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HEALTH

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



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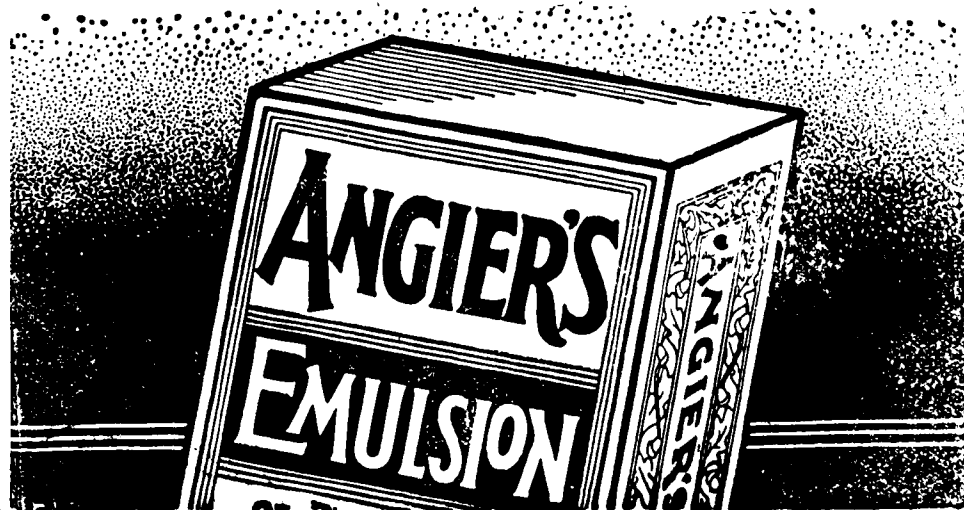
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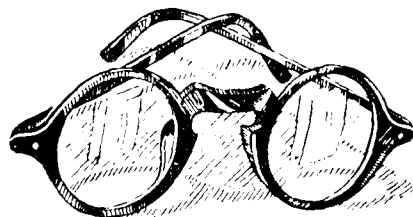
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appearing in the papers, has not been
inserted by them. Their business is still
being carried on in Calicut, as it has been
for the past 30 years.

A Journal Devoted to Healthful Living

HEALTH

ESTD. JAN. 1923

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FEBRUARY, 1939.

No. 2.

Editorial

Public Health Regulations in Ancient India

WE are surprised to learn that there
has been a good deal of agitation
set up even against that most impor-
tant, innocuous and beneficial measure
—the Madras Public Health Bill, now
on the Legislative anvil and that as
many as 282 amendments have been ta-
bled already for discussion at the ensu-
ing meeting of the Legislative Assem-
bly. Our surprise is all the greater when
we notice that exception is taken to
compulsory vaccination for Small-pox,
and the objectors, or rather conscien-
tious objectors, are none other than
Ayurvedic doctors, some of whom
have also combined in them a sound
knowledge of Allopathy. They even
go to the length of threatening with
'direct action', if the clause relating
to compulsory vaccination is not
removed from the Bill. They contend
that such an agitation is now going

on in Western countries and India
must therefore blindly follow them.
But they have forgotten the fact that
Western countries have so far advanc-
ed in General Sanitation and Public
Health, that cases of Small-pox there,
are now few and far between. They
seem also to have forgotten that
climatic considerations, extreme in-
sanitation and age-long superstitions
go to help the prevalence of small-pox
in an endemic or epidemic form in
India, year in and year out and that
but for compulsory vaccination, much
heavier tolls would have been claimed
annually by this dire disease, not to
mention grave physical disabilities,
such as loss of eyes, loss of limbs etc.
inflicted on the survivors. In these
few lines, we attempt to make out a
strong case for compulsory vaccina-
tion and for segregation, isolation,

FEB. 1939]

disinfection etc. provided for in the Bill to successfully combat infectious diseases generally, quoting our ancient Public Health laws in support thereof, so that the credulous and the unwary may not be led astray by such agitations.

Small-pox.—1. *Vaccination*:—“The Science of Medicine originated in India and it was exported from India to Arabia and thence to Europe. Down to the close of the 17th century, European physicians learnt the Science from the works of Arabic doctors; while the Arabic doctors many centuries before had obtained their knowledge from the books of great Indian physicians, such as Dhanvantri, Charka, and Susruta. There is nothing new in this world. Now, this saying is even true as regards Preventive Medicine. In India, in ancient days, both Hindus and Mohammadans used inoculation by Small-pox virus as a protection against small-pox. Long before Jenner's discovery or to be more correct, re-discovery of vaccination, this art of inoculation was used for a while in Europe where it had been imported from Constantinople”. [Extract from the speech of Lord Amptill, late Governor of Madras in opening the King Institute of Guindy in 1905.]

Dhanvantri who flourished before Hippocrates, the father of Western Medicine, has described in one of his writings, the method of vaccination in ancient days as follows:—“Take the fluid of the pock on the udder of the cow or on the arm between the shoulder and elbow of a human subject on the point of lancet and lance with it the arms between the shoulders and elbows until the blood appears; then

mixing the fluid with the blood, the fever of the small-pox will be produced”. Thus, it would be seen that Jenner's great discovery was actually fore-stalled by the ancient Hindus and that the very people who follow Dhanvantri, the discoverer of Vaccination and practise the ancient Ayurvedic system of medicine of which he was the father, should now object to vaccination, is to say the least of it, meaningless. If vaccination had disappeared later, it was because ‘Surgery’ was discontinued, as a result of Buddhistic influence.

2. *Segregation*:—In ancient India, there were very few cities and towns. People lived mostly in villages. Overcrowding and congestion were unknown in those days. So, no great difficulty ever existed in the matter of isolation of small-pox patients and segregation of contacts. The grandam of the house invariably acted the role of a nurse. No children or adults belonging to the household were admitted into the room. No children or adults of other houses in the village were admitted into the infected house. A few margosa leaves thrust in some conspicuous place in front of the house would indicate infection in the house and serve as a warning to others. No purchases of any kind were made nor were any things sent out of the house for sale. No festivities were observed, no new clothes worn and nothing which would cause excitement to the patient, or contacts was permitted. Frying of chillies, mustard, vegetable and the like was strictly prohibited as the smell therefrom might excite the nervous system of the patient or contact. The patient, if he was a married man, was not allowed to see

his wife or children, or his father-in-law or mother-in-law or any of the members belonging to his wife's family. This was all to prevent any emotion or excitement in the patient. None should depart from the household on any journey nor any new-comers permitted to enter the house. Those who wished to see the patient—only old widows, old men and strong adults who, if married, have not had any conjugal happiness during the night previous were allowed admission—should before entering the room, wash their hands and feet. They should not stay long inside the room nor should they engage themselves in any tall talk or conversation with the patient. They should not weep or be morose, or frighten the patient with their wailings. No news of any death or untoward happenings should be communicated to the patient. None in the house-hold should take oil bath or have a shave. The patient's room should not be swept with broomstick so as to raise dust. It should slowly and silently be done with the aid of margosa leaves. Such kind of segregation was really more than what Public Health Science now enjoins us to do.

Plague.—We shall now take another dire disease, Plague, with which India is still infected, though in Sporadic form. Our ancients evidently knew all about Plague, that it was disseminated by rats and that isolation and segregation were the effective means of preventing the spread of that disease.

Here is an old regulation for segregation of plague patients:—“The Goddess (Mahammari—the diety presiding over plague) said:—“On the order of Brahma, myself and Indra and other

gods will visit the people of various villages. Thus visiting village after village and putting to death all the wicked people will at last go to Brahma. Intelligent people understanding my approach will always do virtuous actions, will study the shastras and will even be very careful. *On the moment the rats fall from the roof above and jump about and die, they will at once leave their houses with their friends and relations and will go to a plain (Vana).* In the forest where there is water convenience, they will sit. They will have the image of the diety before them, will show dupam and dipam and will perform Puja every day according to the ShastrasAfter some days, if crows come and sit on their temporary dwellings they will start to their original home after performing Kaka Santhi (ceremony to the crows).”

