter, one child was taken ill and the same evening the rash made its appearance, and by the

time I write this, nine children have had the attack, one after another, the last one to have the attack being a nursing mother with a two months old baby. This put me in a fix whether to allow the mother to nurse the baby or start weaning at such an early age. The popular belief that 'Ammai' does not enter the cradle is true to a certain extent. The mother's milk contains antibodies to the virus causing the disease and is very likely to protect the child. The baby has already had exposure to infection atleast up to the moment that the mother's condition was recognised and perhaps getting through with the attack in the baby also is the lesser evil than taking the child off the breasts and start hand-feeding. Another interesting point to record here is the admission of the relative in the Madras Hospital of having *licked* the envelope for sealing it. The contagion was therefore most probably spread by his saliva. Besides the number of children in his own family, God only knows

whether any of the postal or railway officials who handled the letter got the disease. Incidentally, apart from the unaesthetic aspect of licking envelopes and stamps, this shows us the danger of spreading an infection like chicken-pox.

Apart from isolation, clean, light linen, easily digestible light food, and attention to the bowels are all that are necessary. To prevent the child from scratching, it may be necessary to apply carbolised oil (1 in 50) or weak Condyl's lotion to the eruptions and the child must be isolated especially when the scabs begin to drop off as these scabs cause rapid contagion. Generally 10 to 15 days of isolation after the scabs begin to drop off will be enough.

When the scabs begin to drop off, the child must be given daily baths with a mild antiseptic soap like Wright's coal tar soap or weak carbolic soap.

In some weakly, under-nourished children, sores might be lingering after the attack and attention to general health and cleanliness will soon improve the condition.

Vitamins in Common Food-Stuffs

By

DR. JAGADISH CHANDRA BHATTACHARJEE, L.M.P.,

D. H. Railway Hospital, Siliguri, Darjeeling.

THE readers of the 'Health' are aware of the usefulness of vitamins for the growth and maintenance of our body. We like to take up the subject of vitamins for discussion and give here a brief description of the common vitamins together with a list of common food-stuffs containing relative quantities of different classes of vitamins.

Vitamin A

Fat-soluble Vitamin A.—It is a colourless fluid substance soluble in fat or oil. Its precursor in vegetable kingdom is a yellow coloured substance called carotin, found in most green vegetables, which is collected by animal organs from food and from it, the vitamin A is manufactured in the body.

It is an anti-infective agent and

hence its deficiency in man increases susceptibility to infection by the micro-organisms. It maintains the resisting power and nutritions of the epithelial cells of the lining membranes of mouth, bowels, lungs, kidney etc., and hence its prolonged deficiency in food leads to diseases of these organs. Eye is specially susceptible to its deficiency and hence eye diseases like xerophthalmia and night blindness follow its deprivation.

It is available in butter, yellow of egg, liver oil of cod and Halibut fish, liver of herbivorous animals, fresh vegetables, cabbages, lettuce, *Palong sag*, tomatoes, mangoes, carrots etc. In the biological laboratories of Bengal Chemical, Calcutta, country fishes—*Dhain*, *Vetki*, *Chital*, *Mrigal*, *Rohit*, *Ilis*, *Tengra*, etc., have been found to contain vitamin A in their liver. Though it is not destroyed by ordinary heat required for cooking, yet, prolonged heat in the presence of oxygen destroy it. Hence, the amount of vitamin A in *ghee* is much less than the amount contained in butter.

Vitamin B

According to their actions on different organs, the former vitamin B complex is now recognised to be composed of two component factors: B₁ and B₂.

Water soluble vitamin B₁.—It is a water soluble substance which has been recently isolated in crystallised form, from the yeast. It is an important accessory food factor, which is essentially required for nourishment of brain and nerves, and which increases the digestive functions and activates the digestion of carbohydrates (starchy food). It is a specific for the treat-

ment of beri-beri and epidemic dropsy and is used as a powerful preventive too. It is also useful as an adjunct in the treatment of diabetes.

It is available in plenty in germinating wheats and grams, wheat brans, rice polishings and rice embryos, yeast, peas, lentils, yellow of egg and potatoes. It is found in less degree in green vegetables and leaves. The amount available in milk is scanty. It is destroyed in presence of alkalies and prolonged heat.

Vitamin B₂.—It is regarded as Pellagra-Preventing Factor (P. P. F.) and is water soluble. Pellagra is a disease characterised by severe bowel disorders, ulcers in the bowels, lesions on the skin, headache, mental and nervous debility and is said to be caused by deficiency of vitamin B₂ in diet. Recently attempts have been made to isolate crystallised vitamin B₂ from whey, white of egg, urine, kidney and liver of animals, which has been successful to some extent.

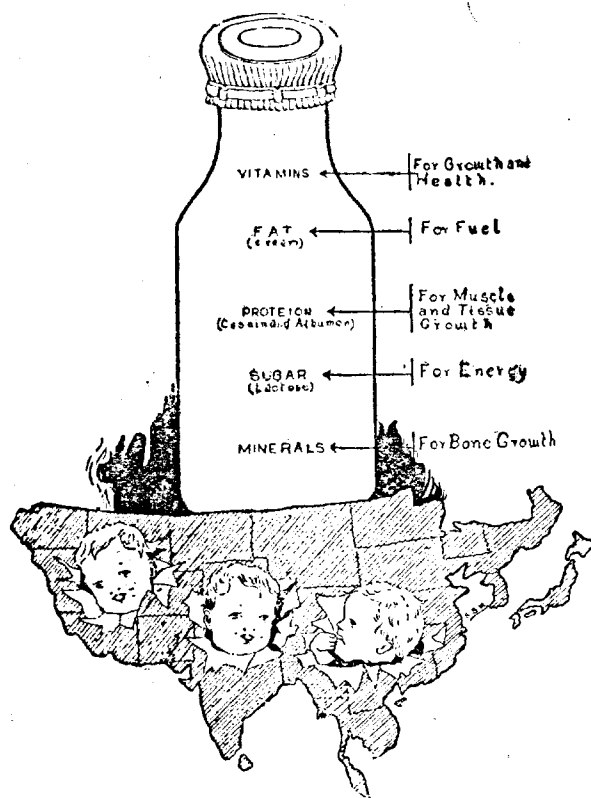
It is said to carry oxygen like haemoglobin in the blood (Warborg, Germany). Ingestion of vitamin B₂ in the form of yeast is said to increase the quantity of vitamin B₂ in the milk of suckling mother, which is essential for the growth of infants.

It is comparatively plenty in yeast, liver, kidney, white of egg, cabbages, *Motor dal*, *Sank aloo* (Bengal Chemical). It is not found in pulses, even not in germinating grams (B₁ available). It is not easily effected by heat but is spoiled in the presence of alkalies or if exposed to ultra-violet rays.

Vitamin C.

Vitamin C.—is water soluble and called 'antiscorbutic'. Scurvy is a

disease characterised by general debility, lack of energy, bleeding gums, internal bleeding in muscles and other organs, pain in the limbs and body, caused by deficiency of vitamin C in diet. Formerly when nothing of this vitamin was known, a large number of soldiers and sailors used to die every year of this disease, as no vitamin C was provided with their diet either in the form of fresh fruits or green vegetables. Recently, Reichstein of Switzerland and Herst of England have synthesised vitamin C. It is called 'ascorbic acid' available in the form of white crystals and is largely being used in the navy and by the sailors and soldiers. Up to the 5th month of age, infants can manufacture vitamin C in their system and hence



Safe milk-the foundation of a healthy nation.

from 5th month onwards vitamin in the form of orange juice must be supplemented to their food.

Vitamin C also helps to carry oxygen like vitamin B₂. It is also required for growth. Vitamin D cannot work in the absence of vitamins A and C. Found naturally in orange, tomatoes, (A & C plenty), *Pati* and *Kagji* lemons, pineapples, mango, grapes, fresh ripe chillies, potatoes, onions, cabbages, cauliflower, germinating grams, peas, green leaves, etc. It is destroyed by heat.

Vitamin D

Vitamin D.—Is required to regulate calcium and phosphorus metabolism in the body. Its deficiency in diet leads to rickets and osteomalacia. Ricket is a disease commonly found amongst children and is characterised by deficient growth, malnutrition of bones, which are soft and often cause deformity. The child is always irritable and suffers often from digestive disorders. Osteomalacia is also a disease of bones, which leads to softening and deformities of bones and the disease is very much prevalent amongst the pregnant women in some parts of India. It also participates in physical development of children and formation of bones and teeth.

Vitamin D is fat soluble and found mostly in cod and other liver oil, yellow of egg and milk (butter). Artificially vitamin D can be obtained by irradiation of a chemical substance called 'Ergosterol' by ultra-violet rays. Ergosterol is prepared from yeast but is also

found in our skin; hence manufacture of vitamin D in our skin in the presence of sunrays. As the growing children need it most, they must be allowed to play exposed in sun in some hours of the day. The diet of pregnant women must contain plenty of vitamin D. Milk of healthy cow, which grazes in open air and eggs are the easy sources of administering vitamin D, otherwise some proprietary preparations containing calcium and vitamin D may be given with advantage.

Vitamin E

It is a fat soluble vitamin, which influences the reproductive function. Though much has not been known about it, yet its deficiency has been known to cause abortion in early part of pregnancy. Due to want of vitamin E, males lose their reproductive function altogether and the females lose it to some extent. If taken much for a long period, it is said to accumulate in the system. It is found in oil of embryos of maize, oats and wheats. Amongst green vegetables, it is commonly found in lettuce and germinating grams.

With a view to enable our readers to select their articles of food, the writer intends to incorporate here a table showing the relative amount of important vitamins available in common food stuffs, collected from works of different research workers.

Table showing the Vitamin Contents of Food.

Articles of food	Vitamin A	Vitamin B	Vitamin C	Vitamin D	Vitamin E
Apple	+	+	++		
Banana	++	++	++	Variable	++
Beet root	+	+	+		
Bread made with water...	+	++			
Butter	++			++	++
Butter milk...	+	+	+		
Cabbage					
cooked	+		+		
Carrots					
cooked	+	+	+		
Carrots raw	++	+++	+		
Cauliflower					
raw	+	+	+++		
Cocoanuts	+	++		+	
Cream	++	++	+	+	
Cucumber	+		++		
Dried milk (whole)	+++	++			
Eggs-yolk	++	+++	—	+++	++
Fish (fat)	++	+			
Grape-fruit	++	+	+++		
Grape juice		+	+		
Green beans	+	++	+		
Kidneys	++	++	+	+	
Lemon juice	+	+	+++		
Lentil	+	++	+		
Lettuce	++	+++	+++		+++
Liver	+++	+++			++
Maize	+	++	—		+
Mango	++		+++		
Milk condensed	++	++	+	+	+
Milk Fresh	++	++	+	+	+
Molasses(cane)		++			
Oats	+	+			+
Onions	+	++	++		
Orange juice	+	+	+++		+
Peaches	++	+	++		
Peas Fresh	++	++	+++	+	
Pepper (green)	++	+	+++		
Pineapples	++		++		
Potatoes (cooked)	+		++		
Pumpkin	++	+	+		
Raw cabbage	++	+++	+++		
Skimmed milk	+		+		
Spinach, Fresh	++	+++	+++	+	
Tamarind			+		
Tomato, raw or preserved	++	+++	+++		
Turnip	+	++	++		
Wheat bread made with milk	++	++		Doubtful	
Wheat bread made with water		++			+++
Wheat bran	++	+++			
Wheat grain	++	+++		+	
Whole barley	+	++			

Rejuvenation

By

R. RAJAGOPALAN, B.A.,

Ootacamund.

REJUVENATION! It is a magic word attracting the old and the indiscreet young. Modern civilisation is sapping out the life blood of the young, and the aged are not the same old strong men, who can walk ten miles with

shrunk old man into a veritable *Atlas*! There are compact little tabloids replete with all the three Vs. There is again that reputed gland treatment which instils into a decrepit body all the agility and virile power of a young monkey—Of course, I am not repudiating the efficacy of the monkey gland treatment, but is it within the reach of every man?

2. Coming to the physical aspect of a human system, senility is caused by the decay of tissues and the weak-



AUNDH BOYS IN PHYSICAL ACTIVITIES

Under the auspices of the chief of Aundh, boys are trained in all the different kinds of physical culture, in drilling and physical displays of the Indian Danda etc. Physical training is compulsory in the State.

ease, subsist on two meals a day and keep up the erect pose. Vim, Vigour, Vitality! These words draw mankind to advertisements as iron is drawn to a magnet. Every one likes to possess the strength and spirit of youth. But how to get them? There are tonics—too many in the market to choose from—which will convert a

ening of the vital organs in the body as age advances. Premature aging may be the effect of sudden grief, worry due to pecuniary wants or starvation. Chronic illness also has an influence in aging one very soon. Lastly and the worst enemy of age is indiscretion in youth and licentiousness. Rejuvenation is the process of

recuperating lost vitality and building up of fresh tissues, with the result the body attains the lustre of youth.

3. To obtain the erect gait and all round strength the spine is responsible. It is the spine that has direct control over the vital organs. "Old apple tells the tale" reads an advertisement for a face cream. True that an old man's face is a shrunk mass of lines and the complexion is swarthy. The

muscles. As a result of his achievement he has published a book on old age and as a convincing proof of what he says he has started with two photos of his own self depicting him at the ages of 50 and 72. Another instance of the influence of exercises over age is that of Paulinetti, the world famous equilibrist, performing his stunts with the ease and agility of a boy at the age of *Seventy*. We have



AUNDH GIRLS IN PHYSICAL ACTIVITIES

Under the auspices of the Chief of Aundh, girls are trained actively in drilling and in all the different kinds of physical exercises. Physical training is compulsory in the State.

permanent rejuvenation of the face must come from within and liver is responsible for it. "Liver makes to live" goes the saying.

