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To better living

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A Journal Devoted to
Healthful Living

HEALTH

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

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Vol. XVII No. 4
April 1939.

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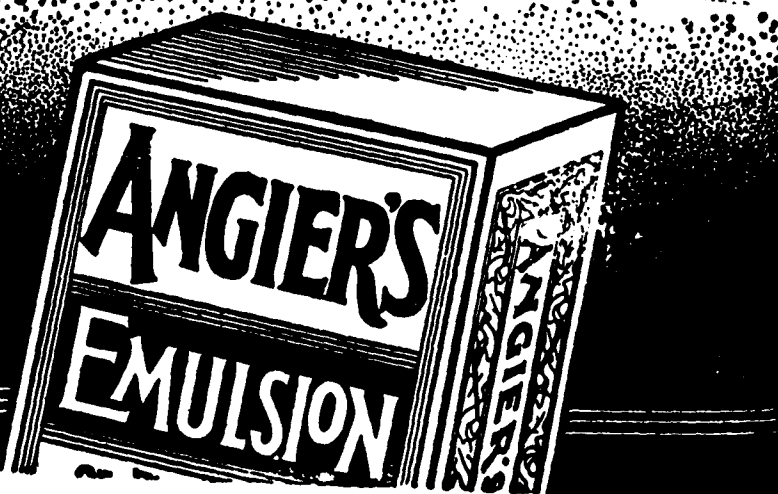
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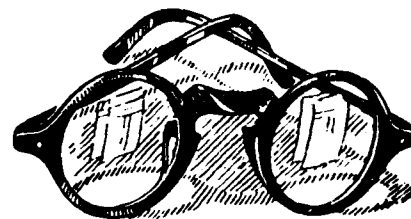
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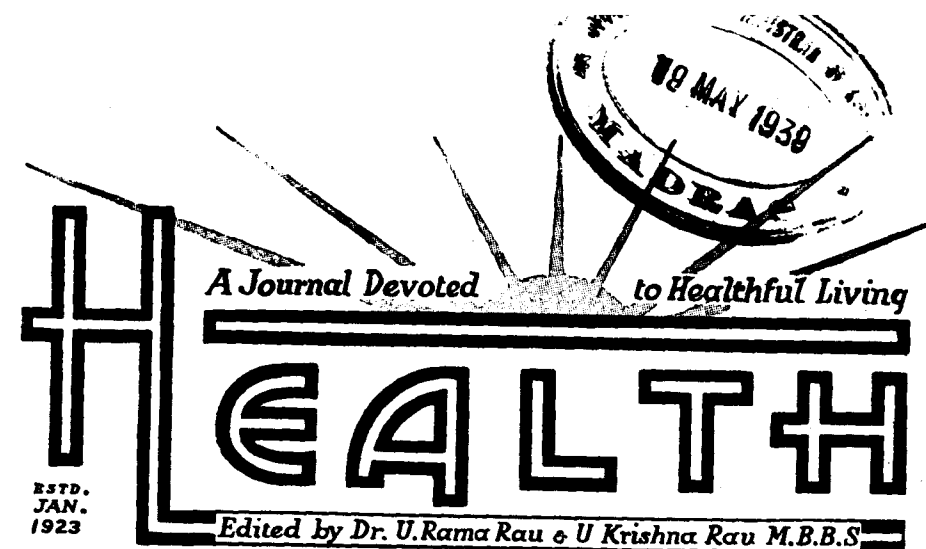


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APRIL, 1939.

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Editorial

The Care of the Child (From the Cradle to the School)

TIME was when nations took no proper care of the child, except perhaps providing for and performing vaccination for prevention of Small-pox and even this was done in an unsystematic, haphazard manner. The Great War of 1914 had heavily depleted the adult population in every country and it became incumbent on the part of the various Governments to look to the child to rebuild the nation. The post-war activities of these Governments, therefore, came to be centred round the child, in whose health, strength and vitality lay the future of their countries. A 'Declaration of the Rights of the Child' was drawn up at Geneva, to which all countries subscribed. That 'Declaration' ran as

follows:—"The child must be given the means requisite for its normal development both materially and spiritually. The child that is hungry must be fed; the child that is sick must be nursed; the child that is backward must be helped, the delinquent child must be reclaimed; and the orphan and the waif must be sheltered and succoured. The child must be put in a position to earn a livelihood and must be protected against every form of exploitation."

Health Visitors.—The giving effect to this Declaration was not, however, uniform in all countries. Some have advanced very rapidly while others have not even touched the fringe of the problem yet. The starting of

Maternity and Child Welfare Centres was the first great step taken by almost all the civilized countries in the direction of fulfilment of the terms of the Declaration. The child in the cradle was first thought of, but subsequently it came to be realized that unless the pregnant mother and the foetus in the womb were tackled first, the child in the cradle had no chance of a healthy and long life. So, ante-natal clinics came to be established and here the Health Visitor plays an important role. Now, what is a Health Visitor? "She is first and foremost a teacher, a teacher of the great and vital subject of health. She

teaches the whole community, men women, and children of every class and creed. Her chief duty consists in visiting each and every home and instructing the mother about the care of her home and surrounding, the care of her own health before and after her children are born, the right and healthy upbringing of children, their feeding, hygiene, character and habit training. She also teaches about the prevention of the spread of infectious diseases, persuades her to get medical attention for all members of the family in times of sickness and shows her how to nurse her children when they are sick." Thus, the Health

Visitor is an important connecting link between the home and the health authorities and she is the one person that can successfully dispel age-long prejudices and superstitions and persuade people to scientific and healthy way of living. The dangers of pregnancy such as abortion, miscarriage, premature delivery &c. can be avoided by her timely interference and advice. As she is officially connected with a Maternity and Child Welfare Centre and dispensary, she can take ailing pregnant women or ailing mothers for examination and treatment. The care of the child in the womb is thus

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dependent primarily on the Health Visitor. Unfortunately in India, there is dearth of Health Visitors, so much so, there is definite set-back to ante-natal work. More Health Visitors should be trained and more Health Visitors should be employed by the State both in urban and rural areas. If only the expectant mothers heartily co-operate with the Health Visitors, they may be sure of safe deliveries and bonny babies.

The Midwife or the Dhai.—The next important link in the care of the child is the Midwife or the Dhai. The number of trained midwives is very few in our country and very few people avail themselves of their services. People, especially in rural parts, go in for what are called 'barber midwives' who have no idea of asepsis and cleanliness and who by meddling unnecessarily with the women during delivery, bring on untold miseries and woes to the patients and their off-springs. If the ignorance of the mother is responsible for 50% of the maternal and infantile mortality rate in this country, the illiterate and untrained Dhai may safely be said to be responsible for the remaining 50%. It behoves the Government therefore to arrange for the training of every barber-midwife in rural areas for at least six months in the Taluq or Head Quarters Hospital and thus try to reduce maternity and infantile mortality to a considerable extent. Any money spent on this by way of stipends &c. to these barber midwives would be money well-spent.

