

Health

*A Journal Devoted to
Healthful Living*

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

OFFICE OF THE REGISTRAR
13 MAY 1937
MADRAS

Vol. XV. No. 4.
April, 1937.

Select Contents

Plain Living and
High Thinking.

—(Contd.)
—Editorial.

A Few Observa-
tions on 'Rice' as
our Staple Diet.

By Dr. S. Rangaswamy,
L.M. & S., D.T.M.

Children's Eyes.

By Dr. R. S. Agarwal.

Ground-Nut and
its use.

By Sister Ahimsa Devi.

Price 2. as.

Office :
323, Thambu Chetty St.,
MADRAS.



Miss. LEELA RAO and Miss. DUBASH.
Winners in Ladies Doubles in Western India Tennis Championships
Tournament, Bombay.

H.E. the Marchioness of Willingdon has appreciated them

Nobles and Rajahs, High Court Judges and Council Members Gem Experts, European and Indian, have alike found these to be

REAL SUBSTITUTION FOR REAL DIAMONDS

AT A LOWER PRICE

DIAMONDS

So Satisfying and grand looking Available from

C.C. ACHARYULU & SON
Jewellers of Renown
63. PONNAPPA CHETTY ST.
P.T. MADRAS

Here's the meal that makes mouths Water



The Secret is **LG ASAFOETIDA**

Re. 1/14 Per lb. Sold Everywhere

LAL JEE GODHOO & Co.
Head Office: Sowcarpet Branch
BOMBAY 3. MADRAS. KUMBakonam.

BULL BRAND

for DAILY BATH



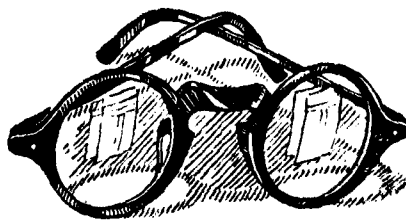
KHUS KHUS SOAP

S. VISHWANADHAM & CO.,
Bunder Street, G. T., Madras.

DEPENDABILITY

HIGH CLASS FRAMES OF
TESTED MERIT!!

Concession Rates for Students!!



We stand for quality since 26 years

Patronised by
Maharajahs, High Court Judges,
Doctors etc.

RADHA BROS.,
Ophthalmic Opticians,
174, Broadway, :: MADRAS.

HEALTH CONTENTS, APRIL 1937

Editorial	PAGE.	Original Articles	PAGE.
PLAIN LIVING AND HIGH THINKING ...	61	DIFFERENT CAUSES OF HEADACHES By S. K. Gupta, B.D.Sc., B.O. (Pb.) Durga Charan Road, Ambala Cantt. ...	76
A FEW OBSERVATIONS ON 'RICE' AS OUR STAPLE DIET. By Dr. S. Rangaswami, L.M. & S., D.M., (Cal.) Coimbatore. ...	66	GROUND-NUT AND ITS USE By Sister Ahtma Devi, Bangalore City. ...	77
BRIEF NOTES ON MATERNITY AND BABY WELFARE By Dr. M. V. Naidu, Senior Sub-Assistant Surgeon, Sidapur, Coorg. ...	68	Topics of Interest from Health Periodicals: FEAR IN CHILHOOD. ...	78
CHILDREN'S EYES. By Dr. R. S. Agarwal, Eye Specialist, Delhi. ...	73	A VENTILATION TECHNIC WHICH CAN BE A MENACE TO HEALTH. ...	79
		Health Tit-Bits:— ...	80
		Book-Review. ...	80

Degrees! Books! Medicines!

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

Indian Homoeopathic Institute and Society,
P. O. Datha, Kathiawar, India.

MAHATMA GANDHI RECOMMENDS SOYA BEANS & PRODUCTS.

An unrivalled body and nerve builder and the recognised food for Diabetics. Contains Vitamins A, B & D. 7 lbs. in cloth bag Re. 1. Soyatone-Electrically roasted & ground Soya Beans Packed in air tight tins ... 2 lbs. Rs. 15. Soya Bread (Bakery made) ... 4 lbs. Re. 1. Soya Dhall ... 5 lbs. Re. 1. Soya Flour ... 4 lbs. Re. 1.

SOYA BEANS SUPPLY CO.,
15, Anna Pillai St., G. T., Madras.
Depot:—Appah Buildings, China Bazaar.
We also sell hand pounded Rice 12 lbs. Re. 1. and our country Brown Sugar 10 lbs. Re. 1.

ARYAVAIKYASALA

P. S. VARIER'S

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

THE MANAGER,
Ayurvedic, Kottakkal, S. Malabar

IRISH FREE STATE HOSPITAL SWEEPSTAKE ON DERBY.

Price:—10 Shillings or Rs. 6-12 each
Or £ 2-10 or Rs. 33-12, for 6 tickets.

Apply to:—**JODHA RAM CHITKARA,**
P. O. Kamaki,
Dist. Gujranwala, Punjab.



The Original and Standard Emulsion of Petroleum.

Angier's Emulsion is made with petroleum specially purified for internal use. It is the original petroleum emulsion — the result of many years of careful research and experiment.

Bronchitis, Sub-Acute and Chronic.

There is a vast amount of evidence of the most positive character proving the efficacy of Angier's Emulsion in sub-acute and chronic bronchitis. It not only relieves the cough, facilitates expectoration and allays inflammation, but it likewise improves nutrition and effectually overcomes the constitutional debility so frequently associated with these cases. Bronchial patients are nearly always pleased with Angier's Emulsion, and often comment upon its soothing "comforting" effects.

Pneumonia and Pleurisy.

The administration of Angier's Emulsion during and after Pneumonia and Pleurisy is strongly recommended by the best authorities for relieving the cough, pulmonary distress and difficult expectoration. After the attack, when the patient's nutrition and vitality are at the lowest ebb, Angier's Emulsion is specially indicated because of its reinforcing influence upon the normal processes of digestion, assimilation and nutrition.

In Gastro-Intestinal Disorders of a catarrhal, ulcerative, or tubercular nature, Angier's Emulsion is particularly useful. The minutely divided globules of petroleum reach the intestines unchanged and mingle freely with intestinal contents. Fermentation is inhibited, irritation and inflammation of the intestinal mucosa rapidly reduced, and elimination of toxic material greatly facilitated.

Free Samples to the Medical Profession.

MARTIN & HARRIS, LTD., ROWLETTE BUILDING, PRINSEP ST., CALCUTTA
Proprietors: — THE ANGIER CHEMICAL COMPANY, LTD.

Do You Know ???

That Paris Gold, the Scientifically made Imitation Gold in solid Bars like Pure Gold, is sold only @ Rs. 6 per Oz. (2½ Tolas); Rs. 10/- for 2 Ozs., and Rs. 72/- per lb. Mainly used with Pure Gold to cheapen its high cost retaining its Acid-Proof, Guaranteed Satisfaction or Money-Back. Better, order now for an Oz. or Two of Paris Gold, before you are fully convinced to place a big order.

WANTED AGENTS
HOUSE OF COMMERCE,
No. 8, G. S. ROAD, :: GAUHATI.

Homeopathic University,
Sialkot City, offers Homoeopathic, Bio-chemic, Ayurvedic, Unani, Dentistry, Optics Degrees by home study.
Prospectus free.

Whooping Cough

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

Asthma Cure

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

Antidiabetin

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

Madras Customers Apply to:—

Mrs. C. REGO,

Opposite Railway Institute, Perambur.



For a bath
that refreshes

PRICE
GREATLY
REDUCED

KERALA

Sandalwood Soap

KERALA SOAP INSTITUTE, CALICUT.

M. & S. M. RAILWAY.

CHEAP FARES FOR PILGRIMAGES

TO

NORTHERN INDIA

If you want

To visit the holy shrines of Northern India,
To bathe in the Tungabhadra, the Ganges and the Krishna,
To see Bombay, Agra, Delhi and Calcutta, and
To make a pilgrimage to Pandharpur,
To Dwarka and to Benares

CHEAPLY,

Take advantage of our

STANDARD CIRCULAR TOURS

3 Routes.	I Class Rs. a. p.	II Class Rs. a. p.	III Class Rs. a. p.
Route 1—4156 miles	317 0 0	160 5 0	50 3 6
Route 2—4853 miles	390 9 0	199 13 0	65 1 6
Route 3—3700 miles	287 11 0	143 14 0	44 9 0

Time allowed for completion of Tour—3 Months.

