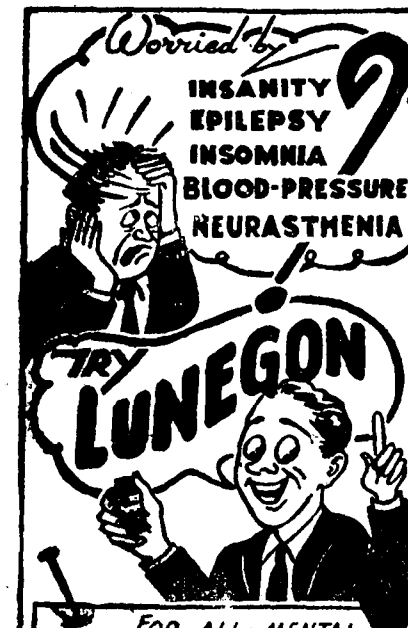


HEALTH

ESTD. 1923

Edited by: Dr. U. RAMA RAU and U. KRISHNA RAU, M.B., B.S.

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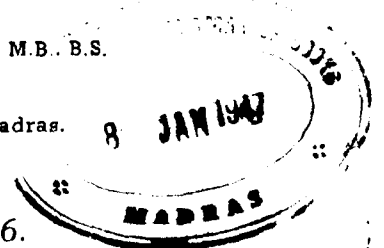
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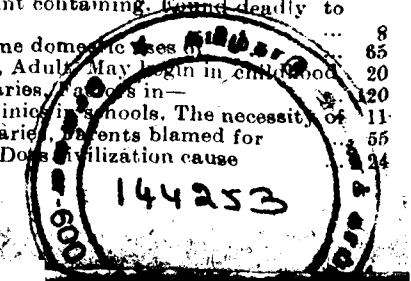


LIST OF CONTRIBUTIONS

	PAGE		PAGE
Agarwal, Dr. R. S.	2	Natarajan, Lgr. S.	26
Bhat, Dr. M. R., L.D.Sc.	11	Nandagopal, Master	49
Debsharma, Dr. D. N., Dharamdas, Bhagtani	58 47	Parekh, Dr. K. H., M.B., B.S., Dhoraji, Kathiawar	46, 70, 86, 115
Gupta, Krishna Kumar	107	Pillai, Dr. S. Balasubramania, M.B., B.S.	116
Krishnamurthy, Dr. K.	10	Rajagopalan, Dr. P. R.	23, 25
Lakshminarayana Rao, Dr. V.	35, 60	Ranjan, V. D.	36, 94
Mazumdar, Dr. S. C., B.M.S.	34, 59	Vaidyanathan, K. R.,	3
		Viswanathan, K.	21

INDEX OF HEALTH—1946

Accident, what would you do in an	83	Child bearing	8
Age and senility	19	Child bearing. Social and economic pro-	100
Alcohol, A deceiver—	120	blems of—	99
Alcohol and criminality	32	Child psychology	49
Alcoholism. Cultural influence in—	120	Children, Growth of, Some facts regarding	76
Alcohol problem, The, As I See it—	17	Cigarette, Sudden death in the—	68
Anemia of pregnancy	56	Colds in industry, Analysis of—	76
Anemia, undiagnosed—	56	Colds, Smokers had more	39, 55
Anemia, vitamins for combating—	68	Common cold, The—	35
Aspirin may be dangerous	44	Compost	8
Athlete's foot, New remedy for—	56	Compulsory pasteurisation of town milk	29
		supplies, Disadvantages of—	112
Baby, Safety first for the	22	Conduct, Some golden rules of—	32
Bad Advice	98	Confession is good for mind	72
Bad-wetting	67	Constipation	44
Better bread and less alcohol	103	Convalescence accelerated	119
Blood transfusion	84	Cosmetic swindle, A—	
Blood, White cells of	59	Current comment	
Boils, New treatment for, Twenty-minute	112		
alcohol rub	31	DDT, Paint containing, Found deadly to	8
Breast-feeding to time table	6	flies—	65
Breast, Preservation of shape of, In	6	DDT, Some domestic uses of	20
women—	19	Deafness, Adults May begin in childhood	120
	12	Dental caries, Factors in—	11
Chemical evolution	19	Dental clinics in schools, The necessity of	55
Child-birth as an athletic feat	12	Dental Caries, Parents blamed for	24
		Disease, Does civilization cause	