Feeding and Nursing.—We have already said enough on the subject of infant-feeding in the columns of 'Health,' that we do not wish to say

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more. We want, however, to impress on our readers the importance of Breast feeding and if the mother is unable to suckle the child, a wet nurse may be employed; and even if this is not feasible owing to pecuniary or other causes, Cow's milk diluted with water according to the age is the next best for the infant. In ancient Greece, nursing mothers were honoured; they were greeted wherever they appeared and offered seats. A story is told of a Spartan King who preferred the younger son who was nursed by his mother, the Queen herself, to succeed him, to the elder who was nursed by a wet-nurse. Ancient India was no whit behind Ancient Greece and the mother, however high placed she might be, always nursed her child and took a legitimate pride in so doing. Modern civilization, however, taught the women-folk to have recourse to proprietary milks imported from Europe and the result is we have an army of weaklings. If India is desirous to have a virile race, it must give up artificial feeding. Free supply of milk to poor children is an obligation that is imposed on States, which they cannot ignore.

Nursery Schools.—As the child grows older, it becomes more turbulent. The age of the child between 1 to 5 is the most trying period for it as it is an anxious period, for the parents. The child in this age is called by various names, such as the toddler or the pre-school child. The pre-school child, especially, ought to be carefully looked after. That the child is father of the man is literally true and the training the child receives in the first few years of his life determines what he will become

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A HEALTHY MOTHER AND CHILD.

as a man. A great educationist has said: "Nothing is trivial that concerns a child, his foolish seeming words and ways are pregnant with meaning for the wise. It is in the infinitely little, we must study the infinitely great, and the vast possibilities and the right direction of education are indicated in the open book of the little child's thought." It is just the time that the child's character should be moulded and while the home is the proper place for it, it has been found to be impossible for the parent to undertake this arduous task, either through lack of knowledge or lack of time. This accounts for the opening of what are called 'Nursery Schools' in all the civilized countries of the world. It is here that children can be taught obedience, truthfulness, cleanliness, regularity, and punctuality—attributes which go to make him later in life a good and reliable citizen. Therefore, a Nursery School is a necessity and no luxury.

Health Reformers in our own Province have recently advocated the establishment of Nursery Schools, as part of the programme of maternity and child welfare schemes. Unfortunately, the maternity and child welfare schemes have not yet become quite popular in our country owing to ignorance, prejudice and superstition of the masses. The Indian mother is generally averse to separation from her child even for a minute, while so, it is quite unlikely that she will bear the separation for hours together, of her child in a Nursery School. Caste, Evil Eye and other impediments of a like nature are sure to make a Nursery School unpopular. It would be better therefore, that the energies of our Government were first directed towards Education—we mean, Health Education, to the masses through Health Visitors, before they could think of establishing Nursery Schools. We want more Health Visitors than Nursery Schools at present.

Milk for School Children

For three months the New Delhi Municipality supplied milk to all the children in the Municipal Schools. The children were divided into two groups, one of which received one pound and the other a half pound of milk daily.

At the end of three months, in the group that received one pound the average gain in weight of the boys was 1.74 pounds, and of the girls 5.26 pounds. In the half-pound group the average increase in the weight of the boys was 0.99 pounds and of the girls, 4.3 pounds.

'The only explanation which suggests itself,' says the Chief Health Officer, New Delhi, 'is that the girls were in greater need of the additional milk than their brothers, and therefore, showed more marked degree of improvement.'

.....It reveals the urgent necessity for a better realization among the people of the needs of the girlhood of the nation'.—*The Treasure Chest*.

THE NAUGHTY CHILD

THE emotions play a very great part in the development of the mental func-

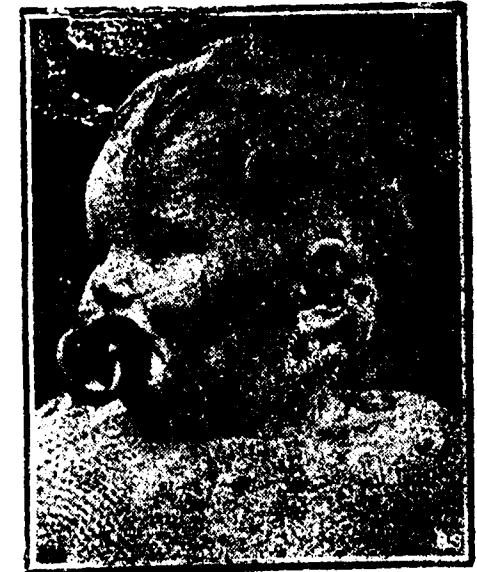
BY U. VENKATA RAO,
Medical Practitioner, 'Sudarsani',
Madras.

tions of the child. Just as feelings of fear, anger, worry, sadness, discontent, pleasure, love, jealousy, hate etc., govern our mental life, so also these influences affect the mental development of children. At birth the child is quite helpless and dependent. The improper conduct developed later on is only the result of bad training, misdirected energy or repressed emotions. So, the energy of children should be properly directed and not simply curbed with 'Donts'.

The child is happy so long as it occupies a comfortable position on the lap of the mother or nurse. The moment it is laid in the cradle or bed it begins to cry to draw attention and when it is again taken on the lap it becomes quiet. Yielding to such temptations is always bad both for the mother and child. This prevents the proper development of gradual independence. After being properly fed and suitably clothed, the child should be kept in the cradle. If the child cries leave it alone. It very soon learns to be quiet. Allow the child to lie by itself even without rocking the cradle. Rocking the child to sleep is one of the worst habits and trying for the mother, attendants and the child as the latter wakes and cries the moment rocking stops.

Thumb sucking is another bad habit. The child enjoying the feed from the mother's breast acquires easily the sucking habit during the intervals. Thumb sucking or sucking artificial nipple, though pleasuring and soothing seems harmless in the beginning but later on proves a

bad habit and should be discouraged by frequent removal of the finger from the mouth, avoiding artificial nipples or



Baby soothers are harmful

baby soothers and substituting varieties of toys for the child to play with.

One of the worst periods in child's life is the weaning period and a very trying one too. Frequent outbursts of anger and cry are common. These must be coolly and calmly faced. Very gradually the child yields. Feeding is one of the different problems in children and only the mother knows it. There is constant refusal of food, unnecessary spitting and even vomiting. The child may be fidgety or playful, angry or excited, requiring coaxing or even threatening. This needs careful handling in a business like manner. The parents, especially, the mothers must be patient,

firm and tactful and no unnecessary fuss should be made. Yielding to the fancies of the child and carrying the babe to various places with the food, diverting its attention to playful things, animals, birds or street scenes are all harmful and unnecessary.

Nervousness.—Every child has a sense of fear of anything new as strangers, animals, strange objects etc. This is a protective mechanism. Such fear goes away by gradually getting the child accustomed to the objects. There are other factors which make the child nervous. "These are nervousness in the parents themselves threat of deserting the child or handing him over to the Bogey man, over-anxiety and worry over the health of the child, constantly reminding him that he is nervous and talking about it to others, not giving him opportunities to develop independence of thought and action and also expecting too much from him as well as driving him all the while". It is therefore advisable for the parents to avoid these factors as far as possible.

Anger and outburst of temper is usually the result of thwarted desire. Generally the child brought up as a pet thinks that all its demands whether reasonable or otherwise should be satisfied or else it begins crying, moaning, grumbling or falling to the ground rolling and kicking. Often it tears and smashes valuable things, dirties its body and clothing. Anger should be controlled from the beginning. The best way is to take no notice, it will soon cease. The worst to do is to bribe. The child soon learns that he can get anything by crying loud and long. In all cases of outbursts of anger find out the cause. It may be thwarted desire, jealousy, resentment, fear or worry, physical illness, mental fatigue or sleeplessness. The parents should never lose temper frequently and serve as an example to the child.

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Avoid jealousy. It is easily aroused by paying more attention to another child, or sister or a new born infant. This should not be or else the child becomes unhappy, bitter and revengeful, develops destructiveness and cruelty. The child should be gradually taught to be considerate, unselfish and show wider interests.