For descriptive pamphlet with map,

Apply to:—

ENQUIRY OFFICE,

Madras Central or Bangalore,

or

The Chief Commercial Manager, Park Town, Madras.

ESTD., JAN. 1923.

Health

*A Journal Devoted to
Healthful Living*

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

Published in

ENGLISH, TAMIL, TELUGU AND CANARESE.

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

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

Vol. XV.

APRIL, 1937

No. 4.

Editorial

Plain Living and High Thinking

(Continued from page 43 Vol. XV. No. 3, March '37 issue)

IN our Editorial of last month, we were discussing food. We condemned coffee, tea and other beverages outright as unwanted, unwholesome and uneconomic intruders in Indian homes and suggested a light, simple and yet nutritious breakfast menu for the rich and the poor. Let us now consider the dinner or the midday meal, which is the principal meal of the Indians. Food may usefully be divided into two parts (1) the protective foods, those chiefly valuable for providing minerals, vitamins and good protein, such as milk, cheese, eggs, liver, fat, fish (herrings etc.), green vegetables, raw fruits and fruit juices, butter, cod-liver oil etc. and (2) energy-bearing foods such as the cereals, fats and

sugar. "The ordinary mixed diet should form a collection of protective and non-protective food, supplying the requisite energy for the body's activity and containing all the necessary protective elements in a correct balance". This, according to modern science, is the principle involved in correct nutrition. With no laboratory or scientific apparatus to test, with no knowledge whatever of calories and the component parts of food-stuffs such as carbohydrates, proteins, fats, minerals and vitamins, our forefathers have been able to devise a mixed diet for the Indian, which lasts even unto the present day, without undergoing any material alteration and which is held to be a scientifically satisfactory diet

HEALTH]

best suited to Indian soil, climate and temperament. The North Indian diet for instance, is said to approach very nearly the ideal of a balanced ration and the tall stature and the fine physique of the Punjabee are really attributed to his diet. Sir Robert McCarrison, I.M.S., than whom there is no greater authority on Indian nutrition, while extolling the North Indian diet, has condemned the diet of Southern India, as deficient and ill-balanced. He has advocated a standard balanced diet for India which is exhibited in the following table :

Foods.	Amount oz.
Atta	12
Rice (home pounded)	6
Meat (mutton or curd)	2
Milk	20
Vegetable oil	1
Ghee	1.5
Root Vegetables	8
Cabbage	8
Mango	4
Dhal	1
	63.5

But, we think, with due deference to that eminent authority, that the adoption of this standard diet, reduced to the precision of a mathematical formula, is impracticable in day-to-day life, where economic conditions and personal tastes and idiosyncrasies count a great deal. Now, let us compare the traditional diet of South India with Sir McCarrison's formula and examine whether the inferiority of our diet is due to any inherent defect in the diet itself or due to wide

Page 62]

deviations from economic or other causes. Rice is the staple food of this part of India and is of great value as an energy-producer. Sir McCarrison recommends home pounded rice. The South Indians have been, for ages, using only home pounded rice, but it was only within the past quarter of a century that milled rice came to be extensively used. The rich and middle classes also use wheat but that too is of the white variety.

With regard to cereals, the League's Mixed Committee on Nutrition observes as follows: "Cereals form a most convenient and acceptable food of high energy value and for centuries they have been the staple food of the great Asiatic and Mediterranean Civilizations. Their value is self-evident. At the same time, cereals are being consumed more and more widely in a highly milled form. Bread should be made more protective by restoring to the flour as far as possible the special nutritive principles contained in the husk and germ of the grain, particularly the vitamin B group." The same thing applies to rice. Thus, to improve the South Indian diet, we must discard milled rice and white flour altogether. Another defect that we notice is in cooking the rice. "In cooking rice, just sufficient water should be added so that no liquid is decanted off". It is just the reverse that is now being done in South Indian homes. In olden days, this conjee as we used to call it, was utilized for preparing cold rice. Even to-day this conjee, with rice soaked in it overnight, is taken the next morning by the poorer classes in village parts and it provides at once a cool drink and a substantial food for them. So our rice, deprived of its husk and germ by

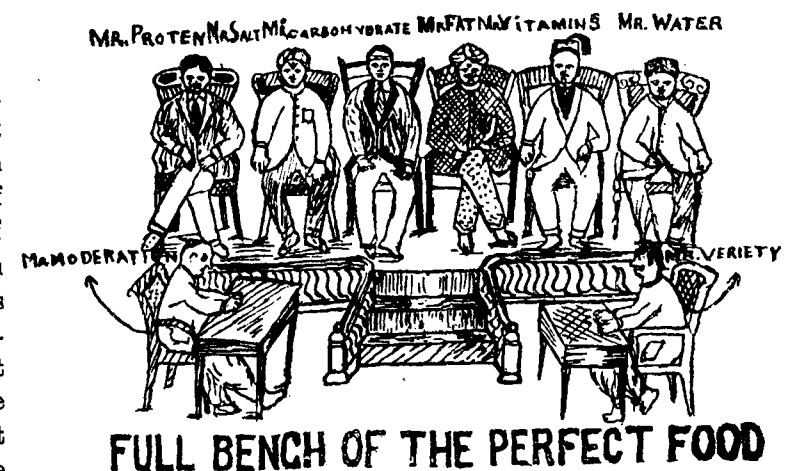
[HEALTH

milling and deprived of its 'Conjee' after cooking is nothing more than chaff and if any one is to blame for this state of affairs, it is only modern civilization and none else! Now we shall go to the third item in Sir McCarrison's standard diet, i.e. meat (mutton or curd). The vegetarians take curd and non-vegetarians, meat. South Indians have long been accustomed to take curd or sour milk or butter-milk. Curd or butter-milk always gives the finishing touch to our meal. With regard to butter-milk, *Good Health* (U. S. A.) observes: "The free and regular use of butter-milk of any sort or even sour milk is health promoting, because it opposes to some degree at least the entrance and development in the body of hostile bacteria. Yogurt butter-milk (or the butter-milk prepared in Bulgaria) is better because it survives longer and reaches farther down in the intestine".

Then comes Milk. We have said enough about it and if we, South Indians, are unable to use more milk, it is because of poverty and the economic conditions of the masses and to the rapid invasion of Coffee and other patent milks on our diets. Next, oils and ghee. We use gingelly oil which is a pure vegetable oil and ghee freely but unfortunately, both these are adulterated with some other fats and so long as there is no effective control

April 1937]

over food-stuffs, so long would our diet be poorer and our health continue to suffer. Root-vegetables come next and they are used in plenty. We, South Indians, have been accustomed to use also potatoes, though it is opposed to orthodox sentiments. The virtues of potatoes are many and varied. The Mixed Committee of the League of Nations says that potato is "a food rich in calories and starch and is particularly suited to substitute sugar and cereals in the modern European diet



.....Potatoes are a valuable source of iron and vitamin C and one of particular value, because they retain a high proportion of their vitamin C content after cooking". Cabbage is the next item prescribed. Though South Indians now use cabbage to a large extent, any leafy vegetable will, we think, answer the purpose of cabbage to those who cannot afford to buy it. Among the fruits, Sir McCarrison prefers Mango. South Indians have a great liking for mango and seeing that it can be had only in a particular season of the year, either ripe or raw, they pickle it and use it throughout the year. Plantain is more extensively used and all the

[Page 63

year round, because of its availability and cheapness. We quote *Good Health* (U. S. A) again, where the worth of plantain is truly depicted :—

“ What cereals are to the temperate regions, what potatoes are to the people of the United States, what Indian corn (maize) was to the Indians at the time of the discovery of the New World, that the banana is to the people of the tropics.

