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Health

*A Journal Devoted to
Healthful Living*

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

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Vol. XIV. No. 10.
Oct. 1936.

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—Editorial.

**Nutrition of the
Nation.**

By Dr. Parma Mand Ahuja,
M.B., B.S.

Rickety Children.

By Dr. L. R. Fernandez,
Trichinopoly.

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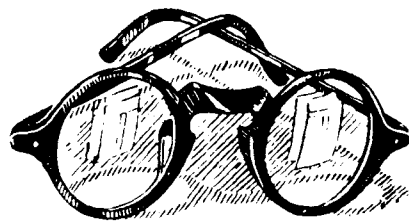


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Editorial

Fatherhood

THE responsibilities of a father in the begetting and upbringing of his children are too many and too grave to be ignored or brushed aside. The seed must be strong and virile and the soil yielding and fertile; the seed must be carefully nursed and nourished at every stage of its existence before one can expect a bumper harvest. This is Nature's Law and is as much applicable to human beings as to plant life. There is a wrong notion prevalent generally among the people, not only of India but of the whole world, that the father's responsibility commences with the child's school age i.e. after the fifth year of the child and even then, it is his schooling more than his physical well-being that he should care for. The sooner this wrong notion is wiped out, the better will it be for humanity. We shall now proceed to discuss in what

ways a father can help in bringing out and bringing up healthy children and thereby contribute his quota towards making his nation, an A₁ nation.

For all practical purposes, a father's life may be divided into two parts—viz., ante-marital and post-marital. Before a person seriously thinks of marrying and establishing a home for himself, he must first decide whether he is fit for marriage—physically, morally, and materially. By physically, we mean whether he has sufficient strength and stamina to work hard, and to combat and successfully resist diseases and whether he is absolutely free from congenital or acquired diseases and such like. "What thou sowest, thou reapest" is the old Biblical saying and a weakling father can only reproduce a weakling child, the nature of the soil notwithstanding. So, one must gain

sufficient strength—strength of body and strength of mind—before one can think of marriage and till then, marriage should be suspended, if not altogether abandoned. If a person is suffering from any chronic diseases at the time of marriage, such as leprosy, epilepsy, insanity, etc., he must abandon the idea of marriage⁽¹⁾ altogether and live a bachelor all his life—a state, which is 'happier far than miserable to have eternal being'. But, thanks to the progress of modern Medical Science, the diseases mentioned above, at one time considered incurable, can be radically cured now, if detected early and full course of treatment prescribed, taken; and the person who wants a home and a family must get himself completely cured of his disease and must be certified by a competent medical authority as safe and sane and suitable for marriage, before he ventures to propagate his progeny.

Now, taking the moral aspect of the question, the person must remain a strict celibate until marriage. There are certain vices to which modern youngsters are addicted as a result of bad environments and bad company. One of such vices is self-abuse. It is unnatural and a sin to spill one's seed or semen⁽²⁾ and the continuance of the bad habit for a considerably long time will result in nervous debility and spermatorrhoea or involuntary discharge of semen. When the time arrives for natural sex union, it will be found that the reproductive organs have already broken down, resulting

(1) If a girl is crazy or leprous or has lost her virginity, and the one who gives her away (in marriage) has exposed these defects, he deserves no punishment.—*Manu*.

(2) "Let him always sleep alone and let him not waste his seed; he who from lust wastes his seed, destroys his vow".—*Manu*.

in domestic unhappiness and ultimate divorce. The morality of the parents will always ensure the health and longevity of their children and their children's children.

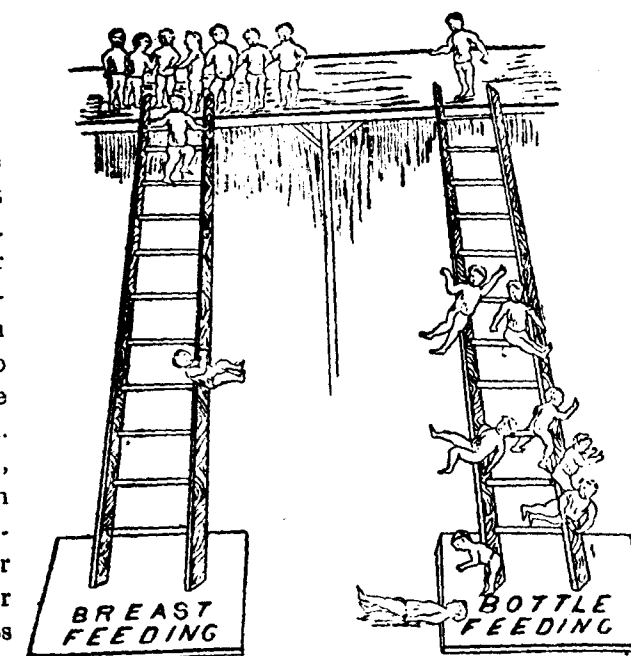
On the material side, the father must be in a position to maintain his family and give his wife and children comfortable lodging, and good food. It is no doubt an economic problem of great magnitude but unless one has the means to support his family, one has no right to marry. Mr. J. C. Moloney, I.C.S., an ex-president of the Madras Corporation, once observed: "what right has a Rs. 15/- clerk to marry and beget children, if he cannot afford to purchase even one o'clock of milk a day, to feed his child with?". But, unfortunately, it is not his fault that his wages should have been fixed at Rs. 15. Today, even the Rs. 15 clerkship is not available and unemployment is rife in the land. If people should follow Mr. Moloney's maxim, the world in the course of a few years will, we are afraid, be full of unemployed bachelors and unprovided-for spinsters, with their mouths and morals let loose, like wild beasts in the jungles, to prey upon one another to appease their stomachs' and sex appetites. Organized society as such will be non-existent and the world will soon be depopulated and be extinct. Certainly, this is not the object of the Lord's Creation. The State must intervene and see that all economic maladjustments are set right. With the limited means at his disposal, the father must run his family prudently providing for all necessities and sacrificing all luxuries. For instance, at the present day, in Indian households of moderate means, coffee-drinking has become a costly menace and can

conveniently be omitted and with the amount saved, more milk can be given to the child. Attending Cinemas is another costly item in the family budget and is the chief source of crimes and moral delinquency. Even children are taken for the sake of amusement. In this connection, the observations of Alderman Mabel Fletcher, made at the 23rd National Conference of Maternity and Child Welfare held at Liverpool in July 36, (Mother and Child Vol. VII No. 5), will be found interesting. She said:—'The Cinema contributed to the incidence of delinquency—not only the vicious film but some apparently harmless films. They showed the child how to do things. All laughed at the comic burglar, but he was depicted "breaking and entering" and a boy might come to think how much more exciting such an adventure would be than just 'pinching' things in the old way.'

