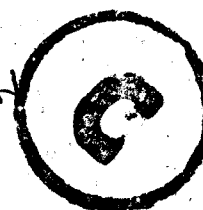


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ESTD. 1923

Edited by Dr. U. RAMA RAU and U. KRISHNA RAO

SEP 1946

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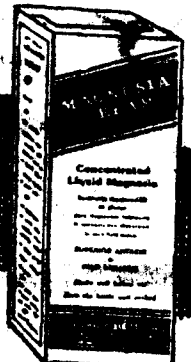
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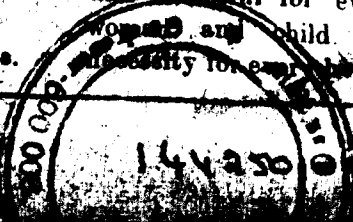
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"GET FIT AND KEEP FIT"

In his presidential address to the Royal Sanitary Institute, Blackpool, on June 3, 1946, the Rt. Hon. Lord Woolton, P. C., preached the slogan "Get Fit and Keep Fit." in view of the deterioration that had taken place there. They had gone through two wars in their generation, and they had expended young lives and their financial resources, so that instead of being, as they were, the largest creditor nation in the world, they have become the largest debtor nation. Even in the matter of food with which to feed themselves, they had to go to America and beg them to lend a thousand million pounds. They had to compel the manufacturers to export the goods they are making at the expense of keeping them desperately short of all sorts of things that they needed both for their domestic comfort and for their appearance and for their sense of well-being. They were left bereft of anything except their pride and their great capacity. The maintenance of this capacity was due to the careful handling with sufficient foresight of the food problem by providing, in accordance with the health programme drawn up by the American Medical Association, with a minimum standard of nutrition, housing, clothing and recreation. In spite of this, Lord Woolton is not satisfied. In order to rebuild their economic position with a view to maintain in their country the standard of living

they all want they should earn it, he said, and that they can earn it only by hard labour. "To do hard labour," he said, "you have to be physically fit; we cannot afford ill-health; it is one of the luxuries of a prosperous society, and I believe good health is one that we can achieve by will, by knowledge and by organisation. We demonstrated this during the war." Let me quote the quite simple case of the health of children. Because we determined that children should not suffer as a result of the war, from the period of pregnancy onwards, we saw that mothers and children were provided with the proper foods. Women took pride in learning the elementary lessons of good motherhood, so that we finished the war with our children in better health than when we began it. Cannot we go on from there? Can we not recognise that we ought to take as much care over the selection of our food as the motorist takes over the selection of his petrol? This is partly the business of the individual; it is partly the business of the Government whilst they maintain the control of the production and the import of food into the country."

What is the position in India? She had to depend only for a small proportion of her food requirements from other countries. Even this would not have been necessary had the Governments in this taken the necessary steps to production in times of peace

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the growing need. Not only did they not do it, but they bungled and bungled miserably too with the result that the position considerably deteriorated and we had to lose millions of precious lives owing to want of food and starvation. We are not yet out of the wood. The selection of the food we should take is not in our hands. Rigorous control is exercised by the Governments, but they do not seem to care to see that the people, at least the children, get proper food. If the stock is low, if the imports fall, they immediately resort to the reduction of even the small ration allowed to the people. We need hardly say how it reacts on the health of the people when power of resistance had already reached the lowest ebb. We do recognise that we are in a very difficult situation, but while the Governments are maintaining the control it is their duty to see to it that the people get at least a balanced diet. When will our Governments realise this elementary duty of theirs and do everything in their power to make people get fit and keep fit? While England has to rebuild her lost economic position, India has to build it from the bottom. If proper steps are not taken by Government, it will be impossible for the country to carry it out.