In the original home of the banana, India, medical men prescribed it not only for its nutritive, but also for its medicinal properties. The “ Dictionary of the Economic Products of India ” contains among other numerous extracts, the following statement by Civil Surgeon R. A. Parker: “ A combination of ripe banana, tamarind and common salt is most efficacious in dysentery. I have used it in much cases, both in the acute and chronic forms of the disease, and seldom failed to effect a cure ”.

Lastly comes dhal. This is the chief source of protein. There is a popular saying among South Indians: “ பருப்பில்லாத கல்வியாண்மா ? ” (can there be a marriage without dhal?) So indispensable is dhal in our dietary. Apart from dhal, we South Indians use several varieties of pulses such as Black gram, Bengal gram, Green gram etc. all rich sources of proteins. Rice, dhal and ghee form a happy trio, which, with curd *pachadi* or vegetable *sambar*, constitute a delicious and nutritious diet.

Sir McCarrison has omitted two important items which are contained in the South Indian dietary and they are pepper water (*Molagu rasam* or *Molagu tanny*) and payasam. Evidently,

the pepper water has been left out of consideration on account of the hot and pungent substances which it contains and which are likely to cause inflammation in the delicate digestive organs. But, we are disposed to think that pepper water plays a very important role in the dietary of the S. Indians, in view of the recent researches on Nutrition.

For some time past, a serious controversy is raging in the Worlds' Health Press, as to whether a mixed diet consisting of carbo-hydrates and proteins is at all desirable in as much as starch and carbohydrates will interfere with the digestion of protein if taken at one and the same meal. Dr. Tilden of Denver was the discoverer of this theory. This idea was later borrowed by Dr. Hay, who was of opinion that carbo-hydrates and proteins were incompatibles and advised taking them at separate meals. He has evolved a formula which goes by the name of “ Hay Diet ”. But the distinguished Editor of “ *Good Health* ” (U. S. A.), thinks that Dr. Hay's teaching is ‘ unscientific and impractical ’. and the esteemed Editor of “ *Health for All* ”, (London) opines that such a mixed diet can only lead to acid formation, which is preventable and on that score the mixed diet ought not to be condemned as harmful. Evidently our forefathers held the same view, as these Editors did, when they provided for a carminative in “ *Molagu Rasam* ”, to ward off then and there the evil effects of acidity in the system. They even went further and provided a complete fast for one day once a fortnight, say on Ekadesi day, so that there might be a thorough neutralization of the acids and elimination of the toxins. Dr. John Harvey

Kellogg, while condemning long fasts as cures for elimination of toxins from the systems, countenances such occasional short fasts.

He says in his ‘ Good Health ’: “ Eating too much is the besetting sin of civilization and an occasional fast as a penance for excess is wholly commendable but systematic fasting as a therapeutic method is quite another thing. ” Thus, our forefathers had foreseen the evil of acidity lurking in a mixed diet and had provided a carminative consisting of pepper, coriander, asafoetida, tamarind or lime, mustard etc. as part of the daily diet. Payasam is another preparation which South Indians use only on marriage and other festive occasions. In the daily diet of the South Indian, sugar is taboo. But, unfortunately now-a-days it has become the principal article of diet. With regard to sugar, the Mixed Committee of the League of Nations observes: “ On the other hand less importance may be attached to the use of sugar, which contains no vitamins or mineral salts, while indeed its excessive consumption diminishes the appetite for more important protective foods. ”

Thus, we see, our traditional regime is self-contained and perfect. The defect must be traced, therefore, to poverty and ignorance. We say this on the high authority of the League of Nations, which says: “ The Enquiry made by the League of Nations into the causes of infant mortality referred to above made it clear that the pernicious combination of poverty and ignorance was largely responsible for

the malnutrition of infancy, as indeed, for that seen in other stages of human life. ”

The Village Industries Association has produced a sufficient standard diet for South Indians amounting to Rs. 4-8 per mensem on an average, which we commend to our readers. Their formula is :

Rice	...	10	Chhataks	per day.
Dal	...	2	"	" "
Vegetables	...	4	"	" "
Mustard Oil	...	$\frac{1}{2}$	"	" "
Salt	...	$\frac{1}{2}$	"	" "
Spice				
Lime or other sour fruit				
Gur	...	$\frac{1}{2}$	"	" "
Fish	...	2	"	" "
Milk	...	2	"	" "

We have dwelt at some length about food in arguing in favour of Plain Living. There is the next point, clothing, to be considered. In the matter of clothing, Indians are being rapidly Westernized. In a tropical country like India, no heavy dress such as a hat, a shirt, a waist-coat, coat, collar, neck-tie, trousers, stockings, boots etc. is required. Such a dress is burdensome, costly and unhealthy. Plain Living requires a light white porous cloth to cover our nakedness and a dhoti to cover the chest.

We shall now close the case of Plain Living *versus* Bad Living and our verdict can be expressed in the following lines :

Plain Living was India's past living, healthy and economical. Our present living is *Bad Living*, unhealthy and uneconomical.

We shall proceed with the case of High Thinking *versus* Light Thinking in our next issue.

A few Observations on 'Rice' as Our Staple Diet

RICE is an important staple food for a large part of the population of our country and particularly of this Presidency. There are a good number of varieties in rice. More investigation is needed to find out the subtler differences in their composition. This much can be asserted that the shorter crops are poorer in nourishing values than those that take the standard for growth and maturity. So also can it be said that the crops grown in upland soil with the help of tanks or rains are more nourishing than similar ones grown in the delta where, in addition the land is taxed to yield more than one crop for a year. As years roll on and land yields crop after crop without receiving adequate manure to enrich the land, the crops become poorer. With the increased facilities for growing this so-called superior crop more people are taking to this staple diet and entirely to it also. The result is apparent that this delicate food-stuff is also making the consumers delicate as is apparent from viewing at the physique of the people still on the cereals like ragi, cholam, or wheat and rice.

This food-stuff is further subject to milling to make it into rice which process affects the usefulness of the article deleteriously in at least three ways namely:—

1. It removes the bran which carries along with it the aleurone layer containing minerals, fat, glycerophosphates etc.

2. The rice embryo is a very

— By Dr. S. Rangaswami, —

L.M. & S. D.T.M.; (Cal.)

District Health Officer, East Godavari, Cocanada.

delicate stuff and attached to the side and at one end. This is destroyed and removed in its entirety. It is reasonable to suppose that all the vitamin value is latent in this part of the grain only. What looks like an eclipse at the end of each rice grain milled or even pounded—is the part occupied by the vital embryo.

3. Rice is easily the prey of fungus-like growths which can be observed from any sample of rice preserved for any short space and more quickly in wet weather and moist places. The milled rice is more easily susceptible to this change. The difference is observable as patches in stored rice which become patent when thrown in glycerine or even water and observed by a lens.

It is quite possible that milling merely reduces the nutrient value while storage makes it even poisonous. Any way there are two aspects that not only is the food-stuff rendered poor in its nourishing capacity but is also responsible under certain condition for producing diseases. Beri-beri is one of such. It is widely prevalent and seems to be on the increase.

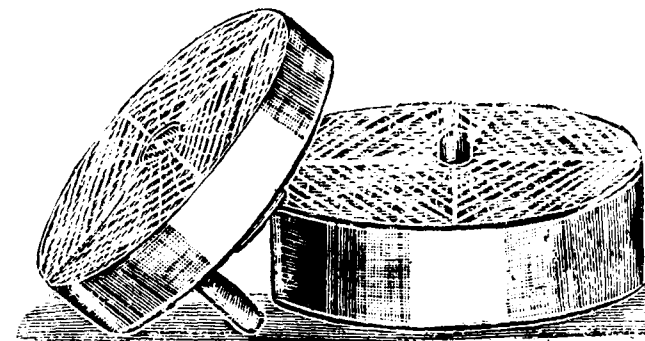
That this devitalised staple food is responsible for the present degeneration is the view held not only by scientists who are on special research in this branch of work but that of any

experienced man of the older generation. After all it is the diet that makes the man. A weakened constitution easily yields to the ravages of diseases such as hookworm, malaria, consumption etc. The high infantile mortality as also the maternal mortality are not a little due in the deterioration in the national dietary. The attention of the public has at last been rightly focussed on this all important subject though nothing is yet being done to remedy the evil. The number of rice mills are alarmingly on the increase. The smaller mills with lower horse power are becoming more popular and every village is getting the disadvantage of at least one and sometimes more of these. The unemployment and the fact that the engineering companies are allowing these mills on installment payment system is encouraging several persons to open more and more of these. Legislation is absolutely indicated in this direction to prevent this wanton mischief.

