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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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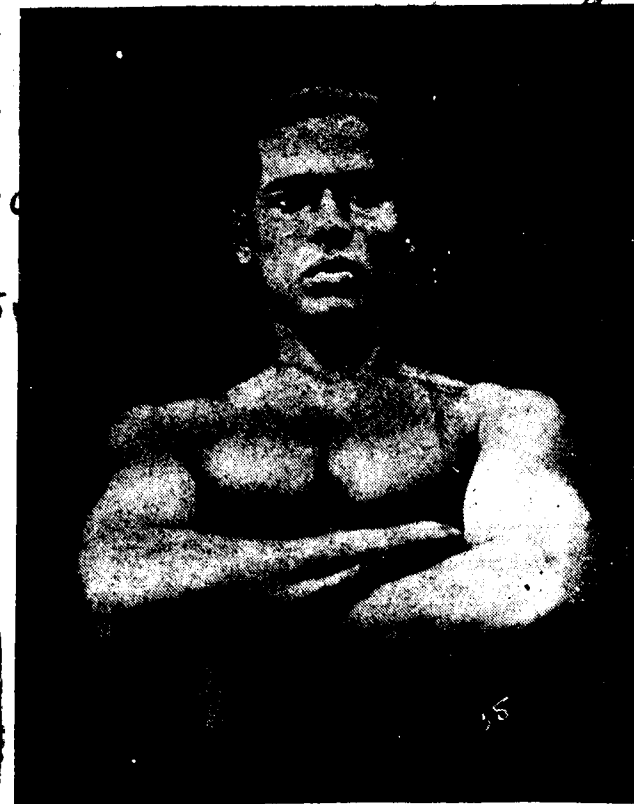
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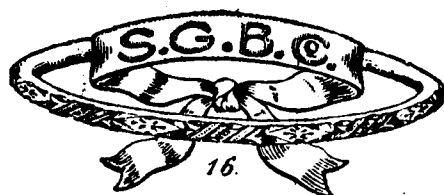
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EDITORIAL

Our Birthday and New Year Presents and Greetings

Our 'Health' has entered its fourteenth year on the 1st of January, 1936. In India, in ancient days, our Rajahs, Maharajahs and Emperors used to give birthday presents to the people in the shape of lands or money, in kind or cattle. In modern India, His Majesty, the King Emperor, confers titles and honours on New Year days and Birthdays, for loyal and faithful services rendered to the Crown and the Country. We, too, following our old traditions, propose to make a few presents, this year in the shape of health maxims to our readers and others interested in their own health and well-being and that of the Nation, at large, on this happy occasion of the combined New Year and Birthday of "Health". Fortunately, we have a rich endowment made by Dr. T. S. Tirumurti, B.A., M.B.C.M., D.T.M. & H, Professor of Pathology, Medical College, Vizaga-

patam, in his masterly Convocation Address, delivered to the graduates of the Andhra University on the 28th November, 1935, from which we can freely draw. Here are a few health maxims and 'Obiter Dicta' culled from that address, which we gladly present to our readers:—

1. "Preventive Medicine has come to occupy a higher place than that of 'Bottle Medicine'".
2. "The Physician should be equally interested in both Curative and Preventive Medicine".
3. "The most essential factor in the development of Public Health in India is the question of cost".
4. "Health has to be purchased with money. Like all other good things it cannot be had for the mere asking".
5. "The absence of health inevi-

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tably leads to absence of wealth of the nation as of the individual".

6. "Every one should remember that the 'first wealth is health' and that 'within human limits health is purchasable by communities'".

7. "Public Health work is not merely the control of diseases from spreading and the defending of people against attacks of disease but it aims also to create a maximum physical well-being".

8. "Nutrition plays a very important part in increasing the stamina and vitality of the Nation".

9. "Poor Nutrition lowers vitality and leads to disease, and disease in turn to poverty of the people".

10. "Higher wages need not necessarily lead to better nutrition".

11. "Popular education in the Science of Nutrition, however elementary it may be, is very necessary for the well-being of the people".

12. "Hygiene plays an essential part in the rearing and maintaining of a healthy nation".

13. "All religions tell us that it is a sin to foul the mind and contaminate the soul. Does it not also teach us that it is a sin to defile the body?"

14. "The 'Gospel of Health' has to be preached in a sustained manner every day in the year and a Health Museum should be opened at least one

in each district to which a permanent staff should be attached for publicity and propaganda".

15. "This 'Temple of Hygeia' should be so built as to attract the people of the district to go on a pilgrimage for worship to be blessed with the knowledge of how to secure and keep health for themselves".

16. "Good Health gives vitality, vigour and vim. A realisation that health is a dynamic progressive force and that vitality is the inherent latent

doctor in us, which resists disease or makes us get well quick, should engender in us the desire to foster health and to study hygiene, which teaches us how to get and keep health".

17. "'Prevention is better than cure' has become well-worn by repetition. But it is worth repeating until such knowledge leads to action."

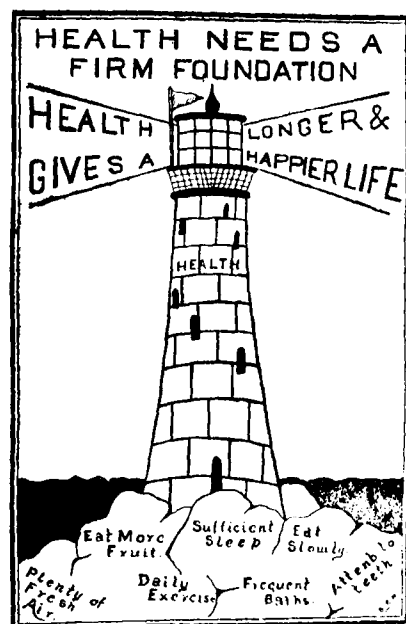
18. "There is only one inebriety,

which, instead of being censured can be commended and that is the intoxication with the 'Joys of Health'."

19. "Health propaganda is wasted, so long as hygiene does not form an essential part of the school curriculum in all its stages

20. "Unless the mind is healthy, good habits and good character cannot be formed".

21. "Persons without good charac-



ter and conduct in life are a drag on and a danger to society".

22. "There are many people who do not put the knowledge they have gained into the every day life by the practical test. Knowledge by itself is useless, unless put into practice. It is being increasingly realised that formation of the health habits is more important than mere knowledge about health".

23. "The preaching of the 'Gospel of Mental Health' is more necessary than the propaganda for compulsory physical education".

24. "There is no use of a giant frame if it is to harbour a weak mind; far better a frail frame, which enshrines a strong and well-developed

healthy mind".

25. "True happiness can result only from a well-integrated personality, which is able to respond successfully to the varying stimuli of painful or pleasurable nature, which infringe on the personality in daily life".

Our 'Presents List' has already become too long and we shall therefore stop here. We offer our humble greetings to our readers on this fourteenth Birthday of 'Health' and hope that these health presents will be of considerable benefit to them and will induce more people to read. "Health" and thereby enable them to lead a happy and healthy life.

We wish you all a happy, healthy and prosperous NEW YEAR.

A Critical Study of the Problem of Nutritious Diet in India

By

Dr. A. LAKSHMIPATHI, B.A.,
M.B., & C.M., Madras.

THE defective nutrition of the large masses of people in India to-day is not due to the want of knowledge as to which is best for the adult or for the child but to the want of the means of providing one-self with the suitable food. Tables of suitable dietary for the rich and for the poor, for the healthy and for the sick, for the ordinary adult, the pregnant woman and the child have been elaborately given and are within the common knowledge of the masses of the people if we only exclude those who have had the benefit of Western Education and who have purposely chosen to ignore and disbelieve all common knowledge possessed in each family by traditional inheritance.

Modern scientific study of the food

stuffs used in India appears to re-discover, verify and in certain instances emphasise the value of certain usages that have become obsolete or neglected after the advent of the modern and the so-called scientific western methods.

The modern method of classifying the food stuffs into carbohydrates, fats and proteins, vitamins and mineral salts may not be known to the Indian Physicians who classified them in diverse ways as *Jangama*—*Oudbhija*—*Parthiva*—animal, vegetable and earthy according to the method of their production, sweet, sour and saltish, bitter astringent and pungent, according to their taste, heavy and light (*Guru-Laghu*) according to their digestibility; heating, cooling according to

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their physiological action and so on and prepared elaborate dictionaries indicating the suitability or otherwise of each article used in health and disease. A study of this knowledge and the verification of the same would in itself form a great research. India is not a baby in scientific observations and inferences.

Every one knows quite well that rice alone will not make complete meal, that ghee alone will not sustain a healthy individual and that flesh milk or dhali would not by themselves make up an ideal food. A careful study of elaborate principles of dietary recorded in the dictionaries will be very useful to the modern research worker who is at present groping in the dark owing to his ignorance of this past record which is as yet a sealed book to him.

Classification of food according to Rasas.—All substances mineral, vegetable or animal are classified according to the different tastes that predominate in each substance. According to this science all substances contain all the six tastes namely sweet, sour, saltish, bitter, astringent and pungent but in different proportions. Some substances have infinitesimally small proportion of one or more taste and so these tastes remain undetected whereas other tastes which predominate in them, are more conspicuous. It is not at present known to modern science how exactly these substances containing different tastes affect the human metabolism. But, in Ayurvedic literature, it is clearly stated that sweet, sour things act as tissue builders and substances which are astringent, bitter or pungent in taste have some

influence in reducing the body. Taking the same substance, say the mango, a sweet one and a sour one, the sweet one is said to be cooling and tissue building and the sour one is heating and ranks below the sweet one from the standpoint of tissue building. Bio-chemistry has not developed to such an extent as to explain the different effects of substances possessing different tastes and flavour upon the cellular activity of the different kinds of cells and secretory glands in the stomach, intestines and the other parts of the body with or without ducts, not to speak of their effects on the different kinds of nerve cells and on the mind. Till such time as we have definite conclusions from the physiological and biological aspects, we do not have to take it for granted that the theory of the constructive and destructive ability of the '*rasas*' as propounded by the Ayurvedic scientists is correct. Infinite is the assemblage of the variety of the permutations and combinations in which these *rasas* can be combined and thus affect our constitution in innumerable ways. Compared with the codified knowledge elaborately describing the properties of every article of diet used anywhere in this country, the work done by modern research workers would appear to be very crude and unsatisfactory.

Generally speaking oil alleviates *Vatha*, ghee alleviates *Pitha* and honey checks *Kapha*. The special properties of the oil in checking *Vatha* are due to its power of penetrating into the skin by external use and of lubricating the tissues internally. It is *Guru* (heavy) i.e., it is sustaining as an article of food and it helps in the production of heat required in the metabolic

processes having a higher caloric value. As the proverb goes, you need not go to physician if you use enough of oil. (*Vaidyanukko-kudlukkra panam Vania-nukku kudu*) pay the oilman what you pay the physician. As regards ghee, I do not see it so highly extolled as butter and cream. But the Indian prefers the use of ghee to that of the other two. It is unquestionable that ghee has great many virtues which are not possessed by the other fats, animal or vegetable. The properties of the different kinds of ghee—goat's, cow's, buffalo's, etc., are given in great detail in our lists, goat's ghee getting a preference in the treatment of consumption and very old ghee having a special preference in the medicament. Let the modern scientists verify the same.

Ghee is sweet in taste and is cooling and heavy as an article of diet. It is therefore a good tissue builder. Honey on the other hand is light, heating and penetrating. Its astringent taste is physiologically more important than the sweet taste and by virtue of these properties honey is described as a reducer of the body and is used in the dietary for combating stoutness.

Salts.—Salt gives excellent taste to food. Used in suitable quantities it is a great benefactor. It helps in the digestion of the food by promoting

secretion, and facilitating the passage of excretions. It excites secretory and excretory glands. Used in excess, salt causes tiresomeness and debility. Tissues like muscle and blood deteriorate quickly. Persons living in towns and villages where people constantly use more salt in their dietary than those living in the forests and other out of the way places, have less power of endurance. Charaka says that the people of Bahlika, Sourashtra and Sind use more of salt and they use it along with milk. In his opinion those who are habitually used to excess of salt suffer from alopecia (falling off of hair) grey hair and shrunken skins at a very early age. It is therefore desirable that people who are used to excess of salt should gradually lessen the quantity.

In addition to the properties of different substances according to the relative quantities of *rasas* contained in each substance as exemplified above, eight special factors are said to guide the utilisation of food. (1) *Prakruti* (nature). (2) *Karana* (Transmutation of food). (3) *Samyoga* (Combinations of food materials). (4) *Rasi* (Measure). (5) *Desa* (Place of origin) (6) *Kala* (season, age and period of disease etc. (7) *Upayogasamstha* (conditions of use). (8) *Upyokthri* (conditions of consumer). These will be dealt with in a subsequent issue.

MEN FUNDAMENTALLY VEGETARIAN

Apes and men were fundamentally vegetarian just as ferrets and otters were fundamentally flesh-eaters, notwithstanding their readiness to eat carrots or fruit—Sir Peter Chalmers, Secretary of the Zoological Society of London, in "*The Lancet*," July 8, 1933.—THE ORIENTAL WATCHMAN.

Physical Fitness

By

KHAGENDRA NATH CHATTERJEE,
M.B., (CAL.)

Chinsura P. O., Dist, Hooghly, Bengal

IN ancient Greece, the Spartans used to kill all deformed and weakly babies by throwing them down a hill, in order to rid the country of invalids and unfit citizens. This might be a barbarous system in the eyes of the modern people. Keeping the same object in view, however, but in a more rational way, in the present time also, it is said, in the United States of America, the States control all young children, by deputing health officers in every home, to inspect all new born babies, to find out any bodily defects in them and treat them in order to make them fit citizens in after-life. Whether this is done in America or not, it should be the aim of all States and all nations, that their citizens should maintain a standard of health, which will be free from disease and deformities, as far as practicable.

It does not imply, of course, that all the people of a country will be Hercules, Bhims and Ramamurtis; but they must possess sound health, that is, body free from illness and weakness as well. In other words it might be said, that all the organs of the body should be in the normal state. This is the real meaning of the term physical fitness. Now, we shall try to deal with the various organs of the body, one by one, and shall see what changes from the normal are caused by disease or born defects.

Before we proceed, however, the

question may arise, "what should be the general stature of a man? or in other words, what is an ideal physique, whether a man should be tall and heavy or medium-sized and robust"? What, if he is born a short man? It should be borne in mind, that there are stalwarts and dwarfs among nations. In Europe, the people are usually tall. In Asia, the Arabs and the Turks are reputed to be very tall, whilst the Japanese are a short people, but nevertheless, they are a robust and strong nation. In India, we find all sorts of structures. We have got the stalwart Sikhs, the frontier tribes, the short-sized Gurkhas and the medium-sized Bengalees, the Mad-rasees and men of the United provinces etc. Thus, we see that the general stature of a man, specially a tall figure, does not necessarily constitute the only standard of robust health. Even a short-sized man, or a medium-sized one may become as strong and as active as a tall and heavy man, and maintain an ideal health. The sturdy Gurkha is an example of the latter.

We shall, now discuss briefly the whole human system, part by part and point out what the normal condition of these parts should be, and what defects or abnormalities should not be present. Our method of dealing with the system will be the following:—

1. General features
2. Head and neck, (including eyes, ears, nose, etc.)
3. Chest and the abdominal parts (the region of the belly and the waists, with mention of the various organs.)
4. The limbs.

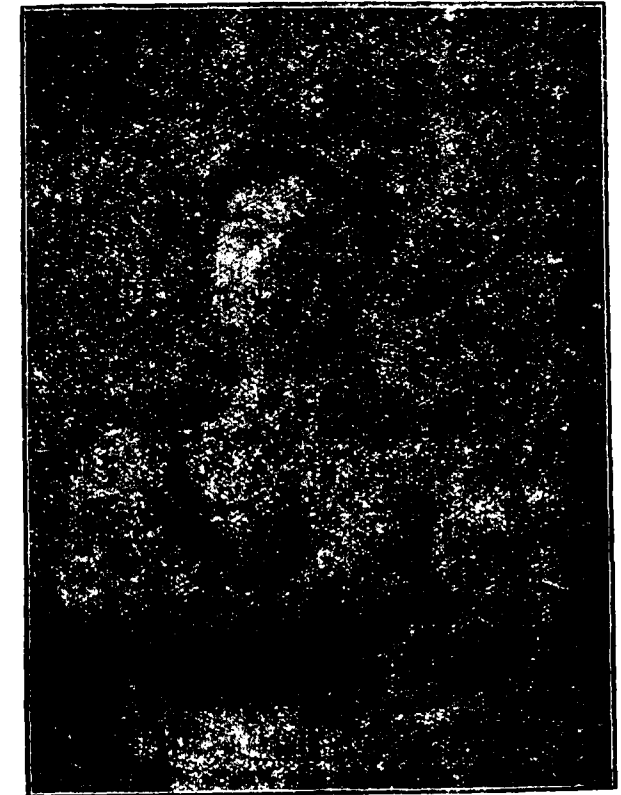
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HEALTH

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In this article, we shall describe the general features of a man, and propose to deal with the rest in a subsequent number of the journal. By general features, it should be understood, that the very appearance of a man should be healthy though he may not be handsome. A healthy man should not be very fat, neither should he be very thin. A medium, well nourished body and the brawny muscle is a picture of good health. There should be a lustre of health in the very countenance of a person. A paleness or a swollen appearance is not a sign of health; similarly a withered or a sunken feature means want of

nutrition or some disease. Pigmentation of the body or skin diseases like the ringworm or eczema are again great disqualifications; for good health and cleanliness of the body are as necessary for its well-being, as toilet is for beauty. The body should be well formed and erect. A very good method of estimating standard health is to take the measurements of the chest and girth of a man, as well as his height and weight. This of course, will vary with age. A table of the proportion of height and weight of an average Indian life, commencing from age 20 is given below.



Strong and Well-Built Body.

Height	Age 20-24	Age 25-29	Age 30-34	Age 35-39	Age 40-44	Age 45-49	
ft in	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	
5 0	104	108	112	116	119	121	Chest measurements vary from 30" to 40" according to the muscular development and structure of a man. It also depends on the expansion of the lungs.
5 1	107	110	114	118	121	124	
5 2	109	113	117	121	124	126	
5 3	112	115	120	123	127	129	
5 4	115	118	122	126	130	132	
5 5	118	121	125	130	134	135	
5 6	121	124	129	134	138	139	
5 7	125	128	132	137	142	142	
5 8	128	132	137	142	146	147	
5 9	132	136	141	147	150	152	
5 10	136	140	146	151	154	157	
5 11	141	145	150	156	159	162	
6 0	145	150	155	161	164	168	

N. B. 1 lb. = $\frac{1}{2}$ seer.

The above is a rough estimation of an average life: weights increase, however with nourishment of the body and physical exercises. Model weights exceed these figures considerably.

[To be continued.]

Senile Cataract and Blindness in India

SENILE Cataract is one of the chief causes that lead to blindness among the vast masses of India's population.

It is computed that 486,500 persons are blind in India and out of this 375,650 are due to cataract, surely an appalling number. The blindness in a majority of these unfortunate patients could have been averted and prevented if they had only taken the precaution of showing their eyes in time to the eye surgeons in their respective provinces. It is with a view to prevent further blindness, this article is penned. It is the bounden duty of every layman who has the welfare of India at heart, to bear in mind the following points and to help his neighbour who may have the misfortune to be suffering from partially or completely impaired vision.

What is Senile Cataract? In certain persons, after the age of 50 or 55, the transparent lens within the eye-ball undergoes sclerosis or thickening. As a result of this the transparency of the lens begins to be lost, and the objects at a distance appear blurred or distorted. This thickening of the lens due to old age is called Senile Cataract. The dimness of the vision may be due to so many other causes than cataract. If so, how can a layman find out whether his lens is growing cataractous or not? There are certain signs and symptoms which can help him in knowing whether any cataract is being found within his eye. First is the weakening of distant vision. As I said above, distant objects appear to be

By

L. R. FERNANDEZ.

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blurred. He next usually notices that black specks or webs, like mosquitoes and tiny insects float before his eyes and trouble him. Sometimes, a certain object appears to be double; for example when he looks at the lamp or the moon, there may appear to be two lamps and two moons. As the opacities in the lens increase month by month, the sight becomes reduced and the apparent mosquitoes and doubled objects cease. In the middle of the pupil there is a greyish or white bead-like thing which others can see in the patient's affected eye. In course of time, not only distant objects but nearer objects also become dimmer than before. Reading becomes almost impossible. When his vision in that eye is so blurred that he finds it difficult to count fingers at a distance of one foot, we can say that the cataract is mature and ready for operation.

Some of the chief causes that contribute towards the formation of cataract are as follows :—(1) Senility. (2) Malnutrition and deficiency of a good proportion of vitamins in the food. (3) Presence of sugar or acetone in the urine. This is called diabetic cataract. (4) The direct action of the ultra-violet rays of the sun upon the lens also is responsible for a good proportion of cataract in India. (5) After some persons recover from an attack of Cholera, they develop cataract in their eyes, as a result of general dehydration brought on by profuse watery evacuations. This is called cholera cataract. (6) Injury to the

eye-ball may lead to cataract formation. This is called traumatic cataract and may form at any age. I have come across several cases of juvenile cataracts due to injury in boys and girls between 10 and 18 years of age.

Treatment of cataract is two-fold. (1) Medicinal and (2) Operative. Senile and the other kinds of cataract are easily dissolved by eye drops, eye-baths, eye-injections etc., if the patient shows himself to the eye-surgeon, within 3 months of the incipient cataract growth. Many such cases have given excellent results to the satisfaction of both the patient and the doctor, if the medicaments are applied sufficiently early. After the 3rd month it is almost impossible to dissolve it by drugs. It is much better to allow it to ripen and then when it is fully mature, to extract the cataractous lens by operation under local anaesthesia. After the 6th month it is always advisable to show the eye to the eye-surgeon once a month, so that any complication such as glaucoma, iritis etc. may be timely averted. When once glaucoma sets in in an elderly person, the cataract operation may not be always a success. Here I wish to lay stress on an important point, *viz.* couching. In many villages and towns, certain quacks go about with some green leaves and try to meddle with the cataract, promising to remove it by either application of leaves or by needling. The needle they use is rusty and unsterilised. The harm they inflict upon the ignorant patients is quite dreadful. As a result of their needling, the eyes get septic and develop panophthalmitis. Owing to the unbearable pain they undergo, and in order to save the other sound eye from infection,

many a time such pitiable patients have resorted to the Government Ophthalmic hospitals and private eye-surgeons, for removing the whole inflamed, septic eye. Their agony can be better imagined than described. Some patients are always in a hurry to get the lens operated before it completely matures. This is another injurious practice in the hands of unqualified and ill-experienced practitioners. Let the public at large open their eyes to such dangers.

A word about the use of spectacles by cataract patients. As their vision goes on diminishing every month, it is but natural that such patients are anxious to wear some artificial lenses. As all such eyes are usually myopic, in the early stages, some myopic glasses may help them to see distant objects. But for my part, I always dissuade them from using any lens at all before operation, as the apparently clear myopic glasses may become worse than useless within a few months, as the cataractous lens goes on maturing. It is advisable to wait till they mature completely and then get it removed. A month or more after the operation they will require artificial lenses for both near and distant vision. It is always safer to go to the eye-surgeon than to a spectacle merchant if you require any glass for the eyes, because the merchant is not aware of all the technical details necessary for examining your eye under atropine in the refraction room. Moreover the application of atropine must be done only by a medical man and not by a layman, as there are some dangers in it, if applied by laymen. Many a precious eye has been lost owing to the ignorance of these details.

Lastly, don't wait till the cataract is over-mature. When it is too much ripe, extraction is too difficult and you may not regain your original clear vision. So it is always better to see the doctor early than too late.

The Rising Sun

By

Dr. KARTIC CHUNDER DUTT.

L.M.S., M.R.A.S.,

Chief Medical Officer, Sonapur State. Formerly,
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Medical College, Calcutta.

WE have all seen Sunrise, some from the fields, others from the hills, others again from the seas, myself in my childhood from the banks of the Ganges.

bank of the Ganges is in no way inferior to Baranashi. An Astronomer, the glorious Khana, the pride of the womanhood of Ancient India, in her prophetic vision, forewarned the would-be fools of the dark ages of India not to build their homes save and except on the western bank of a river, lake, or tank. And why? Because then, they will daily enjoy the reflected light of the Rising Sun, which is more potent than the direct rays, in improving their Health. Then only Health begets Happiness.

Modern Japan has selected the



SONEPUR PALACE ON THE MAHANADI

Bombarded by Crossfire of ultraviolet rays directly reflected from the Rising Sun.

The Rigvedas have glorified the Rising Sun, the Geeta has blessed it, the Aynurvedas have praised its efficacy. The Tantras admire it in its Mantras "Jabakusum Sankasham", which describe the Rising Sun to be as red as the Jaba flower'. And why? It is because, the Rising Sun bestows us Health.

The legends say, that the Western

Rising Sun as its national flag with the inscription "The Rising Sun of Japan". And why? Because, an indomitable spirit pervades modern Japan with high ambitions for its manhood and womanhood. This spirit can be symbolised only by the Rising Sun, the bestower of Health and Happiness.

The prospective mothers of yore

used to take the Rising Sun bath on their bare skin. The good old nurses of the last Century used to put their babies in cradle exposed to the Rising Sun bare-bodied. And why? Because it is equivalent to a Life Insurance of their babies for a lac of rupees each.

But, whence, in the Rising Sun, comes this power to heal? Whence comes this radiant energy, in the Rising Sun, which develops the power of resistance to disease and death? Whence again, comes in the Rising Sun, this vegetative vigor which enables plants to synthesize the vitamins? Whence comes in the Rising Sun, the vital energy that invigorates the young and rejuvenates the old? Whence? Well, the Rising Sun derives all its powers from the selfsame source of All power, All force, All vigor, All energy. The Almighty has by His grace infused some vital force into the Rising Sun for the protection and preservation of His creation on this Earth, and, for blessing His beloved creatures with Health and Happiness.

The discourse on the question "Whence" may be, and, in fact has

been, continued for days, months, years, or ages, till, we come to the one conclusion, viz. "Thence", i.e., from Him, Who is the First cause of all causes.

The sages and seers of India, on whom dawned the First Light of the Rising Sun of civilization, were inspired with the real knowledge about the Rising Sun. These Rishis in their wisdom, revealed the mysteries of the Rising Sun. But unfortunately, most of their books of knowledge are lost; and but a few have descended to us, their unworthy descendants: we care not to read and learn them. We do not accept anything our forefathers taught, or, our grandmothers told us. We want to borrow from the West. In fact,

We think our Fathers fools,
And our Mothers dunces,
The wiser and wiser, we grow,
Our wiser sons and daughters,
Will of course, think us so and so.
Alla Ho! How wiser the grandams
of the West,
How they teach us, what is our best!

"The best medicine which my practice has discovered is prayer. The exercise of prayer in those who habitually practise it must be regarded as the most adequate and normal of all the pacifiers of the mind and calmers of the nerves.

"As one whose whole life has been concerned with the sufferings of the mind, I would state that of all the hygienic measures to counteract disturbed sleep, depression of spirits, and all the miserable sequels of a distressed mind, I would undoubtedly give the first place to the simple habit of prayer."—Dr. Hystop.

Idea of Health among Indians

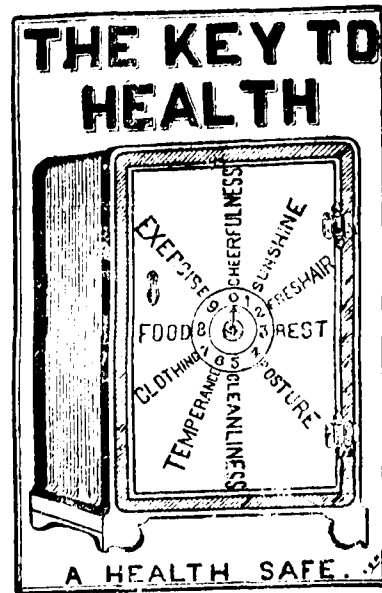
THE idea of healthy living is innate in all the living creatures. Even the primitive races of the world pre-

serve certain traditions and customs which tend to keep them healthy. The goddess of Hygeia was worshipped by the ancient Greeks and the Spartans were especially reputed for their interest in health-promoting games. The Vedas, the oldest books in the library of the world, are full of numerous Mantras which the ancient Aryans used to recite in their prayers for their physical development. The Hindu epics, the Ramayan and the Mahabharat are full of thrilling examples of physical prowess. The value of Brahmacharya as an important asset to the preservation of health and the longevity of life is hardly recognised by the present-day generation. The physical deterioration undergone by the Indians during the recent times has been so striking that the Government, the local bodies and the leaders of public opinion have begun to feel the necessity of starting health propaganda by all possible means. In order to protect the masses from calamities like Plague, Cholera, Malaria and other epidemics, the various Provincial Governments adopt measures on extensive scales but these measures are not likely to succeed until the classes and masses of the country themselves realise the value of the wise maxim, 'Prevention is better than cure'.

In this short article, I shall restrict myself to a few but important points

By
DR. PRAKASH CHANDRA, L.M.P.,
L.P.H.,
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in relation to health of individuals which have a great bearing on the preservation of a healthy living. The question of food, clothing, dwelling-houses, climatic differences, economic



condition, character of education, formation of habits and character in early life have a great deal to do with the question of health preservation of Indians.

Economic Condition

In order to suggest the measures for the improvement in the dietary or raising the standard of living we have to keep in view that according to the findings of the Banking Enquiry Committee appointed by the Government of India the average income per head comes to Rs. 3/8/- per month or according to the Simon Commission Report, the income per head of an Indian in 1921 was 1/12th of the

income of an Englishman. It is therefore indisputable that poverty is rampant in this country and whatever little we have should not be wasted in the purchase of intoxicants and luxuries of life to the detriment of health and the imperative necessities of life.

Food Supply

The selection of food stuffs in the dietary of the people is as important for the full growth and preservation of human organism as the selection of suitable materials of construction by an Engineer for the erection of a durable building. The majority of the Indian population is living in villages and these people in spite of insufficiency of food consume the cereals and green vegetables of local produce which keep their soul and body together. Plenty of sunshine and fresh air compensate their insufficiency in the food bulk to a great extent. According to an English author "they do not live but they only exist". In spite of poverty in villages a great majority of best physically fitted persons for the Police and Military are drawn from the rural areas. The village people, except being swept away by the epidemics of cholera, plague, smallpox and malaria have a stronger vitality than the town-people to resist the extreme fluctuations of weather conditions, the diseases of the nervous, respiratory, digestive and cardiac organs, so widely prevalent among the more civilized people of the towns and cities. The villagers are conservative and due to the force of circumstances, have to content themselves on the simple and crude diet which the recent researches have shown to have more nutritive value than the civilised dishes. It is

essential for a complete diet to have all the necessary ingredients like proteins, fats, carbohydrates, minerals and vitamins. As the majority of the Hindus would refrain from animal food, they should take lacto-vegetarian diet. A purely vegetarian diet must be combined with at least 10 or 12 chatacks of pure milk and about 3/4 to 1 ch. of pure Ghee or butter. All kinds of fruits of local and seasonal produce should be taken fresh. Green leafy vegetables should also be taken. Sprouted gram is very nutritive and should be given to growing children. Whey (Matha) is very useful in keeping the digestion healthy and reducing the intestinal toxæmia found in dyspeptics. Eggs and meat should be fresh and of good quality. Heavy meat diets should be avoided.

