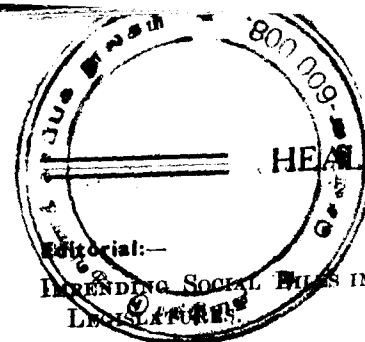




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Health

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No. 9.

Editorial

Impending Social Bills in Indian Legislatures

SINCE the Child Marriage Restraint Act, more popularly known as the Sarda Act was passed in the Central Legislative Assembly in September '29, there had been a lull of nearly eight years in social legislation in that Assembly. Recently, a few amendments to that Act have been made which penalised also child marriages performed by British subjects outside British India with a view to evade the Act and nullify its effect. The amendment is no doubt a welcome, thought-belated measure. While commenting on the Sarda Bill at the time, in our "Health", we suggested that the Govt. of India should also enact simultaneously another measure restraining dotard's marriage with young girls. We were sadly disappointed to find that neither the Govt. of India nor any private member thought

fit to act up to our suggestion and introduce a bill on those lines. We then observed (*Health*, Vol. VI, No. 12, Dec. 1928 p. 223): "The Legislature should also prohibit the re-marriage of widowers above 40. It looks as though the legislators who are all old men and honourable are partial to their own sex and so long as widow-re-marriage remains prohibited, widower-re-marriage, more especially at an age when the widower happens to play the part of a pantaloons—sans eyes, sans teeth and sans everything and when second childishness and mere oblivion have completely overtaken him, is really reprehensible and should be condemned with a high hand". Since the advent of the Congress to power in the Provinces, social legislations are being introduced with earnestness and assiduity. One province

in Northern India had already penalised that pernicious dowry system, while Bombay is about to consider two Bills to be introduced by Mrs. Leelavati Munshi in the forthcoming Bombay Legislative Assembly Session, one, prohibiting persons of over the age of 45 marrying minor girls—the very thing we suggested eight years ago and the other preventing polygamy. It is strange that, as yet, no male member had come forward to move these Bills—an unpleasant task for them forsooth! In the statement of objects and reasons appended to the Bill, Mrs. Leelavathi Munshi observes: “The practice of persons over the age of 45 marrying minor girls is in considerable vogue in this Presidency.The public conscience has been awakened for a long time against the inequity of such marriages. The Bill proposes to make such marriages a penal and cognizable offence.Legislative enactments similar to this have been accepted by Indian states like Mysore, Baroda and Kotah”. The Bill seeks to penalise the bridegroom, the guardian of the girl and the officiating priest, with other abettors in an unequal marriage. An unequal marriage is defined in the Bill as a marriage between a man above the age of 45 and a girl below the age of 18. The term marriage has been defined so comprehensively as to include every union or marriage, even if such marriage be otherwise void or declared to be void. The Bill has taken care to include provisions to obviate the loop-hole that marred the effectiveness of the Sarda Act in the initial stages and extends the application of the Act to persons who conspire or act in consent with others, as a result of which such unequal

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marriages that take place outside the Presidency of Bombay, would be construed as if it had been celebrated in that Presidency and would be punishable under the new law. The punishment for the offence may be imprisonment extending to one year or a fine of Rs. 1000 or both.

The Bill is good so far as it goes and we wish Madras also follows suit. But supposing a maid over 18, takes it into her head to wed a wealthy widower past 45 with rank and power to boot, what is the relief? This Bill gives a loophole in such cases, though it honestly presumes that a major maid above 18 will not stoop to such unequal marriage as that, temptations notwithstanding. But such girls are often educated girls moulded after the pattern of the West. In the West, passion for power and wealth gains supremacy over modesty and discretion and maidens marry old men only to procure wealth and obtain divorce or to become a widow-wife in a short time. In India generally, in the majority of cases, at the present day, second and third marriages of widowers take place, not for carnal pleasure nor for progeny but to be of help to the husband in his old age, to give him food and drink at the proper time and nurse him during illness and infirmity. Any number of sons and daughters, grandsons and grand-daughters the old man may have, but there is no guarantee that they will look to his comforts in his old age in the same way as a wife will do. That kind of mentality explains the necessity for re-marriage. More often than not, the young wife happens to be the poison and not the soothing balm sought after. The family after the

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marriage becomes a hot-bed of intrigues and quarrels culminating in the murder or suicide of either the husband or the wife or the desertion and separation of the wife, law suits for maintenance and consequent disruption and the ruination of the entire family. We therefore, think that no loop-hole of any kind should be left and it must be statutorily stipulated that old men above 45 should under no circumstances re-marry and should remain a widower for the rest of his life. It may seem cruel but it cannot be helped as their position is not worse off than that of widows in Hindu Society.

The other Bill is about prevention of polygamy. A similar Bill has been sponsored by Mrs. Subbaroyan. M. L. A. in the Central Legislature. Polygamy is as old as the world. According to the Christian doctrine, the

human race sprang only from those first parents—Adam and Eve. Besides the Church, there were philosophers who held the view that there must have



An unequal marriage such as that of an old man with a young girl must be shunned as grotesque and detestable in the same way as the above type of an unhealthy marriage where the husband, though young, is like an old man, all bones and no flesh and the wife, a hyper-fatty, ugly-looking creature.

been originally various tribes of men created at the outset, just as there were varieties of lower animals, vegetables, fruits and flowers, each adapted

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to the latitudes in which, since the beginning of the historical period, they were found. There were still others who believed that the human being was the product of gradual development from animal life beneath him. Whatever the origin of the human race, it cannot be denied or doubted that the world was polygamous from the very beginning of creation. The origin of polygamy has been very graphically summed up by Dr. E. B. Foote, M. D., in his "Home Cyclopaedia" thus: "From the best sources of information available it seems reasonable to infer that no ideas of the rights of women, further than those relating to her support, entered into the undeveloped heads of the early fathers of the race, for the first constituents of family organisation revealed by tradition or history were found to present one man and just as many women as he could maintain. He counted them by the hundreds, as he did his flocks and herds. This monopoly of the women by the opulent, caused so great a scarcity that the female sex became a merchantable commodity—part of an estate. Hence, polygamy among the successful tribes resulted in compulsory monogamy (the union of one woman to one man) among those who were less so. As these family organisations became more thoroughly organised and as the expenses of living increased, they were inevitably confronted finally by men who could not support one woman. Hence there arose at that early period two customs of which ancient history gives an account, namely Polyandry and Prostitution". The first man to inaugurate any Civil Code for the governance of man and woman in their

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sexual relations was Menes, the first king of Egypt, who flourished about 3500 years before Christ. The next law-giver was Fu-hi, who invented a marriage system for the Chinese 2650 years before Christ. The third was Moses, the leader and legislator of Israelites about the sixteenth century before Christ, who laid down a variety of rules for the regulation of intercourse between man and woman. Then came Cecrops, 1500 B. C. who concocted a Code for the Greeks. The Romans too had a set of stringent social regulations for the governance of the sexes. Polygamy was the kind of marriage in vogue at this time with concubinage. This was afterwards replaced by another system of marriage viz., of one man to one woman with the licence of concubinage. This was doubtless one step out of polygamy and another step toward monogamy. Monogamy originated in Italy between 700 and 1000 years before Christ. Monogamy unquestionably was originally the offspring of masculine poverty and female scarcity. The one country that practised Monogamy in ancient times from the very beginning was Scandinavia. There, their marriages were preceded by betrothals of a most solemn and obligatory character. According to Gide, the man said to the woman: "To thee, the honour and rights of wife—to thee the keys of my house, the half of my bed—the third of all that which I possess and all that which we may acquire together."