Coming to the post-marital duties and responsibilities of a father, the first problem that confronts him is his wife's pregnancy. The husband may think that it is the wife's affair—not his. But certainly, it is his affair too and he cannot be divested of his responsibility in the matter. There are two stages in pregnancy, the ante-natal and post-natal. During the ante-natal period, 'the husband must obtain regular advice and supervision either at a clinic or from a private practitioner and see that his wife acts up to the instructions given,

leads a healthy, active and normal life and gets additional nutriment'. Any neglect on the part of the husband or the wife will seriously affect the expectant mother as well as the foetus in the womb. The next thing that the husband could do is 'to induce a healthy mental outlook' in his wife. He must try to dissipate all sorts of unnecessary fears and anxieties in his wife's mind, especially if she happens to be a primipara. At the time of confinement, he must send her to an institution, if he apprehends any complication or make the necessary arrangements at home. He must employ a qualified midwife and a doctor. Calling in an unqualified barber woman and a quack to attend on his wife is a penny-wise and pound-foolish policy fraught with serious consequences. Mr. H. Cross observes

Give Your Baby a Fair Chance



in "Mother and Child": "It is largely a husband's responsibility to hand over to midwife or doctor a patient, happy and healthy in mind and body and not a flabby, undernourished, neurotic wreck harassed by house-hold cares and personal misgivings".

Under sound conditions, the confinement must certainly be normal. But the father's duties do not end there. He must send his wife and child to the post-natal and children's clinics regularly so that they may gain the full benefit of the preventive

treatment recommended by the clinical staff. Vaccination of the child for small-pox, after six months, is another important duty of the father. He must encourage breast feeding and except under medical advice, avoid all proprietary foods to his children. The father must interest himself in the maternity and child welfare work and the maternity and child welfare organizations, in their turn, "should not exclude from their plans that person without whom there would be no maternity problem and no Indian Nation—the father".

Nutrition of the Nation

By Dr. Parma Nand Ahuja, M.B.,B.S.,
Karachi

NUTRITION is the barometer of the health and wealth of a nation. It is the index of its vitality and vigour, progress and prosperity. Its high or low level indicates the high or low threshold of disease-resisting power, inherent in the people. Its high or low standard also betokens the economic well-being or ill-being of the people. Tested on this touchstone, the nutrition of the Indian population has been at a very low ebb accounting, in no small measure, for the poor state of health of the nation with weakened vitality, susceptible to every gust of passing disease, epidemic and pestilence. The unfavourable economic conditions in the country, low purchasing power of the masses, scarcity of bare amenities of living, ignorance and illiteracy, have contributed materially to the poor nutritional stamina of the people, which in its sequel, has brought about further

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deterioration in the standard of living, physical strength, and resisting power against disease, all moving in a vicious circle to the slow but sure process of physical, moral, and mental weakening and worsening of the national fibre.

Malnutrition in Childhood

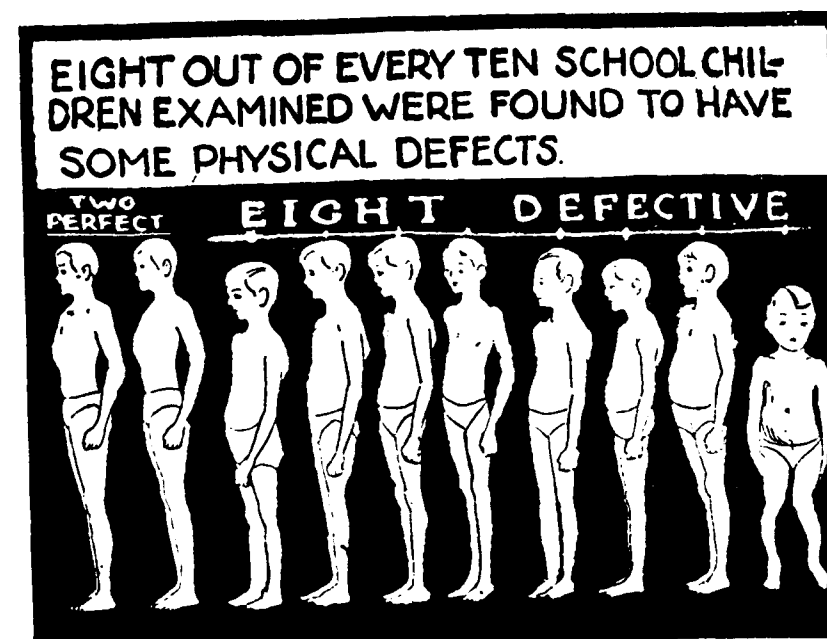
The importance of proper nutrition cannot be over emphasised at any stage of life; but the more so at the period of development in the growing child at the school age. Medical inspection of the school-going children in several parts of the country has forcibly brought to the fore, the high percentage of malnutrition that such children are suffering from. The medical survey of Government and Government aided schools in Calcutta during 1934-35 revealed that about 37% of the children suffered from malnutrition and its consequent ill-effects. If statistics are carefully collected in educational institutions, particularly

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in primary sections, they will have a sorry tale to tell. Every gardener knows what he can expect in the growth and development of his tender plantations which receive meagre manure and scanty water at the roots. The analogy from the plant to the

a vast country like India inhabited by different creeds and communities with varying usages, social customs, traditions, tastes and temperaments changing from place to place and Province to Province.

Dr. Aykroyd, the new Director of



animal or human life is complete. If the nation in bud, as the children rightly constitute, grows in such soddy soil what can be the flowering or the fruit?

An intricate problem

It is a matter for some satisfaction that the public attention has been drawn, of late, to this vital problem of the nutrition of the nation and men of light and leading from the Viceroy downwards have begun to evince some interest in the immense importance of this fundamental question which concerns one and all from infancy to old age in every walk of life.