The growing tendency of replacing milk and milk preparations by excess of tea and coffee is highly prejudicial to the proper growth of children and the maintenance of health, and should be discouraged. 'Eat to live' should be the motto instead of 'Live to eat'. It has been often observed that the well-to-do and middle class Indians, either as victims of social conventions or due to lack of proper knowledge of the different food stuffs, excess in intake of highly seasoned articles and want of adequate exercise, spoil their digestions and shorten their lives; whereas the comparatively poorer people retain good digestion and enjoy long life.

The use of intoxicants and beverages should be avoided as far as possible. Temperate habits, regularity and the simplicity in (the preparation of) food preparations, sparing use of condiments, combined with adequate

exercise confers sound body and keen intellect and is conducive to long life.



A drunkard is insensible to any kind of danger.

Centenarians have been found to be men of abstemious habits.

revealed startling results, that a large percentage of school children is under-nourished and are the victims of one or other diseases. So far, the multiplicity of subjects and the desire to secure large percentage of passes in the examination, have been the sole objects of educational policy. The development of physical faculties has been neglected. During the last few years the provincial Governments have appointed School Health Officers and Medical Officers for the inspection and treatment of school children. It is a step in the right direction but the ultimate success of this scheme depends on the degree of co-operation offered by the parents and school teachers. The object of the education should no longer be to turn out interpreters, clerks and physical weaklings who in the absence of jobs are not able to



School Girls in Physical Activities.

Effects of Education on the Health of Indians

The reports of medical inspection of school children in various provinces have

stand the adverse circumstances of the world and fall an easy prey to all sorts of diseases in their youthful years.

It is also essential to provide suitable food-stuffs to the school children in the recess period during school hours and a healthy dietary by the parents at home.

Dwelling Houses

Although India is an agricultural country and the majority of the people live in villages, the spread of English education, mechanisation of industries and contact with western civilization and some other factors are helping the migration of people from rural to urban areas. The growth of the urban centres in the form of cities and towns has been mostly haphazard. Very few cities and towns in India have been developed on sanitary lines with the result that the general middle and poor class population of these places are devitalized and are swept away by diseases like Tuberculosis, Pneumonia, Influenza etc. The economic distress coupled with the unhealthy climate of thickly congested areas have led to high death rates and appalling infantile mortality. It is

therefore desirable that town improvement trusts be organised in all the towns with a population of or above 10,000. Numerous parks and open spaces should be provided in various parts of towns and cities.

Clothing

It has been observed that clothings are designed mostly to conform to social conventions and principles of health, for the regulation of temperature conditions in this country are utterly disregarded. The money thus wasted on fashionable designs could be easily spared and utilised for better nourishment of the people. The dress of one country or province should not and cannot be the same for another country or province with considerable differences of climate.

The problem of healthy living among Indians does not depend on a single factor but depends on several considerations and the main factor which should engage the serious attention of all the well-wishers of the country is the question of suitable and sufficient food supply.

A GOOD DEFINITION OF DISEASE

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. The nature is to be assisted in her efforts to expel impurities and to re-establish right conditions in the system.—'Ministry of Healing'."

Preventive Inoculation against Diseases

DURING the recent epidemic of cholera in my place and in the surrounding villages, I was asked to do inoculations

against cholera amongst the inhabitants of the infected villages. While on such duty, I was astounded by the appalling ignorance of the people who did their best to prevent us from proceeding with the inoculation work. At some places people were fiery enough to provoke quarrels with my assistants. Fortunately such quarrels were nipped in the bud by words of reason and moderation. Hence an attempt is made to place before the readers the principles underlying the inoculation.

The human body is provided naturally with a power to prevent diseases affecting it. This power is called immunity. When a poison or a prejudicial thing enters the system, there are certain antibodies created in the system in response to the irritation caused by the foreign body. These bodies tend to neutralize the poison. If this Natural immunity process is greater in power than the infection, the body is rid of the disease. If on the other hand the power of infected organisms is greater, the body succumbs to the disease. The power to resist diseases, present inherent in the body, is termed natural immunity. The amount of immunity differs in different persons. That is the reason why in an epidemic all persons are not affected. We cannot say off-hand by seeing a person whether he possesses immunity against a certain disease. Nor does it follow that a very strong

By

C. S. SWAMINATHAN, L.M.P.

Koniaratchi.

adult in the pick of health is necessarily immune against diseases.

That is why it is an ordinary circumstance

for us to see a hale, healthy, strong adult man being carried away in the prime of life during an epidemic. We cannot say that the power of immunity is stationary. It may increase or decrease in course of time, that is why we see so many persons who say in their own words that they had seen so many epidemics and survived, passing away suddenly in an epidemic, without any artificial aid of inoculation.

I have tried to describe about the natural immunity. There is another variety of immunity called acquired immunity. By this is meant the process of giving power and force to prevent infections to the body by artificial means of inoculations. By inoculation we also increase any natural immunity present in the body. For getting an acquired immunity we have the persons inoculated with vaccines. The vaccines are only solutions containing suspensions of the causative bacteria that have been carefully counted and killed by heat. When such vaccines containing the dead bodies of the causative organisms of an infective disease is injected into the body, certain substances called antigens are set free. These antigens increase the antibodies against the particular disease for which the vaccine is prepared. The antibodies prevent the person from suffering from that disease. This process takes about a week to ten days to confer full immunity to the person. An inoculated

person is liable to get the disease during this period. An inoculation with vaccine confers immunity from 3 to 6 months when the power begins to wane afterwards.

It is a pity that people do not make proper use of the facilities provided by the Public Health Department for the prevention of contagious diseases. It is the duty of every educated person to teach their less educated brethren about the benefits of inoculations.

Old Age

By

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

Chief Medical Officer, Jubbal State

It is an essential period of life. One grows from infancy to childhood, from adult life to old age; but it is seen that some become old at the age of 40 years; whereas others feel young and active even at the age of 70 years. The question arises why is this difference?

It is due to the individual constitution, which in turn depends on the proper balance of intake, assimilation and output. If any of these is in excess or under, the result will be defective metabolism. This will wear out the body more quickly and will thus bring on senility earlier than usual.

It matters not what a man takes. It matters what he digests and assimilates. It is therefore important to keep organs of digestion and assimilation in the best condition possible by all means. We generally eat more

than what the body wants; so there is greater waste which puts greater strain on the excretory organs. In order to live long, one should take plenty of fruits and vegetables, dairy products like milk, butter, cheese, cream, and curd, and eggs. Vegetables are better than roasted meat, fish, chicken, mutton, and ham, and above-ground vegetables are better than underground vegetables.



MR. V. K. SAKHADEO,

Engineer and Contractor, Miraj—Physical loving man and a great donor of 4000 Rupees for the Physical Culture Institution; sympathetic and enthusiastic towards young men loving physical culture and a generous patroniser to young men to take physical exercises.

Raw vegetables, fruits, and dairy products contain Vitamins which are destroyed in cooked and roasted food. One of the secrets of living long is abundant supply of vitamins.

Another important factor in bringing on senility is the defective working of several ductless glands like thyroid, pituitary, adrenals, gonads and pancreas. Dr. Voronoff ascribes old age to imperfect working of gonads, and he

has supported his theory by various grafting operations. He states that cases so operated on showed vigour, and strength, and signs of old age like cold extremities, peevishness, wrinkled skin and body pains all disappeared. He contends that a man should live upto 200 years, and with the grafting operation he has made them live a youthful life for a much longer period. It is not only the gonads which are concerned with age, but thyroid and pituitary also play no less part. In other words, it is the harmonious working of all these glands on which health, youth, and growth depend. This impresses the necessity of prohibiting early marriage. To maintain the integrity of the gonads longest, marriage should not be allowed before 25 years. Moreover over-indulgence in senses should be avoided and exciting cinema films should be banned.

The old axiom "Fresh air, meagre fare, and freedom from care" still holds true. Fresh air should be valued more than food. Always sleep with windows open. Queen Victoria never slept with closed window, and she ascribed her long life and health to this simple method.

Meagre fare is still more important. The general opinion of laymen is that feebleness of elderly people, requires correction by liberal diet. It must be explained to them that feeble body means feeble digestion, and highly nutritious diets will make matters worse. This is the commonest mistake committed by the people. They should have easily digestible articles of food like fruits, vegetables and dairy products. The best among the green vegetables is spinach, and it should be eaten in abundance.

Freedom from care is the blessed state which we all aspire to. It is very difficult to be absolutely free from them, but we can conserve our energy by not bothering too much for trifles. We must however be serious in our work. It is better to wear out than to rust out, and the best way to avoid rusting is to work. A busy life is quite compatible with efficiency and length of days one lives. This is borne out by the examples of public men of all countries. It is in fact more important to exercise the mental faculties as age advances. Thus it is clear that one can live a long and useful life by observing simple rules described above.

Health Tit-Bits

Ten Commandments of Good Posture

- (1) Stand tall.
- (2) Sit tall.
- (3) Walk tall and "chesty" with weight transmitted to the balls of your feet.
- (4) Draw in your abdomen, pulling it back and up.
- (5) Keep your shoulders square and high but not hunched.
- (6) Pull your chin straight back toward your collar button.
- (7) Flatten the hollow of your back by rolling your pelvis down and back.
- (8) Separate your shoulders from your hips as far as possible.
- (9) Lie tall and flat. Sleep tall.
- (10) Think tall.—*Hygeia*—March '35.

* * *

Too much Food is eaten in these modern days by the ordinary human being; and that is the real cause of most diseases of the physical body.

Now a *Conquest Fast* rectifies all

this, since it starves out the disease germs, that have fastened like barnacles upon certain organs of the body, chiefly the Liver, Kidneys, and Intestines, and have there built up false growths, which rob the human system of vitality and strength. By fasting, these parasites are starved out; even some of them which have fed upon the vital force of the system for years, wither and die for lack of the sustenance which has sustained them so long to the depletion of the patient or sufferer. This too, without operations, which only prune, leaving the roots embedded in the organs, only to grow again stronger than before. The starvation destroys them in the same way as a plant dies for want of water; and they are thus obliterated for ever. This is the kind that can "only be cast out by Fasting and Prayer".—*The Kalpaka*, Sept. '35. Page 265.

* * *

The Healing Power of Poetry.—

All down the ages, the healing power of poetry has been enshrined in the ecstatic utterance of those that have passed through suffering to joy, through tragedy to transfiguration. The noblest and loftiest suggestions of wholeness and joy may be received when the time is ripe from the resurrection of poetry of these sufferers which surpasses in greatness and grandeur and in praise of life, all the outpourings of superficial optimists even as the lark's flight and song surpasses the fidgetty hovering and humming of a gnat.

One has to read the rhapsodies of a Whitman, a Goethe, a Tennyson, a Victor Hugo, a Tagore, to realize how they wrought out of their pain the healing poetry of ecstasy and out of

their transient diseases the loftiest awareness of great health.

Only to those that have known again and again and continue to know the cathartic power of poetry in times of depression and distress, is it given perhaps to share the utmost beauty and joy with the poets in times of convalescence and health. Theirs it is to know the overflowing and rejuvenating power of the ecstatic lyric in praise of life, whether that lyric be in the cadence of verse or prose, the curves and roneurs of sculpture, the living plastic of the dance or the living music of the song.

By reading, seeing and hearing great ecstatic poetry, therefore, we may purge ourselves of soul sickness too, so that we become ever more conscious of those life forces which, when freed from obstructions, make for radiant health in the mind as well as in the body.—*The Calcutta Municipal Gazette*.

* * *

Health Benefits from Air Bathing and Sea Bathing.—"Thalassotherapy" is a formidable name but it simply means "sea cure;" it is derived from the Greek. The Athenian dramatist Euripides, many centuries ago, wrote: "The sea washes away all the ills of mankind". This is of course an exaggeration, but the healing powers of old ocean are well established scientifically.

Medical writers down the ages have told the benefits to be derived from a sojourn at the seashore. In all European countries which touch the ocean, there are numerous institutions of healing by the water. *Archives of Medical Hydrology* tells of the bathing machines which used to be common in England. For reasons of modesty,

persons, though fully clothed, would not allow themselves to be seen entering the briny deep. They got into a covered wagon, which was backed into the water. An early type of the vehicle had a huge umbrella-like attachment in the rear which descended to the level of the sea and thus "afforded full privacy to the bather". These hoods began to disappear early in the eighteenth century. If a beau or belle of that period could see the costumes which are common on the beaches today, they would have severe shocks.

The foremost effect of the sea cure consists in a general tuning up of the organism. As a rule respiration becomes slower and deeper; the frequency of the pulse lessens; the temperature of the skin becomes cooler; hypersensibility and idiosyncrasies toward certain foods, medicines, and the like, grow less or disappear entirely.

Two German authors have written a book on "The Marine Climate", based on very elaborate experiments and statistics. They find that air bathing is markedly beneficial. The nervous system is aided; the consumption of oxygen and food is increased, also the retention of nitrogen, calcium, and phosphorus; the quality of the blood is improved: cardiac efficiency and the power of the skeletal muscles are enhanced; the body weight increases; mental activity is also improved.

The United States is extremely fortunate in having such an extensive coast line. The Atlantic side is especially blessed, since it has so many bays, islands, and peninsulas. The climate in Florida and the Gulf states permits winter bathing.—*S. in Good Health.*

Book Reviews

Educational Reformation in India.—

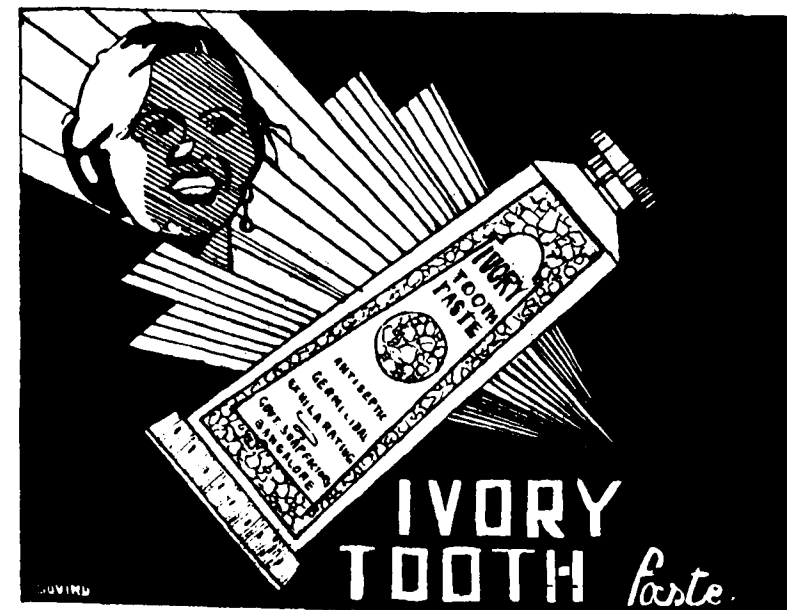
Published by J. C. Basak, 363, Upper Chitpore Road P. O., Beadon St., Calcutta. Price Re. 1.

Educational Reformation is the cry of the hour and the present-day educational policy of the Government of India has led to distress and unemployment among the middle classes. This book has come, therefore, in an opportune moment and the author has taken considerable pains to collect statistics and data and formulate his own scheme for educational reform in India. The book will certainly prove to be of considerable interest to educationists and politicians interested in the educational reform and the general well-being of the people of this country.

Health, Nature and Religion.—By

Dr. Chintulal N. Desai, (of Petlad); Dharmaj—Published by the author. Price As. 12.

This brochure correlates Health, Nature and Religion and proves that transgression of the laws of Nature results in loss of health and religion—not merely the Hindu Religion but all the religions of the world—aim at good health, longevity and happiness of the human race. The author advocates Nature cure, as the safest and cheapest method of relief to the sick and the suffering and affirms that adherence to the laws of Nature will prevent attacks from diseases. He also stresses the importance of home education, which is sadly neglected in India now-a-days. The booklet will repay perusal.



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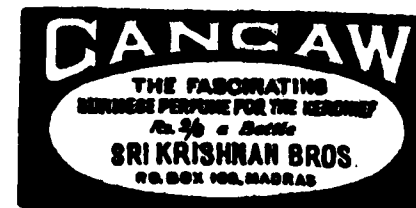
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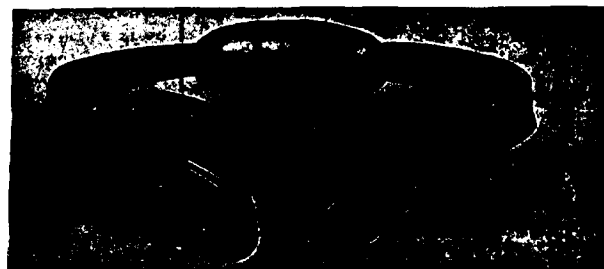
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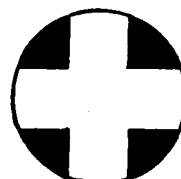
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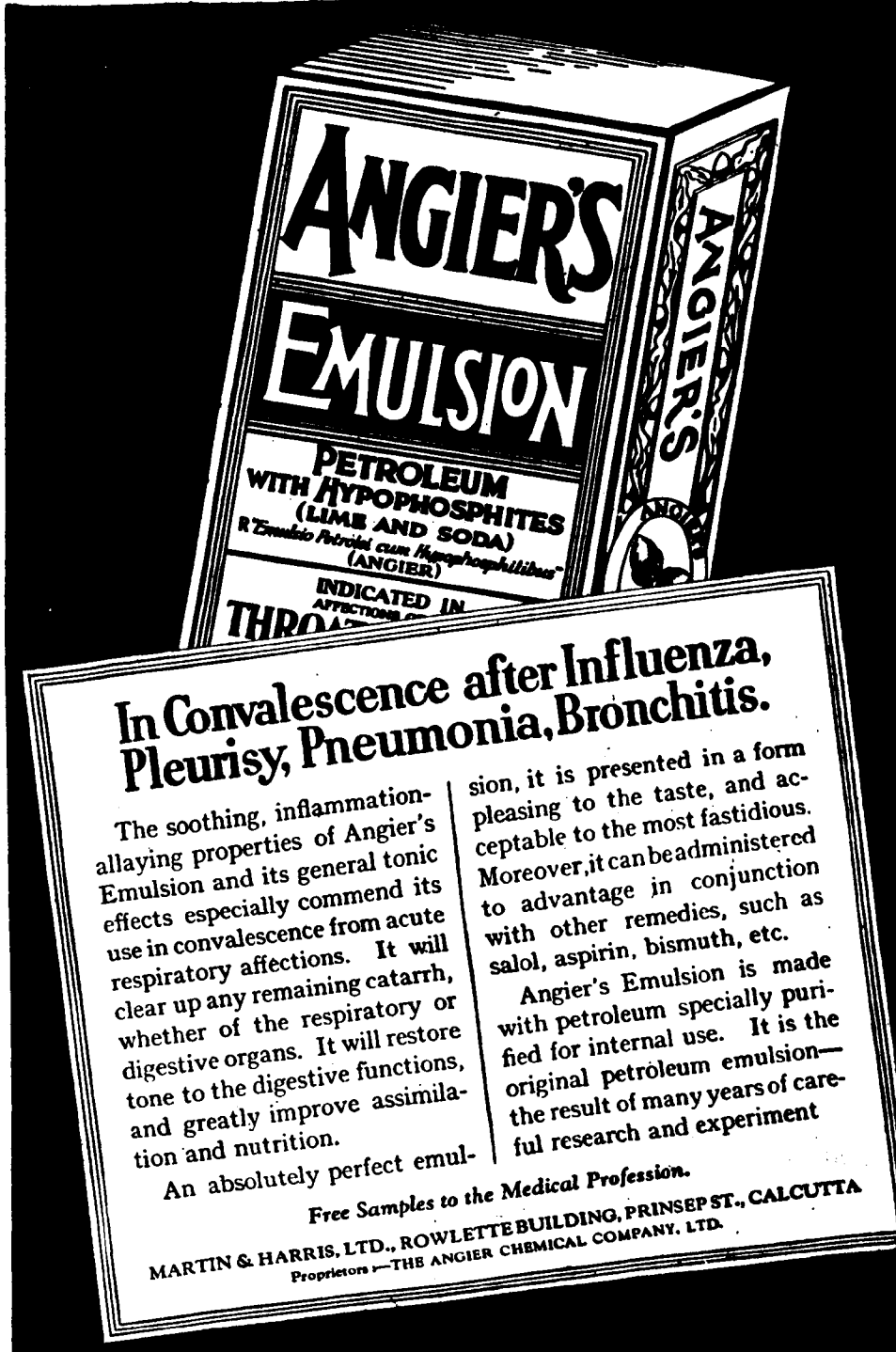


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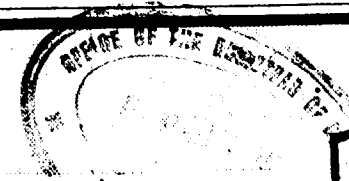
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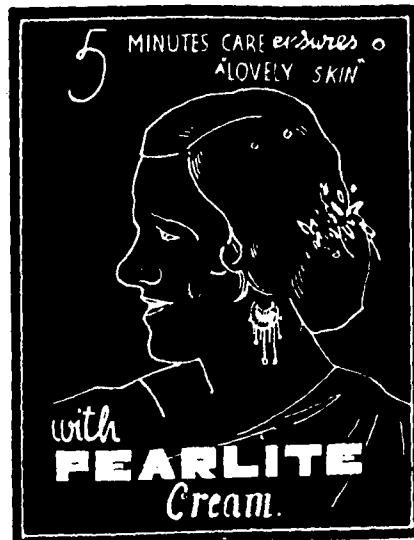
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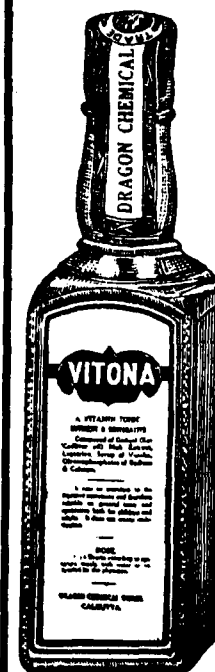
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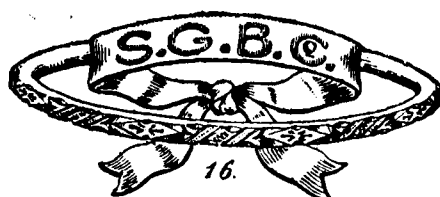
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Editorial—

Health Education in Ancient India

WHAT is meant by education? Education is defined in the Oxford Dictionary as 'bringing up (of the young); systematic instruction; development of character or mental powers'. In bringing up or rearing the young, you must see that you give such systematic instruction that the recipient thereof improves not only morally and mentally, which is implied in the last synonym for education given in the Dictionary, but also physically and spiritually. Thus, the true significance of education is that which provides for the mental, moral, physical and spiritual development of the young. In India, in ancient days, we find all these four items were included in the term 'Education'. We find also that physical education which includes health education was given priority over other kinds of

education. According to the Hindu Scriptures, purity of body and purity of mind are the sure pathways to Godhead. The Latin proverb 'Mens Sana in Corpore Sano'—A healthy mind in a healthy body' approaches the Hindu ideal. The first essential in any educational programme, therefore, ought to be to improve the health of the students, by providing them with healthy environments and compelling them to practise health regulations. In those days, in our country, there were more teachers than the taught and the schools were the teachers' ashrams themselves, remote from public view and free from insanitary surroundings. The students' health habits were moulded under the teachers' personal guidance and supervision, not as in the present day, by teaching a

number of books, and testing their fitness or otherwise after a written examination on the subjects. Let us examine some of the health practices that were enjoined on students in ancient days in India and compare them with modern scientific principles.



Kashmere Pandit Villagers.

(i) "Having gathered those alms as much as he wants, having informed his guru (of it) without deceit, let him eat it after rinsing his mouth (sitting) facing the east (and) pure"—Manu Lec. II. 51.

(Here the student is expected to beg alms (of his mother, his sister, or the own sister of his mother or, of a female who will not insult him) and only as much as he wants, thereby teaching him Self-help, Truth and Thrift. Then he must not deceive his guru by telling him a lie, thus, his character is built. Before eating, he will have to rinse his mouth, which is a wholesome hygienic principle which is seldom observed by modern students who go straight to the table for their dinner, lunch or supper without even changing their dress, washing their hands, face and feet, much less rinsing their mouths. Sitting is the best posture for eating, and this posture is

Page 22]

conducive to long life. East is a safe position, for the sun's rays in the morning directly fall on him and the food he eats, thereby purifying his body and his food. Lastly, he must eat the food with the mind pure.)

(ii) "Let a (student) Brahman, always eat his food after having rinsed his mouth and in a collected state of mind; having eaten, let him thoroughly rinse his mouth and sprinkle with water the hollow parts i.e. eyes, ears, nostrils, mouth etc."—M.L. II, 53.

(Rinsing the mouth after taking food is here insisted on to avoid oral sepsis and the like. Sprinkling with water the hollow parts is intended to cleanse these parts every time food is taken, for food particles may have unwittingly got into them.)

(iii) "Let him not give the leavings to anyone and let him also not eat between (times), let him not eat to excess and let him not go anywhere with a morsel in his mouth".—M.L. II, 56.

(iv) 'Over-eating is as unwholesome, prejudicial to long life and to attainment of heaven; it is vicious and detested by people; let him therefore avoid it'.—M. L. II, 57.

(The above are self-evident and need no comment.)

(v) "Let a wise man, like a driver of horses, exert diligence in restraint of his senses straying among seductive sensual objects".—M. L. II, 88.

(Here continence is preached and forced upon).

(vi) "That man who, having heard and touched, seen and eaten and smelled, neither rejoices nor ever is sad, he is to be known as a man,

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who has conquered his senses."—M. L. II 98.

(vii) "But among all the senses, if one sense fails, by that his wisdom fails, as water (runs out) by one hole from a leather bag."—M. L. II. 99.

(A student from the very beginning is taught to control his senses, so that he may not stumble in adult age. But now-a-days contraceptive measures are taught and openly preached to students, thus permitting them and providing them with a means to go astray with impunity.)

(viii) "One should salute first him from whom one gets secular, vedic and also transcendental knowledge." M. L. II, 117.

(ix) "Better a well behaved Brahman (student), who knows only the gayatri, than one ill-behaved, who eats all kinds of food, sells all (kinds of articles) though he knows the three Vedas".—M. L. II, 118.

(x) "One should not sit down on a bed or couch on being approached by a superior or one sitting on a bed or couch should arise and salute him".—M. L. II, 119.

(Here discipline and respect to superiors are taught.)

(xi) "Way is to be made for one in a carriage, one in his tenth (decade), a sick person, one carrying a load, a woman, also for the king and a student who has returned home and for a bridegroom.—M. L. II, 138.

(This is conducive to formation of character, discipline, and reverence to the aged, the sick and the suffering, to labourers and womenfolk, obedience

and loyalty to king and respect to old students and bridegrooms).

(xii) "Being bathed (for cleanliness and not for pleasure, according to Gout, one of the commentators) and pure let him ever make libation of water to the gods, seers and manes, also (let him do) worship of the gods and collecting of fuel".—M. L. II, 177.

(Here instruction in personal hygiene and spiritualism is given.)

(xiii) "Let him sleep by himself always; let him never spill his seed; for one who voluntarily spills (his) seed destroys his vow".—M. L. II, 180.

(xiv) "A twice-born student having involuntarily spilt (his seed) in sleep, having bathed and having worshipped the sun should thrice mutter the text "Again to me" (may strength return)".—M. L. II, 181.

(Here masturbation is prohibited and involuntary emissions are sought to be overcome by prayer and the like. What we now fight shy to teach, our ancients have taught.)

(xv) "For one caught asleep by the sun arising or setting, if he does not penance, incurs great sin.—M. L. II, 221.

(This is in accordance with the maxim 'Early to rise.....brings on health.')

The above indicate the lines on which health education was imparted in ancient days. We shall in the next issue examine the defects in the present system of education and suggest measures for their rectification.

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The Civic Sense

By Dr. Parmanand Ahuja, M. B., B. S.,
Karachi.

'Man is by nature a civic animal'—*Aristotle*

STANDARD of sanitation and civic health in many Indian cities, otherwise on the progressive scale, leaves much to be desired. Though the wheel of progress has rolled in rapid strides in many advanced cities on the surface of the globe, it has moved at a snail's pace in many large towns in India. A comparative, critical survey of the situation will reveal a sorry state of things. There are the same old type of buildings jumbled up together leaving narrow alleys or lanes between and shutting out air and light. It is the same centuries-old pavement in bazars or streets with 'hills and valleys' which greets the feet of the visitor and in rare lucky cases, spares him with unstrained or unsprained ankles or feet. The same time-worn open drains in the middle of the streets and 'mohalla' lanes refresh the new comer with their eternal stench which sticks to the nostrils and is reluctant to part company; this is particularly 'inviting' when their depths have been recently stirred up by the brush of the cleaner. The open latrine and urinals in or outside 'mohalla' lanes; the heaps of night soil and house refuse, the shoulder-baskets, the open bullock 'palanquins' loaded with the same, wending their way at all hours of the day, all emit 'fragrance and flavour' to delight the visitor day in and day out. The hospitable windows and house silts shower gratuitous presents in the shape of house sweepings and washings, rags

smeared with babies' chits etc., and what not on the head of the unwary passerby. The proud dust on roads, intolerant to be trodden under feet, rises in rebellious storm and triumphantly settles on the head and face of the wayfarer and teaches him an object lesson in self-respect. The grateful flies foretaste all eatables that grace the shop pans of a Halwai, fruit and vegetable seller, grocer, hawker etc., and hail the visitor with their buzzing music born of an appeased appetite at every turn or corner. Their keen sense of 'equality and fraternity' makes no distinction in time or space to visit a dung heap or Halwai ka Pera. The latter may find a convenient place in the mouth of the passerby soon after visitation from the august winged creature.

