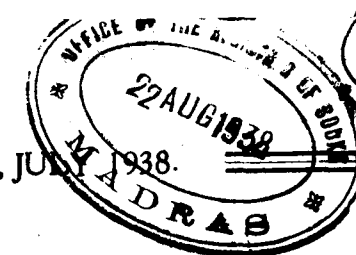


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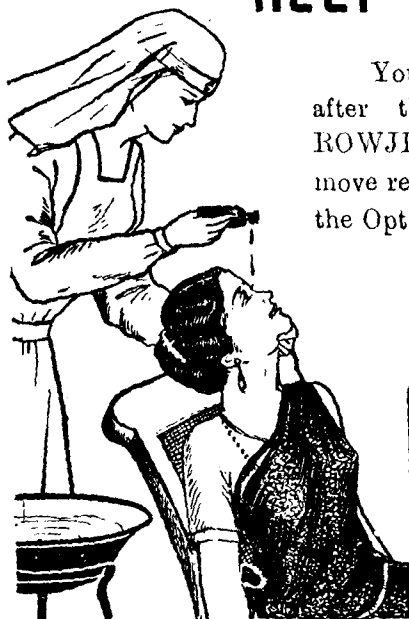
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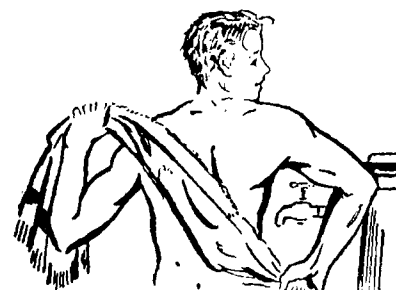
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No. 7.

Editorial

Sun-Worship

SUN-WORSHIP in India is as old as the Vedas. The Aryans worshipped not only the Sun but also the elements of which Agni, the God of Fire, was the most prominent. There was no Brahman (Dvija) household in ancient days where Sandhyavandanam (Breathing exercises performed in Sunshine) and Agnihotram (offering done in Fire to Sun-God) were not scrupulously practised and devoutly performed. Sandhya and Sunshine are inter-related and great stress is laid on Sandhya being done in Sunshine. The need for "Agnihotram" is explained by "Manu" thus:—"An offering duly thrown into the fire goes to the Sun; from the sun is produced rain; from rain food; and thence human beings." (Lec. III-76). Scientifically speaking, so far as the relation between Sun and human beings is

concerned, it comes to this: 'Animal life is supported by food; food comes from rain; rain is produced by the Sun.' Then the offering thrown into the fire may be taken as an expression of gratitude to the Sun-God for his selfless service and for endowing the human beings with health, wealth, happiness and long life. We all know that Agni or fire is a good deodorant and disinfectant and the fumes produced by pouring pure, fresh, cow's ghee, rice balls and twigs of 'Arasu' tree permeate the entire atmosphere in the house and destroy all poisonous vermins, foul air, germs and microbes, visible and invisible and thus make the house healthy and habitable. Not only this. Fire produces profuse sweat in the body of the performer of Agnihotram and cleanses the system of all its impurities. Concentration during

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Position II.—Surya Namaskar.

Sandhyavandanam and Agnihotram produces mental equilibrium and contributes to mental health which is as indispensable to long life and happiness as bodily health.

Now, Sandhyavandanam is done always in open air, facing the Sun and never under roof. Manu says, "The teacher having invested a pupil should first teach him ceremonial
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purity, custom and the attending to the Sacred fire, also the Sandhya devotions."

—(Lec. II, 69). "At the morning twilight, let him stand muttering Savitri till he has seen the Sun; at the evening, let him, seated, mutter it, till the constellations clearly appear."—(Lec. II, 101). "Standing and muttering the gayatri at the morning twilight, he removes nocturnal sin; but seated at the evening twilight, he destroys sin done by day".
—(Lec. II, 102).

Sandhya is done also at noon in full sunshine and the prayer offered on this occasion to the Sun-God may be translated thus: "Wielding all the worlds by His power of divine light, procession-

ing majestically in space, impelling gods and men to their acts, enthroned in the Car of Golden Light, and witnessing the doings of all of us, Savita (Sun-God), the shining One of the Solar Orb, revolves. The dispeller of all darkness, light-thrilled and light-filling, the Superior among the gods and their Highest, and their protector, great *Surya*—we who meditate and

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Position III.—Surya Namaskar.



Position IV.—Surya Namaskar.

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behold Him shall attain superior light and wisdom. The many thousand rays of light bear that God Who knows all in order that man may behold Him. The Most Wonderful among the gods and the Eye of Mitra, Varuna and Agni and others, (who without Him cannot shine at all), that Wonderful God of Light, Who came into being Surya Who is the life and Infiller of that Orb, is also the life running within all beings moving and unmoving and pervades the Earth, the Heavens and the intervening space.....We shall behold Him for a hundred years; a hundred shall we live, live with prosperous homes a hundred years we shall; a hundred years we shall fill with happiness and power; with good hearing and speech we shall live through a hundred years and a

hundred years; unconquered by foes we shall remain a hundred years. Whoso in the beginning evolved that Orb out of the big ocean (space) and now shines in the middle of that sea, giving the fruit of acting to all as they deserve, shining bright and omniscient, may HE protect me with kindness and love."

The noon-day Sandhya is considered to be the most sacred among the three Sandhyas, for the noon-day Sun is richest in ultra-violet rays. Modern researches of famous Scientists like Dr. A Rollier, Dr. Oscar Bernard and Dr. Sonne have revealed that Sun shine is the real secret of life and thought. Sun-light is really a food which supplies the system with some subtle but essential element. This element is Vitamin D which is highly essential for the



Position V.—Surya Namaskar.