The problem is inherently intricate but becomes very much intriguing in

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the Nutritional Laboratories at Coonoor has pointedly drawn our attention to the urgent need in India for a detailed enquiry into the dietetic habits of the people in the different Provinces and also the prevalence of food deficiency diseases. Various diseases of teeth, eyes, lungs, bones etc. have their origin in malnutrition in early childhood, where the growing roots of life are starved and sapped.

Myriad millions on famine ration

The problem of nutrition in a poor country like India, assumes a serious significance when it is borne in mind that myriad millions of this vast sub-continent, subsist on the border line

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of starvation and famine ration from month to month and year to year. To supply optimum minimum quantity of food for the millions becomes the primary and principal consideration and the kind and quality of the food occupies a secondary and subsidiary place in any scheme of nutrition. 'Beggars cannot be choosers' is a trite but true saying.

In the present state of our economic dispensation, the problem of proper nutrition of the people is not susceptible of easy solution in its entirety. But a beginning must be made and sincere efforts put forth by all concerned to improve the situation.

An appeal to the Educational Authorities

I would fervently appeal to educational authorities in Municipalities, Local Boards, Private, Government and Government Aided institutions all over the country, as an earnest of their solicitude for the care of the young wards under their control, to

launch forth, even on modest scale, schemes for proper and adequate nutrition of the school children. *Paripassu* with the free and compulsory primary education, must go on the proper feeding, in essential elements of diet of the poor children whose parents and guardians can ill afford to provide them with enough food, if full fruits of education are to be gathered and the sorry spectacle of creating intellectual prodigies in maimed physical frames is to be avoided. This will require constant contact and close cooperation between school medical service, educational authorities and the parents of the children. But it will amply repay the endeavours and expense in better health and happiness, vigour and vitality of the national fabric in the growing generations of manhood and womanhood. Undoubtedly it will touch only a fringe of the prodigious problem but it will be a very vital fringe at that; by nourishing the life in India at its very springs.

RICKETY CHILDREN

— By Dr. L. R. Fernandez —

Trichinopoly

RICKETY children are a great source of anxiety to medical men and a greater source of trouble and concern to their parents and guardians. So it is of paramount importance that the latter ought to be well conversant with the nature of ricket, chiefly in its early stage. There is nothing like intelligent co-operation of the parents with the doctors in effecting a speedy cure of this dire disease which takes a heavy toll from among the Indian children every year.

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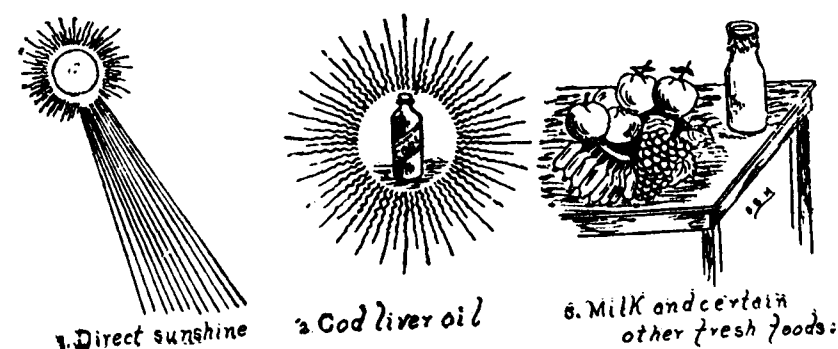
What is ricket? It is a constitutional disorder of childhood, usually between the third and twelfth month, characterised by the following signs and symptoms. There is a tendency to catch cold very often, and the child frequently suffers from cough, pain all over the body and some amount of restlessness. There is delay in cutting the teeth and also in sitting up and walking. Sweating over the head is profuse and in course of time the ends of the long bones may be

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thickened. The rib ends are the first to show the enlargement at their junction with the cartilages. The child is occasionally subject to fits or convulsions. The liver and spleen may be enlarged and the belly is protruding and prominent. This is more or less a typical picture of a rickety child.

Rickets is the result of malnutrition or improper feeding. When the children are fed with artificial food in which the proper quantity of nourishing elements as mineral salts, proteins,

attention to the feeding of both the mother and the child. The mother must be well nourished with plenty of cow's milk, leafy vegetables and greens, which help the secretion of milk a good deal. Milk secreting Lactogol is also of much use. In spite of these foods if the mother is not having enough of milk, the child must be given fresh good cow's milk. Avoid starchy foods of every description, such as arrowroot and semolina; eschew as much as possible dried milk, condensed milk and artificial foods. Should there



Sunshine, Cod Liver Oil and Milk prevent Rickets.

carbohydrates and fats, together with vitamins are lacking, they may be subject to rickets. Even breast-fed children may suffer from rickets, when the mother's milk is very thin and deficient in approximate food principles, as happens when the mother's health is poor and delicate from causes such as too rapid pregnancies, prolonged fever or diarrhoea. Unhappily when the mother is dead and the child is left to the mercy of some sickly wet-nurse who is chosen from the ill-fed and poverty-stricken working classes, such a child is likely to suffer from rickets.

By way of treatment, the first and foremost thing to be done is to pay

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be any difficulty in procuring fresh Cows' milk, Goat's milk well diluted is a more nourishing and safer food than artificial foods. Even ass's milk can be substituted as it is a healthy and wholesome food for growing children. Then see that the rickety child receives a good amount of cod liver oil, as it contains the anti-rachitic principle. In addition to giving it orally, take some cod liver oil in your hand and rub it daily over the abdomen so that it may be absorbed into the system. Many children have wonderfully improved in this way.

Remember that in addition to milk and cod liver oil, sunlight and fresh air are very helpful in curing rickets.

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The ultra-violet rays of the Sunlight, chiefly in the morning are very good for the children. Expose a portion of the child's body, say the chest and abdomen to the sun's rays for about ten minutes daily between 8 and 9 a.m. Those who can afford to go in for electric treatment, may be benefited by carbon arc lamp, as this is superior to the mercury vapour lamp. Keep

all the doors and windows well open so that plenty of fresh air may flush in and play upon the child. In the evenings take the child to the maidan or Sea-shore daily so that the ozone may nourish its tiny limbs and organs of the body. If all the parents bear in mind the above hints and act accordingly, very soon rickets can be got rid off from our fair land of India.