Diseases like Tuberculosis, Malaria etc., claim a heavy toll of life, the former alone being responsible for as many as 400,000 deaths annually. Present death rate in India according to the last Census is 24.9 per 1000 and is the highest in the world. Expectation of life is 26.91 years as compared with 55.62 obtaining in England. Infants' mortality rate stands at the formidable figure of 179 per 1000 as compared with 66 in England and Wales and 32 in New Zealand and 132 in Japan.

Some or all of these 'characteristics' are observable in large cities and towns with congested areas and crowded thoroughfares.

People and Civic Authority

The primary and principal parties which share between themselves the responsibility for the maintenance and betterment of health and sanitation of any city are the people and local health and civic authorities. There are certain items like up-keep of roads and streets, proper delineation of buildings, adequate drainage, proper water and food supply, disposal of night soil, prevention and protection against epidemic diseases etc. which come exclusively under the domain of local authorities. There are others like sanitation of private dwellings, proper conservancy arrangements, disposal of house refuse, washings etc., personal and social hygiene which are mainly associated with the habits and living of the people themselves. But there is no sharp line of demarcation between the people on the one hand and the local authorities on the other, which can be productive of greatest good of the greatest number.

The writer is not unaware of some of the difficulties and disabilities that some Indian cities inhabited by one of the poorest section of the population have to face in the uphill task of progress. It is also undeniably true that many of these urban areas have sprung up in a perfunctory fashion without any care for proper planning of residential or other quarters, lanes, streets etc., or in accordance with any accepted code of sanitary obligations. But much improvement can be effected even under the existing order of things by cultivating what may be called a true civic sense. More than

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money, is the imbibing, inculcating and fostering a high sense of civic duty alike among the people, the local authority and the representatives chosen to guide the destinies of the civic bodies. It may not be possible to achieve anything spectacular in a short time. But if a beginning is made in right earnest, something appreciable is sure to be achieved within a measurable distance of time.

Personal and Public Civic Duties

The people can make a beginning at home by careful attention to personal cleanliness and house neat-



UNHEALTHY BACK-YARD HOUSE REFUSE.
COW-DUNG HEAP.

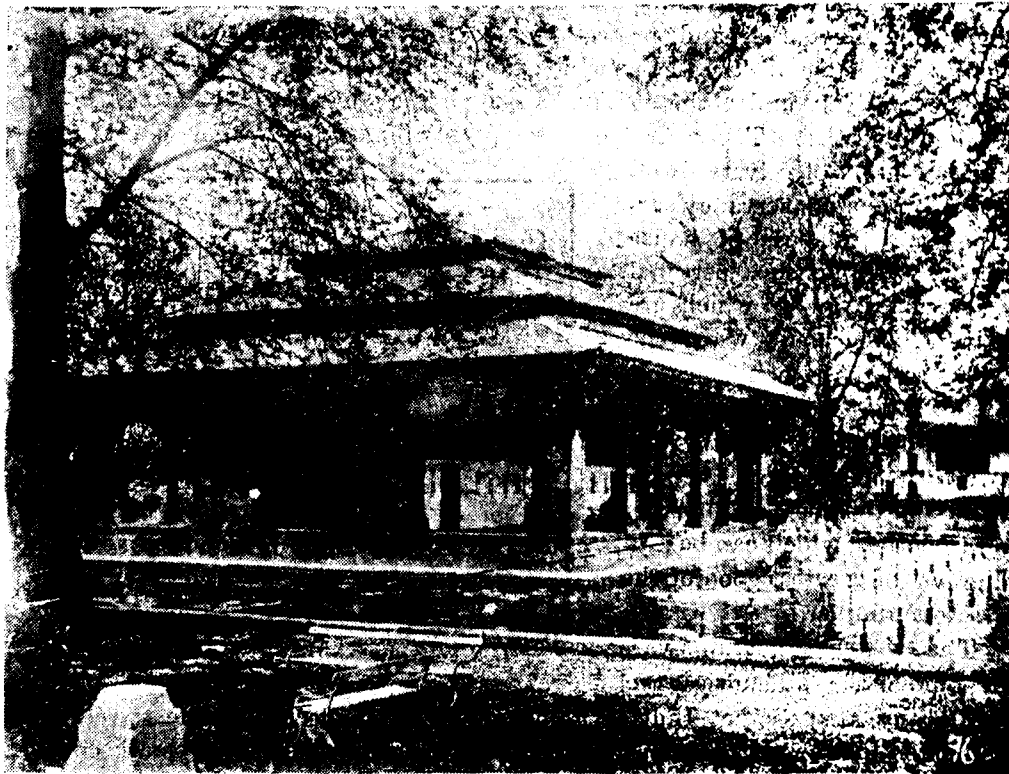
ness: to collect all the sweepings, washings, dirt etc. in small covered cans or little dust-bins, instead of throwing them out of the window at the door of the neighbour; to avoid careless spitting on the floor, walls, window panes etc., to see to the speedy removal of the night soil; to wear clean cloths, may be home-washed; to cleanse the cob-webs, dust etc., from the doors, window creeks and corners; to train children in proper, hygienic habits; to discountenance the street latrine or urinal by children or even adults; to be as scrupulous about one's

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neighbour as one is about one's self, to have simple nutritious diet and lead wholesome social life; all these and many more, too numerous to mention are little inexpensive acts of healthy and hygienic living which will go a long way to improve the standard of sanitation and health.

The cultivation of civic sense of a

the present drainage systems; adequate use, without pilfering, of up-to-date disinfectant and deodorising agents; quick disposal of night soil, house rubbish etc., in properly covered carts or cans; destruction of fly or mosquito breeding spots, disallowing the parade of eatables, sweets, meats etc., without proper wire-netting to



Shalimar (Govt.) Garden and Fountains Built by Emperor Shah Jahan

high order in those at the helm of affairs in the local civic institutions is quo-pro quid of achieving the desired objective. The proper metalling and watering of roads and timely repair of even the existing pavements within the town, gradual replacing bit by bit with better and modern methods as funds become available; more vigilant supervision by honest staff, of even

keep off flies etc., pure water and food provision, prophylactic measures against diseases; uncompromising enforcement of the provisions of the Municipal Building, food, drugs, obnoxious trades, public nuisances, etc., laws and bye-laws; these are some of the directions in which local health and civic authorities imbued with honest civic conscience can provide

amenities for the well-being of the rate-payers without much extra strain on public purse. They should be at pains to educate public opinion and carry on unsparing campaign of street lectures, demonstrations, magic lantern shows, house to house visit by health visitors etc., to awaken civic consciousness among the people and bring home to them the advantages of an enlightened civic existence to the great good and gain of all concerned. It is regrettable to note that even the new buildings on the outskirts of many towns and newly developing quarters in progressive cities are being built in a haphazard manner without any attention to proper alignment or well thought-out town planning scheme much less with a view to essential sanitary requirements.

City Greater than Community

Lastly, a word to the representatives of the people on the local bodies. They are as much in need of evolving a civic sense in civic affairs as those they represent. They are called upon to safeguard and promote the health and happiness of the citizens and they can discharge their duty and responsibility efficiently only if they work as a team in a common bond of citizenship rising above all sectarian and secular considerations. Many of the local bodies, it is unfortunate to observe, have become the cockpits of

communal bickerings and unseemly squabbles and civic interests are sacrificed at the altar of personal or party ends. City should be greater than any community or caste. They serve the community best who serve the city best.

Civic Sense in Childhood

It is often difficult to change the habits of a life time and specially so in those with fossilized minds who shut themselves up in water-tight compartments without any inlet for fresh air or new light. The beginning of civic sense can well be laid in the most impressionable, plastic period of childhood. Children are the future citizens of the town. The teacher at school and parents at home with some knowledge of the elementary laws of personal and public health and civic matters can mould the habits of little children and instruct them in wholesome ways of individual and social life. The seed of sound civic sense sown in the virgin soil at this stage of life will sprout into splendid growth of the superior type of citizen in the fulness of time. As Plato has it in the '*Republic*':

'If we would persuade them that never at all should one citizen hate another and that it is not holy, such teaching as this is desirable for early childhood'.

"Death" is mostly "Eat"—JULIUS GILBERT WHITE.

Ante Natal Care

or

Care during Pregnancy

By Dr. S. P. ROY CHOUDHURI, L. M. F., (Beng.)
Formerly House Physician, Calcutta Medical School
Hospital; Medical Officer R.D., Raj Dispensary
Parihar, P. O., (Muzaffarpur).

THE mothers, who give birth to the future generation of our country, are thoroughly neglected in rural areas. This is not intentional but is due to poverty, lack of education and ignorance of the subject. There are also lots of social defects in us. The first and foremost of all is the purdah

not healthy have got to suffer a lot. I have actually seen young girls bearing children dying for want of proper medical aid and treatment. It is really a pity! I, as a medical practitioner, had to challenge many times those old haggards who objected to the treatment of pregnant women. But this



*The four babies of Mrs. Miles born at Eynesbury in England
and now in charge of Dr. Harrison.*

system of middle and uneducated class of people. This is one of the greatest social evils. This purdah system alone is responsible for the deaths of many young mothers and bonnie babies. During my practice in rural areas, I have found that no doctor is consulted during the period of gestation (i.e. pregnancy).

There may not be any harm to the healthy mothers but mothers who are

is not sufficient. There should be proper propaganda for this. There should be proper demonstration. In every thana health centers ought to be opened, where there should be one, who should point out to the masses these evils with the help of Magic lantern slides, lectures or with the help of leaflets etc. The health authorities should help in the matter. The generous and public spirited men

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should come forward to help the movement. In every place there should be organisation for baby shows, in which the necessity for taking care of the expectant mother should be properly demonstrated.

This is an elaborate subject. It is difficult to deal everything in detail within this short space. But I would try to vex my readers with this social problem frequently.

Before proceeding further, I like to give some idea of the subject I am dealing. Pregnancy is not a thing to be neglected. This must get serious consideration in every family. I also point out that pregnancy is not a disease, it is purely a natural and a physiological process. Every expectant mother should know that within her there is one, who for the building of its minutest parts e.g., bone, flesh, nerves, blood etc., requires calcium, sodium, potassium, iron salts etc., from its mother. Thus the child grows within its mother upto the tenth month and then it is born by adding pleasure to the whole of the family. Such being the case we find that the mother is solely responsible for the developement of the child. If the mother is healthy and free from any disease, then the child is also healthy and free from any disease, if not the child is either sickly or it would be

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dead or still born. So, every responsible member of a family must keep a keen eye on the expectant mother.

The following piece of advice will save many unfortunate girls from untimely death.

1. The family members must consult a good and reliable doctor, midwife or qualified dai in whom the



A Healthy Mother and Child.

members of the family as well as the girl who is pregnant have got faith.

2. The pregnant girl must not deviate from the normal path of life she used to lead before conception.

3. The girl must take special care of her teeth as bad teeth are the

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origin of many dreadful diseases, so, the modern science teaches us.

4. She must do some sort of physical exercise to keep her muscles active and strong so that she may not be in difficulty during labour as the muscles, specially the muscles of abdomen, play an important part at the time of delivery. But she must keep in mind also that she must avoid violent exercises.

5. She must take her usual diet. She must not take anything in excess. Milk, fruits and vegetables are allowed in moderate quantities.

6. Every expectant mother must be very particular about her bowels. They should not use strong purgatives. They may take laxatives like castor oil, Liquid paraffin etc. occasionally if required.

7. Another most important point which all expectant mothers should know, is about urine. They must be very particular about that. They should send their urine to the nearest doctor for occasional examination in early months but very frequently in later months. Any abnormality in urine should at once be reported to the doctor.

8. They must take their bath according to their own constitution. They should take occasional vaginal douche with great caution so that they may not hurt their womb.

9. They must not use tight dress. All dresses must be loosely fitted. Lower portion of the body should always be kept warm.

10. Every expectant mother must take care of her breasts. They should wash them with Eau-de-Cologne lotion occasionally and the nipple should be drawn frequently to make it fit for the sucking of newborn baby.

11. In later months doctors should be called in for the examination of the child within the womb, for hearing the heart sound and for measuring the hip etc. This piece of advice I hope will save many young mothers from unnatural deaths in rural areas.

12. As a rule the wife should be separated from the husband particularly after the third month. This will also save many unusual troubles.

13. The relatives of the expectant mothers should always keep them happy and cheerful. They must always see at the same time that they do not over-indulge in anything.

The expectant mothers must inform the doctor if any unnatural thing happens to them during the period of ten months. The relatives must encourage them till delivery.

These are a few hints which I wish to give to my readers. If the above advice is carried out, many unfortunate young girls and babies will be saved from premature death.

India is a poor country. It is not possible to help individually. I hope the propaganda, as mentioned above, with the help of medical practitioners, generous public men, local officials and with the help of the health authorities, if carried out, can render much help to the ignorant masses.

Good Health—

How to Keep it

By Khagendra Nath De,

School of Physical Culture, Calcutta.

Our Body

ONE cannot expect a good health unless one follows the hygienic ways of living.

We are all familiar with the rapid movements of a railway steam engine running over the rail lines, and we like to watch its swift and smooth progress. The engine however will continue to do its work so long as it is carefully attended to, i.e., oiled and cleaned, and supplied with water and fuel. Just in the same way the human body will continue to work smoothly and vigorously only as long as it is carefully looked after and adequately supplied with food. Very few of us value health as we ought to; generally we regard it as quite an ordinary thing, and do not realise its worth until we feel its want.

To keep the body fit, we require—pure air, cleanliness, regularity in habit, proper diet, and regular exercise.

What is the difference between the person who possesses good health and the person who is in want of it? The person who is in good health possesses a body whose organs work so quietly and regularly that he is scarcely aware of their existence: he has a good appetite and is very often made aware that he has a stomach by its craving for food. One of the very first signs of ill health is loss of appetite. Again, a person in good health is active and fond of exercise: he is

smart in all his movements, and takes joy in using all his limbs. Dislike for exercise is a sure sign of failing health.

We have compared our body to a steam engine working in good order. One of the chief duties of an Engineer is to see that the engine is well supplied with fuel of the right kind, and that there is enough of it for the work that has to be done. In the same manner body needs sufficient food, of the right kind, supplied at regular intervals.

It has often been said that we nowadays suffer from many diseases from which our forefathers were free; the reason is not far to seek. Our forefathers lived mostly in the fresh air outside the congested towns where there was hardly any likelihood of their blood being rendered impure by the germs of diseases of various kinds that float in the air inside buildings in congested places of towns and cities. We can see also that people who live an outdoor life are much healthier than those who have to live and work indoors in factories and workshops. It is not possible for all of us to pass our days in the open air, yet we can all manage to get a good quality of fresh air within our houses.

Pure, fresh air is one of the best disinfectants; the oxygen it contains destroys slowly but surely all waste matters and prevents the body from becoming a breeding place for germs,

and sometimes it is able to destroy the germs as well.

Most people if asked how they breathe would laugh and probably say they did not know it; nevertheless it is important to know the correct way of breathing and to practise it. Some persons take air only into the upper part of the lungs, or at most the upper and the middle; they do not breathe to the very bottom of their lungs, as

should breathe only through the nose, so that the air may be warmed and freed from all dust before it reaches the lungs; we should then try to fill the lungs from the very bottom. A good way to do this is to place the hands firmly on the bottom rib, at the sides, and then, having emptied the lungs as completely as possible, to draw in air slowly through the nose. The first expansion ought to



One of the most typical scenes in Tokyo, Symbolising Japan. Mount Fuji, with white snow is seen beyond pine tree and typical fishing village near Shizuoka, Shizuoka.

they ought to and hence a part of the lungs is left unused; the blood is consequently not purified so thoroughly as it ought to be.

I suggest some exercises which will not take more than ten minutes, but great benefit may be derived from these, if practised, regularly :—

1 Breathing:—A little attention and practice in this matter will make a great difference in health. We

be felt at the sides, where the ribs are forced apart to make room for the expanding lungs. Do not raise the shoulders but keep them well squared back all the time. When the lungs are full, the breath should be held while we count ten, and thus we should breathe out slowly through the nose until we feel that the lungs are quite empty. Such an exercise as this, performed, say, a dozen times

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just before going to bed, and immediately after rising, will strengthen the lungs and give them more power to resist those deadly diseases which are so common.

2. Lift your feet high. Begin and end with slow motion and run fast in the middle of the time.

3. Keep your feet together. Don't bend your knees. Get half way down on each sides.

4. Sit on floor with legs stretched, arms sideward raised and the feet apart. As you rotate the trunk from side to side alternately touch the toe of the right and the left feet with the left and right hand respectively.

5. Lie flat on the floor with your hands stretched on either side and resting on your hands and shoulders raise your body. Now bending the legs about the trunk stretch them towards the head keeping the knee straight and toes pointed.

6. Lie flat on the back as before and resting on the hands and the shoulders raise the trunk. Now alternately bend the legs and kick fast in an upward direction.

7. Lie flat on the back with your hands on the hip. Resting on the head and toes lift the body and draw your legs until your forehead rests on the ground. Now move your head backward and forward and to right and left alternately.

Medicinal Use of Honey

Honey is highly appreciated as an article of food by the natives of many

parts of India. It is valued as an antiseptic for the preservation of fruits and for making cakes, sweetmeats etc. But the most important use of honey is as a medicinal substance. It produces very nutritive action.

It is sometimes employed as an application over foul ulcers. Hale White says that it can be used as a covering over boils and excoriations. It is also used as a cosmetic or an agent for beautifying complexion.

Honey relieves dryness of the mouth and facilitates swallowing. It is a common ingredient of cough mixtures. It is a mild laxative and may be given to children for this purpose. It is given to produce heat and strength in the body of the child.

Honey is one of the remedies for hoarse voice. It makes the sound melodious and sweet. If it is given with the juice of *Tulasi* leaves it forms the best remedy for cough and cold. It sometimes checks fever if it is taken before one gets it.

It cures pimples and prevents their growth. In old age if one ounce of honey is taken daily with hot water, it gives an extra strength and makes the old work very hard without injury to health. It is a nervine tonic too.

In all kinds of emaciating diseases it may be administered with good results since it enters very quickly into the cells of the body and gives food to them. It improves the general health very soon. For improving the appetite, sharpening the brain, making one smart and active, the daily use of honey will be found of great use.—*The Journal of Ayurveda*.

Common Infectious Diseases and their Prevention

● A. K. Bhattacharya, M. B. (Cal.)
Moradabad.

CERTAIN diseases are caused by the invasion of the body by some bacterial organisms known as microbes. Different microbes produce different groups of symptoms and the course of illness is also different in each case. These diseases are known as Infectious. They are communicable from one person to another directly or indirectly. When a large number of persons suffer in a place at a time from one of these diseases, it is known as epidemic. The common infectious diseases of our country are Small pox, Chicken Pox, Plague, Diphtheria, Influenza, Measles, Whooping Cough, Cholera, Typhoid and Tuberculosis. The mode of infection may be by direct contact or indirectly through the medium of air, water, food, drink etc.

When some infective microbes invade the body a regular fight commences between them and the body-resistance or the defensive mechanism of the body. If the body-resistance fails to overcome the microbes, the person falls ill. So that causation of disease depends mainly on the virulence of the invading organism on the one hand and the body resistance on the other. Debilitating conditions e.g., starvation, fatigue, undernutrition, exposure to cold etc. facilitate the organisms to gain the upper hand very easily. Symptoms of the particular disease do not arise as soon as the infection occurs and the

time that elapses between actual infection and the appearance of signs and symptoms of the disease, that is, (the period of struggle between the microbes and the body resistance) is known as the Incubation period which varies in different infectious diseases. There are certain general preventive measures to these infectious diseases:—

(i) *Isolation of the sick*.—By isolating the sick person from healthy individuals the disease gets no chance of spreading. If possible it is always better to remove the sick person to an Isolation Hospital. Those who are required to attend or nurse the patient must be properly protected against the infection.

(ii) *Notification*.—As soon as there is a case of infectious disease it is the moral duty of all to inform the Public Health authorities at once, so that the chance of an epidemic breaking out may be checked promptly by timely preventive measures. Failure in this may result in a severe epidemic which may be very difficult to control subsequently.

(iii) *Vaccination*.—This is a very satisfactory way of preventing at least some of these diseases. Small-pox, for example, can surely be prevented by timely vaccination and revaccination.

Diphtheria, Plague, Cholera and Typhoid can also be prevented by timely inoculation.

(iv) *Disinfection*.—Disinfection by suitable disinfectants of beddings, clothing and utensils etc. used by the patient as also the room and furniture of the room occupied by the patient, is a necessary preventive measure.

The details of properly disinfecting the excreta of the patient as also the hands of the attendants and nurses are of outstanding importance.

(v) *Quarantine*.—The infected person should be forced to remain isolated during the infective period of the disease, in order to avoid spread of the disease. Those persons who have a chance to come in contact with the diseased person or have resided in the same room, or have slept with the patient etc., should be similarly treated.

Trees and National Health and Efficiency

In a Chadwick Trust Public Lecture Mr. St. Barbe Baker the Founder of "The Men of the Trees" Society, has been giving us furiously to think over a novel problem. And first it must be said that Chadwick, in whose memory the Trust was founded as the pioneer in demonstrating the causes of ill-health, has shown we can defeat what hitherto has been accepted as Fate by getting behind Fate itself. He would have been the first to endorse the lecturer's thesis that man's health and efficiency are largely dependent upon trees, or more properly upon their conservation. Trees, as geologists show us, appeared before man, but on his arrival he at once engaged in that unrelenting attack on the forest which has resulted in deteriorations of climates and diminished productiveness of soils, while the

immediate evils to the human race have been the lessening of fuel and the diminution of water. Yet though the lecturer showed that from remotest ages men had cultivated trees in sacred groves, they failed astonishingly to appreciate the benefits of forestry. Destroying, felling, and burning recklessly, they turned forests into deserts and so ended many an ancient civilisation. That was the story of vast tracts of land in Asia beyond the confines of China, besides once fertile lands and thronged countries surrounding the Mediterranean, and when Egypt was at the summit of her glory, large parts of Africa, now forbidding deserts and Sahara, were tree-covered and fertile.

The disastrous process, Mr. Baker declared, is still going on. North of the Gold Coast where, after destroying the forest, their primitive methods of farming induced the tribesmen to migrate to fresh areas of fertility, the sand deserts they create are following after them, invading the cultivated land and burying the feeble crops. With the end of the forest in sight, the chiefs forbid marriage, and racial suicide on a bigger scale than any known is the result. All over the world the same thing is seen. In Nigeria, through lack of supervision, thousands of pounds' worth of valuable mahogany is being cut and burned to clear the ground for farming; so much so, that it has been calculated the cost of trees destroyed to secure a native's meal of yams would be more than paid by an epicure for the rarest out of season's delicacies at the Ritz! It has been said, continued the lecturer, that trees are a potent barrier against disease, the wide forest-belts surrounding so many towns in France

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

JANUARY

- Wed. 1 *New Year's Day.* Begin the year aright: Health is Wealth.
Thurs. 2 India expects every person to do his public health duty.
Friday 3 Roentgen announced the discovery of x-ray 1896.
Sat. 4 *Vaikunta Ekadasi.*
Sun. 5 As is the home so are the people.
Mon. 6 The practice of fasting is extremely beneficial to the body.
Tues. 7 "Self help in Health" is the appeal to you.
Wed. 8 Every person has a share in the prevention of disease.
Thurs. 9 Are you physically better or worse than a year ago.
Friday 10 Health is the nation's greatest defence.
Sat. 11 Eat to live, live not to eat.
Sun. 12 The Sun is the God of Health.
Mon. 13 *Bhogi.*
Tues. 14 *Pongal.*
Wed. 15 A happy home gives a healthy life.
Thurs. 16 The children of a nation are its greatest asset.
Friday 17 Keep all flies out of your house.
Sat. 18 The progress of many diseases can be checked if detected early.
Sun. 19 The pioneer of the king is in the health of his people.
Mon. 20 *King-Emperor George V died.*
Tues. 21 Smoking does no good to a growing lad or girl.
Wed. 22 Care spent upon children's welfare is richly repaid.
Thurs. 23 Healthy work gives healthy body.
Friday 24 Physical fitness means national efficiency.
Sat. 25 Report cases of communicable diseases to local officials.
Sun. 26 *Jenner died 1823.*
Mon. 27 Children never forget the lessons of a clean home.
Tues. 28 Out of drink, out of danger.
Wed. 29 Filth is the mother of diseases.
Thurs. 30 A bad smell is nature's danger signal.
Friday 31 Nourish the sapling to make strong the tree.

FEBRUARY

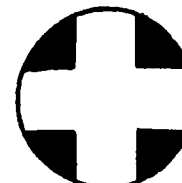
- Sat. 1 Nature improves one's health.
Sun. 2 Fresh air is always beneficial.
Mon. 3 Laugh and grow fat.
Tues. 4 Spit borne diseases are preventable.
Wed. 5 A dirty house damns body and soul.
Thurs. 6 Work and live in plenty of fresh air.
Friday 7 Nothing good is got by worry.
Sat. 8 Chew your food: the stomach has no teeth.
Sun. 9 Report births and deaths to local officials.
Mon. 10 Roentgen, the discoverer of x-ray died 1923.
Tues. 11 Man is the most precious capital of the state.
Wed. 12 He lives twice who lives well.
Thurs. 13 Keep the body resistance high fresh air helps.
Friday 14 Do not eat between meals.
Sat. 15 Health begets strength and character.
Sun. 16 Excess calls in the Doctor.
Mon. 17 Custom in youth, nature in age.
Tues. 18 *Madras Medical College established 1835.*
Wed. 19 Dust contains the germs of disease.
Thurs. 20 *Lord Lister died 1912.*
Friday 21 *Maha Sivarathri.*
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Sun. 23 Flies spread disease.
Mon. 24 Are you giving a square deal for your health?
Tues. 25 Healthy recreations make youthful bodies.
Wed. 26 *Ash Wednesday.*
Thurs. 27 Better health—better nations.
Friday 28 What the child is, the man will be.
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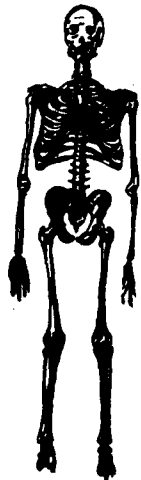
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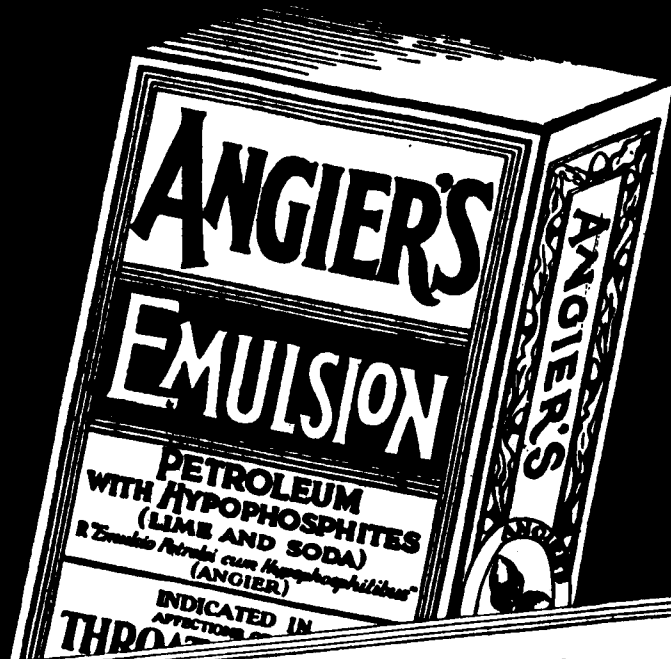
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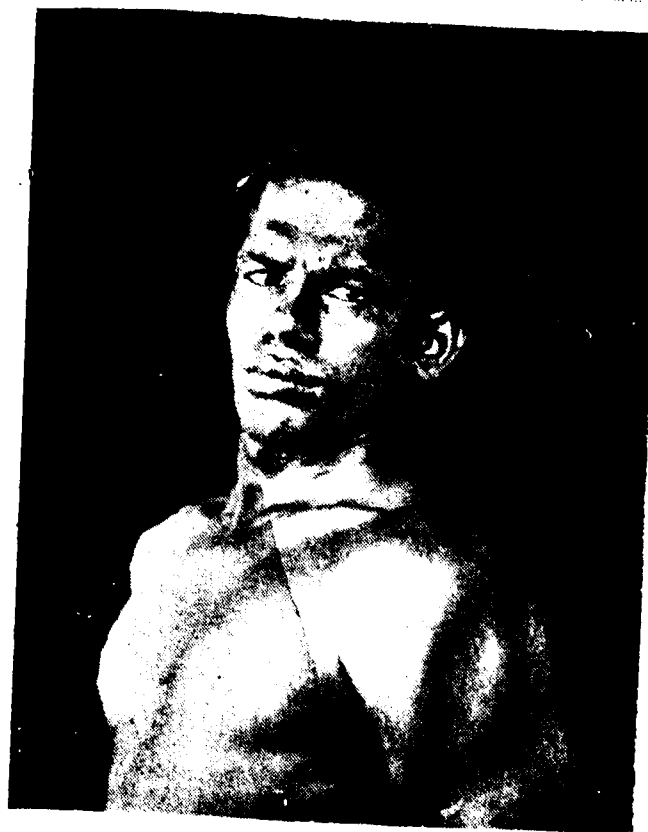
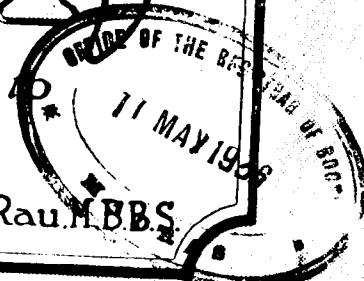
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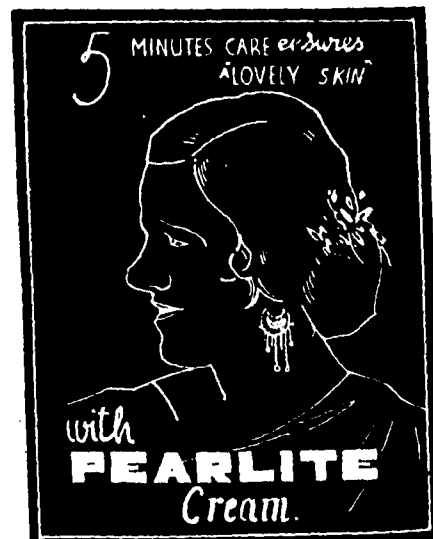
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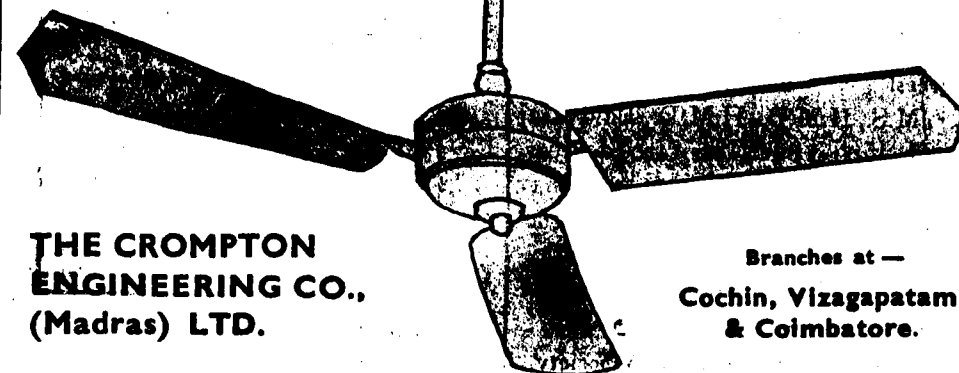
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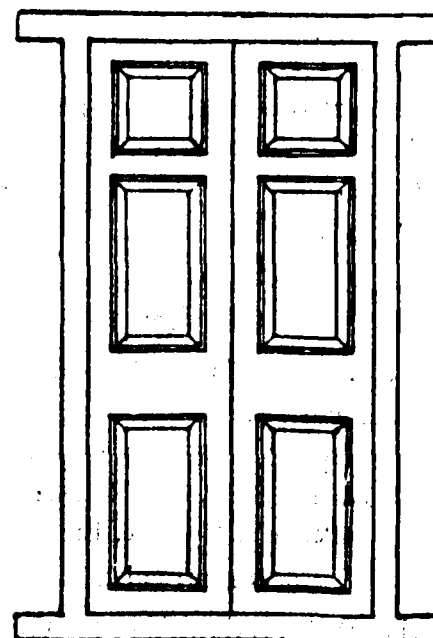
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Editorial

Health and Longevity of Present-Day Indians

ARE present-day Indians, a long-lived or a short-lived nation, is a question, which readers of "Health" will be curious to get an answer for. We shall in this article try to satisfy their curiosity by answering that to-day Indians are a short-lived nation and that the present generation compare very unfavourably with the other nations of the World in the matter of their health, strength and longevity. The index of good health of any country is the expectation of life of its people. Now, what is meant by expectation of life? The expectation of life is the number of years which an individual at a particular age-period expects to live. India's expectation of life at birth is 26.91 years for males and 26.56 for females. In Sweden, the expectation of life is 60.72 and 62.95 respectively. In England and Wales, it is 55.62 and 59.58. In

Germany, 55.97 and 58.82. In Japan, 42.06 and 43.20 while in the State of Travancore in our own country, it is 43.80 and 44.50. Thus British India lags behind even the Indian State of Travancore. What are the causes for this low expectation of life?

