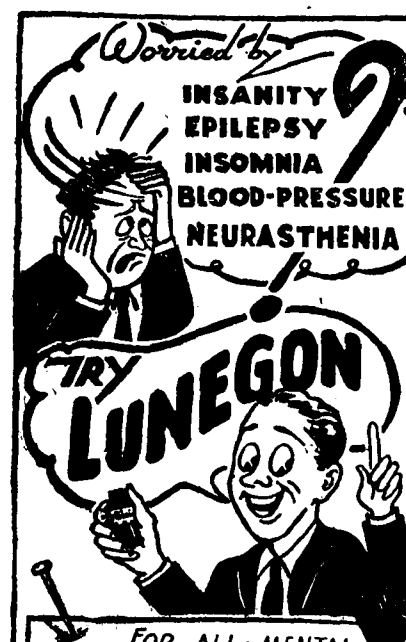


# HEALTH

ESTD. 1923

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



**FOR ALL MENTAL AND NERVOUS DISORDERS.**  
A high-grade ethical product with an open formula which contains no dangerous drugs.  
Quick in action, Easy to use.  
Price per bottle of 50, Rs. 4/-  
Available at all chemists.  
MEDICAL CIRCULAR FREE ON REQUEST

**HERING & KENT**  
P. O. Box 323 (H.E.M.)  
261-263 Hornby Road, Fort  
Bombay Phone: 24297

## Ashtangasareeram

By  
P. S. VARIER.

A Concise and Complete work on Anatomy and Physiology in Sanskrit. Certified by the All-India Ayurvedic Conference in 1926. Indispensable to lovers of Ayurveda. Price Rs. 12.

Apply to:—P. M. Warriar,

Asst. Manager,  
Aryavaidyasala, Kottakal, S. Malabar.

## EYE SPECIFICS!

**"CATRACTOL"**:—Rational remedy for juvenile, Senile, Diabetic, and Black Cataracts without any operation at all. No matter ripe or unripe. Has given most satisfactory results to many sufferers. Prescribed by Eye Specialists throughout India and abroad. Prices: Giant Phial (Complete course) Rs. 15; Large Phial Rs. 10; Medium Phial Rs. 5-8; Small Phial Rs. 3.

**"OPACITINE"**:—This valuable remedy is highly efficacious in Blepharitis, Pterygium, Chronic Trachoma and any kind of Corneal Opacity—'Chitta' (a Nabula, a Macula or even a Leucoma) of any size, shape or duration whatsoever. It has succeeded where yellow Ointment, Dionine or other Artificial Dyes have given way. Quite harmless and largely recommended by ophthalmologists of India and Europe. Prices: Giant Phial (Complete course) Rs. 15; Large Phial Rs. 10; Medium Phial Rs. 5-8. Sample Phial Rs. 3.

**"BLINDOL"**:—Well renowned herbal ointment for Night-Blindness and all other eye troubles except born blindness. A trial will convince every body. Price: Single Phial Rs. 8; 8 Phials Rs. 12-8; Doz. Phials: Rs. 40.

**"SQUINTO"**:—Sanyasi herbal gift to correct Crossed-Eyes or to cure Eye Squint. Give very satisfactory results in cases of babies and the young. Price: Single Phial: Rs. 6; 8 Phials Rs. 12-8; Doz. Phials: Rs. 40.

Agents & Stockists wanted throughout India.

For terms write to:—

**GUPTA EYE RESEARCH CLINIC**

MAIN STREET : : PABRUR (Pb.)

Provincial Stockists:—

1. Indian Homeo Trading Syndicate, P.O., DHANGHARA Dt., PURNHA (Bengal).
2. New Pharmacy, Uzanbazar, GAUHATI (Assam).
3. Sri Krishnan Bros. P.B. No. 168, MADRAS.

# HEALTH

ESTD. JAN. 1923.

A Journal Devoted to Healthful Living.

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

Annual Subscription: Rs. 2. Foreign: 0-4 sh. Post paid. Single Copy As. 3.

Editorial and Publishing Office: 323-24, Thambu Chetty St., G. T., Madras.

Vol. XXV

JUNE, 1947

No. 6

## FOOD FOR ALL

INDIA has enough manpower; India has very large areas of lands which can be brought under cultivation. But the governments in the land had, till the declaration of the Second World War, done nothing to make India self-sufficient in the matter of her food requirements. They were dependent entirely upon imports from Burma, Siam and other places to meet her requirements. Only when these countries were captured by the Japanese and imports stopped, did they wake up to the realities of the situation. The stationing of a large army in India added to our troubles. A Grow More Food Campaign was started under the auspices of the National War Fronts in various provinces and huge sums spent in this behalf. With what result? Practically nil. More land was said to have been brought under cultivation as a result of the action in this behalf, but the production had remained practically stationary. It would be no exaggeration to say that it had dwindled to a certain extent. Only a few people, official and non-official, benefited by the so-called campaign.