The Art of Physical Culture

— By Prof. Christian Paul —
Colombo

(Continued from Page 174).

FOR the benefit of the readers I give the following general information on the subject of physical culture with the hope that some at least will be benefited thereby. Consult a Physical Instructor and obtain a prescribed system of exercises to suit your individual needs.

Suitable time for exercising.—The best time for exercising is early morning. Any exercise performed in the morning has more than thrice the effect of the same exercise performed at any other time of the day or night.

Habits.—You must gradually give up all habits which you now realise are detrimental to your own interests, physical or moral. In case you are accustomed to indulgence in intoxicating drinks or other narcotics and drugs, avoid the same. Tobacco in the form of Cigars, Cigarettes, Snuff, etc., brings on nervousness in due course. There is not much harm in treating it as a luxury. But, you must overcome the craving desire. Too much of indulgence in sexual actions will

sooner or later wreck even the strongest constitution. Sexual indulgence is not totally forbidden. Nature must have its own way. Nature's laws must not be violated. Moderation in anything means duration. Cultivate cheerfulness. Acquire the smiling habit even in distress. Cleanliness is next to godliness. Keep your body, clothing, thoughts and actions clean.

Diet.—Owing to the varying conditions existing everywhere, it is not quite possible to prescribe a particular diet. You must eat only what you can digest. You can eat anything that appeals to your palate and which your purse can procure. Select the most nourishing diet and enjoy it at a certain appointed time daily. Make use of cereals, vegetables, greens, fruits, nuts, etc., in abundance. Eat to live. Avoid coffee and tea as far as practicable as they contain habit-forming and poisonous matter. Drink water as freely as occasion demands: it contains Oxygen, the essence of life. Drink as much milk as you can afford.

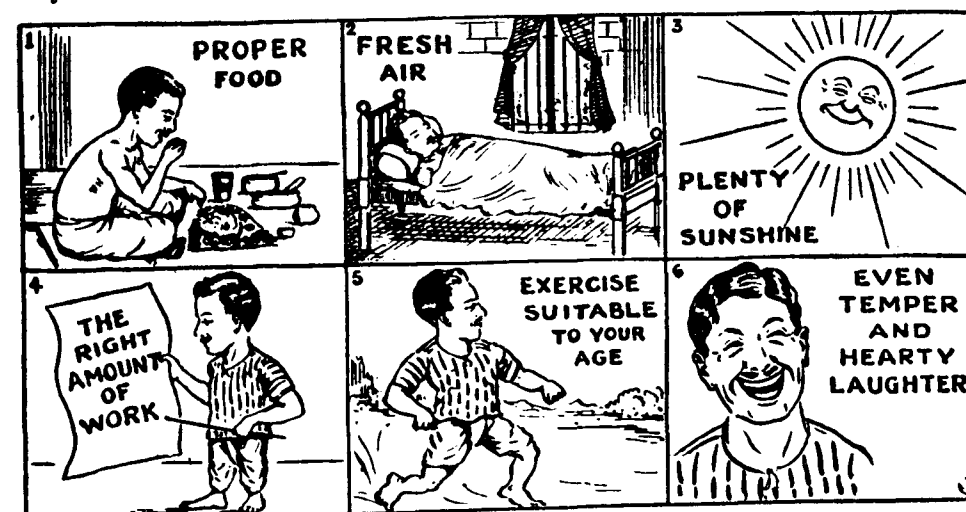
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Fresh milk is preferable to condensed or malted milk. Lentil soup and fruit juices help a great deal in building up the body. Make free use of Ghee, Gingelly and Olive oils for cooking purposes. Buttermilk can be freely consumed as it possesses rare qualities of cooling the system and of removing poisonous matter from the intestines.

Bath.—No hard and fast rules can be prescribed under this head owing to the prevailing different climatic conditions. Cold water bath is admittedly the best, and must be taken early

daytime unless there is an unavoidable and absolute necessity for it. Sleep in a clean room with windows wide open so that you may inhale fresh air always. Sleep flat facing the sky. Use two pillows, one for the head and the other for the heels. The use of pillows for the sides is not recommended. The pillows must be small and flat, and the mattress, if you use any, fairly rough. Sleeping facing the left is advisable, but never facing the right.

Breathing.—Close your mouth and breathe deep through the nostrils.



How to lead a Hygienic Life.

in the morning. Hot water bath does, from the physical culturist's point of view, more harm than good. However, choose the one that suits you best. Self-massage (rub briskly all over the body) while bathing. Do not be too long in a bath.

Sleep.—Early to bed and early to rise makes one healthy, strong, wealthy and wise. You must have at least nine hours complete rest per day. Sleep is a perfect soother. The organs of your body relax and rest while you sleep. Sleep is nature's best lubricant. Avoid the habit of sleeping during

This will purify the blood, increase your energy and retentive power and prolong your life. Inhale and exhale through the nostrils only. This method helps to pump out the poisonous matter from the body.

General.—Walking, running and swimming help a great deal towards bodybuilding. While walking, keep your head erect and chest forward, take full pace and swing the hands to and fro by the sides. Never eat immediately before or after exercising. Bathing must be done after performing the exercises when the perspiration

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has completely dried up. Immediately after the bath, rub the body briskly with a wet coarse towel. Take oil bath at least once a week. Gingelly oil is the best. Other oils recommended are Castor, Olive and Almond. It is advisable to have some oil rubbed all over the body immediately before exercising. This makes the limbs more pliable. While sleeping, the

clothing must be loose, and not tightly girdled round the waist. Perform the exercises in a private open room. If you perform the exercises in front of a large mirror, you will get more self-encouragement and will not feel undue fatigue. Use a just-fitting suspender while exercising. Don't strain too much overdoing exercises. Perform the exercises daily, increasing gradually.

Eating at Bed Time

By Dr. S. K. Gupta, B.D.S.C. B.O.
(Pb) Surgeon Dentist and Laboratory
Clinic, Durga Charan Road, Ambala Cant.

GENERALLY speaking, three meals a day are enough. When, because of exceptional circumstances, a person feels the need of a fourth meal, bedtime is the hour usually chosen. But nearly always the night lunch does more harm than good.

It easily becomes a habit. People who attend a great many social functions, where eating at bed time or at midnight is a regular feature of the occasion, soon acquire an imaginary "bedtime hunger". By the time they discover that the practice is injuring their health, the habit is well grounded and as hard to break as the smoking habit, for instance.