Position VI.—Surya Namaskar.



Position VII.—Surya Namaskar.

bodily health of old and young, especially the young. "Vitamin D is necessary to enable the body to utilize lime and other substances in the food necessary for development of the bones of children and the maintenance of the health of the bones of adults. The lack of this Vitamin produces rickets in children. Because of a deficiency of lime, the bones lack



Position VIII.—Surya Namaskar.

rigidity and distresses caused by the weight of the body produce all sorts of deformities among the most common of which are bow-legs, knock-knees, pigeon breasts and mis-shapen heads".

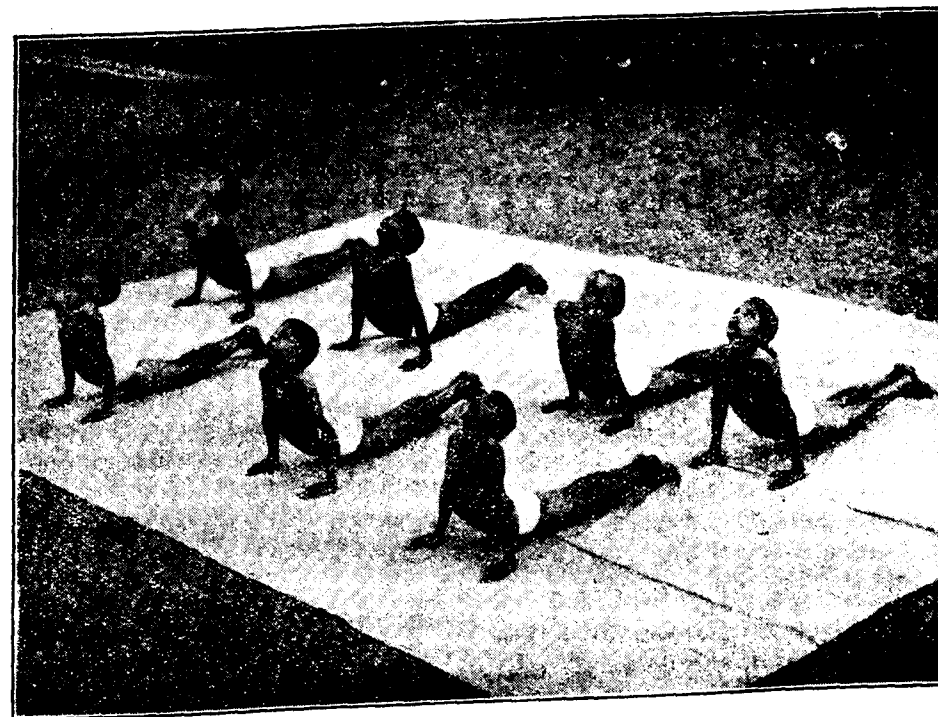
Sun-bath with roaming vicious thoughts and poison-filled lungs, will do no good to the mind or the body. Hence, our Rishis have clubbed prayers and breathing exercises with Sun-bath and practised them every day. The breathing exercise which is called Bhastrika or cleansing breath is a harmless one and can be practised by one and all without any initiation by a Guru. It is best described by Major F. Yeats-Brown who has been practising the Hindu yoga for a long time, thus:—

"Sit in a comfortable position, preferably on the floor, with head erect and spine straight, but no tension in the body. Inhale slowly, fully, deeply, twenty-one times, inhaling through the nose and exhaling through the mouth. After the twenty-first breath, hold the breath for as long as possible without undue strain. The pulse will at first accelerate and then settle down into an even rhythm slower than the normal for the individual. Shut your eyes, or better fix them on some spot slightly above their own level. Listen attentively to your own body, watch the moods that cross your consciousness, see and hear and smell and feel the world that sends its impres-

sions against the gates of your senses. Send your breath down into your body and draw it up again as your instinct prompts, without however taking a new breath and finally when the lung cells are making a demand for fresh oxygen which can no longer be comfortably resisted, draw in a deep, full quiet breath.

Repeat the exercise three times. The bhastrika clears and stimulates

or even three minutes, so much the better. Personally, if I cannot retain my breath for two and a half minutes I know I am not in the best of conditions and after a walking tour in the mountains I once found I could hold my breath for nearly four minutes. I believe that the time that the breath can be held is an excellent index to the general vitality: but I would again warn the reader against any



Little boys aged between 10 and 12 years of the Lokamanya Seva Sangh Vile Parle, Bombay, performing the Surya Namaskar. This is an evident and welcome sign of Young India veering round our ancestors' old ways of living.

the lungs like a run in the open air, yet can be performed in any well-ventilated room with no apparatus or publicity. At first the inward breathing should be very slow; they can be speeded up, however, in order to accelerate the circulation. A minute is a good average for holding the breath but if it can be held for two

attempt at forcing. The lungs and the brain are so subtly linked that any anxiety or tension destroys the value of the exercise."

Here we have a sure cure and undoubted prophylactic for that scourge of Tuberculosis in Sandhyavandhanam and Agnihotram in which are combined *breathing exercises* which

gen supply to the body is interfered with. Nature tries to compensate this by increased rate of respiration, which sign we observe in all pneumonia cases. What is our duty in such conditions? We must help Nature by increasing the supply of oxygen. In hospitals and for patients who can afford to pay for it, oxygen inhalations are given. In other cases we must at least give plenty of Nature's supply of oxygen—"Air", by keeping the patient in a well-ventilated room, without any impediment for a free flow of air. But what we actually see in many a case is that the patient is shut up in a closed room. This is nothing short of murder. It is as bad as starving a patient to death. Another disease where air is of prime importance is Tuberculosis. One of the essentials of present day treatment of consumptives is open-air treatment. Patient must be given as much fresh air as possible. With rest and plenty of fresh air, all the early cases are sure to get better.