The Right Hon. Woolton had something interesting and useful to say about health education in industry. "It is of great importance," he said, "that managements and leaders of labour, as well as industrial medical officers and nurses and industrial health officers, should interest themselves in the possibilities of health education in industry and get them-

selves to take part in it. Industry, in these days, with its restrictions and controls, has many things to look after in addition to the simple job of production (and we may add profit-making—Ed.) and any one might reasonably hesitate to suggest to industrialists that, they should undertake further burdens (This will not apply to India as many industrialists have not so far undertaken any burden worth the name—Ed.). But I make bold to say that if industrialists are to get the best out of their plant in the future, they will find it necessary to take all such steps as are possible for the encouragement and the maintenance of the good health of the people engaged in industry—including their own. Sick people cannot be good operatives, and directors and managers suffering from ill-health are not likely to be good directors or good managers. Sick people come to bad decisions, and if we are to succeed in the economic task that lies before the nation of rebuilding (building in the case of India—Ed.) our prosperity and being able to buy the means of life through our industrial enterprise, then there is no other factor that can be more powerful in this operation than that of a staff of workpeople that is physically fit and rejoicing in their exuberance of energy and happiness that comes from good health." This applies with greater force to India. When will our industrialists, present and prospective, realise this elementary truth? On a satisfactory answer to this question depends the industrial salvation of the country and the prosperity of the nation. Make fit and keep fit should be their motto.

Copper is still the best all-round conductor for electricity, and rubber the best insulator for copper wire. Copper, however, constantly subjects rubber to a kind of chemical nagging, causing it to deteriorate. Dr. Albert W. Meyer, of Nutley, N.J., has developed a thin coating of a synthetic plastic placed over the wire before the rubber insulation is applied, which helps preserve the rubber.

One fourth of the total area under cultivation in the world is devoted to growing wheat, and the annual harvest is approximately 140,000,000 tons.—*The Diplomat*.

The Effect of Smoke upon Our Health

EDWARD GOWER

Who raises some interesting and useful points, which will bear serious consideration by all readers

AS an addition to the work done by this magazine in promoting healthy methods of eating and living, it may perhaps be of interest to mention the effect upon our health of living in smoke laden atmospheres. Whilst those who live in large industrial towns and cities are the worst sufferers, the people whose homes are in villages are by no means immune from the smoke menace.

The effects of smoke upon our bodies are twofold: firstly, the action of chemically active particles which poison the tissue cells, and, secondly, the irritant mechanically active dust which acts as a foreign body. The tarry matter and invisible sulphur acids which result from the burning of raw coal cause the linings of the lungs to become rough, and the surrounding tissues to lose their elasticity. These changes may produce or aggravate bronchitis, partial collapse of the lungs, and the incomplete oxygenation of the blood. This causes the heart to work harder, with consequent damage to that organ. Apart from the actual physical damage, there is also the screening effect of the smoke on the sun's rays. We know how sunlight has a beneficial effect upon the body by promoting anabolism, transpiration, and perspiration, and by having a vitalizing influence on the human organism, but few of us realize that in a smoke laden city, the sunlight is dimmed by more than twenty per cent. through the foul serena hanging over the buildings. Apart from this, the daylight is reduced by half in the centre of a town as compared with a country district, and this has an adverse effect on people's eyes.

Unjustly blamed.—Fog is greatly accentuated by coal smoke and consequently persists much longer than it would normally. A bad fog greatly increases the death rate from respiratory diseases, as records taken in various cities show.

Various health authorities have stated that the lungs of a city dweller, instead of being pinkish in colour, are blackened inside and out by the quantities of carbon that have been inhaled daily with the thirty-five pounds of air.

Much more could be said about the effects of smoke, not only on our health, but on crops, buildings, and clothes. Many millions of pounds are wasted each year due to the action of smoke, and much labour is wasted in combating the evil effects.

How then can we, as health enthusiasts, do anything to reduce the smoke menace? Let us first glance at the sources of smoke. The most obvious one is factory chimneys, but these are sometimes blamed unjustly. That they contribute much smoke is undoubtedly

true, but efforts are being made to improve matters, by the use of flue apparatus which partly cleanses the smoke, removing much of the tar and sulphur, and by efficient methods of stoking which ensure more complete combustion of the coal. Many of the modern power generating stations are examples in this respect.