But until then. — It is an oft repeated complaint that even in villages and more so in towns that particular type of labour cannot be had for pounding rice. Even these workers resort to mills. When there is more than one mill in a village, the rates are so competitive one trying to kill the other mill that the temptation to resort to mills is indeed too great for ordinary persons to withstand.

It has been observed above that pounding also is not the best form of preserving the delicate embryo in the rice grain, that some other process than even pounding is essential to make the rice whole and with life.

A wooden grinder has been introduced which in its simplicity, cheapness and above all of efficiency, is not surpassed by any other method now in vogue. This is made of well seasoned babul or tamarind wood and is in two halves just like the stone grinder. The opposing surfaces are radially grooved and reduce the paddy to rice in the most satisfactory manner. Each block of the grinder is 12 to 14 inches in diameter and 6 to 8 inches in height. These grinders can easily be got made by any village artisan if a model is shown to him and can also regroove the opposing surfaces which is rendered



The newly introduced Rice Grinder

necessary after dehusking say 10 or 12 bags of paddy. This grinder can easily make one bag of paddy into rice in 8 hours by one person. It is a leisure hour occupation for the house-wife to provide the need, say for a week for the family and affording, can get it done by employing any person on daily wages. Instruments are available in many places in this district now and can be had through this office at prices of not more than three or four rupees for each grinder.

Rational diet reform is alike necessary for the poor and rich. This is in fact the foundation on which to build up.

Brief Notes on Maternity and Baby Welfare —

Introduction

THESE notes are published to infuse a brief idea regarding the care, attention and measures that should be taken during pregnancy, confinement, and after. As you all know mortality among confined women and new born babies is very high in India among village folk, who adopt old methods of treatment. The Red Cross Society and Baby Welfare centres are doing their best to minimise the mortality by practical demonstration and very few people take advantage of such advice and instructions given to them.

Pregnancy is an ordeal to a woman since the time she becomes pregnant till safe delivery is over. It is a matter of life and death. If the instructions given herein are strictly adhered to, many a life may be saved in time. Children born may turn out famous citizens of our mother country. These instructions could be easily carried out by women of ordinary means.

Care that should be taken during Pregnancy

1. Women suffering from vomiting of pregnancy during second month, should get treated in time by the doctor or else it would lower their vitality and strength to withstand the strain of delivery.
2. Malaria and anæmia and other nervous ailments should be attended to.
3. Pregnant women should wear loose garments and avoid pressure over their abdomen.
4. *Diet*: Good food should be taken.

Page 68]

— By Dr. M. V. NAIDU —

Senior Sub-Assistant Surgeon, Sidapur, Coorg

Lot of green vegetables, fresh fruits and pure water to prevent constipation should be used. Alcohol, rich dishes, seasoned articles and indigestible articles of food should be avoided.

5. Rest more than what is needed. All exercise of a violent nature, avoided. Have little rest in the day and spend your evenings in the open air.

6. *Bath*: Once a day or once in two days.

7. Take Castor oil when needed to keep your bowels free.

8. At the 7th or 8th month of pregnancy, urine gets scanty in some cases. Headache, disturbance of vision, swelling of the ankles and eye-lids and giddiness will develop; patient should immediately consult a doctor, get herself treated properly or else she will develop a disease called *Eclampsia* (*fits*) which may endanger her life and that of the baby.

Labour room and Requisites

1. A few days before confinement, select a well ventilated and lighted room in your house. Remove all unnecessary furniture; white-wash the room and make it tidy. *Note*: The idea of putting a confined woman in a dark and ill-ventilated room which is usually the habit should be given up entirely. A confined woman and new-born baby require pure air, good sunlight, comfort and cleanliness.

2. Furnish the room with the following: A cot with a wooden plank;

[HEALTH

mattress, a few bed sheets; a piece of water-proof sheeting to cover the the lower half of the cot, a pillow and a blanket; a teapoy, one or two basins and a cake of carbolic soap and a towel. *Note*: The habit of putting a woman in labour, over an old mat, should be condemned, as the mat may not be clean and turn the case septic.

3. *Linen*: Two binders $1\frac{1}{2}$ yard long, 18 inches wide. One dozen diapers i.e. (1 yard square pieces of white clean cloth), a pair of scissors, thread and a few safety pins are all the equipment required.

Management of Labour

After having got all the requisites ready, one or two days before confinement, the woman should be given a dose of castor oil (a table-spoonful), should have a bath next day and put on clean clothing.

As soon as the patient gets the actual labour pains, *always send for a qualified midwife* and entrust the case to her. *Never allow the case in the hands of Barber midwife or untrained Dhai* as these women know very little of cleanliness. If no nurse is available nearby allow two women of experience to conduct the delivery with full instructions to clean their hands well with soap and water before handling the case and to use clean cloth during delivery.

Signs of Labour

First stage:—Patient will have slight pains now and then. She must be told to walk about the room and light food should be given. Attendants must encourage that she will have an easy delivery and not to be anxious about it. Her friends and relations should not be allowed in the room, as each one suggesting something or other will

April 1937]

discourage the patient and will aggravate her feeling and anxiety.

Second stage:—Patient will get strong pains frequently and she should get into bed. A small towel should be tied to the head of the cot. She must be told to hold it and bear down whenever she got pains.

First delivery will take place within 18 hours and subsequent one within 12 hours. If the delivery does not take place in time, nearest medical man should be sent for at once. As you all know, delay is dangerous. After the delivery of the child, placenta will come off within half an hour after birth.

After the delivery of the child do not tie the cord till the pulsation stops in the cord; put one knot 2 inches above the navel and another, one inch above the 1st one, with linen and clean thread and separate the baby by cutting the cord with clean scissors between the knots. Put the baby aside by wrapping it in a piece of blanket and attend to the mother.

Third stage:—After the placenta comes out, clean the mother's parts with weak lysol lotion or clean water. Put on a clean diaper and apply a binder. A dose of extract ergotæ liquid (one teaspoonful in an ounce of water) should be given.

Note:—The prevailing custom of taking the woman to the bath room soon after delivery is not to be encouraged. It should be considered risky and irksome to her life, as it will encourage bleeding due to exertion. She may collapse. Such instances very often occur in the villages. Women after delivery require perfect rest and be allowed to sleep. It is cruel to bathe her at this stage. Clean pieces of cloth should be used to collect dis-

[Page 69

charge. Soiled pieces of cloth which are dirty should not be used.

After Treatment

1. She must be kept in lying posture at least for three days and then allowed to sit up in bed for some time when she takes her food.

2. *Diet*: For three days, bread, coffee, milk, sago conjee etc. On the third morning, she must be given $\frac{1}{2}$ oz. of castor oil to move her bowels and then she can take solid food, rice, etc. Brandy should not be given soon after confinement as it will encourage bleeding.

3. If the patient gets fever on the 3rd day with shivering a medical man should be sent for as the fever may be septic.

Symptoms of Septic fever:—High temperature, 103 or 104 degrees. Patient sleepless, pulse quick, breathing hurried, discharge foul, tongue coated, teeth dirty, unconscious, talks nonsense, urine high coloured, bowels costive.

Suitable treatment should be immediately given. One or two day's delay means danger to life.

Note:—Never be misguided by her relations who attribute the fever to milk fever.

4. If the placenta (after birth) does not come within half an hour after the birth of the child, little pressure over the lower abdomen will expel it or else a medical man or nurse should be sent for. Leaving it inside long will encourage bleeding and the case may turn septic. If there is much bleeding soon after delivery, raise the foot of the cot and lower the head of the patient.

