

Health

*A Journal Devoted to
Healthful Living*

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



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Vol. XVI. No. 5.

May, 1938.

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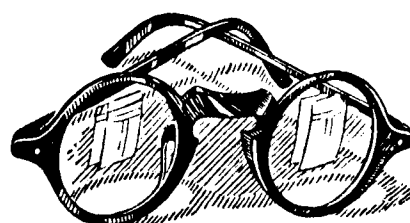
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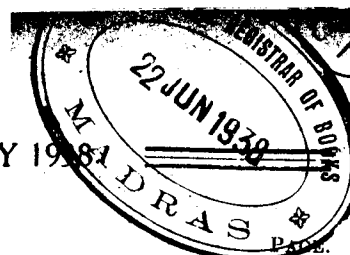
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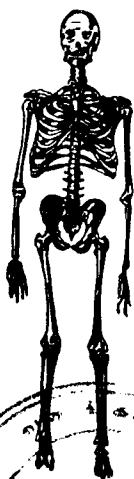


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Health

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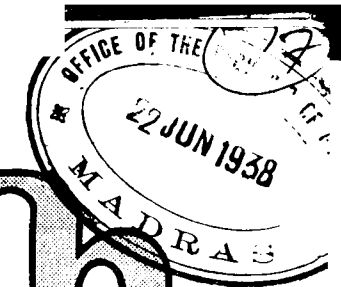
No. 5.

Editorial

The Toddler and the Pre-School Child.

THE problem of the toddler is not receiving as much attention as it deserves at the present day. Child Welfare Organizations everywhere are now concerned solely and primarily about the infant under one year and the school-child over 5 years of age. The physical and mental welfare of the toddler or the pre-school child is often neglected. The alarming infant mortality in almost all the countries of the world has aroused civic consciousness and Municipalities and Local Boards are vying with one another to save the infant from unnecessary and untimely destruction. The school-child is also taken care of by the school authorities and Government though not to the extent it should be, to see that the world may not become intellectually bankrupt. The mother with an year old child in her arms is either careless or over-careful. The two commonest complaints of the toddler are indigestion and cold. It is the custom in Indian homes to leave the child on the bare ground and allow it to pick up all dirt and dust and what all that comes handy and swallow the same. The child at this age, knows only the mouth and when it swallows dust and dirt, it suffers from indigestion and other bowel complaints. Again, the ground may be damp and the child is likely to catch cold if left unprotected. There are, however, certain mothers who wrap up their toddlers somewhat thoroughly and leave them on a warm mattress at home or take them out during winter taking all the necessary precautions against cold and yet the children are never free from a running nose.

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Now, what is wrong with the mother's treatment of the child in the latter case? The child needs no doubt to be warmly clad, but he does not need to be overclad, for if he is, he will get no chance to develop that sturdy resistance which will carry him safely through the longest winter while his coddled little playmate falls a victim to every cold epidemic that visits the neighbourhood.

The skin besides being a covering to the body has certain functions to perform. It has a wonderful mechanism for protecting against cold. An active skin surface will do more to keep us warm and free from colds than the thickest under clothing or the most perfect central heating system. But if the skin of a human being is stifled from childhood, because it has had no experience of light, air,

sun and changes of temperature, then its protective mechanisms remain undeveloped and it gradually becomes useless and powerless to protect us from winter ailments. This explains why the agriculturist labourers in village parts in India who work all day long in scanty clothing in the fields in winter never catch a cold.

One of the best safeguards, therefore, consists in training the skin to react healthily to the effect of cold.

Such training begins in infancy with baby's bath. After he has been washed, he should be sponged all over with water a little cooler than the washing water, each day the sponging water can be made slightly cooler till at last by gentle degrees the skin gets more and more accustomed to meeting the cold and reacts in a healthy glow.

It is extremely important that little children and particularly young babies should be protected from contact with people suffering from colds. If mother has a cold she should wear a folded handkerchief over mouth or nose while feeding or attending to the baby. No visitors should be allowed to breathe on or kiss the baby, indeed, if they have cold, the door should be ruthlessly shut against them.

A well-ventilated home is one of

the best safeguards against infection, for it dilutes the poison. People still seem to think there is something mysteriously dangerous about open windows, particularly when baby is being bathed. He will come to no harm if he is skilfully bathed with the windows open. Gradual exposure to cold educates and develops the heat-regulating mechanisms of the body and thus helps to protect the body from the dangers of unexpected



Dummies, Toys and Teats are fertile sources of infection and are a positive danger to the Toddlers' health.

draughts and chills.

The mental development of the toddler usually receives even less attention than his physical development. By the time a child's backwardness has caught the attention of the teacher and school doctor, the most important years of mental developments are past. It is during the first six years of life that feeble-mindedness should be detected and diagnosed as far as possible both as to kind and degree. The stupid child of the family is often treated kindly; everything is done for him because it is so much easier than teaching him to look after himself. He has never tried to use his brain and has had no incentive to do so; if he likes to lie inert in his pram or cot taking no

notice of anything, he is welcome to do so, for while at rest he is no trouble. By the time he is of school age he can hardly dress himself or feed himself. If on the other hand he is of the mischievous type, all his home education will be of the repressive order. Incessant nagging may check him to a certain extent, but there will rarely be any constructive attempt to direct his activities into useful channels and he will ultimately arrive at school fidgety, unmanageable and unteachable. Careful supervision of these by the mothers and those who are wiser than they in early years can produce for the school children, who backward though they may be, are teachable and well-worth the teaching.

Acknowledgement:

Mother and Child—Vol. VIII, No. 6, Sept. 1937.

„ „ Vol. VIII, No. 11, Feb. 1938.

Genius

The handmaid of genius is opportunity and without her presence a genius cannot acquire the knowledge which may help him to climb up the Mount of Glory. We inherit our brains just as we inherit our physical characteristics. Mental ability is inherited or, if you prefer, the capacity to acquire mental ability. To be a genius is to be one in a million. We cannot all be born such. But anyone who will strive hard, learn from his mistakes, wonder why and endeavour to find an explanation; experiment; keep notes and accurate details of his cases and their peculiarities will, in course of time, acquire a wealth of material, which, when carefully sifted and the results collated may provide evidence for the further advancement of his profession.

Geniuses make a hobby of their work. I grant you some men can get through a greater amount of work in a given time than others and still have time for relaxation. Geniuses do not get surfeited with their daily work, it is their nature to be actively progressive.

Any man who bolts the door upon his daily practice when the clock strikes will merely have the chance of earning his daily bread and I am well aware that that satisfies the great majority. But, should the arrangement of the nerve cells of the cerebral cortex be such that he is not satisfied with this, then he will devote some spare time to trying to cull ideas, afterwards endeavour to develop them and ultimately he may, in some small degree, have a niche in the Hall of Fame. "The honours of genius are eternal", and yet "The paths of glory lead but to the grave."—JOHN BATTERSBY, M. B., Ch. B. MANC. L. D. S. Eng.—*Indian Dental Journal*.

Madras Diet

MANY articles, in medical journals as well as in lay press, have appeared on this subject. It has been proved by experiments and practical experiences that the Madras diet is inferior to every other diet in the world. But recently, I read in a report of a lecture, a distinguished person saying that our rice is the best food; our ancestors thrived on rice only; they were strong, well-built, long-lived and were good soldiers, and they were eating only rice. To remove this wrong impression in our young men, I am going to discuss the food we take. I am going to show how the present day rice food has much deteriorated since the time of our grandfathers; in caloric and nutritional value our diet is much inferior to what the previous generations were taking. It is dangerous to give false hopes to our youngmen, when they are really under-fed and ill-nourished.