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communities, like Sikhs, Indian Christians and important sections of Muslims and others, were and are not prepared to accept the League proposal to divide the country, was the principal cause of these ills. This bitter propaganda resulted in the embitterment of feelings between the two communities who are destined to live like brothers in the same country. The position was further aggravated by the Muslim League decision to start direct action as a protest against the setting up of the Interim Government at the Centre with the Congress and others as members which the League refused to join." All unprejudiced and impartial-observers will endorse the absolute correctness of this statement. The mass killings, our readers will remember, started on the 16th August last, the direct action day, in Calcutta. It is only a diseased mind that can think of achieving sordid object of coercing the people into submission by resorting to violence on a mass scale. Just as a diseased limb of the body has to be treated in the proper manner if the disease is not to spread to other parts and endanger life, so also the disease of hatred nursed and nurtured in the body politic of a community, has to be treated squarely and courageously, if it is not to spread far and wide, endangering the safety of the nation ultimately. And that remedy is a definite declaration by the Central Authority that it will stand no such nonsense hereafter and, if necessary, it will take swift and effective measures in this behalf. It is argued that according to the present Government

of India Act, the Viceroy alone has the power to interfere in times of emergency in the affairs of autonomous provinces in so far as the maintenance of law and order is concerned and that the Central Government as such have no power of their own in this behalf. It is also stated that the Viceroy is unwilling to share this power with the Government in this matter. Even Mr. JINNAH, the apostle of Pakistan and absolute autonomy of Provinces, has had his eyes opened to the dangers of the present situation, and the Muslim League Council of Action has, at a recent meeting, invoked the special powers of the Viceroy in regard to the happenings in Bihar. What is sauce for the goose must be sauce for the gander also. That which is applicable to Bihar is applicable to other Provinces as well. If the Viceroy is hesitant, or is disinclined to use his special powers for reasons wholly unconnected with the emergency, it is the duty of the British Government to intercede immediately by getting through Parliament a Bill to amend the present Government of India Act, with a view to enable the Central Government to act swiftly and effectively in an emergency. The very passing of the Amendment Act will put a stop to acts of violence. Besides, the recent happenings have proved to the hilt the absolute necessity of arming the Central Government, in the Constitution to be framed, with wide and ample powers to move swiftly in all extraordinary and grave occasions. That is the only way to root out the disease of hatred which is slowly eating into the vitals of the people, from the body politic of the country.

A Good Suggestion

One of the most important health safeguards is the periodic physical examination. This should be undergone at least once a year. Many diseases make such great headway before presenting any symptoms which attract the attention of the individual that a cure has become difficult or even impossible. Many persons know all this very well, intend to see the doctor, but keep putting off the visit. Professor Harry A. Overstreet makes a useful suggestion on this subject in *Michigan Public Health* (Vol. 33, p. 229). To determine to have a physical check-up on one's birthday is to associate what would otherwise be a disagreeable and somewhat forbidding duty with an event that is pleasant. Such a linking not only tends to remove the disagreeable quality, but to place the examination firmly in mind as something that will be periodically remembered.—*Good Health*.

MAN and MEDICINE

Dr. K. H. Parekh, M.B., B.S.,

Dhoraji, (Kathiawar).

It is since very ancient times that man is using medicine for his ailments. All civilized nations have their well developed medicinal science. Comparative perfectness of this science is perhaps the indicative measure of the civilized condition of each nation.

The science of therapeutics is known as Ayurveda in Hindu Scriptures. All trees and plants with their seeds, leaves, roots, secretions and bark have been found pharmacologically tested and therapeutically employed. Similarly all animal products have been therapeutically employed. So also many metals, and minerals with their chemical products have been used as successful therapeutic measures. The list of all such measures used in therapeutics is endless. The list of diseases is comparatively small. Besides the numerical contrast there are great many pathies, viz. Allopathy, Homeopathy, Biochemistry, Ayurvedic system, Unani system, Protein therapy, Vaccine therapy, Diathermy, Electrotherapy, Heliotherapy, Chemotherapy, Hydrotherapy and such other therapies.