5. On the 5th or 6th day she could have a bath, which should be repeated

3 or 4 times a week. Every day bath as practised, is undesirable.

6. Patient should remain in bed for three weeks and remain indoors for another three weeks and then go about her usual work.

7. Put the child to the breast next day, keep the breast and nipple clean or else she will develop breast abscess. Enough boiled and filtered water should be given to the patient to encourage flow of urine. Bowel opened by castor oil. Diapers to be constantly changed when necessary. Patient should get good sleep. If she does not get good sleep the case might have gone septic. Get her examined by the doctor.

8. Keep the room and bedding as clean as possible. Have the windows open in the day to allow pure air and light; avoid draughts.

People who cannot afford to have these facilities should get into the nearest Maternity Hospital.

Attention that has to be paid to the New born Baby

1. As soon as the baby is born, release the cord if it is round the neck of the baby. Clean the eye and mouth with clean water. Splash some cold water over the chest of the baby if it does not cry vigorously. Tie the cord after the pulsation stops—separate it.

2. Bathe the child in a basin of warm water with soap. Dry the body and dust some boric powder over the cut navel; dress the baby and put it by the side of the mother.

3. To start with, give the baby sugar and water for the day and put the child to the breast next day.

4. Bathe the child every day, as it will often soil its napkin and bedding.

5. New born baby will pass jam-like stool for one or two days; see

it has passed urine. Keep the bowels always free. It should pass three or four motions in 24 hours. Or else give $\frac{1}{2}$ teaspoonful of castor oil and dill water. Woodward's gripe water is commonly used.

Weight of the new born baby

At birth	6	or	7 $\frac{1}{2}$ lbs.
3rd month	10	or	12 lbs.
6th month	14	or	16 lbs.
9th month	18	or	20 lbs.
12th month	20	or	22 lbs.

8. Weaning should be started after the 6th or 8th month and if the child is unlucky to lose the mother, it should be brought up by a wet nurse or cow's milk.

9. Baby's body should not be smeared with oil before bath as is the practice. It may catch cold and develop pneumonia.

10. The practice of not dressing the baby for one or two months is to



Weighing Baby—Starting young to take note of the Health lesson told by the truthful scales.

If the child is weak and puny it may weigh less, and does not put on weight if it is under-fed.

be condemned. Baby should be kept warm.

Disease and Disorders of Infancy

Sore eye.—Occurs in new born baby caused by irritation. This should be attended to. Neglect may result in the child losing its eye-sight.

2. *Some children develop jaundice*

April 1937]

[Page 71

after birth. Consult a medical man and give suitable treatment.

3. *Convulsions*.—Common during dentition and when the child gets an attack of malaria. It may be due to worms or indigestion. An injection of quinine for malaria will save the child.

Treatment.—Keep the head cool with wet cloth; open bowels. Consult doctor and get treated. The charms and fumigations which are practised would not bring on a cure.

4. *Green Diarrhoea*.—Children very often get it. This is a result of over-feeding with unclean feeding bottles.

Signs.—Stools green, offensive, watery, frequent evacuations—child feels thirsty and lips are dry.

Treatment.—A smart dose of castor oil. Starve the baby by giving plain water, orange juice and barley water: feed the baby at longer intervals; consult doctor.

5. *Dentition*.—Child should cut teeth at the 7th month. Lower central incisors appear first and rest follow. During dentition baby may get fever and become fretful. May develop diarrhoea which should be attended to.

Colic.—Will be relieved by a dose of castor oil. Dill water to be given to expel wind.

7. *Rickets*.—Children of the village folk develop the disease due to starchy food and bad ventilation.

Symptoms.—Restlessness during sleep, diarrhoea, profuse sweating,

crying without cause. Ribs bent, pigeon breast and bone formation defective in the legs.

Treatment.—Orange juice, cod liver oil, open air and cleanliness.

8. *Constipation*.—Castor oil, syrup of figs, plain water, orange juice, barley water are to be given.

9. *Worms*.—A dose of santonin (worm powder) followed by a dose of castor oil.

10. Get the child vaccinated after the six month.

Artificial Feeding and Patent Foods

1. Feeding bottle should be kept scrupulously clean. Keep the bottle and teat in a vessel containing clean warm water. Barley should be fed at regular intervals once in 3 to 4 hours. Keep the milk covered to ward off flies.

2. *Cow's milk* should be diluted with equal quantity of warm water and little sugar.

Cow's milk	... 10 oz.
Water	... 10 oz.
Sugar	... 6 teaspoonful.

3. *Barley water*.—Take a teaspoonful of barley flour, make it into a thin paste with warm water. Add on half a pint of boiled water to this.

4. *Patent foods*.—Cow and Gate's milk, Glaxo, Horlick's malted milk, Mellins and Banger's Food etc.

—Children's Eyes—

— By R. S. Agarwal, Eye Specialist —
Delhi

IMPERFECT sight is found in the eyes of most of the school children of India and other countries. There is truth in the statement that most of the cases of imperfect sight in school children are acquired after they enter the school. Their eyes are normal when they begin their school life. After a few years they begin to acquire imperfect sight. To check this defect the authorities have laid down different rules as to the size of types to be used in the books, amount and arrangement

what else to do. Children are great imitators. They learn to strain the eyes from their teachers, parents, friends, and others. Some children suffer from headache and other troubles when attending school so much so that they easily acquire strain from others. Circumstances also affect the eye sight, for example:—

1. Punishment, either physical or mental.



Incorrect way of Reading.



Correct way of Reading.

of light, construction of desks etc. The result of these preventive measures is disappointing and the prevalence of myopia goes on increasing.

The truth is that the strain to see at a distance causes near-sightedness or myopia. Why do some children strain at the distance and get myopia while others do not strain at all and have perfect sight? Experience shows that all persons are not created equally. Some children come to know that strain lowers the vision, but they go on straining because they do not know

2. Temperament of the people with whom the child comes into contact.

3. Nervousness of the children.

4. Uninteresting subjects.

Cure

1. Teachers should learn how to have normal sight without glasses. This subject can be studied from the book "Mind and Vision" which costs Rs. 4/- and can be had from: Jaina Brothers, Morigate, Delhi.

2. Teachers should explain to the

students how to blink, read, write or sew.

(a) *Blinking.*—The upperlids should remain down. While looking upwards or in front the upperlids should not be raised but only the chin. While keeping the lids down there is a gentle and frequent movement, called blinking. In blinking the upper lid comes a little downwards to cover the pupil and is again raised. Wrong blinking is usually very irregular and jerky. Blinking is a quick method of resting the eyes and can be done all

the sight on the point of the pen and move your sight with its movement, and blink frequently. A common mistake is to write forward and at the same time to look at the back letters.

(d) *Sewing.*—Move the sight with the movement of the needle. If the needle comes up, the sight should also move up and when the needle goes down to the cloth, the sight should shift to the cloth. This shifting relieves the strain.

3. Daily practice on the eye testing chart for five minutes in the school.



Wrong way.

Eyelids.

Right way.

day long. It is interesting to observe the blinking demonstration.

Look at a letter. Stop blinking, note that the blackness of the letter begins to fade. Now blink and note that the blackness reappears.

(b) *Reading.*—Keep the book at a lower level than the chin so that the lids may not be raised. Then blink twice at least in reading one line. Do not read in the sun because the glare reflected from the paper causes strain to the eyes. Reading while lying down can also be done without any discomfort, but you should keep the head raised and blink frequently.