Rice, we all know, contains the least quantity of protein among all cereals. Protein is essential for body repair and growth. The nutritious part of the rice is its outer covering and the germ-embryo. But by our present day method of polishing the rice in mills, both the nutritious parts of the rice are removed. Formerly we were taking the hand pounded rice, i.e. the whole rice. In some countries, the rice polishings were eaten to make up for the vitamin deficiency of the polished rice. When we are subsisting mainly on polished mill rice, unlike our fore-fathers, who were taking only hand-

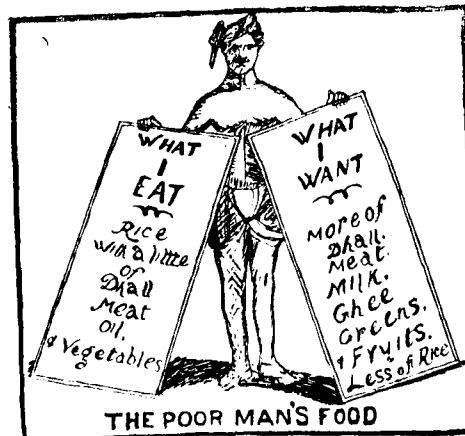
By

Dr. K. L. Narayana Rao, M.B.B.S.

Madras.

pounded rice, how can we say we are taking the same kind of food as before? Why wheat is superior to rice is, because it is generally taken whole as in *chapatis*.

Milk forms the most important constituent of our food. It contains all the essentials, namely, proteins, fats,



vitamins and minerals. The Westerner has only recently realised the superiority of milk over all other animal foods. He is educating the people of his country by "Drink more milk" campaigns, and is increasing the produce, because he knows that the health of a nation depends on the quantity of milk consumed. But Hindus have recognised the necessity of milk as a dietetic requirement from time immemorial. For the Hindus, cow is a sacred animal, next only to God in importance. Every house must have a cow, cow's milk is necessary

for daily puja. Cows must be fed with some portion of your food daily before you take it, and ill-treatment of the cow is supposed to be greater sin than murder itself. There can be no religious function without a cow, and when you go to a new house a cow must precede you. By these the importance of a cow is stressed. Naturally, when every house had cows, and well looked after, a plenty of milk supply was assured. All this was consumed by the family since the selling of milk was forbidden in those good old days. Moreover, there was no market for milk, since there were no hotels and no demand.

But what is our position now? Neither are we following the footsteps of our fore-fathers, nor are we following the Western countries. Our consumption of milk is practically negligible. There is neither adequate supply nor proper distribution in big cities. The poor villagers are more interested in selling it than in its consumption. To improve the health of the Nation, the Government and Public bodies must take up this question of milk supply immediately. In such deplorable state of affairs, how can we say that we are taking the same "rice food" as before? Rice must be supplemented by sufficient quantity of milk and its products, to make it nutritious and well-balanced.

Vegetables: Major - General Sir Robert McCarrison, the greatest authority on nutrition, says: "There is something in the freshness of food, especially vegetable food, which gives it a health promoting influence. It is impossible for any synthetic food to equal fresh food-stuffs as Nature pro-

vided them in health sustaining qualities". Vegetables also supply the roughage to the bowels, which is essential for their evacuation. The chief trouble of the "civilized man" is constipation, with its resultant diseases. This is mainly due to deficient in-take of vegetables. Now-a-days, especially in towns, we barely use any vegetable partly on account of its cost, partly for want of good supply all through the year, and mainly due to our ignorance of its necessity. The importance of vitamins for health is only discovered recently. But our ancestors knew that fruit is essential for health long ago. Good consumption of fruit is ensured by certain religious customs. Fruits must be offered to God both in your daily puja and when you visit the temple. In all functions fruits have to be distributed among the poor. Tender cocoanuts and plantains are generally used, because they are available all through the year. By these the importance of fruit was stressed, long before vitamins were discovered.

On considering these points, it is quite evident that we are not taking the same kind of food as before. Our favourite dish is *Rasam*, which is appropriately called pepper water. With this water and rice, without being supplemented by milk and its products, plenty of vegetables and fruits, it is impossible to be healthy and strong. Mal-nutrition is the cause of many diseases of the respiratory and the digestive systems, including Tuberculosis. There is a notion that our food is good for the brain. But brain by itself without power and strength behind is useless. A few brains like Gandhiji or Rajaji are sufficient to lead a Nation to success.

What is important is a strong army without man-power will be short-behind, to defend the country and lived. So our first aim must be to fight the aggressor. The strength of improve our food, and build up our Mussolini or Hitler lies in the strong young men with health, strength and army they command. Independence vitality.

HISTORICAL records go to show that this disease and its victims have been

tackled from time immemorial because of the most unsightly conditions the disease can cause. The ancient conception of the disease forced authorities to direct their measures against the victims while the present day knowledge of it compels us to deal with the disease. There is ample evidence to show that the victims were dealt with in an inhuman and ruthless manner in the early days. Legislation and other stringent measures were in vogue in Europe during the middle ages, but the modern outlook has classified the disease along with the other diseases and has greatly diminished the public fear of it, with the result that humane prophylactic measures are now available.

It must be first understood that this disease is not very infectious as is generally believed. It may be stated that Tuberculosis, Cholera, Small Pox, etc., are more infectious. Leprosy is not much on the increase. The fact that modern knowledge brings out the early cases is no evidence that the disease is on the increase. Even the presence of a large number of mutilated pauper lepers in the streets does not prove the infectiousness of the disease and the increase in the inci-

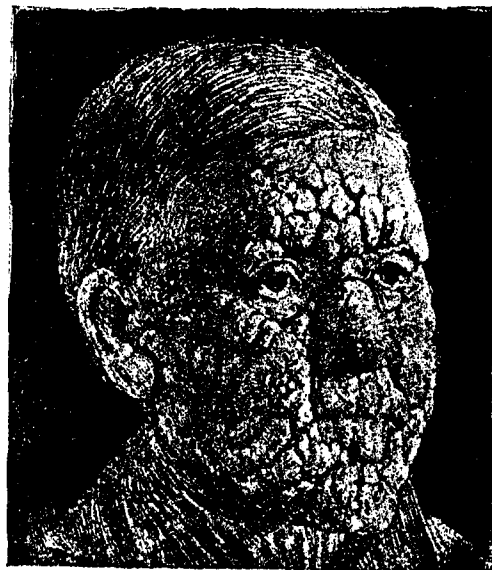
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A Terrible Scourge—Leprosy

By "A Specialist"

dence. In this article I wish to describe briefly the signs of leprosy for your guidance and in my subsequent articles, deal with different aspects of the disease.

Broadly speaking there are three stages of every disease, Early, Middle



A Hideous-looking Leper.

and Late. The early stage is one which does not generally attract the serious attention of the victim unless he is inconvenienced and pained by it. It is often that people attend to their disease in the middle stage, the

consequential effects of which may be disastrous, fatal or salutary. In the late stage, if recovery or death does not supervene, the patient is invalided for life. In the late stages of all diseases, practically nothing could be done as the havoc wrought by the disease is irreparable.