Open fires out of date.—Another, and by far the more serious source of smoke, is the burning of raw coal in the open fires of the houses of the people. In any town or city, at least half the smoke comes from the house chimneys that look so picturesque in the quaint steep streets of fishing villages, or ugly and monotonous in the parallel rows of the working-class districts of a city. In this respect, the small village suffers as well as the town, though admittedly in a lesser degree. On still days, it is possible to see the bluish pall hanging over a cluster of houses in the country, especially in valleys, just as it does over the built-up areas. When viewed from a hill-top, one wonders how anyone manages to live at all in that suffocating cloud, whether food reformer or not.

The open coal fire is out of date, despite its cheerful appeal. Half its heat escapes up the chimney; it only achieves maximum heat for a short period between refuelling. It is dirty inside the house as well as outside, depositing soot and grime on decorations, curtains, food, and clothing. It is costly and wasteful, as many of the valuable contents of coal are unused when burnt in the raw state. (Coal produces oil, tar, scent, paint, dye, plastics, and antiseptics, as well as the numerous unwanted drugs). The human cost of producing coal is also very high, 925 miners being killed in 1941.

How can we remedy the faults of the open fire? There are a number of ways, such as using electricity for heating, although at present figures this would be costly; the use of gas for heating, either by fires or by distributed radiation; the use of central heating by means of coke or oil-fired furnaces, or by having heat on tap by means of district heating. All these methods would greatly reduce the smoke pall over our towns.

New house designs.—District heating, whereby the waste heat from power stations is circulated round a district by underground piping and led into the house just like water or gas, is perhaps the most attractive method. It has been used successfully in U.S.A., Russia, and Germany, and it has been estimated that, in a single year, if this form of heating had been in common use in this country, twenty-four million tons of coal would have been saved, and three million tons of soot would not have been deposited.

on the buildings and bodies of our people. Central heating would not only improve our health and fill our pockets, but would open up new house designs. The chimney-stack is the vital point in our present-day houses, and the fireplace is the focal point of interest in the room. Absence of these two items would allow a totally different, and perhaps more useful, lay-out of rooms.

For those people who would still prefer an open fireplace, there are numbers of designs now available which not only increase the efficiency of the unit as a heater, but by burning coke or smokeless fuel, do away with soot and grime. Some of these are a big

improvement on the common types now in use and require much less attention. There need no longer be necessary the unpleasant task, on cold, damp mornings, of coming downstairs to a grey, dirty grate, and scratching among the cinders.

We, as reformers in the use of a direct food, should surely be first in the campaign against smoke. Let us see that we use whatever means we can to ensure that in new houses and, if possible, our present ones, are fitted with smokeless heating appliances to the common good of our health and our pockets, and in the amount of labour entailed to procure reasonable comfort.—*Health For All.*

HONEY is GOOD for YOU!

Mary Christian

ONE of the purest foods known to man, honey is being used more and more. And that is as it should be. It has numberless virtues, not all of which are widely known.

This vegetable product will never go bad; there is some in the British Museum dating back to the days when ancient Babylon flourished, and, of course, it is many times mentioned in the Bible, where its virtues are acknowledged.

Manufactured honey has none of the pure, unadulterated goodness of the real thing. Pure honey can always be recognized. It has a distinctive taste, flavour, peculiarities, and food and medicinal properties. An apiarist is the best person from whom to procure honey; honey is his job, and he the honey pure white or almost black, you can depend upon it; it is the real stuff.

In these days of many shortages, of course, honey is worth a great deal to us in many ways. At one time it was the only sweetening agent until the introduction of sugar, and it was held in high esteem and was greatly valued by the ancients.

Britain's honey is as good as any in the world; it comes from some 500 million bees owned by some 25,000 bee-keepers, producing some 2,000 tons each year. More and more people are now keeping bees, for they realize, in these days of shortage, that honey is a most important product. And yet, consumption is only about four ounces per head annually in this country.