We now come to Ancient India. Here Polyandry and Polygamy did exist for a long time and as an instance of the former, we have in the epic period, the Pandavas marrying

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one wife, Drowpathi and of the latter, Dasaratha marrying three wives and paying the penalty for it. Concubinage was not uncommon either and the harems of many of the kings and princes bore abundant testimony to its existence. Manu's laws, however, gave ample protection to women. No woman can be divorced or over-married according to Manu except under the following circumstances:

1. "If a woman indulges in intoxicating liquors or does sinful things or opposes her husband or is diseased or plagues (beats) her husband or is always wasting his money, she may be over-married (i.e. superseded by another wife who takes her place but this does not force her to leave the house)"

2. "A sterile wife may be over-married in the eighth year (after marriage) if her children have died (she may be over-married in the tenth year), if she bears only female children in the eleventh year but instantly if she says disagreeable things".

3. "A wife, if she be of a loveable disposition and endowed with virtue, should when diseased, be over-married only with her own permission and

at no time should she be despised".

In this connection it would be of interest to know the testimony of an Englishwoman Mrs. Arthur L. Smith who was the daughter of an English official in India, given before an audience in New York as early as the beginning of this century, quoted by Dr. Foote, in his Cyclopaedia. She said, "Women in India occupy a much higher position than in any other country.....The sensational stories told of social misery and depravity are the result of looking at the life of the lowest (*this was exactly what Miss Mayo did later*) not of the representative Hindus, as the higher castes seldom permit a foreigner to come into their home-life".

For long, Monogamy held the field in Hindu India but the recent contact of India with the West had made many an educated Indian desert his already wedded orthodox wife and contract marriage with a foreign girl or another educated Indian girl to the woes of both—of himself and his deserted wife. This practice should be penalised and put down with a high hand and for this reason, if not for any other, the measure is quite welcome and has our hearty support.

State Control of Marriage

Sir Farquhar Buzzard, Regius Professor of Medicine at Oxford University, has prophesied the State control of marriage within the next twenty-five years as a necessary measure to preserve the quality of the race. He divided the population into three categories: (1) fifty per cent of normal fitness; (2) twenty per cent of supernormal; and (3) thirty per cent of subnormal. "Under present economic conditions", he said, "the subnormal have every encouragement to produce large families, which are again subnormal. The normal and supernormal are charged with the burden of supporting the subnormal and are tempted or even forced to remain sterile or limit the number of their children. We are confronted not only with a declining birth rate, already an established fact, but with the prospect of a population in which the unfit will outnumber the fit".—*Calcutta Medical Journal*.

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Old Age and its Ailments

Definition of 'Old Age'.

It is not easy to define precisely what is 'Old age'. It is said that a man is as old as he feels. This means that mind and feelings play a greater and a more important part in determining age than a person's physical condition only. Of course physical condition depends usually on the nerve power and mental condition of a person. So it is sort of a vicious circle, one depending on the other in mutual adaptation or adjustment. However, in the present times, one may safely say that, generally, shadows of senility begin to creep on a person at about the age of 45 years in the tropical climate and about 5 to 10 years later in temperate climates. In other words one may consider 45 to 50 years of age as the period of senescence.

Definition of Ailment.

Ailment literally means pain, indisposition, disease. But it is not proposed to describe the diseases of old age in this article. Our concern being with the health aspect only, the indispositions and minor disabilities of old age alone will be mentioned, with just a passing reference to certain diseases peculiar to old age. 'Slight indispositions, whether of a structural kind, such as mild catarrh or cold, or of a functional kind, like headaches, are often spoken of, not as diseases, but as disorders or ailments.'

Diseases of Old Age—Some not found in Old Age as Peculiar to Infancy and other Periods of Life—Susceptibility to certain Diseases in Old Age.

Ordinary human ailments of all and every age affect old persons as

By

Lt. Col. K. G. Gharpurey,

—I.M.S., (Retd.), B.A., F.R.G.S., F.F.Z.S.,—

Poona.

well, except perhaps a very few illnesses which are peculiar to certain ages and periods of life. There are certain diseases peculiar to infancy, childhood and adult age, which old persons need not concern themselves with. Some examples of these are:—Croup and Infantile paralysis in infants, Rickets, Whooping Cough and Psuedo-hypertrophic Paralysis in Children, Chlorosis in adult females and Hystéria and Acute Gastric or Duodenal Ulcer in adult age. Other diseases of every age attack old persons also; in fact old persons are more susceptible to, or are more likely to suffer from, some of these diseases than adult persons, as, for example, diseases of the chest as Bronchitis and Pneumonia.

Diseases Peculiar to Old Age.

Certain diseases are considered peculiar to old age. That really means they are more often found in old persons than in others; it does not mean that they are never found at other ages. Some of these diseases are, cancer, diabetes, enlargement of the prostate and gout.

Changes in the Body-tissues Due to Age—Association with Endocrine Functions Probably

Certain changes occur in the tissues of the human body with age, begin-

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ning generally after 40 years of age. These are ordinarily called 'degenerative changes' but they are due to definite 'wear and tear' and can appropriately be called 'wearing out' changes. These begin to occur a little earlier or later according to the vitality of a person, in other words, according to modern ideas, with the condition or functioning of the endocrine glands in the body. These endocrine glands are probably concerned with the metabolism of the mineral salts, their balance and distribution in the body.

Enumeration of these Changes in Hair, Eyes, and Vision, Hearing, Mental Outlook, Memory and Concentration, Spirit of Adventure and Brain-power.

These changes, the result of wearing down of tissues for so many years, may be enumerated briefly. The *Hair* loses its pigment which may be black or various shades of brown. The hair becomes grey or white. The hair-follicles begin to atrophy and the hair becomes thin and sparse and baldness in varying degrees may appear. The *Vision* gets impaired and glasses are needed for reading purposes. The power of *Hearing* may also begin to get impaired. The *Mental Outlook* on life begins to get changed. *Memory* and power of *Concentration* may become affected. The spirit of adventure begins to disappear. This spirit is shown in a small way, in average persons, as a fondness for travelling, sightseeing etc. in young age. But these become tiresome and troublesome with age and anything which disturbs the smooth and even daily routine is not desired. *Brain Power* is lessened in general.

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Gums and Teeth (Mastication indigestion, dyspepsia, flatulence)).

The gums of the teeth begin to recede and the *Teeth* begin to get loose and gradually fall out or have to be pulled out. They decay more rapidly than in earlier life. This process of losing teeth usually commences with the teeth at the back of the jaws called the grinders or molars, those in the upper jaw being the first to suffer. Hence the power of mastication gets impaired and thorough insalivation of the food does not take place, unless the character of the food eaten is changed and it is made soft. This combined with the lessened secretions of the gastric and intestinal juices causes indigestion, diarrhoea and dyspepsia, unless one adopts oneself to the changed conditions in the body by adjusting the quality and quantity of the food eaten. There is always a tendency for flatulence in the bowels developing with age. Active young persons tend to put on fat and weight after the age of 40, unless they reduce their diet in proportion to their lessened activities.

Heart, Lungs (Difficulty of Expectoration Simulating Asthma).

The *Heart* muscle naturally wears out and one cannot stand exertion as before. This may show itself as breathlessness on exertion or in the form of a tired feeling afterwards. The *Lungs* also begin to lose their elasticity and there is a tendency to catch a chill easily. This may lead to Bronchitis and the process of expectorating or spitting out the collected bronchial secretion (sputum) may become a difficult and a tiresome task due to muscular weakness. This difficulty in breathing and expector-

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ating may simulate an asthmatic attack. But real Asthma as such does not usually appear for the first time in old age.