This injunction to evacuate the houses or residences so completely as to involve removal of relations and friends and servants and to resort to clean ground that has never been lived upon by human beings and not to return to the infected house till lapse of time and special processes for purification have rendered it safe, represent literally the policy of the various regulations issued by Governments in British India, in reference to Plague infected villages and which are now embodied in the present consolidated Public Health Act.

Penal provisions in the Public Health Bill are objected to, as too severe and drastic. Such provisions existed even in our ancient Scriptures and we give a few samples of them here below.

Nuisance.—"One should not make water on a road or ashes or in a cow-pen"—M.L. iv, v. 45.

"One may not discharge into water either urine or ordure or spittle or anything smeared with (what is) unclean or blood or poisons"—M.L. iv. v. 56.

"One should not voluntarily stand near (used) unguents and bath water, ordure, urine, or blood also (or) phlegm or what has been spit out or vomitted."—(M.L. iv. v. 132.

"If any one without pressing need, emits impurities upon the King's highway, he should pay a fine of two Karsapana and clear up the impurity at once."—(M.L. iv. v. 282).

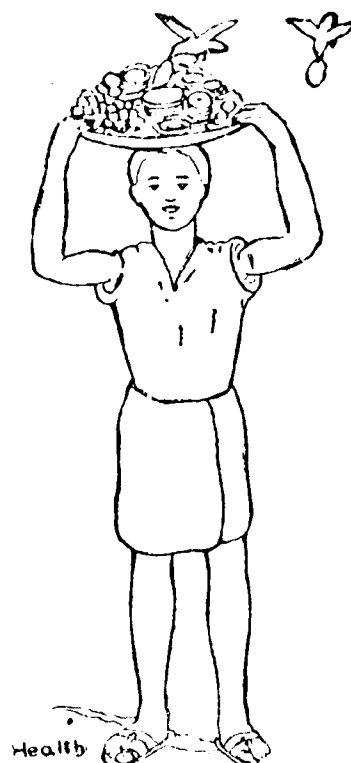
"Now, if it is an old man (who finds it necessary), a pregnant woman or a mere boy, they should receive a reproof: and that (filth) should be cleaned up. So stands the rule."—(M. L. ix. v. 283.)

Mark the words: "Clean the impurity at once" and "that filth should be cleaned up", in the last two regulations.

In those days when there were no Municipalities and Corporations which maintain agencies to clear or clean the filth, out of the taxes paid by the people themselves, the offenders were made responsible to do the scavenging job, in addition to paying the fine. This will certainly have a deterrent effect and one would think twice before one made use of the public highway as a latrine.

Food.—*Contamination*:—Manu has penalised the eating of certain contaminated foods. Contamination is ever

present in our present day hotels and lodging houses, which may be said to be the harbinger of all ills human flesh is heir to. And yet people patronize them and the Government must perforce



Sweetmeats exposed for sale and pecked by birds are unfit for human consumption.

have to control them, if they have no means of controlling the eaters. Here are some penalties imposed in olden days for eating contaminated food.

1. "On devouring the food of those whose food one ought not to eat.....and such flesh (as) ought not to be eaten, one should drink (water and) barley for seven nights".

In other words, the law-giver has imposed a penalty of barley conjee diet for seven nights on those who have eaten defiled or contaminated food or flesh, in order that they may strave out and kill any infective

germs that may have got into the system, and be restored to normal health.

2. "On devouring what has been left by a cat, a crow, a mouse, an ichneumon or anything on which a hair louse has fallen, one should drink (the plant) holy rue (in water)".

Disinfection:—"As long as the smell and smear caused by pollution do not leave an article soiled by an impurity, so long are earth and water to be applied in all purification of things".—M. L. v. 126.

It is an ordinary occurrence now-a-days in hotels or lodging houses for the food to be touched and defiled by domestic animals such as cats, rats and dogs and pecked and devoured by crows, squirrels etc. General cleanliness is therefore demanded of these hotels under the Public Health Act and no manner of objection can be raised against these provisions.

Thus we see that even our ancient law-givers had recourse to vaccination, segregation and isolation, for combating infectious diseases and penalisation of persons who committed nuisance and ate contaminated foods with a view to preserve the general health and well-being of the masses and we hope our readers will take this lesson to heart and not pay heed to agitation of any sort against this Bill but gladly welcome it.

While going to Press, we came to know that the Madras Legislative Assembly had passed the Public Health Bill with the addition of a

conscience clause to placate the conscientious objectors to vaccination. It is hedged in by necessary safeguards and is self-explanatory. The clause runs thus:—

"(3) (a) If any person who or whose child is sought to be vaccinated or inoculated in pursuance of the power referred to in class (b) of sub-section (2) declares before a Magistrate specially empowered by the Government in this behalf that as a result of a careful inquiry into the subject, he believes that such vaccination or inoculation will be injurious to his health or to the health of his child, as the case may be, the Magistrate may, after giving notice to the Health Officer and hearing any representations made by him or on his behalf exempt such person or child from vaccination or inoculation, on condition of the person aforesaid undertaking to subject himself and the members of his family to isolation of such description and for such period and to such further restrictions, if any, as may be directed by the Magistrate.

"Provided that any exemption granted under this clause shall cease to have effect after a conviction under clause (b) and no exemption shall be granted to any person who has been so convicted.

"(b) Any person who commits a breach of any undertaking given by him under clause (a) shall be punished with imprisonment which may extend to three months, or with fine, or with both."

All's well that ends well.

CANCER

By

L. Seshadri Nathan, M.B., B.S.,

Tata Memorial Hospital, Bombay.

A BETTER understanding of cancer, its symptoms and treatment, may help to remove some of the fear with which this dread disease is viewed by the laity. Cancer has gained a reputation of horror because of the number and nature of deaths caused by the disease. People, particularly women, have such great fear of cancer that, if signs of cancer appear, they hide it from family and friends. They neglect going to a proper physician, suffering under the mistaken thought "Cancer is always fatal: so, what's-the-use?"

This self-imposed verdict of inevitable death is wrong in many cases, and in others can be avoided. Modern science has made many advances in the treatment of cancer. Certain types of cancer can be cured. Success in the treatment of cancer is often dependent upon early diagnosis and treatment. If individuals would take their fears to a physician when the first "signs of cancer" appear, many cures can be effected, and unnecessary suffering can be avoided. In a number of cases, the patient will be relieved of much mental anguish by learning that his fears were unfounded, and that he does not suffer from cancer. It is with the hope of giving the public helpful information in regard to cancer that this article is written.

Cancer has been known to humanity for a very long time: it was known to the Egyptians, and the earliest writings of India make mention of it. Primitive man was afflicted with it,

It attacks both the young and the old, though it is chiefly a disease of late middle age and old age.

The liability to cancer increases with age. Cancer is seen more frequently now than before, owing mostly to the fact that more people live to reach the cancer age than formerly. Also, with the improvement of diagnostic methods, cancer is more often discovered. It affects both sexes, though women are more prone than men; no part of the body is immune, even though certain organs are more susceptible to cancer than others.

The word "cancer" is commonly used, in a broad sense, to describe the various kinds of malignant growths that occur in the body. To understand cancer fundamentally, one must first appreciate that the body is composed entirely of tiny units of structure, as a wall may be composed of bricks. These units, which are called cells, are in themselves living bodies, each with its own organization. The cells of each organ or part differ in size, appearance and function from those of every other organ or part.