1. Insanitation

The first and foremost cause is insanitation. The money spent on Public Health and Sanitation in British India is miserably low. Water-supply, drainage and conservancy are still imperfect in many of the large cities and towns in India, while these problems have not even been thought of in most of the rural areas. A few figures will be interesting and will reveal the true state of affairs in this country.

"In 1928, Germany spent 2 Rm (nearly Rs. 1-5-3) per head on the diverse items of sanitation and health.

England and Wales spent during 1926-28 nearly 1½ shillings (Re. 1) per head for the same purpose. The sanitation budget of Japan accounted for 2½ yen (Rs. 3-5-3) per head during 1927-28. For 247 million people in British India, the expenses come up to 4½ annas (4½ d) per head".

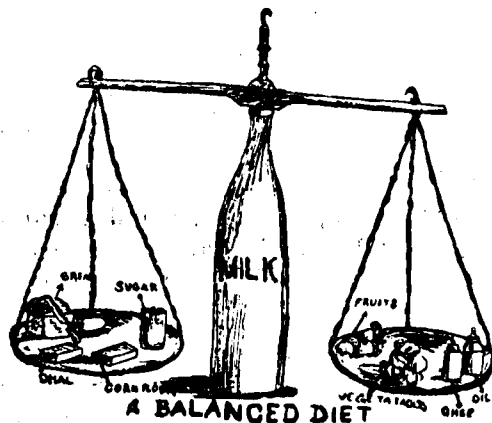
The above figures tell their tale of apathy and disinterestedness on the part of the Government to provide for the sanitary needs of India, and the Government ought to shoulder their share of responsibility for this deplorable condition.

2. Mal-Nutrition or Under-Nutrition

Next to sanitation comes Nutrition. India is mainly an agricultural country and the agriculturists are heavily indebted. The average annual income of a peasant according to a recent report is estimated at Rs. 30 or Rs. 2-8 per mensem. The tiller of the soil has no wherewithal to raise necessary and nutritious crops. What is lacking in nutrition in general is "protective food-stuffs"—milk, dairy products, eggs, fresh vegetables, fruit and meat. The present economic depression throughout the world has aggravated the situation and India's condition has worsened. Nutrition plays a prominent part in the health and longevity of a nation and the League of Nations are now taking a keen interest in the matter. To solve the problem of under-nutrition, Mr. S. M. Bruce, the first delegate of Australia to the

League of Nations submitted a proposal which he described as "marrying Agriculture and Health". "Agriculture is in a bad way, the claims of health remain unsatisfied. Marry them and you save the one and strengthen the other".

The League of Nations have given the following advice to the various nations of the world and the Indian Government must not fail to peruse and ponder over it and solve the nutrition problem at once and without further loss of time; otherwise, the people will deteriorate more and more in health, strength and longevity, so much so, in less than a hundred years, there will only be the chaff left in our country.



"The public health demands greater consumption, not restrictions on production. Governments are spending money on keeping up prices by a policy of restriction. Let us impress upon them

that this money would be far better spent in increasing consumption. Restriction will neither save world agriculture nor improve national public health. Increased consumption will improve public health, will provide a market for agricultural produce, will create wealth. Here, then, is a first attack on a first attempt to escape from the vicious circle. We can agree to teach people what they should eat to be healthy. Governments can consider how to provide for adequate supplies of

protective foods to the unemployed and lower-paid workers. The possibilities of marketing in special areas at reduced rates can be studied, the advantages of supplementing the dietary of children by school meals and school milk distribution can be taken into account".

3. Poverty

The third cause for the low expectation of life in India is poverty. India's wealth was at one time the pet theme for the British Poet's pen and Milton's description of the 'wealth of Ormuz and of Ind or where the gorgeous East with richest hands showers on her kings barbaric pearl and gold' is a thing of the past. It is not our purpose here to enter into a discussion of that thorny question of how India got so poor in the space of three hundred years. The cause can be summed up in three words: political, economic and social. Political and economic freedom and shaking off all slavish social customs and ceremonials may yet restore India to its pristine glory and it behoves every class and community that inhabit this vast sub-continent to sink their differences, put their shoulders to the wheels and raise them up from the mire of poverty into which India is sadly sunk, for the common weal.

4. Ignorance

Ignorance is the fourth cause for the poor vitality and low expectation of life of the Indians. Poverty and ignorance, always go together. About 95% of the population of India are illiterate and consequently ignorant. The few that are literate are of the wrong type. Mr. L. N. Sahu, M.A., of the Servants of India Society, Orissa, in his paper submitted to the World Federation of Education Associations held in Denver

in 1931, has described the kind of education that is imparted to the Indian students in these terms:—

"He enters school with the obvious idea of learning. There is nothing wrong in that, but it assumes a totally different and undesirable aspect as soon as it is instilled into the youthful entrant's mind that learning is the first thing to be aimed at and that is the only thing to be aimed at. It is here that far reaching mischief is done, and it is no wonder that the quality of the products of the Indian Schools is far below the desirable standard".

We have said enough on the subject of "Education in India" in our two previous issues and we do not therefore propose to enlarge upon it here. But strangely enough, we find that in modern Persia, the same type of education is imparted to youths, as was done in Ancient India and the great oriental scholar and writer, Issa Khan Sadiq, was responsible for the educational policy of the Government of His Majesty, the Shah of Persia. For the benefit of our readers and others interested in the education of our youths, we give below the salient features of his scheme:—

"1. To create in the minds of the people a living consciousness of the past by showing the great achievements of the race during its long existence, in spite of great calamities and misfortunes, wars and struggles.

2. To train boys and girls to become good citizens of modern Persia, that is to share those ideals which are the ideals of the Nation, and to co-operate with their countrymen for the attainment of those ideals. To train the girls to be worthy mothers of

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the coming generation upon whose education rests the future of the Nation.

3. To teach by precept and by example that God extends his blessings to those who have good thoughts, good words, and good deeds, which are the bases of righteousness and tolerance.

4. To teach the rural people and the tribes how to live, how to make a home, how to furnish it, how to prepare food and clothing, how to prevent diseases and to acquire health habits; in other words that 'How to live' may be more important than mere learning of the rudiments of literacy.

5. In secondary schools and in institutions of higher learning and the University, the gifted youth must be trained for leadership and service in the State. They must be given a vision of Persia's place, past and present, in the world, with the ideal of leading the country in culture,

science, technology, business statesmanship, and Government to such a height as befits a progressive State.

6. In special schools those skilled workers who are to lead in their callings must be trained for vocational efficiency and must be given a sense of their responsibility.

7. The promotion of health and healthful sports must be stressed in all schools.

8. The youth must be trained to use their leisure time intelligently by æsthetic activities (paintings, songs, music, dramatics, and plays), by social activities (visiting parties, receptions, competitive games, clubs), by pleasure in reading, by intellectual investigation, and by constructive activities".

We shall in the next issue deal with the other causes such as early marriage, tropical diseases &c that contribute to the low expectation of life in India.

A Peep in our Lying-in Rooms

— By T. P. Tiwari, L.M.P., —
Asst. Medical Officer, Dhamtari, C. P.

WERE it not for the manifold defensive arrangements against infection and disease made in the human body by kind Nature, the female population of our country would have been extinct long ago—such are the appalling conditions of management obtaining in our lying-in rooms. The high rate of mortality amongst the new born and their mothers is but an infinitesimal fraction of what would have been the rate had not Nature applied her protecting and intervening hand—such is the disgraceful handling of obstetrical cases

in our country. The time of delivery is the most critical time in a woman's life calling for utmost attention in care and nursing. It is the time when a slight neglect or a little mishandling may involve serious risks to the lives of the mother and the new born. It is therefore a matter of paramount importance that the task of conducting labours be carried out in a proper manner and by proper persons specially trained for the purpose. Looking around us however we find quite a strange state of affairs. The room selected for the purpose of lying-in is

the dirtiest and smallest in the house and the attending nurse perhaps the dirtiest and shabbiest woman in the town or village. Every door and window of the room is closed against fresh air and a large smoky fire is lit in the central part of the room with the double object of keeping the room warm and of slowly burning the placenta into ashes which is superficially buried under the ground beneath the fire. To add further fuel to the already roaring flame, substances like thymol seeds and mustard are frequently put in the fire probably with the idea of purifying the air but which instead only go to irritate the tender respiratory mucosa of the unfortunate inmates of the room. The attending dai who is called in after the advent of the child into the land of mortals enters the room with the dirtiest cloth in her possession on her body. This cloth is particularly reserved for use during such occasions and is hardly if ever washed. The knife that she brings for severing the umbilical cord is generally a blunt rusty weapon untouched by water for years and probably bequeathed to her by her mother-in-law. It is with this weapon and her unwashed hands that she cuts the umbilical cord and dresses the same with a little ash. The woman after frequent and uncalled for internal examinations by sympathetic neighbours eventually gives birth to the child and is put to bed. The bed in most cases is little more than a small cot and a dirty rag. An equally dirty piece of cloth is used as a binder. The idea of pollution associated with the process of maternity is responsible for her being left alone under whole and sole care of the dai for full 6 days whose only nursing consists of frequent

changing of the binder and seeing that the woman gets no access to food or drink of any kind for at least full 72 hours. I do not know if the practice of withholding water for 3 days is common to every province of India but it is very rigidly enforced in this part of the country whatever be the season of the year. I have thus known of instances where women with a temperature of 106° have died clamouring for water during the hot months of May and June but none in the house has been moved to pour a little water down the parched dying lips. The cruelty of withholding water at a time when the woman after losing a considerable amount of blood needs plenty of fluids to replenish the loss will indeed be hard to bear.

I have depicted a faithful picture of what I have seen and known and I can assure you, gentle reader, that the story is not in the least exaggerated. Is there anything to be surprised at in the maternal and infant mortality on account of septicaemia, tetanus etc. being so high in our country? That it is not still higher is perhaps the proper thing to feel surprised at. One sometimes begins to wonder if it ever occurs to our intelligentsia that this state of affairs is a disgrace to any community that calls itself civilised and that it is imperative in the interests of India's fair name and well being that genuine attempts to introduce proper reforms in this direction are instituted forthwith. Birth of a child is a physiological process and management of normal labour is a simple affair. Room selected for the purpose should be a good sized one and free from superfluous furniture. It should be provided with a good cot and a clean comfortable bedding. Ade-

quate provision for entry of light and fresh air must be made by keeping the windows open. Fire is a needless oxygen consumer in the room and can be safely dispensed with. The attending dai must be clean in her person and dress. She must have with her a pair of sharp scissors, a ball of thread, a piece of soap and a little Boric acid. She must keep her nails closely clipped and before proceeding to tie the cord must boil her scissors and thread piece. After washing her hands clean with soap and hot water she should tie the cord and cut it. The cut portion should then be dressed with Boric acid and wrapped in a clean piece of cloth. Sufficient number of washed and cleaned pieces of cloth should be kept ready to be used as binders and must not be used for a second time unless cleaned, washed and boiled again. These elementary principles of cleanliness are very simple and easy to grasp and there should be no difficulty in teaching the dais to adopt them. Child welfare centres under the management of Red Cross Society are opened in large number of towns and dais are trained in all these centres. In such

places no dais should be allowed to practise unless they get this training and undergo a test of efficiency. In places where there are no such training centres, the task of training the dais can be conveniently entrusted to any educated person like school master or mistress, patwari or a Revenue Inspector. The woman during the course of labour has gone through a severe ordeal and needs plenty of rest and nourishment. A member of the house must always be by her side to look to her needs and comforts. She should be given enough of light nourishment like milk, sago soups etc. from the start and water must on no account be withheld. It may be boiled and cooled if considered necessary. She should also be well protected against exposure by suitable clothings.

With the advent of these simple rules in the management of our lying-in rooms much of the misery connected with child birth shall become things of the past and let me appeal through the columns of this esteemed journal to every one of its readers that he will do his utmost to work in the furtherance of this noble cause.

IMPORTANCE OF WATER DRINKING

Water in the human body acts as a medium for chemical changes, a solvent for foods, as a carrier of waste and of nutritive elements, and as a heat regulator. 'It is the most essential constituent of our diet', says Dr. John H. Musser, vice-president of the American Medical Association in 'Journal of the Missouri Medical Association'. Deprive a man of water and he will die in from sixty to eighty hours. On account of the dryness of the air, he will succumb more speedily in Arizona than near the ocean.—Good Health (U. S. A.)

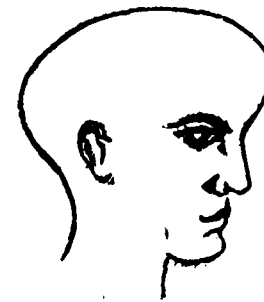
Physical Fitness

—By Khagendranath Chatterjee,—
M.S., Lt., I.M.S., (Retd.), Chinsura, Hooghly.

PART II

The Head and the Face

THE head is known as the crown of the body, and is the most important part, as it contains the most precious organs, such as the brain, the eyes, the ears, the nose, the throat etc. The size and shape of the head should be proportionate to the body, and should neither be unusually large nor very small. It is found in some children that the head increases rapidly, and becomes very big, this is known as the "hydrocephalus" head or (water in the head). The appearance becomes very characteristic; the



Hydrocephalus.

head enlarges on all sides, the forehead bulges, the eyes protrude and the face appears small. This is generally of tubercular origin. Another condition is also very prevalent amongst the poor children. It is known as "rickets" in which the head assumes a square shape and grows out of proportion to the body. This is a disease of malnutrition. These unusual shapes of the heads of children should at once be recognised and properly treated, so long as the head does not come to its usual shape and size.

The head, instead of being large, sometimes becomes very small in proportion to the body, and this is known as the micro-cephalus, or the small head. This is generally a born defect

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and the children do not grow normally. The facial appearance of this type of children is also typical. The lips become thick, the tongue large and flabby, and remains projected from the mouth, which always remains open. Saliva may dribble from the sides of the mouth.



Microcephalus.

The children as they grow, become dull and idiotic and develop neither bodily nor mentally. The stunted growth and the mental backwardness are described as "Infantilism" as the child although becomes old in age, remains like an infant in appearance. This retarded growth occurs from the defective function of certain organs, known as glands, which remain inside the body and is amenable to treatment. Many miserable lives can thus be saved and made useful, if these common facts are known to the lay people, but in a country where ignorance prevails, these deformed children, instead of being treated, are exhibited in public places as objects of curiosity, and for earning purpose. I have seen a hydrocephalus boy aged about 10 brought to a fair by the guardian for earning money.

Next to the head comes the face, which is said to be the index of health. The face indicates the health of a man, as it expresses his mind also. It has been said in the previous article that there should be a lustre of health

in the very countenance of a person. There should not be any paleness or puffiness in the face, nor a shrunken appearance. A well-nourished body will have a fair deposit of fat in the hollows of the face, such as the sockets of the eyes, the cheeks, the temples etc., and the skin over them should be smooth, with a ruddy tint over it. Even in a dark-complexioned man, a healthy tint is easily recognised, as also the opposite condition such as paleness. There should not be any unnatural pigmentation or pimples and pustules over the face.

The upper part of the head, known as the scalp, is usually covered with hair, of which there should be a healthy growth. Absence of growth of the hair is a disease, as the loss of

hair is and should be medically treated, although complete baldness is not necessarily counted as a physical defect in advanced age. Care should be taken of the hairs by washing them with soap and water, and then rubbing against their roots with some pure vegetable oil, such as the coconut, sesame or castor oil, as these oils protect and promote the growth of hair. The hair should be parted every day after bath, with a comb or brush, of one's own, as using others may bring contagion, such as dandruff, lice etc. Cleanliness of the head is as necessary as it is essential for other parts of the body, and a dirty habit may lead to the invasion of the scalp with parasites such as the ringworm or the lice, or infectious diseases like eczema.

(To be continued.)

Food of our South-Indians

By Dr. L. R. Fernandez,

Trichinopoly.

I AM neither an astrologer nor a distant relation of one. Yet, if you tell me what you eat, I shall tell you what you are, i.e., whether you are prone to be healthy or ill, long-lived or short-lived. In fact longevity and sustained good health depend to a great extent upon the nourishment we take.

It is admitted by the eminent dietitians of our country that the food of our South Indians is very defective. The chief defect is the lack of proper balance between the various proximate principles of food, viz., proteins, carbohydrates, fats, mineral salts and vitamins. In our South Indian food there is a conspicuous deficiency of

the protein element, and the overloading of the carbo-hydrate portion, as the vast majority indulges in rice-eating. The quantity of rice which the various races and communities of the South are accustomed to take tends to clog the body with an increased amount of starch, which it cannot digest. Remember that the less bulky a diet is, the more readily it is digested and absorbed. If the size of the diet is big, digestion is interfered with, because the digestive juices cannot properly get into our food and act upon it satisfactorily. Secondly, the large bulk of the food irritates and sets up very rapid movements of the bowels with the result that sufficient

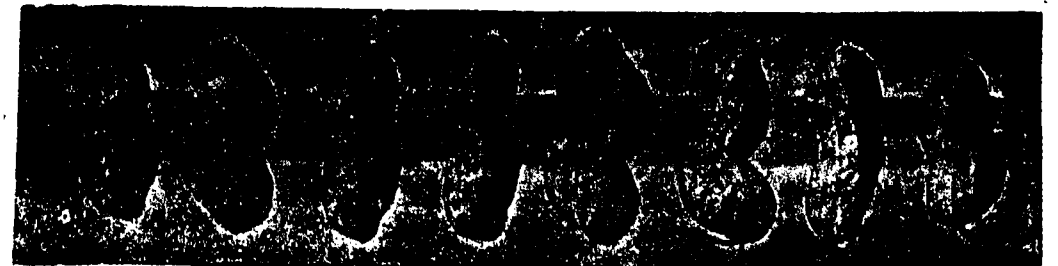
[HEALTH, April '36]

time is not given for both digestion and absorption. Thirdly, fermentation is set up with its attendant discomforts. A bulky diet, moreover, is liable to bring on dilatation of the stomach. A peep into the general hospitals of the various provinces will convince you of the great percentage of patients ailing from stomach troubles in South India.

By various experiments on different communities, it has been found by Col. David McCay that 18 oz. of rice is the optimum amount per day from the point of view of absorption. As nitrogenous food is very essential for growth and tissue replacement in our organs we have to pay more attention

protein for an entire day's ration. But half this quantity of the above-mentioned foods will suffice if used to supplement other proteins of an ordinary varied diet. Three quarters of a seer of cow's milk or two hen's eggs or a duck's egg will serve equally well to supplement an ordinary day's ration. The chief draw-back of the duck's egg being the great amount of flatulence or gas it is likely to generate in some constitutions, it is better to avoid it. It is well to remember that children require proportionately more protein food daily than adults as their bodies are still undergoing construction.

The next element deficient in our South Indian diet is the proper amount



For Power eat nuts.

to it. Protein is the only form in which the nitrogen can be utilised in the body. Roughly for every pound of man's weight, half a gramme of protein should be taken. So for a man weighing about 120 lbs. at least 60 grammes of protein must be taken per day, i. e., 20 grammes at each meal, if three meals are taken, and 30 grammes of protein per meal, if only two meals are taken as is the case with the majority of poorer classes in our semi-starved Southern India. About 5 ounces of complete protein foods as dhal, peas, cashew-nuts, almonds and grams will provide for an adult an abundance of

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of fat. Fats supply the energy required for the human body. Animal fat like butter is more valuable and nutritious than vegetable fat. The chief sources of fat are cow's butter, ghee, milk, yolk of eggs, nuts and coconut oil. As the last mentioned may not agree with some people when used for cooking, pure and unadulterated gingelly oil (sesame oil) may be used. The amount of fat required per day is two ounces.

In addition to the proteins, carbohydrates and fats, a good proportion of mineral salts are necessary for maintaining proper physical condition. These mineral salts consist of

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chemical substances such as soda, potash, lime, iron, magnesia, phosphates, iodine sulphur etc. These inorganic food salts become united within the body in definite proportion with organic matter to form the various cells of the living body. Nature provides us with these salts in vegetables, fresh fruits and cereals. More of green vegetables and fruits should be taken than our South Indians are accustomed to. The vegetables must be prepared so as not to throw away any water in which they have been cooked. In the preparation of potatoes, much nutrition is lost by peeling them and boiling them. Cereals as wheat and rice should be so prepared as to retain their mineral element which is lost in the milling process of making fine flour and polished rice. The rice water that is generally thrown away has a high nutritive value. The mineral salts are also obtained in milk as calcium phosphate, in gram and peas as phosphates, in bone-marrow as iron, and in drinking water as iodine.

No food can be called perfect unless it contains a good proportion of the vital components called Vitamins. No doubt these Vitamins are very deficient in our South Indian diet, as is proved by the preponderating Vitamin-deficiency diseases in the various provin-

ces. Recent investigations show that a lack of Vitamins results in lessened nutrition, swelling and soreness of the joints, irritation of the eyes, bleeding of the gums with looseness of teeth, together with general debility and weakness. Where shall we find these Vitamins? They are found everywhere. We have only to open our eyes and see. For instance, in fruits like oranges, grapes, bananas, lemons, apples, pears, pominegranates, mangoes, guavas etc; in vegetables like carrots, cabbages, spinach, turnips, ladies' finger, lettuce, potatoes, onions, beet-root etc; in milk and milk-products like cows' milk, butter-milk, curd, butter and cheese; in eggs and flesh meat like goat meat, chicken, fowl, duck, liver, kidney and brain: [for those who cannot avoid meat.—Ed. H.] in cereals like wheat, ragi, cholam, semolina, barley, unpolished rice and oatmeal. Having such a rich and resplendent source of nourishing Vitamins why should the masses still suffer from Vitamin deficiency diseases? Because of ignorance. It is to dispel the ignorance of the masses that instructive journals like "Health" which are devoting day and night to the Health Problems of our motherland must be read and digested, day in and day out.

Simple meals consisting of fruits, nuts, vegetables, whole grains, and dairy products, well prepared and attractively served, the combinations changed from day to day, have an ideal diet for health and efficiency.
—THE MADISON SURVEY.—Thr' O. W.

MINOR MEDICINES

By T. D. Mukherjee, M.B., D.P.H.,

Burdwan, Bengal.

THERE are various systems of treatment of diseases in vogue e.g. Allopathy, Homeopathy, Kabiraji, Unani, Biochemic, Hydropathy, and so on. There are staunch advocates of each of these different kinds of treatment, who always follow their special systems, but there are others who are often found to take the help of other systems, according to their belief and convenience. None can be of definite opinion that one system is better than another. In these few lines I want to draw attention to the fact, that minor ailments should not be neglected, when they are easily amenable to treatment, so that the seedling may not grow to be a tree, making it difficult of eradication. To be more clear one should not neglect any disease at its onset. The progress of many diseases can be very easily checked at their beginning, but if neglected they often lead to fatal consequences, and I desire to discuss briefly in this paper the importance and some of the easiest means of dealing with such diseases. The remedies are very simple and are known almost to all if not to everybody, and in dealing with them the help of any system of medicine may be taken and none should be exceptionally orthodox to any particular system of medicine. The medical practitioners are aware of this fact and an Allopath is often found in general practice to prescribe a homeopathic medicine and an Homeopathic doctor to prescribe a kabiraji one. I think there is no harm if any medi-

cine properly suggested leads to the cure of the ailment. One is suffering from some minor ailment and he is not willing to go to any medical man. If suggestion is given to him for some treatment he would most probably laugh and would say, that there is nothing to worry. It may be that the ailment goes away naturally after some time, but it might have been got rid of in a shorter time or without any trouble and though it was simple in the beginning, might lead to seriousness, unless its progress is checked in time by any appropriate medicine. It may be that no allopathic medicine is available near at hand, or the patient is afraid of taking any allopathic drug without consulting any physician. Certainly there is no harm in taking some other simple medicine, which may be beneficial, for checking or preventing the diseases. The following are by way of illustration, so far as allopathic system is concerned.

For simple injury or cut on any part of the body, Tr. Iodine should be applied and the part should be bandaged up tightly. If the cut be larger or the bleeding be not stopped a surgeon should be consulted. But on account of the burning sensation, due to application of Tr. Iodine, many do not like the medicine and instead, filthy matter or even dirt is applied to the fresh wound, and sometimes grave consequence follows.

For simple burn, Sodi Bicarb and Methylated spirit, or equal parts of lime water and cocoanut oil may be applied.

For sting of any insect, Sodi Bicarb and Methylated spirit may be applied.

For simple Diarrhoea, ten or fifteen drops of Chlorodyne are sometimes very helpful.

For Malaria in malarial season, ten grains of quinine, averts the attack of the fever.

For simple inflammation, boric compress is very useful.

For a bad tooth or gum, Tr. Iodine paint and warm common salt solution are very beneficial.

For simple acidity, a dose of Sodi

Bicarb, one teaspoonful taken with water, often cures it.

These are a few examples of the minor medicines, which any one can use and which are very much beneficial to the sufferer.

In conclusion, I cannot but repeat that none should neglect a disease at its very onset, and some simple application in time would often save one from endless trouble and misery, and this appropriately illustrates the truism of the proverb, that a stitch in time saves nine and if one acts accordingly he would never have to repent the loss of a ship for the want of a nail.

The Need of a Cancer Hospital for Madras

By Dr. Mrs. S. Muthulakshmi Reddi,

M.B., & C.M., Madras.

CANCER has been known from time immemorial as the most dreadful of all human diseases. As its onset is insidious, being accompanied neither by pain nor by any other discomfort in its early stages, very often the patient seeks medical help only when the disease is fairly advanced and hence too late for a radical cure. The worst feature of this disease is that it kills the patient by its intense pain and acute suffering which is not equalled by any other known human ailment.

The name of Cancer has become known of late among the lay public of Madras by the recent, rather frequent, deaths of some of our prominent young men and women who became the unfortunate victims of this most cruel disease. We as medical students were taught that it was commonly a disease

of old age but in our actual practice we have seen it often to our great surprise in quite young people in whom the signs and symptoms of internal Cancer evade diagnosis and the disease is diagnosed only on the operation table when it has been found impossible to save the patient either from death or much worse from the agonising pain, a certain accompaniment of this human scourge unless it kills the patient early by profuse loss of blood or by the sudden interference of function of any of the vital organs in the body. We are glad that Madras has a good supply of radium as compared with other provinces, but unless the patient is taught to submit to early treatment, a permanent cure or relief is not possible. Therefore this disease has to be singled out from other less virulent ones and special measures

have to be devised to protect humanity from its ravages. A separate hospital for Cancer in this city or at least an additional Cancer block in each of the existing hospitals with Cancer clinics in their out-patient's is an absolute necessity in the same way as we have hospitals and clinics for Tuberculosis and Leprosy, wherein the medical students and graduates as well as the lay public will receive education and a special and separate instruction in regard to its preventive and curative methods of treatment. Such a teaching cannot be any longer postponed for a disease, the havoc of which upon the human body, cannot be described in a short article like this. Many in this city and outside are aware of the recent fatalities from this disease among the educated and the well-to-do, but we do not know how many among the ignorant poor have become its victims and die suffering unrelieved and their disease undiagnosed in ignorance and helplessness. Women, young and old, suffer most because of their colossal ignorance and their life of seclusion, natural shyness and fear to reveal their diseases and seek treatment only when their cases are advanced and hopeless. Even though the number of victims from this disease may not figure as many as those from other infectious diseases, yet the sum total of the pain and suffering caused by this disease will surpass that of all the other diseases put together. Therefore it is incumbent upon the public, profession and the state to give relief to the suffering humanity both by preventive and curative measures.

There should be established a separate and special Cancer clinic in every out-patient both in the General and in the Maternity Hospitals throughout this presidency and the Public Health Department and Health

Propaganda Boards should not only preach to the people but also publish pamphlets, as in England and other advanced countries, to educate the people on the early signs and symptoms of this disease and the need for early consultation and treatment. It is the duty of the state as well as that of the profession to broadcast and disseminate knowledge on these subjects to the poor and to the ignorant and show them the way to get relief for their suffering. We cannot any longer keep quiet and thus deny such a necessary and useful knowledge to the many that suffer and die without knowing how, when and where to get relief. We are glad that Bombay is going to have a Cancer Hospital due to the munificence and the world-famed generosity of the late Sir Dorabji Tata.