Here are some interesting facts about this useful substance. As nectar is collected by the busy bees, salivary action transforms it and it is then carefully stored in the honey-comb cells, which are then closed by perfectly-fitting waxen lids. The conversion from nectar to honey is in reality a kind of pre-digestion which makes the honey, when eaten by humans, especially suitable for the most delicate digestions, the carbohydrates being in such a easily assimilable form.

The energy value of honey is greater than that of meat. One pound of honey is equal in caloric value to thirty eggs or twenty pounds of carrots.

Its properties have for years been known to the medical profession. A table-spoonful

of honey with the juice of a lemon is good for coughs. A glass of hot milk sweetened with honey is one of the finest throat-and-food drinks. Regular eating of honey, especially by the children is most desirable, for it gives tone to the muscular system, enriches the blood, and promotes better health at a time when the young are particularly liable to ailments of themselves.

Honey, because it contains formalin, is good for the heart and tones its muscles. It quiets the mind and steadies the heart, which makes it of great use before operations; it has also been used for dressing wounds. Diluted it will help to promote body's health and vigour.

All honey is good, but perhaps the best is that which is clear and transparent and which solidifies into a white, granular, surgery mass when kept for a while. Spring honey is counted the finest, and summer honey is better than that of any other.

But just because some honeys are dark yellow, and others more or less white, do not think such are poor. This is by no means so. The truth is, the colour and flavour of honey is dependent largely on the plants from which the nectar is collected by the hard-working bees. Virgin-honey is taken from hives in which the bees have never "swarmed"; yellow honey is extracted from all sorts of combs. Holly-honey is very dark in colour, almost black, and is usually the strongest in flavour. Treacle-honey is quite as nice as any other; steamers and merchant blooms supply the bees with nectar, and the honey from which is among the best. Lime-blossom honey is a most delicious variety and is excellent for those who suffer with sleeplessness. A delicious honey from the eucalyptus tree is especially good for coughs and bronchial ailments.

Honey is often carried from one area of blooming trees to another, much as the native takes his hives of bees in his boat up the Nile for them to gather nectar from the flowers on the river's banks.

So now you know why there are so many different colours and flavours of honey, but all of it is good for you and there is much to be said for its increased use by all who value health and well-being.—*Good Health.*

IS SALT KEEPING YOU AWAKE?

MICHAEL M. MILLER

THE person who suffers from insomnia is a source of much amusement and revenue to the cartoonist. His pathetic efforts to get to sleep by taking pills, walking floors, and counting sheep have made him, unwittingly, one of the great comedians of our time.

But to the insomnia victim himself, it is no laughing matter. Nor is it to the doctor who tries to cure him. Lack of sleep goes hand in hand with increased nervous tension, and often there is a break down in health.

However, my purpose here is not to outline the ill effects resulting from insomnia—which are well known to all who suffer from it—but rather to tell about a radically new method of treating it.

The usual treatment is the administration of some sleep-inducing drug. Doctors do not approve of this, but regard it as a necessary evil. Drug-induced sleep is unnatural, and patients frequently feel poorly rested in the morning.

Furthermore, once the drugs—barbiturates, for example—are discontinued, the patient is often more excitable than before.

So obviously, if the advanced insomnia victim is to get his sleep, something must be done to assure that the sleep is a normal one. With this in mind, I sought for some satisfactory drug-free method.

I recalled experiments where patients, after receiving a larger-than-usual amount of ordinary table salt in an otherwise deficient diet, became not only full of pep, but excitable and even irritable. I wondered if the process could not be reversed—if, by depriving patients of salt, it would be possible to bring about physical fatigue, and a resultant desire for sleep.

Twenty hospital patients suffering from insomnia and nervous tension were made available for the test. They ranged in age from twenty or thirty five years. All were put under special observation for a week before the salt restricted diet was begun. No change was made in their normal activities. No medicine was given.