A cancer begins as a single body cell, or a group of cells, which, for some unknown reason, starts to grow fast, independently of the rest of the body tissues, without useful purpose to the body organism. In the beginning and for a few weeks or months it is confined to the part of origin—"localized" as the physician would

call it. Here it grows more or less rapidly forming a lump. If this is on the surface, outside or inside, it often breaks open and bleeds or gathers pus. The sore sometimes stinks, and the victim grows sick from the poison of it. The cancer keeps on interfering with the function of important organs near it and spreads to other parts of the body. The spread takes place usually by a few cells of the cancer being carried in blood vessels or lymph vessels, and any part of the body may be reached thereby. Often the secondary cancers are the ones noticed first; they are usually the ones causing death.

There are many types of cancer differing widely in their structure and behaviour. Some are external and some internal. Some grow rapidly, some slowly. Some spread quickly throughout the body, others not so quickly. In spreading, some have a predilection for certain organs, some for others. Some respond readily to treatment, others not. Some require one form of treatment, others another.

Thus, cancer is really a group of diseases, rather than a single malady. One should refer to them collectively as "cancerous diseases", as one would of "infectious diseases" or "nutritional diseases". *The common factor in the cancerous diseases is that they are all due to the over-growth of some body-cell; while the common factor in the infectious group is that they are due to invasion by microbes; and, in the nutritional diseases, that they are due to an inadequate diet.* This conception of cancer is extremely important. The physician must first determine the kind of cancer from laboratory tests when he can intelli-

gently prescribe treatment. It is as illogical and ineffective to give all cancers the same treatment as it would be to treat cholera, smallpox, malaria, tuberculosis and the other infectious diseases all alike.

Growths Defined.—Abnormal growths may be divided into two groups, the "benign" and the "malignant". The benign one grows only in the site where it began, while the malignant one spreads to other parts ("metastases" as the doctors say). The benign growth may cause trouble in various ways, by pressing upon nearby tender organs, by bleeding or by its excessive size, but it never kills; whereas, the malignant growth *always* kills unless treated. *The malignant growth is cancer.*

Causes.—Cancer is brought about by certain factors, sometimes regarded as causes. Germs or microbes are not one of them. Prolonged irritation of one form or another is sometimes followed by cancer. For example, a cancer of the tongue or inside the cheek may be found directly opposite a jagged tooth. Cancer of the lip may result from the chronic irritation from the hot stem of a pipe. Tar, pitch, petroleum, soot and various chemical dyestuffs produce some types of skin cancers. Cancer of the female genital organs is often preceded by some form of chronic inflammation. There is found in Kashmir an interesting kind of tumour called "Kangri Cancer" which appears in the skin of the abdomen and is produced from the wearing of jackets containing live charcoal.

There is an impression current that cancer is hereditary, and this is borne out to some extent in researches on

mice. However, there is no proof at all that cancer, or even a tendency to it, in man is inherited. True, some families show a remarkably high incidence of the disease, but statisticians show that this can easily be explained on a basis of chance alone. Cancer is very common, anyway. After the age of forty, one man in every twelve and one woman in every eight fall a prey to it; and, it is not strange that some families or groups chance to have more instances than others.

The disease is neither infectious nor contagious; nor is it produced by any particular kind of food.

Cancer has been experimentally produced in animals by chemical agents like tar, by physical agents like X-rays, and by biological agents like the larva of a tapeworm. In man, cancer may be produced by the irritative effects of similar chemical, physical and biological agents.

One of the greatest questions of cancer-research to-day is to try and find out exactly how such irritation or inflammation operates to produce cancer. However, it is not sufficient to say that some form of chronic irritation or inflammation is necessary to the production of cancer, for, irritation is not always apparent.

Obviously, other factors enter in many cases. The nature of these is not well understood.

Early Signs.—The most unfortunate thing about cancer is that it is painless in the beginning. By the time that pain is felt, in most cases, the cancer is well advanced in its development. One of the most common signs that attracts a patient's attention to cancer is an unnatural lump, which frequently starts without any appa-

rent cause. The breast is a typical example where it usually starts as a small painless lump; a mole or wart anywhere grows just bigger and blacker; the tongue or lip shows a slight thickening; or a little blood appears in the stool or urine. In this quiet way many a cancer begins.

Another common sign of cancer is an unusual discharge: a persistent discharge from the nose, the "weeping" of a sore that refuses to heal, a persistent discharge from the nipple, may all mean "cancer". Blood in the stools is often the first indication of cancer of the rectum; and blood in urine, of cancer of the bladder or kidneys.

Unfortunately, some of the deep-seated cancers give no early signs. They often grow unnoticed or without alarming symptoms, until too late. Many forms of cancer, however, usually present early signs which can be recognized as abnormal by the average individual.

Diagnosis. It is often very difficult, indeed, to find out the beginning of cancer in a person, for, as mentioned previously, in some instances the cancer is such that it presents no early symptoms—(by "symptoms" is meant what the patient *feels*). Or, the physician may mistake these symptoms for something else: a common example of which is the continued treatment of cancer of the rectum as one of piles; or, the disease may be so deep-seated as to be discovered only with the aid of special instruments and procedures in the hands of skilled cancer specialists.

The differences between a malignant and benign tumour sound very simple on paper; but in actual practice it is

very difficult to say of many tumours whether they are the one or the other, and whether or not they are cancer. Only the specially skilled physician, by thorough and careful examination and numerous tests, is able to determine the real nature of some tumours. The failure to distinguish between benign and malignant tumours in the early stages of their development is responsible for much of the tragedy that occurs in connection with cancer. It is unfortunate that, when the diagnosis is easy, the disease is too far advanced. The fault, though mainly with the patients for disregarding early warning symptoms, is also sometimes with the attending physician who fails to recognize the real significance of suggestive signs and symptoms, and neglects to make further and more careful tests and examinations. Delay is disastrous. Even a day's postponement may make a case hopeless for attack by the measures known to the physician. When there is any swelling, whether it causes pain or not, it is always safe to get an expert opinion as to its nature. The earlier a tumour is diagnosed the better are the chances of a cure. Cancer can be cured.

Treatment—Many quack "cures" have been in vogue in every country; but, the promoters of them have always had only their personal gains in view, and, when challenged by modern scientific methods, they have usually disappeared with their ill-gotten gains. A sick man, specially when he thinks he has cancer, has in all probability suffered quite a lot, and is ready to try any remedy that is vaunted as a panacea for all such ills; he wastes his money, and what is more, wastes more valuable time, and thus reduces his chances of recovery; he loses hope, and dies a lingering death after having lived a wretched

existence. It is imperative, therefore, to take expert advice as early as one suspects cancer, and get the requisite treatment. It is not out of place to repeat here that *Delay is Disastrous*.

Surgery, X-Rays and Radium, either alone or in judicious combination, offer the best chances for attacking cancer. Researches in the administration of X-Rays have during recent years proceeded at a wonderful pace, and much good is being done. Radium, as every one knows, is a very rare and costly element, but high-powered X-Ray machines which emit rays akin to those of Radium hold out good promise to the sufferers from cancer.

Prevention.—"Prevention", they say, "is better than cure". Can cancer be prevented? Yes, to a certain extent. We have seen that longstanding irritation tends to produce cancer. When an irritation is removed, we remove the stimulus to the growth of cancer. A jagged tooth, in the example quoted above, produced cancer of the cheek or lip; if this tooth had been removed quite early, it is quite likely that the person would not have had that cancer. It is known that tobacco chewing leads to cancer of the mouth in some cases: stopping the use of tobacco will remove the cause of irritation and thus prevent the person getting cancer of the mouth. Thus, if the cause of irritation is removed, cancer is not likely to develop even if other unknown causes operate. Aged and middle-aged people are prone to get cancer, and therefore, they should take a physician's advice and get all sources of irritation located and removed. Attention to personal hygiene, regular habits, periodic visits to the physician and the dentist will help to locate any source of trouble and indicate what measures have to be taken for the prevention of cancer as well as other diseases.

WEIGHT LIFTING IN INDIA

BY LGR. S. NATARAJAN,

185, Edayar St., Coimbatore.