Restlessness,
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Eat at Regular Intervals.

sleeplessness, disagreeable dream, etc. are more commonly traced to the night lunch than to any other one cause. True, some foods are more certain than others to cause such troubles, but anything eaten just before we retire is quite likely to cause unpleasant dreams, at least.

A certain acquaintance of mine goes to bed every night at 10 o'clock, but before retiring she has a heavy lunch—usually of miscellaneous foods. Invariably she is troubled with restlessness after about 3 o'clock in the morning. The case is really simple. The starches and sugars in the food we eat are conveyed to the liver,

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where they are converted into glycogen. This process begins soon after the food is eaten; and about 5 hours later (at 3, in this case) the liver commences to send out into the blood stream the glycogen which is being produced. This glycogen, or "liver sugar", is a brain stimulant. She has slept five hours, and is partly refreshed, so it takes but little stimulation in the brain to keep her awake.

Even when no bedtime lunch is eaten, a heavy supper at the usual hour of 6 o'clock may cause wakefulness—from indigestion or overstimulation of the brain. The best time for the heaviest meal is noon; then the glycogen gets in its work during the working hours, and may even serve the useful purpose of making one more competent at work or more attractive socially. The modern practice of lunching at noon and eating the heavy meal at the end of the day can well be reversed by those who aim at a high degree of

health, their best efficiency and an attractive appearance.

Muddy complexion, bad breath, abnormal thirst, constipation and a host of other common disorders are caused by the night lunch. If you have formed the habit, quit it, and see how much better you will feel: I have had a lot of personal experience with it. Your rest will be longer and more refreshing, you will have fewer dreams, and your appetite for breakfast will be much stronger.

If you find it difficult to stop the practice abruptly, taper off by using a glass of milk and crackers for a while, then the milk alone; milk is a wholesome food, but even that, is better left alone at bedtime, unless there is some special purpose in taking it. Drinks are often as bad as, or worse than food; coffee, tea and cocoa in particular—harmful at any time—will almost certainly disturb the rest of a nervous person if drunk in the evening.

The Coucher and His Victims

By B. K. Phatak, M.B., B.S., (Bom),
D.O. (Oxon), Ophthalmic Surgeon,
Hyderabad—Dn.

"SIR, I have come for glasses for my right eye" says an elderly woman in my Clinic. On looking at the eye carefully I have a suspicion and I ask her if anybody has operated it. "Yes" she says "it was done about 3 months back". I persist in asking her who operated on her and after cross questioning a bit come the real tragic story of this victim of that yet-not-illegalised profession of the couchers who trade on these simple-

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minded people, who form the great majority of our poor country.

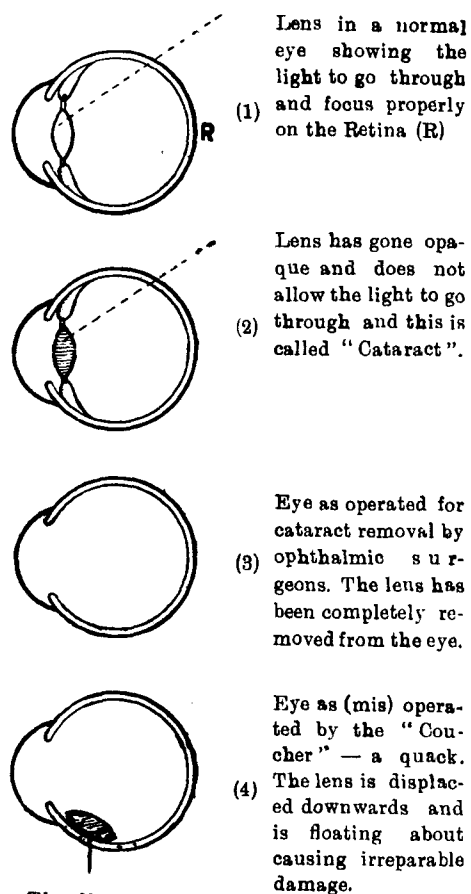
To understand the modus operandi of the Coucher it is very necessary to know some salient points about the eye. Whenever we see anything the rays emanating from that object are focussed on the retina, (the curtain in the eye which "sees" the image thrown in), in exactly the same way a lens of a camera focusses on the focussing screen. This lens in the

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eye gets first translucent in parts and then after a time the whole lens becomes an opaque object which naturally does not focus the image on the retina. If the lens of the camera is covered over with a piece of paper it cannot focus any object on the focusing screen. Exactly the same thing



The displaced lens.

happens here with the consequence that nothing can be seen by that eye. And that opaque lens, called "Cataract," has to be removed out of the eye so that rays of light can get in. After removing the lens a pair of spectacles is worn by the patient in which there is a glass lens which serves the same purpose that the natural lens used to do in its precataractous stage. This is

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what is done by all the recognised eye surgeons of the world.

But here our omnipresent, and perhaps omnipotent (as far as the simple minded village folk are concerned), friend the Coucher comes in. An operation, for many, is a terror to be undergone only as a last resource. Then at least for 8 days the patient has to stay in the hospital away from his usual routine, friends and relatives, while the coucher promises that in a few minutes the patient will get the best vision and at much less monetary loss to the patient. The sly coucher generally has his way and the patient generally is caught in the web.

The coucher of course puts cocaine—often smuggled or got through dubious methods as he cannot buy it openly—in the eye so as to anaesthetise it. Then very quickly he pushes in the eye a small needle like instrument and *pushes down* the cataract into the chamber behind the eye, and very quickly brings out the instrument. At the same time he produces a seed (which swells up when put in contact with water) and shows it to everybody round as the cataract that is removed—while the real cataract is displaced in the eye to do the mischief later on. The patient very naturally sees things tolerably and is overjoyed for getting back the eye sight for such a trifling amount of pain, money, and time and in his heart of hearts is rather elated for being one up on the ophthalmic surgeon who might have had advised him for the regular operation. He pays the Coucher more than what he demanded and goes back to his home with a joyful heart. But after 4 or 5 days things begin to move and that too quickly for he gets failing sight and in some cases great pain. This

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however does not deter the patient at all, for has not the great surgeon of surgeons the coucher done so marvelously the operation for which these fools of local doctors had asked for so much time and perhaps money? The poor man suffers for some days believing that after all everything will be all right and then when he cannot bear any more dares to disturb the sanctity of the great more-than-God person the Coucher. But that gentleman like a God (that he is not) is evanescent and cannot be found. And this is another trick of the trade. A coucher does not and dare not stay for more than a week at any place, for it is at the expiry of a week that the evil results of his handiwork begin to be known to the public. He has melted into the air and cannot be found. And he will avoid that place for another year or so at least so as to allow the bitter memories to subside. Then he can reap another harvest and disappear. And so goes on the merry work of the Coucher.