The child should avoid peevishness and cultivate regular habits especially in food and sleep. It can never stand the excitement and amusement enjoyable by the adults, such as frequent trips in the car or carriage, carrying the child while sleeping, taking him to performances as dramas, cinemas, music parties or even to crowded processions and temples, making him play or work too much without periodic rest etc. Too much exertion, exhaustion and fright brings on sleeplessness and makes the child nervous and crying. Much kissing and hugging is to be avoided. Handling genitals is harmful—making the child play with toys removes this habit. The child should not always be left to play by itself, but should be brought into contact with other playmates. Such association must be under a cheerful atmosphere. There should be real comradeship. All chances for fits of anger, jealousy and quarrelsomeness must be avoided. The child should not be made to feel that he is inferior and that he should remain a baby, talk with a lisp, be helpless, dependent and so expect everything to be done for him. The child from an early age must be taught to develop habits of cleanliness, tidiness, self-help, etc.

After all, the parents should not be despotic and tyrant-like before whom the children shudder, neither they should be very timid and nervous whom the children imitate easily. Petting of children is a weakness of the parents and when this ceases the problem of naughtiness in children is solved.

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CHEAP OUNCE OF PREVENTION

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BY DR. V. KRISHNA ROW, L.M.S.,

Medical Officer, Presidency College,

Madras.

IN an earlier article* I had drawn the attention of the reader to the health education scheme, to build a healthier nation. Every one understands the poet's saying, "Child is father of the man". My problem today is how to make the child, the little flower, blossom forth into a really healthy and physically fit adult, a father, and a worthy citizen of our country. A youth, who has been free from any kind of disease in early life will surely grow up into a healthy and fit adult, in the course of his growth, from adolescence to maturity. But the same cannot be said of a sickly child or youth, who is a burden on his parent. The majority of children, under 15 years are sick, under-developed, and unhealthy.

It is an admitted fact that the child of to-day is not healthy and physically fit. He has no endurance power, to stand a severe strain, as his previous generation did. What are the diseases or the causes that have led to this degeneration and deterioration?

My special study of the youths' health for the last 12 years, has shown me that they are suffering from many preventive diseases, which sap their vitality. It is also my observation that the percentages of diseases are on the increase from year to year.

* "Health"—Oct. 1938.

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This is most distressing. The public and the leaders should agitate to remedy this unfortunate state of affairs. The common diseases, which undermine the energy, vitality, and growth in later life are the common eye-troubles, dental diseases, ear-ache, tonsillitis, heart disorders and venereal diseases.

This is borne out by the fact that these same diseases have disqualified the Indian recruits for the Army by 37% for 1937. These are correctible diseases.

The other causes are bad food-habits, too much money, smoking and dissipation of energy, which all result in an irregular life, leading to diseases.

These diseases could be remedied by early diagnosis or medical examination. This medical inspection of school-children, at the tender age is necessary—

- i. to prevent admission of physically unfit children ;
- ii. to ensure prompt treatment of physical defects ;
- iii. to avoid the spread of infectious diseases ; and,
- iv. to create and develop healthy habits and living.

There is no use in merely collecting the data. The statistics of ill-health

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among the rising generation, which retard their progress, both mentally and physically, should be used to advantage, in improving the health and vigorous mentality of the child. Not only this, these data serve also to prevent infantile mortality, which is very high in India, and in Madras too. Therefore, this preliminary medical inspection of school-children must be necessarily followed by a systematic treatment. This is the *real medical inspection*—“the cheap ounce of prevention to spare the adoption of the costly pound of cure”. It is but a means to an end to health, happiness, and well-being of children, the future citizens of the country.

In India, to-day, health is nobody's concern, unless the individual *actually* falls ill. Therefore, to fulfil this imperative necessity, I have submitted to the Congress Governments, including the Madras Government, a detailed scheme of medical inspection, on a self-supporting basis, for immediate adoption. I have suggested a levy of medical fees of—

As. 4 per year, from each Elementary school-pupil, who can afford it and As. 8 per year, from each Middle and High school-pupil.

The scheme of the school medical inspection scheme and how it is to work for the practical benefit of the population, and the community, are appended.

The advantages of my scheme are manifold, as the appendix would indicate:

- i. It contributes to the community's health and wealth, by the

maintenance of the high level of health, and physical well-being.

- ii. It is self-contained, practical and economic proposition.
- iii. It generates in the minds of the public, a higher ideal of citizenship, unity, and national service.
- iv. It solves the problem of rural medical relief, on a systematic scale and in an efficient manner. Therefore, it acts as an auxiliary body to the Public Health Department. By co-ordinating the activities of these two agencies, expenditure on Public Health could be definitely reduced.
- v. It brings the popular Government into direct contact with the masses—the backbone of India.

Through the passage of the Madras Public Health Act (1939), an obligation has been laid on the Madras Government to carry out this beneficial scheme. I can assure you all that the Hon'ble Minister of Health is in full sympathy with this scheme. Only, he is worried for lack of funds. In this connection, it may be pointed out, that the Bengal Government have ear-marked Rs. 2½ lakhs for health and physical education objectives.

Physical exercises or training can only benefit the healthy and not the unhealthy child. Therefore, any scheme of physical training should be preceded by a regular and adequate medical examination. This is not done to-day. Fetish is made of

and too much emphasis placed on “physical education”—playing of sports and games, without this essential preliminary, which is, to gauge the child's physical capacity for exercises.

I desire to impress that the levy of annual medical fees is small when compared to the advantages the child would be enjoying under the scheme. As a doctor of some standing, I venture to impress that by paying this small sum of As. 4 to As. 8, he would be *really saving a doctor's bill, hundred-fold*, which he is otherwise bound to spend, apart from the anxiety to the whole family. For example, a child who pays As. 4 to As. 8 *per year* is suffering from septic tonsils or rheumatism. By seeking the treatment of a private or hospital doctor, he would be spending money for medicines, injections, etc., apart from the doctor's consultation fees. This drug bill surely amounts to Rs. 5/- on average. After recovery, if the boy falls ill again, during the same year, he would be once more forced to spend another Rs. 5/-. But, *according to my scheme*, by paying As. 4 to As. 8 per year, he would be saving a net amount of Rs. 9½, in addition to *free medical service*, by the school doctor. No consultation fees, please.

Therefore, one would readily agree to pay this small sum to the Government and demand free treatment for the sake of his dear and God-given child, the treasure of his life and family. Is not the poorest Madrassi spending on his betels, tobacco, etc.,

more than this small sum per year, if not per month? Would he grudge to pay this for his family? Certainly not. Therefore, I appeal to all to agree to pay this small *annual* pittance of As. 8 for the sake of his child, his community and his nation. The Government would willingly shoulder the burden and bring this most beneficial scheme, more beneficial than even the prohibition scheme, into immediate effect, and render yet one more service. With the co-operation of the public and the parents, I venture to impress that we shall have unitedly built a healthy and physically fit child, a community, and a larger Nation.