The question naturally arises, if all these systems of medicine are so divergent in character and act of application, how can they effect a cure.

In Allopathy, Ayurvedic, and Unani systems of medicine, they assume that the medicines directly attack the diseases and cure.

In Homeopathy, drugs produce an artificial immunity, and works just like vaccines.

In Biochemistry, the drug or drugs provide the wanting element and thus help cure.

In Heliotherapy and Spectrotherapy we utilize the rays of the various elements that are found in the sun's rays.

Other therapies are simple to understand. When we are fighting an enemy we have got an army; when we fight a disease, our army consists of heavy drugs as practised in allopathy, Unani and Ayurvedic departments. Homeopathic drugs and vaccines, and protein therapy, work like a fifth columnist; they activate the whole system producing severest reaction against them.

Biochemistry is the food supply of the nation, and without it no army can succeed. It is equivalent to reserve forces.

So we see that each system and every drug method has its judicious uses and it shows the practitioner to see what is the most suited.

In some ailments which are dependent upon state of the alimentary canal we always refer to administer purgatives, the surest weapon against many diseases.

In many chronic infections, and diseases

like plague, small-pox, cholera, typhoid, specific as well as non-specific protein therapy and vaccination are very helpful.

In some diseases when the patient is greatly fatigued or overtaken by the diseases, specific sera, and tonic medicines in the shape of biochemical salts are very helpful in saving the life.

So it is no use praising one system of therapy over another. Every measure of each system has been found useful to some men at sometime. We also see that the same therapeutic measures used by the same practitioner are not useful at another time. So time, space and man vary at different occasions.

Continuous use of medicine has made man think of its efficacy in greater value than it deserves. Man is liable to suffer but he is not destined to suffer. We never pay repair charges of a motor car more than its cost value. Some can defend by saying that value of life is above all. But here we are to compare the expenses incurred to maintain the body, and the expenses incurred to correct the faulty living. We pay or spend more in medicine than in food. Here the practice of medicine, as standardized by the ruling government is greatly to be blamed. In ancient India the physicians were honorary men and practised medicine for only philanthropic gain. The medicine had to be obtained from the grocer or from the field. The physician, then, did not live upon medicine or only medicine. There was hardly any practice for ulterior motive. But alas! to-day's physician is the egoist man to deal with! and yet the longevity and health are steadily leaving mankind, put under the care of present up-to-date medical science.

The free institutions pay less or no attention to the poor. The cheap institutions are also a trap; there the physician gets ample attendance due to low charges, people get medicine-minded and medicine establishes its importance in the role of life, almost equal to or sometimes greater than food. A normal man gets all his energy and vitamins necessary to life from his food, but the medicine-minded man always expects his rejuvenation from the patent bottles. This state of things arises from imperfect and wrong education. It must change. We have every hope in the present central and provincial national governments that they will pay their quick and energetic attention to this deteriorating disorder of life, and thus become entitled to receive blessings from the public. The essence of Ayurveda is that the changes water is the only real medicine, and God alone is the true physician. When shall we be practicing this?

Care of the New-Born

(A Conversation)

A WOMAN brought an infant to the doctor. The child was covered in a dirty cloth.

Dr.—What is the matter with the child?

W.—It is four days since the child was born. It doesn't pass motions regularly. By my introducing a stalk of the betel leaf into the anus it passed a little faeces to-day. That is all.

Dr.—Does the child suckle properly?

W.—It is only four days since the child was born. Within that time there won't be any milk in the breast.

Dr.—So, you have not allowed the baby to suckle? What else did you give?

W.—We are giving it sugar dissolved in water.

Dr.—That is not the proper way of feeding the baby. You can allow the child to suckle within four hours of its birth. There will be sufficient milk for the new-born. Suckling will do good both to the child and the mother.

The child will get the following benefits:—

(1) The breast milk in the first three or four days is very precious for the baby. For it contains what is known as 'colostrum corpuscles' which is a good laxative and so helps to clear the intestines of the new-born of the first motions known as 'Meconium'. So, by feeding the child with the milk purgatives can be avoided, and the infant will be all the more happy.