In nearly 95% of cases the eye is irretrievably lost on account of various things that happen to the eye due to the displaced cataract. It is only 5 % very lucky cases that escape this nearly certain destruction and retain their eyesight for a number of years.

Of course it is up to the Government to have a law forbidding this sort of practice which makes the public blind which in some cases is worse than death. A government which hangs a man for murder should at least punish these Couchers with imprisonment! The public must clamour for it if the Government does not take the initiative. Even building up public opinion will have

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lot of beneficial effect on the activities of the Coucher who will not dare to trade so brazenfacedly as he is doing to-day. It is a great pity to see these couchers going on making the public blind practically right on the steps of an Eye Hospital with nobody to check them. You steal an anna worth of handkerchief and the law will catch you but if you make a man blind the law just looks at you with its blind eye and allows you to go scotfree. Such is the illogical law of this country and it is the duty of the Government and the public to rectify it.

The Value of Oranges

By "O. D."

Orange juice is wonderfully cleansing to the system and is agreeable even in very debilitated conditions of the body. It can be taken by babies and the very aged. It is very quickly assimilated by the system and does not put much tax on the digestive apparatus

If you want to clear up congested tissues, if you want to neutralize acidity, if you are stiff in the joints or suffer the pangs of nerve twitchings, if the brain is not clear, if there is languidness and loss of pep, eat four oranges for breakfast and four for supper, with a large green vegetable salad at noon, for two weeks; take vigorous outdoor exercise every day, lie down and relax between the exercise bouts, get plenty of sleep at night in a well-ventilated chamber, and note the general improvement.

The orange is food as well as drink. It contains vitamin B and is rich in vitamin C. It is excellent for children, to supplement cows' milk. Puny

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underfed babies are much benefited by the addition of orange juice to their diet. Ripe oranges contain as much as ten per cent of fruit sugar, which is very quickly turned into energy after it enters the stomach.

Grape fruit has very similar properties and should be used freely in season. Never use any of the citrus fruits with bread, cereals or any other starch food. They will not harmonize.

Orange juice is pre-digested food in a most delicious form. It needs no condiment to bolster up its flavour and can be taken daily for a long

time without becoming distasteful. It is excellent for those who follow sedentary work, and for those who suffer with constipation, it cleanses the bowel tract, satisfies thirst and supplies pure water to the tissues. It contains little protein or albuminous matter, so can be taken in large quantities, and is very valuable after fevers.

The acids and sugars of orange juice stimulate the gastric glands and aid appetite and digestion. The citrus fruits are in many ways among our most important foods.

AN ODE TO TOMATO

1. Sweet Tomato! how charming is your smile!
Like a bashful virgin who hides
Behind the door and peeps, you peep and smile
From among your fresh vernal leaves.
2. Of all India's wholesome vegetables
Few indeed can compare with thee;
In savour and nourishing vitamins
Your excellence we can well see.
3. Disease as scurvy, rickets or caries
Like a retracting enemy flies
At your sight; children as well as adults
Love your anti-scorbutic juice.

L. R. FERNANDEZ.

The man who has not anything to boast of but his ancestors, is like a potato—the only good belonging to him is underground.
—SIR THOMAS OVERBURY.

● Topics of Interest from Health Periodicals ●

Money Talks.—Five years ago there was not a single licensed pasteurising plant at Derby, but to-day three-quarters of the total milk consumed is pasteurised. "That is a big transformation", says Dr. Gordon Lilico, M.O.H. He continues: "It means that at least 75 per cent. of the milk taken by the inhabitants is bacteriologically sound and free from disease. A change is also taking place in some of the loose milk which is being sold. For several years we have been taking samples of milk and examining them for cleanliness. The results were appalling. By correspondence and by interview, the farmers have been told how to produce clean milk, but we have been informed by them and by others who ought to have known better that it was impossible to produce a clean supply of milk except at great expense. Now the Milk Marketing Board comes along with a scheme which in short says to the farmer—if your milk comes within a certain standard of cleanliness we will give you a bonus of so much per gallon on top of your selling price. It's an old saying that 'Money talks'. We are now receiving samples of milk showing a very low bacterial count from farms from which it was impossible to get a clean, or anything like a clean, specimen of milk in the past; and the tremendous expense entailed in this transformation amounts to a little more soap and water, and, shall we say, a sense of decency amongst the workers". Last year all cows in the Borough of Derby were examined at least three times and the majority four.—*Medical Officer.*

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Health Alphabet

- A** is for the *Apple* we should eat every day,
B for the *Baths* to wash all dirt away.
C is for our *Clean hands* before every meal,
D for *Danger* if dirty we feel.
E is for *Electricity* to clean and to light.
F for the *Fun* that keeps us all bright.
G is for the *Games* that we play in the park,
H for *Happy homes* with no fear of the dark.
I is for *Illness* we don't like at all,
J is for our *Joy* when we are playing at ball.
K is for the *Kindness* we should show all around,
L for the *Laughter* that keeps us all sound.
M is for our *Mouths* that say what we mean,
N for the *Nails* we must always keep clean.
O is for *Open*, for fresh air and light,
P for *Polish* to keep boots and shoes bright.
Q is for *Quickness* to say "Thank you" and "Please",
R for the *Robins* that perch on our trees.
S is for *Soap* in the shops at small cost,
T for the *Tooth-Brush* without which we're lost.
U is for *Usefulness* when our elders command,
V for true *Vigour* when work is at hand.
W is for *Water*—of this use a lot,
X is the letter that marks the spot.
Y for *Yourselves*—always tidy and clean,
Z is for *Zest* when you say what you mean.—*Tit-Bits.*