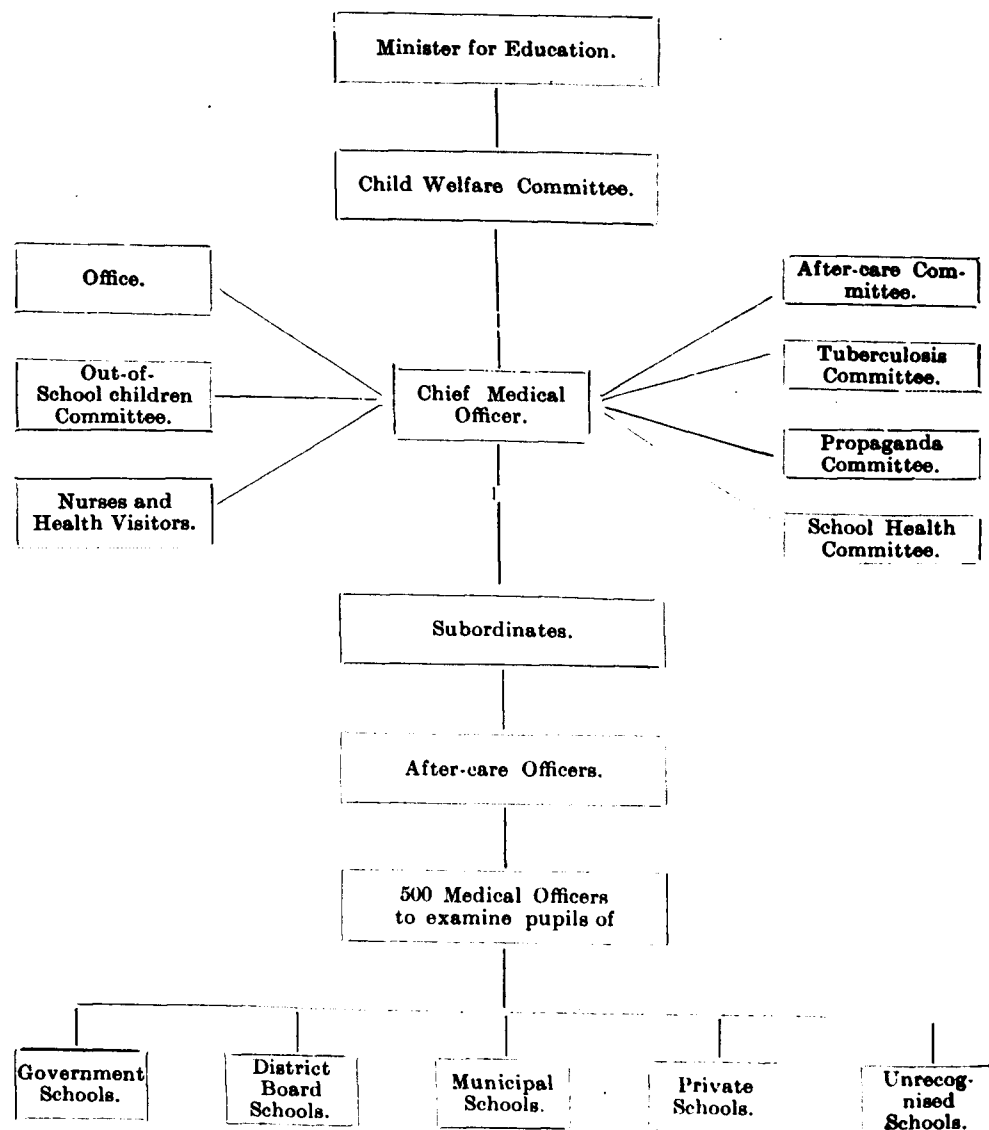
I had discussed this scheme with Mahatmaji, Congress-President, all leaders, and also high officials, who have approved of this scheme, which was submitted to them, as early as November, 1937. A fuller article of mine has appeared in the “Madras University Journal”, July, 1938.

This beneficial scheme of medical inspection of children is but part of a major healthy policy, to build a healthier and fitter nation and race. I draw the attention of the reader to the fact that the “Onward march of a Nation depends upon the feet of Little children.” This is a worthy cause, which deserves your attention, your propaganda, and agitation, for a healthier community and family life, beneficial as much to the individual as to the State.

Criticisms are invited. Please reply to my address, and oblige.

APPENDIX.

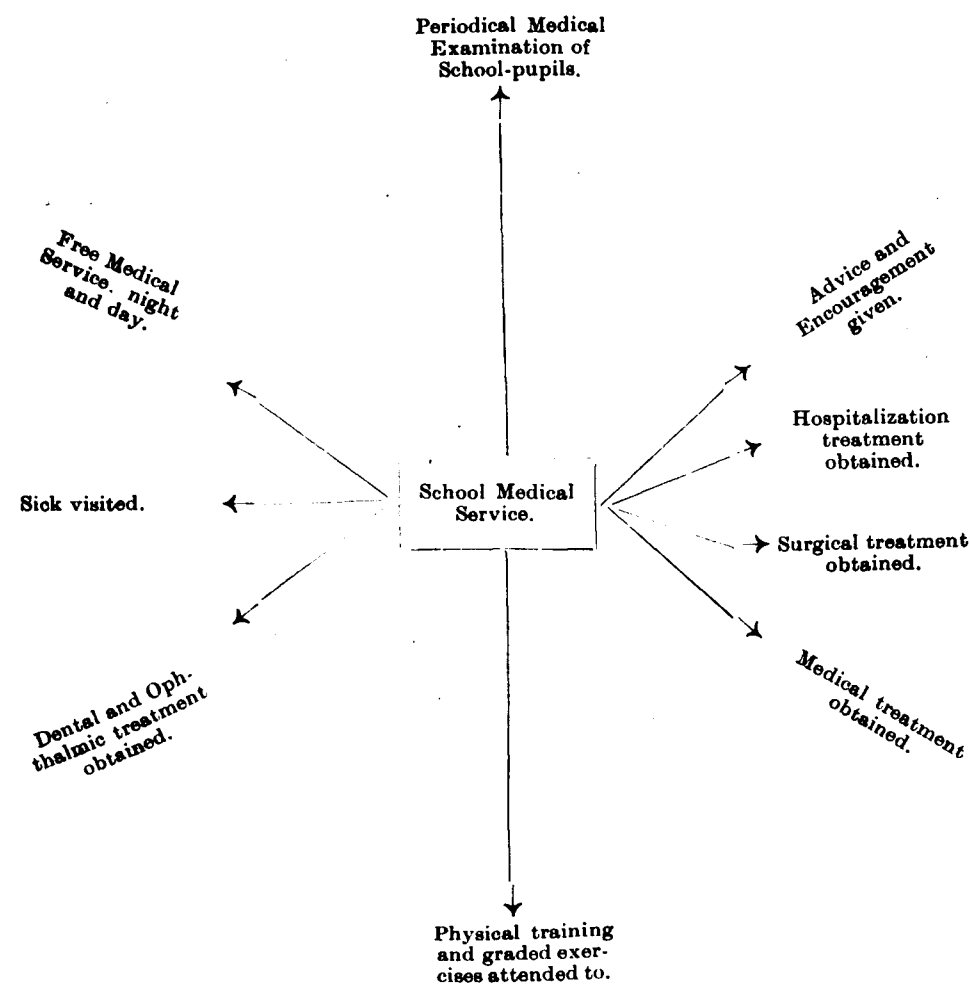
Scheme of the School Medical Service—Control



N. B.:—To get the quota of 6,000 pupils for each medical officer, in the locality, the schools may be arranged accordingly, so that the work could be carried on most thoroughly and efficiently.

2. On due notice, the services of the local nurses, midwives, or Health visitors could be availed of by the medical officers, at the time of medical examination, if necessary.