Food.—We are all familiar with the old saying "starvation is the best medicine" for fevers. This is nearly true in very many cases. In many cases, especially in children, indigestion may be the cause of fever. Moreover, in fevers the digestive juices will be suppressed and digestion upset. This will be always noted by bad appetite and dislike for food. So, one of the first principles of dieting is to give easily digestible food as much as can be digested,—neither too little nor too much. Plenty of water must be given to all fever patients, because it is one of the essentials for the human system. Major portion of our body consists of water, and every minute there is loss of water by respi-

ration, perspiration, excretion, etc. So, all those must be made good. Then, why should any body be afraid to give water to a thirsty patient! Quench his thirst and it is good for him. In cases of vomiting and diarrhoea, loss is great and so give plenty of water. Otherwise, serious complications may set in.

Turning again to the question of food, one of the first complaints of our people is that the patient is not taking any food. Mother does not care for the fever or other complaint, but wants you to make the child eat first. After all, it is Nature's defence against your forcing any food on the system, when it is not wanted. Starvation for a short time will not harm anybody. Liquid foods consisting mostly of Carbohydrates must be given. Diarrhoea or vomiting is an indication that all is not well with the digestive system. In such conditions, indiscriminate feeding will be dangerous. We must give rest to the digestive tract to recover from the injury and the best way is to starve the patient as long as necessary, allowing only plenty of water. If water cannot be taken by mouth due to vomiting, it must be given by other methods. At the same time, starvation must not be over-done indiscriminately. In prolonged sickness, a liberal easily digestible diet must be given, and the patient's strength kept up to withstand the long course of the disease. In typhoid, where the appetite is good and digestion is fair in the early stages, fair amount of nutritious food must be allowed. Later on, when gastro-intestinal complications set in, a judicious scheme of feeding must be followed, neither to over-starve nor to over-feed. Some over-cautious people

give only plain barley water, which is insufficient to sustain life for any length of time. Starvation, or rather deficient feeding, may itself prolong the fever in very many cases. Doctor is the best judge to decide the course of dieting for any patient, and the patient and his relatives should have no voice in the matter.

On three articles of diet, I would like to make some special observations. (1) Fruit-juice is a nutritious and easily digestible food which is very good for all conditions. The vitamin C it contains is an antidote for all infections, and the latest treatment for pneumonia is to give plenty of vitamin C. But many have a prejudice against this and refuse to give it in fevers and lung diseases. This is entirely wrong and no harm can arise by giving fruit juice, whether for the sick or for the healthy. (2) Butter-milk is a good food for all. It is in many cases better than milk, because milk is not tolerated by many and milk will cause in very many cases intestinal complications. But, butter-milk is a good intestinal antiseptic. In intestinal troubles, it is specially indicated. The westerner has recently recognised its place in dieting and is sending it in tinned form. But we, who were using it for centuries, are avoiding it in cases of sickness. It is only a case of familiarity breeding contempt. The prejudice against butter-milk in cases of cold, cough or fever, is unsupported by any facts or reasons. (3) Glucose is another thing which is frequently used. It is only sugar and all carbohydrates (rice, wheat, sugar, etc.) are converted in the stomach as glucose and absorbed. The advantage of giving glucose is that it

requires no digestion and is absorbed very quickly. In many cases of sickness, it is a valuable food. But there is a wrong impression that glucose is a tonic. I know many healthy people, young or old, freely using it. Ordinarily, we consume more quantity of carbohydrates, *i.e.*, glucose, than is necessary for our body. We all know that eating large quantities of sugar will always cause trouble whether in children or adults. So, there is no point in giving glucose to healthy persons who are taking the usual diet. It must be taken only under medical advice, and to administer it as tonic to all and sundry is mere foolishness and may be even harmful.

To sum up, nursing takes the most important place in the treatment of the sick. Bad nursing spoils many a case, in spite of best medical treatment. The patient must be made as comfortable as possible, and should be disturbed as little as possible. He must be on the recumbent position, on a soft bed, in a quiet room, with plenty of ventilation. His mouth and teeth must be kept scrupulously clean. He must be fed at regular intervals of 2 to 3 hours. Some mothers feed the children often and complain that the child is not taking proper food. How can it take, when the stomach is not given sufficient time to digest and empty its contents, before another instalment arrives? In prolonged sickness, the back must get special attention, lest bed-sores should appear. The patient must be helped to lie in different postures, to prevent pressure always on the same point. After each urination or defaecation, the buttocks and back must be thoroughly cleaned and bed sheet changed.

time, the child will not have the free action of the limbs and proper exercise cannot take place. As a result of which, improper action of the liver occurs. It is, therefore, wisest that the child should be put to bed after feeding, and not fondled as is usually the custom in India. Fondling should be done at other times. Sun-bath in the morning is much beneficial to the growing infants.

2. Care during Childhood.—Child-hood is chiefly characterised by the great power of imitating others. It is, therefore, essential that the surroundings of the growing child should be full of innocent enjoyments based on principles of health. Therefore, regular habit, regular feeding, free exercise in open air, instructive stories regarding the world are essential for proper development of body and mind. Education should be admixed with enjoyment, so that children will look upon study as part and parcel of their duties and not as a burden put on them. To see that there is no defect in health, a girl should be examined periodically by medical experts, body weight should be regularly taken, and particular attention should be paid to the teeth and eyes. Constipation is one of the chief characteristic features of the girls. Great attention should be paid to it more through diet than medicine. The diet should be proper in quality and quantity. Adulteration of diet and over-feeding are the chief causes of many diseases which deteriorate health and development to a great extent. These predispose to defective development of the uterus which lead to many defects in motherhood.