(2) The above milk is easily digestible and is specially suited for the intestine of the new-born.

(3) The above milk transfers some immunity against infection to the babe. Thus the infant is protected against infection.

Now, the benefits derived by the mother are:—

(1) By suckling the new-born, the nervous mechanism of the mother is stimulated which favours the normal 'involution of the uterus'—that is—stimulates the uterus to contract and undergo changes aiding to its assuming its original size and position, i.e., the size before pregnancy occurred.

(2) Suckling by the new-born is the best method for stimulating the secretion of milk. Not knowing this secret many mothers approach the doctors for medicines to increase the breast milk—when it is too late.

(3) The mother derives very great pleasure and a sense of well being when the child is allowed to suckle for the first time.

I shall now tell you the harms that are caused by feeding the infant with other things instead of the breast milk—

(1) Firstly constipation occurs. To correct that purgatives have to be given; which have to be repeated often. Thus a very bad habit is set up.

(2) The child is deprived of easily digestible wholesome diet and loses weight and strength rapidly. On the fourth or fifth day

DR. S. BALASUBRAMANIAN PILLAI, M.B., B.S.,
Registered Medical Practitioner.
Mylady, S. Travancore.

when the child is allowed to suckle for the first time, it often has not the strength to suck. In this connection I shall make mention of a case which I saw some days ago. A baby was brought to me. It was thin and emaciated. It could move its limbs only with difficulty. So weak it was. It was a ten days child. On enquiry I came to know that only warm water had been given to the poor baby till then as food. Look at the cruelty done to the poor infant! But luckily people who go to this absurd extremity are few.

But, many people are in the habit of giving to the infant, (a) sugar solution, (b) glycer-rhiza water. These are not the proper foods of the infant.

(3) Often this kind of artificial feeding of the new-born sets up infection of the intestines leading to diarrhoea.

(4) A disease known as Thrush develops in the mouth, that is a thick whitish coating develops and covers tongue and insides of cheek.

W.—That is alright sir. What can be done for this child for its present constipation?

Dr.—I shall give medicine for the present. Please allow the child to suckle at least from to-day onwards. It is not good to give the child purgatives often and thus create a bad habit. It is still more harmful to the infant to introduce foreign bodies (like the betel stalk as you have done) into the anus of the baby to induce it to pass stools. I have seen many cases of ulceration of the anus resulting from the introduction of irritant foreign bodies.

Now,—Why is the umbilicus of the baby so red and inflamed?

W.—What do I know about it? Like all the children the umbilicus of this child also was cut. But this is red and swollen.

Dr.—Shall I say the reasons for that?

(1) Look at the cloth with which you are covering the baby. How very dirty it is. If so much dirt should fall on the umbilical wound how can it escape infection and inflammation. In some children this may lead to multiple abscesses in several parts of the body, and other complications, proving fatal sometimes.

W.—Will it do anything for this babe?

Dr.—I shall try my best to prevent such calamity. God willing it will be alright in the course of a few days.

(2) Another cause of the umbilical infection is the dirty knife used by the barber midwife for cutting the umbilicus.

(3) The unclean hands of the barber midwife have to be blamed very often.

(4) The dirty threads used for tying the umbilicus are very often the culprits.

W.—Can anything be applied to the umbilicus?

Dr.—Yes, certainly. I shall give a powder and some cotton. Sprinkle some powder on the umbilicus; cover it with a little cotton and bandage lightly with a long piece of clean cloth. This may be repeated once or twice a day. Remember to wash your hands thoroughly with soap and water before dressing the umbilicus.

Even if the umbilicus falls off, the same dressing may be continued to the umbilical scar. Nothing else should be applied to the scar. I say that specially because it is the common practice among our people to dress the umbilical wound with dried cowdung. This is a dangerous practice very often resulting in the disease known as 'Tetanus Neonatorum'. The marked features of the disease are:—the child begins crying without apparent cause, to be followed sooner or later with attacks of contractions and stiffening of

the whole body. The child will be seen to be in agony. Such children die usually from 24 to 48 hours. Thus you see the necessity for keeping the umbilicus protected and clean.

W.—How many times a day can the babe be allowed to suckle?