4. Physical exercises have a decided effect over old age. Sanford Bennett started doing exercises at the age of 50 with a body a loose bag of bones. At the age of 72 he was a *young* man of

heard of yogis who have reached the century mark and yet going strong. The secret of it is that they practise a form of physical exercise though their ultimate object is to enjoy the life's real bliss through meditation. For undisturbed meditation the body should be perfectly healthy. That is the reason why the yogis are expected

always be borne in mind that milk is a food and not a drink. It should never be taken between meals to allay thirst, and when taken at a meal it should almost be the meal, and not be taken in addition to a lot of other foods. For instance, a glass of milk (i.e. half a pint) with some fruit is an ample breakfast or tea. The supposed indigestibility of milk is often due to the fact that it is gulped down (sometimes more or less under protest) at the end of a good big meal of bread and butter and cake.

The "Milk Diet".—The proteins, fats, and carbohydrates present in milk, in particularly easily digested forms, and the presence of organic mineral salts and vitamins, make milk an invaluable aid in many illnesses. It should not be taken by anyone during a period of *acute* illness, i.e., when suffering from a heavy cold, or when there is any temperature, but as a rebuilding agent after disease it is nearly unsurpassable. This fact is recognised and made use of in the "milk diet," a scheme by which the patient lives entirely on quantities of milk for about six weeks. Half a pint of milk every halfhour for ten or twelve hours a day is taken, 4 to 6 quarts of milk being consumed according to individual requirements. The exceptional properties of milk are shown by the fact that such a diet rejuvenates the whole system, supplying essential materials to all parts of the body. The fact that large quantities of water are necessarily taken at the same time as the actual "food" part of the milk is advantageous, because it helps to wash out toxins and poisons previously accumulated in the system. *Milk itself is singularly free from toxin-*

producing materials. The milk diet has been successfully used in such conditions as nervous troubles of all sorts, general debility, stomach and digestive troubles, catarrh, rheumatism, and constipation, also in the early stages of tuberculosis, diabetes, and Bright's disease, to mention only a selection. Its wide application is understandable when one realises that the large quantity of fluid taken not only helps to wash away accumulated poisons, but also ensures a larger quantity of fluid-circulating the body, improving the circulation of the blood, and supplying the whole system with indispensable food in a readily digested form, without undesirable toxic residues. While it is possible to continue with many sorts of work when on this diet, it is preferable to have a great deal of extra rest at such a time. The diet is usually constipating, and may need the regular use of an enema, and also supplementing with fruit juices.

Commercially supplied Milk.—*The special healing properties of milk apply to fresh unboiled milk, but it is not always possible to get such milk. In towns milk is supplied in some of the following forms:*

Certified milk (raw milk, produced from inspected cows under exceptionally hygienic conditions cooled and bottled straight away).

Grade A, T. T. milk (pasteurised or unpasteurised).

Grade A milk (pasteurised or unpasteurised).

Pasteurised milk,

Sterilised milk.

Certified milk is the best milk to use for babies and young children, although it seems rather expensive.

If this is impossible, unpasteurised grade A, T. T. milk is the next best, but it is not always possible to get it unpasteurised. For babies, it should be pasteurised at home according to the suggestions given at the end of this article. Sterilized milk is usually less desirable, as it has been subjected to much more heat than pasteurised milk.

Certified milk can be given to babies without pasteurising at home, or boiling. Although many people advise boiling this milk, it is really a great mistake.

Boiled milk is spoiled Milk.—Although in the ordinary processes of cooking it is difficult never to boil milk, still, as much milk as possible should be taken in the raw or unboiled state, for to a considerable extent boiled milk is spoiled milk.

The idea of boiling the milk is that it is necessary to kill harmful germs which can multiply rapidly in milk. While it is true that boiling does kill these germs, it also destroys useful bacteria and enzymes, and other changes take place in the milk which are definitely detrimental. That changes *do* take place when milk is boiled is quite easily demonstrated. For instance, when milk is just heated, long before it reaches boiling-point, a skin is formed, and when it reaches 80°C. the typical "boiled" taste is noticeable. Heating milk above 60°C. also impairs its ability to be made into junket, but when actually boiled more serious changes take place. As the temperature of milk rises to 100° C., gases begin to be given off, and changes in the constituents modify the taste and odour. Most important of all, calcium is deposited in the

form of calcium citrate. This can be seen on the bottom of a saucepan in which milk has been boiled. This wastage of calcium is extremely important where children are concerned, for the calcium requirement of a growing child is greater than that of an adult. This is because they need additional calcium for bone formation and growth, as well as for daily metabolism. Dr. Sherman found that children can utilise the calcium in milk more readily than they can the calcium in vegetables, so it is essential not to deprive them of this element in milk by boiling it out of solution.

When children are to have their milk warmed, by far the best way to prepare it is to put the milk in a double pan and heat the water outside. As soon as the milk is warm enough, the pan should be removed from the fire. Very little change takes place up to a temperature of 60° C., and even this is much too hot for a child to drink. This method of heating milk is also the best to use when preparing hot milk for adults, as for coffee, etc.

The bacteria producing typhoid fever, diphtheria, cholera, dysentery, tuberculosis, septic throat, and other harmful germs which may be present in unclean milk are killed, fortunately, by heating milk to a temperature of 60° C. and keeping it there for 10 to 20 minutes. So that, if the milk is suspect, and it is *impossible* to get certified milk for a baby, the wisest course is to get the cleanest and freshest milk possible, and then to pasteurise it at home. This is easily done by putting the milk ready in the baby's bottles and placing them all in a saucepan containing sufficient cold

water to come half-way up the bottles. The water is then brought gently to the boil. As soon as it does boil, the pan is removed from the heat and left to stand for half an hour. The bottles of milk should then be removed and placed in the coldest water possible to chill the milk again. Finally, they should be placed in a vessel containing a little cold water, covered with butter-muslin, the ends of which dip into the water, and the whole put in a cool larder.

Experiments on rats have shown that raw milk is slightly better than pasteurised milk, so that older children should be able to take ordinary unpasteurised milk, even if it is not Certified. Rats fed on a diet of sterilised, i.e., boiled milk, were definitely inferior.—*Health for All*.

Apple in Dysentery

The use of fruit in the treatment of diarrhoea was advocated some 40 years ago and has been recently revived by Heisler of Koenigsfeld, Moro of Heidelberg and others. Moro used raw apple pulp with no preliminary treatment—no purgation lavage or initial water diet. One to four tablespoons of the apple pulp was given every hour or two hours for 48 hours, with no other food or medicine. If the patient is thirsty a little water or weak tea is allowed. If the apple alone is refused by the patient, banana pulp is added to the apple and this makes it more palatable.

P. A. Earnshaw (*Med. J. of Aust.*) concludes that the raw apple diet is one of the greatest advances made in the treatment of dysentery. He has used it in some 50 cases of dysentery

in children in private and hospital practice and cannot remember any patient whose motions were not normal in appearance in from 24 to 48 hours. In the beginning he forbade water but saw patients begin to look very ill without water and by adding water to the diet they improved. Sometimes when the patient tires of apple, thoroughly ripe bananas were used with equally good results.

Recently Earnshaw has been using an apple powder with equally good results; it is more easily measured than raw apple, can be left for long periods, can be procured when apples are out of season, and can be given to very young children who might otherwise refuse the raw apple.—*Medical Suggestions*.

A Safety Code of Children

WHEN ON FOOT.

1. *Always stop* before crossing the road, look right and left and, if all is clear, cross quickly.
2. *Always stop* and look before running into the roadway on leaving school, or to fetch your ball or hoop.
3. *Always cross* busy streets where there is a policeman or refuge if you possibly can.
4. *Always look out* for vehicles turning corners.
5. *Always look and listen* for warning signals.
6. *Always wait* till the bus or tram stops before getting on or off.
7. *Always guide* younger children across the road.
8. *Always walk* on the right-hand side of the road when there is no footway.

9. *Never run behind or hold on to* motors, lorries, carts or other vehicles.

10. *Never throw each other's caps or push each other into the roadway.*

WHEN CYCLING.

1. *Never ride on the step, crossbar or handlebar of another's bicycle.*

2. *Always keep your brakes and rear reflector in proper condition.*

3. *Always go slowly at cross roads and dismount unless you can see that the way is clear.*

(From "*The Policewoman's Review*," February 1935.)

Diet of the Athlete

A ABRAHAMS (*Practitioner*, December, 1934 p. 695) reviews the main principles of dietetics in connexion with athletics and training, pointing out that no foods possess specific powers to impart increased respiratory power or circulatory efficiency; that energy, stamina, strength, and endurance are not directly obtainable from concentrated comestibles; and that there is no call for a greatly restricted fluid intake. The food taken must be easily digestible, so that the heart and lungs may not be embarrassed by distension. To eat beyond the requirement of the natural appetite is a gross error. The author cites the

astonishingly small food intake of the long-distance racing cyclists as an illustration of the fact that eating is often a matter of habit and not a true representation of the need for food. He rather doubts the depletion of the store of sugar in the body in the course of ordinary Marathon runs, despite the American findings of hypoglycaemia. He states that the final meal, at least two hours before the race, is prescribed by the experience of the kind and quantity of food that have been found to permit of extreme exertion with the maximum of comfort. The non-meat-eating athlete is a rarity; it would seem that for the large majority muscularity is best ensured by the proteins of meat. Abrahams is inclined to believe that vitamin B. enhances efficiency, and is sure that a liberal quantity of fluid is beneficial, if taken for the most part between meals. He regards alcohol as quite unnecessary to the athlete, but is uncertain whether tobacco smoking does so much harm as is often thought. Deprivation of it during training may even do harm to addicts, but here in individual athletic efforts the question may safely be left to the one concerned; in such corporate training as for boat-racing abstinence is necessary for the sake of non-smokers.—*British Medical Journal*.

SANITARY CONTROL OF AERIAL NAVIGATION

To prevent the danger of carrying diseases from one country to another by aeroplane, most of the important countries of the world have signed an agreement for installing an organized medical service in connection with the aerodromes. This will examine all passengers and crew, and will prohibit any from embarking that have infectious diseases.—THE TREASURE CHEST.

Health Tit-Bits

Underweight Advantageous for Persons Under Thirty.—A survey of statistics of more than forty life insurance companies reveals the fact that the lowest mortality rate in persons over thirty years of age is found among persons who are five or ten per cent under average weight for persons of the same age. Underweight in persons under thirty, however, tends to lessen life.—*Good Health, U. S. A.*

Condiments.—"In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic liquors. A similar condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving for something more stimulating"—"*Ministry of Healing*", page 325.

What World Dictators have done towards Health and Diet Reform.—Herr Hitler is reported to have banned lipstick, rouge, powder and all other artificial aids to feminine beauty. In a decree dated 7th March, 1933, these words are found:—"The German woman must revert to the type of the Germanic mother. A female running around rouged and painted has no right to

call herself a German and cannot possibly be a National Socialist". This policy however is condemned in Mussolonia's own paper 'Popolo d'Italia' wherein it is said: "Any power whatsoever is destined to go on the rocks when it encounters fashions. If fashion decrees short skirts, you will not succeed in lengthening them not even with the guillotine or, even worse, you will fall into ridicule. Revolutions must guard themselves against ridicule".

Kemal Pasha changed the headgear of Turkey by a dictatorial decree.

"In 1925, Mussoloni ordered the women of the Italian nobility to break the rule of Paris in women's fashions by reviving the loose long beautiful robe of the ancient Roman matron.

At the dictates of Il Duce, Mr. Marinetti is said to have carried throughout Italy the slogan 'Down with spaghetti; Down with macaroni'. Instead potatoes and rice were recommended.

"In 1932, he ordered the Italian Medical Congress to see that excessive dieting for reducing among women be stopped. He said to the doctors, excessive dieting weakens the race and also has economic reactions. I am deeply concerned that our mode of eating, working, dressing, sleeping and our whole system of daily habits be reformed.—Excerpted from '*The Oriental Watchman and Herald of Health*'.

Correspondence

Public Health Department
From Lt. Col. C. M. GANAPATHY, M.C., I.M.S.
Director of Public Health, Madras.

To
The Editor, "Health",
Thambu Chetty Street,
Madras, 31st May 1935.

Sir,

I shall be greatly obliged if you could publish the enclosed copies of letters from the Honorary General Secretary of the Far Eastern Association of Tropical Medicine together with this letter in your esteemed journal with a view to invite the attention of the members of the medical profession in this presidency to the subject of Nutrition. The subject of Nutrition, you will agree, has of late attracted the attention of the medical world, and, now that the Far Eastern Association of Tropical Medicine, has officially decided to bring it up for discussion at its next congress, it appears to be highly desirable that the members of the medical profession, both official and non-official, should be able to contribute something on the subject.

All correspondences on this may be addressed to me at 81, Mount Road, Cathedral P. O., Madras.

C.M. Ganapathy, Lt. Col., I.M.S.,
Director of Public Health, Madras.

FAR EASTERN ASSOCIATION OF
TROPICAL MEDICINE

W. F. THEUNISSEN,
Hon. Act. General Secretary, and
Act. Dir. Publ. Health Service of
The Netherlands Indies.

BATAVIA (Centrum),
PARAPATTAN 10.
1st May 1935.