THE modern scientific system of weight lifting or the practice with the barbell is itself a separate art which is entirely foreign, because, it is said, it was originated by Prof. Louis Attila, who was the instructor to the late Eugen Sandow, the world famous physical culturist. Now coming to the topic, viz., the practice of weight lifting, I may say, it is not widely spread in India, nor people

know what it is and why it should be practised. That physical culture is quite essential for the attainment of vibrant health, strength and vitality, can be fully judged in no time. Though weight lifting is termed as a separate art, but still it is a branch of physical culture, which is most essential for improving our health and strength viz., the physical standard of life, for life, without health, is nothing but full of acute unhappiness.

As I have said that weight lifting is a foreign art, the foreigners only highly and strenuously indulge in the barbell practice. And hence, the standard in the barbell practice is astoundingly high. In India since the establishment of the Indian Amateur Weight Lifting Federation at Calcutta, which has been managed with very great care by a united body of cultured people, it is quite helpful in every way even for the culturist to take up this art. Added to this is the conducting of the annual All-India Weight Lifting Championship Contest, which is open for every athlete in any class of body-weight. So to a large extent the authorities of the said federation are spreading up this art both by

conducting weight lifting competitions and by carrying on propaganda work in order to improve the right type of knowledge pertaining to physical culture. Indeed this kind of improvement by the establishment of a federation is a great boon or God's gift to our people, when India is experiencing an absolutely great transition in the downfall of physical standard.

Its existence in India.—On the other hand it is an evidently admitted fact that India had given birth to famous heroes like Hanuman and Bhima. Hanuman the true devotee of Rama, it is said, had carried a mountain by name "Sanjeevi". Of Bhima, it is known, he was accustomed to pulling and wielding huge trees with which he routed his enemies. Further it is said of him, he was having so huge a mace for wielding, that could not be raised even by the strong men of those days. So from this I can dare say, that though weight lifting was not an art in India, but still, the same was in existence in India.

Weight lifting compared with other Exercises. Physical exercise consists of Weight Lifting, Boxing, Wrestling, Bar exercises, and Ground exercises. All these exercises, excluding weight lifting develop only a cer-

tain portion of the physical body. Whereas, barbell practice needs ample strength and practice, for, without strength and practice, it will be very difficult even to hold the weight for a few minutes. To prove the genuineness that weight lifting is a strength-building exercise, the world's strongest man HERMAN GOERNER, a German South African is a living example. Goerner is so strong that he exercises with weights that tax the true strength of a finished strongman. It is also said of him further, that he used to wrestle with a baby elephant daily.

Glory of Weight Lifting praised by a Champion.—As I have opined, the Europeans are very much interested in the barbell practice. Hence, their performances are worth mentioning. Of course, in India there are so many amateur weight lifters who keenly indulged in the practice of weight lifting: And among them there stands in the top Mr. A. M. BHARATHAN, a veteran and an exponent weight lifter of PALLIKUNNU (North Malabar) to whose glorious life every true weight lifter and physical culturist is very much indebted. India, I am sure, in days to come, will produce such talented artists to hold the proudest title viz., "CHAMPION"

A Useful Hint to Athletes

Observations made at the University of Edinburgh show that, in an athletic contest lasting less than half an hour, a player may lose from two to more than four pounds. Albumin often appears in the urine after a contest, the amount varying with the length of the game. This is markedly increased where there is the nervous tension of an exciting match.—Good Health. (Lond.)

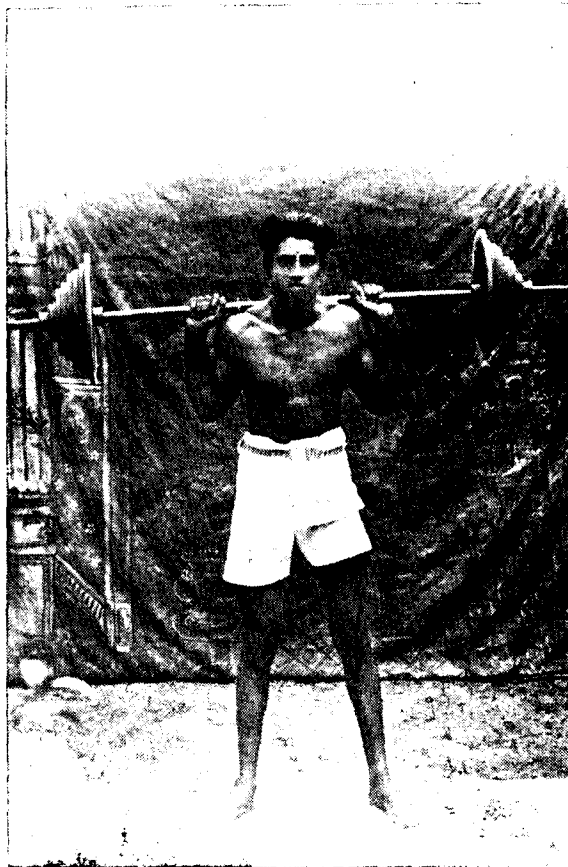


Fig. S. NATARAJAN, WEIGHT LIFTER.

HYGIENE

(Contd. from page 7 of Jan. '39 issue.)

LAST time I finished with water. I shall take up Food and Milk to-day.

As you very well know, food is a great necessity for one's life. It is for this that we have to struggle so hard in this world. You should, therefore, have an idea of what your food ought to be.

To come to the subject proper we could define Food to be anything except water and medicines, which we take by mouth for maintenance of our health.

You are fully aware of the food articles such as Rice, Dal, Atta, Vegetables etc. The choice of these articles depends on one's liking. A Bengali would like to take more of rice while a man from U. P. or Punjab takes Jawar or wheat as his staple diet. Whatever it may be you are only to see that the articles of your food contain the following important food substances which are so very necessary for the maintenance of one's health.

These important substances which in other words may be called principles of food are Proteins, Fats, Carbohydrates, Salt and Water. These principles of food are contained in animal tissues and as such your body requires a regular supply of these substances for the proper working of its (body) various systems, which help to keep you fit. These things serve the same purpose with your body as the coal and water with the engines. You

are not to worry about what these substances are till you know the articles of food which supply these things and these articles form the constituents of your daily diet.

Let us see what those articles in which the principles of food are contained.

Principles of Food.	Found in.
Proteins ...	Flesh of animals, eggs, milk, certain seeds and fruits.
Fats ...	Oil, ghee, milk, butter and meat.
Carbohydrates ...	Rice, atta, dal and vegetables.
Salt ...	Salt.
Water ...	Water.

Now you can see for yourself that you do take these articles daily in some form or other.

Apart from these principles of food, there are other accessories of food which are equally necessary for one's life. We call them vitamins. They have been classified as A, B, C, and D. If these vitamins don't form a part of your daily diet, they cause certain diseases which we call deficiency diseases. You are not concerned with the names of these diseases, their signs and symptoms. You are only to see that these vitamins are contained in your daily diet. You should therefore, know what are the sources of these accessory principles of food.

Vitamins (Accessory principles of food.)	Their Sources.
Vitamin A ...	Cream, butter, beef, fat, codliver oil, eggs.
Vitamin B ...	Germinating grains, eggs and fish.
Vitamin C ...	Cabbage, turnips, lemons, oranges, tomatoes.
Vitamin D ...	Codliver oil and butter.

Now after getting an idea of what these principles of food and the vitamins are we will now see what diet a vegetarian and a non-vegetarian Indian doing an average work could take. Here, though, I may be out of place, I would like to tell you that the articles of food when digested generate a certain amount of heat in our body which we find out in calories. It is said that the diet meant for an average man should give out 3500 calories of heat. It is with this consideration that we fix up a diet.