3. Care during Motherhood.—Although onset of menstruation, is a sign

of fertility, yet child-birth at this stage of life is not without risk. It is, therefore, required that although the onset of menstruation takes place between twelfth and fourteenth year of life, yet child-birth ought not to take place before the sixteenth or eighteenth year. It is a pity that, when a girl reaches this stage of life, there is no one to guide her. Whatever she learns is from her friends. Parents think it to be a matter of shame to talk to their daughters and University education does not teach anything regarding the sex problem. Thus, it is evident that her association has got much to do with her habits. From medical point of view, care during menstruation is very important as many female diseases can be easily avoided if proper care is taken of menstruation and child-birth. At this stage, the nervous balance becomes unstable and is easily upset. Such preventive steps have long been laid down by the Indian Sastras but because they have not given the reason, they are overlooked. The following are the main points which are to be looked after:—

1. The girl should be away from scolding or excitement.
2. Cold bath predisposes to sudden stoppage of menstruation, which may lead to Pelvic pain and Leucorrhoea.
3. Improper use of diaper predisposes to pelvic infection.
4. Unusual excitement predisposes to excessive flow.

Lastly, with conception, there is great development of every part of body which requires great attention. A lady may miss one period for many reasons apart from pregnancy; but she is practically taken to be pregnant

if she misses more than one period. During the pregnant condition, attention should be paid under the following heads:—

1. *Diet.*—It should be rich in Carbo-hydrates, fluids and vitamins. The following is the usual diet which is recommended:

In the morning at 6 A.M. Raw goat's milk 1 oz; 7 A.M.—Toast and butter or toast and honey or fried rice and honey with a cup of milk or a cup of tea; 10 A.M.—Rice, Vegetables, fish, preparations of milk (pudding, sandesh etc.)

In the afternoon—Fruits, germinating grains, Chhana and honey.

In the night—Chapati of atta, vegetables, fish or meat (chicken or sheep). Eggs should be given sparingly.

Bed time—Milk.

Besides the above routine excess of fluids with addition of Glucose or sugar candy water, dab water or aerated water should be given freely. Sweets may be given freely.

2. *Exercise.*—In our Indian houses common household work is good enough for exercise. Those who are not accustomed to do these things, walking in the open air is good. Child-birth, being a muscular effort and as uterus takes a part of musculature of the body, it becomes easy if the mother is active.

3. *Sleep.*—Regular good sleep is a sign of proper action of the heart and nervous system. So good sleep is imperative.

4. *Excretion.*—Females are generally constipated and the condition becomes more marked when they become pregnant. It is, therefore, imperative that the bowels and urine of the lady must be free. What has been said under diet will mostly give rise to free urine and bowels, but if in any case the bowels are not free then instead of giving medicines for the

purpose, it is better to add senna tea with the fruits in the afternoon. (Senna Tea is prepared by soaking senna leaves or pods, sugarcandy and anisi in a glass of cold water for twelve hours). If the bowels move excessively, amount of senna leaves or pods should be cut down, and it should be increased in cases of failure. (To start with, forty to fifty senna leaves or three to four senna pods may be used.)

5. *Clothings.*—Tight clothings are greatly objectionable. The breasts are pressed upon hindering sufficient blood supply which is evident at this stage. The nipples may be pressed down causing depressed nipples or cracked nipples.

6. Lastly and not the least important is the thorough examination of the patient at the end of the second and eighth month. Any disease which might have occurred before pregnancy, becomes worse after confinement. So, a thorough examination of blood and urine should be made including the examination to determine presence of any defect which will require treatment. An internal examination at the end of the eighth week is important to prevent abortion due to retroverted condition of the uterus or rupture of extra-uterine pregnancy. Child-birth being a physiological phenomenon of life, it should be physiological if other items are seen to be physiological. What has been said previously will maintain physiological condition of the body but examination from time to time is absolutely required to detect any complication at the onset and to treat accordingly. It has already been said that the diet of the lady has much to do with toxæmia of pregnancy and anaemia of pregnancy and, therefore, great attention should be paid to it.

Complaints which are insignificant in the case of a non-pregnant lady may be of much importance in a

pregnant lady, and for this, one should be directed to report to doctor if there is anyone of the following symptoms:—

1. Persistent headache.
2. Persistent vomiting.
3. Persistent constipation.
4. Epigastric pain.
5. Dimness of vision.
6. Scanty urine.
7. High coloured urine.
8. Any abnormal discharge.

Again a thorough examination including Obstetrical palpation is required at the end of thirty-sixth week, because if any abnormality is found it can be rectified before it is too late. If the patient is under supervision from the time of conception, then attention may be directed only to confinement, else the examination will also consist of general examination.

Points which are to be determined in a case of labour are the following:

1. Where is the head?—this is determined by Obstetrical palpation.
2. Is the head fixed?—this is determined by Obstetrical palpation.
3. Is the head flexed?—this is determined by Obstetrical palpation.
4. Has the membrane ruptured?—If so, when?—this is determined either from the history or from local examination.
5. What is the condition of pelvic outlet?—

From the answers given to the foregoing questions, one will get an idea of conditions relating to force, passage and passenger. To treat a given case general force is to be looked after first, i. e. patient should be in proper condition to bear child. Next local force should be looked after. Next comes the bony passage. Then the soft passage is cared for and lastly comes the passage.