**Circulation of Blood (Varicose veins, Piles),
Arteries and Blood-Pressure.**

Circulation of the Blood gets sluggish and there is a tendency for the blood to stagnate in dependent parts of the body. Due to weakness and atrophy of heart-muscle blood does not reach the end parts of the extremities in sufficient amount and thus there is a tendency for the hands and feet to feel cold. The stagnation of venous blood may lead to appearance of varicose veins in the legs and piles (which mean varicosity of veins in the anal part) may show themselves. Due to loss of elasticity in the walls of the arteries, they tend to get rigid and so the heart has to pump blood into them with more force. This causes increased *Blood Pressure*, which may result in various manifestations as giddiness, insomnia or sleeplessness, paralysis etc.

**Pigment in the Blood (Hæmoglobin)—Pasty
Anæmic look).**

The *Pigment in the Blood* gets less as do the other pigment in the body as in the hair. The pigment in the blood is called Hæmoglobin and to this is due the reddish and glowing color of the face and the body in youth and adult age. Due to this loss of pigment, a person loses his full, florid, reddish, healthy look and he gradually acquires a yellowish, pasty and a waxy look, and he looks pale and anæmic.

**Muscle Tone (Hernia, Lumbago, Constipation,
Lethargy).**

The *Muscle-tone* in the body in general gets gradually lost and certain

orifices in the muscular attachments as, for example, the abdominal rings, do not get their usual support. Hence there is a tendency for protrusion of bowels through them and for hernia to develop. Due to loss of tone and elasticity muscles become flabby and weak. The loss of tone in the muscles, both voluntary as of the abdomen and involuntary as those of the bowels, also explains the tendency to constipation which may first appear in old age. This muscular weakness causes a feeling of lethargy and inactivity.

**Period of Recoupment (Convalescence Period in
Adults and in Old Age).**

The period for recoupment of normal health after illness is prolonged in old age. Ordinarily one may consider that an adult person takes twice the number of days, of the duration of the illness, to recover his health completely. That is, if he has been ill for one week, he would take about two weeks more to recover completely. In old age, under the same conditions, he would take about three weeks or more.

**Skin, Joints, Emotional stress, Sexual Power,
Comparative Weakness.**

The skin loses its elasticity and smoothness and gets wrinkled, rough, dry and loose. The *Joints* get stiff and do not move easily. Emotional stress leads to weakenings of mental and physical powers and there is a lessening of *Sexual power* and energy and a general feeling of comparative weakness. The intestines and the viscera in the abdomen begin to sag down, specially in women.

**Changes in Body not sudden but gradual,
Usually complete by 60 Years of Age.**

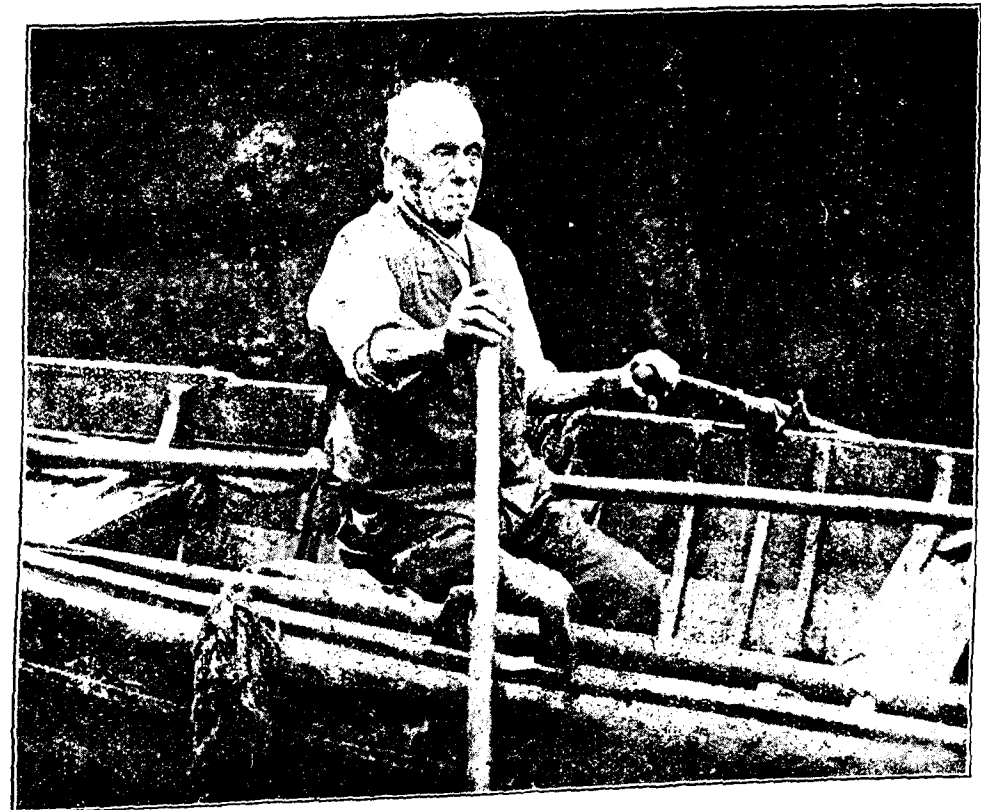
Changes described above do not necessarily come together or at the

same time or at once in every person. They begin to be gradually felt, usually when a person is about 45 years of age and are fairly well marked between 55 and 60 years of age, when old age should be considered as established.

Diseases Common in Old Age.

All these changes, if uncontrolled, may lead on to diseases proper,

more susceptible to them than younger persons. These are various forms of paralysis due to lesions in the brain, paralysis agens, lumbago, chronic bronchitis, emphysema, bronchopneumonia, atrophy of the heart, arteriosclerosis and atheroma with its results in thrombosis and embolism, cancer of various organs as of œsophagus.



A Typical Old Man doing a healthful Exercise such as Rowing, to keep himself fit.

which affect all ages or are peculiar to old age. Diseases peculiar to old age are few and can just be mentioned. It does not mean that these diseases cannot occur at other periods of life but it only means that they are much more common after middle life and as age advances, or as one may put it in other words, old persons are

stomach, rectum and liver, cirrhosis of the liver, gallstones, Bright's disease (chronic intestinal nephritis) and cystic kidney, stone in the kidney, stone in the bladder, enlarged prostate, high Blood-pressure, metabolic diseases like Diabetes, Gout and Eye Diseases like Cataract and Glaucoma.

For Definite Signs, Consult Doctor Immediately.

When definite signs of any of the diseases mentioned above show themselves, a good doctor's aid should invariably be called for early and his advice taken and treatment followed.

So Important that Mention of Changes will bear Repetition—Tissues, Skin, Muscles, Nervous Power (Neuritis, Neuralgia), Joint, Bones Tissues hardened, (Blood Pressure, Cataract).

All the ailments due to changes in the tissues of the body in old age, are so very important from a health and preventive point of view that for the sake of emphasis mention of these changes will bear repetition.

The main point to grasp as regards old age is that due to wearing out of tissues for so many years, the tissues in general have become enfeebled, the skin loses its tone and gets wrinkled, the muscles are losing their power and are likely to be strained easily, the nervous power is gradually getting exhausted and becomes dull and attacks of neuritis and neuralgia may occur, the joints are getting stiff and can be sprained easily, the elasticity and flexibility of tissues is being lost, the bones are getting brittle and fragile, the tissues are getting thickened and hardened producing a tendency to high blood-pressure, cataract etc.

Changes due to fair wear and tear and also due to Substances in Food or Body acting as Foreign Matter, rest being excreted due to General Dysfunction due to Age.