In leprosy, the early stage consists of small areas, often discolored and lighter than the surrounding skin, with loss of sensation to touch, heat and cold and even pin prick. This loss of sensation is characteristic in leprosy alone. Sometimes in the very early stages when a discolored patch is present, sensation may not be affected. It will be best to see a specialist to be cleared of doubts, as he can judge by its site and colour and history of contact, whether it could be leprosy. Such cases may be kept under observation to see how the patch progresses. This is the innocent stage of the disease. It is said that these patients cannot infect others and that the disease can be arrested and even cured if properly attended to. No inconvenience is caused to the patient at this stage of the disease and hence he becomes callous and objects to being inconvenienced by treatment.

The disease, if neglected in the early stage, passes on unnoticeably to the middle stage, especially when one's body resistance falls. The enemy (the disease) which till now was kept down by the resisting powers of the patient, now becomes active. The victim (the patient) puts up a fight against the enemy and is eventually overpowered by or overpowers him, the issue depending upon the extent to which he arms himself to increase his fighting qualities. In the early

May 1938]

phases of this stage the patches turn red and angry looking and even raised above the surface, and new ones form all over the body. Later, ears and face get thickened, ulcers form in the nose causing catarrh, foul discharge and obstruction, rounded swellings appear in the body, and the patient feels a heaviness and great discomfort. The causative organisms of leprosy multiply in large numbers and are found everywhere, chiefly in the nasal discharges. The patient is a potent source of infection. He is a grave danger to others. He easily affects the susceptible persons. The disease damages tissues and nerves are destroyed.

Then comes the final stage when the disease can no longer cause destruction having spent up all its force. The indelible marks of destruction are left behind. The destroyed nerves have cut off nutrition to the limbs, and muscles waste and fingers and toes ulcerate or get deformed. Nothing could save the victim from the effects of destruction. The germs die out causing other germs to thrive on the devitalised tissues. The man is no longer a source of danger or menace to the public. He is a pathetic picture beyond all hopes of recovery. This is a stage of "living death".

These three stages of the disease are comparable to the three stages of a wicked man's life—childhood, manhood and old age. During childhood his inherent weaknesses, influenced by bad associations and misdirected by bad home training, insidiously take a deep root in his character. His timidity and his youth check the external manifestations of his emotions and his feelings. He reaches

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manhood, acquires strength and defies home and society. He leads a corrupt life, commits atrocities, teaches his associates his ways and wrecks his body, little realising that he is ruining himself and his associates. He passes middle age, becomes prematurely old; effects of a wicked life are written on his face; his virile strength is gone; he is a decrepit, no longer a menace to the public. It seems as if the causative organisms also have passed

through the above three stages—one of innocence, then of virility and finally one of breaking down and dying out.

I believe I have given a clear picture of the disease to recognise it in its early stages, to be aware of its dangers in the middle stage and to recognise the fact that we can do nothing in the final stage. Now you will be able to understand the various aspects of the leprosy problem.

“Early” Symptoms of Pulmonary Tuberculosis

PLEA FOR EARLY DIAGNOSIS

By Dr. Ram Murti, M.B., B.S.,

—Medical Officer, —
—R. B. Seth Jesaram Bhatia & Bros., —
—Charitable Hospital, D. I. Khan. —

It is a settled fact that the diagnosis of Pulmonary Tuberculosis is missed frequently by the first physician consulted, and there is a tendency to treat the patient symptomatically *e.g.*, for his cough, hoarseness, head and chest colds, fever etc., without considering the possibility of Tuberculosis of the lungs.

A very high percentage of patients admitted to sanatoria for the treatment of Lung Tuberculosis are in the far advanced stage *i. e.*, the oftenly called third stage, where even the most modern treatment for Pulmonary Tuberculosis fails.

The entire responsibility of a correct early diagnosis of Pulmonary Tuberculosis falls usually on those quacks, hakims and other unqualified doctors who meet the patient in early stage of the disease.

The diagnosis of Pulmonary Tuberculosis is an easy matter in Hospitals, Page 100]

where the patient usually reaches when in a fairly advanced stage, after having tried the various hakims and quacks etc., who sometimes play with the lives of these patients by treating symptomatically without considering the possibility of Tuberculosis.

From my own experience in R. B. Seth Jesaram Bhatia & Bros., Charitable Hospital, D. I. Khan, out of 256 patients of Tuberculosis only 87 were early cases, all the rest of them were showing active lesions in their lungs, glands, etc.

It is only in the early stages of the disease, that the treatment is beneficial and can either effect a cure or prolong the life of the patient. To fight this terrible cosmopolitan scourge, it is thus of paramount importance, that the diagnosis of the

[HEALTH

disease must be arrived at in its early stage.

Early Symptoms.—Even when the following symptoms occur, the disease is probably quite advanced.

There are two groups of symptoms:

- I. Symptoms related to toxæmia.
- II. Symptoms due to local disease in the lungs.

I. Symptoms related to toxæmia:

1. *Malaise.*—It indicates disinclination to work. It is an initial symptom in 23 per cent of the cases. The patient feels excessively tired at the end of the day and sometimes a disinclination to play is also aroused. There is also a feeling of unpleasant exhaustion even when lying in bed.

2. *Loss of weight.*—It is a very important and constant symptom and sign of Tuberculosis. It is noticed in 41% of the early cases. The patient eats all right and may have excellent digestion, but there is a progressive loss of weight, which may vary rapidly sometimes.

3. *Night sweats.*—It is a good signal of Pulmonary Tuberculosis. As an initial symptom it is noticed in 15 % of early cases. Night sweats may be due to a person sleeping in a closed warm room, but in a tubercular May 1938]

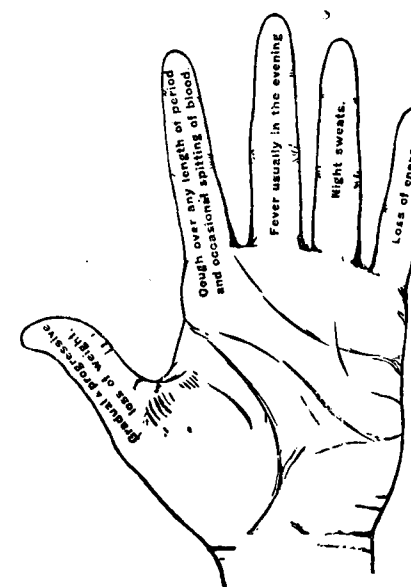
patient, these sweats are common, although the patient may sleep in a well-ventilated room free from moisture. In summer the patient ascribes these night sweats to excessive heat at night. The patient finds all his garments wet at about 3—4 A.M., and if a temperature is taken at this time, it indicates temperature from 99° F. to 100° F. Some patients complain of periodical shivering or sweating at night.

Night sweats are not sure symptoms of Pulmonary-Tuberculosis, as it is met with in other diseases.

4. *Fever.*—There is a further indication of the disease, by the rise of temperature from 99—100° F. specially in the afternoon between 4 and 6 P.M., an afternoon temperature is usually regarded as suspicious and is indicative of active disease in the lungs.

On waking in the morning the temperature is subnormal between 97° F. and 98° F. The

maximum temperature is usually reached between 4 and 6 P.M., but may be delayed to 8 or 9 P.M. The difference between the morning and evening temperature is remarkable and it is on account of this considerable remission in the morning that the temperature chart is irregular in Pulmonary Tuberculosis. Mouth temperatures are sometimes



Five most important Symptoms of Tuberculosis.