(c) *Writing.*—While writing keep

Place the eye testing chart upon the wall of each class room. Every day the children should read silently the smallest letters they can see from their seats, with both eyes together and with each eye separately, the other being covered with the palm of the hand, avoiding any pressure upon the eye-ball. It should be the duty of the teachers to note that all children read the card with blinking. The practice of five minutes daily is sufficient to improve their eye-sight. Children with markedly defective eyes should be encouraged to read the chart more frequently. Though not necessary it is a great advantage to have records

[HEALTH

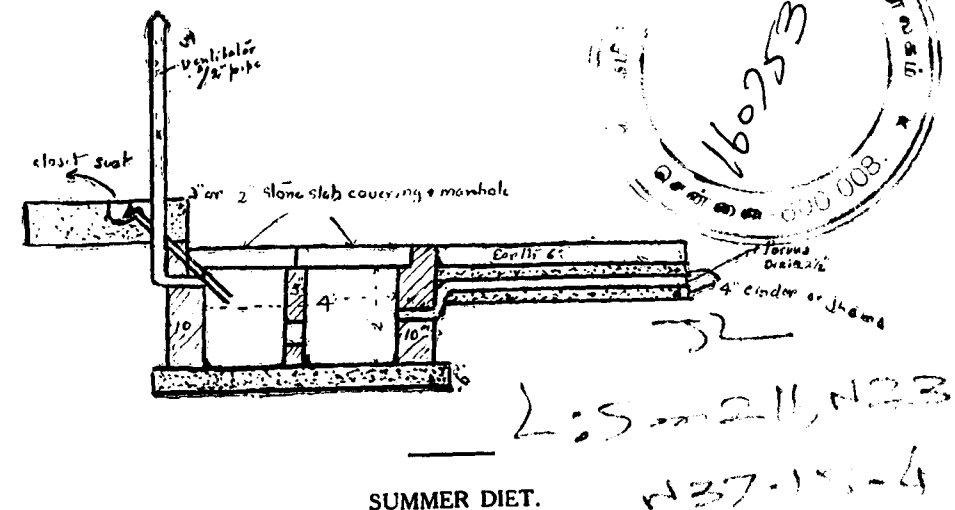
of each pupil at the time when the method is introduced, and thereafter at convenient intervals annually or more frequently.

The scheme will save many students from becoming defective or myopic and retardation. It will improve their intellects and memory. Try once at least and you will be convinced of the fact within a month or so. This plan for eye sight conservation was followed by the institutions of Khurja. 820 eyes were examined and 249 were recorded defective at the beginning of the session. At the close of the year

again, the eyes of the same students were examined 99 out of 249 defective eyes had attained normal vision, while 85 showed marked improvement.

Many students who were blind with one eye since birth or had become more or less blind during the course of studies, became all right within a very short time. One student gained normal vision in two hours, others were benefited in three days, seven days, ten days, one month and three months. These are those cases who were thought incurable by the specialists. I have got with me their photos and remarks.

We give below a sketch of the Village Latrine referred to by Dr. T. D. Mukerjee, M.B., on page 12 of Vol. XV, No 1 of January '37 issue of Health, as most of our readers are desirous to have a clear idea of that type of latrine. We regret the sketch could not be published in that issue, as the block was not ready in time.



Less food is needed in summer on account of the higher temperature of the air and the lessened bodily activity which naturally results from the depressing effects of heat. Lighter meals and avoidance of much fat and protein during the warm months greatly lessen the susceptibility to illness and increase working ability. The abundant use of fresh fruits in the summer season, and the increased activity of the skin leading to greater intake of water, are highly beneficial, tending to cleanse the blood and tissues and clear the body of wastes.—Good Health.

April 1937]

[Page 75

Different Causes of Headache

THERE are so many different kinds of headache that physicians find it hard to classify this disturbance in the human system in their diagnosis of the disease.

Sometimes the headache is classed among the nervous ailments, sometimes among those due to disturbances of the eye or of the nose.

Quite frequently, the headache is mentioned in discussions of first aid, because most people try to treat their own headaches at home.

Enough attention has been given to the subject in recent years to permit of a better understanding of the causes.

Naturally, when there are many different causes of headache, it is important to find out the real one before applying any specific form of treatment. It is better not to subdue the headaches with the sedative drugs unless the cause is understood to some extent.

Sixteen varieties of headache recently were classified by one specialist in nervous and mental diseases.

When a headache is due to a brain tumour or a brain abscess, there is only one possible relief; namely, removal by surgery. Fortunately, these are not the principal causes of headache.

Occasionally, a headache is due to an infection of the brain by some germ. Here the attack should be made through the body generally rather than directed specifically toward the head.

By S. K. Gupta, B.D.Sc., B.O., (Pb.),

—Durga Charan Road, Ambala Cantt.—

Some headaches are associated with the rise in the blood pressure and hardening of the arteries. Here again the treatment should apply to the general conditions.

A common form of headache is that due to infection of the sinuses around the nose. In such ailments the sinuses are treated. Sometimes the frontal sinuses which lie above the eyes on each side of the nose, become blocked, causing a certain type of headache. It is possible for a specialist in diseases of the nose to apply treatment which will relieve the blocking and thus prevent further development of headaches.

Pain coming from infection of the sinuses usually is worse in the morning or at midday, and then lessens in the late afternoon or early evening. The reason for this is that the sinuses begin to drain after the person has been in an upright position for eight or ten hours.

The degree of pain is not always an indication of the extent of the infection. Sometimes the small infection in one sinus will cause much pain. In other cases a large infection will bring little pain, everything depending on the extent to which the infection has opportunity to drain out of the sinuses.

Ground-Nut and Its Uses

— By Sister Ahimsa Devi —

— Bangalore City —

GROUND-NUT is a very widely cultivated crop in India and most of it is used for extraction of oil although people in India are accustomed to use it either in a fried or boiled form. Scientific investigations on the contents of the ground-nut have revealed the following facts:—

Elements present.	Percentage.
Water	... 7.4
Protein	... 29.8
Fat	... 43.5
Carbo-hydrates	... 17.1
Mineral matter	... 2.2

1. Ground-nut milk is equal in value to Soya-bean milk or cow's milk.

2. It is more palatable, economical, nutritive and therefore a blessing for all malnourished cases, nursing mothers and infantile invalids.

3. Ground-nut when properly prepared is better and purer than tin milks.

4. Cow's milk is too expensive for the very poor. As the cows are kept amongst insanitary conditions and are not fed properly, 75% of them are subjected to tuberculosis and other various diseases. (With exceptions to Government owned cows.) On the other hand, extremely pure and wholesome ground-nut milk can be prepared at a far cheaper cost.

5. Many nice attractive dishes can be prepared out of ground-nut milk. It can be made into an extensive business through a proper organization on a co-operative basis as it is being done in the case of 'malted' milks.

6. The ground-nut butter is used enormously and highly appreciated for its nutritive value in other countries.

7. The oil can be used for various purposes. The ground-nut cake, if cleanly extracted, could be prepared into palatable dishes. Aside of that it can be utilised for domestic animals.

8. Mahatma Gandhi praises the precious ground-nuts very highly—not encouraging the import of Soya-beans at all as the ground-nut grows plentifully in India.

9. China with its 400 million inhabitants has, for centuries, not used cow's milk. They use only Soyabeans and ground-nut. Japan likewise.

With such a cheap nutrition crop grown all over India, it is the duty of those interested in improving the health and vitality of the nation, to discover methods whereby the use of ground-nuts could be more popularised and its real value explained to the people.

Further, even as a diet to be prescribed, it is useful to cure certain diseases, provided it is given in suitable quantities and in easily assimilable form depending upon the health and age of the patient and the particular illness.

Information in more detail, will be given whenever a stamped, self addressed envelope is sent to "Sister Ahimsa Devi"—Deva Siva Sangha, Seshadripuram, Bangalore City.

● Topics of Interest from Health Periodicals ●

Fear in Childhood.—Fear is a danger signal evolved in the interests of race and self-preservation. It has therefore ultimately a protective purpose. But, invaluable as a temporary measure, its continued existence is harmful. It is not merely that the condition of the body and mind to which it gives rise is injurious to the general welfare of the organism, but its very presence indicates that some exciting cause remains; fear and anxiety can in fact only be treated rationally when it is recognised that they are but symptoms.

For these reasons fear, with its derivative anxiety, lies at the basis of much ill-health. None the less, the value of fear as a danger signal remains; like pain, it warns the individual of some threat to his welfare. Its presence in some cases, therefore, is normal, and the nature of its origin requires discrimination. It is the purpose of this paper to draw attention to this aspect of the question; for disregard of the protective function of fear is not only frequent but also has deleterious results. In the course of everyday life, for instance, the sensitive child is likely to find his doubts and fears met with lack of understanding, possibly with impatience, even reproof. Bewildered, with guilt added to an increased sense of fear, initiative and ability receive a severe check. At the same time the child may feel resentment, even hate, for those who have given, in place of help, an added load of difficulty. Some of the problems and delinquencies of childhood may well find their root in such a situation.