The general tendency in tissues is to lose their elasticity and hence they are likely to be rigid. This is not only due to fair wear and tear of the tissues but is also due to the various substances in the body which are the products of the foodstuffs we eat and which are ordinarily eli-

minated from the body in an active, youthful and healthy life.

But these substances, as age creeps on, remain in and accumulate in the body and do harm. In a healthy active life, all these products from the food not required for the needs of the body, are excreted by various channels from the body, that is, by the sweat glands in the form of sweat, by the kidneys in the urine and also in the form of excreta or faeces. But if these are not excreted but remain in the body, they react on the tissues. The tissues get hardened and when this occurs in blood-vessels, these get rigid. Hence the heart has to pump more energetically to send enough blood to the various parts of the body and it is likely to get strained; blood pressure rises and various results due to increased blood pressure manifest themselves. These results are a tendency to faintness, breathlessness on exertion, sleeplessness and it may lead to cerebral hæmorrhage ending in paralysis of limbs, face, and even loss of speech. The hardening of the tissues in the eye may result in cataract, in the ears to changes in the bones and nerves causing deafness, in the joints to stiffness and disability or inconvenience in walking or in other movements.

Cartilages (stoop), Joints (less free movement).

The cartilages covering the bones as well as those between the spinal vertebrae get thinned out due to pressure of the bones. Hence an old person finds it difficult to maintain an erect position as before and he generally develops a stoop. The joints do not move as freely as before, they are less flexible and the muscles less elastic. This is all due to the forming of and hardening of the fibrous

tissue and the fibrous elements in the other tissues.

Disease called Enlargement of the Prostate Peculiar to Old Age.

A disease called enlargement of the prostate is peculiar to old men. It is found only in old men and causing obstruction to the normal flow of urine, leads to grave consequences. The Prostate gland is a glandular mass, somewhat like a chestnut, placed immediately in front of the neck of the urinary bladder. This gland is only found in males and is not present in females. When this gland becomes enlarged in old men it may become hard also due to general hardening of the tissues. When this enlargement begins to cause trouble which may show itself in the way of increased frequency of urination, specially at night, or even to stoppage of passing of urine, a doctor should be consulted at once.

Stone in the Bladder More Common in Old Age and also in Children Under 12 Years of Age.

In poor ill-nourished persons and in hot dry climates, stone in the bladder is also one of the diseases which old men may suffer from. This shows itself in pain and difficulty in passing urine, stoppage of the passing of urine before the bladder is completely emptied and even passing of blood in the urine sometimes. In some

parts of India, as in Sindh and the Punjab, this disease is extremely common and it is also found in Khandesh, Nasik, Ahmednagar and hot dry districts of Bombay Presidency and other parts of India with a similar climate. In an analysis of about 400 (four hundred) cases 40 % were in men over 40 years of age and 50% were in children under 12 years of age. It is one of those diseases which might justify the remark that old age is akin to childhood.

General lines for Regulation of Life in Old Age —Mainly about Diet and Exercise.

It is not necessary nor is it intended to enumerate in this article as to what should be done to prevent all the diseases mentioned above, as that is purely a medical and a professional concern. But it will be desirable to lay down certain general lines for the regulation of life of a person who feels he is getting old (in this country generally about 45 years of age) and who is old. One might mention certain rules and habits which may retard old age and make it as comfortable as possible. The main point is to adjust your routine work and habits, to the changed condition of your body and your period of life.

These rules are mainly concerned with Diet and Exercise.

(To be continued.)

Prolongation of Life

At the thirty-first annual convention of the Association of Life Insurance Presidents, Dr. Alexis Carrel gave an address, in which he observed :—

“ So far, the increase in the average duration of life has resulted, as is well known, from the efforts of hygiene and medicine But hygiene and medicine have nearly completed their work Each of us knows that hygiene, comfort, good food, athletics, fresh air, sun baths, have failed to increase the span of life. Any true prolongation of life will require not only protection against disease, but improvement of the quality of tissues and blood, that is, more resistance of the body to wearing out.....”—O. W.

Prevention of Influenza

INFLUENZA is caused by a special germ and is infective in character. The infection is carried mostly through the air we inhale, and this way it spreads very rapidly and we find a great many cases of this disease showing complications of the air passages. The digestive troubles, such as vomiting and diarrhoea and the eye complaints suggest that infection may gain entrance through these channels also. The incubation period of the disease is very short from a few hours to two days.

The attack is usually sudden, with severe headache and pain in the limbs and back, which is the characteristic of this disease, and a rise of temperature; mostly there is also pain in the throat and dry cough and congestion of the eyes (as seen in the case of common cold). There is loss of appetite and thickly coated tongue. The fever lasts, unless there are complications, for about 4 or 5 days and subsides with a good amount of perspiration.

The chief complications are those of air passages—bronchitis, bronchopneumonia and pneumonia. Great care should be taken to protect children and pregnant women from this disease, as many mishaps are seen amongst those attacks.

There is no certain way of preventing the spread of this epidemic of influenza so far as is known at present, but the following modes of prevention will be found useful:—

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1. General Precautions.—When influenza is about, be especially careful of the general health, doing all you can to bring the body into the best condition for resisting the attack. For this purpose you should:—

- (a) Be clean.
- (b) Avoid late nights in crowded places.
- (c) Go to bed early and sleep with the windows open.
- (d) Avoid excess in eating or drinking.
- (e) Keep the bowels open. For this common salt, about $\frac{1}{2}$ to one tea-spoonful in a cup of cold water daily in the morning is sufficient.
- (f) Moderation in habits; Perform daily exercise in open air.
- (g) Get septic teeth treated by a dentist.

2. Special Precautions.—During an influenza epidemic people should avoid attending crowded assemblies, because influenza is especially liable to be spread in crowded meeting rooms. Those in charge of churches, chapels, amusement and cinema halls, or other places in which people congregate, should see that the windows or other ventilators are kept open so as to keep the atmosphere of the building cool, dry and sweet. Attend

to the toilet of the nostrils and the mouth carefully.

3. If you become ill.—Of course, when a person is attacked by influenza epidemic, it is quite necessary that efficient medical treatment should be resorted to. Go to bed at once and stay there until your doctor tells you to get up. There is no heroism in struggling on after influenza has gripped you, because you are increasing the risk of



Railway travel is one of the means of spreading Influenza.

serious complications, and you are spreading the disease to others at the same time. Hence the attacked patient should be isolated and should have complete rest in bed.

The sick-room should be well ventilated; keep the windows open. Do not have unnecessary visitors in the sick-room.

If there is cough with sputum and sneezing, a vessel containing some antiseptic, such as solution of phenyle, should be given for spitting. Never allow spitting on the floor or the walls of the sick-room. Mouth and nostrils should be covered with clean handkerchiefs or tissue paper so as to avoid distributing the infectious material from the mouth and nose.

Handkerchiefs before allowed to dry should be soaked and washed free of accumulations. Paper or rag used as handkerchief should be burnt.

Material coughed and sneezed should not be allowed to dry; it should be collected in a vessel containing water or disinfectant such as strong solution of Phenyle and buried under-ground.

A few drops of Eucalyptus Oil on handkerchief would do good for antiseptic inhalation while the patient is in bed. But this should not be used continuously as it damages the mucous lining of the air passages. The same purpose can be served by:—

Irrigation of the nose and throat with common salt solution (about one teaspoonful of common salt to a pint of boiled water). This solution can be sniffed up the nostrils from a basin or even from the palm of the hand, and spat out when it comes down in the mouth. After repeating this a few times the throat should be gargled with the same and mouth rinsed clean. Finally keep your teeth clean by using some antiseptic powder, paste or any other suitable ingredient. If the teeth are unclean, tartared, and giving foul smell on having any yellow film on them; get them cleaned by a qualified Dentist without any delay at all to avoid serious complications.