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misleading and inaccurate and in all suspicious cases it is advisable to take rectal temperatures. This temperature should be taken in bed before eating or drinking. Along with pyrexia, there may be chilliness and even rigor simulating malaria. A rise of temperature in the afternoon may occur even when the patient is at rest in bed. In rare cases active disease may be present with no temperature at all or even a subnormal swing be found.

5. *Breathlessness or dyspnoea*.—It is a very rare early complaint as majority of the cases have an insidious or gradual onset. It is dependent upon palpitation and the latter is dependent upon it. In addition, cough and fever play a part in its production. Breathlessness and palpitation are marked in Pulmonary Tuberculosis with acute onset *i.e.*, galloping or miliary Tuberculosis, wherein, breathlessness is proportional to the amount of lung tissue involved. Dyspnoea may be present at night in the form of paroxysmal attacks simulating Asthma.

6. *Amenorrhœa*.—This is not frequently met with, but it is dependent upon secondary factors, *i.e.*, anæmia associated with Pulmonary Tuberculosis. It is not a dangerous symptom at all.

7. *Dyspepsia*.—Nausea and a feeling of heaviness is met with in 12% of initial cases of Tuberculosis. Large number of patients of Pulmonary Tuberculosis complain of indigestion and flatulence specially at the end of the day.

All emaciated persons complaining of indigestion, loss of appetite and gastric flatulency must be looked for

Tuberculosis of lungs although they may not complain of fever and cough. In advanced cases of Tuberculosis gastro-intestinal symptoms are common.

8. *Anorexia or loss of appetite*.—It is an important initial symptom. There is a desire to take food all right, but as soon as he has taken a few morsels of food, he leaves it although the food is appetitive and cooked by a first class cook.

9. *Nervous debility*.—It is dependent upon loss of appetite and palpitation. It may simulate neurasthenia. The patient becomes irritable, unreliable and loses his power of concentration. His mental outlook changes. Such nervous symptoms are ascribed to some sort of toxins acting upon the brain.

10. *Hoarseness*.—It is an initial complaint in 10 percent of cases. The patient consults his doctor for his husky and dimmed voice and on careful examination tubercular affection of lungs is found. Hoarseness is due to onset of laryngeal Tuberculosis which is always secondary to Pulmonary Tuberculosis, although the latter may have been unsuspected.

II. Symptoms due to local disease or Pulmonary Symptoms:—(a) COUGH

—This is the most prevalent single symptom. In 25% of the cases it is an initial symptom. It occurred in 85% of the patients of Pulmonary Tuberculosis before a physician was consulted. Cough varies considerably in different types of disease. It may be very slight or absent as in insane or in galloping and miliary Tuberculosis.

In early cases it is dry, persistent and ineffective. The cough is more

frequent at night and specially in the morning. It is a rule to regard with suspicion all cases of cough extending over two weeks. Coughing is husky and painful where hoarseness is an initial symptom. Coughing may be accompanied by vomiting and this may be confused with whooping cough.

N. B.—Don't overlook the fact that 23% of the cases have no cough at all.

III. *Expectoration*.—It is a single symptom in 46% of the cases. In early disease, there is usually no sputum and in some cases more specially in fibroid type of Pulmonary Tuberculosis, wide-spread lesions may be present with practically no expectoration. The sputum is usually abundant, when there is secondary infection with bronchitis or while the caseation is in progress. It may be clear or mucoid or thick tenacious mucopus. It is usually inoffensive, but may have the characteristic sickly odour which is also noticed to emanate from the patient himself (odor phthisicus). The sputum in active disease of lungs has a coin like resemblance consisting of a flat round mass of airless mucopus which settles down at the bottom of cup containing disinfectant.

2. *Hæmoptysis*.—It occurs at some stage of Pulmonary Tuberculosis in about 50% of all cases. Occasionally, it is the first symptom which may bring the patient and doctor together. On coughing the patient spits out blood either with or without sputum. In early cases the sputum is only streaked. This is due to congestion of tuberculous area in the lungs. In majority of cases hæmoptysis begins while the patient is lying down or

resting so that exercise and work are not frequent exciting causes. All cases of spitting of blood must be carefully investigated for majority of patients ascribe it to pyorrhœa or nose and throat trouble.

Hæmoptysis is more common in males than females between the ages of 18-40 and it usually occurs in long and thin individuals than in short and stout people. Higher altitude above 5000 feet and exposure to cold are also exciting causes.

3. *Pain in Chest*.—The commonest cause of pain is dry pleurisy which alone is responsible for 46% of early cases of Pulmonary Tuberculosis. If location of pain is at the apex, it is a sure sign of Pulmonary Tuberculosis. The pain may be referred to epigastrium or corresponding shoulder with affection of diaphragmatic pleura.

Other Modes of Onset.—1. *Child Birth*.—After child birth, Pulmonary Tuberculosis often precipitates, and the mother is rendered anæmic and emaciated. Very often prolongation of period of fever is attributed to puerperal sepsis, but on acute examination Tuberculosis is identified.

2. *Typhoid Fever*.—Pulmonary Tuberculosis follows Typhoid fever like a shadow. Out of 576 cases of typhoid fever who came under my treatment in Hospital and private practice, 27 patients developed Pulmonary Tuberculosis later on, after Typhoid fever had run its course. Tuberculosis of lungs must be suspected in all cases of Typhoid fever, wherein the fever either does not subside after 4 weeks, or relapse of Typhoid fever is suspected.

3. *Malaria*.—Regular attacks of

sweating and fever may occur, especially in those who are or who have been residing in malarial climates, suggesting malaria, but in reality due to Tuberculosis.

4. *Phlyctenular Conjunctivitis*.—Pulmonary Tuberculosis may be associated with some of these cases showing Phlyctenules in their eyes. Many a time patients consult eye-specialists for their conjunctivitis but on careful investigation, Pulmonary Tuberculosis is identified along with it.

5. *Associated with other diseases*.—Pulmonary Tuberculosis may follow immediately an attack of measles, influenza or whooping cough, especially if complicated by bronchopneumonia. In some cases it develops at a later period after the acute disease.

The value of early diagnosis of Pulmonary Tuberculosis is indeed very important as complete cure or arrest of the disease can be secured by modern treatment at its early stages. This article is chiefly intended for those practitioners who are apt to treat patients symptomatically. All cases of fever and cough of two or more weeks' duration associated with loss of weight must be subjected to repeated clinical examination including Laboratory diagnosis and Radiographic examination of both lungs.

Thus early diagnosis arrived at by acute understanding of early symptoms above described leads to early cure, lowering of the mortality rate, long life and general prosperity of the Indian nation so much needed at present.

High Blood Pressure.

Overeating leads to overweight and overweight is one of the commonest causes of high blood pressure. Overweight means an overload for the body machinery, and as a result the body wears out. High blood pressure is one of the most common ways the body has of showing it is working under a strain. There are other ways of overexertion and overdoing besides overeating. A person's disposition and way of living have a lot to do with the development of high blood pressure. People who are always on the go, who overexert themselves physically and live under great strain and at high tension are the type who develop hypertension.

This applies not only to physical over-exertion, but to mental as well. People who are full of nervous energy and worry a lot are very likely to develop high blood pressure. Eastern races like the Chinese, natives of Africa, and the Indians in this country very seldom have high blood pressure. Authorities who have investigated this ascribe it to the essential differences in psychology between the white and other races. As a rule the white man does more worrying and lives under a greater mental strain. The body needs sufficient rest to relax and recuperate. If it does not get this, it develops high blood pressure and other diseases as a sign it is wearing out.—*Medical World*.