To
The Director of Public Health,
Madras.

Dear Sir,

During the second Council Meeting of the 9th Congress of the Far Eastern Association of Tropical Medicine at Nanking, Dr. de Langen (Batavia) proposed, seconded by Dr. Kuno and endorsed by Col. Russell, that the question of nutrition on its widest sense, being of such very great importance in the Far East, should be specially brought before the next Congress, as a main subject. Dr. de Langen had had no time to discuss the matter beforehand with Dr. Rosedale, but would do so on his return to Netherlands India, and proposed that two or three rapporteurs should assemble material dealing with this matter and send it in before the next Congress.

This proposal was agreed to unanimously.

Consequently, the following resolution was passed: 'That in view of the importance of the food-factor in diseases, a section on Food Problems be added to the programme of the next Congress'.

The outcome of the discussions between Dr. de Langen and Dr. Rosedale has been the composition of a circular letter, a copy of which you will find enclosed herewith.

In order to obtain good co-operation I wish to suggest that you have the circular letter published in the local medical periodicals of your country.

(2)

Instituut Voor Volksvoeding

Institute for Nutrition Research,
Batavia (Java).

Secretariaat : V. Heutszboulevard 12.

At the next Congress of the Far Eastern Association of Tropical Medicine it is proposed to hold a round-table discussion on nutrition, and we have been asked by the Council to make preparation for it.

Papers are invited upon Nutrition from the widest point of view and we should be glad if you will be so good as to ask trained observers who are working on any aspect of the subject in your country, whether they will kindly contribute to the discussion by reading a paper on their work under any of the sub-headings below.

If suitable support is forthcoming, it may be possible to combine the papers received and the discussions in a volume, which would constitute an up-to-date account of Nutrition as concerns the East.

It is hoped that some indication of the support which may be expected from your country may be received during 1935, though it will not be necessary for titles of papers to be sent in until a later date which will be notified in due course. Such co-operation will enable the Council to know how much time should be allotted for the discussion.

It has been proposed to divide papers under three headings as follows:—

I. **Economics:** To include such aspects as Agriculture in relation to human nutrition, *e.g.*, improvement of yield and quality of food crops; horticulture; fruit-growing; stock raising; dairy problems; institutional feeding: food surveys; storage: cooking, etc.

II. **Chemical and physiological:** To include food analyses in the widest sense; vitamin, mineral, fat, protein studies etc., metabolism, basal metabolism, energy requirements, specific dynamic action.

III. **Clinical:** Studies of disease in relation to food and diet, the feeding of infants during the first year with special reference to development (height and weight); children's diseases in relation to food: nutritional oedema, atypical beriberi; the course of infectious diseases under the influence of food; liver cirrhosis; anaemias; skin diseases in relation to food and vitamins: ulcers of the leg; leprosy in relation to food: constitutional diseases, diabetes, obesity, gallstones, gastric ulcer, etc., clinical value of certain foods etc.

It should be understood that the above provisional programme is intended to be as wide as possible, and that additional suggestions from those able to make them will be welcomed. It is hoped that the subject of nutrition will receive emphasis from the general and normal point of view as well as from the point of view of disease.

(Sd.) C. D. DELANGEN,
J. L. ROSEDALE,

Show the way of health to your fellowmen!

HEALTH LECTURE SERIES
BOOKLETS IN ENGLISH
TAMIL OR TELUGU.

Houses in relation to Health	As. 2
What to do before the Doctor arrives	2
School Hygiene	4
Water in relation to Health	2
Air in relation to Health	2
Health and Disease	2
Preventable Disease	2
Common Disease carrying Insects	2
Milk in relation to Health	2
Alcohol and its dangers	2
Personal Hygiene	4
Home Nursing	6
Food in relation to Health	2
First Aid in Child Birth	2
English	4
Canarese	6
Telugu	6

How happy could you make hundreds of fellow-beings by telling them in simple, choice, easy language, the broad principles of Health, and how to maintain it! With the aid of these booklets you can do effective propaganda and earn the blessings of your fellowmen. The booklets are cheap too.

ESTD. 1899

SRI KRISHNAN BROS.

CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS

323. Thambu Chetty St. Madras

KRISHNA

— Compound Extract of —

SARSAPARILLA

with Iodides

THE BEST BLOOD PURIFIER

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. 2-3-0 a Bottle.

SRI KRISHNAN BROS. 323. THAMBU CHETTY ST. MADRAS



PLACE,
POWER,
EASE,
WEALTH,
and with it all

DIABETES!

What a sorry but awful picture? Yet that's the fact. This disease claims perhaps the highest toll in India, among the middle and upper classes. It baffled patients and practitioners. But no more shall it levy its toll, for

DIABIN VEGETABLE ANTI-DIABETIC COMPOUND

Rs. 4-8 per bot

Cures every form of the disease and every symptom. Effective for all ages, at all seasons, and in all conditions. Wonderful results.

SRI KRISHNAN BROS.
ESTD. 1899
CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS
323, Thambu Chetty St., Madras

The More You Scratch — the worse it goes

Whatever the form of ECZEMA, dry or weeping, the very first application of

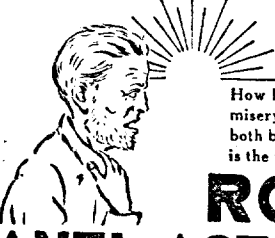
ROWJEE'S ECZEMINE

soothes and cools the affected part, removes the itching, stops the oozing. Useful on any part of the body

SRI KRISHNAN BROS.
ESTD. 1899
CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS
323, Thambu Chetty St., Madras

Price Re. 1 a pot.

When day time is dreadful and night time miserable



How horrible is the violent, shaking misery of the sufferer from Asthma, both by day and by night! But here is the way to relief.

ROWJEE'S ANTI-ASTHMATIC MIXTURE

RELIEVES ASTHMATIC ATTACKS INSTANTANEOUSLY

First dose removes anxious symptoms and puts patient on the road to recovery.

This remedy contains some extremely efficacious drugs scientifically compounded, which have proved beneficial in asthmatic complaints. Composition open to medical men. It is no secret.

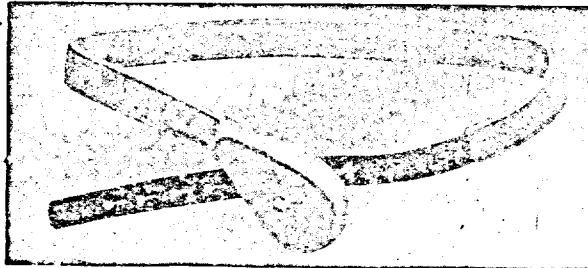
SRI KRISHNAN BROS.
ESTD. 1899
CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS
323, Thambu Chetty St., Madras

Ask for full directions and diet recommendations. Also Asthma Powder and Cigarettes.

Price Rs. 2-8 a bottle.

Trusses for Hernia

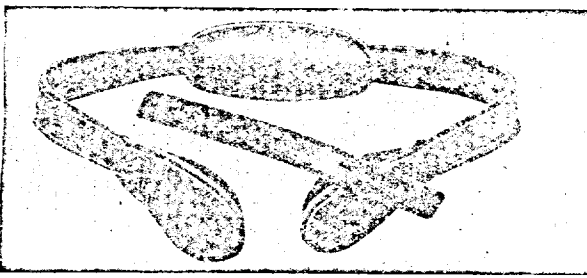
We have a large assortment of various sizes for infants and adults.



PRICE

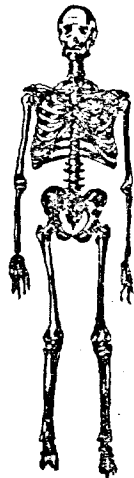
Leather, Single	Rs. 6
Do Double	Rs. 12
Vulcanite, Single	Rs. 10
Do Double	Rs. 20

Booklet how to measure for and fit up a truss for hernia will be sent free.



SRI KRISHNAN BROS., 323, Thambu Chetty St., MADRAS.

Know Thyself



You may know quite a lot about the inner wonders of the electric motor or the wireless mechanism, but what do you really know about the far more wonderful mechanism of your own inner being?

ATLAS OF THE HUMAN BODY AND ITS INTERNAL ORGANS

In this atlas you get a pictorial guide and survey of the Human body and its functions. This knowledge helps you in the pursuit of a healthy, happy life.

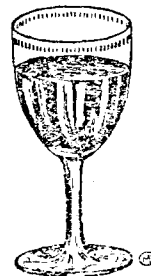
ESTD. 1899
SRI KRISHNAN BROS.
CHEMISTS, DRUGGISTS AND
SCIENTIFIC OFFICIANS
323, Thambu Chetty St. Madras

Price Rs. 2.

NATURE'S GIFT COMPOUND SYRUP OF FIGS

The gentle way to stimulate the impaired function of the stomach is to take this Nature's Laxative. It restores the real functions of the stomach, bowels and liver, and thus puts an end to Constipation—the dread malady of modern life.

Pleasant to take, and fit for persons of all ages.



ESTD. 1899
SRI KRISHNAN BROS.
CHEMISTS, DRUGGISTS AND
SCIENTIFIC OFFICIANS
323, Thambu Chetty St. Madras

Price Re. 1-8.



Alembic Fruit Laxative works gently and thoroughly. Made from a reliable recipe, it has a likeable flavour and is non-habit-forming. So that it may be given to children without trouble or risk.



Alembic Fruit Laxative relieves constipation, for it helps the removal of waste products regularly and easily. Contains the juice and essence of many kinds of fruits. Hence its superiority to other similar laxatives. It builds up *Perfect Health*.

Alembic FRUIT LAXATIVE

ALEMBIC CHEMICAL WORKS COMPANY, LTD.

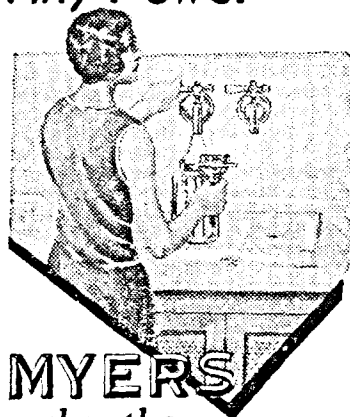
BOMBAY

BARODA

MADRAS

HEALTH
Regd. No. 1715.
Vol. XIII. No. 7.

Deep Well— Shallow Well Any Capacity— Any Power



MYERS
makes the
Water System to
fit YOUR needs!

ONE coat cannot fit all men. One water system cannot meet all conditions. But whatever your needs, you may be sure that MYERS makes the units which exactly fit them. As world's largest manufacturers in our line—Pump Builders Since 1870—we have studied the needs of water users for 50 years. MYERS Water Systems bear the one priceless feature of absolute reliability.

For deep or shallow wells—for operation by hand, windmill, pump jack, engine or motor—MYERS Water Systems give complete satisfaction. They are simple, durable and remarkably economical in operation.

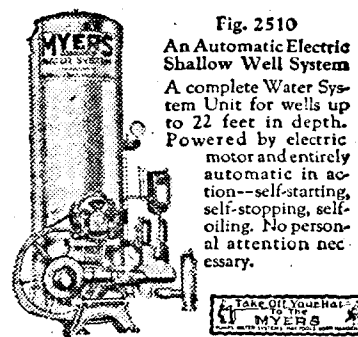


Fig. 2510
An Automatic Electric Shallow Well System
A complete Water System Unit for wells up to 22 feet in depth. Powered by electric motor and entirely automatic in action—self-starting, self-stopping, self-oiling. No personal attention necessary.

Sole Agents in India:—
THE LIMAYE BROS., LTD.,
1/173 Broadway, Post Box 202, Madras.

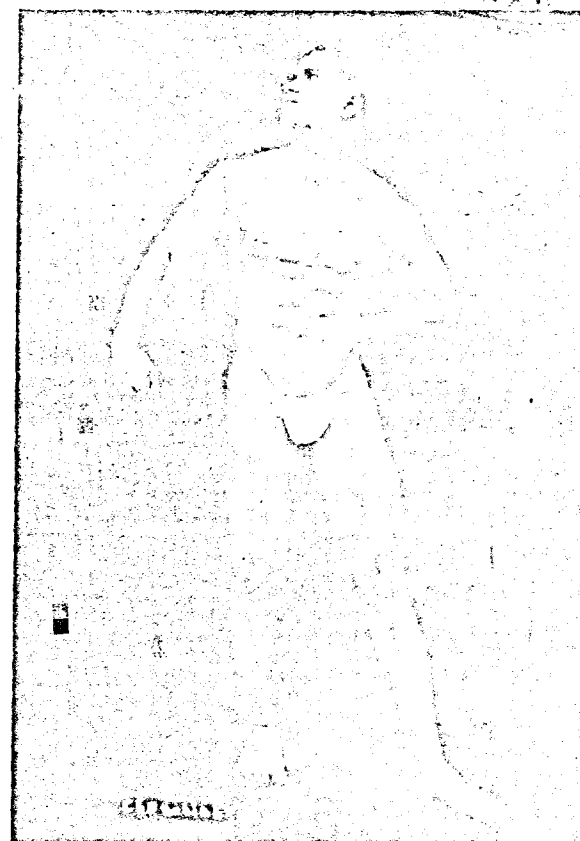
Printed at the ANTISEPTIC PRESS and Published by the Proprietor U. KRISHNA RAU, Madras.

365

Health

*A Journal Devoted to
Healthful Living*

Edited By Dr. U. Rama Rau & U. Krishna Rau M.B.B.S.



Mr. U. VASUDEVA KINI.