We are thankful that Madras has got a Children's hospital to commemorate the Prince of Wales, now King Edward's visit to India. If I may suggest, King George Memorial Fund which has been already ear-marked for the relief of sickness and suffering, may be devoted to the establishment of a hospital for Cancer in this city with up-to-date equipment and with research department and Cancer Clinics in every headquarters hospital wherein both early and advanced cases may find admission and doctors and students may have ample facilities to study the disease in all its varied aspects. If we in India are fortunate even a remedy may be soon found for this terrible curse of humanity as in the case of Malaria, Kalazar, Leprosy, and Tuberculosis. It is time now that a beginning should be made in this direction to tackle this most dreadful of all human ills so as to focus the attention of the profession and the public as well to bring knowledge to the door of the poor and the ignorant.

Insanitary Habits of the City Dwellers

—By K. P. Bhat, B.A., B.L.,—

Advocate, Madras.

It is not an uncommon sight in most of the by-lanes and in some of the main streets also, to see a number of children sitting in a row on either side of the road near the gutters and easing themselves; and the parents, their mothers mostly, standing and watching them from the steps or verandah of their respective houses. No doubt this is an offence made punishable under the City Police Act and the parents of these children are liable to be prosecuted and fined when caught. But this seems to be more honoured in the breach than in the observance thereof: as most people who are guilty of this are not unaware of the fact that it is an offence.

Why is this so? Is it because that in most of these houses there are no latrines or privy where the children could answer their calls of nature or is it because that the elders consider that it is more convenient and even safer for the children to make them sit on the road-side and allow them to ease there and then take the children inside and wash them or is it because that the children themselves have a liking for this or probably the mothers like this kind of parading their children. It may be for any reason but certainly this is one of the dangers to the health of the city and one of the causes of its bad health.

Of course the roads are cleaned both in the morning and evening and the gutters are washed and swept; but this does not abate the nuisance as

this is a continuing public nuisance; the children come out at any part of the day and ease themselves—they having become used to it and considering it a privilege; and the mothers come out and watch their children committing this nuisance and in the meantime carry on some conversation with the neighbours or watch the traffic lest any passing cyclist or car comes dangerously near the children and knock down the little offenders. This is about children.

What about some of the older people? In the early hours of the morning as well as late in the night one can also see some of these big burly people quietly easing on the road-side; as for urinating it is considered quite a normal thing and this nuisance can be committed at any part of the day or night and whether there is traffic or not or whether there are ladies passing by: and in whatever circumstances when they turn from the main street to a side-lane it is their prerogative and nobody can question them; though in some places sign-boards are seen notifying that those who commit nuisance will be prosecuted. In most places of course public latrines are provided for and some people are particular in getting in there only; nevertheless, passing the urine on the roadside is not considered to be an offence of any serious nature or even an offence at all by most of the people who ought to know better.

This again I consider as one of the

[HEALTH, April '36]

causes that ruin the health of the city.

A third thing one would notice is that most people consider that whatever dirt and rubbish and unwanted things there are inside the house they have simply to be collected and thrown out into the street. The house is neatly swept and cleaned and the womenfolk collect all the dirt and other old rubbish and bring them out and instead of throwing it into the dustbins provided for in most of the streets (in some streets I notice they are not found) they simply throw away on the roadside or deposit them quietly near

of the house, would be emitting that foul smell, having got stuck up in the gutters just under the steps or nearby.

Why should this be so? Is it because that these people do not realise the importance of their health or do they not realise the danger to their health and to the general health of the locality by making the surroundings so insanitary and unhealthy? Surely it cannot be said that there are no facilities and that these things cannot be avoided or that there is no way out of it and that it is a necessary evil of city life and must be put up with; only this requires proper education



Competition between a covered and an uncovered dustbin.

the gutters. A portion of the rubbish gets scattered all over the road by the breeze and another portion gets into the gutters and blocks the passage of other things and dirty water stagnates there and the result will be foul smell all around. And these people consider that they have cleaned their houses properly and in the evenings and mornings they also sweep and water the road in front of their houses and think that they have made their places very clean and healthy. But at the very next moment you can see the other nuisances mentioned above repeated and the rubbish thrown out

and propaganda and rousing of the civic consciousness of the people and they must be made to realise the danger that they are creating for their health by their own thoughtless actions and must be taught to avoid these things. One can say that these things have almost become the normal every day routine and almost a habit and takes some time to get them out of this.

Prosecutions of some of the offenders and punishment will not in any way eradicate this evil completely; because these things can be taken cognizance of by the Police only when

[Page. 75]

they are committed in their presence and rarely such coincidences, committing of the nuisance and the presence of the Police officer, occur.

The other more effective way is of course by education. The people must be made to realise the danger to their own health and the health of the locality by such actions on their part and how they can easily avoid these things.

The health visitors of the corporation and those staff who are engaged for addressing each division on problems of health can very well concentrate on these evils pointed out above and to educate the people of each

division to discontinue these evil habits. There are many other habits which are also the causes for ruining the health of the city and I shall have occasion to refer to them in a later article.

Other organisations also which have for their object the improvement of the health of the city may co-operate in this and when once people realise that these things are a source of danger to their own health and that they can be easily avoided, they would certainly not repeat or continue these evil habits and that would mean a great improvement in the general health of the city.

Topics of Interest from Periodicals

Soya Bread.—Soya beans contain little carbohydrate, much albumen and fat. Meal made from the beans is useful in the dietetic treatment of diabetes mellitus and of obesity.—*Medical World.*

Chew your food thoroughly.—If you chew your food thoroughly before swallowing it, any chance of your over-eating becomes less. Complete mastication, or good chewing, means better digestion and excellent exercise for your teeth.—*Medical Talk for the Home.*

Vitamin G.—Investigation at the University of California has shown that the prune of that state contains more vitamin G (anti-pellagra vitamin) than any other fruit. The dried prune

flesh affords half as much vitamin B as does whole wheat.—*S. in Good Health (U. S. A.)*

Butter.—Butter has been made and used by man for four thousand years. The Arabs were the first to discover it, purely by accident. They found fat in the milk which had been jolted about in skin bags as it was being transported on the backs of camels. At first it was not considered good for food, but was used as a medicine and an ointment. Even to-day, in Southern Europe and other warm countries, olive oil is preferred to butter as an article of food. In India, where the climate is very hot, butter is eaten; but it spoils so quickly that it must be prepared fresh every day. This is done in a very simple manner, by shaking milk in bottles.

The butter that was used twenty centuries before the birth of Christ was semi-liquid in form and was always spoken of as being 'poured out', not as being spread on bread. It was made of sheep's or goat's milk. Only comparatively recently was cow's milk utilized for the manufacture of butter.—*Treasure Chest.*

Vitamin D and Sunless Days.—After all the research spent on the vitamins it seems we are still a long way from agreement as to their sources and distribution in Nature. To take vitamin D even school children were taught that its most abundant and convenient sources were in egg-yolk and butter. Yet the pendulum seems to have swung the opposite way for the latest teaching is that we get little of it in either while that little varies widely from time to time. Then it was an article of faith with dieticians that fresh vegetables were the next best or almost preferable source of D, since no one can take much egg or butter without risking the dyspeptic penalty. And last of all, we are now told that no foods contain much vitamin D to speak of except in summer. It is all a matter of sunshine they say, the ultra-violet rays being the real source and when as in these northern climes, we get no winter sun, down goes the D content of natural food-stuffs. Dr. Harriette Chick in a Cantor Lecture on "Diet and Climate" lately gave a graphic explanation of the part played by sunshine in rickets through its changing the potential vitamin D (or ergosterol) in the subcutaneous fat into that factor: hence the need in winter time of egg-yolk and cod-liver oil for growing children. Here once more

we see how man adapts himself to climate as in the diet of the Esquimo and Arctic races, and quite as much does it show the ground for rickets, the penalty of our clouded skies, being known till recent days as the "English Disease".—*Medical World.*

The effect of Milk upon Metals and Metals upon Milk.—"This investigation was undertaken at the Nebraska Experiment Station to determine the corrosive effect of milk upon copper, nickel, aluminum etc. and the effect of these metals upon milk under certain conditions.

"Copper and nickel were the only metals that corroded, and as a rule there was a heavier loss of nickel than of copper. Under an atmosphere of oxygen, copper corroded more during a 4-hr. exposure than did nickel. The weight losses of the other metals were within the range of experimental error. At 144° F. an atmosphere of oxygen caused the greatest corrosion, air next, and carbon dioxide the least corrosion of stripes of copper and nickel in milk. Corrosion was less at 60° than at 144° and the corrosion of copper at 60° was practically the same under the three atmospheres. For nickel an atmosphere of carbon dioxide at 60° caused the greatest corrosion, and there was practically no difference under the other atmospheres. Weight losses were determined from short periods of exposure. The rate of corrosion varied with the amount of surface per unit volume of milk exposed to the atmosphere. Copper was brightened and nickel darkened by exposure to milk, the intensity of discoloration being increased in an atmosphere of oxygen and long time exposure and decreased

by an atmosphere of carbon dioxide. The discoloration was also greater at 144° than at 60°.

"Copper always caused a 'cappy' or tallowy flavour to develop in milk within 18 to 24 hours after exposure, and the off flavour was affected by the time of exposure and the length of storage. The flavour was greatly increased by an atmosphere of oxygen and decreased by an atmosphere of carbon dioxide. Nickel produced a metallic flavour only when corrosion was great, while the other metals apparently produced no flavour defects.—G. H. F. in *National Health Review*.

Snake Venom in Medicine.—The uses of snake-venom in medicine have been well known for close on a century, and a generation has passed since Col. Elliot studied those of cobra venom in India, a research, he is understood to be continuing at the present time in connection with epilepsy. Then the accidental discovery that the substance had definite analgesic properties increased the interest in the subject and this reached its climax when French observations suggested its benefit in cancer. But all hopes in that direction proved illusory, any apparent improvement was found to be psychic, while even the analgesia was uncertain and at best, was inferior to that of morphine. More practical results were secured by Peck and Goldberger in America in treating purpura with the venom of the copper-head snake, and their success with it in hæmophilia and that of Dack in epistaxis decided the merits of the treatment. Since then Drs. Burgess Barnett and MacFarlane have made clinical trials with the venom of

"Russell's Viper," in cases of pronounced hæmophilia, in wounds, epistaxis, and dental hæmorrhage, whose dramatic results have secured for the remedy a final acceptance in therapeutics.—M.W.

Nutrition and Resistance to Disease.—Reporting as medical officer of health for Stockton-on-Tees, Dr. G. C. M. M'Gonigle points out that the public now knows much more about how to live healthily than it did a few years ago but that the application of this knowledge is difficult unless local authorities continue strongly and actively to improve the environment of their populations. He continues: "Humanity needs, in addition to a suitable material environment, the wherewithal to maintain individual fitness and resistance to disease. The dominant factor in the maintenance of health, the capacity for growth and the defence against disease is the nutritional state of the individual, which can only be maintained if a diet adequate in quantity and variety be available from conception, through the ante-natal period and continued throughout infancy, adolescence and maturity. Two factors are active in determining whether this optimum state of nutrition is attained or not. The first factor is that of knowledge of what to eat. Much educational work is still required to enlighten the public in this matter. Much is being done in this respect more especially in ante-natal and child welfare centres, but more is still needed. The second factor is capacity to purchase an adequate diet. Elsewhere I have written at length upon the importance of nutrition, and it is unnecessary on this occasion to recapitulate all that I have previously said.

It will suffice to recall that such conditions as rickets, dental decay and many other conditions are nutritional in origin and can be prevented. Under nourishment and mal-nourishment are not necessarily or commonly due to shortage of food but to lack of certain essentials for an optimum nutritional state. The superiority of steel over iron for many purposes is certain but quantitatively the elements added to the iron are small in amount. Similarly the animal body built up from foodstuffs which lack adequate proportions of certain essentials, small in amount, is structurally but cast iron instead of fine steel. It has been stated that the principal cause of under-nourishment is a body unable to assimilate the food supplied to it day by day. I cannot subscribe to this statement, which is not based upon sound biological or scientific data. Under-nourishment and mal-nutrition may be contributed to by poor environment, by overcrowding, etc., but the fundamental verity remains that the dominant factor in such conditions is dietetic." Dr. M'Gonigle adds the public health service cannot by its own efforts raise the economic level of a community or cure industrial depression but that the ancillary services such as those of maternity and child welfare, unemployment insurance, public assistance and the unemployment assistance board can by a liberal and generous interpretation of their powers raise the nutritional status of certain parts of the population and so raise the powers to resist disease.—*The Medical Officer*.

Laws of Health

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1. Among the various ends of all desires,
No inferior place our health requires.
2. It is the health that counts the most,
And not the wealth of which we boast.
3. We can get to the goal of health,
If we but count it as our wealth.
4. When health is the prize of a constant care,
Of its multiple laws we should all be aware.
5. For body and mind to be equally sound,
Learn to labour but to truth be bound.
6. Exercise can bring forth a bigger dividend,
Than any other means we employ to that end.
7. Who eat to live, not live to eat.
Grow to be active, if not athlete.
8. Tongue and teeth when both are clean,
One is to know his digestion is keen.
9. When we feel as well we might,
The keen demands of appetite
We must chew each morsel well,
Till well satisfied as taste should tell.
10. With Justice done to self and meal,
We seldom get ill or worried feel.
11. Taking water pure and diet plain,
From all excess we must refrain.
12. To ease appetite with simple most things,
Ask but peasants what pleasure it brings.
13. 'Tis suitable food, not mine of wealth,
That gives a sure receipt for health.
14. It isn't rich food that gives one pain,
'Tis but excess that makes him suffer again,
15. Care more for what your past experience
teaches.
Than to laugh at what the parson preaches.
16. There is a sovereign remedy open to all,
Which is equally efficacious to great and small.
17. 'Tis the practice of temperance and of fast,
That brings back health and strength at last.
18. Who keeps no fast, no banquet ever enjoys,
With health secret known, no illness, ever
annoys.
19. With occasional fast we need no drop nor pill,
Hunger may starve but excess is sure to kill.
20. The laws of health who defy every day,
All bed side bills as price shall pay.

Moti Ram, L.M.S. (1897) of Sargodha.

Health Calendar—April 1936

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

- | | | |
|-------------|----|--|
| Wed. | 1 | Harvey the discoverer of the circulation of blood, born 1578. |
| Thurs. | 2 | The nation marches on the feet of little children. |
| Friday. | 3 | <i>Moharam.</i> |
| Sat. | 4 | Health is a greater asset than money. |
| <i>Sun.</i> | 5 | Lord Lister born 1827. |
| Mon. | 6 | Fresh air and sunshine kill the germs of disease. |
| Tues. | 7 | Why pay the unnecessary tax levied by preventable diseases. |
| Wed. | 8 | Mother earth purifies filth. |
| Thurs. | 9 | The presence of communicable diseases must be made known to local officials. |
| Friday. | 10 | <i>Good Friday.</i> |
| Sat. | 11 | Houses should be always clean. |
| <i>Sun.</i> | 12 | <i>Easter Sunday.</i> |
| Mon. | 13 | <i>Tamil New Year's Day.</i> |
| Tues. | 14 | Dirt harbours Vermin. |
| Wed. | 15 | It is good to be merry at meals. |
| Thurs. | 16 | Wear loose clothing of reasonable material. |
| Friday. | 17 | Good health increases our capacity to work and to be useful. |
| Sat. | 18 | Spend holidays out of doors. |
| <i>Sun.</i> | 19 | Boiling renders all water safe for drinking purposes. |
| Mon. | 20 | Do not throw kitchen refuse in the street. |
| Tues. | 21 | Life is only life when blest with health. |
| Wed. | 22 | A lamp uses as much air as a grown up person. |
| Thurs. | 23 | Chewing promotes the flow of saliva into the mouth. |
| Friday. | 24 | Sickness is felt, health not at all. |
| Sat. | 25 | Flies spread typhoid fever : Screen against them. |
| <i>Sun.</i> | 26 | Food should never be eaten stale. |
| Mon. | 27 | Cultivate total abstinence and regular habits. |
| Tues. | 28 | Keep the gutters clean and free from refuse. |
| Wed. | 29 | The sleeping room should be well ventilated. |
| Thurs. | 30 | Good health is above wealth. |

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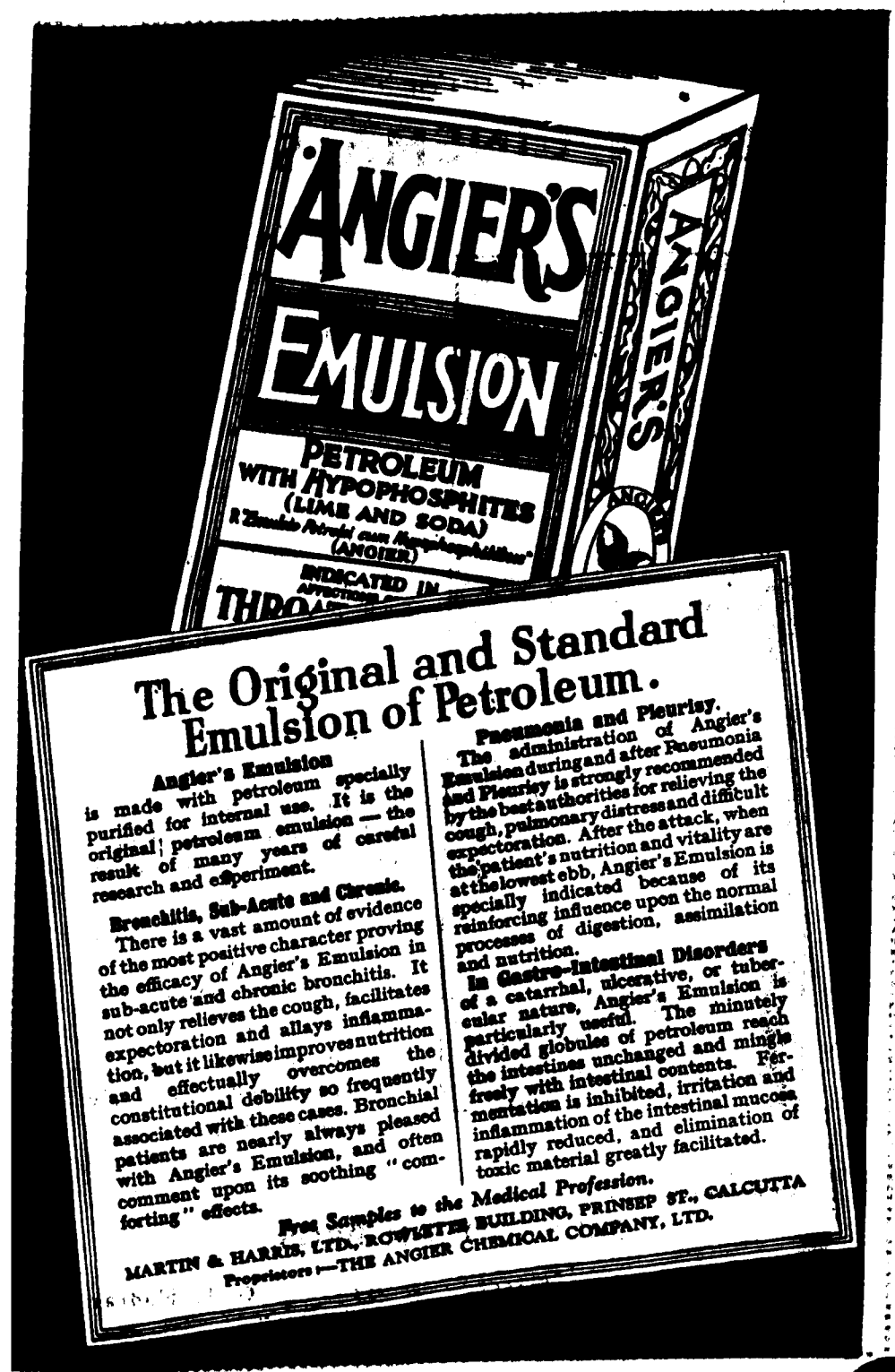
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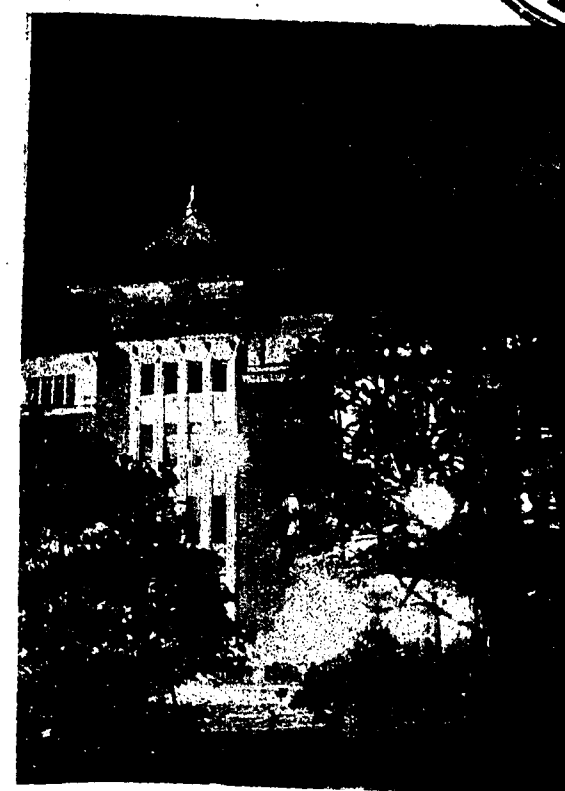
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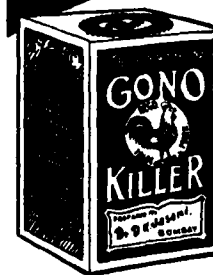
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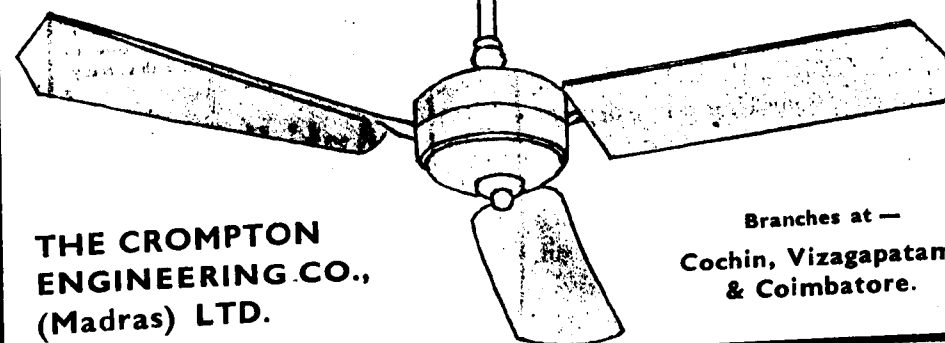
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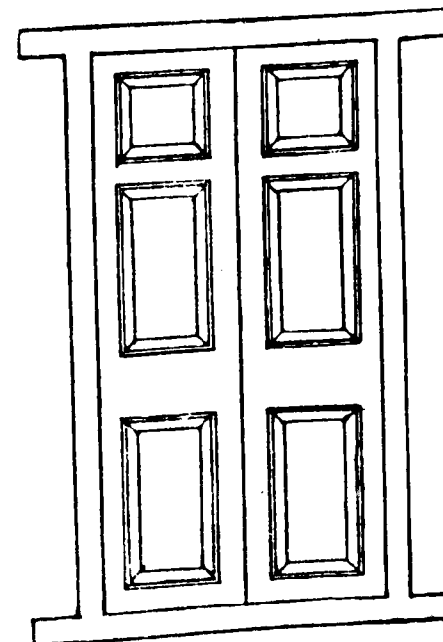
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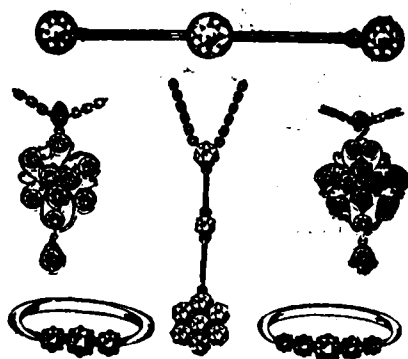
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Editorial**Health and Longevity of Present-Day Indians**

(Continued from p. 64 of Vol. XIV, No. 4 of "Health".)

5. Early Marriage

WE have described in our previous issue, four causes which are responsible for the low vitality and short-life of Indians at the present day, viz., (1) Insanitation; (2) Mal-nutrition or under-nutrition; (3) Poverty; and (4) Ignorance. Yet another cause, the fifth, is early marriage. By early marriage, we mean the consummation of marriage at a comparatively young age. Age plays a very important part not only in the health and happiness of the union but also in the health and strength of the off-spring. In India, in pre-historic days, the marriageable age was fixed at 24, for a male, when he was said to have completed his studies or Brahmacharya Asrama and be fit to enter grahasthasrama or married life. To marry a

boy, while in his teens and while still at school is to force him to bear an over-weight burden and especially in these days of economic distress and acute unemployment, to make two starve instead of one, unless it be that the parents or parents-in-law come to their succour. Scholastic life and marital life are incompatibles and a student should avoid during this period all sex-topics, sex-impulses and sex-companionship. Students should at the same time be taught something of sexual science in schools which is seldom done. So much so, they contract vicious habits of which onanism is the most common. This impairs their health, saps and undermines their strength and vitality and leads them to an early grave. Unless, therefore, a male is married at the age of 24, and unless in the meanwhile,

HEALTH, May '36]

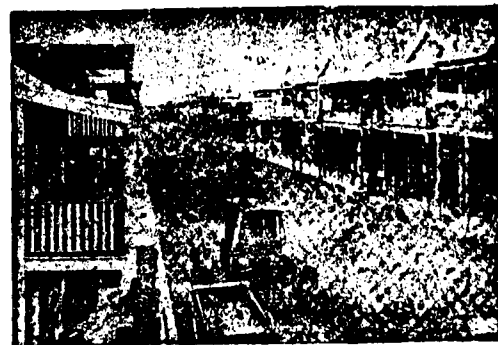
[Page 81

he gets sufficient instruction in sex matters and practises strict celibacy in thought, word and deed, there is no chance of his living a long and healthy life. As for the girl, the marriageable age should be fixed at 18. This is just the period when her body will have been fully developed and fit to bear the pangs and strains of maternity. If infantile and maternal mortality is any index to the health and well-being of a nation, then Indians must bow down their heads in shame, because it is this country that has the highest record of infantile and maternal mortality. A comparison of the statistics of India with those of the other civilized countries of the world will convince any one that our country is really heading for a disaster. The infantile mortality rate of New Zealand is 31, per 1000, of Australia 41, of Netherlands 46, United States of America 58, England and Wales 65, South Africa (White) 69, Canada 73, France 76, Germany 79, Scotland 86, Spain 111 and British India 169. As regards maternal mortality, Holland has the lowest record, 2.4 per 1000 births. Then comes France 2.5, Sweden 2.6, Denmark 2.6, Norway 2.8, Italy 2.8, Japan 2.8, Finland 3.1, England and Wales 4.0, South Africa 4.9, Germany 5.1, Northern Ireland 5.2, Australia 5.5, Belgium 5.6, Scotland 6.6, United States of America 8.3, and India 24.5. These figures indicate the low vitality of the Indians and their supreme inability to resist the onslaught of diseases and while we admit there may be other causes as well, we cannot rule out the initial cause, viz., weak or diseased parentage resulting from early marriage.

6. Tropical Diseases

The sixth and the last, though by

no means the least, cause is certain Tropical Diseases which carry away heavy tolls year after year and make equally large numbers of physical wrecks rendering them unfit to do any work and earn a living. Prominent among these diseases are small-pox, cholera and malaria. Small-pox and cholera have to some extent been overcome through compulsory protective measures, such as vaccination and inoculation, in cities and towns, but the danger is still lurking in village parts where these measures are not strictly enforced and where ignorance and superstition still reign supreme preventing effective prophylaxis. Education and propaganda are the only means to combat ignorance and superstition, in other words, to overcome the ravages of these diseases and these again are woefully lacking. Malaria is the most prevalent disease in India and is generally known as 'the captain of the Men of Death'. Of the 35 million deaths registered under fevers in 1933, malaria alone has exacted a toll of one million lives. "Malaria is probably responsible for about 20% of



A street in Colon in the isthmus of Panama, after it has been reclaimed and rendered free from malaria, by the Americans.

the total recorded deaths and many millions of the population experience periods of sickness, which cause grave

loss of earning power and much economic distress. Another one million deaths may be attributed indirectly to malaria. If we calculate the effects of malaria on labour efficiency by the economic loss in the widest sense, the figure obtained in money value will be staggering". But the disease is controllable and it has been controlled and many a large undertaking such as the Panama Canal would not have been successful but for the preventive measures that had been taken and large sums of money spent over them. In quinine there is an excellent remedy for malaria but this quinine is not within the reach of the poor. The stock of quinine held by the Government of India is too inadequate to meet the needs of the people and its cost is prohibitive. The charge is laid against the Government of India that they are making cent per cent profits over the sale of quinine. The Govern-

ment of India ought not to be swayed by commercial instincts in matters of life and death and they should see that more quinine is produced and more quinine is distributed at cost price at least, if not free of cost, to the suffering millions and thus lend their helping hand in the battle that is now being waged against malaria.

We have said enough to convince our readers that the present-day Indians are a short-lived nation and in order that they may rise up to the level of the other civilized nations of the world, stupendous effort, a long purse and active co-operation between the Government and the people are necessary. We hope these will be forthcoming in an abundant measure, in the future and that the coming generation at least will be blessed with good health, long life and prosperity.

Physical Fitness

—By Khagendranath Chatterjee,—
M.S., Lt. I.M.S., (Retd.), Chinsura, Hooghly.

PART III—Eyes

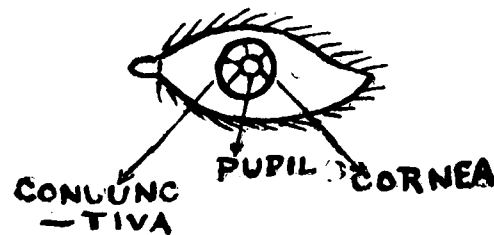
I SHALL now deal with the organs of special senses, such as the eyes, the ears, the nose etc. The eyes are the foremost of these, as without them we cannot see this wonderful world, nor enjoy its beautiful sights, and our lives will be very miserable. So, it should be the primary duty of every man to take particular care of his eyes, so that his sight may last as long as he lives. Partial or complete blindness is a great physical defect. To preserve the eyes in a good condition, one should take nourishing foods,

and never strain them by working in dim or dazzling lights. Sufficient rest should also be given to the eyes, by regular hours of sleep every day. Cold baths are also beneficial to the eyes as they are to the general health. If these laws are faithfully followed, the sight may be maintained to a good old age. On the other hand if these are violated, loss of sight takes place by the formation of cataract in comparative young age; this happens by the gradual change of the transparent lens within the eyeball, (through which light and image of objects pass) into

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an opaque body. The sight is also impaired by defective diet, *i.e.* diet in which the vitamins are absent. Absence of vitamin A in the food of children produces blindness, to which we shall refer later on. In some parts of India, night-blindness prevails among the poor, and specially those who live on dry food only. This can be prevented by taking green vegetables, particularly the peas, spinach, tomato, and foods rich in vitamin A, such as milk, cream, butter and eggs.