Mustard Bath for Feet.—Keep feet in a vessel containing water (as hot as can be borne) to which a little mustard powder has been added. This checks not only the attack but also the complications and promotes sleep if practised at bedtime.

The influenza patient should be given a liquid diet—milk, barley water, rice congee and water well boiled and cooled. This helps the elimination of toxins from the body. He should not be allowed to mix with others at least for a week after his temperature has come to normal.

The convalescent period after influenza has dangers of its own; do not be too anxious to return to life's usual routine—make haste slowly.

Physical Fitness

(Contd. from pp. 159 Vol. XVI. No. 6, June '38 issue of 'Health'.)

By Khagendranath Chatterjee,

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

The Liver.

THE Liver is the next important organ, and occupies nearly the whole of the upper portion of the abdominal cavity above the stomach and the intestines, and just under the Diaphragm, a muscle which separates the chest from the abdominal cavity, like a partition wall. The liver is a smooth, soft and solid organ and is so big, that it extends from the right to the left of the upper abdomen, and is divided into two portions about the middle, by a wide notch, in which remains, a small sac-like body called the Gall Bladder, which receives the bile, manufactured by the liver for digestive purposes. The liver also stores a substance called Glycogen from the assimilation of all food, which it liberates according to the needs of the body, as the substance Glycogen supplies heat and energy to the various muscles and tissues of the body. The bile is also poured into the first portion of the intestine called the Duodenum during the digestion of food, as it not only helps the digestion, but also stimulates the movements of the bowels for the onward passage of the food in them. The bile also stains the urine and stools with its colour.

To keep the liver healthy, one ought to be very careful about his food and drink as abuses of these

make the liver unhealthy, just as they upset the stomach and intestines which has already been mentioned. Irregularities of diet, and overeating particularly tax the liver as they tax the stomach also. The liver in these cases, get torpid and enlarged. The liver is scarcely felt when healthy, but gets enlarged by diseases, such as Dyspepsia and also by fevers and other ailments. There is another common disorder of the liver which is called Jaundice. This is brought about by obstruction to the flow of bile through its natural channel, the intestines with the stools. Habitual constipation, therefore, is likely to produce this disease and also a sluggish condition of the organ. A kind of stone sometimes forms out of this bile in its reservoir, the gall bladder, and is called the gall stone. This is also said to arise from indiscretion of diet and irregular habits.

The next important organ of digestion is called the Pancreas, which lies covered under the first part of the intestine and the stomach. The Pancreas is a very small organ, about six inches in length and looks like the tongue of a dog.

The Pancreas helps the digestion of starchy foods called the Carbohydrates, such as rice, sugar, potato etc. If this organ gets out of order, the assimilation of sugar does not

properly take place, and if the liver is at the same time unable to store the excess of sugar in our food, then the latter begins to appear in urine and the condition is then known as Diabetes. This is a very serious malady, and a diseased Pancreas is unable to cope with it. Scientific treatment can, however, check and also cure the disease, if medical aid is timely sought.

The Spleen is another organ of importance and lies on the left side of the abdomen, under cover of the stomach. The organ is concerned with the formation of blood and bone marrow, and in health remains hidden under the stomach, but is seen to be hanging down, when it gets enlarged by diseases such as the fevers. It is generally felt to be very much enlarged in size in this country after the malarial fevers and specially the Kala-azar. Protection from mosquito bites and those of bed bugs, and the taking of preventive medicines like quinine are necessary to keep it healthy.

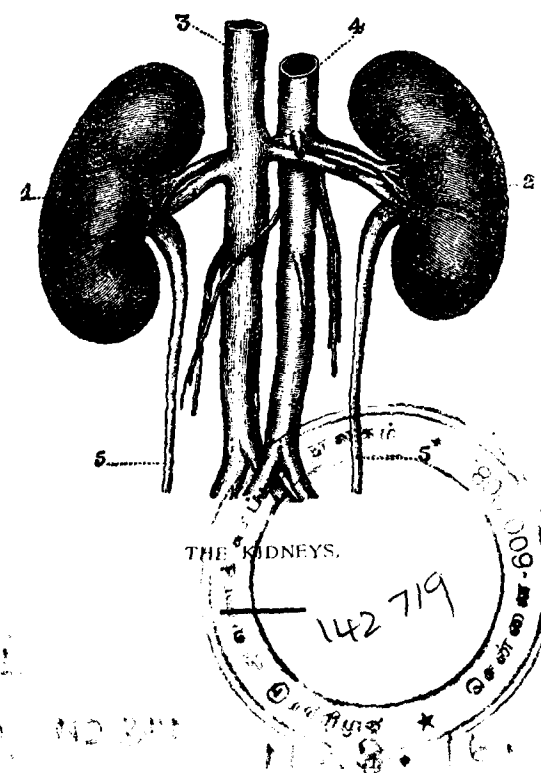
We next come to another very important organ, namely the Kidneys. The kidneys are two in number and remain on the back part of the Abdomen one on either side of the back bone. They are small, round bodies, looking like large sized beans, about 4 or 5 inches long and two inches

wide. The kidneys manufacture urine, and therefore are like the drains of the body. Just as the bowels expel from the body the waste products of digestion in the shape of stools, the kidneys eliminate the waste materials from the blood by means of the urine. These waste materials arise from the assimilation of food, respiration and exercise of the muscles and other organs of the body. The urine is passed through two tubes called ureters connected with the kidneys, and are therefore like flushing tubes, and the kidneys are like the filter beds from which urine is percolated.

The urine is finally carried to a reservoir, called the Bladder, which is a hollow muscular bag, triangular in shape and situated in the lower parts of the abdomen, which is called Pelvis. The Bladder is therefore, like a cistern, where the urine accumulates, till it becomes full, when it is emptied by a narrow tube called the urethra.

The other organs of the Pelvis, are principally the organs of generation

of the females, such as the womb or uterus and its adjoining structures. Some portions of the male genital also remain within the Pelvis, a detailed description of which is to be found in a book of Anatomy. As these are subjects beyond the scope of this essay, we close our chapter here.



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[HEALTH

Health Knowledge

—By Dr. T. P. Sundaram, L.M. & S.—

Adyar.

DESPITE the great advances that have been made in scientific medical research, the health of humanity has not begun to show a corresponding advance. This is the bitter experience of our everyday life. Diseases and death have their usual participants year after year. It would appear from this that most of our present-day systems of combating sickness are but stopgaps that don't go deep into the problems of real health. In short, the public lack seriously in health knowledge.

There are two fundamental difficulties that confront the problem of health. Firstly, the economic condition of the people which results in an overcrowding of the cities and villages and secondly, the consequent inefficient sanitation of the houses and streets added to an insufficient supply of good water. The heroic attempts to solve these fundamental difficulties are possible only for the government and any good government can and should do a great deal in this direction.

Coming to the individual there is yet another fundamental problem that awaits solution. An enormous amount of good work may be turned out by institutions. Personal hygiene including a knowledge of the elements of human anatomy, physiology, dietetics and sanitation should form a compulsory subject in the curricula of all educational institutions, elementary or otherwise. Every human being must have a fair and familiar knowledge of the working of his or her physical body in order to live a

healthy life. It is not too much to wish every one should one day become his or her own doctor. This is one of the happiest visions of the future that we could have. Our country is far behind in the dissemination of health-knowledge in its educational institutions. This is a vital problem, and ministers of education cannot do a better act than make personal hygiene an important and compulsory subject in all the elementary and high school classes.