Winner of 1st prize—Body beautiful. 2nd prize for weight lifting (10 stone class), in the South Canara Physical Culture Competition. Member of the Balamaruthi Vijiamandal, Mangalore.

Vol. XIII. No. 8.
Aug. 1935.

Select Contents

Asthma.
Editorial.

Long Life and
Health.

By Dr. S. N. Mahotra,
M.D., F.C.P.S.

The Water we
Drink.

By Dr. D. R. Prem,
M.R.C.S., L.R.C.P.

Artificial Feeding
of Infants.

By T. K. Krishnaswami,
I.M.D.

Price 2 as.

Office:
323, Thambu Chetty St.,
MADRAS.

THE UNITED INDIA LIFE ASSURANCE COMPANY, LTD.

Head Office: MADRAS. — Established in 1906.

Trustee: THE OFFICIAL TRUSTEE OF MADRAS.

Policies in force exceed Rs. 3 Crores.
Annual income exceeds Rs. 17 Lakhs.
Total assets exceed Rs. 69 Lakhs.

Among the distinguishing features of the Company are:—

Complete and absolute safety of investments;

Prompt and equitable settlement of claims;

Economical Management;

Moderate rates of premiums combined with attractive bonuses and

Efficient, sympathetic and prompt service to Policy-holders.

Complete information will be gladly furnished on application to the Head Office, Branch Offices, or the Representatives of the Company at the various places in our Country.

"UNITED INDIA ASSURANCE BUILDINGS,"

Sembudoss Street.
Post Box No. 281, MADRAS.

M. K. SRINIVASAN.
Managing Director.

CONTENTS

Editorial:—

	PAGE.
ASTHMA.	141
LONG LIFE AND HEALTH. By Dr. S. N. Malhotra, M.D., F.C.P.S., Chief Medical Officer, Jubbal State, Simla Hills.	143
THE WATER WE DRINK. By Dr. D. R. Prem, M.B.C.S., (Eng.) L.R.C.P. (Lond.), National Medical College, Bombay.	145
ARTIFICIAL FEEDING OF INFANTS. By T. K. Krishnaswami, I.M.D., Department of Pathology, Stanley Medical School, Madras.	147
LEPROSY. By T. P. Tiwari, L.M.P., Assistant Medical Officer, Dhamtari, C. P.	150
DENTAL HEALTH ALPHABET. (Some Instructions about your Teeth) By Dr. S. K. Gupta, Surgeon Dentist, Ambala Cantt.	152
VIRTUES OF TOMATO JUICE. By D. F. Fraser-Harris, M.D., D.Sc., F.R.S.E.	153
IS MEAT NECESSARY FOR THE HUMAN BODY?	154
YEARS DO NOT TELL YOUR AGE.	154
CHOLERA AND ITS PREVENTION.	155
A SIMPLE METHOD OF BUG DESTRUCTION.	156
INSOMNIA OR SLEEPLESSNESS—ITS CAUSES AND TREATMENT.	157
HEALTH-TIT-BITS.	158

GONORRHOEA?



SPECIFIC
for
GONORRHOEA
GLEET

AND
ALL SORTS OF
URINARY DISEASES

PRICE PER PHIAL Rs. 3-0-0.

V. P. P. Charges Extra.

Sole Manufacturers:—

Dr. D. N. JASANI,
Girgaon Back Road, BOMBAY No. 4.

Robust Health in 10 Days.



More than One Hundred Thousand pupils of all ages enjoy ROBUST HEALTH and EVERLASTING STRENGTH by My Scientific System of Exercises! Why not you? If you are suffering from Nervous Break-down, Vital Depression, Consti-

pation, Indigestion, or from any other annoying defect, so called incurable, I give you proof in 10 days that you can be cured of your malady. Write now for my FREE BOOK "My Scientific System of Graduated Physical Culture" which is fully illustrated. Send 2 annas stamp in a thick closed cover for postage with your full address to:

Prof. M. V. Krishna Rao,
Ootacamund, (S. India.)

MAKE MONEY!
from **WATER!!**

Buy Your
SODA FOUNTAIN

NOW.

H. SASSEN & CO.,
15, Armenian St.
Post Box No. 163, Madras.

THE RAINBOW

A POPULAR FORTNIGHTLY MAGAZINE DEVOTED TO
ALL TOPICS OF GENERAL INTEREST.

Special Features:

1. Complete solutions and comments of almost all Puzzles Published in India.
2. Film News.
3. Photography.
4. Humorous short stories and Jokes. etc., etc., etc.

Single Copy—2 Annas.

Annual Subscription Rs. 3.

Those who enrol themselves as subscribers within the 20th March, 1935 need send only Rs. 2/8/-

WANTED:—Contributors, and Agents to sell this popular Magazine throughout India, Burma and Ceylon.

For Particulars apply to:—

The Manager, THE RAINBOW,
Washermanpet, :: :: MADRAS.

HERE'S
THE
REAL
SOAP
WITH
NEEM
IN IT

MARGO SOAP

TOILET MEDICINAL ANTISEPTIC-GERMICIDAL

Made by the Exclusive Patent Process of Deodorising known only to us.

THE CALCUTTA CHEMICAL CO., LD.,
Ballygunge, Calcutta.

Agents: **SRI KRISHNAN BROS.**
P. O. Box No. 166, Madras.

PAINEYE

Serious injury to an eye necessitating its removal need not disfigure one's face. There is an eye for an eye available, which will help maintain the usual appearance. Artificial eyes, just as perfect in appearance as real ones are available in wide variety to suit all needs. Approval set on deposit of Rs. 25. Ask for full particulars.

SRI KRISHNAN BROS.
ESTD. 1899
CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS
323, Thambu Chetty St., Madras

Whooping Cough

Don't allow your Children to go on for 3 months helplessly struggling in the grip of a prolonged and suffocating Cough until it turns into Pneumonia and Asthma when you can cure them within 12 days with Dr. Perella's Whooping Cough Specific. Rs. 2-12-0 per bottle.

Asthma Cure

If you have failed with other medicines, make a last trial and be sure to succeed, as has been the case with so many. Rs. 4-8-0 per bottle.

Antidiabetin

It's use for six months will restore you to your former condition, being free from your long standing Diabetes. Rs. 4-12-0 per bottle. PERELLA & Co., Calcutta, Rs. 20 Calcutta (S. India).

Madras Customers Apply to:—

Mrs. C. REGO,

Opposite Railway Institute, Perambur.

ARYAVAIDYASALA

P. S. VARIER'S

Reliable Ayurvedic medicines with instructions and suitable prescriptions for all kinds of formidable diseases can be had from:

THE MANAGER,
Aryavaidyasala, Kottakkal, S. Malabar

No more risk of operation

ULCERINE (REGD.)

A time-honoured, trustworthy remedy that Without operation cures Piles, Fistula, Sinuses, Gangrenes, Whitlow, Carbuncles, Necrosis, Otorrhoea, Ozina, Syphilitic Sore, Cut, Buru, any foul ulcer etc. It is also taken internally as the best blood-purifier. Operated wounds of any extent healed in a week. 1 Bottle Re. 1-4.

TRY COCOANUT BRAND

Lotus Honey—For all sorts of Eye diseases even Cataract, Glaucoma, Granular lids, redness, watery Eye, etc., without knife the nature's safe remedy. 3 Dram Re. 1-4. 1 Dram Rs. 2, 2 Drams Bottle Rs. 3-8. 4 Drams Rs. 6.

Postage extra, ask for free particulars from NEW FORMULA Co., Kandi, Bengal or from AGENTS:

DADHA & CO., 52, Nyniappa Naicken St.
SRI KRISHNAN BROS.

323, Thambu Chetty Street, Madras.

INDIAN CINEMA STARS



A fine collection of the Indian Cinema Stars that have appeared on the stage in the various Cities of India, during the past few years. While many have appreciated their music and extolled their histrionic talents, as visitors to the stage, they are apt to forget them and their beautiful countenances and actions while out of it. To such of them, this Album, on their tables, will serve as a constant reminder.

It is neatly printed on nice paper and priced cheap, only 0-12-0 per copy Post free, if stamps are sent in advance. It is a new venture in the field of Indian Cinematography and for the very love of the art, every home should have a copy. Order your copy early, lest disappointment should overtake you through delay.

Special concession to subscribers of Health 0-8-0 post free if postage stamps are sent.

Copies can be had at:

SRI KRISHNAN BROS.,

323, Thambu Chetty Street,

::

G. T., Madras.



IMPAIRED VITALITY

Restored by Dr. Kotah's

Dathu Vriddhi Lahyam

Known as

KAMADHENU

The Best Nervine Tonic and Rejuvenator

It cures Loss of Virile Power. It increases Sexual Power and strength, improves complexion and enkindles the digestive Fire. It enhances comeliness of features and removes the effects of age and imparts power to an octogenarian.

Price 1 lb. Rs. 5; ½ lb. Rs. 3.

For complicated Cases

The Siddha Śwarna Bhasma

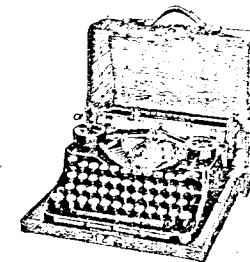
to be used along with the above 25 powders Rs. 5 only.

Dr. KOTAH'S M. S. MEDICAL HALL,

146, Broadway, Madras.

Consult for all your ailments however obstinate it may be Dr. Kotah Jayaram Naidu.

UNDERWOOD PORTABLE TYPEWRITER.



The New Underwood Portable has the same keyboard as Standard Office Machines. It's sturdy & strong. In every phase of its construction—"It's more than a Portable; it's an Underwood."

Agents:

BYRAMSHAW & CO., LTD.,

Mount Road, Madras.

Phone: 3645.

Telegram: 'MINORU.'

KRISHNA HAIR OILS
[PERFUMED]
JASMIN, RED ROSE OR WHITE ROSE

*Pure and sweet
scented*

As 12 a Bottle
3 Bots. Rs. 2/-

SRI KRISHNAN BROS
P.O. Box 166
Madras.

I use none, but them



THE MADRAS STATIONERY SUPPLY CO.,

113, Armenian St., Madras.

A RELIABLE HOUSE FOR ALL

Kinds of Stationery, Typewriters, Ribbons, Carbons, Duplicators, Stencils, Duplicating Inks and other Office Requisites.

Superior quality, cheap rates, and prompt delivery are our Motto.

Second hand Typewriters of all makes in stock.

Overhauling and repairs of all Typewriters undertaken.

Printing of all kinds done.

Our Speciality.

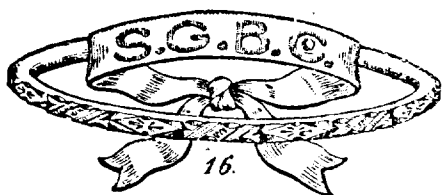
One set of table equipment of over 23 articles for Rs. 10 only.

A TRIAL WILL SATISFY YOU.

SCIENTIFIC GOLD JEWELLERY

Highly Appreciated by

High Court Judges, Ministers
to Government and other
Eminent Public Men



Full Catalogue Free.

The Scientific Gold Bangles Co., Ltd.

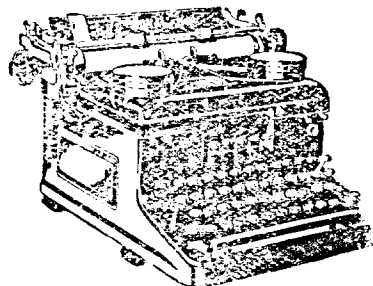
Head Office :—43, Byragimattam Street.

Branch :—104, China Bazaar Road.

Post Box No. 203,

MADRAS

UNFAILING ALIGNMENT



Unlimited Speed,
Segment Shift,
Chromium Plating,
Dustproof Etc.

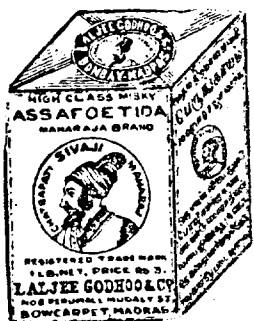
ROYAL

TYPEWRITERS

Send for Literature:

ADDISON & CO., LTD., MADRAS.

HAVE YOU EVER USED OUR



**CHHATRAPATI
SIVAJEE
MAHARAJ
BRAND PURE
ASAFETIDA.**

It has a rare
distinctive
flavour &
taste of its
own. Many
Ayurvedic

and Unani Pharmacies also use it.

A half pound costs only Rs. 1-8-0.

V. P. Extra.

Laljee Godhoo & Co.,

Sowcarpet, Madras.

Founder: Shri Yogendra

Established: 1918.

YOGA

The Official publications of
the Yoga Institute of
INDIA.

Yoga Personal Hygiene: "A monumental work on the
Yogic Physical Culture." JUSTICE. Prefaced by J.
W. Fox, M.D. Pp. 327, with 51 illus. Rs. 10/-; 11/-;
\$ 5.00.

Rhythmic Exercises: "A new scheme of Physical
Culture." BOOK REVIEW. Seventh Thousand.
Pp. 78, with 13 illus. Re. 1/-

Breathing Methods: "An ideal book on methods of
breathing known to Orientalists." HEALTH.
Second Reprint. Pp. 74, with 8 illus. Re. 1/-

Way to Live: "Here is health in a nutshell." MODERN
LIVING. Second Reprint. Pp. 96, with 11 illus. Re. 1/-

Life Problems: "It is a book that can thrill and shake
your whole existence." JUSTICE. Third Edition.
Pp. 144. Rs. 2/8.