School Medical Service—Points of Contact



N. B.:—This ~~separate~~ scheme of School Medical Service of Doctors (intended for insuring the health of children) is maintained out of the small **annual** collection of:

As. 4 from each Elementary School-pupil, and
As. 8 from each Middle and Secondary School-pupil,

By inaugurating this Scheme of School-Doctors, expenditure on Public Health could be considerably reduced within 5 years, and also, one would have built a healthier and a fitter generation.

HYGIENE

(Contd. from page 29 of Feb. '39 issue.)

Gentlemen,

The other day, I finished *Food and Milk*.

Today, I shall tell you something which concerns you individually. To keep yourself fit, you should see that both you and your surroundings are healthy.

What you have to do personally to keep up your health may be called "Personal Hygiene".

Before I take up the subject proper, I should like to tell you that to follow a certain daily routine of your life, you have to form your habits accordingly. The habits can only be formed by constant practice, which, in due course of time, will become a part of your nature, when you will do everything automatically. Unless you realise the importance of formation of habits, it would be impossible for you to follow any instruction or suggestion given to you. Thus, you see what an important part habit plays in making your life healthy and happy.

As you are very keen about your health, as every one must be, your day's routine should be based on certain hygienic principles. To explain to you what your daily routine should be, let us start with your bed-time and finish it there.

1. It is well said: "Early to sleep and early to rise, makes a man

By
Dr. D. R. Chaudhuri,

Medical Officer,
Forest School, Balaghat, C. P.

healthy, wealthy and wise". The best time to go to bed is between 9—10 p.m. Eight hours' sleep is quite enough for young men like you. Sleep gives you both physical and mental rest and thus recoups your energy for next day's work. Here, I might give you a little margin for your entertainments during nights. I am sure most of you cannot do without going for cinemas. These entertainments, I must admit, do give you a sort of pleasure which is equally necessary for your health. But, I would advise you to keep up to moderation in all these things. You are off on Sundays and thus you could easily avail of your Saturday nights, say once in a fortnight, for some good and instructive picture, or other entertainments like drama, circus, etc.

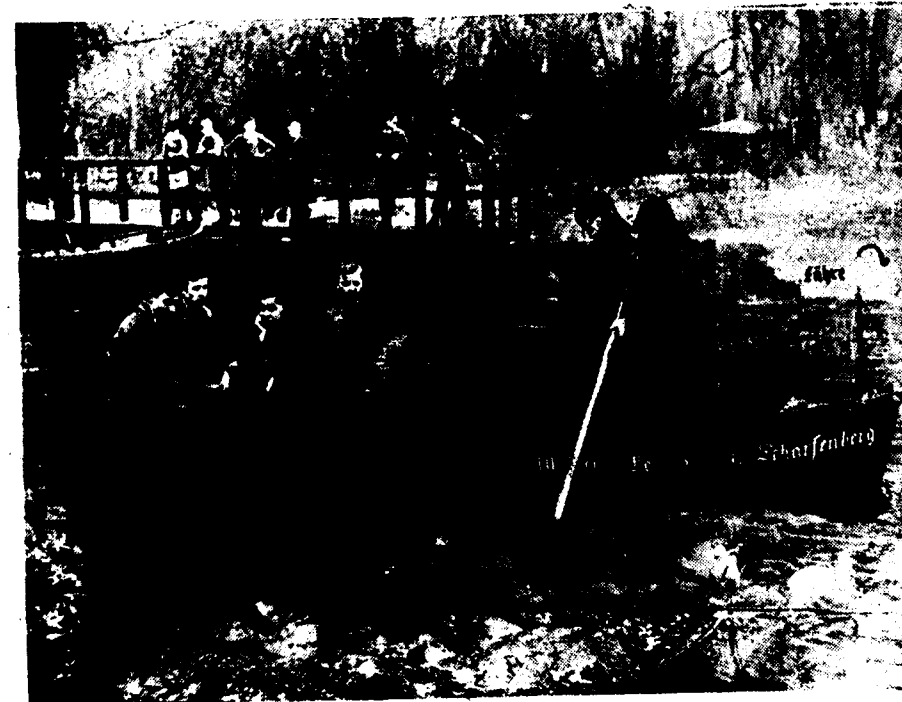
2. Get out of your bed between 5—6 a.m. Answer your calls of Nature and clean yourself, paying particular attention to your teeth and mouth. Bad teeth or mouth may give rise to any disease. You could clean your teeth with some good paste or powder and a reliable brush. If you cannot afford to go in for these pastes or powders, I would advise you to use 'Neem' sticks. In case you find that your brush or stick is stained with blood or your mouth gives out a bad smell, you must at

once get your teeth examined by a good dentist.

3. After cleaning yourself, you should take a little exercise. There are so many forms of exercises as Dumbbells, Clubs, Deshi and breathing exercises. You may do any exercise which suits you most. It does not matter what exercise you take as

life. I cannot tell what these few minutes will fetch you, unless you do it yourself. These few minutes do give us real peace of mind and save us from the sins of the world which have got much to do with the upkeep of your health and life.

6. Now take your breakfast, dress up yourself and be prepared for your



"School Boys' Farm" in the isle of Scharfenberg near Berlin. The schoolboys row their own ferry which brings them to their idyllically situated farm and which provides them also a good exercise.

long as it helps you and you do it regularly.

4. After taking your exercise, wait for a little while before you take your bath either with cold or hot water. Bath, not only cleans your body but makes you quite refreshed for your day's hard work. It is said cold water is more refreshing.

5. After taking your bath, do spare a few minutes to offer your prayers to God, to whom you owe your

day's work. Your dress should be seasonal viz., warm in winter and cotton in summer. Apart from their being seasonal, they have to be tidy too. Here, I don't mean to say that your clothes should always and regularly be cleaned by washermen and that they should be properly ironed. You cannot expect to get washermen in the interior which you so often visit. So long as they are clean, you need not mind whether they

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have been done by the washermen or your own servants and whether they have been properly ironed or not.

7. Do your day's jobs and take your day's meal in time whatever you can afford to have.

(a) Fix up some time for your day's meals when you get appetite.

(b) Select food which you like most.

(c) Masticate your food well.

(d) You ought to be cheerful when you take your meals.

8. After your meals, take a little rest, say for about half an hour or so and then get out for your work again.

9. In the evening, either you take a little exercise or go for a walk with some of your good friends and return home quite cheerfully to have your dinner in time.

10. Go to your bed in time.

The next thing with which you are closely associated and which I should take up today, is your "House and its Surroundings". I don't think you will be doing any good to your health if you pay attention to your person only overlooking the place and the surroundings, where you spend most of your time and life. So, it is equally necessary for you to see that your house and its surroundings are sufficiently healthy. By this, I don't mean that you should all live in well furnished pucca bungalows.

I would, from the sanitary point of view, call a furnished pucca bungalow which is not well built and not well looked after, worse than your ordinary mud hut which is well situated, well built, well ventilated and well looked after. You are only to see that your houses, whether they are bungalows or mud huts, satisfy the following conditions:—

(1) Your house should be built on some dry soil with good foundation and built at a distance of marshes, public drains, fields, factories and bazars etc.

(2) It should be open in the east and the south and should be well ventilated.

(3) Latrines and bath rooms should be constructed at a little distance from the main building.

(4) Proper drainage should be provided for the waste water from the kitchens, latrines and bath rooms.

(5) Sheds and stables should be constructed separately some twenty-five feet away from the main building.

(6) Surroundings ought to be quite clean. Pits near about the house should be filled in and no water allowed to remain in the vicinity to form breeding places for mosquitoes.