The result was that after four to seven days of diet exceedingly low on salt, most of the patients showed a gradual drop in nervous tension, less irritability and restlessness. They were able to fall asleep more easily, and found their sleep more restful. A marked tremor had previously been noticeable in the fingers of some; this began to cease. There was a consistent decline in blood pressure, and a moderate decline in pulse rate.

In addition, the patients became fatigued more easily, so that they usually decided to retire at an earlier hour, invariably falling to sleep within ten to fifteen minutes after retiring. Most of them slept straight through until awakened at 6 a.m. The maximum amount of sleep permitted was eight hours.

They tossed around less. If they did wake up for some reason, they fell asleep again readily. Formerly, they had experienced

considerable difficulty in regaining sleep after awakening.

After two or three weeks on the reduced salt diet, they began to have fewer dreams. Several patients not only slept well during the night but developed a habit of taking regular short afternoon naps.

In general, the patients appeared more relaxed, and in some instances even phlegmatic. Following the improvement in sleeping habits, there was improvement in mood. Incidents which previously caused great emotional disturbance no longer seemed to excite them unduly.

There was improved ability to concentrate, as revealed by the manner in which patients performed various tasks. One man who had been usually tense was able to concentrate satisfactorily on reading for the first time in the twenty-nine months he had been at the institution. Three of the patients who had had severe headaches experienced partial or complete relief.

Only three of the twenty patients failed to respond satisfactorily; in their cases the diet was discontinued. Two of these had been taking drugs so long that they had come to depend on them.

Of the remaining patients, thirteen were given salt (sodium chloride) pills, after they had been on the restricted-salt diet for some weeks. Within seven to ten days, ten of the thirteen developed sleep disturbances. This indicated that a return to a normal salt diet would produce tension and insomnia again.

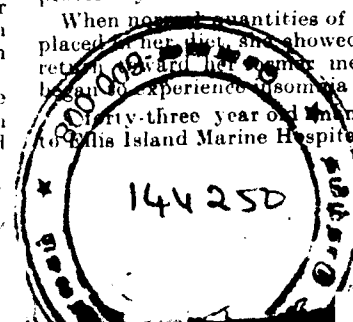
Here are some typical case histories: A woman of twenty-four, admitted to the New York State Psychiatric Institute, showed noticeable anxiety, a desire to be left alone, and was pre-occupied with certain obsessions. Over a period of months she had had a dread of falling asleep. Apparently fearing that she might forget to breathe, she would go through prolonged periods of forced breathing, staring into space and crying intermittently. She had been given sedatives for five weeks at the Institute, with unsatisfactory results. The sedatives were abandoned, and a low salt diet was tried.

No improvement showed until the thirteenth day, when she appeared considerably relaxed, her anxiety reduced, and she slept for eight-and-a-half hours. From this time on she showed steady improvement.

And, what is more important, the improvement in her mental state paralleled her improved sleep. Her weight increased, she was calmer, and she started to play bridge and ping pong, which she had refused to do previously.

When normal quantities of salt were again placed on her diet, she showed a rather rapid return toward her former mental state, and began to experience insomnia again.

A thirty-three year old man was admitted to Ellis Island Marine Hospital suffering from



emotional irritability, restlessness, and insomnia, accompanied by dizziness, heart palpitation, and sweating. When first admitted to the hospital he slept only one or two hours a night.

A low salt diet was started, but there was no particular improvement until the fifteenth night, when he slept for seven-and-a-half hours. From then on he slept seven or eight hours each night, until the thirty-eighth day.

Now—and here is an interesting point—even with the low salt diet, he again showed signs of increased irritability, tension, abdominal cramps, restlessness, and insomnia. Analysis of the urine revealed that the amount of salt in his body had fallen far too low. Accordingly, the amount of salt in his diet was increased slightly (although still lower than in the average diet). The result was a fairly rapid improvement.