[Page 78]

While ignorance explains much of this intolerance, it is more difficult to account for the small attention which medicine pays to the protective function of fear. Yet it is common knowledge that those species of animals which do not possess the capacity for fear have other means of defence at their disposal; the tortoise finds protection in the thickness of his shell, the shunk in the terrible odour with which he is able to repel his enemies. Similarly it is no chance happening that the existence of those animals who can experience fear depend at times upon defence or fight; for, in keeping with its position as an emergency reaction, fear prepares the organism to meet the need which such a situation requires. Well organised as are these facts in the medical world, certain considerations suggest that medical practice and theory pay them insufficient attention.

Management of the Child

Good management is in line with the normal child's best interests and rather contra-indicates a too "goas-you-please" attitude to his upbringing. Not only maldirection, no direction at all may have serious results. Experience is not necessarily the best teacher. The burnt child avoids the fire, but nobody would suggest that this is the wisest method of education. Apart from actual physical injury, the experience tends to make it more difficult for the child to avail himself of the useful properties of fire, whilst avoiding the dangers.

The Child's need for Guidance

In short, nothing absolves the adult

[HEALTH

from responsibility towards the children in his care. Man owes his pre-eminence in the animal world to his intellect, and as with other powerful weapons for good and evil, the child needs some initial help in the use of this potent and flexible instrument of adaptation. It is true that the child mind demands play for the development of individuality and personal initiative; but he also needs some guidance and authority upon which he can rely. But though intelligence can achieve much the emotional rapport between parent and child is of great importance; mishandling of the emotional life may wreck the whole. The behaviour of the parent therefore deserves careful consideration. Excessive severity tends to be equated with tyranny, undue leniency with weakness, whilst inconsistency of conduct the child finds especially hard to bear—it gives him no firm ground from which to grow.

The Parent's Attitude to the Child's Fear

Good poise on the part of the parent is of inestimable value in connection with childish fears. The realisation that these fears, far from being "mere cowardice" or "just stupidity", are rather symptomatic of something amiss, encourages a more constructive view of the situation. His resultant greater tolerance not only improves the relations between parent and child but also opens the way to a truer understanding. The child finds, in place of a seemingly tyrannical authority, a friend to whom he can turn in times of difficulty and stress.

Such a secure but not over-protected child is in a fortunate position. The need for the requisite degree of security

satisfied, the wish to investigate the unknown takes the place of fear. Learning by experience that he is able to manage the problems which he encounters, difficulties come to be regarded as opportunities for action, not as responsibilities to be dreaded. Fears of the present, instead of forming an obstacle to progress, are converted into a scaffolding for further growth, a further impetus to right development.—*Lancet*. Apr. 25, 1936.

A Ventilation Technic which can be a Menace to Health.—In certain public vehicles carrying large numbers of passengers circular fans attached to the ceilings are kept revolving in warm weather (and sometimes in weather which is not so warm). The accepted rationale of this practice would seem to be that the agitation of the bad, warm air in the vehicles thus produced renders such air less physiologically depressing: the fanning is supposed to improve the ventilation and to cool the passengers.

This fanning does not improve the ventilation because it does not draw in new air from the outside. It stirs up the air inside the vehicles and disseminates vigorously the germ-laden dust in the cars and the germ-laden droplets emitted by the coughers, sneezers and talkers present, and increases the opportunities for infection. It cools the passengers, but often unevenly and too much. Thus it can diminish the natural resistance while providing infective agents.—*Medical Times*.

"If printer's ink can make men think, then printer's ink can stop strong drink."—I. T. N.

April 1937]

[Page 79

Health Tit-Bits

From two to five million individuals in the United States have organic heart disease.

* * *

Trachoma afflicts 80,000 persons in Spain, and is the leading cause of blindness in that country.

* * *

Evil of luxury

O Luxury! thou curst by Heaven's
[decree.
How ill exchanged are things like these
[for thee,
How do thy potions, with insidious joy
Diffuse their pleasures only to destroy.
—Oliver Goldsmith.

* * *

Avoid envy, the worst of all passions.—Envy is the worst of all passions, and feeds upon the spirits and they, again upon the body. Of all affections envy is the most importune and continual; therefore it was well said, "envy keeps no holidays" for it is ever working upon some or other. It is also the vilest affection and the most depraved for which cause it is the proper attribute of the devil.—Lord Bacon.

* * *

Breathing Machine.—One of the most wonderful machines in the world is the invention of Dr. Phillip Drinker, of Harvard University. It is known as the Drinker Respirator, and has been unusually successful in cases where all other forms of respiration have failed to bring men back to life. It consists of a steel chamber large enough to accommodate a man of six

feet four inches, and is lined with a spring rubber mattress. At one end is a collar through which the patient's neck and head protrude. When in use, the chamber is sealed and air is forced into it at high pressure. This is distributed unequally to various parts of the frame by a series of chambers; then the air is withdrawn and re-pumped by an electrical bellows, in imitation of actual breathing. After a short spell of mechanical breathing, life is nearly always restored.—*Indian Views.*

Book Review

Sanskrit Self-Instructor Part I.—

Published by the Manager, Sree Chennai Andal Dhanasekara Saswata Nidhi Ltd., 109, China Bazar Road, George Town, Madras. Price: Re. 1/-

This book consists of two parts. The first part contains all the nouns with roots and derivative meanings besides ordinary meanings. At the top, Amara Slokas are given in bold types. At first the alphabets are given with Tamil pronunciations. In some places the Slokas are slightly modified omitting unimportant words. In some places additional Slokas are given to facilitate better understanding of ideas. In the second part, verbs, adverbs, grammar and sentences will be given and thus the work will be completed. This will be useful for High School Students for their Translation Class, and for those who want to study Sanskrit privately without any guidance.

1937]

HEALTH

V

REVEALS SECRET OF PERSONAL INFLUENCE

Simple method to Develop Personal Magnetism, Memory, Concentration and Will-Power. 80 page Book Fully Describing this Unique Method together with Self-Analysis Chart and Character Delineation FREE to all who write at once.

"The wonderful power of Personal influence, Magnetism, Fascination, Mind-Control, call it what you will, can surely be acquired by everyone no matter how unattractive or unsuccessful" says Mr. Elmer E. Knowles, author of the new book entitled: "The Key to the Development of the Inner Forces." The book lays bare many astounding facts concerning the practices of the Eastern Yogis and explains a unique system for Development of Personal Magnetism, Hypnotic and Telepathic powers, Memory, Concentration and Will-Power through the wonder power of Suggestion. Count H. Csaky-Pallavicini writes: "Every one in the world should have your simple system. People need this instruction as our lungs need fresh air, and our bodies food." The book which is being distributed free of charge, is full of photographic reproductions showing how these unseen forces are being used all over the world and how thousands upon thousands have developed powers which they little dreamed they possessed. The free distribution is being conducted by a large Brussels Institution, and a copy will be sent post free to anyone interested.



In addition to supplying the book free each person who writes at once will also receive a copy of Prof. Knowles, Self-Analysis Chart as well as a comprehensive character delineation. Simply copy the following verse in your own handwriting:

"I want power of mind,
Force and strength in my look,
Please read my character,
And send me your book."

Also send your full name and address plainly printed (state whether Mr. Mrs. or Miss), and address your letter to: "PSYCHOLOGY FOUNDATION, S. A., (Dept. 1123-B.), rue de Londres, 18, Brussels, Belgium. If you wish you may enclose 6 annas (stamps of your own country to pay postage, etc. Be sure to put sufficient postage on your letter. Postage to Belgium is 3½ annas.

Note: Psychology Foundation is an old-established publishing house that has made many friends through the distribution of useful books and pamphlets on mental and psychological subjects. More than 40 University professors have contributed to its literature and all of its publications for which a charge is made are sold under a guarantee of entire satisfaction or money refunded.