The Mother and Her Baby

THE welfare of the nation depends on the babies born and those in their turn depend upon the mothers. A nation may almost be said to live or die by the number of healthy babies it can maintain and by the number of healthy mothers who are in a condition to bear healthy and vigorous babies. In each year numerous pregnant women and newly-born infants die from various causes which have not been enquired into, nor any effective measures taken to prevent them. In our country such death rate is higher as compared with other countries. The lower the annual birth rate and higher the infant and maternal mortality rate, the less likely is a nation to survive.

Mother:—Pregnancy is a physiological process. At this time the border line between health and disease is less distinctly marked. Any derangement which may be of little consequence under ordinary circumstances, may readily give rise to the pathological conditions which seriously threaten the life of the mother or the baby or both. It is therefore necessary that the pregnant woman

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should be kept under the direct supervision of a skilful hand, regarding her house, diet, cleanliness, hygienic



A Healthy Mother and Child.

life etc. so that she may tide over the issue safely and deliver a healthy baby with the least suffering and con-

sequent detriment to her own health.

To be a mother is God's blessing and in our country a barren woman is hated by all. But I think the time of delivery is His curse, because it is her critical time. At this time she may face various accidents and both the mother and the baby lie in the midway between life and death. At this time if she fails to get skilful help, her life may be endangered. So the choice of a midwife is important at this time. But we generally engage such a woman as is ignorant of cleanliness, modern methods of delivery, and right care of the new comers thereby causing much illness and many deaths amongst mothers and the new-born. A large number of cases of fever after child birth are due to sepsis, the result of unclean ways of delivery by untrained midwives.

After delivery, the mother should be regarded as a patient and should take a few weeks complete rest in bed in a well ventilated room. Thus she regains her health which has suffered by strain of labour and loss of blood. Her damaged and over-stretched parts are also restored. As this is the most suitable time for sepsis, antiseptic precaution is essential. But at this time most of the mothers remain confined in dark, damp rooms with no ventilation and get the worst possible beddings and dressings. Instead of complete rest, she herself manages everything for herself and her baby. The mother thus residing for many days in dark, damp, ill-ventilated rooms with dirty beddings and dressings becomes weak and falls a victim to various diseases. It is not known how many of them die and how many of them ruin their health permanently and prematurely.

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Baby:—Then comes the baby who is the future hope of the nation. The healthier the baby in body and mind, the brighter the prospect of a nation. If they are weak and sick, they will be a burden on the Nation and will retard economic, social and political progress of the country. While ante-natal care may succeed in reducing the infant mortality rate, it is equally important to insist on the after-care of the infant once it is born. So care of a baby should be the goal of every body's life.

Care of the baby should begin, even before it is born while it is still inside the womb. During pregnancy the baby is the guest of its mother and none can give it any care except its mother, who nourishes it through her own blood. During this stage for a long period of about nine months, the baby breathes through the lungs of the mother, blood of the baby circulates with the force of the mother's heart, the toxins and harmful substances generated in the body of the baby through metabolism are excreted through the excretory organs of the mother, chiefly, liver and kidney. So, the baby is now a part of the mother's body and its welfare depends on the welfare of the mother. Now it is clear that the development of the baby from the earliest conception of life till the moment of birth is entirely dependent on the nourishment afforded by the blood of the mother and it is therefore of utmost importance that she should "go into training," and devote the same care to the well-being of the baby before birth as she will after the baby is born.

The word 'infant' is taken from a Latin word 'infans' which means

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unable to speak. The term as used in statistics includes first year of life. Just after birth the baby is absolutely helpless, cannot speak and even move according to its own will. Its entire care now depends upon its parents and relatives. Thus the baby after birth becomes the guest of his parents and relatives especially the mother. For want of proper care and management during delivery and skilful nursing afterwards, many mishaps may also occur to the baby. But alas! the life of such a helpless baby is entrusted to the care of midwives who are generally ignorant of even the first aid to the new-born regarding asepsis during delivery, cutting of the cord, removal of vernix, hot water washing (bathing), attention to the eyes, dressing of the navel etc.

Generally, from the second day of delivery the baby's nursing depends upon the mother. But most of the mothers are ignorant of the rules of nursing her baby and what is best for it. Most of the babies suffer from various diseases from the very beginning of their lives due to neglect of their mothers, about feeding and other hygienic conditions. I think it is their ignorance and not neglect, that prevents them from doing all that are needed for their babies. Often they seek advice on this subject from ignorant females like themselves and do according to their advice on good faith and thus cause mischief instead of good to their babies.

This poor helpless baby spends the first few days of its life with its mother in an ill-ventilated room, where a healthy adult person cannot reside and if he or she resides, must surely become a victim to various diseases. The evil is aggravated when a lamp or fire is burning which

consumes most of the fresh air available in the room and adds impurities to it. Sometimes, the only door is also closed and death of the baby may occur from suffocation. In such an insanitary condition how can a little poor helpless baby after coming to an entirely new atmosphere live? Thus residing there for a few weeks, when the baby comes out of the lying-in-room, its vitality and resisting power against infection become lowered, and it thus becomes a victim to various diseases.

Midwife.—The midwife is the only help to the mother and the baby at the time when the baby first appears in the world. Through her skilful help and care, the child can survive and remain in her lap till its mother recovers from the strain of labour and becomes able to take care of it. But this profession is entrusted to the care of females of low caste, who are not only absolutely ignorant of their work, but lack in ordinary common sense also. They are dirty, their clothes are very dirty and their instruments are most dirty. Without personality, knowledge, cleanliness and good instruments she goes to conduct a labour case and thereby infects both the mother and her baby.

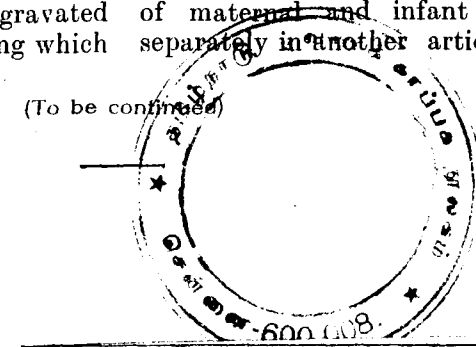
The child may be born prematurely or may be still-born or some other mishap may happen at the time or just after the delivery. Some simple procedures may save the child and avert most of the mishaps. But our midwives are ignorant of those procedures and therefore some of the unfortunate babies lose their lives for want of first aid.

I shall discuss each of the causes of maternal and infant mortality separately in another article.

(To be continued)

May 1938]

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Philosophy of Happiness

By Manda Venkata Narasimha Rao, B.A., B.L.,

Berhanpore,

HAPPINESS is the state of being in extreme enjoyment of good health, peace of mind and fortune. It is the greatest panacea of life and must be the end and aim of existence. According to Epicurus, happiness consists of quiet ease of heart stripped of all excitement, the claims of each pleasure being balanced with the evils that may ensue. Aristotle has said that pleasure is a mere concomitant of some activities and adds zest to a natural activity. Stoics have declared that pleasure never appears except as a mark of decline or relaxation of vital energy. The lust for pleasure is ingrained in human nature and drives man to seek joy even in the midst of turmoils of life. The cave man enjoyed his revels of wild pleasure in cannibalism, head-hunting and impaling his enemy alive on pointed spike. A state of joy tends to fuller enjoyment of life by banishing the cares of the human lot. Happiness derived from practice of virtue is of a retired nature and discards all pomp and show. Fits of laughter attract the Halcyon Bird of Happiness, which brings peace to the troubled soul and increases the flow of vital energy. Happiness is the fountain of youth and safeguards the middle and advanced life against the ravages of early decay.