Easy Postures for Woman: BY SITA DEVI. "A Text for
the gentle sex in their study of practical Yoga."
Second Thousand. Pp. 64, with eleven illus. As.
12/-; 1s. 6d

Simple Meditative Postures: "To the earnest students
of Yoga, this work is indispensable. Second
Thousand. Pp. 72, with 15 illus. As. 12/-; 1s. 6d.

Can be had of

MESSRS. SRI KRISHNAN BROS.,

Post Box 166, Madras.

Health

*A Journal Devoted to
Healthful Living*

Edited By Dr. U. Rama Rau & U. Krishna Rau, M.B.B.S.

Published in

ENGLISH, TAMIL, TELUGU AND CANARESE.

Annual Subscription for any edition Rs. 1-8. Foreign Rs. 2. Post paid.

Editorial and Publishing Offices:—323, Thambu Chetty Street, George Town, Madras.

EDITORIAL

Asthma

THIS is a dreadful disease, causing endless misery and suffering to the patient, should, unfortunately, it become chronic. The underlying causes are many and varied which must be found out before any treatment is begun.

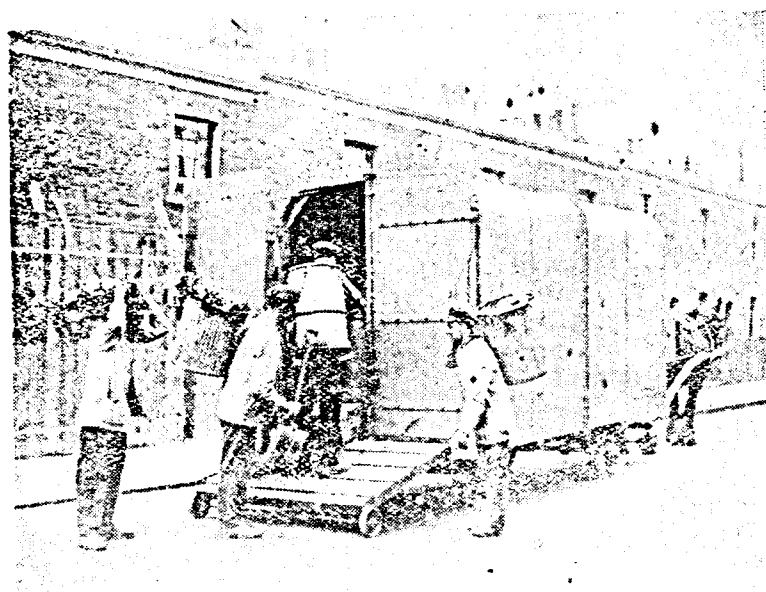
It is generally held that Asthma is caused by supersensitiveness to foreign proteins. The irritant protein may be, (a) *food*—e.g., cereals (rice, barley etc.), potatoes, eggs, cocoa, chocolate, orange, and beverages such as milk which is a more common cause in children; (b) *dust* e.g., cereal grains, street dust etc., (c) *pollens* of grasses and flowers; (d) *animal emanations* from cats, dogs, rabbits, chicken, horse etc., and *from feathers and hairs*, (e) *bacterial proteins* produced from bacteria, which have found a focus of infection in the bronchi or less frequently in the tonsils, nose,

teeth or intestines. In most cases of constantly recurrent or continuous asthma, there is definite bronchial infection. Recent researches have shown that nerves play a prominent part in the causation of this disease.

The symptoms of asthma, such for instance as, the hard breathing the anxious expression, the inexpressible discomfort, sleeplessness, etc., are all too well-known to the lay public to need any mention here. We are not in a position to give definitely the morbidity and mortality rates for Asthma, for, we find from the Vital Statistics of the principal cities of India, that this disease is classed under 'other non-tuberculous respiratory diseases' and is not separately exhibited. While Asthma is practically ignored and the sufferers are left to their fates in this country, it has attracted considerable attention in Great

Britain. In 1927, the late Earl of Limerick and Capt. F. L. M. Boothby, R. N. (retd.), both long sufferers from Asthma drew the attention of the general public and the medical profession to the great suffering caused by Asthma and urged the institution of organized research. The Asthma Research Council was accordingly constituted at a meeting held on 26th October 1927 under the Chairmanship of Lord Greenway, to which sufferers from

disease. A report on the work of the Asthma Research Council from 1927-34 by Sir Humphry Rolleston Bart, G.C.V.O., K.C.B., F.R.C.P., has come to us for review and is a fine record of substantial work done during a period of heavy financial stress and stringency throughout the world. It has been estimated that there were 1,00,000 asthmatics in the London area alone and it is believed that there must be more than quarter of a



NEW TYPE OF DUST-CART TO ELIMINATE SPREAD OF DISEASE.

This type of Dust-Cart has been specially introduced by the Lambeth Borough Council, to prevent the wind blowing any of the contents in the surrounding areas, and so prevent the possibility of spread of disease.

Asthma, members of the medical profession and others interested in the subject attended. A Committee chiefly composed of Asthma patients, with the Earl of Limerick as President, and Lord Greenway as Chairman and Vice President was then set up to collect all the available information and to raise the funds necessary for a comprehensive investigation of the

million sufferers from allergic diseases in Great Britain. A new treatment for Asthma by breathing exercises which promises relief not only by cutting short the actual attack but by effectively preventing the recurrence of others has been devised and this is published in a book form "Physical Exercises for Asthma," which have been approved of by the Honorary

Medical Advisory Committee of the Asthma Research Council. Breathing exercises, as a corrective of all kinds of respiratory diseases—nay, of almost all diseases, which human flesh is heir to—are not new to Indians—in fact, breathing exercises have been included in the programme of the daily religious routine of the Hindus from time immemorial, though in modern times, they have been discarded with impunity. The trouble with the asthma patient is that his chest is already over-distended and the ordinary breathing exercises are of no avail to him. The exercises for the asthmatic, therefore, are planned to be the direct opposite of the ordinary breathing exercises. Special modifi-

cations have been made for children. The exercises, which are beautifully illustrated, can be performed in bed, sitting on a stool or standing but expert guidance is necessary in their performance. As this pamphlet has been published in aid of the funds of the Asthma Research Council, we would advise our readers to purchase a copy and thereby contribute to the success of the Council's laudable and humanitarian work or, in other words, to the relief of human suffering. We have been asked to announce that copies of the pamphlet can be obtained by sending a British Postal Order for 2 sh, to the Secretary, Asthma Research Council, C/o, King's College, Strand, W. C. 2, England.

Long Life and Health

By

DR. S. N. MALHOTRA, M.D., F.C.P.S.,

Chief Medical Officer, Jubbal State, Simla Hills.

HEALTH depends upon the harmonious working of all the different systems of the body. These are the Nervous System (controlling system), consisting of brain, spinal cord, and nerves, the Digestive System, Respiratory System, Excretory System and a system of Ductless Glands. Our Rishis used to pay the greatest attention to the Respiratory System and rightly so. This is indeed the Master System. They devised various methods to develop and control the functional capacity of the lungs. 'Pranayam' heads them

all. Various asanas are intended to serve the same purpose.

They used to live long lives because of 'Pranayam' and other exercises of the lungs. I think, every person has a right to live one hundred years; but we come across very few centenarians in these days. The greater the development of lung capacity, the greater the chance of living long. Deep breathing means more fresh air going into the lungs; and so more oxygen goes to the blood which carries it to different organs of the body. They will

54
L.S. 5000. 1123. 15
1123. 15. 1123. 15

thus be better nourished; will function better, and for a much longer time. Deep breathing thus is the key to long and healthy life. The air inhaled should be fresh and dust free; as otherwise deep breathing will not serve its useful purpose. That is why people living in country live longer than those living in cities.

Slow breathing means deep breathing; and that is the principle of pranayam. Our rishis by constant practice could hold breath for hours. This is interpreted as follows: their one deep breath was equivalent to two thousands or more ordinary breaths according to their practice and control. Though that is the ideal to be aimed at, yet, every one of us must try to have a control on our breathing. The less you breathe per hour, the greater the chance of your living long. Quick breathing is a sign of ill health, and should always make such individuals consult a qualified medical man for the cause.

I am giving below a few deep breathing exercises which can be practised by all classes of people: men, women, children, young and old, sick and healthy. These are all done lying in bed.

1. Lying in bed flat on your back and with the bedclothes off, put your two hands on your abdomen, one higher than the other. Close your mouth, and as you inhale through your nostrils, send your abdomen up and out. Hold it up and out when you have finished inhaling. Then exhale quietly, and empty your lungs well while you draw your abdomen in, and at the end of the drawing in, press downwards with your hands. Repeat this exercise twice or thrice but

do not strain much. It is a very good exercise for nerves and endurance.

2. Lying on your back, and having two hands on your abdomen as in the first exercise, as you inhale, send your abdomen up and out, but instead of exhaling, hold the breath in, and move the abdomen up and down a few times. This exercise will give a good massage to the liver and stomach and help to send the air right up to the apex of the lungs which is commonly the seat of tuberculosis.

3. Lying flat on your back, hold your hands over your chest, about the middle of the ribs. Close your mouth, and as you inhale through the nostrils, send your ribs forwards and out to the sides. Hold them thus for a moment as you hold the breath in, then as you breathe out, contract the ribs and at the end of contraction, force them gently with the hands. Repeat this a few times without straining.

4. Lie down flat on your back, with your feet weighed down in some way perhaps by means of the metal bedstead at the end. Now, taking care to maintain this position and having the small of the back as hollow as possible, lift up your body till you come to the sitting position; be sure not to let the head come up first. Let the head come up last. After you have come up to the sitting position, with the trunk slightly forwards from the hips, go back slowly to the lying position. This should be combined with deep breathing.

5. Deep breathing Health Generator is a useful Apparatus for practising deep breathing: This gives an idea of one's daily progress as well. I will recommend it to all who want to develop their chests.

The Water We Drink

By

DR. D. R. PREM, M.R.C.S. (ENG.), L.R.C.P. (LOND.),

National Medical College, Bombay.

So that we may live, we need so many things from Nature. Some we use as we get them. In others we make some changes and make them artificial. Water is one of the most important things that we take from Nature and use as we get it.

This water, which is so essential for our existence, might, many a time, prove injurious to our health or even fatal. So we have got to know which water we should drink and which we should refuse.

The water, which should be refused falls under many heads, *viz.*, water with chemical impurities, water carrying decaying animal or vegetable matter, water carrying disease—producing germs, water carrying the eggs of intestinal and other worms.

These defects are observed generally in that water, which is taken from springs, rivers, tanks and shallow wells. The water supplied by water works in big towns is always free from these impurities.

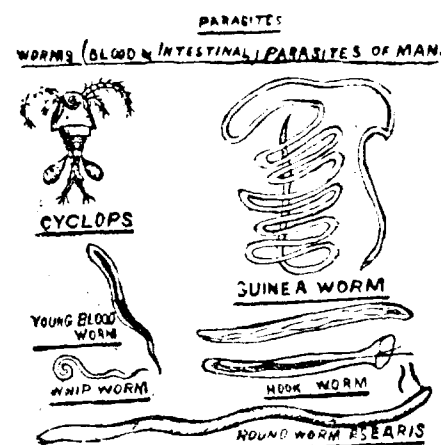
Chemical impurities.—Some of these impurities, such as Calcium, Iron etc., may come with water from the source. During transit through manufacturing places, the water may become contaminated by manufacturing refuse. If the water is distributed through lead pipes, it may cause lead poisoning. The chemical impurities generally produce diarrhoea and indigestion.

Decaying animal and vegetable products.—In our country, thousands of people

drink water from tanks and rivers. And they have also the dirty habit of throwing animal or vegetable matter freely into such rivers and tanks. In villages the people are in the habit of passing stool at the banks of tanks and rivers. Dead bodies, human as well as animal, are also often thrown into such rivers and tanks. Sometimes, there is some connection between a shallow well and a sewage and the well water gets contaminated. Such water may give rise to severe diarrhoea and vomiting and in many cases collapse and death.

Disease producing Germs.—There are many varieties of bacteria or micro-organisms, which may be carried by water. Those of typhoid, cholera and dysenteries are more common and more important. A man, who is suffering from one of these diseases, voids faeces near a place, where water is stored or flowing, and the faecal matter contains the germs. When faecal matter comes in contact with water, the latter also becomes contaminated. Those who drink such water, suffer from those diseases. In this way epidemics are born, particularly among the persons who assemble near a river or tank for fair or pilgrimage, such as Maghela at Allahabad or Haridwar. Another way of contamination of water is when it comes in contact with sewage water or drain water. Because such waters generally harbour disease-producing germs.