So this seems to be the problem in a nutshell: to reduce the salt intake of insomnia patients, but not to reduce it too much.

It must be emphasized, of course, that this is a treatment which insomnia sufferers must not attempt on their own. The patient must

be under constant observation in a hospital or clinic so that the necessary medical and chemical tests can be made.

Doctors who decide to try this new treatment should watch their patients for signs of excessive muscular weakness, listlessness, fatigue, intestinal cramps, nausea, or dizziness. It should not be used with patients who have diabetes, kidney trouble, or heart disease.

A word of caution must be added, too, as to trying a too rigid salt curtailment in hot weather, because in the summer months a great deal of salt is lost through perspiration.

While the patient is under treatment, no heat therapy should be administered, and excessive physical exertion should be forbidden.

But when properly handled, a low salt diet should produce no harmful effects whatever. And it has the additional benefit, when compared to use of sleep-producing drugs, of being non-habit forming.

Michael M. Miller, M.D., is associate physician of St. Elizabeth's Hospital, Washington, D. C. — *Magazine Hospital*.

TALL TALES ABOUT FOOD

Some things you may not know about foods you eat

DONALD G. COOLEY

PROGRESS in the science of nutrition during the past few years has revised many popular notions about food. Some of the discoveries surprised even the scientists themselves. Of others you will probably say, "Why, I knew that all the time!"

Roast beef should be eaten rare because the rich red juices build blood.

The "rich red juices" have no special merit. Take your beef as you like it, as long as it isn't burned to a crisp.

Sugar is a superior energy food.

All common foods except salt and water supply food energy, which is measured in calories, or heat units, and has nothing to do with energy in the popular sense of vigour and endurance. Sugar and other simple carbohydrates are quickly digested; their chemical energy becomes quickly available in the blood-stream.

White eggs are more nutritious than brown eggs.

Eggs are eggs. Food value may vary slightly, but only according to the diet of the hen.

Fish is a brain food.

Fish contains phosphorus; so does brain tissue. But no food "feeds" a specific organ. Phosphorus from fish may end up in brain, nerves or teeth, along with phosphorus from milk, beef-steak, etc.

Fried foods are generally hard on the stomach.

Careful investigation finds no evidence for this widespread notion. Fat remains in the stomach longer than other food elements, but that does not mean indigestibility. Fried eggs are digested as easily as boiled eggs and

the fat in a doughnut or piece of crisp well-made pie crust is utilised as readily as the same amount of fat in different form.

It is dangerous to eat acid foods with milk—strawberries and cream, for instance—because acids curdle milk.

If you can eat two foods separately, you can eat them in combination. If fruit acids don't curdle milk, stomach acids will.

We would all be healthier if we limited our diet to raw, "live" food instead of cooked ones.

Some would be sicker. Sensitive systems are upset by too much raw, coarse-fibred food. Raw fruits, juices and salads are highly desirable in the average diet, but cooked foods in general are more digestible. Cooking softens the tough connective tissues of meat and bursts the starch granules of vegetables, enabling digestive juices to get at them. Minerals "lost" in cooking are not wasted if the juices and liquors are served. [Prolonged cooking may destroy certain vitamins].

Vitamins contained in natural food-stuffs are superior to synthetic or drug-store vitamins.

Whether taken in food or capsules, specific vitamins are chemically identical. Many foods, however, probably contain vitamins not as yet identified—plus other elements essential to good nutrition. Synthetic vitamins are at best supplementary.

Drinking plenty of milk prevents tooth decay.

It helps, but innumerable milk drinkers with cavities in their teeth will deny this popular belief. Although milk is our best

source of calcium and phosphorus, the principal tooth minerals, some element apparently necessary to bind the two minerals into sound teeth may be missing otherwise in the diet.

Butter contains certain necessary food elements not furnished by margarine.

The Council on Foods and Nutrition of the American Medical Association concludes that vitamin A fortified margarine is equal in digestibility and energy value to other food fats, and that it can be substituted for butter in the diet without any nutritional disadvantage.