Table of Diet for an Average Indian (Vegetarian and Non-Vegetarian)

VEGETARIAN.		NON-VEGETARIAN.	
Articles of diet.	Quantity.	Articles of diet.	Quantity.
Rice ...	8 oz.	Rice ...	8 oz.
Atta ...	6 "	Atta ...	6 "
Dal ...	4 "	Dal ...	4 "
Oil or ghee ...	3 "	Oil or ghee ...	3 "
Potatoes ...	6 "	Fish or ...	4 "
Vegetables ...	6 "	Meat or ...	2 "
Milk or ...	12 "	Eggs or ...	2 "
Butter ...	1 "	Vegetables ...	6 "
		Milk or ...	12 "
		Butter ...	1 "

1. In case one cannot afford to have milk, increase the amount of rice, atta or dal by 2 oz.

2. If one wants to have only Rice (as in Bengal) or only Atta (as in U.P. or Punjab) he should increase the amount of Rice or Atta to 14 oz.

3. Approximately 8 ozs. (Imperial) make one *Pao* Domestic). These diets

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By

Dr. D. R. Chaudhuri,

Medical Officer.

Forest School, Balaghat, C. P.

would suit an average man doing an ordinary amount of work. The amount of food necessary again depends on age, sex, height and build, work and rest and climate. A labourer doing hard work all day long will naturally require more food.

With this much about the daily average diet, I would like to give you, in brief, an idea of certain other articles of food.

1. *Fruits* :—Dates, figs, grapes' mangoes, oranges and papaya are considered to be very nutritious. These fruits make a very good diet for the invalids. These could as well form a part of our daily diet, which would be made both palatable and nutritive.

2. *Tea and Coffee* :—If taken in moderation they give a sort of pleasant feeling with general stimulation. They diminish the sense of fatigue. Strong tea and coffee should be avoided as they usually cause constipation.

3. *Alcohol* :—I would advise you to avoid it though it is said to be a useful food in some conditions. I have seen people who cannot resist their temptation to gradually increase their dose once they start it as a part of their food or to keep off their anxieties, worries and exhaustion. Thus, they after sometime fail to keep up to moderation and become regular drunkards. Excess of drinking is decidedly

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very injurious to health. I would therefore, again insist you on not taking to drinking under any circumstances. It is said that he who drinks in excess easily catches Pneumonia, and once he gets the disease, though not impossible, it is very difficult to save his life.

4. *Barley* :—As you know infusion of barley is a very popular diet for invalids, it being nutritious and easily digestible.

5. *Eggs* :—Contain all the principles of food. It forms a good food for the invalids during convalescence. It being very nutritious people ordinarily take it as a part of their food or breakfast. Half-boiled eggs are more easily digested.

6. *Sago and Arrowroot* :—Are both agreeable and easily digestible and thus they could be safely given to invalids.

Now, as regards the selection of the articles of your diet such as cereals fruits, vegetables, meat, fish etc., the following points should guide you.

1. Go in always for good stuffs. Your cereals ought to be kept in covered tins so as not to allow the flies, mice or insects to get in.

2. You should always select fresh fruits which should be neither over-ripe nor raw.

3. Vegetables should also be fresh.

4. Meat and fish giving bad smell should be rejected.

5. You should be very particular in the selection of your fruits, vegetables, meat and fish during cholera epidemics. As far as possible you should do without them during the epidemic and if you cannot you should keep

them in permanganated water for some time before you take them.

Milk.—Milk is a very important constituent of our food. One can very safely take it at any stage of one's life. Milk makes an *ideal food* as it contains all the proximate principles of food *viz.*, proteins, fats, carbohydrate, salt and water.

We generally use either cow's or buffalo's milk. Buffalo's milk contains more of solid matter and fat and as such it is not so digestible.

As milk forms a very favourable medium for the growth of Bacteria it more easily causes diseases like Cholera, Typhoid, Diarrhoea, Dysentery, and Tuberculosis than any other article of diet.

As regards its adulteration it is either mixed with water or milks of different animals.

Milk could be examined by an Instrument called Lactometer which gives Specific Gravity of milk. Specific Gravity of good milk is from 1.027 to 1.034.

Milk should be preserved by heating it. It could be safely heated to 62°8' C. for about half an hour without interfering with its properties. It is then rendered sufficiently sterile and free from most of the bacteria in the milk.

Now, I would like to tell you what precautions one has to take with regard to his milk supply. You should see that :—

1. The cows are healthy and their sheds and the surroundings are well looked after.

2. The person milking the cow should be healthy. You should see that they are not the 'carriers' of any

disease. They should clean their hands before milking the cows.

3. The vessels used to receive the milk should be perfectly clean.

4. The milk should be protected from being contaminated by flies.

Before I finish with milk, I would like to give you an idea of what buttermilk and whey are.

Buttermilk is a residual milk left after butter is taken away by churning. It is prepared out of sour milk which we call *dahi*. This is also said to be very nutritious and easily

digestible. It is one among many good articles of diet for patients suffering from Dysentery.

Whey is a fluid left after the curdling of the milk. It is generally prepared by adding a little lemon juice or some weak acid to the warmed milk. The milk is then set aside for a night for the co-agulum to be formed. The co-agulum is then strained through a piece of thin cloth and the whey is received in a vessel. Whey is as efficacious as buttermilk. Whey forms a good diet for patients suffering from Diarrhoea.

(To be continued.)

Reference :

1. *A Treatise on Hygiene and Public Health.* By B. N. Ghosh.

HOW TO FEED YOUR BABY

BY DR. NANIGOPAL DEBDAS, M.B.

Chittaranjan Sra Sadan, Kalighat, Calcutta.

I WILL give you certain practical points regarding rearing up of your dear little one. Never for a moment forget that you owe it to the nation to present it with a healthy generation suited to meet all the exigencies of nature. What a joy it is to see a bright infant grow into a sturdy child and a vigorous man! If the ground work is faulty the superstructure may tumble down any moment. So be particular to observe every bit of it.

My first and foremost advice is—*Feed your baby by the breast.* Human milk is the natural food for the baby. It is criminal not to nurse your baby

on adequate grounds. Breast feeding is economical; you don't require to spend your time in preparing the food of the baby and what is more you save him from infection and with the milk you give him some resistance to fight against disease. At least for your own sake, you must breast feed him for if you allow your baby to suck, your generative organs (uterus etc.) are restored to their normal health earlier.

The tendency of fashionable women not to nurse their baby at all is to be highly condemned. I understand the difficulty of the working-class women. In any case, I would advise you to

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continue breast-feeding for at least three months when artificial feeding may be successful if carried out under ideal conditions.

There are only a few conditions which make nursing impossible and undesirable. Any painful condition of the breast or nipple will, of course, make it impossible. If the mother is insane, it is not safe to leave him to her care. If the mother is actively suffering from tuberculosis, she should not nurse her baby. You must know that the germ of tuberculosis is not carried through milk. What we want to do is to separate the child from the mother for he gets the infection by contact. If the mother is already syphilitic, the infant is also syphilitic. Hence, there is no harm in putting him to the breast. Breast feeding should not be discontinued if the mother starts menstruation during the period of nursing.

The question will naturally arise—"What is to be done if the milk-supply is scanty?" Remember that it sometimes happens that the breast milk is scanty in the beginning but, later on a full secretion is established. Breast milk, however small in amount, is better than no milk at all. The thing is you must persevere and you are sure to succeed. There may be some delay in the appearance of milk in the breast but, as soon as it appears, put him to the breast. In the meanwhile the nutrition of the baby must be maintained by some other food.

If the milk is deficient it is possible that you are not taking the right diet. Either you are taking a small amount of food or your diet is poor in quality. Correct the error and drink enough water. The best stimulus to milk secretion is suckling so as to empty

the breast completely at each feed. It may be that the breasts are not being completely emptied. In that case you are to empty the breast after each feed by your hand.

If all your efforts to increase the secretion of milk are baffled, you must give additional food to your infant after each suckling. This may be breast milk expressed from the mother herself or from other source or some artificial milk-mixture. Similarly, if the mother belongs to the working class, she can nurse her baby twice or thrice—the rest being substitute feeding with some artificial food.