Ordinary people should have an outline knowledge of the structures of the eye, and some of its functions, so that they may be able to prevent the common diseases that attack the



eyes, and also to keep them in good condition. The eye consists mainly of the two lids, and a ball within them. The ball is divided into two portions, the white and opaque, known as the sclera (light cannot pass through it), which is covered with a thin layer of membrane, called the conjunctiva, and the dark and glistening portion in the centre, circular in outline, is called the cornea. Unlike the sclera, the cornea is transparent, but looks dark, on account of the presence of a coloured membrane, just behind it called the Iris. The Iris is a circular membrane, consisting of muscle fibres and pigments and hangs like a curtain behind the cornea. The pigment material in the Iris varies with individuals. In the dark complexioned

people it appears black or brown, while in the white skinned persons it becomes grey or blue. There is an opening in the centre of the Iris, which is called the pupil. The pupil is the most important part of the eye, as it is the only passage through which light and all images pass into the interior of the eye, and helps our sight. Therefore, anything that will stand in the way of the pupil will obstruct the sight. Preservation of the cornea, therefore, which lies just over the pupil is essential for preservation of sight. It will be described later on, how ulcerative processes of the cornea interfere with the sight of man and may produce total blindness. Behind the Iris is a lens, which resembles a thick piece of transparent glass disc, and the light after entering through the pupil, passes through the lens to finally fall on a screen-like body called the Retina which is formed out of a nerve known as the optic nerve coming direct from the brain. All images and sense of light are thus carried to the brain by means of this nerve. This is in short the mechanism of sight.

We shall now discuss some of the commonest ailments that affect the eyes and in turn the sight. As the eyes are very weak and sensitive, they are prone to easy infection and injury and are liable to be inflamed quickly and this is brought about by trivial causes, as the falling of a dirt or rubbing them with an unclean hand or even the touch of an irritant. The eyes will immediately water and become red. The redness of the eyes is known as conjunctivitis and if there is pus along with the redness, it will be called purulent conjunctivitis. Ophthalmia is a general term to express all these conditions. The cornea is

equally liable to be injured and infected by trifling causes and very easily ulcerates. These corneal ulcers, if neglected, lead to scarring and the portions become white and opaque and if they form over the pupil, will obstruct passage of light and consequently blindness will follow. As blindness is a disaster to human life, and is caused by various means, some of the ordinary forms will be described below, excluding those which occur after injuries.

1. *Ophthalmia neonatorum*.—In the new born, a kind of purulent conjunctivitis affects both eyes, the infection of which is carried from maternal parts, and is due to venereal diseases of the mother, specially gonorrhoea. If not treated it may lead to blindness, by sloughing of the cornea.

2. *Syphilitic Keratitis*.—Children inheriting syphilis from their parents develop haziness in their cornea, the lustre of which is gone and it becomes hard and prevents the passage of light inside the eye. Untreated cases lead to blindness.

3. *Xerophthalmia*.—Children suffering from prolonged illness such as Kala-azar may suffer from this, and become blind. Also undernourished children, in whose diet there is deficiency of Vitamin A, suffer from it. A supply of food rich in this vitamin, such as milk, cream, eggs, green vegetables, especially tomato and spinach may prevent the disease.

4. *Glaucoma*.—This is a common complication of an infectious and nutritional disease of an epidemic nature, such as the Epidemic Dropsy and Beri-beri in which the sight is lost.

5. *Small-pox*.—Is one of the commonest causes of blindness in India, caused by ulceration of the cornea.



Vaccination prevents small-pox and thus prevents also blindness.

6. *Cataract*.—It has been stated, that turbidity of the lens leads to the formation of cataract, causing gradual loss of sight. This is a natural change of old age, but may occur in early life, after grave illnesses, and in a debilitated state of health.

7. *Optic atrophy*.—This occurs by attacking the nerve of the eye, which carries all impulses of light to the brain, and is caused by various diseases of which Syphilis is one. Excess of alcohol is another. Sudden loss of sight, without any external change in the eye, in a middle aged man, is mainly due to venereal disease. It is a blunder to hide and neglect venereal diseases, and one should undergo active scientific treatment as soon as one is infected. Neglect may bring disaster.

(To be continued.)

The Health of the Community

● By Dr. G. Raman Pillai, M.B. Ch.B.,

Trivandrum.

THE health of the community can only be what the citizens make it. Broadly speaking, the individual cannot be healthier than his neighbours; and the community reflects the amount of attention that the citizen devotes to the common welfare. The strength of a building is the strength of its wall, that is the strength of every brick in it. If a dishonest contractor inserts a few defective bricks by stealth into a wall, by so much is the wall of the building weakened in stability. A few bad bricks, therefore, can endanger the existence of the whole structure. Similarly, a number of cases of contagious or infectious disease in a town can endanger the health of the town. A single match can fire a whole forest; a single case of cholera can wipe out a population.

It is therefore in the interests of every one of us and of our children, that while we look after our own healths, we look after the healths of our neighbours also—for our sake as well as theirs. It is our duty to see that no case of cholera or plague or pox is permitted to be brought among us, and also to see that they are removed from our midst when they arise. It is no use our protesting against a neighbour who conceals a case of plague if we are also guilty of the offence of concealing a dangerous infection in our houses. Do unto others as you would be done by. Likewise, be prepared to take from others as you have given them! When we permit our children

to dirty the frontage of our neighbours' houses, we are asking for a retaliation; and we find our door-steps treated similarly, if not 'with interest'! The result is that this spirit of 'emulation' and rivalry ends in a chronic state of unhealthiness of our streets and houses—a state to which we grow 'naturalised' until we are told that the high death-rates of the town are caused by such insanitary practices! When we go to the cinema with a bad 'sneezing and coughing' cold, we simply scatter the infection among those around us; and, the next day, those friends who enjoyed the evening with us are laid up with the infection. Had we been considerate to our fellow-beings, we would not have exposed them to our infection. In many cases, we were not told, either at school or elsewhere, that 'colds' are infectious. For others' sake, therefore, we have sometimes to forego a few comforts or conveniences. We can, for example, help to check the spread of small-pox by keeping back for a few days longer, from school, our children who are only partially cured from the disease and therefore liable to infect others. We reap what (infections) others sow, because we had sown what others unfortunately are reaping. We can all avoid these 'harvests', if we decide never more to sow the seeds of disease.

In short, we must confess that we deserve what we get! Let us see if we cannot try and deserve better. Let us clearly understand that it is ultimately for our personal safety that we

seek or are driven to seek the safety of the rest of our community. How to realise this connection between our healths and the health of the community? This is the task of our hard-worked health officers, whom we almost look upon as unmitigated nuisances, that 'harass' us with unwelcome and unremitting attentions and even criminal proceedings for acts that we have never been taught to look upon as a crime against society. A community that makes laws for the conduct of its citizens of to-day, is expected to instruct the rising citizens of to-morrow on what would constitute a breach of the laws of health. A previous knowledge of the effects of one's behaviour on one's health would secure a more intelligent and a more willing obedience to the health rules than the coercion decreed against an ignorant and sensitive people. When the reign of the birch-rod has been happily succeeded by the rule of reason and voluntary action, we may expect our youths to develop a spirit of altruism by the training and direction imparted in their schools. Impart this knowledge, therefore, to the school children in the compulsory primary schools. The modes of spread of diseases, and the means of avoiding them could be easily taught in the schools; and a habit of healthful discipline cultivated that would prevent the growth or spread of those diseases! In addition, it is of equal importance

that the foundation be laid in the minds of the young that we cannot individually be healthier than our neighbours or our community, in the long run. In a word, we must see to it that our next generation is equipped to think and act in terms of the community and its welfare is synonymous with their own individual welfare. The chief sign of civilization is the realization of the sense of responsibility for the communal welfare. The majority of us in India die off before we attain 25 years of age. In America the majority of people live up to about 68 years of age. A nation of juveniles and adolescents cannot make much headway in this world! Some 150 years ago the average length of life in America was only 18 years, says Dr. C. E. Turner of America; but the consciousness of civic responsibility carefully developed in the young has brought about the much desired result. Dr. Turner thinks it possible to raise the average length of life in India from 24 to 25 years in a generation by careful planning for health. Let us do what we can to help the growth of the civic sense and responsibility that alone can solve our health problems for us. Let every boy and girl among us receive the primary education of how to grow up a citizen endowed with the knowledge and responsibility that raises the community to a higher plane of health of body and of mind.

If I were a physician, I would wheel my patients to the window, and let Nature feel their pulses.—THOREAU.

The Importance of Preventing Decay in Children's Teeth

— By Dr. S. K. Gupta, —
— Surgeon Dentist, Durga Charan Road. —
— Ambala Cantt. —

It is my hope that the message I bring to-day may be of some help to you and your children. I am to tell you of the importance of preventing decay in children's teeth. Not to tell you what to do for teeth that have already decayed but to tell you how to a very large extent you may prevent decay from starting.

Why should it be important to prevent decay? You have seen many children with decayed baby (Milk) teeth and yet these children have lived and have grown up to be men and women. Then why should we now give so much attention to the prevention of decay in teeth?

This is the question I am asked to answer, and I shall make every effort to give you some commonsense reasons why decay in teeth should be prevented, and how to prevent it.

There is no need to tell you that it is important to give your children good wholesome food if you wish them to grow strong and healthy. Not only is good nourishing food necessary, but it must also be clean and cooked in clean utensils. You keep your pots and pans clean and you serve the food to your children on clean plates. But please think for a moment. This clean and wholesome food, so carefully prepared by you to help to keep your child strong and well, must pass through the mouth before it goes into the stomach to be digested and assimilated and taken into the blood to build up the growing body.

You must understand that no matter where we may find decayed bone, be it in the mouth, in the foot or anywhere in the body, bacteria are always present. If there were no bacteria we would not have decay. This is the first point to be remembered, in decayed teeth bacteria are always present.

One of my friends—a student of the local college at Lahore—had pain in one foot and could not stand it. He was taken to the Mew Hospital, Lahore. The physician and dentist were reading the chart at his bed side and the dentist asked the physician how the student's teeth were. The student heard this and thought a mistake was being made and so exclaimed, "It's not my tooth; it's my foot". But it *was* one of his teeth, and when this tooth was taken care of, the student went back alright in forty-eight hours.

The blood had carried the bacteria from the tooth to the foot.

Now let us think about the food, that clean wholesome food you have so carefully prepared for your child. When we find decayed teeth we know bacteria are present. Should I take some of these bacteria out of one of the decayed teeth, put them on a slide and let you see them through a Microscope, and then ask you to feed them to your child, you would be horrified. But cannot you see that when your child has any decay in his teeth he is

mixing these bacteria with his food? Now please realise that in the smallest decay in any tooth there are millions, yes, even billions of these bacteria. When we know that many different illnesses such as Rheumatism, Gout, Neuritis, certain forms of Blood-poisoning, and chronic indigestion and even insanity are caused by these bacteria, is it not common sense to prevent decay by every known means?

Where and How Decay Starts

To tell you how decay of the teeth can to a very large extent be prevented, requires my briefly telling you how the teeth are formed. A tooth starts to grow from four points. As these parts grow in size they meet and join and there is left a little crack or opening in the enamel—the uppermost shining layer of the tooth—Dentists call these little cracks or openings, pits and fissures. When the tooth first comes through the gums there is no decay. But very soon small particles of food and bacteria get into these tiny holes. Fermentation then takes place and acids—most probably Lactic Acid—are formed. These acids break down the tooth and we have decay. But you cannot see this decay because it starts at the bottom of these little openings and not at the surface where you could

see it. The decay grows larger and larger under the enamel until the top breaks down and it is too late when you see the decay, and is too late to prevent it. These little holes, called pits and fissures (remember the names so that you can talk to your dentist about them), are so small that one single bristle of a tooth-brush or 'dantan' cannot get into them, and so you cannot clean them out. It is well known that that part of the tooth which is kept clean and which has no little holes, cannot

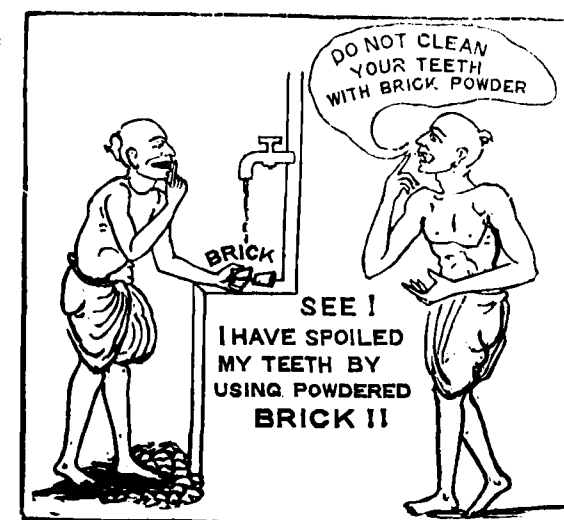
and does not decay. From carefully compiled records of 30,000 persons showing where decay starts, we find that over 90 per cent of all decay starts where these pits and fissures are found.

When the dental profession of America, of Canada

and the international dental profession of the world learned that in one of these little holes there is room for several billions of bacteria, and that no one could clean them out by brushing, they officially adopted the following resolution:—

"That in the aim to attain prevention of systemic and dental disease, no dental defect is too slight to receive definite attention".

"Particular care and attention should be given to pits and fissures,



Teeth must not be cleaned with powdered brick and the like lest they should decay.

whether decay is or is not present".

Never before in the history of dentistry has the dental profession ever taken official action telling the dentist what they should do, but because we have learned how important is the condition of the mouth to the general health of the body, and because we now know how easy and how painless it is to close these little holes before decay can start, our profession has officially adopted these resolutions. You will notice that this resolution states for the prevention of "systemic disease" as well as dental disease. Systemic diseases, you know, are illnesses, and many different kinds of illnesses are associated with the bacteria found in the decayed teeth. When these little holes are closed by filling them with dental cement, silver or gold, we prevent decay starting inside the tooth. With good wholesome food, with plenty of fruits and milk, your child has a far better chance to grow big and strong and well. There is a lot of good, practical commonsense in this suggestion, but it is up to the fathers and mothers to see that their children have first grade of Milk Teeth and not to wait for serious troubles of decayed teeth, to let them know the importance of keeping clean and well sterilised mouths of the children from the very childhood.

A friend of mine, a trained nurse, told me the following story:

When she was a little girl her mother wished to impress on her how important it was to clean her teeth. Her mother took her to the river where there were many crocodiles with their big mouths wide open and little birds busy picking away the food from between the teeth.

So you see it is Nature's way to preserve the teeth by keeping them clean. "Clean as a hound's tooth" is a very old saying.

The other day I saw a woman with beautiful teeth. One of them had a little tiny hole. You could not see any decay. An X-ray picture was taken and there under the enamel was a big decayed cavity. If this little hole had been filled up when this young woman was a child, this tooth would not have been lost.

The Temporary (Milk) Teeth

It is just as important, if not more to take care of the baby's teeth. A child with his first set of teeth is still young and tender. The child is not fully grown and his strength and resistance are not strong. This is the time when he needs good, clean food. This food should not be made dirty by being put into a dirty, diseased and carious mouth. Therefore it is very important to see that none of the baby teeth decay. These baby teeth also have pits and fissures, and you should ask your dentist to examine and take care of them. Talk with the dentist about these pits and fissures. Do not neglect, thinking them, to be only little holes. Your dentist will then realise your true interest and your understanding of the importance of the mouth health of your children.

Between five and six years of age your child will have four important teeth come into the mouth. They come in at the back of the Milk Teeth and are the first molars, or what are commonly called sixth-year molars. These are permanent teeth, and if properly taken care of should last a life-time. More of these sixth-year molars are lost than any of the other

teeth. Why? Because parents think they belong to the baby or First Set of teeth, and neglect them. These teeth do not need to be lost. The dentist will carefully examine these teeth, and when he finds a little pit or fissure he will at once fill it with any filling material—Dental Cement, Silver or Gold—before the bacteria can get in. In this way decay will be prevented from starting at this place. It is also interesting to learn that when one of the second teeth is lost the chances of decay in the other teeth are greatly increased. In other words, there are more chances for decay to start when one tooth is lost than when no tooth is lost. This should show the importance of taking preventive measures so that decay

cannot start and no tooth will be lost.

To show how important the teeth are, let me read to you something that Dr. Hooton of Harvard University, who is Professor of Anthropology, wrote in the 'Scientific Monthly Journal'. I think it will interest you.

"You must know the history of the teeth in order to appreciate them, and because this history epitomises human evolution. The control of future human evolution is now in man's own hands—or perhaps rather in his teeth".

In conclusion, I hope what I have just told you may be of some help to you and your children. And if you care to write to me I will be very much pleased to advise you about any kind of dental service.

Night-Blindness and Vitamin Deficiency

—By Dr. L. R. Fernandez,—
Physician & Eye Surgeon, Trichinopoly.

IT is a thousand pities that owing to the impoverished state of India, night-blindness seems to be on the increase year after year. From the recent statistics taken on eye diseases it has been computed that nearly 3671200 patients are suffering from this trouble.

Night-Blindness is one of those eye conditions in which patients find objects rather dim after sunset. They may be able to see perfectly well in broad day light. But after dusk, their light sense is reduced and there is difficulty in their vision. Sometimes they stumble over objects at night. This defect attacks chiefly children below 12 years of age, though adults are not exempt from it.

The chief cause of night-blindness is vitamin deficiency in the diet though there may be other causes in operation such as malnutrition consequent upon some prolonged fever as malaria, Kalaazar, typhoid etc., or chronic dysentery or diarrhoea. The chief vitamins that are believed to be deficient are vitamins A, B, D. I wish to draw the attention of parents, teachers, boarding masters and convent sisters who are in charge of children, to certain signs and symptoms which they are likely to notice in their wards long before the doctor sees such children. The conjunctiva of the affected boy or girl presents a smoky dull appearance with triangular or irregularly white patches over it; it is

also dry and lustreless. It is such a child that very often complains of difficulty in vision after sundown. He may be quite intelligent, but owing to his handicap of studying at night, he may be dubbed as a dull and backward boy—very unfortunate indeed !

Treatment must be directed towards improving the general condition of the patient and supplying the vitamins that are deficient in the diet. Cod-liver oil in the shape of Halibut liver oil or Adexolin does admirably well. For those who cannot afford to buy such costly preparations, simple pure Norwegian Cod-liver oil may be given. In my patients I have seen very good results by advising them to take fried liver of the goat four times a week. Fruits like oranges and grapes, and nuts as cashew-nuts and almonds also do much good. Would to God that the out-patient department of our Government and Municipal dispensaries supply at least two oranges daily to those poor eye patients who can't

afford to buy them every day. Here it must be noted that the majority of sufferers are from the poorer classes. No amount of treatment by drugs can do any tangible good unless and until the vitamins deficient in the body are adequately supplied. Plenty of cow's milk also is beneficial. As the vitamins in the milk are destroyed by too much boiling, care must be taken not to over-boil the milk. By way of local application, a drop or two of atropinated castor oil into both the eyes at bed time helps to cool and lubricate the eyes, to give rest to the iris, and remove the lustreless xerotic appearance of the conjunctiva. The writer has come across a good percentage of such patients suffering from myopia. Some of them are cases of simple myopia and others myopic astigmatism which are again believed to be caused by vitamin deficiency. While correcting the error of refraction it is advisable to administer the above-mentioned articles of diet which abound in vitamins.

SLEEP

Blessings light on him that first invented sleep! It covers a man all over, thoughts and all, like a cloak; it is meat for the hungry, drink for the thirsty, heat for the cold, cold for the hot. It is the current coin that purchases all the pleasures of the world cheap, and the balance that sets the kind and the shepherd, the fool and the wise man even.—CERVANTES.
—GOOD HEALTH (U. S. A.)

Health Alphabets

A. K. Bhattacharya, M.B., (Cal.),
Moradabad.

A—Alcohol and tobacco are the twin devils playing havoc on the Society.

B—Beware of flies, they contaminate your food and drink and spread diseases.

C—Clean teeth never decay.

D—Diseases are mostly due to violating the laws of health.

E—Early to bed and early to rise, makes a man healthy, wealthy and wise.

F—Fifty is a good number to remember, your liver weighs fifty ounces, your brain weighs fifty ounces, the total quantity of urine you pass in 24 hours is fifty ounces, your urinary bladder can hold upto 50 ounces, your rectum can contain upto 50 ounces.

G—Good food, physical exercise, God's air and Sun's rays are as essential for sound health as contentment.

H—Health is wealth.

I—Infectious diseases are spread by finger, flies, food, fomites, air and water.

J—Just avoid straining your eyes by reading small types in insufficient or glaring light, in a stooping posture or by frequent cinema going or reading in moving vehicles and your vision will not suffer any time.

K—Keep yourself clean, be temperate, have fresh air and sunshine and you will keep the doctor away.

L—Lucky are those who enjoy sound sleep at night; sound sleep is nature's best refresher.

M—*Mens Sana in Corpore Sano.* (A sound mind in a sound body is God's choicest blessing.)

N—Nature wants the baby to be breast-fed; artificial feeding, except when unavoidable, is injurious both to the baby and the mother.

O—Over-Crowding, Poverty, Under-Nutrition, Illiteracy, Purdah System and Child Marriage are the causes why Tuberculosis is taking a heavy toll in India.

P—Prevention is better than Cure.

Q—Quality of food is even more important than quantity. Include in your diet liberal quantities of dairy produce, fresh vegetables and fruits.

R—Regular physical exercise is essential not only to become strong but also to remain fit.

S—Stomach has no teeth, so that chew your food well while in the mouth.

T—Tongue is the index of stomach and bowels. Flabby coated tongue, indented with teeth, indicates bad digestion.

U—Under-nutrition of the parents, poverty, illiteracy and childmarriage account for the death of one infant every two minutes in India.

V—Vaccination is the surest preventive against Small-pox.

W—While you are angry or in any emotion your digestive juices stop secreting and movements of the stomach and bowels become sluggish so that don't be in any emotion before, during and after meals; otherwise you will have a bad digestion.

Y—You must lead a well regulated life in order to live long.

X, Z—Xerophthalmia, Zerosis, Keratomalacia, Night-Blindness etc., are diseases of the eye due to deficiency of 'A' Vitamin in the food.

FOOD

—By R. Rajagopalan, B.A.,—

—Ootacamund. —

GREATER men have dealt with this subject and authoritative works, founded on the results of scientific researches are available in the market. My idea, in coming forward with this article, is to place before the ordinary man the primary principles of food.

The most common craving of man and beast is *hunger*. World's peace is based on the problem of food. If two nations are at war against each other, the ultimate object of one is to provide food for its starving millions by attacking the other, which has a surplus food supply. An average man's life is one of earning his daily bread. In the quest of food so many problems arise of which health is one.

Food is the energy supplier. It replenishes the energy spent in work besides replacing the wasted tissues and supplying rich blood. Food possesses a store of subtle energy which is drawn in even at the first bite. A man dying of hunger regains his vigour at the bite of a morsel of food! Wherefrom does he get the energy even before the food undergoes all the processes of digestion?

Food is also responsible for a man's ill-health; and food taken intelligently is best medicine. All diseases—surgical maladies excepted—can be classified into two main heads, those arising from (1) over feeding and (2) under feeding. Food prepares the field for outside infection in cases of contagious diseases.

Man is weakminded. He is surrounded more by the attractive and evil food than by good food. Modern

civilisation has placed him in artificial surroundings and the natural articles of diet are out of his sight. He has been trained to eat various appetising dishes and ah! What rapid strides modern cookery has taken at present providing an endless list of dishes and creating new tastes! Man's susceptibility to fall a prey to these tasty foods may perhaps be traced to Mother Eve's craving for the forbidden fruit.

Of late, health-consciousness has crept in with the result that all our articles of food are being investigated by great scientists. The modern insight into the vitamin theory eggs on people to swallow vitamins in condensed forms and in gelatine capsules! Nutritious foods are being singled out and packed full into the stomach. But the efficient handling of the foodstuffs alone will do good to the consumer and not the blind following of the vitamin table. A particular vitamin may do good in cases of persons suffering from deficiency in that particular vitamin. For general health it is foolish to follow such a dietary.

Our forefathers knew nothing of these vitamins and yet they were better-looking and stronger than most of us. Even at the present day, labourers with their meagre dietary are stronger, healthier and more immune to diseases. A rich man goes through a heavy programme of meal throughout the day and is either sickly or obese (which is thousand times worse than disease). What nourishment a man requires is present in all foods—whether rich or

[HEALTH, May '36]

meagre. The *Secret of Health lies in good digestion*. Digestion does not mean the progress of food from the mouth to the rectum. Good digestion constitutes assimilation of food and elimination of waste matter. The body derives all the benefits of the food only by good digestion.

How to get good digestion? The first essential is hunger. Hunger is quite different from craving, which is otherwise called 'false hunger'. The particular meal hour, the sight of a hotel, smell of appetising food may produce this craving. But real hunger is one which is produced when the stomach is completely empty, which state can be detected by a smell-less belching. Food taken in when there is undigested food in the stomach acts like poison. The good value of food is lost when it mixes with the remnants of a past meal, just like a drop of butter-milk in a cup of milk turning the whole sour.

It is needless to describe the action of the digestive organs when food passes into the mouth, as greater men have dealt with it. Suffice it to say, that fresh food over partly digested food weakens the gastric functions of the stomach. Indigestion is the result, and the body loses the benefit of a good rich meal.

Next essential for good digestion is proper elimination. Accumulation of waste matter is the source of many diseases. To aid elimination, roughage in one's dietary is needed. Tinned foods, dishes which cater to the needs of fashion and polished articles of diet, all stand in the way of proper elimination. Diet should include vegetables, and fruits to provide roughage. Those who cannot afford to go in for costly vegetables and fruits can easily

HEALTH, May '36]

get this in unpolished rice, wheat and cereals. A spoonful of bran in each meal helps elimination. One should devote special attention to proper evacuation of the bowels. Even a meagre diet will give the maximum benefit if one makes it a point not to eat if he fails to expel the waste products of a previous meal.

Eating for health is different from eating for pleasure. The former generally does not satisfy the sense of palate. Food in raw form is certainly the best, but having been accustomed to delicacies for the past so many centuries, it is not proper, or easily possible, to make a sudden jump to *Nature*. To avoid bad consequences, one must gradually change his diet. Fried foods, overboiled and highly seasoned foods, acid forming foods must be avoided. The daily menu should include a salad of fresh vegetables, dishes of more vegetables and less of rice. High protein in food is not beneficial to health though protein is an essential factor for the growth of muscular tissues. It has been proved that it causes acid condition of the body with consequent rheumatic, paralytic and such troubles. Acid food is the cause of the premature decay of tissues, bone and teeth. Alkaline condition ensures better health and this is achieved by the consumption of more vegetables and fruits.

The chief cause of defective assimilation is cross-feeding. It spoils good digestion by interrupting the flow of gastric juices in the stomach and cause of strain on the secreting glands. Another cause is an incompatible combination of food stuffs. Monodiet is the best diet. It prevents neutralisation between the acid and

[Page 95]

alkaline elements and so the absorption takes place with good results. Mono-diet, so to say, is a medicine in certain diseased conditions. Anæmic condition can be cured easily by a mono-diet of fruits which contain iron. Acid state of the body can be

rectified by a diet of citrus fruits like lime, lemon, oranges etc. This principle forms the keynote of the *Nature Cure* treatment. According to Sir Robert Mc Carrison, the great food specialist, "*Food is the Best Medicine*".

Topics of Interest from Periodicals

Scientific Accuracy of the Mosaic Law in the Sphere of Natural Birth Control.—The Law of separation of Moses seems to devetail remarkably well with the calculations of Ogino, Knaus and other proponents of the modern method of natural birth control.

The Mosaic law runs as follows:

"But if she be cleansed of her issue, then she shall number to herself seven days, and after that she shall be clean—Leviticus xv. 28

Assuming the menstrual period to be five days, the added seven dates make twelve. To be sure, all this applies to a 28-day cycle, for Moses could not take account of exceptions.

This command to abstain from intercourse until the twelfth day of the menstrual cycle takes us well toward the middle of the fertile period now advertised by the new school of natural birth control; in fact, it takes us to the first day of ovulation as Ogino and Knaus calculate it. So the law of Moses hooks up definitely with the "new teaching".

Of course, Moses sought a high birth rate. Mohammad, lacking the scientific

genius and research spirit of Moses, in the biologic sphere was obliged to rely primarily upon polygamous propagation for results. In the one case we have a high degree of technical finesse, with no disruptive social effects; in the other we have a crude system in which success was attained at great social cost, that is to say, wreckage of the institution of monogamous marriage. Thus Moses was incomparably the greater lawgiver, while science did not come into the ken of Mohammad at all.

It is possible that Moses may have seen breeding experiments conducted by others upon Egyptian slave girls, thus arriving at his remarkable conclusions. Such human experimental material was then available in quantity.—*Medical Times*.

It Takes Two to Make Marriage Happy.—The idea keeps cropping up that the best solution for unhappy marriages and the ravages of divorce, is trial marriage, sometimes called companionate marriage. A doubtful couple in love, with or without the law according to the government under which they live, go the limit in conjugal union by mutual consent only;

and then, if the trial proves unsatisfactory, they separate in the same easy way, and each tries again with another prospect. Much like the animals. In fact, the scheme originates with the theory of evolution, which says we evolved from animals. Why not revert to ancestral way to dissolve our marital difficulties?

Easily planned, but not so easily done. Marriage is founded on a fundamental law, which cannot be broken with impunity. Above the law of the state is the dictum of the Creator of man and woman, which dictum Adam quoted at the first marriage ceremony, in the words, "Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they two shall be one flesh." Any pair that breaks this command does so at the cost of true and lasting happiness.

But even if there were no moral or religious obligation which the participants would acknowledge, trial marriage is a vexation, to put it mildly. To mention just one woe: What if one of the two wants to separate, and the other doesn't? This is very often the case in troubled married life. May be the husband desires freedom, but the wife still loves him and cannot get the consent of her heart to give him up. Too often he goes, but there is no mutual consent about it. Spirits are irreparably broken, lives are hopelessly wrecked, and children are dismally handicapped. There is no cure but God's cure for wedded discord.—*The O.W. and Herald of Health*.