A thorough understanding of one's own body is quite essential for a higher life. I would like to quote in this connection what a great seer says about the human body:

"The body is your animal—the horse upon which you ride. Therefore, you must treat it well, and take good care of it; you must not overwork it, you must feed it properly on pure food and drink only and keep it strictly clean always, even from the minutest speck of dirt. For without a perfectly clean and healthy body you cannot do the arduous work of preparation, you cannot bear its ceaseless strain. But it must always be you who control that body and not it that controls you."

The mental and moral health depends to a great extent on the physical health. The very evolution of life and form depends on absolute health. We have but touched the fringe of it.

A new awakening, a new understanding is required in order that the fundamental elements of health problems may be rightly viewed and solved. Broadly speaking three things are quite essential for improving the health knowledge of the public—a good government, an efficient dissemination of health knowledge to the masses and education of individuals about the workings and hygiene of the human body.

Advice to Expectant Mothers

THOUGH pregnancy and child-bearing are normal physiological processes yet these are times when a woman is most exposed to ill-health. Borderline between health and disease is never so narrow as in pregnancy and labour. A trivial ailment which a woman can otherwise pass over easily, may prove to be the last straw on the Camel's back during these periods. Hence, the utility of Antenatal care and supervision. Much harm has been done in regarding pregnancy and labour as absolutely normal processes. Instances can be multiplied when early signs and symptoms of Eclampsia (a dangerous type of convulsive seizure in pregnancy and child birth) e.g. Oedema of legs, diminished quantity of urine, headache, dimness of vision, black spots before the eyes, have been explained away as normal events of pregnancy. The consequences have always, been disastrous. But, if these early abnormalities were attended to, many useful lives would have been spared. This preliminary is not to strike terror in the hearts of the expectant mothers, but rather to warn them of the dangers that can, by timely intervention, be warded off.

I would advise every expectant mother to place herself under the charge of a competent doctor. She can bring to his notice even the trivial abnormalities and get herself treated, or assured of the trivial nature of her complaints.

In pregnancy, one need not be

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much fussy about diet, exercise, clothings etc.

Normal avocations in life with the usual diet and clothings are quite compatible with normal pregnancy. Excesses in every thing—excessive manual labour, excesses in diet and clothings—are to be carefully avoided.

Exercise and Rest.—An expectant mother otherwise quite fit can go on with her ordinary household duties. She must take enough rest, at least 8 hours rest is essential for her. She must take at least an hour's rest in bed after midday meal. She must avoid carrying or lifting up of heavy weights. She must avoid long railway journey in the later months of her pregnancy. Motoring on uneven roads and jolting should be always avoided.

Diet.—Diet must be plain and nourishing. Highly seasoned and rich diet is to be avoided. Excessive fatty substances e.g. oil, butter and ghee must be avoided. Diet must consist of enough of starchy farinaceous foods, and green vegetables rich in vitamins. She must take plenty of plain water. At least 8 tumblers of water she requires for the whole day. Boiled substances are more easily digested than fried ones. Fish, meat and eggs are to be taken in moderation. The expectant mother is in particular need of calcium, iron and vitamins in the diet, because, these substances are constantly drained away by the

growing child from the mother's circulation. This must be replenished by the mother from the diet, if she wants to keep herself fit. Hence the utility of supplying articles of food rich in these substances. Milk and eggs are chief sources of Calcium in the diet. Fish, meat and green vegetables are the chief sources of Iron in the diet. Butter, ghee, vegetables and fruits are the chief substances rich in vitamins.

I would therefore request an expectant mother to take at least a seer of milk, some fresh fruits, *e.g.* Oranges, lemons, bananas, tomatoes, and enough of green vegetables with her ordinary farinaceous diet.

Bowels and Urine.—The pregnant woman often suffers from constipation. The enlarged gravid uterus presses on the bowels and thereby hinders their normal evacuation. Attempt should be made to combat constipation by regulation of diet. Diet rich in cellulose substances *e.g.* farinaceous diet with green vegetables often succeeds in opening the bowels regularly. I often advise my patients to take a tumbler of warm water with lemon juice, the first thing in the morning. This often opens the bowels, and corrects the minor ailments of pregnancy.

Drastic purgatives *e.g.* Magsulph, Aloes etc. should be avoided. In obstinate cases, Senapods, Petroleum, Cascara can be used with the advice of a doctor.

Any diminution of urine should be at once reported to the attending doctor and he will take proper steps to ensure its normal quantity.

Breast.—During the last month of pregnancy an expectant mother must take care of her breast and nipple. She should wash the nipples with warm water and anoint them with pure butter and ghee regularly.

Sexual Intercourse and Other Hints.—Sexual intercourse should be avoided after 8 months of pregnancy, and 6 weeks after labour, because severe pain and sepsis may follow its indulgence during these times. An expectant mother should report to her doctor if any of the following symptoms appear:—severe headache, vomiting, black spots before the eyes, swelling of the face or feet, blood discharge however small in amount. The mind must always be kept cheerful, unnecessary brooding over difficulties of pregnancy and child-bearing should be avoided. The new comer yet unborn should be borne with good heart and cheerful spirits.

Calculation of the date of a confinement

Wahl (*Deutsche med. Wchnschr.* 63: 125, Jan. 22 1937) studied a series of 9,000 women to determine the length of pregnancy. He found that the average duration of pregnancy was 285 days. This is contrary to prevalent notion based on Naegele's contention that pregnancy lasts on an average of 280 days. Furthermore, Wahl shows that the duration of gestation depends on a woman's menstrual interval. Women with a three weeks menstrual cycle give birth to mature, full term babies earlier than women with a four weeks cycle.

Veit stated that a prolonged menstrual interval bespeaks a prolonged pregnancy. Veit cites other authors who report pregnancies which lasted from 296 to 301 days in women who had 29 and 30 day intervals. He also reports authors who observed pregnancies of ten months and more in women who had a five weeks menstrual cycle.

The practical value of the dependence of the duration of pregnancy on the patient's menstrual interval is that in women who have a menstrual interval of four weeks or more there is no hurry about inducing labour if they go beyond the supposed end of pregnancy, it may be advisable to terminate pregnancy at the calculated time in women who have a three weeks cycle.—*Medical World.*

Inner Cleanliness

YOGA PHYSICAL CULTURE SECRETS

DIVULGED BY

Mr. Dharamdas Sunderdas, Bhagtani.

IN the past few years, Yoga has made a deep impression on the occidental mind, but a great deal of mystery has unnecessarily been woven round the subject.

Yoga is not a form of magic, but as real a science as mathematics, chemistry or engineering. The object of Yoga is soul culture, but no form of soul or mind culture can be utterly dissociated from physical culture. The body and the mind, though separate entities, are interdependent for their efficient functioning.

Consider abdominal control and its importance in the acquisition and maintenance of health. During the past twenty years, physical culture experts have laid considerable stress on an exercise known as the "isolation of the abdominals", which is supposed to have been performed first by Otto Arco, the great Polish Athelete.

Actually this is none other than the *Madhyam-nauli* of Yoga and known to the Hindus thousands of years ago. It is only a part of '*Udyan-Banda*' which is the complete but highly complicated form of abdominal control and as far outside the boundaries of the ordinary physical culturist as Debussy is to the average trombonist in a jazz band.

It is impossible to be fit without being clean and there is no system of physical culture which gives us instruction about nose-cleanliness as certain '*kriyas*' of Yoga do.

The nose has four functions. It filters inhaled air, warms and purifies it, and enables one to smell. Many dread diseases such as tuberculosis are accelerated because the nose is unable to perform at least two of these functions.

To obviate dust being inhaled, Nature has provided a perfect screen of hair in the nose but if the nose is dirty and the hair matted, dust and soot is breathed into the lungs.

At first this might seem a minor matter but in a country like England where the atmosphere is heavily laden with foreign matter, a clean nose and a perfect nose-screen of hair is imperative.