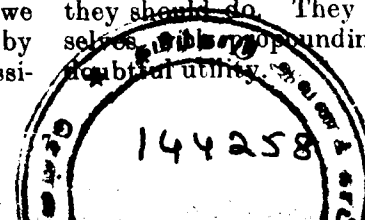
It is now nearly two years since hostilities ceased, and yet what do we find? We are in a much worse position today than we were during the pendency of the war. The cereal ration has now been reduced in the Madras Presidency to 10 ozs a day, and if we are to take the warnings given by men in authority seriously, it is possi-

ble that this may further be reduced. Mr. N. G. ABHAYANKAR has given the warning in the International Emergency Food Council that India faces the possibility of her people "rebeling" against the rationing system. How can the people keep themselves fit and healthy with such an inadequate ration, or with the breakdown of the rationing system, when the prices of some articles which might be used to supplement it has risen, to Himalayan heights making it impossible for men of average means to go in for them? We are told that the Government of Madras have formulated a plan to increase production. We have had enough of plans previously to increase production, but they have all miserably failed. The reason is obvious; they were all superficial and did not go to the root of the problem. Valuable suggestions were made to the Government as to the best and effective means of increasing production to meet the growing needs of the province. They were either pigeon-holed or consigned to the waste paper basket in the usual bureaucratic way. Even the present popular Government labours under the serious disadvantage of neither knowing things themselves nor of taking advice from others. In the same manner as the bureaucrats had been doing all along. No wonder they are in a fix and do not exactly know what they should do. They content themselves with the unimproving schemes of doubtful utility.

[June, '47]

Health

L 150 211, N 23 111  
N 23.25.6



A Rapid and Efficient  
Blood Regenerator

## HEMOBIN

WITH LIVER EXTRACT

with or without arsenic & strychnine

A palatable combination of pure  
Hæmoglobin and Hæmatogenic active  
principle of Liver

for

### Anæmias

Pernicious and Secondary



Variety of combinations available  
to suit all complications



**BENGAL CHEMICAL AND PHARMACEUTICAL WORKS LTD.,**  
Agents:—N. DASAI GOWNDER & Co., 41, Bunder Street, G. T., Madras.

## FREEDOM FROM DISEASES

is assured when you consult, even by letters to our Dacca Head office, our Adhyaksha Dr. Joges Chandra Ghose, M.A., Ayurvedaastri, F.O.S. (Lond.), M.O.S. (Amer.) formerly Professor of Chemistry, Bhagalpur College, and use our Pure and Genuine Ayurvedic medicines, manufactured under his direct supervision. That is the shortest road to complete recovery. The experienced Kavirajes at all our Branches may also be consulted.



### SADHANA AUSADHALAYA

DACCA  
(BENGAL)

Branches:  
All over India.

## HEALTH LECTURE SERIES

You can do a lot of good to the masses by imparting knowledge to them on matters of Sanitation and Hygiene by studying the **HEALTH LECTURE** series by Dr. U. Rama Rau.

Send for a list of publications.

**SRI KRISHNAN BROS.,**

323-24, Thambu Chetty St., G. T., Madras.

## KEEP YOUR EYES YOUNG

Your eyes are your most precious assets, look after them as you would a rare gem, by using **ROWJEE'S OPHTHALMO**. Its regular use will remove redness of the eyes and soothe and strengthen the Optic Nerves.

**SRI KRISHNAN BROS.,**

323-24, Thambu Chetty St., G. T., Madras.

How to get out of the mess is the problem that stares them in the face? It is not too late yet to redeem the position if they are really anxious to save the Province from disaster. The fertility of the land has fallen below normal by the penny-wise and pound foolish policy the past Governments had adopted to mulct the ryots by way of land tax, leaving with them little to improve the fertility of the soil. Cattle wealth of the province has been ruinously depleted, entailing a great reduction in milk supply and the loss in quantity of the time-honoured and customary manure to feed the lands with. Chemical manures may serve as substitutes. But there is another side also to it. The ryots are not in a position to go in for them on the scale needed. Besides, with the water supply position precarious in many areas, the feeding of lands with chemical manu-

res may, instead of being beneficial, prove harmful. The whole thing has to be examined in all its bearings. Mere paper plans to bring more acreage under cultivation will not produce results and stave disaster. What is wanted is a dynamic all-round programme of improvement. Let the Government ransack the files of 1942. They will find valuable suggestions made with foresight and wisdom. Politics is one thing and administration is another thing. Let them bring to bear the popular administrative spirit to bear in their actions; let them seek the aid of those who know the thing and who can give them sane and sound advice in the matter. The problem will be solved and Madras can again be made the home of plenty, with something to spare for others. That way lies wisdom; that way lies the well-being of the people entrusted to their care.