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With the idea given above, a lady whether she is primipara or multipara, should have obstetrical palpation of the child including the 'Munro Curr's' method of palpation to find out the relationship between the pelvic brim and the presenting part. In the Indian houses, to determine the relationship between the presenting part and the pelvis by the Munro Curr's method requires exposure. To avoid this I suggest the following:

After proper evacuation of the bowels and brim, the patient is put in the lithotomy position and the Surgeon stands on the right, and holds the presenting part by the left hand. He then pushes the head downwards and backwards in the axis of the pelvis and with the other hand he notices presence or absence of overlapping at the Symphysis. He thus distinguishes between natural labour and unnatural labour. Those which seem to be not natural, may further be examined in detail with Munro Curr's method. After finding the inlet he then passes the right hand over the symphysis pubis covered by the drawsheet, and tries to put three fingers under pubic arch, putting the three fingers in one plane and touching the subpubic angle. If this is done then the rami are divergent enough for the normal foetus to pass through. If otherwise, then the examination should be performed in detail.

In conclusion, I want to impress that child-birth should not be looked upon as a disease but it is a condition which may turn into disease if not cared for. Considering that all cases are not of the same nature, it is essential that all ladies who are expected to be mothers should be cared for, as many complications can easily be prevented if attention is given in proper time, and thereby invalidism prevented.

[HEALTH

Physical Fitness

(Contd. from pp. 17, Vol. XVI, No. 1, Jan. '38 issue of 'Health'.

By Khagendranath Chatterjee,

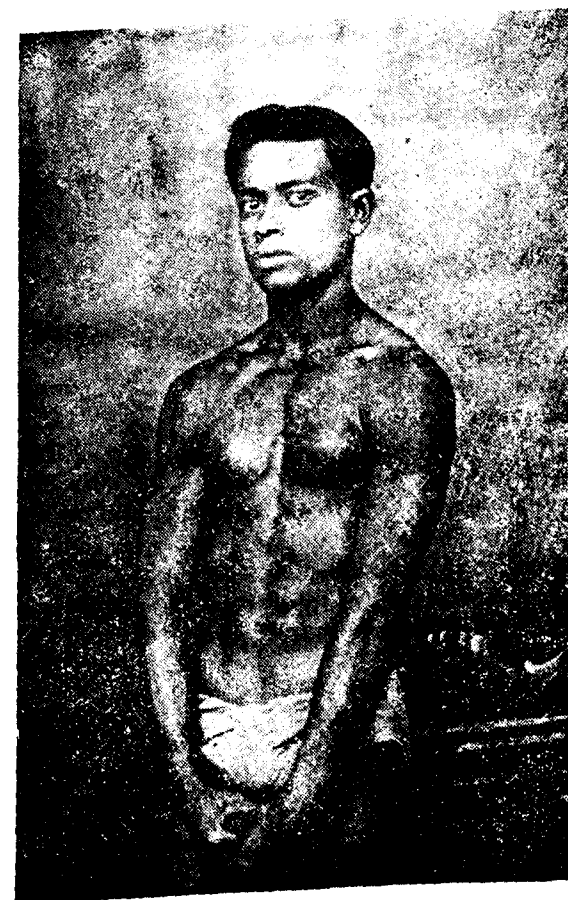
M.B., Lt. I.M.S., (Retd.), Chinsura, Hoogly.

THE abdomen or belly, as it is called by the lay people, is the lower part of the trunk, and begins from the waist. The shape of the abdomen in a healthy and muscular man is flat when viewed from the front, and its girth is narrower than

then become less active, and get easily tired when doing any hard work. Excessive eating and idle habits are, therefore, to be avoided so as to keep the body active.

In the female, the shape of the abdomen is somewhat different from

that of the chest. The outer covering of the abdomen is formed mainly of muscles, two of which are very strong and run side by side in the front and middle line. These are known as the Rectus Muscles, and stand out prominently during work, and they protect the underlying organs from a sudden blow or violence. In fat people, on the other hand, and particularly, in over-eaters, these muscles do not remain as firm, but become weak and distended owing to the distension of the stomach and intestines that lie beneath them; the shape of the abdomen alters and increases very much in size, and is described as the Big Belly; the girth of the abdomen then becomes wider than that of the chest. This is a physical disqualification, as people



A fine, normal and healthy specimen of Abdominal muscles.

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that of the male, because their muscles are naturally weak, and they become, in course of time, stretched by child-bearing. The shape of their abdomen becomes, generally round, gradually hangs down after repeated child-birth.

We see, therefore, that the outer wall of the abdomen is mainly composed of muscles and there is no bony support for them, as there are the ribs for the chest muscles, except that the back bone supports the trunk behind, like a stout pillar, and the lower part of the abdomen is also protected by two curved pieces of bones, which guard the sides and back but not the front like strong walls, and are known as the pelvic bones. The lower portion of the abdomen is, therefore, called the Pelvis. The abdomen can, for this reason, be divided into two parts, the upper and the lower, and a rough outline can be drawn between them, by marking a line round the navel or umbilicus as it is called. The region above this line will be upper abdomen, and the portion below it, will be the lower abdomen or the Pelvis.

Beneath the muscles, there is a hollow cavity in which remain several organs just as the heart and lungs remain within the chest cavity. The abdominal organs are mainly concerned with the digestion of food, and throwing out of the body, the various waste products that arise from assimilation. A brief description of these organs separately, will be of considerable interest to the reader. The organs mainly are: the stomach, the liver, the spleen, the pancreas, the kidney and the bladder etc. We shall now see, how they do their work respectively.