Dr.—For this baby one feed every 3 hours may be given. Between 11 at night and 6 a.m. no feed need be given. Between the usual feeds two or three tea-spoonfuls of boiled cooled water may be given.

In the case of infants on the first day of birth one feed every 8 hours may be sufficient. On the 2nd day one feed every 6 hours, and on the 3rd day one feed every 4 hours. Thereafter one feed every 3 hours.

W.—Thank you Dr.

Dr.—Please tell all your friends about what I have told you to-day. It will do a lot of good to them all.

W.—Yes, sir.

Dr.—Thank you.

Honey—A Wholesome Sweet

INSECTS greatly outnumber men and all other living creatures. Some, like locusts, frequently appear in such vast numbers as to obscure the sun, destroy thousands of acres of crops in the field overnight, and strip entire forests of their foliage. Even grasshoppers, which are found in every garden, in a few sections of the country become so numerous as to be a serious menace to agriculture. That the common fly spreads disease is well known. The mosquito has been proved guilty of disseminating malaria and was a formidable enemy in the Pacific. DDT, one of the most efficient of insecticides, played a prominent role in the success of our campaign against the Japanese by practically freeing large areas from these disease-carrying insects. Cattle and other animals, as well as human beings, are infected with deadly diseases which are transmitted by ticks. The dread plague is spread by fleas found on rats and other animals. Every gardener knows that he must wage an unrelenting battle against insects to produce a good crop of vegetables. Without the help of nicotine and other lethal poisons to hold the enemies of flowers at bay, florists would soon be compelled to go out of business. The remarkable effectiveness of DDT in killing harmful insects and the ease with which it may be disseminated over wide areas from airplanes has led a number of agricultural experts to warn us that the use of this powerful insecticide, except in a very limited way, be carefully controlled or it will do vastly more harm than good.

While the depredations of the myriads of insects of this country each year result in the loss of millions of dollars through the destruction of crops and flowers, the bee, as if to atone for the bad behaviour of its millions of relatives, toils industriously for the benefit of man. There are about five thousand different species of bees. Of these everyone

is familiar with at least two, the honeybee and the bumblebee. Some bees are wingless, others lead a solitary life and never swarm together in large communities, while still others burrow into the ground or wood, where they lay their eggs. Although a number of flies and bees appear to resemble each other, bees may easily be distinguished from flies because they have four wings, while the former have only two.

The honeybee lives in a well organized community in which a definite program is laid out for each individual bee and carefully followed. The workers which gather honey toil so arduously that they are worn out and die in six weeks. The task of supplying replacements and even increasing the swarm devolves upon a single bee, the queen. Her sole function is to lay eggs, of which she produces a prodigious quantity. When the hive becomes overpopulated, a number of its inhabitants swarm and leave it, and set out for a new home. The queen makes provision for this contingency. The eggs which develop into workers are deposited in small cells. Those destined to become queens, however, which are several times as large as ordinary bees, are laid in special compartments which have been enlarged by removing the walls of a few cells. The larvae emerge from the eggs in a few days. They receive special care and food and would all develop into queens if permitted to do so. This, however, would only cause confusion and strife as but one queen is needed. The difficulty is very easily overcome. The first queen to emerge from its cell promptly seeks out the rest, stings them to death and leaves the hive with a sufficient number of followers to establish a new community. The life of a queen is generally three or four years.

Guards are stationed at the entrance of each hive to make certain that bees from another hive do not gain admittance. It is

thought that they can identify members of their own community by the sense of smell. Interlopers are driven off or even put to death.

The droning sound which one hears emanating from a hive is produced by its unique ventilating system. A group of bees stationed at the entrance of the hive fan their wings vigorously, thus producing a constant breeze, which not only supplies fresh air to the hive but evaporates enough water from the freshly gathered honey to reduce it to the proper consistency.

While the monetary value of the 226,000,000 pounds of honey which bees produced last year in this country is considerable, it represents only a small fraction of the benefit we derived from the unceasing labors of the five hundred billion bees which are scattered over the land. Of far greater value is the enormous task of pollination performed by these little creatures which is necessary for the production of many fruits, vegetables, and flowers. When a bee gathers honey in the garden, it does not flit from one kind of flower to another; but if it alights upon a rose, goes from one blossom to another until the possibilities of the bush have been exhausted before paying any attention to an iris or a lily. It is fortunate that the bee is so systematic, as the pollen of one species would, of course, have no effect in fertilizing another.