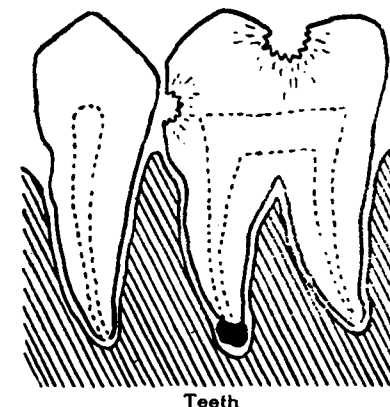
(To be Continued.)

Reference :

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

PYORRHOEA

Do you know why you are losing your health and look so pale and anaemic and complain of pain in gums, teeth, back and joints?



Please look at these drawings and your mouth in a mirror. You will find that your gums are full of pus and the teeth are very dirty. This is



the root cause of your troubles—"Pyorrhoea". You constantly breathe in and swallow this poison (pus) with

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By
Dr. R. R. Sukla,

KEKRI.

your food and drink, giving rise to innumerable diseases of brain, eyes, heart and of the whole system.

You should keep your mouth, gums and teeth quite clean. Take care of



your mouth and your health will take care of itself. "MOUTH IS THE GATEWAY TO HEALTH."

Treatment.—1. Consult an expert and follow his advice.

2. Always brush, Dattoon (Nim or Babul stick), gargle and massage your gums (even though tooth-less), at least 10 minutes morning and evening daily, religiously and conscientiously, using *Tooth-Powder* (Rock salt 1 tea-spoonful mixed with charcoal 5 tea-spoonfuls, both thoroughly powdered and mixed, or with *Tooth-Paste* (Ginger 5 parts, cloves 1 part, rock salt 2 parts, finely powdered and thoroughly mixed with double the

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quantity of Mustard oil. 'Sarsoon Tel'-Bottle and used daily.)

3. Always gargle with saline water (1 tea-spoonful of salt to 10 chhatacks of warm water) before and after anything is taken internally.

4. Don't eat with one side of your jaw only as half of your health will be in danger.

5. Don't use hot and cold drinks and dishes immediately one following the other as the sudden change in the temperature injures the teeth and whole of the digestive tract.

6. Always thoroughly chew and insalivate your food, never gulp and swallow, as "Stomach has no teeth".

7. Always use coarse grains, germinating pulses, fresh vegetables and fresh fruits full of vitamins and mineral salts e.g. Phosphorus and Calcium (Milk) as provided by 'MOTHER NATURE' requiring the use of jaws and teeth and ensuring thorough digestion and free movement of bowels e.g. :—

Cereals:—Dangies and Sittas (ears) of Barley, Wheat, Jawar, Bajra, etc.,

Pulses and Dals:—Germinating ones. e.g. Gram, Mung, Moth, Urad. etc.,

Fresh vegetables:—Carrots, Radishes, Turnips, Onions, Potatoes, Fresh Beans and Peas, e.g. Soya Bean, Ganwas Phali Green grams, Anwlas, Tomatoes, Cabbage, Cauliflower, Bhindi, Tindi, Karelas, Kairs, Cucumbers, Palak and Maithi.

Chutnies of:—Tamarind, Raw mango (Amchur), Wood apple, (Kaitha), Ginger, Onions, Mint (Podina), Corriander (Dhania) etc.,

Fresh fruits and nuts:—Berries, Plums, Guavas, Carrots, Onions, Limes, Lemons, Oranges, Apples, and Nuts etc.,

Above all, keep your mouth quite clean as "IT IS THE GATE-WAY TO HEALTH" and thoroughly masticate foods and fluids provided by "MOTHER NATURE" not requiring any spices and flavours to bribe the TONGUE.

The Valuable Orange

Oranges possess valuable health-giving properties, a fact which is sometimes forgotten. Innumerable small cells in the outer rind yield an oil which affords an excellent flavouring for sweet or savoury. This rind is readily removed with a sharp knife, or lumps of sugar rubbed quickly upon it cause both the colour and oil to exelude. The white pith, or peel, is useless and highly indigestible; the juice, or pulp, can be utilised for many dishes; the pips, tied up in muslin, improve the flavour of a variety of soups and sauces.—*Tanganyika Opinion.*

SPIRITUAL HEALTH

BY DR. T. P. SUNDRAM.

Theosophical Society. Adyar.

THERE is a feeling of well-being that comes from within, a feeling that is untarnished by the foibles and sufferings of the work-a-day world, a feeling that comes into the heart of every human being at one time or another in life. There may be glimpses only of this feeling for some, and for others, it may be the very substance of their being. No one who really wanders for a while in the realm of abstract thought, can ever fail to see the mighty Power that is guiding this universe, and the insignificance of the individual in the presence of the universal. Truly, there is a feeling of well-being that can be acquired by resignation to that almighty Power, a confidence in one self that can be cultivated by prayers and meditations. This is the path to spiritual health.

This does not mean that all diseases can be cured and all sorrows annihilated by this process, but it is certainly possible to revolutionise the outlook on life. It will no more be the narrow, restricted, materialistic, selfish life, but an ever expanding ocean of active, unselfish, helpful existence. Don't we have, every one of us, an individual power with which we can

influence our environment either with love or with hatred? There is a power within this mortal frame of ours that can be trained to heal all woes, all illnesses. This is the divine power that is latent in man. It exists always, and the material body can be made subservient to it. The method by which this power is increased and

utilised for the benefit of the individual as well as that of all the living beings around us, is known as Yoga. The yogi can keep under control the various vital centres of the body in proper balance so that there is harmony in his system. Harmony is health, disharmony—illness, sorrow.

Now, there is a kind of yoga that everyone can practise, both for his own good and for the good of others. This is the cultivation of certain virtues, as love, kindness, sympathy, understanding, tolerance, self-denial, all of which set up good magnetic vibrations in our bodies and which can be made to impinge and set up similar vibrations in those with whom we come into contact. These have a wonderful value in the production of harmony in life, harmony in our physical beings. Are there not instances



A PRAYER.

where diseases have been cured without medicines and sorrows annihilated by the exhibition of divine power? However small a divine power may be, any one of the above virtues all have their distinct values in the welfare of humanity. These small virtues are only the rudiments of that great science which teaches us the way to that happy life unaffected by the sorrows and illnesses of the world. Everyone of us should, as far as lies in our power, radiate our good thoughts and thereby our good vibrations that will help to mitigate the sorrows and illnesses of others. This should precede all the material assistance that

we may render to help them out of their sufferings.

We owe a responsible duty to the world in the exhibition of these divine qualities which are the basic principles of yoga. To the mother, to the infant in the arms, to the young and the old, we have a rigorous attitude to maintain, an attitude that will help only to harmonize all discords. This should be the fundamental duty of our everyday life. When we begin to feel this responsibility, we will find ourselves well beyond the borderland and right into the precincts of the kingdom of spiritual health.

PATH to HEALTH and LONG LIFE

WE should know that our body is God's fiduciary gift to us, and hence we cannot neglect it without committing a sin and a crime. Every one of us should know something about his body, and how to keep it up. If this knowledge were more general and widespread, there would surely be much less disease. It is therefore essentially necessary for the well-being of persons to understand their needs in order to remain well and good; and it is incumbent on persons whose health is at discount, to have this information in order that they may find out the road to come back to health once it is secured. The sick person is under the additional necessity of knowing something about the disease from which he suffers and consequently

By

Khagendra Nath De,

Physical Instructor,

Calcutta.

needs expert advice. Hence he requires a wider knowledge than the fortunate individual in good health. There is,

therefore, no escaping this necessity for study about one's health. We cannot hire the aid of another to repair our bodies even as we can repair our houses and machines. We must do the work ourselves. I propose therefore, to devote this article entirely to the methods as to how to live a clean and healthy life including the training for physical fitness.