The stomach and the intestines are of the first importance, because the digestion of food takes place in them, from which alone, the body gets strength. The stomach lies on the

left side of the abdomen, just below the ribs, and looks like a hollow and inflated rubber bag, with the one end bulged and the other narrow. The bulged side is connected with the food pipe, and the narrow end is continuous with the intestines. It is composed of thin muscles spread uniformly on its walls, and the interior is lined with a slimy matter called the mucus. An acid, called the Hydrochloric acid oozes from the slimy wall of the stomach, which helps in the digestion of food, particularly food of the meat group, which is known as the proteid group of food. The food that reaches the stomach, by means of the food pipe, mixes thoroughly with this acid juice first; just as it mixes with the saliva of the mouth, when it is chewed, before coming to the stomach; after which the stomach makes several to and fro movements, by which the food is churned, and made into a soft mass, so as to make it easy to pass through the intestines for further digestion. The intestines are of two kinds, the small and the large. The small intestines begin from the narrow end of the stomach, and look like coiled tubes. They are about 20 feet in length, and occupy almost the whole cavity of the abdomen. Their walls are made of muscles, with a slimy inner coating, from which several digestive juices are given out for the digestion of various kinds of food, such as starch, fat etc. The intestines have also got a peculiar movement of their own, called peristalsis, which resembles the movements of the worms, and is therefore, also called the worm-like movement. It is by means of this movement that food is passed gently through these small intestines into the large ones for final disposal. The large intestines are about 5 feet long, and are wider than the small intestines. They also remain straight-wise in the abdominal cavity, and not in coils like the small

ones. These large intestines are also called the colons, and hence diseases of them are termed as Colitis. As the process of digestion is mainly finished in the small intestines, the undigested portion of the foods are then passed into the large bowels for the formation of stools which are ultimately expelled from the body.

It is learnt from above, that to maintain the strength of the body, nutritious and wholesome food must be taken daily. By nutritious food, is meant that the food must be a combination of the various groups, such as the proteid, the starch, the fat, the minerals etc., and will also be rich in the various kinds of Vitamins in them, namely A, B, C, D, E, etc. A detailed description of these various foodstuffs will be found in a book on Dietary or a treatise on Human Physiology, but it may be briefly stated here, that a mixed diet consisting of meat, fish, eggs, bread, rice and vegetables, makes an ideal food for the maintenance of health and strength.

(To be continued)

HONEY has been used as a food and medicine almost from time immemorial. Every body knows honey is the nectar of the flowers modified and evaporated by honey bees. Whilst the merchant's sugar is manufactured, Nature supplies us in honey, with a substance nearly ready for use and containing almost as great an amount of sugar as is known anywhere. It comes from innumerable flowers from which it is taken by the bees. They suck it up with their proboscis and swallow it; in their interior it undergoes a certain change, is then brought out again by the mouth and stored up in the combs of the bee-hives. According to the flowers, the honey obtained from them is

Honey and Its Therapeutic Value as Food and Medicine

By Dr. Yudhisthira Sahu,
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of varying quality. The best and the most palatable is the so called flower-honey which is specially valued but also very expensive. In some parts of the country "lime tree honey" is gathered, so called as it comes almost entirely from the lime tree flowers. This also is excellent and of fine flavour. Highly reputed is Alpine honey obtained from the numberless

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fragrant flowers of the mountain pastures. However, honey can also contain poisonous substances, when bees have visited poisonous flowers, but generally such cases are not very frequent.

Honey is chiefly composed of fruit-sugar, wax-gum, malic, lactic and formic acids, with the addition of salts and pigment. The very best sorts are light yellow and clear, the poorer ones are darker and often non-transparent. Unfortunately, sophistication has also got hold of this sphere and put on the market different kinds of honey which have nothing in common with genuine bees' honey except the name. They consist mostly of coloured starch syrup to which some substances have been added such as flour, gum, wax, in order to create the semblance of genuineness. In Switzerland, a honey manufactured from pears is frequently served out fraudulently to the travelling public as bees' honey.

Honey is an excellent food which is so much in favour not only for this reason, but also on account of its beneficial influence on digestion. It stimulates the peristaltic movements and thus acts as a mild aperient which rarely fails. It plays also some part as a medicament in inflammation of the larynx and wind-pipe, irritations of which are much eased by honey. It is however repulsive to many people partly on account of its sweetness, partly on account of its peculiar pungent taste which must probably be traced to the formic acid. But in any case, honey is a very valuable gift of Nature and its therapeutic value is also indisputable.

One of the best, but not yet sufficiently valued domestic remedies which must never be wanting in our everyday-walk of life is honey. Life produces life, strength creates strength. This explains the wonderful effect of honey. Nutritive value and healing

power are however only to be found in pure honey, prepared by bees and gathered, preserved and handled by the bee-keeper. The greater part of the commercial honey is adulterated. Natural unadulterated honey is nourishing, aseptic, i.e., preventing the formation of all fungi and bacteria, also antiseptic, i.e., destroying chance proliferations; its action is softening, slightly aperient, demulcent, resolvent and loosening; it promotes suppuration, alleviates pain, strengthens the stomach and evacuates all superfluous moisture, promotes digestion, heals and invigorates chest, nerves and lungs.

In all lesions, pustular inflammations, bruises and bad cases of suppuration, honey is regarded as the best and most reliable remedy for promoting the ripening of abscesses and furuncles.

In the treatment of wounds, honey mixed with the flour and used as dressing deserves recommendation at least as a cheap and handy remedy. Honey and flour made into a paste has been for a long time a popular simple remedy for bringing abscesses and boils to a head and for alleviating tension and pain. In all these cases, honey forms a perfect protecting dressing which, through its adhesive power, keeps at the same time the edges of the wound together. The dressing can easily be taken off by simple immersion in water, as honey or the honey flour paste is easily soluble. There is no doubt that the honey dressing through the formic-acid contained in it possesses antiseptic properties like acetic, benzoic, Salicylic or boracic acid. In using honey in place of Iodoform or Carbolic-acid, there need not be the slightest fear that such a dressing may have detrimental effects. Only absolute ignorance of the properties of honey and its different methods of production can lead one to describe honey as unsuitable from dislike of such popular remedies on principle.