Worms.—Intestinal worms are a variety of parasites. They live on their host. Practically most of them

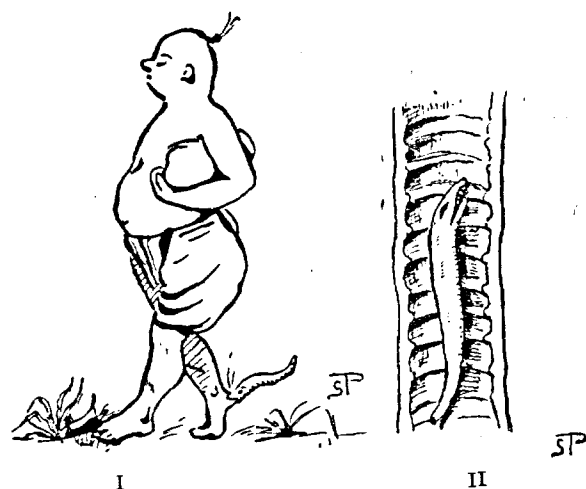


Different kinds of Worms :—Guinea Worm, Hookworm, Roundworm, etc.

have two hosts, one the intermediate host and the other the final host. The development of the ovum into embryo takes place into the body of the intermediate host and development of the full fledged worm takes place in the body of the final or definite host. In most cases the definite host is the man. The most important worms that pass to the man through water are guinea worm, round worm and hookworm. Generally a man who is harbouring these parasites, voids faeces in water and thus sets free hundreds of eggs. These eggs then enter the bodies of thin intermediate hosts and become embryos. When another man drinks this water, sometimes the intermediate host itself is swallowed with its guest, which becomes free, in the intestines. Sometimes the embryo becomes free in water

only and is drunk independently. In due course of time the adult worm is formed inside. Many a time, the embryos enter the human body by another route viz., that of the skin. A man, who is working barefooted in water, attracts the embryo to his feet. Then they enter the skin, the bloodvessels, then the lungs. From then they are coughed out into the pharynx, from where they go to the stomach, then to the intestines, and develop there into adult worms. All must have known the horrors of guinea worm and hookworm diseases and also the effects of round worm on young children.

What should we do, then, to ensure freedom from all these defects in water? This question does not arise so much in those places, where there is municipal supply of pure water. Where people have to depend on wells and rivers and tanks for their water supply, this question is very important. The habit of drinking water from tanks



I.—Here is a barefooted man coming in contact with the Hookworm.

II.—The Hookworm travelling through his skin and blood vessels, enters the intestine and holds the lining of the intestine by its mouth and hangs on without molestation.

and rivers is bad, but in many cases it can't be helped, because in those places there may not be any other source of water. If possible, the water should be made to stand for sometime. Then it must be boiled and filtered. Addition of a little potash permanganate is always better. The latter can be used for purifying well water too. For filtration four-gharra method might be used in homes.

Four earthen pots are placed one upon the other, upper three having holes in their bottoms. The second is filled with charcoal, the third with sand. Water from the first passes through second and third and in the fourth we get purified water. This, of course, cannot affect the germs, which need boiling and chemicals. As a safeguard against worms, those who work in water, should always wear shoes upto knees.

Artificial Feeding of Infants

By

T. K. KRISHNASWAMI, I.M.D.,

Department of Pathology, Stanley Medical School, Madras.

THERE are few children who do not thrive when fed on breast milk, provided, of course, that its quantity be sufficient and its quality good. But so many mothers are unable to nurse their babies that a large proportion of the infants have to be brought up by artificial means. The problem in artificial feeding is to imitate the breast milk, of which the child has been deprived.

An ideal infant food should satisfy the following :—

1. It should contain all the nutritive elements as closely as possible in the same proportion as human milk.
2. The quantity should be within the reach of the child's stomach.
3. It should not leave any undue residue to ferment in the bowels.
4. It should be always fresh and rich in vitamins

Cow's milk is always at hand and can be easily adopted to suit the above requirements without much difficulty

and as such becomes the best infant food next to breast milk.

	Water	Sugar	Curds	Fat	Ash.
Breast milk	87.163	7.407	1.046	4.283	0.101
Cow's milk	83.519	4.893	2.792	3.310	0.451

As can be seen from the above table cow's milk contains a larger proportion of curds and is deficient in sugar and fat. So to bring it to the standard of human milk it should be diluted and sweetened. The suitable dilution of the milk according to the age of the child is given in a table below :

Age of infant in months.	Proportion of Milk.	Water.
0 to 2	1	1
2 to 4	2	1
4 to 6	3	1
6 to 9 & upwards.	Whole milk.	

The dilution of milk brings down the sugar and it must be made good by the addition of cane sugar. One level teaspoonful of sugar is to be

Leprosy

By

T. P. TIWARI, L.M.P.,

Assistant Medical Officer, Dhamtari, C. P.

AMONGST all the recognised and unrecognised infectious diseases which have been exacting their heavy toll in this vast Indian sub continent, Leprosy is perhaps the only disease which can boast of a conspicuousness peculiarly its own. The tragic deformities and the hideous changes in appearance which are the inevitable terminations of this most wretched disease have secured for it the reputation of being a disease at once the most dreaded and the most detested. Its victims are regarded by the general laity as the chosen objects of divine

wrath and the resulting condition of social forsakenness which these unfortunate people are invariably relegated to, creates in their minds a feeling of misery, parallel to which is hardly imaginable. Nothing would be more desirable than to see this evil stamped out of the land but the thing is easier said than done. Attempts have been made in the past and are being made at present both by Government as well as charitable institutions to fight

the disease but its eradication seems to be yet a far off dream. The remedies at our disposal have not yet obtained that state of potency when they shall bring about a cure of the disease in its advanced stages. The only hope of success lies in the commencement and perseverance of treatment when the disease is still in its early stages. But here we are faced with a handicap. The disease in its early stages is either not recognised or even if recognised is kept hidden. For the fear of social

boycott which would be their lot on the disease becoming known, the poor patients try their level best to hide the same as long as they can. Recourse is taken in the meantime to all sorts of quack remedies but more harm than good is the usual result. Valuable time is thus deliberately lost and when approach to proper scientific treat-

ment is sought, the disease in most cases has become well nigh incurable. This deplorable state of affairs is mainly responsible for the disease baffling all attempts at eradication. The object of writing these lines is twofold. The first is to mention a few of the important initial symptoms so that people may be able to recognise the appearance of the disease and get the same treated promptly and the second is to impress upon the people the desirabi-



A deformed hideous-looking leper.

lity of realising that leprosy instead of being a cumulative manifestation of sins is just an ordinary incidence of infection and that no sense of shame or degradation should be associated with it. Since early commencement of treatment offers the only chance of success, any delay deliberate or otherwise on the part of the patient to get himself treated is tantamount to a moral crime of the greatest magnitude. The patient thereby not only loses his chance of recovery but also continues to remain a potent source of danger to his family and society. Leprosy is a disease of a very chronic nature taking years to develop and one or more of the following symptoms usually make their appearance in the beginning.

1. **Superficial anaesthesia.**—This is an important symptom and may be the earliest one to appear. Anaesthetic patches appear at one or more places usually on the extremities. If such areas be touched with a piece of paper, feather or cotton wool with the patient's eyes closed and if he be asked to point out the area touched in this manner, he will not be able to do so indicating a loss of tactile sensation.

2. **Loss of thermal sensibility.**—These patches may also lose their thermal sensation. If test tubes containing hot and cold water be applied to these areas the patient is unable to make out the difference between the hot and the cold test tubes.

3. **Deep analgesia.**—Indicates a leprosy involvement of the deeper layers of skin. There may be no superficial anaesthesia but the patient may even bear a knife cut without much pain or discomfort.

4. **Skin Manifestations.**—(a) Depigmentation. Patches of skin here and there may lose their pigment and become light coloured. Such patches are usually anaesthetic. (b) Macular eruptions. These are usually pinkish eruptions well defined and having raised up margins. They do not itch and are free from scales. They look like patches of ringworm but differ from it in being free from itching and in not yielding to usual antiparasitic treatment.

5. **Thickening of superficial nerve trunks.**—Any superficial nerve is likely to be thickened. The most commonly affected ones are the ulnar, great auricular and the superficial peroneal. Thickening of the ulnar can be very easily made out by bending the forearm at right angles and feeling for a thick cord like structure in a depression behind the elbow.

There are many other signs and symptoms which could be mentioned but I have deliberately omitted them and mentioned only those which are the most usual to appear in the beginning and which can be easily recognised by any one. We of the medical profession in this country have been at war with this evil for quite a long time. Let our efforts be supplemented by public co-operation. This can be very easily accomplished if the people realise their sense of responsibility and make it a point to notify the disease and get the same properly treated as soon as it makes its appearance. Let them realise that delay is always dangerous but it is never more so as in the treatment of this disease.

Dental Health Alphabet

(Some instructions about your teeth)

By

DR. S. K. GUPTA,

Surgeon Dentist, Ambala Cantt.

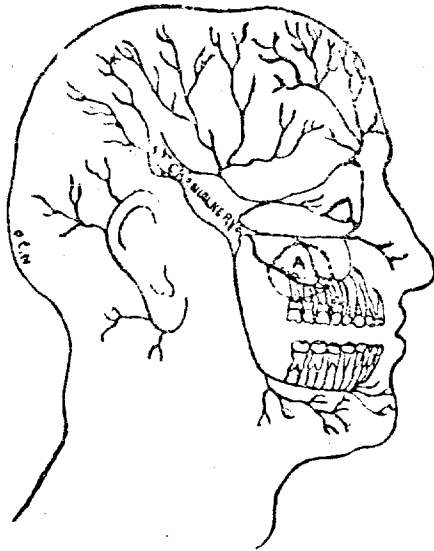
Artificial Denture in the mouth should always be provided whenever necessary.

Bleeding should not be interfered with, after having any tooth extracted.

Cleaning of the teeth is essential after every six months.

Dental Surgeon should be consulted in all dental troubles however minor they may be.

Enamel—the uppermost shining layer—of the teeth should be protected as far as possible.



Showing the distribution of Nerves supplying the teeth. They are all branches of one large nerve. This explains why pain arising from a decayed tooth is felt in front of the ear and in other parts of the face and head.

Filling of Cavities in the teeth should be done as soon as they appear.

Good teeth maintain good health and so they should be much cared for.

Hæmorrhage from the gums is a sign of Pyorrhoea Alveolaris which should be checked there and then.

Infection of the mouth should be checked by the use of weak solution of Potassium Permanganate gargles.

Juice of fruits should be taken daily to have strong teeth.

Keep your teeth well cleaned and the mouth sterilised.

Listerine gargles provide a great relief in the beginning of Caries (Gradual Decay of the Teeth).

Milk-teeth provide foundation for the Second Set (Permanent Teeth) and so they demand great care.

Never pin-prick your teeth after meals.

Operation is the only treatment for the gum-boil.

Powder or paste should always be used to have pearls-like shining teeth and strong gums.

Quack dentists should never be consulted about dental trouble of any kind.

Roots of the teeth should always be covered under the gums.

Scaling of teeth frequently robs the enamel of the teeth.

Tartar should never be allowed to deposit on or in between the teeth.

Unclean teeth cause bad breath in the mouth and the gums bleed frequently.

Vitamin D is the necessary element in building strong teeth.

Well masticate your food because it relieves the stomach of strenuous work and hardens the teeth and the gums.

X-ray is essential if any supernumerary (extra) tooth is to be extracted.

Yellow-film on the teeth is the harbinger of Caries and Pyorrhoea Alveolaris.

Zero result, if above Dental Instructions are not followed.

Virtues of Tomato Juice

By

D. F. FRASER-HARRIS, M.D., D.Sc., F.R.S.E.

RECENT studies upon tomatoes have shown us that in tomato juice are to be found all the three vitamins called, provisionally, A, B, and C. The only other vegetables which contain all these vitamins are raw carrots among the root vegetables, and uncooked cabbage, cauliflower, lettuce, and water-cress among the green. The tomato is second to none as a vitamin source. While the orange contains much vitamin C (the one which prevents scurvy) it contains practically no vitamin A, and only a trace of vitamin B, the vitamin which keeps the nerves in proper condition.

Vitamin A not only promotes growth of the body generally, but by keeping the mucous membranes healthy, it imparts to the body a distinctly anti-infective capacity. This is quite a recent discovery and one of the utmost value.

As a juice-providing substance, the tomato obviously has an enormous advantage over raw vegetables such as carrots and cabbages, for the juice of the tomato, with its slight acidity, is quite pleasant to the taste, and it is now possible to obtain a palatable preparation of raw tomato juice in bottle form. Thus we have a vegetable product possessing in a most concentrated form all the three vitamins A, B, and C, whose presence in the diet of everyone, and especially of infants and young people, has been proved to be of immense importance.

Even the infants, therefore, may have their "cocktails" (to borrow that ugly Americanism), in the shape of a few drops of tomato juice in milk. Mothers would be well advised to keep a stock of this tomato juice in the nursery larders. It may be added to pasteurized or to boiled milk, as the case might be.

It is scarcely necessary to remark that the tomato contains also mineral salts such as calcium phosphate and salts of the mild and wholesome citric and malic acids. These contribute towards maintaining that state of chemical "neutrality" of the blood so necessary to health. Finally, there is one great advantage which tomato juice has over many other vegetable juices, namely, that it contains no oxalic acid. Those who know how injurious this substance and its salt oxalate of lime are to persons of a gouty constitution, and to those whose kidneys are not acting too well, will fully appreciate this.—*Good Health* (London).

Is Meat necessary for the Human Body?

Is a pamphlet issued by the B.B.C. the statement is made: "There is a mistaken idea that meat is not needed by the young, but this is not so, as on the contrary, it is most necessary for growth". The London Vegetarian Society argues in a reply that this view is negated by the fact that thousands of healthy "vegetarian" children, so-called, have never tasted flesh foods. The International Scientific Food Commission declared that "no absolute physiological need exists for meat, since the proteins of meat can be replaced by other proteins of animal origin, such as those contained in milk, cheese and eggs, as well as by protein of vegetable origin". Prof. E. V. McCollum said: "We could entirely dispense with meats without suffering any ill-effects whatever"; while Sir Robert McCarrison, whose knowledge of the diets of India peoples is unrivalled, states in 'Food' (p. 69): "If the food contains milk and milk-products then it is not necessary to eat flesh-meat at all." Moreover, Dr. Corry Mann in an article entitled "An Important Experiment in First-Class Protein", wrote: "The protein of milk appears to be of more value for purposes of nutrition than the protein of meat." Mr. Sibley, a house-master at Wycliffe College, whose house has been vegetarian since 1910, publishes an account of a "Twenty Years' Practical Experiment in Food Reform" in 'Vegetarianism and the Growing Boy', which abundantly proves that flesh meat is not necessary in the diet. The pamphlet is well worth reading. But "vegetarianism"

is a misnomer, since only flesh foods are not eaten: animal products, such as eggs, and milk and its products are taken freely. The latter in infancy and childhood are of course a *sine qua non*.—(*Clinical Journal*).