Man is born unto trouble and has to fight the grim realities of life in going his way through it because of

its varied concepts and fleeting nature. Savants have described happiness in terms of disparagement. Sophocles thought that the happiest destiny of man was never to have been born; and Bismarck believed that the happy moments of his life did not come up to 24 hours in all. Dr. Johnson's dictum was that man is happy only when he is drunk, and a modern philosopher has opined, that, if a search were made for the happiest man he would be discovered in a lunatic asylum. In the light of Emerson's law of compensation which pervades the universe and influences the happenings of man's life, misery brews in happiness, joy in sorrow, and hope in despair. Eternal unalloyed pleasure or misery cannot, therefore, exist. There are various sources of happiness, the more important among which are religious life, health, virtue, wealth and matrimony.

Religious life :—Eternal happiness and supreme peace can be had only in God. The Rishis in Indian forests who live a life of austerity with self-denial and have conquered passions enjoy blissful happiness, which culminates in emancipation of the soul and final absorption in Godhead.

Health :—Health and happiness are synonymous terms and one cannot exist without the other. The joy born of good health is intense and many-sided and can be shattered only when health fails.

Virtue :—Virtue and happiness are mother and daughter. The service of humanity is the service of God. Happiness consists in making happy, and the more a person makes others happy the more joy and satisfaction he himself enjoys. The use of qualities of higher nature, viz. love, charity, righteousness, honesty and truthfulness generate the purest form of happiness. Happiest is the man who does the greatest good to the greatest number.

Wealth :—The cheery optimism which material prosperity brings is not lasting and gives less pleasure than spiritual happiness.

Matrimony :—Matrimony, if successful, gives conjugal happiness and domestic felicity, and prolongs the lives of the wedded couple. Matrimony is the uncharted sea for which no compass has been devised, and in which shipwrecks of happiness often occur as the result of internal storms. Unhappy marriage ends in tragedy. When there is incompatibility of temperaments and maladjustments in wedded life, the termagant wife plagues her husband's life with perpetual rumpus with disastrous results.

Happiness is a great builder of health. A state of joy breeds courage, hope and optimism, drowns cares, generates abundant vital energy, and brightens the outlook on life. Under

intense happiness, past miseries join the array of the forgotten and pleasures of anticipation become as enjoyable as those of realisation. Mind exercises tremendous power over the body, and builds or breaks health and happiness according as good or evil emotions predominate. In the welter of life's struggles, emotional storms, and fickleness of fortune it is hard to enjoy felicity. Happiness is contagious as the cheery smile of a joyful man attracts the smiles of the world about him. Some people believe that happiness depends on sound physical health; some others think intellectual eminence breeds joy; but true happiness can be had only by combining these valuable assets with the easement of mental health. The Hellenic ideal '*mens sana in corpore sano*' (a sound mind in a sound body) is the pivot round which the question of happiness turns. While work, music, content, adjustment of means to end and hobby are other sources of joy the cult of fatalism, worry, anxiety and violent temper are fatal to happiness. Diet plays no small part in determining the spiritual happiness of man. A certain writer has said "Tell me what you eat and I will tell you what you think". Moderate simple vegetable fare and fruits helps the even tenor of the lives of holy men and hot stimulating foods excite passions and shatter equanimity.

On Marriage and Dowry.

"Ah! father, it is a girl that I love and desire and not her money. Wretched is he who marries to repair his fortune by means of his wife's dowry. You boast that I am possessed of some talents: is it then to be supposed that I am unable to maintain my wife and supply her necessities? I want nothing of you but your consent; and I must give you to understand that the girl shall be mine; as to the portion you may take it yourself".—Benvenuto Cellini.

How to Mitigate Malaria?

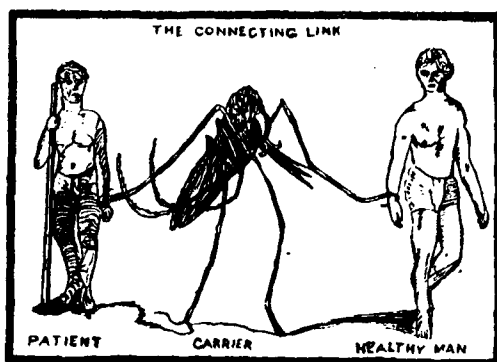
MALARIA is a well-known disease in India, and every town or village is visited regularly once a season at least in a year.

By Dr. R. C. Mankad,
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It plays an important role in the economy of India on hygienic as well as monetary sides.

Many lives are lost and invalidated every year through this fell-agent.

It is therefore a problem which either doctors or health officers, merchants or zamindars should take into consideration as early as possible.



The Mosquito is the carrier of the Malaria Parasite from the Sick to the Healthy.

Enthusiastic steps, constant zeal, sacrifice of money, time and health on the part of the authorities and rich men, cost of labour and life on the general public, are of keen necessity. Co-operation of each and every individual, either considering as one of their religious functions or a duty

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can only help in the matter. It is not so easy to do this, as to think or advise; yet difficulties can be surpassed, if ignorance is dispelled and proper education imparted. Malaria as the name suggests, means a disease arising out of bad air (Mal + Aria). But at present, it has been found to be due to a particular organism known as plasmodia. This disease is carried from one individual to another by an agent known as Mosquitoes. If we wish to mitigate this disease, we should either destroy mosquitoes, or Malarial organisms.

The three important factors for prevention of malaria are:

- (1) Destruction of mosquitoes, adult eggs and their habitats.
- (2) Isolation of infected patients; prevention of mosquito-bites, etc.
- (3) Taking of drugs which help to keep this disease away.

1. Destruction of adult mosquitoes is not so easy, as is thought to be.

Catching of mosquitoes by hand is interesting. Children may be taught this method. If possible, paying a pice to every five to ten anopheles mosquitoes would be very tempting. If hands are made soapy, the method will be very tricky.

Trapping of mosquitoes may also be resorted too. A trap made up of muslin-cloth is quite suitable. Similar payment as above may be done. Traps may be put at night and recovered by day. This will lessen the

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trouble as well as show the anopheline index of a particular place.

Killing by fumes or sprays *e.g.*, of Pyrocid 20, Katol, Neem bark and leaves may help to drive them away, but their effect is temporary. Flit, Mosquil, Shelltox are also temporary measures. Destruction of eggs is much easier provided a keen watch is kept. Selection of anophelene breeding places would be more difficult and costly and destruction of those mosquitoes without destruction of culicenes will be useless, as the public who are troubled by mosquitoes in general would not understand the importance of it and would criticise the idea. Hence general destruction of eggs is a necessity.

Spraying of Malariol, Kerosene and such other oils are sprayed in a fine regular layer. They destroy the eggs known as larvæ by acting as toxic agents or by preventing oxygen inhalation. These oils are used whenever water is stagnant, and not used for drinking and household purposes.

In grassy areas and swamps, Paris green finely mixed with saw-dust of wood or stone would be quite soluble. Eggs die due to poisoning, when they swallow small particles of Paris green.

Best way of destruction of eggs is to empty the swamps, pits etc. or drain them well.

Growing of trees helps to dry the extra amount of moisture and Papaya, Basil, Eucalyptus, Neem etc., are said to have inhibitory action on the growth of mosquitoes. Too much

growth or weedy growth is dangerous, as it helps stagnation.