## Health and Education

DR. A. SUBRAMANIAM, L.L.M.

Member, Central Board of Indian Medicine, Trivandrum.

**I** OWE an apology for this short article. Though I am not at present connected with any school, I was, for some time, Resident Medical Officer and Medical Inspector of Theosophical National College School, Adyar, and during that period, I had gained intimate knowledge of the school health and environments of the boys and girls, whom I have examined and treated. I am of opinion, that if proper training and hygienic education is given in the student stage, much expenditure on Public Health Department could be saved.

In a majority of cases, sickness is self inflicted. Some people rarely get ill, because they live healthy lives, and attend to the sanitary state of their surroundings. They pay due regard to the nature of the food they eat, the water they drink, the air they

breathe, and the clothes they wear. At the same time, millions are constantly ill. This perhaps, to a certain extent, is due to the climatic influences, but the greatest share of the sickness is due to want of attention to the points just mentioned above. Sickness is no more a matter of chance, than any other evil, which we are able to avoid. Sickness can, to a very large extent, be prevented. When proper food is properly taken into the system, and the waste matter promptly thrown off, and all the organs of the body work in unison, health is maintained, and if any dislocation or derangement of any of their functions takes place, sickness is the result. A sickly individual is merely paying a penalty by his sufferings for violating the laws of health. Whenever a man is ill, there must be some cause,

that brought about the illness. Therefore it is incumbent on everybody to know the laws of hygiene or sanitation.

Hygiene or sanitation is the science which teaches one laws of health, and the methods of their observance. Latest scientific researches have come to teach us, that the preventive measures are based on the sound principle, the principle of cause and effect. If you disobey the laws of nature, you pay penalty in the shape of some disease and suffering. The study and understanding of the principles of general or public and personal or private hygiene have done immense good in the civilized countries. Hygienic rules and measures have saved millions of lives, prolonged others and lessened misery and want. Now, for example, there is a great decrease in the extent and number of small-pox epidemics, after the introduction of vaccination. Previous to the introduction of vaccination, small-pox killed thousands and thousands, and when it did not kill outright, it affected the patient in other ways. Many were disfigured from its ravages, and some of the unfortunates that were attacked became completely blind from the disease affecting the eyes. When vaccination was made compulsory, it prevented small-pox occurring at all, and if it did occur, caused it to appear in a mild form.

Similarly other epidemics, such as cholera, plague, etc., are prevented from causing the worst havoc, by taking preventive inoculations. We all know the maxim "Health is Wealth." The best gift of intellect or fortune is of little or no use, if the body is not healthy and fit to use and enjoy them. We often see that the lazy alms-seeking mendicants and beggars, with robust health, are really happier than a rich man, who is constantly suffering from some disease or other. Amongst the well-to-do a number of illnesses are due to over-eating and drinking and having no regular employment. Success in life and enjoyment of life, Health, June '47]

largely depend on the standard of life maintained. A large proportion of ills which affect us are avoidable. A proper knowledge and appreciation of hygienic laws will considerably decrease the number of diseases from which we suffer.

Civilization, commerce, art, learning, and refinement have, along with their innumerable advantages, brought their evils also, one of which is loss of health, through sedentary habits, inattention to the want of due amount of exercise of the voluntary muscles. Haste in traffic, haste in business, haste in education and haste in pleasure, have led to haste in drinking, eating, sleeping and thinking, until physical degeneracy and premature decay stare us in the face on every hand.

In every society the unclean habits or customs of a single person did not harm him only. They likewise affect his neighbours and ultimately the entire society or population. If all lead healthy lives and adhere to the sanitary laws, the greatest possible benefit accrues to the public health of the place. Therefore any person offending against the laws of health, is not only an enemy to himself, but also the enemy of the people among whom he lives.

The boys and girls of today are the future citizens of the morrow, and therefore every child in school should be taught and made to practise at least the elementary rules of general and personal hygiene. The students should be told in easy, simple language the laws of health and how to keep well and how to prevent disease, and we must give them simple reasons for the lessons we impart. Knowledge of health should be communicated to each individual in the community, in order that he may make it his own, and co-operate intelligently in carrying out measures, intended to prevent disease and promote health. Without such intelligent co-operation of each individual, there will be many a weak

link in our chain of preventive medicine and public health, and so long as that is so, the chain will remain weak, notwithstanding the superb strength of other links in our chain.

Our Government for some time tried to drill in our minds health knowledge in diverse ways, such as health lectures, health dramas, health demonstrations, health films and other forms of propaganda intensively and extensively. Of course all these methods were doubtless excellent in their own way, but they were not likely to prove sufficient for achieving the supreme object of the formation of the right habit or healthy habit, which would enable a person to behave habitually correctly under all circumstances, to follow hygienic ways and avoid unhygienic ones as a matter of unconscious or automatic behaviour.