Years do not Tell Your Age

Styies, W.A.L., "Hygeia", July, 1934.

Observers are agreed that obesity is a subject having a widespread appeal among all classes of the population. Since feminine fashions have decreed slender configurations, medical quacks, quick to sense the public pulse, have seen fit to commercialize the fad by selling alleged antifat cures to a gullible public, who have swallowed holus bolus the most preposterous claims advanced in behalf of the most inert remedies.

The belief that medical science has made it possible for human beings to violate with impunity the laws of nature explains largely why charlatans are continuing to reap a golden harvest in the sale of antifat remedies. For the person who is led to believe all that these quacks tell him in their antifat literature and advertisements, the problem of obesity is the very essence of simplicity.

Antifat remedies may be conveniently classified into two general groups, those that contain drugs, such as laxatives or the more dangerous thyroid extract or dinitrophenol, and are capable of reducing the weight of the body under certain conditions; and those that are devoid of active drugs and are powerless to effect a given loss in weight.

Seemingly, there is no end to the

number of tablets, powders and prescription nostrums used in the internal treatment of overweight. If these products contain thyroid extract, they may be effective by rapidly burning up food and tissue instead of storing them, only at the cost of an increased pulse rate, palpitation, fever, tremors, insomnia, and general lassitude. Such a powerful drug should never be employed in self medication, as its indiscriminate use has led to serious consequences.

In the absence of thyroid as an ingredient of tablets and powders, their use is to no purpose unless they contain certain drugs capable of deranging digestion and delimiting the assimilation of food.

Middle-aged business men, anxious to part with unsightly and handicapping accumulations of fat, little realize that the violent exercise commonly prescribed by many physical conditioners may cause irreparable damage at their time of life.

An overweighted body is like an overloaded truck; something is liable to happen at any moment. Heart strain, impaired digestion, and high blood pressure are common sequences of overweight. The only safe way to reduce is by dieting along the lines suggested by a qualified physician. In the ambition to shed weight, men and women have never paused to consider the advisability of misdirected endeavour. As a consequence, death has been the end-result of numerous treatments for obesity.—(L. P. T.)—*National Health Review*.

Cholera and its Prevention

ERNEST HART once well expressed: "you can eat cholera and you can drink cholera but you cannot catch it." This disease results from a specific microbic infection. There is a special kind of bacillus which gets into the intestine and produces this disease. The constitutional symptoms of the disease are due to absorption of toxins from the intestine.

We can trace three stages in the development of cholera. The period of suffering is usually very brief—the average being probably about two or three days. The period of invasion may be gradual or sudden and this depends upon the amount of the infective agent received into the body. When the attack is gradual it may last for two or three days. In this case the disease is marked by the moderate diarrhoea with colicky pains, a sense of exhaustion and general depression, noises in the head and a pale and anxious countenance. It is during this period that we may hope to be able to counteract in an effectual way, the toxic influence of the infective agent. When the invasion is sudden, the patient is struck down suddenly with alarming depression and generally with violent purging. The contents of the bowels pour out in a copious liquid stream and rapidly drain the blood of its fluid constituents. The evacuation, at first bile-stained, soon becomes colourless and is called 'rice water stools.' They contain enormous numbers of comma bacilli, which bring on cholera and other bacteria. At the same time profuse vomiting of the same kind of fluid usually occurs, violent and very

painful cramps may now appear, affecting chiefly the lower extremities and the abdomen and the patient may pass into the second stage. This may come on within a few hours of the commencement of the purging and its symptoms have been regarded as dependent either on the amount of toxic material absorbed from the intestine or on the enormous drain of fluid from the body. So that there is failure of the circulation as the thickened blood cannot flow freely and the pulse becomes feeble, thread-like or imperceptible. The surface is livid, cold, shrunken, and covered with clammy sweats. The eyes are sunk, the tongue and the breath, cold. There is intense thirst and restlessness. Another consequence of the drainage of water from the blood is suppression of urine. The third stage is that of reaction. After perhaps a brief sleep the circulation improves and the surface becomes warmer. If the relapse does not occur, the patient generally recovers. Cholera in which there is no purging is very fatal.

Food serves to carry cholera when it has been contaminated with cholera germs in a moist state and not subsequently sterilized before being swallowed. Flies have been proved to be capable of conveying living cholera bacilli from evacuations to food supplies. Infection by soiled clothes, contaminated water, milk and other articles of food are the general sources of infection.

Preventive treatment is of vital importance in an epidemic. [Inoculation of the contacts with cholera vaccine will prevent the epidemic from spreading.—Ed.: H.] The purity of drinking water must be assured.

Boiling and filtration afford perfect protection. All foods and drink should be quite recently cooked or boiled. Fruits, as a rule, should not be used, except those which are in the best condition. Water for cleaning purposes should be boiled. The excretions from the body should be destroyed instantaneously. All water supplies in wells and reservoirs should be prevented from pollution. The wells should be permanganated. Medical treatment by best doctors should be given without delay.—(*The Indian Medical Journal*.)

A Simple Method of Bug Destruction

THE reputation of a house, hostel, or hospital is sometimes gauged by the presence or absence of bugs. The innumerable ways of destroying the bed bug have proved useless, for none of the methods brings about the total and complete destruction. But recently Colonel W. Houston, I.M.S., has devised a means which eradicates bugs completely.

He suggests that cocoanut oil is a poison to the bed-bug and that the application of cocoanut oil is the only effective and economical way of destroying the bugs completely.

The procedure of disinfection is very simple. The mattresses and pillows are exposed for half an hour to steam and disinfected. All cots and mosquito poles are immersed in boiling water for ten minutes each. The cots and poles are then painted with pure cocoanut oil and put back in their places.

Disinfection of all cots and mattresses etc., is again repeated after a week.

In addition, the corners and the junction between the walls and the floor are all painted with cocoanut oil. All doors and windows, corners and crevices are sprayed with a solution of kerosine oil emulsion, prepared by mixing half a pound of soap with a gallon of cold water, boiling and mixing it with two gallons of kerosine oil. This emulsion should be mixed with 50 gallons of water. Disinfection is carried out as in the previous weeks until all the bugs are completely destroyed. This method acts as a barrier to future invasion of bugs and is not costly.—(*The Indian Medical Gazette*.)

Insomnia or Sleeplessness— Its Causes and Treatment

SOUND natural sleep is Nature's best healing and refreshing medicine. But how many people there are who always suffer from want of sleep. Lucky are those who can enjoy sound sleep at night. Insomnia, which is on the increase at present, is a positive curse. Drugs are being discovered to induce artificial sleep but they are not free from harm. Insomnia is responsible for thousands of suicides. Though ner-

vous exhaustion plays a great part in these tragedies it is not the sole cause. Often there is financial or other worry. Sometimes people with active brains cannot help working after they are in bed. Diet has some effect on sleep. Heavy stomach causes sleeplessness in some while an empty stomach excites it in others. Drinks also add their share. Muscular changes can bring about sleeplessness. Lie easily in bed with your muscles relaxed; then you can enjoy a sound sleep. Mind should be free of all thoughts. So try to create the mental attitude favourable to sleep by repeating the first word that occurs to your mind. This in most cases will produce drowsiness. Exercise helps much to solve this trouble. The question of supper is not the easy one. Heavy supper should be condemned always. Cocoa ensures a comfortable night's sleep and is strongly recommended, whereas coffee or tea causes sleeplessness. The most necessary thing is that one should not worry himself much if he does not get sleep. Be optimistic and think only of funny things. This kind of self-discipline is the best cure for insomnia.—(*Indian Medical Record*).

LI

Fruits, roots and the succulent parts of vegetables appear to be the natural food of man: his hands afford him a facility in gathering them; and his short and comparatively weak jaws, his short canine teeth not passing beyond the common line of the others, and the tuberculous teeth, would not permit him either to feed on herbage or devour flesh, unless those aliments were previously prepared by the culinary process.—BARON CUVIER.—(GOOD HEALTH, U.S.A.)

Health Tit-Bits

Nazis Decide to Abolish Divorce for Happiness in marriage.—New marriage regulations almost abolishing divorce have been published by the Nazi Lawyers' Association of Berlin.

The Government is expected to adopt this new legal code, which declares that, "as the Teutonic spirit must be spread throughout the world," there must be as many healthy, happy marriages as possible.

In the interests of the child, or children, divorce is to be forbidden except in special cases, "it being better that the individual should suffer through an unfortunate marriage than that easy divorce should encourage thoughtless unions."

Marriage is to be permitted to the "racially healthy citizen."

Betrothals, it is declared, should be arranged only when the parties have passed marriage-fitness tests.

Childless couples should be obliged to contribute to the upkeep of children of relations.—*The Indian Naturopath.*

Rest After Meals.—In one particular at least the Orientals are ahead of us in personal hygiene. Among the natives of tropical countries, the custom of resting after the midday meal is almost universal. In Mexico and other hot countries, it is customary to take a siesta for one to three hours after the midday meal, and at this time most places of business will be found closed. From midday to three P.M., business is almost wholly suspended during the hotter months of the year.

This practice is a very salubrious one, especially for persons in advanced years. Elderly people should always rest an hour after the principal meal and half an hour after lighter ones.—(*Good Health, U.S.A.*)

Dr. von Noorden Advocates a Salt-Free Diet for Many Disorders.—The noted Professor C. von Noorden, of Vienna, advocates a salt-free diet in certain inflammatory conditions. This is not on account of the chlorin but of the sodium, the absence of which makes it possible for the calcium to gain supremacy in the acid-base metabolism (*Klinische Wochenschrift*). He has long used this diet for the treatment of inflammatory diseases associated with diarrhoea, and regards the success of the apple diet in this disease to be due chiefly to the lack of salt. He has had favourable results with omitting salt from the food in cases of phlebitis, diabetic gangrene, inflammation of the joints, lupus, gastritis, enterocolitis, gastric and duodenal ulcers and pneumonia.

Professor von Noorden has repeatedly suffered from croupous pneumonia. The first attacks were long drawn out; but from the first day on which he left off salt, he felt much better. He recovered much more quickly than before. In pneumonia he gives nothing but fruit juices, raw fruit and sweetened stewed fruit for the first four or five days.

With chronic diseases such as arthritis, gastrointestinal disorders, diseases of the bladder and gallbladder, and skin diseases, strictly salt-free

days, at first two or three, later one or two, a week should be prescribed. Care should be taken that all the vitamins are supplied adequately.—S.—(*Good Health, U. S. A.*)

Tell-Tale Nails.—An experienced doctor, when feeling the pulse of a patient, will often assist his diagnosis by a casual glance at the finger-nails. The healthy nail is renewed once in 110 days, but the rate of growth is retarded by disease. Nails are highly specialized portions of the skin, and as such are subject to bodily ailments, of which they always show signs.

Serious illnesses always leave distinct transverse grooves in the nails, which gradually disappear with new growth; also, broken bones and fractures leave deep ridges which do not disappear for eighteen months or more. People constitutionally strong have large, heaped-up nails and thick nails usually denote a strong personality—though the converse does not hold good.—*The People.*

Doctor Mud.—A new kind of radio-active mud is now being used in Harrogate Spa. Discovered accidentally on Harlow Moor, medical specialists say that it has rejuvenating properties, so it is now a permanent side-line to the Spa's attractions. Treatment with this mud tones up the facial muscles and gives a youthful and healthy look. When combined with massage and diet, it works miracles of slimming. It is impossible to compare it with any other kind of medicinal mud, for it has properties that are peculiarly its own. With its help, however, Harrogate should fast become one of

the "beauty parlours" of Britain.—*The People.*

Enuresis investigation.—An investigation is to be made by the London county council into the question of nocturnal enuresis in children. The complaint is not only serious while the children are in boarding schools and homes, but may be a handicap in later life. Twenty boys from other schools and homes who suffer seriously from nocturnal enuresis are therefore to be gathered into one unit, under the supervision of a specially qualified medical officer, at Anerley residential school. The additional expenditure involved is estimated at about £250.—*The Medical Officer.*

Birth control Discussion in the Japanese Diet.—The Japanese House of Representatives discussed the population problem; According to the *Japan Chronicle*, Mr. Isao Naka (Minseito) asked the Home Minister whether his Department had studied the question of birth control as one means of settling the population problem. He gave many instances of social tragedies, and declared that birth control is urgent for easing low-class officials and salaried men of their difficulty of living.

Mr. Goto (Home Minister) said that although he believed in the restriction of births of the children of mentally defective parents, he was against birth control as means of easing conditions of life. "History shows that once the idea of birth control holds a firm grip over a nation and is widely practised, such a nation is destined to ruin. The exertions made a people under the

pressure of a population problem furnish a motive power for national progress".—*Birth Control News*.

* * *

Summer Do's and Don'ts

Spend as much time in the open air as ever you can,
but Don't sit reading with the sun glaring full on your book.

Learn to swim,
but Don't go bathing directly after a meal.