When it becomes impossible for some reason or other to nurse the baby the services of the wet nurse may be requested if possible or her milk may be expressed and given after boiling. The wet nurse should be healthy and should not be tubercular or syphilitic. It is difficult to procure a wet nurse and there may be objections to it.

Failing this, cow's milk should be given modified, in some form or other. The proprietary infant food should be thought of last.

You should know certain *rules for nursing*. Do not put the infant to the breast till twelve hours after birth of the child. Feed him six-hourly for 24 hours after the initiation of the first feed. After this period, *i. e.* 36 hours or roughly from the third day you must put the baby to the breast, regularly at three-hourly intervals *i. e.* 6 feeds in 24 hours. The first feed may be given at 6 A. M. or 7 A. M. and the last feed at 10 P. M. or 11 P. M. as the case may be.

This three-hourly feeding should continue upto three months. From the beginning of the fourth month give

four-hourly feeding *i. e.*, 5 feeds in 24 hrs. The child should be awakened if necessary for its feed. Soon the child is trained and wakes itself for its food.

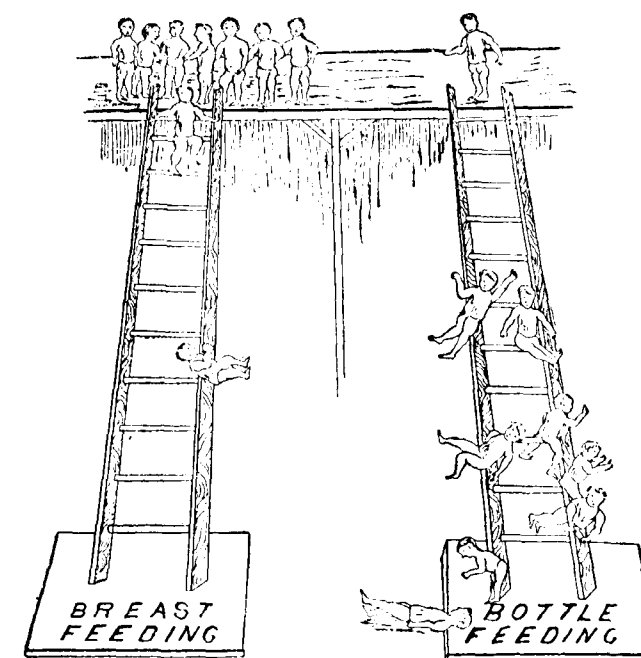
The baby can do with very little food for the first few days, but you must on no account starve him of fluid. For the first four or five days before an adequate supply of breast milk is obtained give him sugar solution after each feed. Make the sugar solution by adding a teaspoonful of cane sugar or glucose to every three ounces of water.

Ordinarily, one breast should be sufficient for one nursing. You must see that the breast is thoroughly emptied. It should not take more than 15–20 minutes to finish one nursing. If the baby is being fed at four-hourly intervals *i. e.*, at 6 and 10 A. M. and 2, 6 and 10 P. M. both breasts may be given—10 minutes for each breast. Remember that a vigorous child may empty the breast within five minutes. If the child is happy, you should not worry over it. Hold the baby erect or over the shoulder after each feed to bring out any swelled air and then keep him in a quiet place. See that you do not obstruct the nasal air-passage of the baby. Both you and your baby must be comfortable at nursing. You are to help the baby if it can't suck well by expressing the milk or if it is taking too large an amount you can control it by exerting pressure on your breast with your fingers. In case of

twins each should be fed from one breast at a time and the breast should be given alternately. If the milk is not sufficient, either additional food should be given after each food or some of the feeds may entirely be replaced by some artificial food.

My second advice is—*Don't over-feed or under-feed your baby*. You will naturally ask what is the proper amount. Two and half ounces of human milk per pound of body weight is required for a day. For example, say your baby weighs 6 pounds. He will require $6 \times 2\frac{1}{2}$ ounces = 15 ounces in 24 hours. If you are feeding him three-hourly (*i. e.* 6 feeds per day), he should be given $2\frac{1}{2}$ ounces at every feed. Don't give anything to your baby after the last feed at 10 or 11 P. M.

Give Your Baby a Fair Chance



as the case may be. If it cries give only sweetened water. If you are using cow's milk you are to dilute it with water. For the first two months give equal parts of milk and water, from two to four months, two parts of milk and one part of water and from four to six months, three parts of milk and one part of water. From six to eight months, it should be given whole milk. You are to add sugar to the mixture and amount is 1 drachm to every pound of body weight per day. Never give unboiled milk to your baby. There is no special advantage in using goat's milk.

The amount in ounces which can be taken at one feed can easily be calculated by adding two to the age in months. For example, an infant aged six months can take $6+2$ ounces=8 ounces at one feed. Eight ounces is the maximum amount that can be given to an infant.

You must know something of the technique of bottle feeding. The hole in the rubber teat will be such that when you shake the bottle only one drop will come out of it. Never leave the baby with the bottle. Hold the bottle slightly oblique so that the teat is always full of milk and the baby must be propped in the mother's lap. Clean the teat and bottle after each feed in boiling water and then keep them in boiled and cold water under cover. A little boric acid may or may not be added to the water.

My third advice is—*Don't keep your infant exclusively on milk for more than six months.* Milk alone is not sufficient as food at this period. You are to include starch in the diet now. You may choose any of the following:—Barley, Sooji, chura (may be fried) Allenbury No. 3, Cerex (Cow and Gate) Nestle's milk food, Farex, (Glaxo). All these have to be made with milk. As soon as the teeth are coming out, give him rusk or crisp bread with honey to help the teeth come out.

Between 6—7 months give one cereal feed at 10 A. M. and between 7—8 months give another at 6 P.M. Now, you can add a little rice gruel and mashed potatoe.

My fourth advice is—*You must terminate nursing at the end of nine months,* because the composition of milk changes then. This you are to do gradually and never in summer. At first give one feed from the bottle daily replacing the breast feed. By and by, replace all the feeds. You are to prepare yourself from weaning from the end of the sixth month.

My fifth advice is—*Supplement the diet of your infant by vitamins.* Vitamins are essential for the growth and nutrition of your infant. They build strong bones and teeth, and give rich blood and healthy blood vessels, and fleshy muscles. To guard against the possible deficiency of the vitamins, you are to start giving him orange juice from the age of three months. At first give one teaspoonful of juice daily. Increase gradually until at the end of six months the juice of one whole orange is given. Begin at the same time to give 5—10 drops of pure codliver oil twice daily until one teaspoonful is given twice daily. If the baby cannot tolerate codliver oil give some concentrated vitamin such as adexolin, Haliverol, Vopan, and Vigental.

Diet from nine months to one year:— The diet from nine months to one year should include lightly boiled egg, bread and butter, seived vegetables, mashed potato and banana, stewed fruit, fruit juice and ripe banana. At the tenth month boiled pounded fish may be added. Finely minced meat may be included at about the first year.

Some over-affectionate mothers are very fond of feeding their children with excess of milk. Remember that the maximum amount of milk allowable after the first year is 20 ounces.

HEALTH—Urban and Rural

THE major portion of the inhabitants of India live in villages.

By T. D. MUKHERJEE, M.B.D.P.H.,
Burdwan, (Bengal).

The whole population may be divided into three classes according as they live either in towns or in villages.

(1) The persons who have got their residential houses in the town, where they live.

(2) The persons who live in villages.

(3) The persons who live either in their own houses, or in rented houses in the town for professional purposes, or services or for education; but whenever opportunity or leave is availed of they go to their village homes and live there.

There is a great difference between urban and rural public health and a few points may be discussed.

The town area is congested with large houses having no sufficient ventilated open space, and with drains, privies, offensive trades and with the din and noise of town life. Whereas the village area is full of jungle, full of accumulation of water and full of fields with Hookworm infected grassy plots. The town people get the advantages of the Municipalities, large hospitals, qualified physicians and markets: while the village people get the natural scavenging system of mother earth, pure air and fresh vegetables.