Even in European countries, they have come to realise, though lately, that in the above quoted methods of propaganda, the results were appallingly slow, the ignorance of the general public in regard to even the simplest principles of hygiene was still colossal. The same is the case in our country also. If at all they have succeeded in imparting the knowledge, they have not succeeded in persuading the majority of the public to apply it. If facts were pushed before them, they woke up temporarily and took notice, but tended to forget readily and fall back into ignorance. The literature pushed under their noses, was casually read and thrown away. Lectures were attended by the few, and for the most part by those, who were already so instructed as not to need them. The lantern slides were viewed out of curiosity, and if amusing, were appreciated for the laughter they evoke, rather than for the message they convey. So much of our time and money are wasted. It was all so temporary in its effect and so casual and infrequent in its presentation that it did not arouse a permanent interest nor retention. In other words, it did not

stick. One would like to know the reason and what is it that led to this unsatisfactory result? The simple answer is that we have approached this subject in the wrong way. We tried to teach this, as we would a science, academically, instead of trying to develop it as a sense, the public health sense or sanitary conscience, if you like. Now how is this sense to be developed? The answer is that it must originate with the first impression very early in life. If the parents themselves had this public health sense and knowledge, developed from their infancy, they would unwittingly develop it in their offspring. During the infant stage, the teachers of the young can do a lot, through stories, nursery rhymes and the like. We can invent stories with a definite health value which will, whilst being of a nature to hold the child's interest and remain in his memory, convey real facts and principles of life in later life.

The fundamental idea should be that, in every case, health knowledge should be presented in a manner which is interesting enough to grip the attention of the child, and make a lasting impression on his memory. It should be unobtrusive yet persistent, not occasional academical lessons, chilling to the child and divorced from his life activities, but regular events of his daily routine, both at home and at school, so planned that by constant practice the child acquires the habit of right living as a joyous and almost unconscious function of life activity.

I have to say most painfully that many of us, elders, are lacking in sanitary conscience in spite of our education and so-called civilization. We all know that in every street municipal dust bins are being kept for putting the rubbish and waste products. But invariably we find the dust bin being empty, and all the rubbish and waste products thrown around the dust bin. Even to-day in the city of Madras, in some quarters, say in Triplicane or Mylapore, when one walks in the morning

[Health, June '47]

hours between 10 and 11, he will have to do so very cautiously, lest the bundle of plantain leaves with the remnants of the morning meal rolled in it will come whirling around his head; as by that time the housewives would have finished their breakfast and threw the bundle from their houses without noticing or caring for the passers-by.

Similar is the case in the big city of Bombay with its multi-storied buildings. The servant maids, will be emptying the chamber pots with their none too wholesome contents on the heads of the passers-by from the upper storeys without any consideration for

the unwary pedestrians. I am told in Calcutta, in big Government offices, where educated young men are employed, the stair cases will be smeared red, with the spittings of the *pan-supari* chewings by the staff. What a nasty sight and unclean habit, will it be?

In fine, if every citizen feels his sense of responsibility and develops what is called sanitary conscience or health habit and gives hearty co-operation to the health authorities, there is no earthly reason why men and women should not come back to Moses' 120 years, as the normal duration of life.

## On Vegetable Products

KRISHNA KUMAR GUPTA.

BEAN VISUARAD.

5, Chah Chund, Allahabad.

FASHION plays no mean part in the conduct of our lives. Customs and habits are also, as a matter of fact, nonetheless, important and determine our taste itself. The acid test, the hall-mark, of greatness today lies in consuming vegetable products, by whatever name they be known. Consequently consuming Dalda—the symbol of vegetable products—is as inevitable and necessary as to chew betels, smoke cigarettes, see pictures and dress gaudily! This applies to all except, of course, ordinarily placed middle-class workers, i.e., the officers, the lawyers, the businessmen and even the doctors themselves.

The question of the production of Vanaspati in the country has recently assumed a piquant position. On account of the withdrawal of control on prices of oils, but not so in the case of vegetable products, the manufacturers of the latter have not been finding it possible to continue production any further. And even though the Government are not intent on liquidating the industry the result is a complete dead-lock.

Health, June '47]

In a land like ours possessed of all the rich gifts of nature there was a time when there was no dearth of pure ghee. In fact it is legendary that there flowed rivers of milk and ghee. The war that ended a couple of years back brought about an acute shortage of ghee coupled with top-high prices, and the vegetable products, though known earlier, became widely prevalent. The scope for Vanaspati was great. The industry got a fillip and did not fail to make rapid strides. Statistics disclose that as against two factories of the kind producing 18,000 tons annually in 1935, there are now as many as twenty-two factories producing 1,45,000 tons annually, the number of the factories and output still tending to increase much in case licences are granted to the intending manufacturers.