Play games and take exercise,
but Don't forget to put on a coat when you leave off.

Eat plenty of fruit and vegetables,
but Don't touch unripe or unsound fruit.

Go for picnics,
but Don't leave litter about.
Make lemonade if you like it,
but Don't make it in an enamelled jug; use china or glass

Take a few flowers home with you,
but Don't pick them extravagantly or carelessly.
Ride your bike,
but Don't ride in the middle of the road.

—From the "Junior Red Cross Journal."
—The Home and Country.

* * *

Double Value of Sleep before Midnight.—Some experiments were recently made on 15 young men-students in Germany which confirm the popular belief that the ideal time for sleep is before midnight. If taken at this time of its greatest effect, four to five hours will suffice. All of the students who underwent the experiment found that if they went to bed at 7 p.m., they awoke spontaneously about 11-20 p.m., and were able to continue their work or study for the remainder of the 24

hours. Not only so, but their work improved in quality, and far from showing any signs of fatigue, after following this regime for six months or a year, their health was unimpaired or improved.—*The Treasure Chest*.

* * *

Prayer as a Spiritual Tonic.—Speaking at the Methodist Church Circuit rally at Stamford, Dr. E. S. Waterhouse, of London, said that one of the most obvious uses of prayer was in time of sickness.....

Prayer, he said, was really medicine, and it was much more sure in its action than most physical medicine. It was not a "cure-all," but its spiritual tonic was bound to make a difference. Use all medical means you can, but prayer, though not a spell or magic, is going to be a help.—*The International Physic Gazetteer*.

* * *

Accident People.—People can be divided into two groups: those who break cups and saucers and those who do not. This proneness to accidents has been scientifically investigated. As a result it has been found that out of any hundred workers, ten are responsible for three quarters of the accidents. A branch of the Medical Research Council in England which has been investigating road accidents has found that the law of proneness to accidents applies to drivers of motor vehicles as well as to factory workers. The Council suggests that the results of their researches might be used to prevent road accidents in two ways: by psychological tests to find out accident proneness before a driver is granted a license, and by the removal from the road of those drivers who have an undue number of accidents in their initial period.—*The Treasure Chest*.

Show the way of health to your fellowmen!

HEALTH LECTURE SERIES
BOOKLETS IN ENGLISH
TAMIL OR TELUGU.

Houses in relation to Health	As. 2
What to do before the Doctor arrives	2
School Hygiene	4
Water in relation to Health	2
Air in relation to Health	2
Health and Disease	2
Preventable Disease	2
Common Disease carrying Insects	2
Milk in relation to Health	2
Alcohol and its dangers	2
Personal Hygiene	4
Home Nursing	8
Food in relation to Health	2
First Aid in Child Birth	4
English	6
Canarese	6
Telugu	6

How happy could you make hundreds of fellow-beings by telling them in simple, choice, easy language, the broad principles of Health, and how to maintain it! With the aid of these booklets you can do effective propaganda and earn the blessings of your fellowmen. The booklets are cheap too.

SRI KRISHNAN BROS.
ESTD. 1899
CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS
323, Thambu Chetty St., Madras

KRISHNA
—Compound Extract of—
SARSAPARILLA
with Iodides

THE BEST BLOOD PURIFIER

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. 2-6-0 a Bottle.

SRI KRISHNAN BROS. 323, THAMBU CHETTY ST. MADRAS

JL
L. 500 21, 11.3.35
1123-13.7-8



PLACE,
POWER,
EASE,
WEALTH,
and with it all

DIABETES!

What a sorry but awful picture? Yet that's the fact. This disease claims perhaps the highest toll in India, among the middle and upper classes. It baffled patients and practitioners. But no more shall it levy its toll, for

DIABIN VEGETABLE ANTI-DIABETIC COMPOUND

Rs. 4-8 per bot

SRI KRISHNAN BROS.
ESTD. 1899
CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS
323, Thambu Chetty St., Madras

Cures every form of the disease and every symptom. Effective for all ages, at all seasons, and in all conditions. Wonderful results.

The More You Scratch — the worse it goes

Whatever the form of ECZEMA, dry or weeping, the very first application of

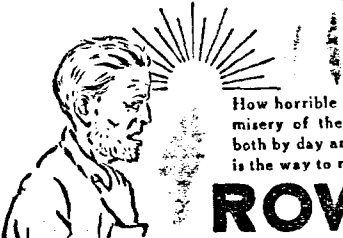
ROWJEE'S ECZEMINE

soothes and cools the affected part, removes the itching, stops the oozing. Useful on any part of the body

SRI KRISHNAN BROS.
ESTD. 1899
CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS
323, Thambu Chetty St., Madras

Price Re. 1 a pot.

When day time is dreadful and night time miserable



How horrible is the violent, shaking misery of the sufferer from Asthma, both by day and by night! But here is the way to relief.

ROWJEE'S ANTI-ASTHMATIC MIXTURE

RELIEVES ASTHMATIC ATTACKS INSTANTANEOUSLY

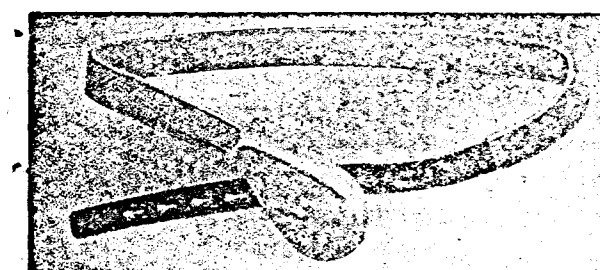
This remedy contains some extremely efficacious drugs scientifically compounded, which have proved beneficial in asthmatic complaints. Composition open to medical men. It is no secret.

SRI KRISHNAN BROS.
ESTD. 1899
CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS
323, Thambu Chetty St., Madras

First dose removes anxious symptoms and puts patient on the road to recovery.

Ask for full directions and diet recommendations. Also Asthma Powder and Cigarettes.

Price Rs. 2-8 a bottle.



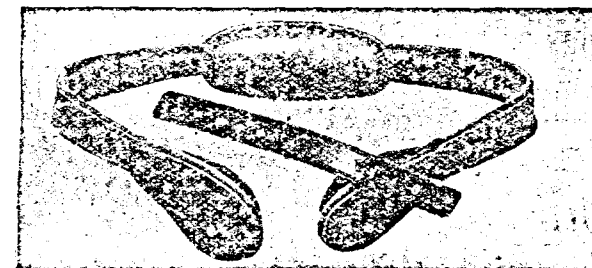
Trusses for Hernia

We have a large assortment of various sizes for infants and adults.

PRICE

Leather, Single	Rs. 6
Do Double	Rs. 12
Vulcanite, Single	Rs. 10
Do Double	Rs. 20

Booklet how to measure for and fit up a truss for hernia will be sent free.



SRI KRISHNAN BROS., 323, Thambu Chetty St., MADRAS.

A Miracle-what? Hair back on Bald Head!



Yes, good, luxuriant growth, glossy, beautiful scalp free from dandruff scurf eradicated, hair roots nourished and baldness cured. This is not a Scented Hair Oil, but a purely medicated one. Just rub a little into the hair roots every night, at bed time.

Price Re. 1 a bottle.

ROWJEE'S MEDICATED HAIR OIL

ESTD. 1899

SRI KRISHNAN BROS.

CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS

323. Thambu Chetty St, Madras

MY HEALTH IS IN MY TEETH

Pearl teeth to laugh with,
firm teeth to chew with,
clean teeth to live with,
can be had simply by
using
our
**ANTISEPTIC
and
Astringent
TOOTH POWDER**



ESTD. 1899

SRI KRISHNAN BROS.

CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS

323. Thambu Chetty St, Madras

Price, As. 12. 3 tins Rs. 2.

Change TO BROWN or BLACK

FROM GREY or WHITE

Thanks to

KRISHNA HAIR DYE

Buy it Today

Instantaneous Effect. Free from Unpleasant small or harmful result

PRACTICAL CHEMISTS HAVE PRAISED ITS POTENCY

ESTD. 1899

SRI KRISHNAN BROS.

CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS

Rs. 2-8- a bottle

323. Thambu Chetty St, Madras

1-5 drops of

ROWJEE'S OPTHALMO

TO RELIEVE Fatigued Optic Nerves.

TO REMOVE Redness of the Eyes, Ophthalmia, Fleishy growth, Ulceration.

TO CURE Sore Eyes, Watering of the Eyes, Purulent Discharge etc

Guaranteed Harmless and Non-irritating



ESTD. 1899

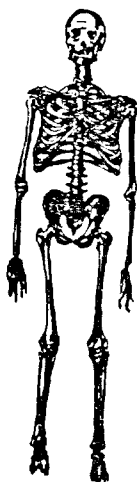
SRI KRISHNAN BROS.

CHEMISTS, DRUGGISTS AND SCIENTIFIC OPTICIANS

323. Thambu Chetty St, Madras

Price Re. 1.

Know Thyself



You may know quite a lot about the inner wonders of the electric motor or the wireless mechanism, but what do you really know about the far more wonderful mechanism of your own inner being?

ATLAS OF THE HUMAN BODY AND ITS INTERNAL ORGANS

In this atlas you get a pictorial guide and survey of the Human body and its functions. This knowledge helps you in the pursuit of a healthy, happy life.

SRI KRISHNAN BROS.
ESTD. 1899
CHEMISTS, DRUGGISTS AND
SCIENTIFIC OPTICIANS

323, Thambu Chetty St., Madras

Price Rs. 2.

What Will You Do In An Emergency

Supposing you saw your brother, a friend or even a stranger knocked down by a motor car; bitten by a snake or enveloped in a fire, will you be able to save him by rendering first aid or will you be one of those who just stand and look on helplessly? Immediate assistance has been known to have saved many lives and this is exactly what Dr. U. Rama Rau's book on First Aid teaches you in a simple and easy way.

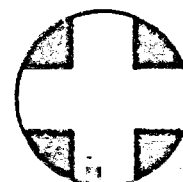
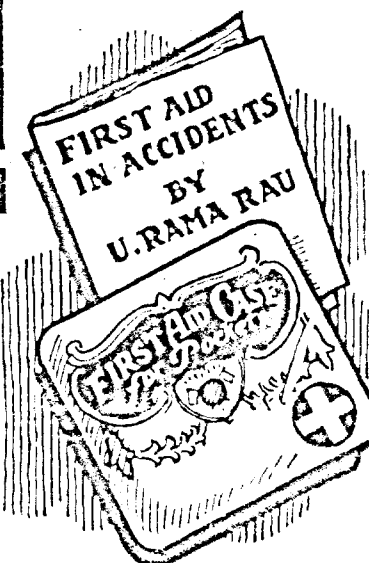
The book is available in English, Tamil, Telugu, Canarese and Malayalam and can be easily mastered by any one who knows to read. Equally useful is the First Aid Case which contains all the necessary appliances.

Price of book on First Aid
As. 12.

for any edition.

Price of First Aid Case
Rs. 2.

Get these two and learn to be of help in an emergency.



SRI KRISHNAN BROS.
323, THAMBU CHETTY ST. MADRAS

NATURE'S GIFT / COMPOUND SYRUP OF FIGS

The gentle way to stimulate the impaired function of the stomach is to take this Nature's Laxative. It restores the real functions of the stomach, bowels and liver, and thus puts an end to Constipation—the dread malady of modern life.

Pleasant to take, and fit for persons of all ages.



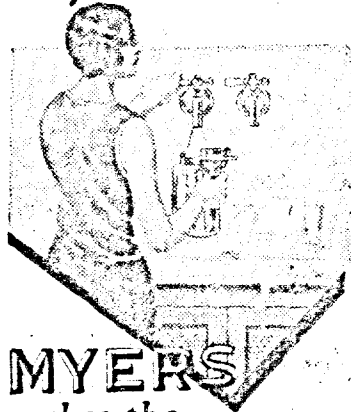
SRI KRISHNAN BROS.
ESTD. 1899
CHEMISTS, DRUGGISTS AND
SCIENTIFIC OPTICIANS

323, Thambu Chetty St., Madras

Price Re. 1-8.

HEALTH
Regd. No. 1715.
Vol. XIII. No. 8.

Deep Well— Shallow V Any Capacity— Any Power



MYERS
makes the
**Water System to
fit YOUR needs!**

ONE coat cannot fit all men. One water system cannot meet all conditions. But whatever your needs, you may be sure that MYERS makes the units which exactly fit them. As world's largest manufacturers in our line—Pump Builders Since 1870—we have studied the needs of water users for 50 years. MYERS Water Systems bear the one priceless feature of absolute reliability.

For deep or shallow wells—for operation by hand, windmill, pump jack, engine or motor—MYERS Water Systems give complete satisfaction. They are simple, durable and remarkably economical in operation.

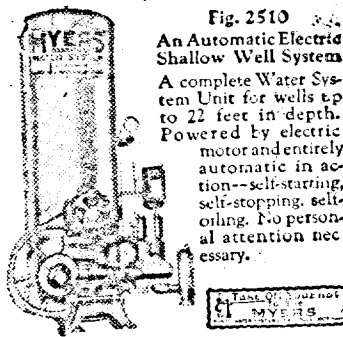


Fig. 2510
An Automatic Electric Shallow Well System
A complete Water System Unit for wells up to 22 feet in depth. Powered by electric motor and entirely automatic in action—self-starting, self-stopping, self-oiling. No personal attention necessary.

Sole Agents in India:—
THE LIMAYE BROS., LTD.,
1/173 Broadway, Post Box 202, Madras.