By 'Training' is meant the undertaking of special exercises, regular repetition of which will enable the body to reach the strenuous demand placed upon its energies. It aims at the production of the maximum power of which the body is capable, and

also has certain basic principles. Commonsense principles of hygiene and health should govern the everyday life of all. These simple rules are appended below. Do not feel yourself superior to these rules, for if you were really superior, you would never require to be reminded of them.

1. Always sit, stand and walk, erect, unless you are resting.

2. Breathe deeply through the nose as nearly all the time as possible. Remember, deep breathing is helpful in correcting nervous tendencies, and improving the general health. I would stress to make it a habit of breathing as deeply as you can from the depths of your system and not breathing from a space somewhere near the collar bone. A few minutes a day, given to proper breathing, will soon induce the habit.

3. Train the bowels to function satisfactorily at least once daily. It would be better if this can be secured through laxative diet.

4. Brush all sides of your teeth with an up and down motion and scrape the tongue in the morning and again at night.

5. Wash the hands and clean the nails before and after handling foods.

6. Your diet should contain mainly protein foods and you should take five glasses of water at least during 24 hours.

7. Avoid eating within four hours of a meal or when tired, excited, irritated or frightened.

8. Refrain from the use of alcohol and tobacco.

9. Soon after you get up in the morning, drink a glass of water and either go out for a little walk or do a few free hand jerks and breathing

exercises vigorously at home. Experience has taught that the latter is very useful to persons below 60 years while the former shows satisfactory results to persons above that age except those with heart trouble. The body requires a daily dose of exercise as it requires daily food.

10. Sleep at least seven hours with the left side up, and the bed-room window open.

11. Sweep the mind clean and cultivate a cheerful spirit. Refrain from the thoughts which excite, irritate or induce fear as they can derange digestion and while they are in operation, the entire bodily mechanism is thrown out of gear.

Exercises.

1. Heel raising and stretching movement:—Stoop forward and raise hands upward. Stand on your toes and stretch yourself. Give your hands a sudden twist and bring them down the sides.

2. Sit flat on the back with the hands on the hip and resting on the upper arms, raise the legs and the trunk.

3. Form a bridge with your body and place your hands on the hip. Now move the head backward and forward and from side to side. (Must not be done by persons over 50 years of age.)

4. Place your hands on the hip, then raise the left leg backward and bend forward until the left leg is in a level with the back and alternately shoot the right and the left leg as high as possible with the knees straight.

5. Stand erect with the arms at side on level with the shoulders describe a circle with the arms while they are in this position.

7. Stand erect. Squeeze hard first one leg and then the other. This is very helpful to persons of big abdomens.

8. Stand straight, raise your hands, and from that position bend forward and touch your toes with the hands and rest the palms on the floor, come up straight.

9. Stand straight, keeping your feet together. Don't bend your knees but bend your waist on each side.

10. Stand erect, feet about eighteen inches apart, arms held out sideways from the shoulders. Bend forward and twist to one side, touching with the right hand the left toes and vice versa. Keep the knees straight.

Before each exercise inhale and when coming back to the position exhale. After each exercise only breathe deep for ten seconds and then start one. These are the corrective exercises and can be done by all irrespective of age and sex. These exercises not only promote the growth and development of ordinary muscles, but are also healthy for heart muscle, of the muscles of respiration, of the muscular tissues of the arteries and of the muscular elements of all parts which are capable of movement. They increase the activity of the heart, liver, kidneys or intestines and also brain and the nervous system, and stimulate both the secreting and excreting organs. Thus it is seen that exercise does play a great part in one's bodily structure.

Most people plead lack of time when they are asked to devote a few minutes for the physical culture but as far as my experience goes, the

trouble generally rests solely with lack of ambition or will power, and not want of time. Let any one who believes himself too busy to do physical exercises stop for a moment to review his daily routine, and see if he does not find that a good many hours a week are wasted in trifling occupations these, hours, could easily be devoted to so important a matter as the amelioration of one's health. The man or woman who works for more than nine hours a day is a rare exception so that the vast majority can very well find time if they at all want to do. A little determination is all that is needed.

In conclusion, it may be said that any machine may work for years if proper care is taken of it. Human body is nothing but a machine. For durability, a machine must be kept clean and oiled and worked for a certain period and then given rest. Let this made be applicable to your own body and wait for the result. Over-work will shorten the life of a machine, while if it is left aside for a long time, it will rust and become useless, this is also the case with the human body. Work and exercise, both are necessary to keep up the health, whereas overwork, strain, worries and anxiety are injurious to health, and mainly affect the heart, the brain, the nervous system and all the other organs.

Finally, do not forget the holy words "Never too late to turn, Never too late to learn".

If sickness is a crime then I am a criminal.

● Topics from Medical and Health Periodicals ●

Where Will You Live Longest?

Go to New Zealand or Australia to be born if you want to share the longest life expectancies of any nation. Boys born there may expect to live 65 years and girls 68 years.

But these figures are for 1931 and 1934. Latest figures for 1935, just released in the League of Nations statistical year book, show that the United States is a splendid country in which to be born particularly for girls.

The highest life expectancy of any child on earth, in 1935, was that of a white girl born in the U. S., who could expect to live 64.72 years. Boys would do better to be born in Denmark that year, where their life expectancy was 63.8 years as compared with 60.72 in the U. S.

Japan had a life expectancy of only 47 years for girls, 45 years, for boys. But worst of all countries to be born in was India, where a male infant could expect to live only 27 years.—*Armchair Science.*

The Ten "Golden Rules" of Cancer Examination.

TEN "golden rules of cancer examination" have been laid down by the American Society for the Control of Cancer as a "guide and aid for laymen who want a complete general physical examination" that may reveal the possible presence of cancer at a stage when it is still a curable disease.

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Here are the rules to follow:—

1. Examine the lips, tongue, cheek, tonsils and pharynx for persistent ulcerations; the larynx for hoarseness and the lungs for persistent cough.

2. Examine the skin of the face, body and extremities for scaly bleeding warts, black moles and unhealed scars.

3. Examine every woman's breast for lumps or bleeding nipples.

4. Examine the subcutaneous tissues for lumps of the arms, legs and body.

5. Investigate any symptoms of persistent indigestion or difficulty in swallowing. Palpate the abdomen.

6. Examine the lymph node system for enlargement of the nodes of the neck, groin or armpit.

7. Examine the uterus for enlargement, lacerations, bleeding or new growth.

8. Examine the rectum and determine the cause of any bleeding or pain.

9. Examine the urine microscopically for the presence of blood.

10. Examine the bones and take a radiograph of any bone which is the seat of a boring pain, worse at night.—*The General Practitioner.*

Gas Warfare

PERHAPS there is no instrument of modern warfare that is so terrifying as gas, yet some experts claim it is the most humane and reasonable

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weapon that can be used. It blinds the vision, and paralyzes the body, so that the victim is unable to fight, but it does not mangle and usually it does not kill.