Vaccination Without a Scar.—Heretofore, a scar has been regarded as an unavoidable result of a vaccination. But Dr. Thomas M. Rivers, of the Rockefeller Institute for Medi-

cal Research, has devised a method which leaves no permanent mark. Only the skin is pierced. Tried on twenty-nine infants and children, with primary takes in every one, no open sores or scars resulted. These intradermal inoculations are also effective in testing the immunity of persons already successfully vaccinated with calf lymph. The reactions are small, red, itching papules, being less uncomfortable and painful than the ordinary revaccination.

The final problem of how to deliver the virus without refrigeration was solved by mixing with gum acacia. It was then frozen, dried and sealed in a vacuum. Thus it can be shipped without deterioration.—(*Journal of Experimental Medicine*).—*Thro' Good Health*. (U. S. A.)

Play Centres.—There are now 42 play centres in London, where hundreds of the poorest boys, girls and babies of three can have a good time when the school day is done. Besides being fun for the children, the play centres are a boon to mothers, giving them peace of mind, and saving many of the children from street accidents. Voluntary workers look after these centres, and some game masters are employed. The Queen has lately sent a lovely parcel of toys to each of the centres. Daily attendance at each of the 42 centres ranges from 250 to 500.—*The Treasure Chest*.

Vitamin in Beer.—The vitamin content of beer is a subject of topical interest, partly because a content of vitamins has become an asset to any food material from the point of view of advertisement. English workers showed ten years ago that beer contained a

certain amount of vitamin B complex but very little of vitamins A, C and D. Donovan and Hank have made quantitative measurements of the vitamin B content of five samples of American beer. They measured the content of vitamins B₁ and B₂ separately by means of feeding experiments on rats. They found a small content of both these vitamins, but their chief conclusion is "at rats, and probably also for humans".—*From British Medical Journal*.

* * *

Recreation.—is intended to the mind, as whetting is to the scythe, to sharpen the edge of it, which otherwise, would grow dull and blunt. He, therefore, that spends his whole time in recreation, is ever whetting, never mowing; his grass may grow and his steed starve: as, contrarily, he that always toils and never recreates, is ever mowing, never whetting; labouring much to little purpose. As good no scythe as no edge. Then only doth the work go forward, when the scythe is so reasonably and moderately whetted, that it may cut, and so cut that it may have the help of sharpening.—*Bishop Hall. Thro' Indian Dental Review*.

* * *

Value of Indian Foodstuffs.—Indian foodstuffs have received considerable attention in the catechism of Biochemical and Allied Research in India in 1934 published by the Biological chemists of Bangalore. It is stated that the nutritive value of pure ghee is the same as that of original butter. The growth-promoting factor of curd is found to be very nearly the same as that of an equivalent quantity of milk. For all practical purposes the nutritive value of milk is superior

to that of butter or ghee. Milk possesses a pronounced stimulating effect on growth and hence greater consumption of milk should be advocated. Considered purely as fat, mustard oil is just as nutritive as any other fat, provided sufficient vitamin A is supplied through other articles of food. The vitamin C content of 30 Indian foodstuffs, chiefly fruits, has been determined. The results of experiments show that mango, guava, lichi, pineapple and red-pepper are the richest sources of vitamin C. It has been ascertained that the rice water obtained from mill polished rice contains vitamin B. Perhaps this explains why some people in Bengal suffering from acidity, are in the habit of taking rice water in the morning. It has also been found that vitamin B present in rice is not destroyed during the usual process of cooking as is done in Indian homes.—*Indian Views*.

* * *

Exercise in water for Arthritis Sufferers.—Exercise and massage in the water, similar to the treatments given patients recovering from infantile paralysis, were recommended for sufferers from chronic arthritis at the meeting of the American Congress of Physical therapy. Methods and results of such treatment of arthritis, the "rheumatism" of grandmother's day, were described by Dr. Euclid M. Smith of Hot Springs National Park, Arkansas.

"The relatively free movement without pain and the performance of exercises in water, such as walking, impossible to perform out of water, gives the patient a pleasurable sense of activity which can only be appreciated by one who has been confined to

the bed or wheel chair", Dr. Smith said.

The buoyancy of the water enables the patient to move about much more freely with a minimum of pain and effort, Dr. Smith explained. He and his associates use for these treatments the natural Hot Springs water at a temperature of 98 to 99 degrees Fahrenheit. The warmth of the water dilates the small blood vessels at the surface of the body, which increases the flow of blood and lymph to the parts, stimulates the nutrition of muscle tissue and promotes the elimination of toxic, waste material".

Dr. Smith believes that heat applied by immersion in warm water while exercise and massage are being taken is more effective than heat by baking followed by exercise or massage.

Exercise under water for treating arthritis was adopted as a result of studies by the late Dr. Robert W. Lovette of Boston and Dr. Charles L. Lowman of Los Angeles, Dr. Smith pointed out.

Under water treatment, he said, must be considered as only a part of the general physiotherapy program which is an important adjunct to the proper medical care of the chronic arthritis patient.

"Heat, exercise and massage are the standard methods of treatment for muscular atrophy as well as joint affections", he continued. "The underwater treatment is based upon these fundamental principles of physiotherapy. Its application to the treatment of chronic arthritis is directed toward the prevention and correction of deformities, the restoration and re-education of the atrophied muscle groups, the restoration of joint function and general body tone, and the correction of faulty body mechanics".—*Science News-Letter*.

* * *

Potatoes for Fitness.—Although few people realize it, the potato is one

of the most valuable vegetables in the working man's dietary. The average housewife, however, uses it largely because of its cheapness.

It is rich in vitamins A, B, and C, and is also an excellent antiscorbutic. In fact, scurvy is unknown in countries where potatoes form a regular part of the diet. Most people imagine that they are fattening but Dr. H. K. Archibald, who has done an amount of research work on the potato, says it may be included in any diet without the slightest qualms. It is very nutritious, and with the addition of a little butter and salt men have lived exclusively on a diet of potatoes for 300 days, keeping in perfect health the whole time.—*The Tanganyika Opinion*.

* * *

Banana Powder in Infant feeding.—

Ripe bananas can now be considered one of the first solid foods that may be added to an infant's diet according to K. Blanchard (*Medical Record*, January 1, 1936, cxliii, 29). He gives the results of adding a tablespoonful of powdered, ripe banana to the regular diet of a group of 49 children at an orphan's home, and over the period of the trial there was a remarkable absence of illness. The weight progress of the children was very satisfactory for, not only is the banana carbohydrate readily assimilated, but it has a high caloric value and contains vitamins, A, B, C as well as a relatively high mineral content. The banana powder is made only from well ripened bananas and never produced any disturbance of the gastrointestinal tract. It is now known that in the ripening process the banana changes from a starchy vegetable into a much more digestible food made up almost entirely as regards its carbohydrate content of fruit sugars. It thus forms a more desirable addition to milk mixtures than starchy preparations in the early days of solid feeding.—(*The Practitioner*).

Health Calendar—May 1936

By Mr. N. Rajaram Naidu,

23, Sivaraman St., Triplicane, Madras.

- | | | |
|---------|----|---|
| Friday. | 1 | The practice of Hygiene pays rich dividends. |
| Sat. | 2 | Flies breed in dung heaps : keep them covered. |
| Sun. | 3 | Keep your temper control your passions and be cheerful. |
| Mon. | 4 | No happiness without health. |
| Tues. | 5 | Alcohol is of no value when work is to be done. |
| Wed. | 6 | Finger and Toe nails should be kept clean and closely cut. |
| Thurs. | 7 | Clean the house and keep out the flies. |
| Friday. | 8 | The full value of food is not obtained without fresh air. |
| Sat. | 9 | Isolation is the most efficient means of controlling leprosy. |
| Sun. | 10 | A clean mouth is essential to good health. |
| Mon. | 11 | Eat more fruit : drink more milk. |
| Tues. | 12 | Better wear out than rust out. |
| Wed. | 13 | <i>Sir Ronald Ross born 1857:</i> |
| Thurs. | 14 | Destroy the breeding places of Mosquitoes. |
| Friday. | 15 | Keep the teeth clean and sound. |
| Sat. | 16 | Innocence does not mean ignorance. |
| Sun. | 17 | <i>Jenner born 1749.</i> |
| Mon. | 18 | Vaccination prevents small-pox |
| Tues. | 19 | Cases of communicable diseases should be reported to local officials. |
| Wed. | 20 | Avoid stimulants and excesses. |
| Thurs. | 21 | Ascension day. |
| Friday. | 22 | Disease is a tax on ill pleasure. |
| Sat. | 23 | Primitive man was an out-door animal : are you ? |
| Sun. | 24 | <i>Empire Day.</i> |
| Mon. | 25 | Dirt is dirtiest in fairest spots. |
| Tues. | 26 | Infant marriage is a national crime. |
| Wed. | 27 | <i>Koch the discover of Tuberculosis germ died 1910.</i> |
| Thurs. | 28 | Dark rooms foster consumption. |
| Friday. | 29 | Sleep is the time for the daily overhaul. |
| Sat. | 30 | Flies prefer close and stuffy rooms to airy and well ventilated ones. |
| Sun. | 31 | Sturdy ancestors make sturdy posterity. |

PEARLITE CREAM

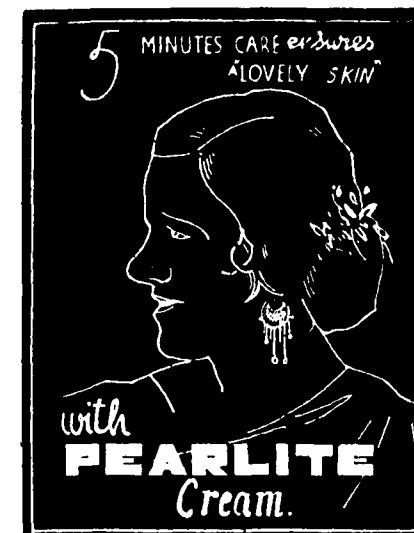
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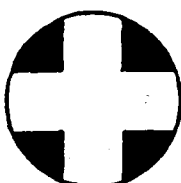
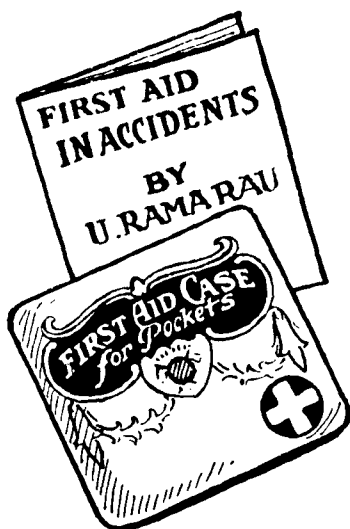
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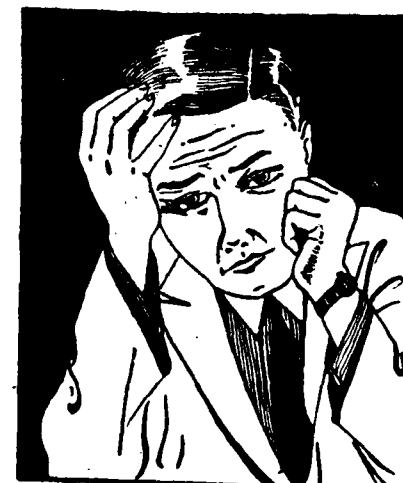
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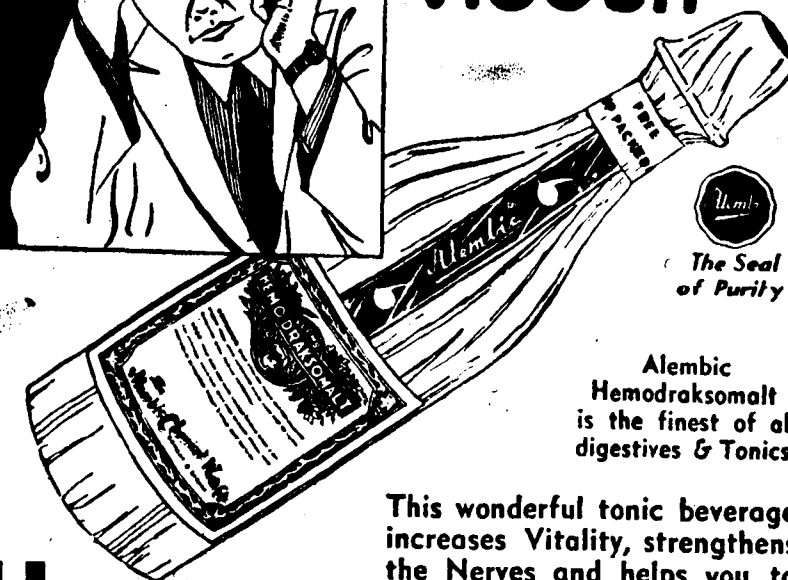
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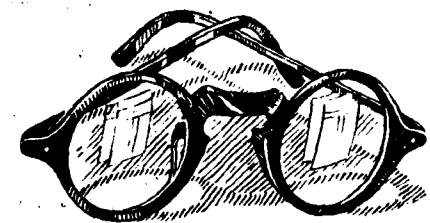
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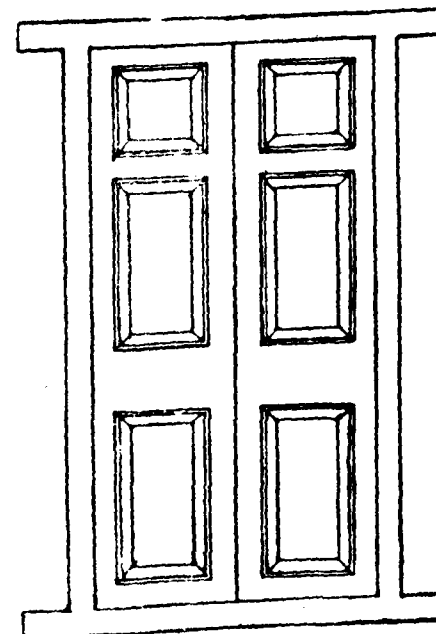
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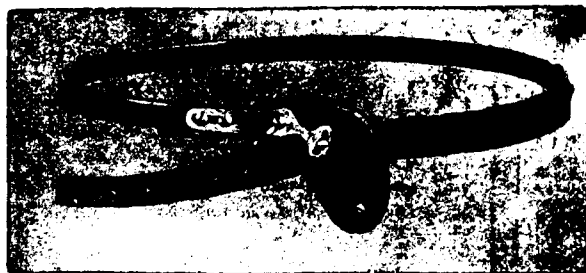
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Editorial

Cheerfulness and Melancholia

THESE are two mental states, noticeable not only in human beings but also in animals and plants, having a direct bearing on their health and happiness. Cheerfulness is a healthy state of mind and should be cultivated by every one but how to cultivate it is the question. There are currents and counter-currents of thought, ever surging in men's minds, which prevent them from cultivating that habit. Both oriental and occidental philosophers have however found a solution for the problem. Lord Sri Krishna in the Bhagavath Gita says "Look upon pleasure and sorrow alike. Do not exult over the one nor be depressed over the other. Then bliss is certainly yours". To attain this mental poise or equilibrium, an initial or preparatory stage is necessary and this stage has been

described by our yogis somewhat on these lines: "There is nothing which you brought with you when you were ushered into this world and there is nothing which you could take with you when you depart from it. So, whatever possessions you may have in the interim are fleeting and transitory and therefore don't grieve over any loss or exult over any gain". If one goes on philosophising thus, one is sure to attain a state of mental perfection where lust, avarice, anger, greed and all such vices are buried deep and love, humility, modesty, self-sacrifice and cheerfulness begin to dominate. Occidents, on the other hand say: "The present is mine, let me grasp it as greedily as a child, let the morrow take its course". In other words, we must enjoy life out like an innocent child and take things



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A smile always bestows grace and beauty to the body, and calm and quiet to the mind.

as they come and go. There is thus very little difference between these two schools of thought.

"Cheerfulness is an antidote for many ills; and a laugh is of immense value, physiologically. It produces an electric effect throughout the whole system. It is felt in no one place particularly but every nerve, muscle and fibre

Page 102]

is simultaneously titillated with the electric flash from the brain".

Melancholia is a morbid condition. As some writer has facetiously remarked, "there are some people who keep pet griefs as certain other people keep lap-dogs, that they carry about with them wherever they go. These are the people who feel the best when they feel the worst and are never so happy as when they are utterly miserable".

"Melancholy seriously disturbs the circulation of nerve-electric forces and causes an undue consumption of the latter in the brain. Melancholy people are almost invariably dyspeptic, because a full supply of the electric element is withheld from the pneumo-gastric nerve which conveys from the brain the force that gives tone and activity to the digestive organs. Despondency in fact affects all the organs of the system on the same principle; the brain consuming in its excitement more than its natural allowance of nerve-electricity and as a conse-

quence withholding the vital element from the organs which are dependent on it for a healthful action".

All who have melancholy friends should try to excite them to laughter. A few hearty laughs will cure the most desperate case of melancholy. Excess of joy or sorrow is fatal. There

[HEALTH

are numerous instances of persons dying out of excessive joy as a result of a sudden shock. Therefore, avoid extremes, be cheerful, be not depressed. This is the shortest cut to good health and longevity.

"Haste thee, Nymph, and bring with thee
Jest, and youthful jollity,
Quips, and cranks, and wanton wiles,
Nods, and becks, and wreathed smiles,
Such as hang on Hebe's cheek,
And love to live in dimple sleek,
Sport that wrinkled Care derides,
And Laughter holding both his sides".

—John Milton

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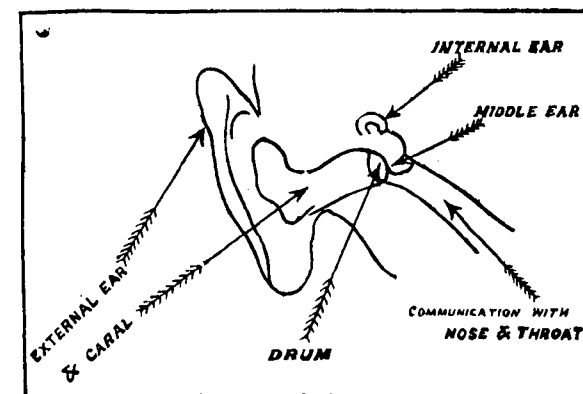
—By Khagendranath Chatterjee,—

M.S., Lt. I.M.S., (Retd.), Chinsura, Hooghly.

PART III—Ear

NEXT to the Eyes in importance, come the Ears; for if we can not hear anything, we cannot enjoy the sweetness of voice and the melody of sound in our life, nor can we be able to learn our speech. The speech centre in the brain of a child develops only after repeated hearing of different words. For this reason, the born deaf become dumb also. Hearing is also very necessary for doing ordinary duties of life and it will be described later on, how diseases of the ear may extend to the brain and endanger life. A general knowledge, therefore, should be acquired by everybody, regarding this important organ, so that one might be able to keep it healthy and prevent diseases, that may affect the hearing. People generally understand by the name "Ear" the outer part of the organ only, which alone is visible. But it should be known to all that the ear is divided into three parts, the outer or the external part, the middle and the internal parts, of which the last two remain concealed within the skull and are separated from

the external ear by a partition of thin membrane called the "drum".* This membrane looks like a small and thin fish plate. It should further be known, that the middle and internal ears have communications with the throat and nose, and are very close to the brain, which lies just above them. Any disease of the nose and throat, such



as ordinary cold and catarrh, may therefore, affect the ear, producing ear-ache, pus etc., and from the ear the mischief may extend to the brain, causing risk of life. The majority of people suffering from pus in the ear, get the disease, by an extension of inflammation from the nose and

* As it carries the vibrations of sounds into the brain.

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throat. The infection starts from a chronic or acute nasal catarrh or sore throat and the discharge accumulates behind the drum, and remains pent up for some time, till it rends through the membrane and appears at the external ear and gradually becomes pus. This is the commonest cause of pus in the ear, and the rupture of the membrane, is the commonest cause of

the short of hearing. Any discharge from the ear or any trouble regarding the organ, should therefore, be treated from the beginning, and never neglected, considering the serious consequences that may occur from it. The fit condition of the ears, therefore, is the absence of any discharge and the absence of short of hearing.

Our Unseen Foes and Friends

By Rai Dr. G. C. Chatterjee Bahadur,
— M. B. (Cal.), F.R.I., (Lond.) Calcutta. —

EVERY human being is a creature of circumstance and is dependent for his existence on environmental surroundings. There are forces at work which are meant for his destruction. There are others again which are meant for his preservation. Of the former many are visible, such as the venomous snakes and the ferocious animals inhabiting land and water—many are however invisible,

but are no less dangerous. Many of these are the germs of infectious diseases, with the consideration of one of which, the writer is at present concerned—namely the germ of consumption. He himself came in contact with it, and had to experience dreadful consequences of the onslaught of this terrible enemy of mankind (accounting, as it does for the death of one out of every 8 persons throughout the world) in losing the life of his nearest and dearest relatives, even before the writer became a medical man. He has had ample opportunities, of seeing in the course of his professional life during the last 36 years, the extensive havoc which it is creating in increasing numbers in every walk of life; the multi-millionaire living in his palatial house is as much a sufferer as the poorest dweller in the slumps of the town. Along with this, he sees evidences of friendly forces,

which nature has provided, many of which again are invisible, for fighting this germ. This has become more and more evident to him which was not the case, in the beginning of his professional life, as he got more and more experience of the disease in this country. These friendly forces are so potent, that they are capable of not only preventing the entrance of this germ into the tissues of the human being, but are capable by their unaided power, in saving the lives of majority of those, who are unlucky enough to have reached even the advanced stage of the disease. Besides, he finds that full action of these benign forces, is available even to the poorest man or woman in this country. The reason why the help of these friendly forces is not taken advantage of to the fullest extent and why people are losing their lives in thousands from this fell disease, is the peculiarity of humanity which refuses to utilise what is cheap and easily available, but hankers after extraordinary, and costly remedies. As this assertion of the writer may appear too egotistic and dogmatic, going against the opinion of the majority of men practising medicine, he cannot do better than quote the following from the publication of the Red Cross Society, Madras Branch, which is guided by better informed medical men engaged in social service:

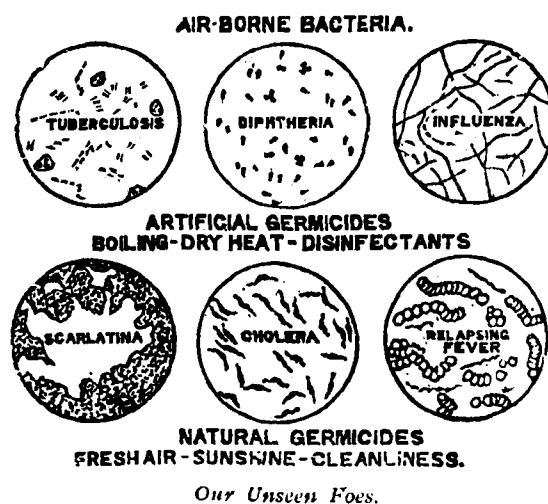
“The undramatic Disease—Control and cure of Tuberculosis.

An old story is told of a diseased rich merchant who came to a prophet to cure him of his complaint. The prophet ordered that the merchant should bathe seven times in an inconspicuous stream; the merchant—so the

story goes—was seized with rage and refused to perform such an uninteresting act.

This story illustrates one of the peculiarities of humanity. No man cares to try a cure which has no dramatic action attached to it. Nowhere is this better illustrated than in the treatment for tuberculosis. We preach and teach that rest, sunlight, fresh air and good food are the main ingredients of the tuberculosis prescription. Because these things are cheap, free to all and essentially undramatic, our words fall on deaf ears. Were it only true that a decoction of gold and diamonds was the cure for tuberculosis, the world of tubercular patients would fall over themselves in their eagerness to sacrifice all in order to purchase so expensive a cure.”

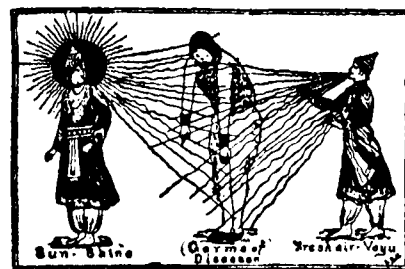
When a person travelling for the first time in his life in an ocean-going steamer, after passing the whole day on the deck surrounded by howling waves, among which he gets occasional glimpses of its dangerous denizens, the rapacious sharks and the rays, goes to take rest for the night, in the cosy birth of his cabin, he feels a sense of security from these dangers on finding all the comforts there, which are to be found in a first class compartment of a hotel situated on land. He becomes, however, disagreeably surprised, when, on going to lie down on his bed, he sees a notice in a prominent place in his cabin in red letters, asking him to go through a drill, before he lies down, with the life-saving appliance, which he finds underneath his bed, to save himself from drowning, in case his steamer sinks, giving instruction, as to how he is to keep himself afloat in the sea, till he is picked up by a life boat. His fears



become considerably allayed however, when he is told that these accidents to ocean-going steamers are not so common, as this provision made by steamer company seems to suggest, but all the same, these precautionary measures will save many human lives, if accidents occur; for this reason knowledge of use of the life-saving appliance is necessary. Living as we are, in this modern world, which is becoming more and more industrialised with more and more chances of people living in crowded tenements, danger of infection through tubercle bacilli is not so remote as one thinks—even the best-regulated household cannot feel a sense of absolute security from them. So, a notice in red letters how to prevent its onslaught becomes necessary, in order to drill, as it were, every one, including even those who think themselves absolutely secure from its onslaught. Cholera and malaria and other infectious germs one can make provision for. Tubercle bacilli cannot, however, so easily be dealt with. So a knowledge as to how its attack can be prevented, ought to be in the minds of every person. Though it consists in nothing but keeping, as much as possible, to outdoor life and trying to make all places of business, schools, places of amusement, places of exercise, markets etc., where he resorts to, as much open to the beneficial action of sun and air as possible and prevent undue physiological strain, but still the modern industrial life in the cities is hampering us from getting their full advantage. Besides, the strain of life due to competition does not allow the system to take the physiological rest, a thing essentially necessary for healthiness of the system.

That this prevention can really be

effected, one can easily find from many sufferers from this disease having recovered solely by the help of ordinary air and sunshine of the plains of Bengal, (even of Calcutta) the special sun rays and air of hills or sea, not being requisitioned. When one realises another fact, *viz.*, that in Kurseong, Srinagar, Nainital, Bhowali, Almora and other hill stations, which have earned the reputation of serving as health resorts for the upper classes, tuberculosis is far more rampant among the indigenous poverty-stricken population there than among the people living under similar circumstances in the plains, one cannot help coming to the only conclusion for finding the key to the solution of tuberculosis, namely, the faulty manner of life a person leads, irrespective of the topography of the place where he happens to live. Wherever there are good chances of getting abundant



Sunshine and fresh air
kill germs of diseases especially
consumption.

open air and sunshine (it need not be the height or the sea), the disease does not occur at all.

But even if, as a result of the continued neglect of the laws of health, tuberculosis produces visible manifestation of the disease in one's body, the above rule still holds good. But one fact which has to be taken into consideration is that due to the peculiar condition of the system brought

about by the toxine of the germ circulating in it, physiological strain on the system tends to increase the disease in this stage, and so special rest treatment under strict guidance of medical men who know its secret is necessary. In this connection a quotation from the report of the Eighteenth Annual Conference of the National Association for the Prevention of Tuberculosis of England, which was opened at University College, London, by Sir Arthur Robinson, Secretary to the Ministry of Health, will be of interest.

"Dr. N. D. Bardswell, Principal Assistant Medical Officer, L. C. C. Public Health Department, stated that the increase in the death rates from pulmonary tuberculosis among young women at ages 15-20 and 20-25 was practically limited to the unmarried. The following are the unfavourable features:—

- (1) Varying degree of fatigue over a long period consequent upon the nature of the employment or the conditions under which it was followed. A contributory element to fatigue was in many cases, a long journey to and from home in all weathers in overcrowded tubes and omnibuses.
- (2) Want of rest and late hours to bed, 11 p.m. or so, most commonly the result of recreation, such as the pictures or dancing at the end of a long day's work, but not infrequently due to evening and night work; reading for exami-

nations, night classes, or helping in the home.

(3) Neglected colds.

(4) Unsatisfactory meals; often a poor breakfast owing to late getting up and a cheap but inadequate luncheon, sometimes referred to as the "tea and bun lunch".

Dr. Bardswell would attribute the increased incidence of pulmonary tuberculosis among young women to the strain and stress of competitive wage-earning and the associated changes in their social life as compared with 25 years ago, at a time when physically they were unfitted for it. Not that the changes did not include features favourable to better health—for instance, more reasonable clothing and an increased cult of the open air, such as the open window and what was known as 'hiking'. But for these, the incidence of the tuberculosis might well be worse than it was.

Dr. F. J. H. Coutts said that industrial conditions and particularly the entry of a larger proportion of females into industrial life had been seriously considered as tending to increase young adult tuberculosis. A change in habits had also been invoked particularly to explain the increase in females—more smoking, the cocktail, habit, insufficient clothing, and the greater restlessness of young people in search of excitement. Against this view had to be set the fact that, on the whole, young people led a more healthy open air life, were better fed, generally more sensibly clad than heretofore.

"Work, sleep and live in plenty of fresh air.
Sunlight is the enemy of Tuberculosis germs".

—H. B. H. M.

The Introduction of Coffee and Tobacco into India

By D. V. S.

Coffee

HEALTH' adored as a Goddess in the Golden Age of Greece, is now treated like a pariah child in India. Like Truth and Beauty, Health, more often than not, is the subject of cheap gibes and irreverent interjections. Indians will one day suddenly realise that they are committing a sin against Nature and Humanity by neglecting to know and practise the simple rules of Health which made Ancient India the birth place of heroes and philosophers and the cradle of Cultures.

In an age of abnormal psychology, in these days of dust storms of mass movements and during the nights of terrific earthquakes of noble ideals, it is not surprising that some of our intellectuals, with an ascetic temperament, should define life as "the sipping of a cup of coffee and the smoking of a cork-tipped cigarette". Will any professor or politician of the present day believe that the great Sankara produced all his high-brow commentaries without a knowledge of the existence of such an intellectual stimulant as coffee or that the Scholar-king Krishna Deva Raya conducted his whirl-wind of political campaigns without the exhilarating fragrance of a cigarette?

Since the professional historians do not condescend to tell us of invasions other than those of marauders or conquerors, a brief note on the origin of these twin evils in India may be read with interest.