Man-Made Malaria in India.—The Director of the Malaria Survey of India, Lieut. Colonel. J. A. Sinton, has found it necessary to point out, in properly vigorous language, the great extent to which certain procedures, intended to increase prosperity and health in India, have in fact added to poverty, sickness, and death, merely because there has been disregard of their well-known effects in producing conditions favourable to the spread of malaria. Irrigation schemes form one of the most striking examples of this indictment. An engineering department makes its estimates for bringing water to agricultural land, but these are without proper provision for taking the water away when it has done its work. The result is a water-logged soil, whose fertility is thereby lessened, and a high water-table exposed in places as pools whose dangerous anopheles-breeding edges are probably quite disproportionate to the area the pools cover. Malaria follows, bringing not merely its own direct misery but its subsequent weakness, so that the victims can no longer get the best out of their already damaged land, nor the State its proper revenues from them. This sequence has been known in India for ninety years, yet man-made malaria is still being brought into being by it there. A main cause of this deplorable state of affairs was pointed out by Sir Herbert Emerson, Governor of the Punjab, at the opening of the Punjab Engineering Congress in 1935: it lies in the tendency of Government departments to look on matters only as they affect their own budgets, and not as they play a part in the prosperity of the whole Province; for the putting right of these grave defects is not merely expensive,

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but the cost, so far as the damage can be made good at all, is apt to fall on some other department. The remedy proposed is that work on no project of this sort should be begun until it has been considered by a committee representative of all interests concerned (Engineering, agriculture, financial, public health, and any others), and unless all expense necessary to prevent harm has been included in the original estimate. But interdepartmental policies play but a small part in producing man-made malaria in India. The Malaria Commission of the League of Nations wrote in 1930 that attempts at Malaria control had failed in that country, not merely through lack of co-operation but through religious objections not always sincere and through irresponsible opposition in the press; while the Royal Commission on Labour in India wrote next year that action in health matters was too often limited to the toil of filing a written report. Though, then, there has been fault in the administration, now realised and in a fair way met, there has still to be faced by the administration that opposition of vested interests, that stupidity, folly, pig-headedness, and even wickedness whose strength seems not to have been appreciably lessened in the past twelve years.—*From The Lancet, June 6 '36, issue, pp. 1308.*

How Long Do Microbes Live?—

How long can bacteria exist in a dormant state? Is their lifespan short, a few hours, days, perhaps a few weeks, or do they live indefinitely?

Some years ago the State of Sikkim, India, high in the Himalayas, bore the brunt of a severe earthquake. Shortly after the disaster, a second followed,

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an outburst of a mysterious epidemic resembling cholera. The populace believed that the two events were connected; a theory was put forth that the earthquake, in disturbing the earth's surface, brought out into the open the dormant germs.

Impossible, or at the least, improbable, is the first reaction to this story. Surely bacteria, even in spore form, cannot live indefinitely. A few weeks, months perhaps, but years?

Yet this popular theory is not to be lightly cast aside. Recent investigations have disclosed that bacteria remain viable for astonishingly long periods. There have been published experiments by C. B. Lipman of the University of California, which demonstrated the existence of living bacteria in anthracite coal from Wales and from Pennsylvania.

Perhaps, the objection arises, these specimens were contaminated when they were obtained. Hard, certainly, to dig a piece of coal under sterile conditions. These were objections which Lipman has sought to answer. First he examined soil which had been sealed for at least twenty-five years and subsoils which had been sealed for forty years longer. All contained living bacteria.

So far, so good, but sixty-five years is not, after all, such a very long period. It is nothing at all compared with the age of anthracite coal. No, he had to have some older specimens than that. Where could he look for bacteria which might have remained undisturbed for a longer time? He thought of the adobe houses of California. Surely the inside of an adobe brick might be a good place to look, and no one could dispute that it had remained undisturbed. He got such

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a brick from a mission house estimated to be almost a century and a half old, and from the inside of that brick he made culture. There were living bacteria there!

He was not content; for after all one hundred and fifty years is not much longer than sixty-five years, compared with the age of coal. He wanted undisputed evidence that bacteria could live for hundreds of years. He thought of the pre-Inca pyramids. They were over a thousand years old, they had certainly remained undisturbed. If bacteria were living in them, then bacteria might live to be any age. His experiments justified his belief; living bacteria were obtained.

Fortunately we know that most bacteria are helpful to mankind rather than harmful. Nor are we disturbed at the idea of unknown bacteria. If there is anything in the theory of evolution there were probably fewer varieties of bacteria in pre-historic days than there are now.—*The Bloodless Phlebotomist.*

* * *

Deep Breathing Helpful in Heart Disease.—Dr. S. Adolphus Knopf, a prominent New York physician, has recently made interesting observations on the effect of deep breathing as a means of benefiting persons suffering from heart disease. Dr. Knopf has been for many years a close student of diseases of the chest, which have been his life long specialty. His essay on tuberculosis, which received the prize in an international contest, has made his name familiar in every civilized land, having been translated into twenty-nine languages. Dr. Knopf calls attention to the fact that in deep breathing, the lower part of lungs is used almost exclusively, the

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upper part being permitted to rest. This is important since tubercular disease is chiefly confined to the upper part of lungs, especially in the early stages of the disease, when rest is needed rather than exercise to arrest the morbid process.

Dr. Knopf calls attention to the fact that deep breathing in which the diaphragm is called into active play improves the oxygenation of the blood and so furnishes the heart a better supply of oxygen. The beneficial effects of oxygen in heart conditions are well known; in fact, in these cases oxygen inhalation is often employed with benefit. Of course it is not claimed that oxygen breathing will cure heart disease, but it will ameliorate distressing symptoms, which is especially true in cases of coronary disease in which the vessels which supply blood to the heart are diminished in size, thus lessening the supply of oxygen, a condition often found in angina pectoris.

Oxygen is expensive and oxygen inhalation requires the use of apparatus. Dr. Knopf suggests that effects similar to those obtained from the inhalation of oxygen may be secured by deep breathing alternated with superficial respiration, whereby a sort of massage may be administered to the heart and large vessels and so increase the rate of blood movement and secure a better supply of oxygen to the heart.