That Vanaspati is not ghee cannot be questioned. It is a refined vegetable oil after the removal of slime, acid, colour, smell, rancidity and it is hydrogenated. Its producers, however, claim all sorts of superlative merits for it. Nothing is difficult for their

[Page 53]

advertising or publicity department. They emphasize that it is more nutritious than ghee. This they put in the mouth of the noted nutrition expert. DR. AYKROYD of Conoor further says that with the addition of vitamin D to it, it becomes a perfect vegetable cooking fat. It is said that it is readily digestible and does not leave any harmful residue. Those who should have seen a small film advertising Dalda about three years back can picture to themselves hefty fellows with sinewy bodies dancing while carrying heavy loads of Dalda on their heads. The film depicted that their poise and the development of their body owed, in the main, to the powerful effects of Dalda. The inducing part by the distribution of free samples of Dalda, sometimes *puris* and *samosas* also, having finished long ago, people all over the country in every walk of life have popularly adopted and been using Dalda and similar other products all these years.

On the one hand, there is the immense popularity of the vegetable products and, on the other, there has been raging a serious storm that they are not useful but instead positively harmful or even dangerous things. A section or another of the public has always been agitating through the assemblies that the Government must, in the interest of the national health, do some such thing like colouring them which may lead to the impossibility of their being mixed with the Deshi ghee as has been taking place every day. The holders of this view have burning sensation after having taken meals cooked in vegetable products. They definitely dislike their taste and refuse to accept that there is anything healthful about them. They can foresee that the physical strength acquired by the consumers of Dalda is more apparent than real. Dalda-eaters are like fat persons who have nothing in their bodies. Non-eaters of Dalda have their suspicions about it and do not desire to make them

myopic and their children or their children's children stone-blind. Dalda and its substitutes are the very substances which have been characterised as poisons by no less a man than Mahatma GANDHI—an authority on men and matters. So Dalda is tabooed and whatever be professed it is neither ghee nor butter.

The question "how best to deal with these vegetable products" came up before U.P. and the Central Legislative Assemblies some time ago. Whether the offending article has or has not any food value is not authoritatively known. All that we have from time to time are a few letters from scientists expressing a certain opinion, but they do not solve our problem. Colouring the vegetable products has not been possible because it would spoil the article and make it injurious, if it is not so already, or make it more injurious, if it is injurious already. No longer can we, therefore, be content with the whims of faddists, and what is required is a scientific verdict on the vegetable products. All laymen should shut up. The Central Government, in view of the significance of the matter, owes it to the public to have the misgivings about the vegetable products set at rest by having it examined by very suitable hands in Government laboratories. And that might settle the fact that the deleterious stuff in the vegetable products is a dangerous certainty and ultimately lead to a ban on the production of the vegetable products throughout the country. The factories may then turn to producing other things, the self complacent and obstinate housewives may yield to what is right, the children accustomed to Dalda may take to pure oil, if ghee is not possible, as that would also be better than Dalda, and finally we may save the criminal waste of 25 crores a year for which Vanaspati is produced and consumed in the country. Shall we ever have the good old days of wholesome food, enough to spare and to spend?

## The Iron Lung—

Has Produced A Three Month Cure for T.B.

Adapted from *Science News Letter*,  
Washington, D.C.

JANE STAFFORD

THE iron lung, normally used for helping people breathe, is now making it possible for some people not to breathe—as a cure for tuberculosis.

This new type of mechanical lungs has been developed by Dr. Alvan L. Barach, of Columbia University College of Physicians and Surgeons. The device allows the patient to desist from breathing for hours at a time, thus giving the human lungs complete rest. Results of clinical tests show that this complete rest helps make it possible for the lungs to heal and throw off the disease.

Of the twelve patients who have been given this treatment so far, six have made a complete recovery. All were suffering from tuberculosis of the lungs in the advanced stages. Three of the cures were effected in three months; two cases required six months; in the sixth case treatment lasted for a year.

Two typical cases are given here:

A 36-year-old man was admitted to the Presbyterian Hospital in New York City in May, 1938. For a year before this he had had clinical symptoms of pulmonary tuberculosis. An X-ray examination showed that the disease had infiltrated both lungs. Resting in bed at the hospital didn't better his condition.

After treatment in the Barach iron lung, he gained thirty-five pounds in four months. After convalescent care, an X-ray examination showed that the lesions in the lungs had cleared up completely. A saliva test for T. B. was negative.

This man has been back at work for six years. The only lay-off from work came four years ago when he began drinking heavily and eating little,

because of personal unhappiness. He recovered after two months' rest in bed.

A 31-year-old man had had T. B. for nine months, prior to admission into a municipal hospital. In the following two months, while in bed, he ran a fever of 100 degrees to 101 degrees F. On November 4, 1938, he was admitted to the Presbyterian Hospital and given a course of two-and-a-half months' treatment in the Barach lung. He gained 17 pounds, his temperature became normal, and most of the T. B. condition in his lungs disappeared. After two more courses, T. B. tests registered negative and his cough disappeared completely.