Pits, broken vessels, irregular surfaces etc., should be destroyed and a level is of necessary. This trouble arises chiefly in the monsoon.

2. Isolation is easir. A patient affected with malaria should be isolated.

Patients as well as relatives should if possible sleep under nets. This is not always possible, as it is a costly method. That all men should sleep under nets is a useless advice.

Application of fragrant oils *e.g.*, eucalyptus, camphorette oil, Peppermint etc., may help avoiding mosquitoes biting.

3. Taking of quinine before the attack may prevent an attack of malaria. How quinine acts as a preventive is not fully understood yet.

It may be due to its tonic action on the body. Some say it acts according to Homeopathic theory. Plasmodia and Quinine have similar action on R. B. Cs., hence Quinine in small regular doses causes mild attack of malaria like action so to say.

As a preventive dose, a five grain dose once a day is quite sufficient.

During the attack regular dosing with quinine either as powder or mixture is required. Grains fifteen per day are sufficient. After the attack Tablets, Quinine Sulph, Allembic, Amin's Tablets, etc., are quite sufficient.

THE STUMBLING BLOCKS

By Dr. M. Barooa, L.M.P., F.T.S.,

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Stumbling blocks lie in our path,
Make the passage unsafe still;
Sound a note of warning to us,
Threaten all a great good deal.

Poverty comes first, in fore front,
Hindering advance notwithstanding
Eager, earnest, deep desire,
Puts the victims in the grinding.

Ignorance plays the second part,
"A bliss" so says an old adage;
But in practice in our life, it
Conveys contrary meaning—message.

Negligence comes then, third in order,
Forms a vicious circle round it;
Does not take the time by fore-lock,
Makes it secure in its own seat.

In its trail comes superstition,
A devil, a perfect mischief-monger,
Does the havoc in right earnest,
Proving it an awful danger.

Let us rouse the mass consciousness,
Interest ourselves in doing good;
Broadcast knowledge pure and simple,
Let us then be in good mood.

To make the lessons more impressive
Let us all be up and doing;
Lantern lectures serve the purpose,
Lead us half the way in achieving.

Let us pluck our courage brethren,
Remove all the blocks that lie;
Pave the way to healthful living,
Let us fulfil mission high.

Let us surmount all the dangers,
Signal success shall be gained;
Ours is the noble cause, then
Let it not be ever maimed.

● Topics from Medical and Health Periodicals ●

Dietetic Requirement in Pregnancy

"I shall not attempt to discuss these requirements in detail, but will content myself with an enumeration of the foodstuffs which, if properly produced, properly treated, and properly combined provide essentials the prospective mother needs. These foodstuffs are, in order of precedence; (1) Milk and the products of milk (butter, cheese, skimmed milk, buttermilk). (2) Whole or lightly milled cereal grains; in particular a good wholemeal bread or standard bread, and oatmeal (3) Green and leafy vegetables. (4) Root Vegetables, particularly potatoes, carrot and onions. (5) Fruit, including the tomato. (6) Pulses. (7) Egg. (8) Meat, including fish, fowl, glandular organs. To these there must be added codliver oil, not in the large doses commonly prescribed but in the sufficient dose of a teaspoonful a day. And as an additional assurance of functional efficiency of blood, muscle, and nerve, a portion of yeast is a wise precaution."—Sir Robert McCarrison from *The Indian Medical Gazette*.

Method of destroying bed-bugs

DILUTE methylated spirit kills bed-bugs. A mixture of thirty parts of spirit with seventy parts of water has a low surface tension, so that it penetrates readily into the cracks which the insects inhabit. Practically every adult and nymph which the liquid touches dies; those in the cracks where the fluid remains for some time

before it evaporates are all killed. Small nymphs are particularly susceptible; in fact this stage often dies if wetted with ordinary water. Eggs are more resistant than other stages, but eggs in the cracks which remain wet for an hour seldom survive.

This method will not kill every bug in a house, but if the liquid is sprayed into the crevices few bugs will survive and the house will be made much more comfortable for the inhabitants. A second application after any egg which escaped has hatched should leave almost none of the parasites alive.

This insecticide is very cheap, for if duty-free spirit can be used the mixture costs about six pence a gallon. It is not inflammable (fifty percent spirit kills eggs more rapidly but is inflammable) it gives off no noxious fumes, and, most important of all, it does not damage furniture or bedding.—*Lancet*.

Laughter and its Uses

DR. JAMES WALSH of New York who is a great advocate of the Therapeutic Value of Laughter used to advise his mentally depressed and psychoneurotic patients to indulge in prolonged and hearty laugh every day. Laughter has both physiological and psychological effects and thus serves good for the body as well as mind. A hearty laughter exercises the muscles of the thorax much more than the deepest of deep breathings. According to Dr. Walsh:—"It brings about the contraction of practically every

muscle of the trunk. As the Diaphragm goes down, the large organs of the abdominal cavity are pressed upon and in order to keep them in relative location the large abdominal muscles are brought into play. How much they are used can probably be best realised from the fact that a man who is unaccustomed to laughing heartily will, the day after a speck of hearty laughing, feel the muscles of his abdomen sore and tender."

We can ourselves imagine the processes going on in the human system when one enjoys a laugh. The upward and downward excursions of the Diaphragm squeeze in and squeeze out the contents of both the lungs and the heart. Thus the lungs are expanded and thoroughly ventilated; the heart is stimulated and invigorated. Besides, during the downward movements, the Diaphragm, so to say, massages the Liver causing a much freer flow of that vital substance called bile. Laughing at a meal is always good; for, with the increased flow of bile and the increase in the churning movements of the stomach, the digestion is improved. It has been proved that as much as one and a half of the normal quantity of bile will flow from the gall bladder if we ended a hearty meal with a hearty laugh. It is suggested that laughter even stimulates mass peristalsis of the intestines.—*The Journal of the Stanley Medical School.*

Drinks:

Wholesome and Unwholesome.

THE only natural drink is water.

The ideal drink furnished by Nature is rain water that has fallen into

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sandy earth, and there been filtered. Rain water is the distillation of the ordinary waters on the earth. The so-called distilled water that we get at a chemist's is not aerated, that is, mixed with enough air after being distilled. Nor is it sufficiently clean, for the sand in the filter soon gets contaminated.

Charged drinks, soda waters and gas waters contain carbonic acid, one of the deadliest of poisons; but the acid that is in a glass of such drink has but slight effect, for the reason that it passes off in the effervescence; and the only damage it does is to dry up the walls of the stomach and make digestion difficult. But the continued use of such drinks will lower the vitality of the lungs by drying up the natural mucus and exposing the tissue to the inroads of germs. Experts in tuberculosis have made the statement that this malady is often, though not always, started by soda water drinking. They have many thousands of cases to sustain the charge; and in addition they point out the fact that the chief work of the lungs is to throw out of the blood the carbonic acid; and this is a well-known function of inhaling, as every outgoing breath is laid with a dangerous quantity of this deadly acid. Why then take in the same acid in the form of acid water?

Nothing could be more shameful than an unwarranted attempt to deprive people of their favourite beverage. Tea fills in many an aching void. It soothes, it quiets the nerves, it lessens the acuteness of unrest, it reduces the vitality of pain, it checks the flow of animal energy in the muscles by throttling down the ner-

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vous intensity, it stops the heart from its over-active beating, it says to the stomach, "Rest in semi-digestive mood for a while," it deadens the nerve centres, it gives to all organs a reasonable imitation of what paralysis is like, without in fact bringing on paralysis for some years to come.