The air is warmed as it passes through the nostrils by conduction but this also is impossible if the walls of the nose are dirty or covered with matted hair. Our sense of smell, too, is badly affected and there are hundreds whose noses are so deadened that they cannot differentiate any but the most pungent odour.

The throat and the ears are connected to the nose, and a dirty nose may result in catarrh, deafness, and may even affect speech. There are many 'kriyas' (practices) in Yoga which cleanse the nose, a few of which are herein outlined.

First there is Jalaneti, in which water is sucked in through the nose and ejected through the mouth. Take a glass of water and place it under one nostril. Close the other with one finger, though when you become expert enough you will be able to dispense with this aid.

Inhale strongly, just as you would air. If you cannot breathe in the water the first time continue till you succeed. Then do the same thing with the other nostril. It is possible, though not recommended, to drink water in this manner, and men whose mouths have been injured have actually been fed through the nose! This practice of sluicing water through the nose also has the effect of making grey hair regain its original colour, improving the eyes, strengthening the lungs, stimulating the nerves and nose and banishing obstinate headaches.

Next, we have Sita-kapalabhapi, which is more advanced, vigorous and beneficial. The water is breathed in through one nostril and ejected through the other, for the nostrils are connected. Breath control is necessary to perform this little trick, which is based on the principles of

the Syphon.

Any medical man will inform you that the nostrils are connected and proceed to the mouth in a single passage, but if a sufficiently great pressure is applied to the third opening leading into the mouth, the water or air when breathed in will simply flow along the arms of the Syphon.

As soon as sufficient breath control is gained, water can be drawn in through one nostril and discharged through the other slowly and evenly, or in vigorous jets and gushes.

Needless to say these two exercises must be practised on an empty stomach, for in that condition it is possible to control the breath far more easily than when food is ingested.

There are other valuable practices such as Varisara-douti, which is a form of intestinal purification by means of drinking water and driving it through the system by mind and breath control, basti, a form of internal cleanliness far more efficient than the enema, and used only by birds and animals and never to be found in any published works.

But even these simple instructions, if followed implicitly and faithfully, will induce radiant health, a clear mind and increased bodily efficiency. They will change your body from a case of ungainly flesh and will clothe you in an airy lightness which you have never felt before.

● Topics from Medical and Health Periodicals ●

Alcohol and Crime

EXPERIENCE shows that in all countries where the alcoholic habit reigns, it accounts for from one-half to three-fourths of the crime, a great share of suicides, of mental disorders, of deaths, of diseases generally, of poverty, of vulgar depravity, of sexual excesses, of venereal diseases and of dissolution of families. In Switzerland careful statistics of the fifteen largest cities (10,000 to 160,000 inhabitants) show that one-third of the male suicides and one-tenth of the deaths in men above twenty years of age are wholly or essentially referable to alcohol. The worst feature, however, is the effect of poisoning on the sexual glands of drunkards, which promotes the production of deformed progeny by direct degeneration of the tissues.—Forel in *American Journal of Insanity*.

Coffee Causes Skin Trouble

A GERMAN expert on skin ailments recently applied to the skin of his patients an infusion of coffee. He did this in an effort to determine whether coffee had any relation to the skin ailments from which they suffered. He found, much to his surprise, that in many instances the temperature of the skin rose and became red. The patient complained, "My skin is hot and it itches." Since it is necessary to exclude the power of suggestion in these experiments, Dr. Fahlbusch of Germany controlled his experiments by not revealing the exact nature of the substance he was using. His experiments are extremely interesting as an explanation of many skin ailments of which the cause is not known.—O. H.

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Food Idiosyncrasy

THERE is no way by which we can determine the antiquity of the phenomenon of food idiosyncrasy. Presumably it is as old as man. To my surprise and, I must confess, my disappointment I have been unable after careful search to find any record of what might be interpreted as food idiosyncrasy, in the Bible. The term, "One man's meat is another's poison" is however an aphorism based on man's cumulative experience over many hundreds of years. The first to use this phrase was, so far as I have been able to trace it, Lucretius, a Roman, who lived from 96 to 55 B.C. He was really a better allergist than those who have since used his phrase, since he actually wrote, "One man's food may be highly poisonous to another."—W. T. Vaughan, M.D., in *Review of Gastroenterology*, March, 1938.

Health rules for Doctor and Patient

YOUR health is your bank balance in the bank of life. Daily wear and tear of living tends to deplete this bank balance. To safeguard it against depletion, make the daily bank deposits in terms of plenty of regular sleep, rest, fresh air, recreation, external and internal cleanliness, regular meals with wholesome foods, emphasizing fresh fruits, green vegetables and dairy products. Check up this bank balance with periodic health examinations.

The laws of health demand that you pay as you go. When you speed, you squander. Keep the wear and tear of living within your health budget. Practice rigid health economy:

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Youth speeds along the open highway of health, but the adult is driving in a congested traffic of increasing health hazards. Therefore the traffic laws of adult health: slow down to moderation in all things and don't crash the red lights of physical and mental excesses.—*Bull. of Acad. of Med. of Cleveland.*

Why Sea-Water is Beneficial

SEA-WATER is extremely beneficial, not merely on account of the absorption of valuable minerals like magnesium, potassium, calcium, iron, bromine, iodine, chlorine, sodium, and strontium, but because of certain other factors such as mechanical action of the waves, the salt content of the water, the temperature of the sea, the difference in body and sea temperature; and the exposure following a dip. These effects are taken advantage of by the bather. Those who do not bathe certainly do not get all the benefit that a sojourn by the sea can afford.

However, the very approach to the briny brings with it an invigorating and stimulating reaction with an immediate ease in breathing. Those who are troubled with catarrhal affections have noticed the freedom in breathing in a humid atmosphere. That is just what happens at the seaside; there is a dilatation or opening of the bronchioles, with the result that the actual breathing capacity of the lungs is greatly increased and respiration becomes deeper and easier. Such effects are most noticeable in the city child after a month's holiday at the seaside.—*Good Health. (Lond.)*

The Bottle Habit

THE Minister of Health, Sir Kingsley Wood, is still concerned at the number of bottles of medicine which are

being prescribed to quench what might be described as a national medicinal thirst. Speaking last month at the annual meeting of the National Association of Insurance Committees, he said that in the last twelve years the number of prescriptions issued in England and Wales had increased from 43,800,000 to 66,000,000, and the total cost from £1,754,000 to £2,240,000. This increase was out of all proportion to the increase in the insured population. Some part of the increase might be due to resort by insured persons to their doctors at an earlier stage of illness, but the greater part was the result of the growth of the "bottle" habit. It was not a satisfactory state of affairs, and how to deal with the matter was not easy to discover. Cases of apparent excessive prescribing were being brought to the notice of the doctor at an earlier stage, and the British Medical Association were co-operating with the Ministry in certain investigations which it was hoped would contribute towards a solution of the problem.—*Mother and Child.*

Serenity or Worry?

WORRY may be due to any of the following: (1) self-imaginings of trouble, having actual counterpart in material life, or merely hallucinatory; (2) too great responsibilities, brought about by undertaking more than the faculties and powers can support; (3) feebleness of body in supporting the projects of the mind.

Where the cause comes under the heading (1) *i. e.*, mental, worry is the more likely to undermine the whole life, for the imagination, by force of continually dwelling upon a supposed grief or difficulty, can so magnify it as to establish it as a dominant fact in the realities of life. In such cases it is extremely desirable to exercise a constant reiteration to one's self of

the brightness around, the beauties, the happy yesterday, etc to reflect upon the uselessness of worry.