Spinach is superior to other green vegetables.

Although spinach is rich in iron and calcium, it is now known that these minerals are partially present in forms the body cannot use. Spinach is a good source of vitamin

A and C but other greens are of equal or greater nutritional value; but there is no need to overdo it.

It is a bad practice to drink water with meals.

Not unless you use water to wash down food without chewing. Water does not dilute the stomach contents to any extent but runs out quickly and is absorbed by the large intestine.

Whole-wheat bread is superior to white bread.

White bread is more easily digested; made with milk solids and enriched flour, it is an important source of minerals, vitamins, carbohydrates and calories. Whole grain breads contain valuable elements of the original grain plus coarse fibre that may aid elimination; but coarse fibres are not well tolerated by sensitive digestive tracts. Both kinds of bread are perfectly wholesome foods.

—*Reader's Digest*.

WHAT WOULD YOU DO IN AN ACCIDENT?

WHEN an accident occurs—it does not matter whether in a factory, home or street—the following vital questions arise:

- (1) What is wrong with the victim? Is it a case that needs immediate surgical attention?
- (2) Where is a qualified first-aid-er available?
- (3) Where is the nearest hospital equipped to deal with hospital cases?
- (4) Where can an ambulance be obtained?

Frequently a trained first-aid-er is not readily available and well-meaning citizens eagerly render help. The victim is usually placed in a conveyance and taken to a hospital—possibly one not equipped to deal with accident casualties. Admission in such cases is refused and the unfortunate victim goes on tour until a suitable hospital is found. Had the citizen asked a policeman, he would have been told the nearest hospital where accidents can be treated, and the correct police station where the accident must be reported.

Ignorance in these matters, or negligence in making proper enquiries, are both equally reprehensible; for the victim may be suffering from severe hemorrhage, fracture or shock, and mishandling or delay well prejudice his chances of recovery. It is most important, therefore, to secure correct treatment for accident victims as speedily as possible.

Every town and district needs a first class organisation to deal with these emergencies. If one is already available, it should be wholeheartedly supported with money and service. If one is not available, it should be set up.

In case you should witness an accident, the following analysis is offered to help you render prompt and effective service. The first things to do are:

- (1) If the victim is in immediate danger—for example, if he is lying in a traffic stream,

—he should be removed immediately to a place of safety.

(2) Bleeding, especially arterial, must be attended to at once.

(3) If he has a fractured limb—especially a lower limb—it should be splinted. The Thomas splint is suggested for this purpose as it has the advantage of placing the parts in their correct position and slightly extended so that the broken ends of the bone do not overlap.

(4) If he has a fracture of the spine, he must be most carefully transferred to a flat and unbending stretcher in a prone or supine position according to where the injury is.

The above suggestions should be carried out by a qualified first-aid-er.

The victim should be taken to a hospital as quickly as possible—but to one which is adequately equipped to deal with such cases.

In order to carry out the above procedure effectively, the following organisation is necessary:

(1) An adequate supply of trained first-aiders must be available at all times at first-aid stations, the latter being well distributed over the area. The St. John's Ambulance Association have made themselves responsible for the training of first-aiders and have instituted a number of divisions to render such aid.

(2) A team of motor ambulances should be available at all times at first-aid stations.

(3) Publicity is essential to inform and keep the public constantly reminded of how to get this skilled attention.

(4) A well distributed system of hospitals, equipped for the purpose of dealing with accidents, should be provided.

(5) Since money is needed to maintain this organisation, provision should be made for adequate funds to provide for all these services.—*Efficiency News*.

Topics from Medical and Health Periodicals

Blood transfusion.—Dr. D. N. Chatterji (*Calcutta Medical Journal*, October, 1945) believes that in the prophylactic and active treatment of secondary shock or wound shock no other procedure is of greater importance than the immediate performance of blood transfusion. There is, he says, no other procedure which, during the past few years, has had greater importance in reducing traumatic and operative mortality as well as the morbidity rates than the more frequent employment of blood transfusion.