If we compare the condition of air in the two places we find that air is always in a contaminated state in the town. It is full of dust, smoke, fumes and disease germs. It is deficient in Oxygen and full of aqueous vapour and floating bacteria of all sorts of disease. Therefore in town every one should be careful to try to get

good ventilation in their houses, to use some sort of purifiers of air, to try to remain in open air as far as practicable. In villages though the outside air is pure, one must be careful to get proper ventilation in the huts and not to vitiate the air with bad and injurious habits, namely, spitting anywhere and everywhere and depositing foul articles close to the houses.

The condition of water may be considered next. Water is generally supplied to town people after making it fit and safe for drinking and the safety of the water is often tested. The people should be, therefore, alert not to use any other water for domestic purposes. The ignorance and carelessness in this respect of town people are often met with disastrous results; they must know that even the washing of the utensils and raw fruits in contaminated water may carry millions of pathogenic bacteria to their system. In villages now a days, due to lack of knowledge and to want of benevolent persons the quality of drinking water has become a menace to public health. Generally the water from tank, rivers and the wells are used in villages. In former times the water was regarded by the Hindus as very sacred and they were very scrupulous about any kind of pollution of water; the tank from which the water was used for drinking was not used for any other purposes and the tanks were often re-excavated. Nowadays the same tank is never attended to, is used for all sorts of purposes, for bathing, for washing and for all other works. The rivers also are generally polluted indiscriminately. The wells, unless they are kept

with strict vigilance often get contaminated. As a safeguard against pollution, the tube wells are better in supplying good drinking water, but the boring is not successful in all places and the water is often too hard for human use.

The soil of the town is very suspicious, is full of all sorts of pathogenic bacteria, the Tetanus, the Tuberculosis, the Typhoid etc. It is generally damp and is full of sewage dust. Whereas, the soil of villages unless contaminated with house refuse or night soil, is not bad to health. But people in villages are careless about small excavations. They throw house refuses anywhere and everywhere, they allow jungles to grow. Thus the intestinal parasites are harboured in the soil and the breeding of mosquitoes takes place freely. The villagers should be aware of these facts and should take proper precaution about these faults of their own.



The food of Village Folk at the present day—
Fried Paddy—*Curry*.

In the town various kinds of foods are easily available and if only the knowledge of balanced diet is impressed and the necessity of Vitamins is remembered the nutrition difficulty is felt far much less than that of the village folk, who mostly are under-fed. In the town great precaution, on the other hand, should be taken about the contamination of food with germs, the liability of which is very great in town. In former days the village folk used to get foods of better quality, having fields, gardens and tanks in their possession and plenty of production out of them, but the present condition has been worse in villages, due to poverty, lack of manual labour, and due to various disabling diseases. Malaria in our country has become always a problem and the persons suffering from this disease have lost their vitality in every sense of the word. They have become weak and have no strength to raise proper production from their properties and consequently have become poor, and the vicious circle has made them helpless in every way. This swing has reached also the town and the middle classes of our country have fallen into such a stage that either they should dwindle out or must try to regain their former health and happiness. This can only be done by improving our public health and unless the health of the country is improved, the wealth of the country cannot increase and unless the health and wealth are equally maintained, our lives are not worth living. We are advised to "go back to the villages". We must go to the villages if we want to live but before that there we must find out peaceful homes. Non-productiveness,

the preventable diseases and the want of home industry in villages have compelled us either to leave the villages or die there in sorrow and misery. The distribution of Canal water, or a few seers of seeds, the distribution of Quinine or a few magic lantern lectures, the distribution of cotton or the opening of a few industry centres would not alleviate

the real suffering. There should be a central organisation with substantial help from proper quarters, and there should be whole hearted co-operation with submissiveness from the villagers, to tune the instrument to harmony. May Providence bless the helpless inhabitants of Mother India in their attempts to live healthy lives whether they happen to be in villages or in towns.

● Topics from Medical and Health Periodicals ●

Pain in the Ears during Teething

YOUNG children and nurslings during teething frequently rub, pull or finger the ear, or bore into the meatus or strike the ear. One or both ears are often very sensitive to any contact, e.g., during washing. The writer insists that in this condition of the child the possibility of inflammation of the middle ear must be excluded before concluding that teething is the cause. It appears as if the pains of teething are felt in the ears. If an objective examination reveals no aural abnormality, the condition of the child is explained.—*L. Hofmann, Munch. Med. Woch., 1937, 36.—Medical World.*

Diet of the Pregnant Woman

MILK. One and a half to two pints. Four ounces of meat (including fish, liver and kidney, and brains).

One egg.

One ounce of cheese.

Two ounces of butter.

Eight ounces of potatoes.

Three ounces of raw lettuce or cooked cabbage.

Four pieces of fresh raw fruit daily.

A helping of two other vegetables not included in above.

As accessory foods, wholemeal or wheat germ bread, whole wheat breakfast meal varied with oatmeal porridge.

Foods containing much sugar or white flour should be avoided or much reduced.—*Queensland Nutrition Council.*

Sudden Deprivation of Alcohol

SUDDEN Deprivation of Alcohol was never, according to Forel who drew on his own vast experience of alcoholism, of anything but advantage to his patients. Out of 500 patients so treated only one died, and he was moribund from tuberculosis when first seen by Forel. Moreover the death-rate amongst his inebriates at Burgholzi for seven years when alcohol was slowly withdrawn was higher than during the 11 years of immediate deprivation. Forel was accustomed to emphasise two other points. The first was that all in charge of alcoholics must be total abstainers, and the second that it was absolutely impossible to turn an alcoholic into a moderate drinker, although it was possible to make him an abstainer altogether. He was also an authority on hypnotism and used this means of curing inebriates, and maintaining them cured.—*Medical World.*

Auto-intoxication in Old Egypt

ACCORDING to Herodotus, who wrote in the fifth century, B. C., being one of the earliest of all historians, the early Egyptians recognized the importance of maintaining the activity of the colon.

Says Herodotus, "For three successive days in each month they purge, hunting after health with emetics and clysters, and they think that all the diseases which exist are produced in men by the food on which they live; for the Egyptians are from other causes also the most healthy of all men next after the Libyans."

The fact that the Egyptians recognized, as shown by the above paragraph, the great importance of food as a cause of disease indicates the great advancement they had made in the knowledge of hygiene, as shown also by their numerous sanitary regulations, many of which were incorporated into the code of laws formulated by Moses for the Israelites while they were wandering in the wilderness.

The Egyptians gave great attention to diet, and were practically vegetarians. They were believers in the doctrine of transmigration of souls, which taught them that the souls of the dead were reincarnated in the bodies of animals; so they considered the taking of animal life almost equivalent to the taking of human life, and a very perilous thing to do, for the reason that in killing a cow one might be assassinating his grandmother. This doctrine made them practically vegetarians.

Many of the ancients, particularly the Greeks, were far ahead of moderns in the practical application of sanitary knowledge to personal and community life.—*Good Health (U.S.A.)*

Hospital Odour and Noise

SHAME causes woman's face to blush. Fear dilates a child's pupils. A nauseating sight makes even a robust man vomit the entire contents of his stomach. These instances show that the emotions have a profound influence on the working of the inner organs. There is a great possibility of applying this principle in the hospital.

Odour in the hospital may be pleasant or not. But best of all is a lack of odour. The bedpan odour sometimes noticeable, and even more the odour of the incense used to disguise it, are objectionable. The smell of soap and lotion may suggest cleanliness and safety, but they are apt to remind the patient of illness and increase fear. With modern appliances and ventilation, odour is a preventable evil.

Noise is another psychological factor. Noise is an undue amount of sound of a disagreeable nature. Few are disturbed by a pleasant voice which is clearly heard, but there is nothing more tantalizing than a rancous or half-heard voice.