Tea is a direct poison. It is wholly foreign to the human body. It weakens every organ, and acts directly on the bladder, making it very difficult to retain the water there. Iced tea, as the Chief Chemist of the United States Government stated, is "slow suicide." Tea-drinking undermines the brain forces, ruins the memory, spoils the eye-sight, causes loss of faculties long before age has come on, and makes a person desperately nervous, and subject to gloomy moods by night and day. (Hence the modern craving for sensationalism). Its end is paralysis.

The tea which the majority of people take from tea-shops and restaurants, is the most deadly enemy of man. In the first place, water that has been boiled for some time is a poison and the surest cause of old age. In the second place, tea and coffee are in themselves poisons, the only escape in the case of coffee being in the quick cooking and the discarding of the grounds at once. In the third place, there are no saving merits to tea, it is bad first, last and always.

Have you ever entered the room of a house where tea-drinking men and women are assembled? And have you noticed, as you come in from outdoors, the close and deadening smell of dripped urine? Even the young

folks afford this odour if they are drinkers and have had their nerves quieted to that extent.

What then shall we take in place of tea or coffee? In bran tea we have the most nourishing and wholesome beverage that a man or woman can take. Instead of throwing away the bran after sifting the flour, or feeding it to the cattle, make it into tea. Just put in a little handful in the pot, add a bit of cinnamon, a couple of cardamoms, and a bit of orange peel for flavour. Bring the whole to a boil, then take off, strain, add sugar to taste, and you will soon see what a wholesome change it makes in your entire system. Nature's gifts are always so simple and cheap, that many people overlook or even despise them.

Adapted from *The Book of the Ralston Club of America.*—(*The Young Builder.*)

Sing to Your Stomach.

"MUSIC hath charms" not only to soothe savages and quiet wailing infants, but to settle disturbed stomachs as well. In recent years research has shown that the sympathetic nervous system is remarkably sensitive to the influence of rhythmic and melodious sounds. This fact explains many well-known phenomena. Soldiers wearied almost to collapse by long marching, are revived and reinvigorated when the band begins to play. The thrills and exhilaration produced by a musical masterpiece, vocal or instrumental, are not merely psychic experiences. Every organ of the body participates.—*O.W.*

● Health Tit-Bits ●

"HE who has health is rich and does not know it."—*Indian Proverb.*

"HEALTH and good estate of body are above all gold and strong body above infinite wealth."—*Ecclesiasticus.*

"HE who has health has hope: and he who has hope has everything."—*Arabian Proverb.*

On Happiness

"THE first and indispensable requisite of happiness is a clear conscience, unsullied by the reproach or remembrance of an unworthy action."—*Edward Gibbon.*

A Preventive of Bed-wetting.

PUT a towel over the abdomen and knot it at the back. Children wet their beds when in a dorsal position. If the child rolls over on to his back in his sleep the knot is uncomfortable and he turns on his side again automatically without his sleep being in the least disturbed. If the knot does not get displaced, the bed-wetting ceases:—*Th. Sutter, Munch. med. Wschr., No. 16, 1937.—Medical World.*

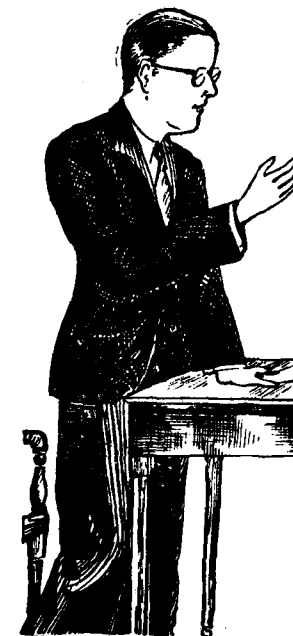
Early Attention to Moles

A PIGMENTED or purple mole is not simply a blemish, it is a menace. If irritated by injury, or unsuccessful attempts at removal, such moles often develop into malignant growths of a

most virulent sort. They may increase in size if neglected and may at any time develop malignancy. They should be removed in infancy or early childhood. No attempts should be made to remove such growths by means of caustics or plasters of any sort. Under the influence of the X-ray, or even the ultra-violet light, these blemishes can generally be made to disappear, leaving scarcely a trace of disfigurement. There are other equally successful methods known to skin specialists.—*Good Health U. S. A.*

Fasting as a cure for desperate diseases.

No degree of abstinence can be too great for the cure of the most of the diseases to which mankind is exposed, rather by the viciousness, than by the frailty of their natures—diseases by which we often condemn ourselves to greater torments and miseries of life than have, perhaps, been yet invented by anger or revenge or inflicted by the greatest tyrants upon the worst of men. I know not whether some desperate degrees of abstinence would not have the same effect upon other men, as they had upon Athicks, who, weary of his life as well as his physicians by long and cruel pains of a dropsical gout and despairing of any cure, resolved by degrees to starve himself to death, and went so far, that the physicians found he had ended his disease instead of his life.—*Sir William Temple.—Naturopath.*



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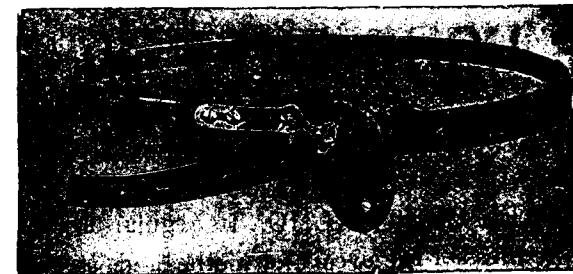
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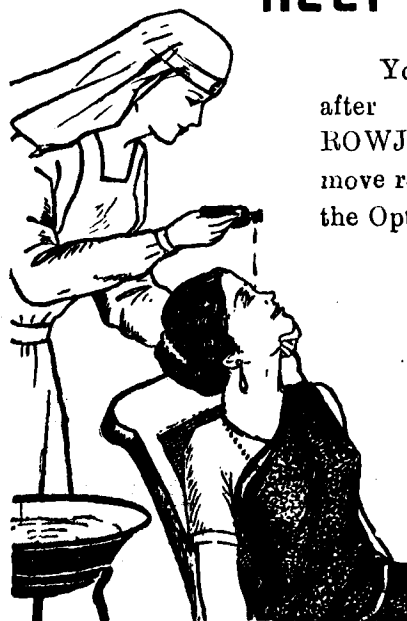
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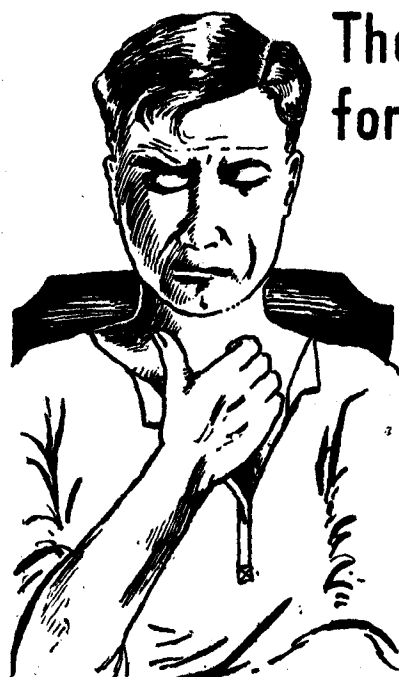
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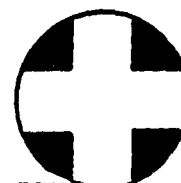
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