Toward the end of the treatment of this patient, Dr. Barach administered the drug *promin*. *Promin* taken by mouth had been shown to be effective in retarding the development of tuberculosis in guinea pigs, and was tried on a few cases at the hospital. In this case, the combination of mechanical lung and *promin* cleared up the disease. The patient has now been working for over four years.

At first, Dr. Barach placed the patients in the lung for only four or five hours a day, but this was not enough. Treatment now consists of eight to eleven hours daily in the lung, during which time the patient does not breathe at all. This is accomplished by a special arrangement which wafts air in and out of the sick lungs.

The device involves a collar around the neck, which divides the iron lung into two compartments: one for the head and one for the body. B. a

synchronization of cycles of pressure changes in the two compartments, pressure is equalized on both sides of the chest wall, as well as on the upper and lower surface of the diaphragm. This pressure-equalizing feature is the chief difference between the new apparatus and the iron lung that is used for polio victims.

That the patient literally stops breathing while in the lung is shown by X-ray pictures, which fail to detect any movement of the ribs or diaphragm. The patients lie relaxed without moving. Most patients are not even bored, although a few use the radio for entertainment.

Problem number one is that of teaching the patients not to breathe. They may learn this in a few hours, but some take two or three days. At first their sinuses and ears bother them, because of the changing pressure on the ear drum. Sponge-rubber covers over the ears or radio ear-

phones lessen this feeling, and nasal spray helps relieve the sinus congestion.

In all cases, the patients get used to the changing pressure. Some even enjoy the treatment—and most lie completely relaxed for hours, without breathing, moving their hands, or changing position.

Dr. Barach calls attention to the effect treatment has on the central nervous system. Not only is there complete relaxation, but the desire to smoke disappears, even in those used to smoking two packs of cigarettes daily.

The doctor concludes: "The mechanism of improvement does appear to be related to the cessation of lung movement, which not only diminishes the diffusion of toxins in the lungs, but provides in most cases an unusual form of mental and physical rest." —*Magazine Digest*.—*The Oriental Watchman*.

## PROLONGED ANXIETY CAN CAUSE ILLNESS

Here is a case similar to very many prevalent at this period of reaction. A reader states she has been in a condition of ill-health for some months; disordered stomach troubled sleep, and nervous apprehension about things in general. It is revealed that some time back, unexpectedly and without just cause, the woman supervisor of the department of a store where our reader works found fault with some parcelling. A mere rejoinder, and the supervisor lost all control and, in a rage, said, "Very well, now I know what to do," and banged out of the department.

**PSYCHOLOGICAL ADVICE:** Upsetting at the time, but nothing happened—storm in a teacup. In all probability you were, as a child, and you are, as an adult, hypersensitive and over-conscientious, and have felt criticism keenly. In a way, you have never grown up, consequently you are at a disadvantage to-day in a world where tactless, unfeeling, selfish, and crude folk can cause real pain and actual illness through thoughtless behaviour toward those who are thin-skinned. You were bruised, and you nursed your bruise, and by thinking around it you increased the dull pain, and, in your subconscious mind, you allowed the

association of ideas to set up a phantasy of possible serious consequences through venomous action on the part of that supervisor. There was no outlet, pressure increased, and it followed by the law of the body-mind relationship that acute nervous apprehension poisoned your bloodstream, threw your digestive apparatus out of gear, and disturbed glandular activity, producing "symptoms" of several kinds of organic disorder. This happens where there is fear thought and no action taken.

The wise thing to have done would have been to go to that supervisor and say, "That flare-up was most regrettable and I am so sorry it happened, as I realize how trying things are and I should be the last to wish to add to difficulties. I am sure we can forget it for the sake of the business and my peace of mind." No, it would not have been "weak" on your part, and probably you would have prevented your nervous reaction. In these times we must discount hasty words spoken on an empty stomach, allowing for the cares and frustrations other people have to put up with similar to our own.—*Health for All*.

## A Five-point Plan for Health

ALBERT V. HUCKLE

THE Government plans which are incorporated in the new Health Services Bill have been referred to in the Press as a Health for All Plan for the Country, but regular readers of this magazine will realize that the operation of the various services in the Government scheme is not likely to raise the standard of the nation's health by any appreciable degree. Indeed, the very opposite of the desired result is what we may expect when the orthodox suppressive treatment by drug, serum, and surgery becomes more and more readily available to all classes of the people.

The time has come when the public should abandon for ever the old-fashioned idea that health is largely a matter of chance, and that there is little or nothing that the individual can do about it other than to accept what comes, and then rely on the physician to rescue him from whatever ailments and diseases beset him. The great need of the times is for people to become more positively health-conscious, and to realize that each and every one of us is largely responsible for the state of health we enjoy.