They say that there is not real danger that great cities will be wiped out by gas attacks. It would cost too much money for the gas bombs and too many aeroplanes would be required. It is estimated that a really effective gas attack on a large city would require 3,000 bombing planes. An hour after the bombs are dropped the gas would have disappeared, so it would require 3,000 bombers working at almost the same time to drop enough bombs to make a toxic cloud of gas. Even if the density of the gas were sufficient to kill, very little harm would be done if doors and windows were kept closed.—*The Treasure Chest*.

The Warm Bath

NOTHING is so soothing and restful as a hot bath after a hard day's work or extreme fatigue. This hot bath should not be prolonged indefinitely, and someone should be at hand in case of accident, because in applying hot water to the whole body suddenly, and therefore pressing the blood to the utmost, the bather may feel weak and even lose consciousness.

It is advisable not to take a hot bath behind a locked door; do not prolong the hot bath beyond ten minutes, after which time the water should gradually be cooled off to body temperature in order to reap the full benefit of the hot bath.

It is recommended, when taking a hot bath, to place a cold compress on

the forehead, the neck, and if possible, on the heart. A hot bath will generally arrest a cold at the onset. After having been exposed to extreme cold, a hot bath will restore the normal body temperature and preserve the respiratory organs from serious harm. Cramps, and abdominal and pelvic pains, are more quickly alleviated by a hot bath than by any other remedy.—*O. W.*

Have a Hobby

THE best antidote to depression and introspection, the two bugbears of this period of life, are to be found in knowledge and work—knowledge and understanding of the causes at work and work or a hobby. It is essential to have an interest, and congenial work is the best way to provide this. But the work must be congenial and give an opportunity for self-expression. "The busy man, immersed in affairs and the woman struggling with household responsibilities have an advantage (although they don't usually recognize the fact) over those who have less to engage their attention. It is noticeable also that women who have trained or studied and made careers for themselves often avoid the nervous depression that may afflict women who are more dependent upon personal relationships and have fewer outside interests."

Another thing one often notices is how frequently a man who, having retired after having a very busy life, breaks up in health. With the loss of his usual routine, and his object in life, he finds he is out of his usual run of things and that he is unable to enjoy the leisure and freedom to which he had long looked forward. For such people it is essential that they have a

hobby, or that they plan out some mode of life that will give them an interest to take the place of the work that they are giving up.

It is also a good idea for them to take up some civic or social work, whereby their energies will be directed along channels which will help others. The realization that they are helping others and that they are still being a power for good in the land will give them much justifiable pleasure and happiness, and at the same time they will acquire companionship of like-minded people, a factor in itself which is an excellent antidote to old age.—*National Health Review*.

Sources of Vitamin C

THE vitamin C is present in lemons, oranges, cabbages, onion and tomatoes, all of which contain an equally good proportion, while tamarind and grapes contain little amounts. It is absent in roots and tubers, milk, animal and vegetable fat, tinned meat, cereals and pulses and in yeast. Whole milk as well as fresh meat are said to contain little amount, while it is lost when the former is pasturised or sterilised. Fresh vegetables when boiled or dried, lose this anti-scorbutic factor while pulses acquire this principle when allowed to germinate.—*Medico-Surgical Suggestion*.

The Sun Light

THE luminous rays of the sunlight have a remarkably beneficial effect upon the blood. It increases the avidity of the cells for food and so encourages nutrition. Plants do not flourish in the dark. This accounts for the striking pallor of miners. It improves the general tone of the body especially of the muscular system and appetite is sharpened by it.—*The New Health*.

Health Tit-Bits

Cheerfulness is a great moral tonic. It adds wonderfully to one's active ability and increases mental and physical power. Good cheer is a great lubricant, it oils all of life's machinery.

Exercise quickens the circulation of blood, increases the healthy action of the blood, the lungs and the skin, invigorates the nerves, sharpens the appetite, improves the powers of digestion and carries healthy energy wherever the blood penetrates.

Health is an invaluable possession of mankind. Its importance in all activities—Religious, Moral, Intellectual and Physical is incalculable. Health is the root of the tree of life.

Three SSS make a man happy. Saintliness, Soundness of body and Sageness of mind.

—*M. Arunachalam*.

A Stalwart Vegetarian

ACCORDING to the *Vegetarian Messenger and Health Review*, Horatio R. Goodwin, of Manchester, England, is eighty years old but can still ride ninety miles in one day on his bicycle. In 1885, he rode 2,054 miles in nineteen consecutive days, an average of 108 miles per day. His explanation of his vitality is that he does not use alcohol or tobacco and for thirty years has been a vegetarian.

Medico-Wits

Doctor: "Well, my good lady, where is the trouble?"

Patient: "Sir, I am the wife of Brigadier General Vere de Vere."

Doctor: "Sorry. I know of no remedy for that complaint."

She: "You sold to my husband a remedy for a red nose and now his nose has turned blue."

Chemist: "Well, ma'am, what colour would you like it to be?"

"Hullo! Is that Doctor Jenkins? Will you come at once, Doctor? My husband is delirious."

"Why did you not send for me before?" asked the Doctor, when he arrived. "You shouldn't have waited till your husband was delirious."

"Well, Doctor", said the wife, "as long as he was in his right mind, he would'nt let me send for you."

Patient: (Gratefully): "You pulled me through, Doctor."

Doctor (Piously): "No, No; it was the work of Providence."

Patient: "Then of course, you won't charge me for it? Thank God! What a relief!"

Lawyer to a Doctor: "Well, sir, my profession, surely is more ancient. The killing of Abel by Cain is the first criminal case on record."

Doctor (furiously): May be. But before that happened, you should know a rib was taken out of Adam's side and that constitutes the first Surgical operation."

A Doctor visiting a village found Mrs. James in distress. He asked her the reason. Mrs. James replied that her husband was suffering from constipation. The Doctor said, "You people living in villages ought to keep a pound or so of Epsom salt always in hand to meet such emergencies." The lady thanked him and went to a neighbouring town, bought one pound of Epsom salt and administered the whole lot to her husband at a dose.

A fortnight later, the same Doctor happened to visit the same village and saw Mrs. James in mourning. The Doctor enquired the welfare of her husband.

"It is two weeks since my husband passed away," said the lady, mournfully.

"Did you give him the Epsom salt I told you?" enquired the Doctor.

"Oh yes," said the lady, with a jerk of her head.

"Had he any motions?" asked the Doctor.

"Yes", replied Mrs. James. "He had 5 motions before his death and 6 after."

—M. Arunachalam.

1939]

HEALTH

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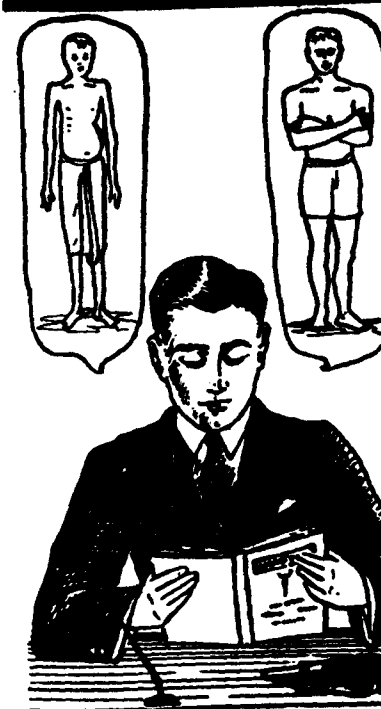
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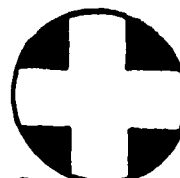
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