Revised Third Edition. 1936 A.D.

THE MEDICAL PRACTITIONER

A very useful volume to all men of medicine and the Public in General.

Cloth-bound P. 800 With 130 Illustrations. Price Rs. 3-4-0. Postage extra.

This book contains Anatomy, Physiology, Instructions from medical Jurisprudence, Diagnosis, Posology, Art of prescribing, Prescriptions for different diseases, Art of bandaging and Injectio Therapy, Poisons with their symptoms and remedies; Up-to-date phases in the Science of Surgery and household medicines & full of such other important informations, Manual of midwifery etc.

Cheapest Volume. Very useful to the Prescribers & the Compounders etc.

THE PRESCRIBER'S GUIDE.

Pages 600. Price Rs. 2-4-0. Postage extra.

Its important Contents:—Introductions to Prescriber, Daily use of British Pharmacopial Drugs (B. P. 1932) and their synonyms in Latin, English and nearly all the languages of India with their official preparations, Characters, Uses, Doses, Solubility, Incompatibilities, Cautions, Antidotes, Methods of storage & several non-official preparations, Favourite Prescriptions, Poisons act, Urine Testing, Poisons treatment, Patent Medicines etc.

EIGHTH EDITION, REVISED AND GREATLY ENLARGED.

THE COMPOUNDERS' HAND BOOK

Pages Over 500. Illustrations 120. PRICE Rs. 2. POSTAGE EXTRA.

It contains over Six hundred preparations of the British Pharmacopoeia 1932. Dose of English medicines, Compounding and Dispensing with illustrations, Incompatible medicines, Anatomy and Physiology with illustrations, Art of Bandaging with illustrations, House-hold medicines, Table to prepare solutions, Urine examination etc.

Very useful to Compounders and Dispensing physicians.

For copies write to:—

DR. UMAR MANJI CHOUHAN & CO.,
GONDAL, (KATHIAWAR.)

STARS OF OUR CINEMA WORLD

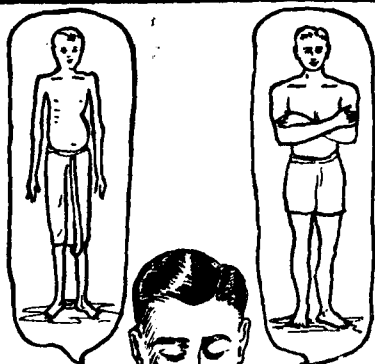
Everyone can now possess a beautifully illustrated album of our Indian Cinema Stars. It is neatly printed and priced low.

AN ALBUM OF
INDIAN CINEMA STARS

ANS 12/- PER COPY

SRI KRISHNAN BROS:

323 THAMBU CHETTY ST: MADRAS.



GET THIS ALBUM AND LEARN TO BE HEALTHY

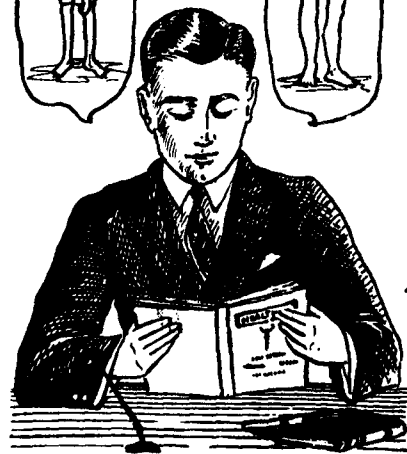
The Health Album is a superb Collection on matters of Health, Hygiene, Exercise, Food, Water, Sanitation, Maternity and Child Welfare, Air and Sunshine, Infectious and Communicable Diseases, Physiology etc., etc., which can be learnt by every man, woman and child. It is a necessity for everyone who wants to be healthy.

THE HEALTH ALBUM

Rs 1/- Per Copy

SRI KRISHNAN BROS.

323. THAMBU CHETTY STREET. MADRAS.



SISTERS! LEARN HOW TO HELP AT THE CRITICAL MOMENT.

If your sister, sister-in-law, or any other relative or friend takes bad when she is expecting, are you in a position to help her? Remember! most infantile and maternal mortality are due to the patient not receiving proper help at the time. It is now within your reach to learn **First Aid in Child Birth** by studying a book written by Dr. U. Rama Rau which has been praised for the practical hints it contains.



FIRST AID IN CHILD BIRTH

= By Dr. U. RAMA RAO =

SRI KRISHNAN BROS.

323. THAMBU CHETTY STREET. MADRAS.



Trusses for Hernia

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

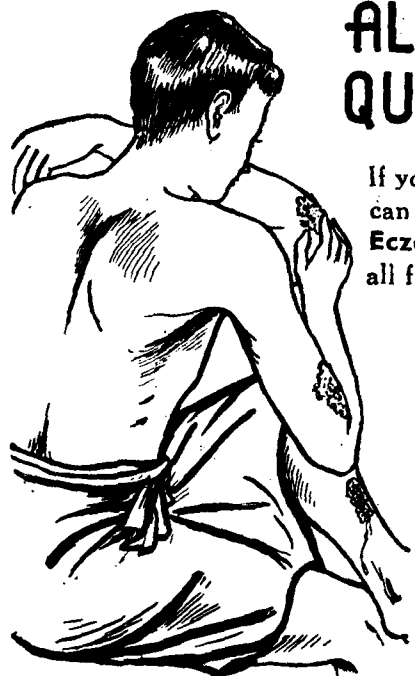
PRICE

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

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



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



ALL FORMS OF ECZEMA QUICKLY CURED

If you are suffering from any form of Eczema, you can get rid of it quickly by using Rowjee's Eczemine. It is the safest and surest remedy for all forms of Eczema.

ROWJEE'S ECZEMINE

Re. 1 per pot.

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

LEARN TO BE OF USE TO YOUR FELLOW MEN

The desire to help a fellow creature when injured, exists in most of us, but, people shrink from giving aid because they do not know what to do and are afraid of doing more harm than good. Many lives are thus lost every year which might have been saved by prompt aid had anyone near by been able to render "First Aid." In the interest of your fellow men, get a copy of Hon: Dr. U. Rama Rao's Book on "FIRST AID" and learn to be of use when the moment arrives.



FIRST AID IN ACCIDENTS

By Dr. U. RAMA RAO
ANS 12/- PER COPY

SRI KRISHNAN BROS: 323 THAMBU CHETTY ST: MADRAS

Clean Floors, Walls and Drains
are Essential to Good Health

**CEMENT & CEMENT CONCRETE ARE
THE SHORT CUT TO CLEANLINESS IN THE HOME.**

Use only Indian Cement as Marketed

BY THE CEMENT MARKETING CO., OF INDIA LTD.,

Agents:— **BEST & CO., LTD.,**

MADRAS, COCANADA, AND VIZAGAPATAM.

For free Technical Advice Regarding the uses of Cement.

Apply to:—

THE CONCRETE ASSOCIATION OF INDIA, Post Box No. 312, MADRAS.

A sure protection against disease

If you searched the world for the finest toilet and medicinal soap you would not find a better soap than Margo Soap. For, it is the only soap that contains the active principles of neem. Every tiny bubble of its copious lather carries the anti-septic and germicidal properties of neem into the pores of your skin and destroys germs in an instant whilst it washes and cleans.



MARGO SOAP

TOILET
&
MEDICINAL



THE UNITED INDIA LIFE ASSURANCE COMPANY, LTD

Head Office: MADRAS.

Established in 1906.

Trustee: THE OFFICIAL TRUSTEE OF MADRAS.

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

Among the distinguishing features of the Company are:—

Complete and absolute safety of investments;

Prompt and equitable settlement of claims;

Economical Management;

Moderate rates of premiums combined with attractive bonuses and

Efficient, sympathetic and prompt service to Policy-holders

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

'UNITED INDIA ASSURANCE BUILDINGS,'

**Sembudoss Street,
Post Box No. 281, MADRAS.**

M. K. SRINIVASAN,
Managing Director.

[illegible]