Although honey plays but a small part in satisfying the huge appetite that Americans have developed for sweets, in ancient times it was regarded as a great delicacy and relied upon almost entirely for sweetening. Unfortunately, today the average annual per capita consumption of honey is less than two pounds, while that of cane sugar is more than one hundred, or at least this was true before the war. Honey contains iron, copper and manganese, minerals needed for blood building, as well as the vitamins, thiamin, riboflavin, ascorbic acid, pyridoxine, pantothenic acid, and niacin, none of which are supplied by cane sugar.

The flavor and mineral content of honey are determined by the flowers from which the bees gather the nectar of which it is composed. Dark honey is richer in minerals than light. In the Eastern states white clover, which produces a very light coloured product, is regarded as the best, while in the West the rather dark alfalfa honey is said to be unexcelled. Buckwheat is exceedingly strong, basswood has the flavor of mint, while the wild honeys of Mexico and Cuba are frequently highly aromatic.

Very little honey is sold in the original combs as they come from the apiary, but it is extracted by means of a centrifugal process. Strained honey of highest quality is in every way equal to comb honey. For-

merly, honey was frequently adulterated with cheaper sweets, but our pure food laws now protect us against this deception. A variety of honeys are frequently mixed together to secure a delicious blend.

Honey possesses remarkable keeping qualities, but it should not be stored in a cool, damp cellar. As it is highly hygroscopic, it will absorb considerable moisture, assume a darker hue and be covered with a film of water. It will keep well, however, in a dry attic although the temperature may rise to more than one hundred degrees. When kept for a considerable length of time, especially if exposed to low temperatures, the consistency of honey changes from that of a semi-liquid to a semi-granular condition which is called candied honey. This change in consistency is accompanied by alteration of its flavor. The tendency to "candy" is pretty good evidence that the honey is pure.

Honey may be used in place of cane sugar on cereals and fruit, in fruit drinks, baking and in many other ways. If even a small quantity of honey is used in the preparation of bread, the flavor of the loaf will not only be improved but it will remain fresh longer than ordinary bread. Honey is recommended by many physicians instead of cane sugar products, especially for children, not only because it possesses great taste appeal and is slightly laxative, but also because it supplies the minerals needed for blood building and essential vitamins, all of which are lacking in cane sugar.

Honey is excellent as a quick source of energy as it is ready for immediate absorption into the blood. It has from ancient times been employed as a remedy in a great variety of disorders, and because of its pleasant taste and soothing properties is still frequently an ingredient of many cough remedies. Honey has even been used in the treatment of wounds. It is said to possess bactericidal power. Applications of honey to ulcerated surfaces cause lymph, rich in white blood cells, to pour out freely which not only possesses germ-destroying properties, but assists in cleansing the wound and promoting healing. As the dressing does not adhere to the wound, it may be easily changed.

Although a hive of about fifty thousand bees will produce two to three pounds of honey a day during the season, it is not the purpose of this article to give the impression that all the reader needs to do to assure himself of an ample amount of sweetening for his table is to purchase a hive of bees and set them out in the backyard. Producing honey is not so simple as this. Authoritative books, however, are available which give such full information about beekeeping that any patient, intelligent person may soon acquire enough knowledge of the habits of these little creatures to keep them contented and producing honey.—Good Health.

TELLING THE PEOPLE

"Sir, you raise your voice when you should reinforce your argument."

DR. SAMEUL JOHNSON.

ONE of the most common fallacies heard on people's lips is that the doctor should be paid, not to look after people when they are sick, but only to keep them well. Of course, the suggestion is that our dear friend the doctor will thereby be more on his toes, since if he fails to keep his clients in good health, he will lose his income. This is often said to be the "Chinese system," but that is nonsense.

People who talk in this way think of medicine as a sort of magical power by which the physician provides good health without the patient being asked to do anything at all. He is to lie back waiting for health, like rain on a thirsty soil, and if the doctor cannot deliver the goods in such conditions, well, it is quite fair for him to get no fee!