We can multiply instances, but we have said enough to suggest that a little of the thought devoted to the physical well being of the patient could with advantage be diverted to a consideration of his mental comfort.—*The Indian Hospital.*

The Influence of Noise on Health

EVEN non-melodious noises are sometimes agreeable because of their social environment. To a proud mother the wailing of her newly-born child sounds perfectly angelic; to a hungry and thirsty man the harsh, noisy clang of a dinner gong gives a happy emotion, and, still more, the pop of a champagne cork. The noise of the bagpipes rouses a Scot to enthusiasm, but may infuriate his English neighbour. None

of us wishes to discourage pleasant or happy noises.

But there are other noises which are unpleasant to most of us. They are irritating by upsetting our temper. And they may be even more damaging to our health.

What is it that makes some noises disagreeable? Firstly, discordant noises are offensive to the ear. For example, the barking of our neighbour's dog, the nocturnal serenades of cats on the roof, the loud hooters and noisy gears of motor cars, the open exhaust of motor cycles and sports cars in the streets, the clattering of milk cans, the noises of low-flying aeroplanes, and so on.

It is a curious psychological fact that nearly all offensive noises are produced by some one else. None of us is disturbed by our own snoring.

Secondly the sheer intensity or loudness of otherwise unobjectional noises may transform an attractive musical note into something offensive and even painful to the ear, as when we turn on the radio set too loudly.—*Sir James Purves-Stewart, K.C.M.G., C.B. in 'National Health Review'.*

Uses of Bee Venom

BEES, their venom, honey, and wax have been used as remedial agents since remotest antiquity. The importance of bees and their products has been recognised much earlier than the venom of other creatures. Hippocrates, Celus, Galen and Pliny etc. have described bees as very beneficial and a popular remedy of their time. Honey along with crushed bees have been applied in ophthalmia, toothache, sore gums specially in children and carbuncles etc. Bees cooked with honey have been used in dysentery. Galen has said if dead bees crushed into honey are applied to the bald head the hair will grow. Freshly killed bees put in water and one swallowe

daily is said to cure hydrophobia. Ashes of the burned bees compounded with honey is considered to be an excellent salve for all kinds of eye diseases. In powder form bees are said to be good against cancer scirrhus, dropsy, dimness of vision, mental troubles etc. *Apis* is also used by homeopaths as a sovereign remedy for arthritis, rheumatism and intermittent fevers etc. Charlemagne, the great conqueror of the 8th century, was miraculously cured of his obstinate gout by bee stings.—*Calcutta Medical Review.*

The Philosophy of the Diabetic Life

TEACHING the patient the right philosophy is the fundamental problem in the treatment of any chronic disease. This statement applies more specifically to diabetes mellitus than to other chronic diseases because of the better prognosis. Results of treatment of this condition are dependent upon a faithful continuity in details of treatment but unless the diabetic patient develops a desirable philosophy, long time control of the disease is seldom consistent....

Equipped with practical information which he uses each day, free from fear of diabetes or his future, with no resentment over his lot, the diabetic is in the best possible condition for the realization of the diabetic ideal. Such a person cannot then be classified as a chronic patient. Diabetics attaining these ideals are about us on all sides. There should be more of them. There will be more of them when the members of the medical profession appreciate more keenly their responsibility in teaching the philosophy of the diabetic life.—*Blair Holcomb, M.D. in American Journal of Digestive Diseases, April 1938.—Medical Times.*

Health Tit-Bits

Appendicitis

A SOUND Working Rule is that when a healthy person over five years old develops general abdominal pain, feels seedy and vomits, with or without an alteration of the pulse and temperature, then that person is suffering from acute appendicitis until the contrary is proved.—*Medical World*.

Receipt for Happiness

"INTO each day put, 12 parts of Faith, 11 parts of Courage, 10 of Patience, nine of Work, eight of Hope, seven of Fidelity, six of Thoughtfulness, five of Kindness, four of Rest, three of Prayer, two of Meditation—and add, one carefully selected Resolution."—Grace Mack, in "Your Life," September 1938.—*N.H.R.*

Vanilla For Foul Breath

MANY ailments are associated with foul breath, e.g., chronic ailments of the jaws, gastric diseases even of a harmless nature, and decaying teeth. Deodorants are only helpful for a short time. Vanilla sugar is found to be of service in removing the odour.

At the same time the cause of the foul breath must be sought out and treated.—*Medical World*.

Control of Nuisance

"The control of a nuisance and the object of sanitary work is not necessarily to prevent injury to health but more largely to promote health in much the same way that a safe water supply may be filtered or otherwise treated to reduce color, rather than to remove germs of disease." Edward Wright, Sanitary Engineer, Department of Public Health, Boston, Mass.—*N.H.R.*

Rest and Sleep

LEARN to relax both mentally and physically. Merely stopping work does not secure rest if "tension" continues. This is especially true of vocations which do not involve much muscular effort. It is a good plan to lie down and relax completely with the eyes closed, in a cool, darkened, quiet place for half an hour in the middle of the day. Very arduous occupations require a short rest at more frequent intervals. Practice deep breathing while resting.—*G.H.*

Aphorisms of Hippocrates

"SPONTANEOUS weariness," "indicates diseases."

"Those who are constitutionally very fat have less power to resist severe disease than those who are thin." The modern version is "the fat roll more easily down the hill of life."

"Old men endure fasting easily, than men of middle age, youths very badly, and worst of all children, especially those of a liveliness greater than the ordinary."

"Growing bodies have the most innate heat; they therefore require the most nourishment, and if they have it not they waste. In the aged there is little heat, and therefore they require little fuel, for it would be extinguished by much."

"Food or drink which is a little less good, but more palatable, is to be preferred to such that is better but less palatable"; the modern counterpart of which is "a little of what you fancy does you good."

"In winter abundant nourishment is wholesome, in summer a more frugal diet."

Could the modern physician say anything more sensible, or say it more acutely?—*The Medical Officer*.

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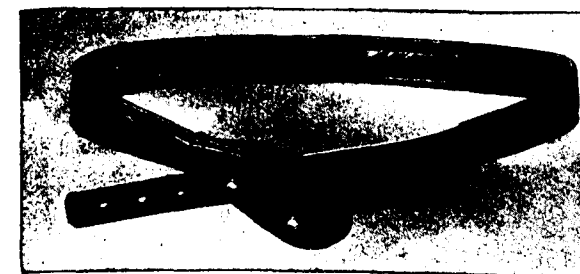
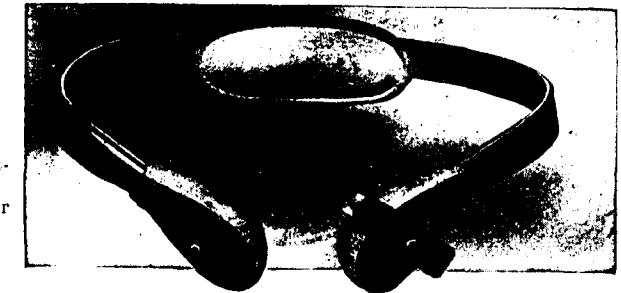
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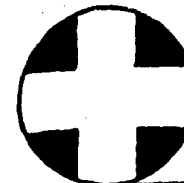
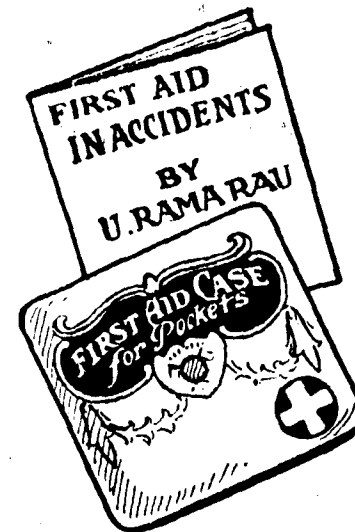
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