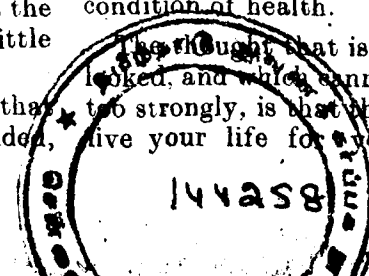
**A colossal disappointment.**—When we stop to think that the health of the civilized people of the world has been made almost the sole responsibility of the medical profession for hundreds of years, we cannot do other than admit that the result to-day is a colossal disappointment. If the amount of sickness and disease that is prevalent to-day had come upon us overnight, we should be appalled by it, yet we have come to accept it almost as a natural thing, and until the individual himself becomes a victim of some dread disease, he gives the whole matter comparatively little thought.

The truth about good health is that it can neither be bought nor provided,

it has to be earned. In the matter of health, as in all things in the Universe, we are governed by natural laws which are as fixed and unchanging as the laws of mathematics, and, to a great extent, life is made up of rewards and penalties according as to how we obey or disobey these natural laws. Consistent and willing obedience of natural health laws must and will result in perfect health, and conversely, persistent disobedience of these same laws must, sooner or later, result in impaired health, disease in one or more of its many forms, premature old age, and death many years before its time.

It is futile to think that we can live just as we choose to live, disregarding the rules of health, violating them at every turn, and then be rescued by the doctor's ministrations whenever we will. True enough, your doctor can give you alkaline powders to relieve your indigestion, drugs to stimulate and excite over-worked vital organs to greater activity, depressing drugs to quieten an outraged nervous system, and so on. He can also remove some part of your anatomy which has become damaged beyond repair so that you can still live—after a fashion—with a useful part of your body missing and irreplaceable. Such measures are easier for some people than having to do anything about their ailments themselves in the way of studying their living habits and making any desirable changes, but they do not cure, they do not prevent further trouble by removing the root causes, and it is an undeniable fact that the more a person subjects himself to these drug and surgical treatments, the further he must depart from a normal condition of health.

The thought that is so often overlooked, and which cannot be impressed too strongly, is that the doctor cannot give your life for you. Your good



health depends upon living your life in reasonable accord with Nature's laws of health, and nobody can do that but you yourself. The best that anyone else can do for you is to teach you the rules and show you the way; the rest is then up to you.

**Train for your work.**—Fortunately, the laws of health are not difficult to discover. They are plain to see to all who have the will to see, and it is up to us to co-operate to the best of our ability and let these laws work for our benefit instead of to our detriment.

There is another thought that I should like to emphasize in this article, and that is the desirability of the individual developing the same attitude towards his work as the athlete does towards his sport. The athlete knows the necessity of learning all the rules and technicalities of his particular sport; he gives great attention to his style, and learns the art of economy of effort in his athletic performances. Furthermore, he recognizes the supreme importance of physical fitness. It is this last factor which is so often overlooked or ignored in our efforts to succeed in the workaday world, yet it is no less important there, surely, than it is in the athletic field. The maximum I offer, then, is this—go into health training for your work as you would for your sports; it will bring you richer dividends.

The five-point plan which now follows is intended as a brief guide to healthful living in accordance with Nature's laws, and it may be found of considerable benefit by those who are seeking better health through their own efforts.

1. **Exercise**.—Nature has provided each of us with a wonderful system of voluntary muscles which have very definite and important functions to perform, and which have a great influence on all other bodily functions and the health of the body as a whole. In any programme of healthful living, there is nothing of greater importance than the inclusion of some system

which calls for the adequate and regular use of the entire muscular framework, both by systematized muscle exercises, and by constitutional exercise such as walking, cycling, or swimming. There are many good physical culture courses being advertised today, and if you were to ask which is the best for you, I should be tempted to say that which is being sold at the highest price; for, after parting with your good money, you would be sure to do something about it, and that is what counts. Readily, any system which exercises the whole muscular framework regularly up to the point of tiredness and without undue strain is as good as any other, because no system can do more to be of benefit, and no system should do less.

2. **Diet**.—Many books have been written on this one subject alone, but, to deal with it briefly, I would say that the most important thing about diet is moderation. We should eat plain, wholesome food, meals should be simple, and we should be guided by the instinct of natural hunger in the amount and frequency of our eating. Generally, as an approximate programme, I believe in the two-meal-a-day plan for light or secondary workers, and the three-meal-a-day plan for heavy workers. Business and family arrangements, unfortunately, make it necessary for us to eat by the clock instead of strictly according to natural hunger, but a satisfactory compromise can be made by eating very sparingly indeed whenever the appetite is slight, occasionally missing a meal or two altogether, and eating heartily, though not excessively, when there is a keen hunger for the meal. Most people are slaves to the meal-time habit, and believe in eating three or four good square meals every day, whether they feel hungry or not, and I know of no single habit which is more responsible for putting people in their grave twenty or thirty years before the time.