Dr. Knopf recommends that this deep breathing be practised lying down, the chest and head being raised six to ten inches. The patient should relax in mind and body, and imagine that the respiratory movement begins

in the toes of the right foot. As the inhalation gradually travels upward as far as the diaphragm on the right side, and while it crosses over to the left side, the patient retracts the abdominal muscles so as to produce a concavity of the abdomen, whereby the diaphragm descends. The patient then exhales as slowly as he can, imagining that the exhalatory movement is traveling down towards his left foot. There should be a stop of two or more seconds before inhaling again. The exercise should not be taken when tired or kept up until tired. Some patients learnt to breathe diaphragmatically all the time without conscious effort.

Dr. Knopf submitted his views to a number of eminent physicians and published them in the *Medical Record*. He points out that the death rate from heart disease increased fifty per cent from 1900 to 1930. Deaths from cardiovascular diseases cost the life insurance companies of this country twenty-five million dollars in 1933. Bad habits and excesses of all kinds, such as smoking, use of alcohol, mental and physical stress, bring on hardening of the arteries. It is prevalent among coal miners, owing to the air they breathe and the absence of sunlight. Physicians have a greater mortality from cardiovascular diseases than any other large group. This is because of irregularity in meals and sleep, and the heavy responsibility. Heart disease and high blood pressure, like tuberculosis, are very common among Negroes. Dr. Knopf believes this is not a racial characteristic but is due to changed habits.—J. H. K.—*Good Health, U.S.A.*

● Health Tit-Bits ● ● ● ●

How to Prolong Life.—To lengthen life, shorten meals. Dyspepsia is due, in nine cases out of ten, to too much food, too little exercise.—*Lubbock*.

The Dietician and the Doctor.—“The dietician of to-day will become the doctor of to-morrow, if the doctor of to-day does not become the dietician of to-morrow.—*Dr. Alexis Carroll*.

Overweight is Best.—According to a study made with the ranks of the British Royal Air Forces, and reported in the *Lancet*, overweight men are more efficient, able to stand physical and mental strain better, and are more resistant to disease than underweight men are.—*O. W. & H. of Health*.

Health and Disease.—The good state—Health—is the result of a well ordered life wittingly or unwittingly carried out. The bad state—Disease—is the culmination of carelessness, wilfulness or ignorant thoughtlessness. In other words, over-stimulating habits of mind and body.—*Major Reginald F. E. Austin (R. A. M. C.) (Retd.) in the Medical World*

Effects of excess and deficiency of Water.—Experimentation with animals has shown that an excess of water will produce a kind of intoxication, different of course from that caused by alcohol. A deficiency of the water supply may bring on fevers or diabetes, and its results are especially to be feared in the case of sick children or adults who are comatose. Death is then likely to take place unless fluid

is given, either by mouth, veins, muscles, or rectum. When persons are seriously sick, they should have not merely an indefinite “plenty of water,” but five to ten half-pint glasses every day.—*S.—Good Health, U. S. A.*

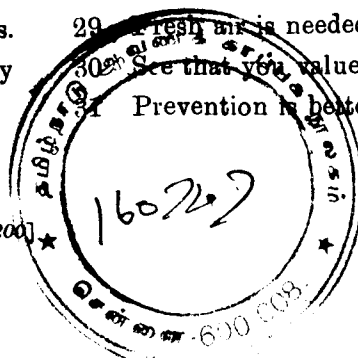
Soviet Marriage.—Russia, in conformity with Germany and Italy, has decided to encourage a higher birth-rate. She is also introducing legislation to strengthen the bonds of marriage. Both efforts are incorporated in a Bill drafted by the Central Executive Committee one provision of which is that abortion is to be made a criminal offence. Mothers of seven children to be given 2,000 roubles extra a year for every other child up to 11 and 5,000 roubles a year extra for each child after 11. Fees for the registration of divorces are to be increased.

When to Dine.—Do not be slaves of the dinner bell! Eat only when you are really hungry. Dr. T. Izod Bennett, the Harley Street specialist, lays down this rule in the *Lancet*, challenging an American report that by increasing daily meals from three to five physical efficiency went up. “No,” says Dr. Bennett. “One of the reasons why Amundsen returned from the South Pole when Scott and his companions did not, was that he and his men adopted the wise plan of marching each day until they were tired, and eating at the dictates of hunger, without guidance by the clock.”—*O. W.*

Health Calendar—October 1936

By Mr. N. Rajaram Naidu,
23, Sivaraman St., Triplicane, Madras.

- | | | |
|--------|----|--|
| Thurs. | 1 | Health is a greater asset than money. |
| Friday | 2 | Exclude for ever dirt, dust and disease. |
| Sat. | 3 | Chills lower vitality. |
| Sun. | 4 | Let sunshine into your rooms. |
| Mon. | 5 | Go to bed early—Waken with Joy. |
| Tues. | 6 | Avoid sweet, rich and highly seasoned foods. |
| Wed. | 7 | Chew well and eat slowly. |
| Thurs. | 8 | Permit sunlight on your person and in your homes. |
| Friday | 9 | Climb for your health. |
| Sat. | 10 | Take care of the teeth and the stomach will take care of itself. |
| Sun. | 11 | For health, mental and bodily development, drink more milk. |
| Mon. | 12 | Where there is dirt there is danger. |
| Tues. | 13 | Avoid self drugging. |
| Wed. | 14 | Keep the teeth, gums and tongue clean. |
| Thurs. | 15 | <i>Mahalaya Amavasya</i> |
| Friday | 16 | All colds should be regarded seriously. |
| Sat. | 17 | See that your drinking water tank or well is kept clean. |
| Sun. | 18 | Don't spit. |
| Mon. | 19 | Be vaccinated against Small-pox. |
| Tues. | 20 | Moderate food is the joy of life. |
| Wed. | 21 | Consumption germ does not relish the sun's rays. |
| Thurs. | 22 | Filth should not be scattered around the premises. |
| Friday | 23 | Regulate clothes according to the season. |
| Sat. | 24 | <i>Ayuda Pujah.</i> |
| Sun. | 25 | Alcohol does not quench but awakens thirst. |
| Mon. | 26 | Keep the windows open day and night. |
| Tues. | 27 | Get the habit of a daily bath while you are young. |
| Wed. | 28 | When the wine is in, the wit is out. |
| Thurs. | 29 | Fresh air is needed in winter as well as in summer. |
| Friday | 30 | See that you value the blessing of health. |
| Sat. | 31 | Prevention is better than cure. |



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