The word 'coffee' comes from an Arabic term, "qahwa" originally applied to wine. According to mediaeval tradition, coffee was first brought from Kaffa in Abyssinia to Yemen by Arabs. As it was first brought to Aden by Sheik Shihabuddin Dhabhani who died in 1470 A.D., it is usually believed that its introduction into Asia was about the middle of the 15th century. Tavernier, the French traveller of the 17th century says: "Its use was first discovered by a hermit named Shaik Sayyid Ali some 120 years ago or thereabouts; for, before him there is no author ancient or modern who has mentioned it."

In Asia, it was first cultivated in the neighbourhood of Jabal. Later, it was conveyed to Mocha on the road to Mecca. It was not till 1573 that coffee was first mentioned in European literature and another seventy years elapsed before a sample of it was taken from Constantinople to Paris by Thevenot. India, however, seems to have fallen an early victim to this habit-forming drug—coffee. As early as 1616 A.D., Terry gave an interesting description of the use of coffee in India. "Many of the people there, who are strict in their religion drink no wine at all but they use a liquor, more wholesome than pleasant, they call coffee, made by a black seed boiled in water which turns it almost into the same colour but doth very little alter the taste of water.

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Notwithstanding, it is very good to help digestion, to quicken the spirits and to cleanse the blood". Even in 1676 or about that time, "Coffee grows neither in Persia nor in India" (Tavernier). But its use was gradually increasing with the additional supplies to Indian markets. Indian vessels load up with it on their return from Mecca...The principal trade in it is at Hormuz and Bassora where the Dutch, when returning empty from Mocha, load up as much as they can, as it is an article which they can sell well. From Hormuz it is exported to Persia and even to great Tartary...for, as for India, it is but little used here." And today, India is inundated with coffee.

Tobacco

The practice of smoking tobacco, which was first learnt by the Spaniards from the Cuban Indians in the year 1492, was introduced into Turkey, Egypt and India about the end of the sixteenth century. Its use spread steadily, though opposed by the severest enactments of both the Christian and Muhamadan Governments. The botanical name "Nicotiana" commemorates Jean Nicot, the French ambassador to Portugal, who is said to have sent tobacco to the French Court in 1560. Sir John Hawkins, a prominent figure among Elizabethan sea captains, is reputed to be the first to introduce tobacco into England in 1565, after his return from Florida. Every school boy knows the story how Sir Walter Raleigh was rudely disturbed while enjoying a smoke, by having a bucketful of water emptied on him.

Though we do not know when and by whom it was first brought to India, we have record of a memorable

scene introducing tobacco into the Imperial Court of Akbar the Great.

About the very end of Akbar's long rule (1604 or 1605) Asad Beg, a servant of Abul-Fazal, brought the drug to the Moghul Court from Deccan, which had received the drug from the Portuguese. "This is tobacco which this doctor has brought for Your Majesty as a medicine". The Emperor, himself a lover of experimentation, began to smoke it when his physician approached and forbade his doing so. But His Majesty was pleased to say that he must smoke a little to gratify Asad Beg, and drew two or three mouthfuls. The physician was in great trouble and would not let him do more. Akbar then sent for his druggist and asked him what were its peculiar qualities. The druggist replied that there was no mention of it in his books and that it was a new herb, and that the European doctors had written much in its praise. The first Physician retorted. "In fact, that is an untried medicine, about which doctors have written nothing". Asad Beg said to the physician "Things must be judged as they are good or bad". The Physician was stubborn: "we do not want to follow the Europeans". Asad Beg replied "Wise men and physicians should determine whether it is good or bad". Then spoke the great Akbar, the seeker after truth and the very embodiment of international outlook, "Truly we must not reject a thing that has been adapted by wise men of other nations, because we cannot find it in our own books. How shall we progress?" That wise pregnant pronouncement sounds amazingly modern and needs to be repeated even to-day in the broadcasts that

Scientists and Philosophers are expected to give.

Curiously enough it was Jehangir who in 1617, forbade tobacco-smoking as he thought it was productive of disturbance in temperaments and constitutions. Terry noted about the year 1619 that tobacco grew in abundance but that the people did not know how to cure it. By 1676, tobacco had established a firm foothold in India. Tavernier says, "It grows abundantly in the neighbourhood of Burhampoor and in certain years I have known the people neglect harvesting it because they had too much and they allowed half the crop to decay." Perhaps there was yet no demand from the large rural areas and the orthodox communities. Now, we live and die in an atmosphere of smoke.

"JHIN - JHINIA"

THE name 'Jhin-Jhinia', I hope, has, by this time, attracted the attention of the profession. This is a peculiar disease, which originated from remotest places in Basirhat Sub-Division of 24 Parganas, Khulna and Jessore of Bengal, in last November, and has now crept into this part of Bihar, and has drawn the attraction of the medical profession. This has caused great panic in the minds of the general public.

The District Health Officer of 24 Parganas (Bengal) in his notification in Nov. 1935 drew the attention of medical men and the public about the

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While the benefits of these two 'drugs' are either uncertain or illusory, the disadvantages and the disorders consequent on the use or abuse of these "medicinal herbs" are getting increasing recognition. Economists will do well to collect data on the amount spent on these two items in the family budgets. Nutrition workers can confer a boon on the public by explaining the calorific or protective value of these two staple "foods" of South India and persuading the poorer or middle classes to utilise every pie now wasted on these unnecessary articles for the purchase of the more nutritious and protective foodstuffs, so essential for the maintenance of health and vigorous activity, physical or intellectual, as well as for the prevention of racial degeneration.

By Dr. S. P. ROY CHOUDHURI,
L.M.F. (Beng.). Formerly House Physician,
Calcutta Medical School Hospital. Medical
Officer, R. D. Raj Dispensary Parihar P. O.,
(Muzaffarpur).

new disease. He said in the press note that, that was an Epidemic Encephalitis Lethergica which was first noticed in Germany in 1712, in Southern Europe in 1890, in Austria and France in 1916, in America in 1918 and in England in 1921. Some have named it as Corealympho-meningitis. But it is popularly known as 'Jhin-Jhinia' or "Thorthoria" because of its acute tingling and shivering sensation which a patient feels after the attack. Whatever it may be, no definite conclusion about the aetiology of the disease is known yet.

Eminent Physicians of Calcutta like

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Sir Nilotkan Sarkar, Lt. Col. Knowles, Lt. Col. Napier, Lt. Col. Hodge, Lt. Col. Chopra etc., put their heads together during the last Calcutta Epidemic and expressed their opinion through the press about the 'disease' which runs thus—

".....Majority of cases seen in the hospitals in Calcutta were either cases of some definite diagnosable diseases such as epilepsy, apoplexy, or were apparently normal individuals suffering from the treatment they received outside. Examination of patients revealed various minor abnormalities but the only one frequently encountered was a slight increase in pressure of the cerebro-spinal fluid and a slight exaggeration of knee Jerks.....So called mystery disease is merely a disturbance of the nervous system and not a disease with well defined pathological symptoms..."

Lt. Col. Chopra in his official report to the Press in January last, expressed considerable doubt as to the prevalence of the new disease and suggested that diseases such as malaria, epilepsy, hysteria, neurosis, apoplexy and the like which to some extent were occupied by similar symptoms were being mistakenly identified as "Jhin-Jhinia"

Now it is definitely seen that no definite conclusion as to the aetiology of the disease was arrived at.

The subjective symptoms which were noticed in the number of cases by the observers are—tingling and tremor of the toes and feet, pain in legs, neck and head, rigidity of muscles of body, varying degrees of shaking of the whole or part of the body and giddiness, sensibility is generally not

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affected. In some cases patient feels anxiety, oppression in the chest, a sense of suffocation, thumping of chest and throbbing of the carotids. Some have described the symptoms as trembling, jerking, quivering of the whole body and limbs, pricking, tingling and formication in the toes, fingers and all over limbs, weakness of mental powers and inability or aversion to talk, stand and keep up the body and the head erect, drooping of eye lids, dimness of sight and slight redness of the eyes. Some observed that there was giddiness or vertigo or swining not amounting to actual fainting, objects around the patient appear to be moving suddenly in different dimensions, sometimes followed by unconsciousness.

Some say the attack occurs usually in the early part of the evening and subsequent attack anytime. Physical examination revealed no particular abnormality in these cases. No particular case of death due to this disease was reported. Statistics of the disease during Calcutta Epidemic show that females are less affected than males: children are very rarely affected.

Preventive treatment suggested by some observers are:—

- (1) Suggestion of attack or fright of disease precipitates the attack in sensitive subjects, so this should be totally avoided.
- (2) Do not be panicky.
- (3) Do not be worrying or brooding.
- (4) Every one should be advised to keep himself healthy both mentally and physically.
- (5) Throat and nasal passage should be kept healthy by sniffing and

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gargling with ordinary common salt solution twice daily (one teaspoonful of common salt to one seer of warm water) or with any mild antiseptic solution.

The treatment suggested by the eminent medical men of Calcutta are :

- (1) The patient to be allowed to lie down immediately.
- (2) Putting or rubbing ice over the head. If ice is not available then washing the head with cold water continuously and fanning it vigorously if the patient feels better with that or applying damp cloth over the head and fanning.
- (3) Dipping the feet and legs in warm water.
- (4) Putting warm covering all over the body except head.
- (5) If one feels better by keeping his head on a higher level, it should be done.
- (6) Suggestion to the patient—that the symptoms will soon pass off.
- (7) After cure, patient to be kept in cool and dark place.
- (8) No visitor or sympathiser to be allowed.

Medicine

- (9) Some suggest purgative to be given subsequently.
- (10) Eminent medical men suggest

that the salvolatile to be given to the patient.

- (11) The Health officer of 24 Parganas suggests treatment according to the symptoms. Bromide, Sodisalicylas, Hexamine are useful with some other diuretic and laxative.

Diet as suggested

Avoid solid or heavy meals. Give liquids plenty with sugar or carbohydrates such as sago, ordinary fruit juice, milk (diluted), ghee (diluted). Some suggest glucose solution. Normal diet to be resumed according to the degree of recovery.

The people must avoid excessive diet, should abstain from taking rich diet. In one word the people should avoid gastric disturbances by taking only simple and easily digestible food.

In conclusion I owe an apology to the learned readers. I am sending this note of mine that I gathered from case reports which appeared in papers about this disease 'Jhin-Jhinia', for the information of the readers who have not yet come across with cases like this before. I have ventured to send this note to the Press with the hope that learned men of our profession will throw more light as to the real cause of it and enlighten us with more symptoms and treatments of this peculiar so called disease 'Jhin-Jhinia'.

A HUMEROUS INCIDENT

A citizen was peacefully walking along one of the main streets in Calcutta when he was suddenly accosted by four men who accused him of having Jhin-Jhinia and, despite his protests, rushed him to a water tap near by, poured buckets of water on him, and then decamped: when their victim had recovered he found that his wallet which had contained a hundred rupees was missing. - I. M. G.

Nutrition in India

By A. K. Bhattacharya, M.B., (Cal.)

Moradabad, U. P.

THE standard of health and efficiency of an individual as also of a nation depends, to a great extent, upon the nutrition of the individual or the nation.

The aims of Medicine as practised in Western countries today is not only prevention and cure of diseases but also the maintenance of a maximum degree of physical well-being of the people. It is well known that nutrition is perhaps the first thing for the maintenance of physical well being. In more advanced countries than India, ensuring of the physical well being of the people is, to a great extent, the look-out of the State. But here in India, with our poverty, illiteracy and want of sufficient state-help we are, today, probably the most ill-nourished nation of the modern world. The appalling mortality due to Tuberculosis, Malaria, Kala-Azar, Cholera and a host of other maladies in our country is due, mainly to our weakened body-resistance for want of proper nutrition. Rickets, Marasmus, Dental Caries, Beri-Beri and such other diseases as are caused by deficient food factors were much less amongst us in past centuries when we were a well-nourished nation. Most of us are either ill-fed or wrongly fed. At this critical juncture of world-wide economic depression, the horrible poverty of our agriculturists and labourers, the huge unemployment problem amongst our middle class youth are certainly at the root of our food problem.

Villages form the main part of our

country. Go to any Indian village and you will see only very few persons who are lucky to have in their diet adequate dairy produce *e.g.*, ghee milk etc., or fresh vegetables and fruits—so essential for nutrition.

What forms the food of the majority of persons is a bulky carbohydrate diet with inadequate proteins, fat and vitamins. In fact the food lacks more in quality than in quantity. The result is huge mortality, morbidity and chronic invalidism.

Children of such persons are sure to inherit the undernourishment which is a great factor in the dreadful infant mortality of our country. Next go to an Indian town. What do you find? Most persons are ill-nourished and ill-housed. Constant worries and anxieties of modern civilisation, unnecessary expenses for outward luxuries at the expense of proper nourishment and housing are playing havoc on the poor citizens.

Unadulterated fresh foods are almost a rarity in towns. Practically no importance is given by the educational authorities and the guardians to the nutrition and physical exercise of our students so that almost the whole of the period of their growth is spent in a state of under-nutrition, resulting in physical wrecks in many cases, when they come out full-fledged graduates or undergraduates. Those who are rich often are on the opposite side *i.e.*, they indulge in too rich and highly-spiced articles of food with minimum of physical exercise at the risk of health and efficiency.

Though want of education and health conscience are responsible greatly yet the main cause at the root is our poverty. And how to solve this knotty problem of poverty?

Health and the Youth

—By Dr. T. P. Sundaram,—
Adyar.

YOUTH is a splendid period in our lives, so splendid that we always desire to be young and never grow old. But unless it is endowed with tireless energy, unfading enthusiasm and intense activity, it loses all its loveliness and attractiveness. In other words, youth needs perfect health for the fulfilment of its ideals and the courageous withstanding of its failures. There is a special awakening at the present day amidst the youth all over the world, to glorify and enrich life, but if they are to succeed in their attempt, there is an arduous preparation to make and that is the building up of an enduring physical constitution—a constitution not to be judged by the mere dimensions and muscular power but one that will leave the mind to work with facility and freedom in the higher spheres of existence. The attainment of such a constitution should be the ambition of the youth.

As it is, we find that the youth

wastes a good deal of useful energy. Games and sports are carried to extremes and made even professional. Smoking of tobacco is considered to be an innocent pastime and sometimes drinking of alcohol too. Some youngsters cannot carry on a conversation with friends or strangers without a cigarette in the mouth. Then there is the cinema, the show and the drama depicting the distorted realities of life. Similarly there are thousand and one other diversions whose intricacies the youth does not perceive. His emotional consciousness instead of being spontaneous, pure and radiant, becomes artificial, stereotyped and clumsy. His potential capacities are devitalised and the perspicacity of his senses dulled. The ultimate result is an undermining of the physical constitution. This ought not to be so, for youth is a period of maximum stress in life, a period of experiment with and adventure into the unknown.

"More health, more life, more work", should be the motto of the youth. Health first, the creator of happiness, the destroyer of morbidity, the despoiler of the frailties of the human frame. Such health is what the youth should aim at, health bubbling with life, emotional purity, creative energy.



'The liquor seller speaks pleasingly to the youth but does not show him the wrecked lives in the shadow.'

The Danger of Over-eating

● By 'O. D.', Bangalore

It is natural to be healthy, but we have wandered so far astray that the disease is the rule and good health the exception. Of course, most people are well enough to attend to their work, but nearly all are suffering from some ill, mental or physical, acute or chronic which deprives them of a part of their power.

Disease is a very expensive luxury. Right eating is almost enough in itself to ensure health. It is economical, builds health and reduces the cost of living.

Over-eating is one of the worst habits and the cause of much constipation. Only a part of the food is utilised and the rest remains in the alimentary tract, where it mixes with excretions thrown there to be expelled. The entire mass becomes putrid, swarming with bacteria that gives off poisons. The alimentary tract of excessive meat-eaters becomes exceedingly foul and charged with poisons. This putrefying mass directly irritates the mucous membrane and the nerves of the bowel. Soon the excessive stimulation ends in under-activity of the bowel and then we have constipation.

Eat then but one kind of concentrated protein at a meal. Eat but one

kind of concentrated starch at a meal. Eat simple meals. Be moderate in eating. Milk is not a drink but a nourishing food. Nuts are a good, clean concentrated food, and when well masticated and rightly eaten are easy to digest. Nuts should not be eaten at the end of a hearty meal. Nut oils are all right for salads. Foods fried in olive oil, peanut oil or cotton seed oil are ruinous to digestion as foods fried in butter, lard or other animal fat. It is the frying that is objectionable, not the variety of food. Vinegar and all other fermented products should be avoided. The succulent vegetables and the mild fruits help to overcome acid conditions. Water is the best drink, and we need no other drink.

All kinds of condiments and spices should be used in moderation because they over-stimulate the appetite; this leads to over-eating; over-eating wastes food and ruins the health and raises the cost of living. Refined white sugar should be classed with the condiments. It furnishes heat, it is true, but it is also an irritant which causes over stimulation and creates a false appetite. Refined sugar is dead food, almost pure carbon, and should be eaten in moderation.

Lord Bacon justly called the stomach "the father of the family", for if it goes wrong, the whole body suffers. It is the principal and the most important organ for the restoration of our nature. — Sinclair, in THE CODE OF HEALTH.

Topics of Interest from Periodicals

Moderation.—In the early stages of intoxication the drinker may be a cause of embarrassment or inconvenience or accident to his friends, because neither he nor they realise that his nervous system has been slightly narcotised. Here lies one of the dangers of so-called moderate drinking. It may not lead to conspicuous drunkenness in the sense that the drinker is unable to walk or hold a steady hand. But in the earlier stages of intoxication, he may be even more of a menace in driving a car, in running machinery, in transacting business, simply because perfect control of mind and body have been somewhat impaired. Yet this is not always observed by those about him. Thus drunkenness is not the measure of intoxication, but only a late stage. Intoxication begins with the first effect on conduct. — *Cora Frances Stoddard.*

What is Old Age?—Many experts who specialise in the study of longevity are declaring that we shall have to revise all our ideas about old age before long. Often, they find, people of sixty and seventy, are really younger, from a health point of view, than others of half that age.

Perhaps the most remarkable case of vigorous youth at an advanced age, at any rate in Britain, was that of old Parr. The inscription on his tomb in Westminster Abbey states that he was born in 1483 and died in 1635—that is, when he was 152. According to certain historical records, he did

not marry until he was eighty years old. He had two children by his first marriage.

When he was 122 he married again. After his death, when William Harvey, the famous physician, examined the body, he found that the internal organs were all in an amazingly healthy condition.

Though there are no aged folk in England to-day who can beat old Parr's record, there are nevertheless examples of vigorous longevity. One of the most remarkable is Mrs. Caroline Merriot of Croydon. Recently her 110th birthday was attended, among other relatives and friends, by her great-great-grand-niece Jean, aged three. Mrs Merriot worked in a laundry until she was 85. She married twice but never had any children. And her recipe for long life is work, plus half a pint of stout every night.—*Indian Views.*

Sikh Diet and what Poor People in England Live on.—An experiment in which Major-General Sir Robert McCarrison compared the diet of the Sikhs, who are, famous for their fine physique, with the food commonly eaten by the poorer classes in England, was described recently by him in the first of the Cantor Lectures before the Royal Society of Arts. Sir Robert's subject was "Food, Nutrition and Health".

He said that nowhere in the world was the profound effect of food on physical efficiency more strikingly exemplified than in India, where the

physique of the Northern races of India was strikingly superior to that of the Southern, Eastern and Western races. "This difference depends almost entirely on the gradually diminishing value of the food, from the North to the East, South and West of India, with respect to the amount and quality of its proteins, the quality of the cereal grains forming the staple article of the diet, the quality and quantity of the fats, the mineral and vitamin contents, and the balance of the food as a whole".

"In general, the races of Northern India are wheat-eaters, though they make use also of certain other whole cereal grains. Now the biological value of the proteins of whole wheat is relatively high; and the wheat is eaten whole, after being freshly ground into a coarse flour (atta) and made into cakes called chapattis. The second most important ingredient of their diet is milk, and the products of milk (clarified butter or ghee, curds, buttermilk), the third is dhal (pulse); the fourth, vegetables and fruit. In conformity with the constitution of their dietaries they are the finest races of India, so far as physique is concerned, and amongst the finest races of mankind."

Describing his experiments, Sir Robert said that two identical groups of rats, twenty in each, were housed in colonies; both in large cages. One group was fed on a stock diet which included chapattis, pulse, and vegetables, and the other on a diet, such as is commonly used by the poorer classes in England. "The latter diet consisted of white bread, margarine, over-sweetened tea with a little milk (of which the rats consumed large quantities), boiled cabbage and boiled

potato, tinned meat and tinned jam of the cheaper sorts. It has many faults, of which vitamin and mineral deficiencies are the chief".

"The first thing one noticed, as this experiment progressed, was that the members of the former and well-fed group lived happily together. They increased in weight and flourished. One died from accidental causes; two others died from pneumonia (the experiment precluded the provision of the usual straw for bedding since rats are apt to nibble it, the nights were cold, and always when a large number of rats are kept in the same cage there are some that do not get their fair share of milk; these facts are probably sufficient to account for the occurrence of pneumonia in two cases). The other group did not increase in weight: their growth was stunted: they were badly proportioned; their coats were staring and lacking in gloss; they were nervous and apt to bite the attendants; they lived unhappily together, and by the sixtieth day of the experiment they began to kill and eat the weaker ones amongst them. When they had disposed of three in this way I was compelled to segregate the remainder. The experiment was continued for 190 days, or for a period which would correspond to about sixteen years in man".

"The survivors in both groups were then killed and subjected to careful post-mortem examination. Polyneuritis, a sure indication of deficiency of vitamin B in the diet did not occur in the group fed on the Sikh diet, while two cases occurred in the group fed on the poorer class Britisher's diet. Disease of the lungs was twice as common in the latter group; gastro-intestinal disease was very frequent in this

group, while that receiving the Sikh diet was free from it. Indeed, the animals fed on the poorer class Britisher's diet fared little or no better than those, in another experiment, that were fed on a diet in common use in Madras, and the maladies from which they suffered were much the same".

"The results of this experiment indicated clearly that a diet, such as is commonly used by the poorer classes in England gives rise in rats to two chief classes of ailments—pulmonary and gastro-intestinal; while a more perfectly constituted diet such as is commonly used by Northern Indian races affords a considerable measure of protection against both. It is not unreasonable, therefore, to expect that, other things being equal, similar results will arise in man from the use of these diets. We do, in fact, find that these two classes of ailments are amongst the most frequent of the maladies afflicting the poorer class Britisher as well as the poorer-class Madrassi".—*J. I. M. A.*

* * *

Value of Honey in Dermatology.—W. Zaiss points out (*Kosmetologische Rundschau*, Nos. 7-8, July-August, 1935) that honey, besides being a valuable means of curing intestinal disturbances in young children and an incomparable heart remedy in young sports people, as well as in the aged, and because of its being salt-free and albumin-poor, a valuable ingredient in diet in renal conditions, is also

an excellent adjuvant in dermatology. In eczema, acne and other skin conditions, it is a valuable drug, not only externally but also internally administered. Applied externally, the applications being changed every 24 hours, honey will cause a separation of crusts and clear the skin, after which the application of mild salves will prove more effective in the final clearing up process. Internally, it is to be advised, in case of cutaneous eruptions, where there is disturbance of metabolism and it sometimes works wonders. The external application of honey to furuncles and even to carbuncles often gives surprising results. A slight opening may be made in the furuncle and honey applied therein, or the honey may be applied without such previous opening, and the honey seeps in as soon as an opening occurs spontaneously. It is surprising to find that often the most severe carbuncles heal up without leaving the slightest scar, all because of the action of honey.

In cosmetic surgery, the use of honey on the post-operative wound, is to be highly recommended to avoid scar formation. The same is true in the treatment of burns. The point is that the honey prevents suppuration, and the absence of suppuration leads to a more fortunate cosmetic result. Some of the filthiest wounds clear up beautifully under honey, the dressing being changed every 24 hours. The honey is smeared on the dressing and applied directly to the wound.—*Urologic and Cutaneous Review.*

Book Reviews

Cheap and Healthy Homes for The Middle Classes of India.—By R. S. Deshpande, B.E., A.M.I.E. (IND.) Engineer, Bombay, P. W. D. Published by the author himself, with a Foreword by Major A. M. V. Hesterlow, I.M.S., Director of Public Health, Bombay Presidency, 1st Edition, 1935, Price Rs. 4-8-0.

This book, it is needless to say, supplies a long-felt want. The middle classes in India are an unhappy lot, possessing neither the wealth, comforts and conveniences of the richer classes, nor the contentment and resignation of the lower strata of society. In building their own homes to live in, they cannot afford to sacrifice comfort at the altar of economy. Mr. Deshpande has done a real service to the middle classes by coming out with this volume, where the best designs are given suited to their slender means. Being a literate class, they can, by reading this volume, not only check the vagaries of the unlearned but too artful masons, but also put a bridle over the extravagances of the professional architects whom they might consult for expert opinion. In this book there is a happy blending of Hygiene with Engineering and Appendices Nos. 1, 2 and 3 can be read with interest and profit, while the remarks and notes by the Director of Public Health contained in Appendix No. 4, make the book more authoritative.

We heartily commend the book to our readers.

Picturesque Mysore.—Published by the Publicity Officer to the Government of Mysore, Bangalore, Price As. 6.

Picture is a novel and forcible way of expressing one's thoughts and the credit goes to the Publicity Officer to the Government of Mysore, for giving expression about Picturesque Mysore by means of pictures instead of words, thereby captivating the hearts and minds of the readers, in a word, making them spell-bound. There are 93 pictures given in this book, evidently chosen ones, to illustrate the beauty, the sanctity and the natural scenery of Mysore and these pictures will certainly serve as a good guide, friend and philosopher for the roaming tourist, the longing health-seeker and the spiritually minded pilgrim. The paper, printing and get-up leave nothing to be desired and we wish the book is in the hands of every one of our readers.

Care of the Eyes.—Dr. R. S. Agrawal, Eye specialist of Delhi, has written a small booklet in English, which explains different methods for the cure of eye defects by natural methods without glasses. It is fully illustrated and costs annas four; but Dr Agrawal will give it free to any one who will send one anna stamp for packing and postage.

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Health Calendar—June 1936

By Mr. N. Rajaram Naidu,

23, Sivaraman St., Triplicane, Madras.

- | | | |
|---------|----|---|
| Mon. | 1 | Simple diet is the best for all. |
| Tues. | 2 | Health is the Nation's greatest defence. |
| Wed. | 3 | H. M. The King Emperor's Birthday—Meeladi Nabi. |
| Thurs. | 4 | Health can be squandered or it can be conserved. |
| Friday. | 5 | Keep all flies out of your kitchen. |
| Sat. | 6 | Sudden chilling of the body is to be avoided. |
| Sun. | 7 | Alcohol weakens the power of self control. |
| Mon. | 8 | Get the habit of regular attention to the bowels. |
| Tues. | 9 | Don't take your cares to bed with you. |
| Wed. | 10 | After dinner rest a while, after supper walk a mile. |
| Thurs. | 11 | Beware of all patent medicines. |
| Friday. | 12 | Good cheer is our unfailing aid to good health. |
| Sat. | 13 | Never sit in damp clothes or with cold or wet-feet. |
| Sun. | 14 | Know the art of living wisely and well. |
| Mon. | 15 | Many diseases are spread by the filthy fly. |
| Tues. | 16 | Take your meals at regular hours. |
| Wed. | 17 | Bad teeth may cause indigestion. |
| Thurs. | 18 | Reports of communicable disease should go to local officials. |
| Friday. | 19 | He cannot be said to be wise, who knows not how to live. |
| Sat. | 20 | More sleep—less growl. |
| Sun. | 21 | Never indulge in intoxicants. |
| Mon. | 22 | Eat more fruit for better health. |
| Tues. | 23 | Impure air is often responsible for feelings of depression. |
| Wed. | 24 | A fly-infested house is one not fit to live in |
| Thurs. | 25 | Do not allow any food or drink to remain in the sick room. |
| Friday. | 26 | Ventilate your room while working or sleeping. |
| Sat. | 27 | Bad habits! Resolve to break them. |
| Sun. | 28 | A stitch in time saves nine. |
| Mon. | 29 | Bathe at least once a day. |
| Tues. | 30 | Health is won by a way of Life rather than by a bottle of Medicine. |

1936]

HEALTH.

VII

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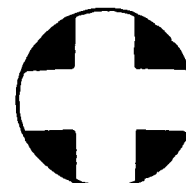
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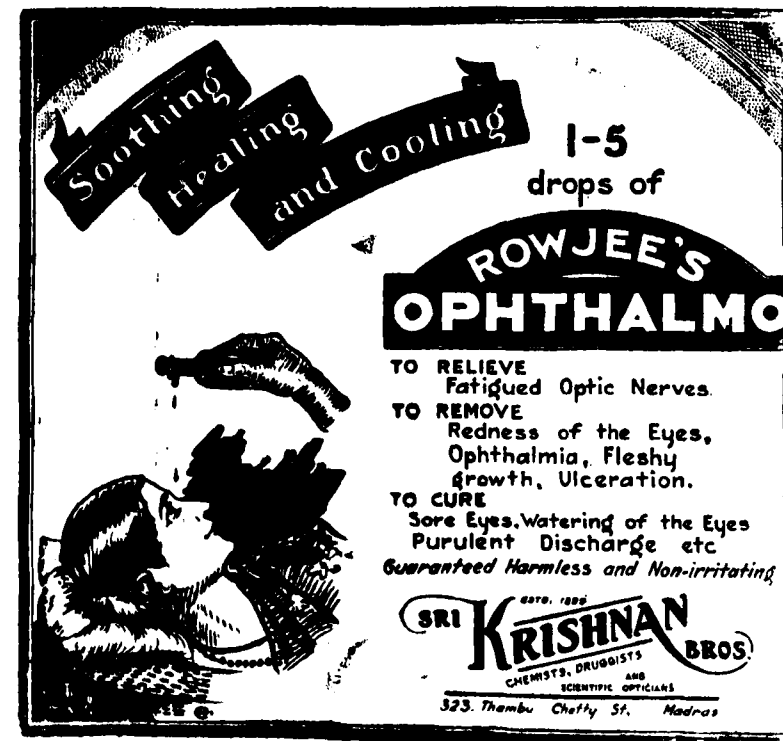
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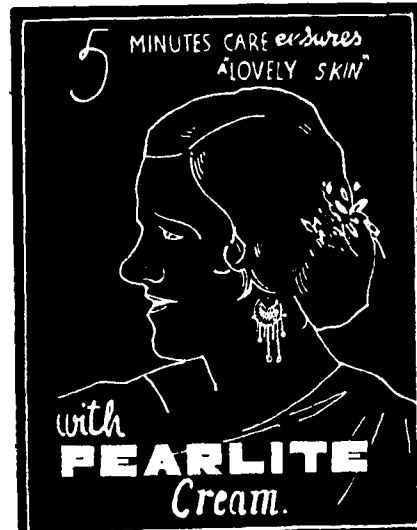
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