Honey as a medicine.—Russian scientists are very active in research and are constantly adding to the sum total of medical knowledge. Experiments with honey in the healing of wounds and as an internal remedy have been conducted jointly by the Soviet Institute of Agriculture and forty medical organizations. They found that honey is beneficial in cases of jaundice, chronic dysentery, swelling caused by heart and kidney ailments, and other diseases. Even osteomyelitis of large bones showed some response. Twenty patients who suffered from ulcers of the stomach or duodenum said they were better four or five days after eating honey and that they felt no pain after ten days. Curiously enough, it used to be a house-wives' tradition that honey had medicinal value.—*Good Health*.

Vitamin E in menopause.—Of 25 patients, seven reported complete relief of symptoms on dosages of 10 to 20 mg. daily over periods of from one to three weeks. Sixteen patients reported very marked relief on 10 to 20 mg. daily over periods of from two to six weeks. A great reduction in the number of hot flashes per day was evident promptly upon taking the prescribed medication and the patient's general condition greatly improved.

"... The relief of symptoms in patients after administration of vitamin E could not be distinguished from that obtained with the natural or synthetic estrogens. In some cases vitamin E seems more effective in relieving the symptoms of vasomotor instability than estrogens. The chief advantage of the new drug over estrogen is in the fact that vitamin E is free of any stimulative effect or change on the general system or in the parenchyma of the breast."—Coristy, C. J. *Am. J. Obst. & Gynec.* 50: 85 (July) 1945.

Cancer from tobacco smoke.—That the arsenic in tobacco smoke may be one reason for the increase in cancer of the lungs is suggested by the editor of the *British Medical Journal* (January 19, 1946). Two American observers found that from fifteen to forty per cent. of the arsenic in tobacco went into the smoke, while the rest remained in the ash and butt. Thomas and Collier, of Salt Lake

City, learned that different brands of cigarettes and cigars varied greatly in arsenic content. The ranges were from 35.4 to 114 parts per million. The most toxic cigarettes contained from eleven to twenty-three per cent. of the poison. Cigarette smoke was far more heavily impregnated than that from pipes or cigars. Cases of pulmonary cancer have been reported among arsenical sheep dip workers in England and among miners in Czechoslovakia who dig ores containing arsenic. Workers in the nickel and copper ores of Sudbury, Canada, which have some arsenic, sometimes develop cancer of the upper respiratory tract.—*Good Health*.

Headache remedies are dangerous.—Headaches are a prominent symptom in ten per cent of the patients who consult doctors. Dr. Robert H. Feldt, of the University of Wisconsin Medical School, in the *American Mercury* (November 1945) gives thirty different causes for them. The doctor states that are due to some extent, when the pain is nearer the surface are likely to be of emotional origin. Countless remedies are on the market, but their use may be fraught with danger. Nearly two hundred of them contain bromides. Self-medication with these drugs may lead to chronic bromide intoxication, accompanied by mania and delirium. Phenacetin is an ingredient of anacin, empirin and other headache pills. Prolonged indulgence in this drug may result in a severe blood disorder. Drug addiction may be the outcome of the continued use of such chemicals. This is especially true of acetanilide, which appears in many compounds. Ten years ago, ampyrine was popular as a headache cure, being used as an ingredient of various preparations. The discovery was made that it might reduce the number of white blood cells, which sometimes is fatal. Protests by the medical profession have largely driven it from the druggists' shelves. One curious fact is that in many cases headache is actually due to the use of remedies supposed to cure this condition.

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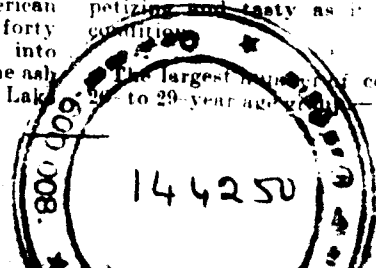
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