Dr. A. Pfeiderer of Ulm, who recommends the honey-flour-paste dressing, uses also an ointment prepared from equal parts of honey, rye-flour and yeast, which according to his observations for many years, stops the pain in a surprising way and brings about a quick softening and smooths by casting off the dead tissue. "I let my patients prepare the ointment themselves and never more than is required for one application, so that, as a rule, only as much as a pea is taken of each of its three ingredients".

Wherever we wish to nourish and at the same time to improve nerves and strength, pure honey is and will remain the best household remedy.

This by no means exhausts the uses of pure honey as household remedy. Sometimes, it has an excellent effect against severe nervous head-ache. In such a case, a trial should be made by taking in the evening before going to bed one or two tablespoonfuls of honey, and it will be found that the head-ache soon disappears and a deep, sound sleep sets in instead of a light superficial one.

Pure honey is an excellent remedy for producing sleep, even in children. In a prize-essay on *The Efficiency of Domestic Remedies for producing Sleep*, honey was awarded first prize. One or two tablespoonfuls taken in the evening before going to bed bring about a refreshing, quiet sleep without any after-effects. But, one has to get accustomed to its slightly aperient action.

Amongst the numerous domestic remedies against tooth-ache, honey has so far not found a place; it is much more believed that, like all sweets, it makes matters worse. But follow the advice of one who has tried it. When first the honey gets into the teeth, the pain increases, but with every spoonful which is taken the flow of the salivary glands decreases and in a few minutes the pain has

completely disappeared. The process can be explained as follows: Persons who chew all food properly rarely have bad teeth, and in consequence do not often suffer from tooth-ache but in those people who live much on soups and coffee and swallow solid food in large bits, the food secretes little; consequently the saliva adheres to the gums causing rheumatism, boils, decay of the enamel and pain. Honey, however stimulates the glands to secrete the saliva and has a healing action through its well known antiseptic properties.

Horse-radish (plant with pungent root) grated and mixed with an equal quantity of pure honey is a very efficient household remedy in many affections due to chills with cough and hoarseness, a large teaspoonful of the mixture is taken every two or three hours.

Fresh pure honey-mixed with white onions' juice (not garlic) is applied to the hair to cause their growth and change their colour from grey to black. Moreover, in surgical dressing both honey and cod-liver oil combined in an ointment form, and applied directly on the wound make it clean and stimulate the growth of granulation tissues.

Unadulterated honey is an excellent adjuvant in dermatology. This is a valuable drug in eczema, scabies, kaorr, acne, ringworm and other skin diseases both internally and externally and taken internally once in a day, it will remove the crusts, pimples and clean the cutaneous eruptions and filthiest wounds.

The external application of honey to furuncles and even to carbuncles often gives wonderful results. It is greatly surprising that often the severest and the most obstinate carbuncles are held up without the slightest scar all because of the wonderful action of the honey.

In the treatment of burns and

scalds, honey is an excellent remedy as it prevents suppuration. Honey has got marking effect in reviving the severe cases of malnutrition, pneumonia and heart failure.

For an inflamed throat, there is no

better drink than fresh lemonade and honey which is both nutritious and soothing. In fine, let us take abundant of honey but less of sugar, owing to its antiseptic, therapeutic and medical value.

● Topics from Medical and Health Periodicals ●

Australian Premarriage Clinic.

A premarriage clinic has been opened in Sydney, where health tests are available for couples about to marry. The clinic is subsidized by the state government of New South Wales and is sponsored by the Racial Hygiene Association. It arranges an exhaustive examination by any of twelve specialists for a nominal fee. It issues certificates that (1) the parties contemplating marriage are fit to marry and raise a family; (2) the marriage should be delayed for from three to six months; or (3) the marriage should be permitted without parentage or should be discouraged. The clinic receives letters from young people on marriage problems at the rate of 100 a month.—*M. Women's Journal*, May '38.

The Art of Being Well-Shaved.

Robert Clement in a review on the Art of Being Well Shaved, recommends the following technique. Wash the face with warm water and soap, which should not irritate the skin for a minute and a half and rinse it off completely. The idea of this is to clean the hair and the coating of perspiration and the sebum, which covers the skin and the hair. After that one applies and soaps the beard with plenty of warm water and this process should last about two to three

minutes. If one prefers a cream, the cream should be applied on top of the soap. The razor should be dipped in warm water and it is always advisable that the face and the razor should be wet during the operation. In shaving one should start with those places that are easy to reach and leave the rest later. For the last three decades safety razors are very much in use. In getting a good shave, the angle between the razor and the skin is very important. The angle between 25 degrees is very effective in delicate skins but one between 28 to 32 degrees, you see a better combination. It permits you to shave very closely without any burning sensation and any damage to the skin. Another important point in obtaining a good shave, is a good blade. The work of the blade is facilitated by the extent to which the beard has been softened. It has been found that when the beard has been softened for fifteen seconds, the blade might be used twice, when for three minutes, it might be used for four times, and for 10 minutes it can be used 5 times. After the shaving one should wash the skin carefully and apply a lotion or a good layer of talc powder. A recent invention is the electric razor, which acts more in the form of a clipper. It involves more time and does not give you as smooth a shave as the ordinary razor.—(*Press Medical*, 13 April 1938, p. 585)—*Medical Bulletin*.

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A Full Stomach and a Failing Heart.

FOR many years, and probably since the time of Hippocrates, we physicians have been accustomed to recognize the type of patient who cannot exercise after a good-sized meal, but we have probably been wrong in assuming that this difficulty arises because the full stomach presses upon the heart. Although it is possible that the heart's action can be disturbed in so simple a mechanical way, it now seems more probable that the embarrassment of the organ arises in the fact, well

demonstrated by Herrick and McCracken, that after a meal, the blood flow more than doubles, not only in the blood vessels supplying the digestive tract, but also in all the vessels of the rest of the body. Now that this has been demonstrated, one can easily see why a man whose heart is ordinarily just strong enough to stand the extra strain of a short walk is not able to take this walk after meals when the load on the circulation has already been increased almost to the breaking point.—*Walter C. Alvarez*, in "*American Journal of Digestive Diseases and Nutrition*".—*The General Practitioner*.