We are not arguing here on the way in which doctors should be paid. Such matters are less important than the way in which the doctor does his essential work. One thing he must have, and that is the active or passive co-operation of the patient. The practice of medicine is a two-way affair. The doctor gives and takes—mentally. The patient gives and takes—mentally. They are engaged jointly in the enterprise of achieving the equilibrium of good health. And the hardest side of the work is on the patient's part. The most the doctor can do is advise, guide and encourage him.

The surgeon performs the operation, but God and the patient perform the cure. The physician prescribes the treatment, but the sick man (and his wife) carries it out. In every disease, the same essentials are at work: skill and sympathy on the part of the doctor; understanding and co-operation on the part of the invalid. Whether he is told to have injections, or merely to give up smoking, to take more exercise or to avoid pastry, to have the child's tonsils out or to order him some spectacles—the essential part of the treatment is what the patient does.

If follows that what the patient feels and thinks about himself is all-important, as every doctor knows. This is true in preventive medicine, as well as in the cure of illness. The tiny grain of sense in that nonsensical idea that the doctor should be paid for keeping us well (for we may admit that it has just a shred of truth), is that to keep well, we do need some medical advice. But we also need faith and perseverance to enable us to follow it. It is really extraordinary how far people will deceive themselves into

thinking that a medicine will do them good, when all the time they refuse to carry out those good habits and healthy ways of life that should go with it.

How are we then to set about telling the people—about their health? Are we to bang the big drum and shout at them? Are we to set their blood a-curdling with all the horrors that will follow neglect of all advice? Emphatically No.

Old Dr. Johnson's wise saying at the head of this article reminds us that when you raise your voice, you are inwardly aware of some weakness in your facts. Instead of shouting at your opponent, you should reinforce your argument, shaping your points until they lead to an irresistible conclusion.

In this lies the secret of the way to influence in the direction of the good life. Instead of bullying into good health, we must persuade. The arguments must be sound, the facts must be stated fairly and squarely. Unfortunately, there are many gaps and fallacies in our knowledge. There is no discredit in this, and we shall gain credit by admitting it. There is no finality in the art and science of medicine, no frontiers except those of ignorance, no limitations but those of time. And so it is best to present our argument sincerely and openly, explaining the bad with the good, and not trying to pretend that we know everything.

The strange result is that, if our facts are presented in that way, they will be believed. The average human mind instinctively picks out conviction, and gains a sense of reassurance from the honesty of the presentation. "Telling the people" about health matters is the beginning of a really sound sentiment. The reward will be reaped when some serious emergency comes, such as a bad illness, or some epidemic. The man and woman with some knowledge of the ideas of preventive medicine find it easier to understand what is required of them when the time comes. They will then find it more simple to establish that two-way traffic with the doctor, and they will be able to play more readily their part in the tricky business of performing the cure. A little knowledge can be dangerous—but no knowledge at all is worse. Everyone has to begin sometime, and no one can possibly know what the expert knows. But telling the people means gaining their sympathy and encouraging that alert and open mind which can pick up what it needs to know.—Health Horizon.

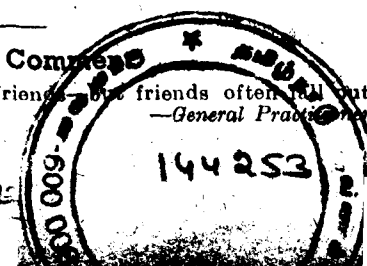
A man's teeth and hair are his friends—his friends often fall out.

—General Practitioner.

Health, Dec. '46]

Current Contents

L.S.M.211, N.2.3.H.E.



[Page 119]

Topics from Medical and Health Periodicals

Factors in dental caries.—1. The use of (certain types of) mouth wash may be instrumental in promoting dental decay. These products may frequently destroy the delicate organisms that nature has provided as part of a defensive system against dentally destructive organisms.

2. Certain strains of yeast are major contributors to the complicated chemical process involved in dental caries.

3. The presence of carbohydrates (especially sugars) provides a nutrient which creates a favourable host for certain dentally destructive organisms, most prominent of which are: *Lactobacillus acidophilus*. If prolific growth of these organisms is induced the protective bacteria are rendered ineffective and frequently are completely eliminated.—Schantz, C. W. and Schrivener, C. A. *J. Am. Dent. Assoc.* Vol. 33, No. 3, Feb. 1, 1946.