Where the cause comes under the heading (2) it is simple reasonableness that is required; a reasonableness that will recognize the relief that may be gained by saying to oneself, "Well, I'm human, having simply human limitations and human abilities, therefore, how comes it that I am not surveyor and master of my own abilities? Let affairs go until I am equal to them."

Where class (3) is the cause a relaxation of the mind and attention to physical health is necessary. Rest, good food, and tender care are here the recreative powers.—*Arthur Vos, M. D., in "Health Culture."*

Heart Sufferers

A PHYSICIAN must frequently decide which is worse for a patient: a slight but unknown degree of heart disability, or the knowledge of its presence. In other words, some, if not most persons, are made so apprehensive by the knowledge of their condition that the ensuing worry is many times worse and more difficult to treat than the original condition. This applies, of course, to almost any disease to which man is heir. We are all human and tend to worry to varying degrees according to our nervous make-up.

Doctors realize that a peaceful mind is half the battle won in treating any illness. In no case is this more true than in those who suffer from some form of heart disease; whether it be a leaky valve, weak muscle, or one of the various forms of high blood pressure. Over-concern, nervous in-

trospection, and "a little knowledge" is very dangerous, especially in the heart group of ailments. This is due, no doubt, to the fact that the heart is so susceptible to nervous influences.

How important it is, therefore, that those who suffer from these disabilities follow a definite set of rules.

As a guide to "how to live with a weak heart," here are a few helpful rules, drawn from an article in *Health*, by W. W. Bauer, M. D. and Paul Teschner, M. D.

1. Accept the fact that you are handicapped, and resign yourself to a modified form of living.

2. Recognize breathlessness, and try to stop activity *before* it occurs.

3. Never run for buses or trains, or upstairs. Why climb stairs if there is an elevator available? If absolutely necessary to climb stairs, stop to rest before breathlessness appears.

4. Avoid colds. Avoid contact with those who have colds or any other infection. If you do have a cold, go to bed and stay there until the doctor tells you to get up. A few days more of rest may make a big difference.

5. Avoid alcohol and tobacco.

6. Never overeat. Better keep your weight a little below normal.

7. Don't lose your temper.

8. Don't worry, either about your business or your heart. It won't help, and it may do harm.

9. See your doctor for examination as often as he wants you to. Don't decide for yourself when to go, unless something unusual has occurred.

10. Respect your heart and its limitations; but don't let it affect your life so that you make an invalid of yourself for the rest of your days.—*Good Health (London.)*

● Health Tit-Bits ● ● ● ●

Twins Born in the Air

A RACE against time was lost by an air pilot who was bringing an expectant mother from the islands on the west coast of Scotland, known as the outer Hebrides, to the Glasgow Maternity Hospital. Complications had arisen in her confinement and the medical authorities asked for an air ambulance to take her to the hospital. She gave birth to stillborn twins in midair.—*The Medical Woman's Journal*.

Ice as a Local Anæsthetic

THE following method enables one to dispense with ethyl chloride or novocain in minor operations.

A piece of ice is enveloped in gauze steeped in an antiseptic lotion. The ice is kept pressed for one or two minutes against the area of skin to be incised in order to render it anæsthetic. After this time an incision is as little disturbing as if ethyl chloride had been used. This method is useful for children.—*Medical World*.

Enuresis nocturna

Poelchen mentions a tried and simple method for the treatment of enuresis in children.

Each morning, the spine, from the hair line of the head to the small of the back, is washed down with cold water. A wide rubber sponge is used, squeezed out in cold water so that it does not drip.

The treatment is given daily and is nearly always effective unless the

enuresis is caused by organic lesions. Asthenia, impaired development of the central nervous or the endocrine systems, or diseases of the urinary tract, must, of course, receive special treatment.—(*Mediz. Welt*, Vol. 10, Page 1017.)

Man

"MAN comes into this world without his consent—leaves it against his will. During his stay on earth, his time is spent in one continual round of contraries and misunderstandings with his fellow man.

"In his infancy he is an angel. In his boyhood he is a devil. In his manhood he is everything from a lizard up. In his dotage he is a fool. If he raises a family, he is a chump. If he raises a small check, he is thief and the law raises hell with him. If he is rich, he is dishonest, but considered smart. If he is in politics, you can't please him, as he is an undesirable citizen. If he goes to church, he is a hypocrite. If he stays away from church, he is a sinner and damned. If he donates to foreign missionaries, he does it for show. If he doesn't, he is stingy and a tightwad."

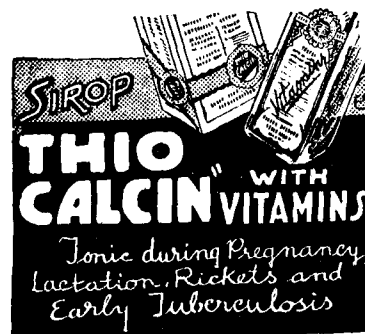
"When he first comes into the world everybody wants to kiss him. Before he goes out of it, they all want to kick him. If he dies young, there was a great future before him. If he lives to a ripe age, he is in the way, and is only living to save funeral expenses."

"This is a hard road, but we all like to travel it just the same."—*Exchange Thru' Illinois Medical Journal*.

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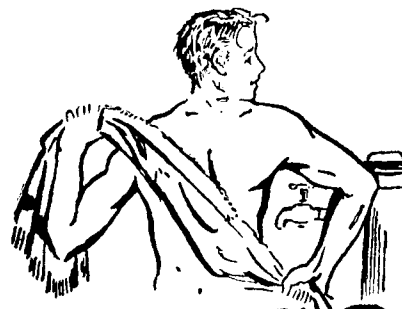
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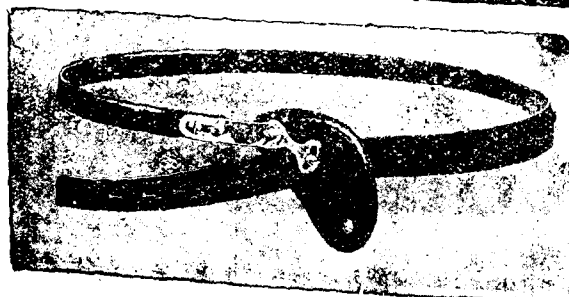
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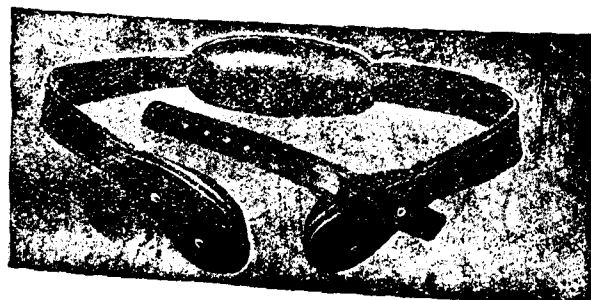
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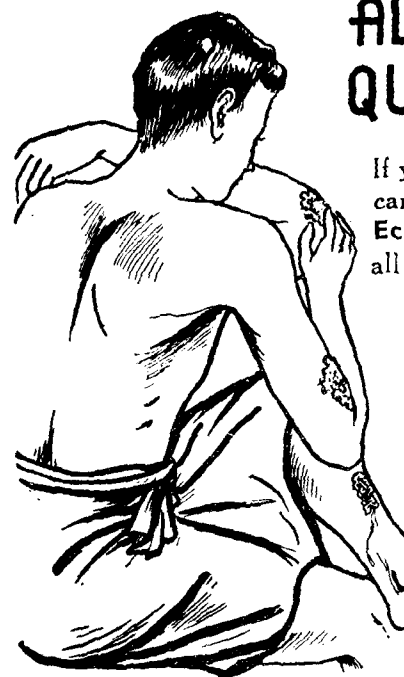
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