● Health Tit-Bits ●

Quinine

QUININE is a medicinal product obtained from the bark of the cinchona tree. It is so highly prized as a remedy for certain fevers and malaria, that the British Government orders it to be kept on sale in every post office in India.

A Doctor's mistake is irreparable

IN every science and every art, in every business and every trade, mistakes are made: they are a part of all men. But doctors practise their science and their art on life. With that material, a mistake may be irreparable.—*Stephen Paget*.

The Treatment of Vomiting

IF the closure of the mouth is prevented, the act of vomiting is effectually stopped. By means of deep breaths the patient can quieten the vomiting centre.

Unchecked nervous vomiting, vom-

iting of pregnancy, etc., is said to have yielded to this treatment.—*Die med. Welt*, No. 23, 1936.—*Medical World*.

Dr. Johnson on Health

HEALTH is indeed so necessary to all the duties as well as pleasures of life that the crime of squandering it is equal to the folly; and he that for a short gratification brings weakness and diseases upon himself, and for the pleasures of a few years passed in the tumults of diversion and clamors of merriment, condemns the maturer and more experienced part of his life to the chamber and the couch, may be justly reproached, not only as a spend-thrift of his happiness, but as a robber of the public; as a wretch that has voluntarily disqualified himself for the business of his station, and refused that part which Providence assigns him in the general task of human nature.—*Dr. Samuel Johnson*.—*Good Health (U.S.A.)*

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• . Book Reviews

The Health of the Mind—By J. R. Rees, M.D., Published by Messrs. Faber & Faber Ltd., 24, Russell Sq. London. W. C. 1.—pages 230, with 5 illustrations. Price sh. 6/-nett.

This is the second and revised edition of the book, which bespeaks its popularity. "Mens Sana in Corpore sano"—a sound mind in a sound body—is an old saying with which we are all familiar. Physical health and mental health are inter-related. Unfortunately as the author observes, we are not taught to study our minds but we are encouraged in a variety of ways to observe the workings of our bodies". This book is intended to make one aware of 'the tangles and muddles in one's mind, to know something of them and try to straighten them out'. Thus, the book supplies a long-felt and much-needed want. It is written in non-technical style so that even ordinary folks may be enabled to read and digest it. We heartily commend the book to our readers.

Hints on Museum Education—By J. C. Basak. 363, Upper Chitpore Road. P. O. Beadon St., Calcutta, Published by the author; I Edition, 1938—Pages 282. Price Re. 1.

Education, in a large number of useful subjects, by means of Museum is a novel idea and it attempts at a solution of the problem of the huge mass illiteracy with which India is now confronted. There are no doubt Museums established in the various Provincial Centres in India but they are defective in many respects. According to the author, (1) "Their

chief object, is the display of their stocks and not imparting knowledge to the visitors." and (2) they ignore the claims of subjects of vital importance such as Eugenics, Maternity, Child-welfare, Dietary, Temperance Health and Hygiene. Well-selected exhibits on these subjects, are obviously of far greater educative value than the exhibits meant for advanced students on Geology, Minerology, Botany, Zoology, Entomology, Fine Arts, Archaeology etc. We think this criticism of our existing museums is well-deserved, and we agree with the author that these museums must be transformed into real educational centres. The book is well worth study not only by the public but also by the Govt. of India and various Provincial Govts. for the useful hints and suggestions it contains.

Education through Museum—By J. C. Basak. Published by the author, 363, Upper Chitpore Road. P. O. Beadon St., Calcutta, 2nd Edition 1937. Price 6 as.

In this brochure, the author has dealt with (1) the importance of Educational Museums (2) Hints on Museum Education (which we have reviewed above) and (3) Reviews of "Educational Museums", and makes an ardent and earnest appeal to all Govt. Officials in British India and to the Rulers of Indian States and to the authorities of the Universities and Colleges to give his Scheme a trial. We wish him success in his selfless endeavour to spread adult education among the masses through museums of his type.

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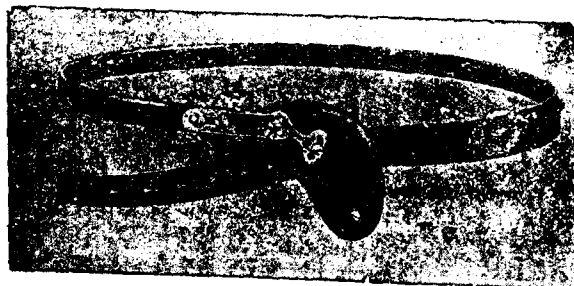


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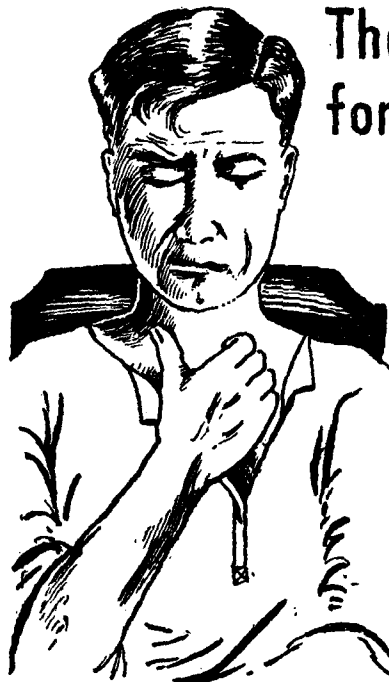
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