Squash seed a good food.—Squash seed rich in protein and oil has been developed by Professor Lawrence C. Curtis, of the University of Connecticut, at Storrs (*The New York Times*, March 13, 1946). The oil content varies between forty-eight and seventy-five per cent, while the protein ranges up to thirty-five per cent.

This seed contains two and one half times as much oil as the soybean. It is edible raw, and when roasted or "exploded" in boiling oil, has a rich, nut-like flavor. Its keeping quality is excellent. When the oil has been extracted, there remains a concentrated high protein live stock food. The yield per acre is about one thousand pounds, about double that of the average productivity of the peanut. This seed should be an excellent crop in desert regions like our Southwest and in Northern Africa. In that region, gourds grow as perennials without cultivation. If the perennial habit could be bred into this squash, it would be the agricultural salvation of those dry lands.—*Good Health*.

Alcohol a deceiver.—Experiments have been conducted to determine the effects of moderate doses of alcohol. Irvin L. Child, Ph. D., of Yale, has surveyed this research to learn the sources of some popular impressions of what liquor does to a person (*Scientific Temperance Journal*, Vol. 53, p. 75). A commonly reported effect is of general relaxation and sense of well being. This impression is created because alcohol is a depressant. When slightly under its influence, a laborer may think he is working more efficiently than usual, whether he is or not. Increased freedom of emotional expression is another common manifestation. This is supposed to stimulate sociability. What really happens is that constraint from the higher centers of the nervous system is lessened. The person may be making a fool of himself without knowing it. Anxiety may be reduced. Thus, the ordinary fear of consequences may be lessened or cast aside, and acts are committed

which later are bitterly repented.—*Good Health*.

Recipe for enthusiasm.—If you are enthusiastic you will develop personality in your voice. The voice with personality has to be an alive voice, and an alive voice is one that vibrates with enthusiasm.

Napoleon Hill, in his *Law of Success*, says: "Enthusiasm is not merely a figure of speech. It is a vital force that you can harness and use with profit. Without it you would resemble an electric battery without electricity. Enthusiasm is that with which you recharge your body and develop a dynamic personality."

He gives six ingredients in his recipe for enthusiasm.

1. Occupation in the work one loves best.
2. Environment where one comes in contact with others who are enthusiastic and optimistic.
3. Good health.
4. Financial Success.
5. Knowledge that one has served others in some helpful manner.
6. Good clothes appropriate to the needs of one's occupation.

Each of us has at least one of the six factors. Start with that as a basis and try to cultivate the rest.—*Lorraine Osborn*.

Cultural influences in alcoholism.—Social factors seem to play a greater part in the genesis of alcohol addiction than in the development of other personality maladjustment or behaviour disorder. Poverty and wealth, unemployment, and general living conditions, are often mentioned and interpreted with weight equal to social intercourse as precipitating agents.

Drinking has become a universal function—a medium of merrymaking and a solvent for sorrow, a bracer or a relaxer; an appetite increaser or an aid to digestion; to celebrate a baptism or to condole at a wake.

Traits recognized in problems of alcoholics are frequent sexual maladjustment, marital discord, and a feeling of inadequacy. In the struggle for existence some conditions in the life pattern of alcoholics are the result of building up obstacles, with corresponding diminution of any chances of success. Therefore they prepare themselves to fail and manifest the attitude of defeatists. The complexity of life seems greatly reduced with the aid of alcohol. One often finds that inadequate personalities who use alcohol have a intense desire to rise to reality.

To combat or counteract the extra personal factors of alcoholism society must acquire unselfishness, fortitude and wisdom to minimize the cultural aspects of drinking.

If the appeal of drinking as a glorified function is nullified or neutralized by scientific truth, only then can we expect a modification of this disease symptom.—*Banay, R. J., Nerv. Ment. Disease—102-265.*

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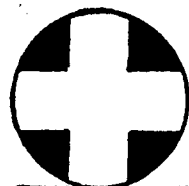
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