A good health diet should include lightly cooked green vegetable and

either a raw vegetable salad or some fresh, ripe, uncooked fruit every day. Whole-grain breads and cereals should be eaten in preference to white-flour products, and protein foods, such as meat, fish, cheese, and eggs, should be eaten sparingly by the fully grown person. If these hints are followed, and the appetite kept keen from day to day by moderate eating at all times, your diet will not be far wrong.

I have purposely put these diet hints in brief and simple form, because experience has taught me that many people dread and avoid Diet Reform principles because they feel that they mean a painful and complicated set of denials and restrictions which would make life not worth living. This is a fallacious view point, because sensible dieting will lead not only to better health, but also to greater appreciation of one's food and the fuller enjoyment of all the normal functions of living.

3. **Relaxation and sleep**.—Ample relaxation and sleep are just as important to health as are food and exercise. It is part of Nature's plan that periods of activity should be alternate with periods of rest, and care should be taken that the rest periods are always sufficient to completely offset the effects of work and exercise. In this way, the body is given a chance to clear out its fatigue toxins, and to restore the nerve force that has been expended in activity. It is neglect of this principle that is responsible for so much nervous exhaustion and breakdown in our hectic modern life. Periods of recreation should really re-create, and one's recreational pursuits should be aimed at balancing the daily routine of activity. For instance, the man engaged on strenuous physical exertion would do well to seek recreational satisfaction in intellectual and cultural pursuits, and the brain worker would be wise to include pastimes calling for a certain amount of muscular exertion, preferably in the open-air. It is surprising how much extra energy and vitality one can find for his work

if his leisure periods are sensibly planned. All too often we see a man using his spare time to dissipate his vitality, instead of building up a reserve to stand him in good stead later.

4. **Mental and emotional outlook**.—The mind is the greatest potential influence for good or evil within our midst. Not only does the mind plan our ways of living, but our attitude towards life in its many aspects has a profound influence on the well-being of the body. A programme of health-building, for instance, can be either an unpleasant ordeal of effort and self-denial, or it can be an interesting and vitalizing experience, according to how you look at it. A courageous, optimistic outlook on life, and a courteous, affable manner towards other people are indispensable to health. Thoughts which breed feelings of fear, anxiety, anger, and resentment are destructive in their influence on health, and should therefore, be avoided as much as possible by the health seeker.

5. **General hygiene**.—Under this heading I want to talk chiefly about the proper care of the skin, for this important part of the body seldom receives the amount of attention that it deserves. The skin, after all, is more than just a covering for the body; it is one of its most important organs, and the health of the body depends to a great extent on the proper functioning of the skin. The best treatment for the skin is the cleansing and tonic treatment afforded by the daily bath, which may be in warm, tepid, or cold water according to choice, followed by a brisk rub-down with a rough towel. The best time for this is immediately following the daily exercise period, when the skin will have been already stimulated to greater activity by the muscular exertion. The skin also benefits by short periods of exposure to air and sunshine, and at all times there should be as little interference as possible with its natural action by wearing only the minimum of clothing that is required by comfort and convention.

such as fresh-air treatment in the open-air, proper ventilation of homes and business premises, and good sanitation, are so well understood that they need no special comment here.

**Immunity from ailments.**—For those of you who are sufficiently interested to follow some of the advice given in this article, I would like to offer the encouragement of a personal experience. Persistent efforts along the lines suggested here were successful in rescuing me from a chronic condition of ill-health which led to nervous breakdown and failing eyesight nearly twenty years ago. Since then, I have enjoyed a remarkable immunity from ailments, even the common cold, so I have good cause to have confidence in these principles.

The road back to perfect health is

not always an easy one—it is often full of disappointments and setbacks. It calls for much patience and perseverance, and here is where the help and sympathy of someone who understands your aims and difficulties can be of invaluable assistance to you. An exchange of ideas and experiences with others who are travelling the same road will help to keep your enthusiasm alive until the desired results have been achieved.

In conclusion, I would like to say that if this article has caused you to think, it will have been worth while. If there is even one of you who makes a noticeable improvement in health as the result of it, I shall be well satisfied. To such a person, I say most emphatically that you *can* do it. Good Luck to you, and Good Health.—*Health for All.*

## Your Feet and Your Health

M. MACKENNA

It is very important to have comfortable feet, for the feet, like the eyes, are members of the body we cannot afford to take liberties with.

The chief offenders in so far as the wearing of ridiculous shoes is concerned, are women. Why do women endure tight, excessively high heeled shoes? No doubt the answer is because such footwear is fashionable. But it is definitely not fashionable to have wrinkles and an unhappy countenance, to be followed quite possibly later by fallen arches and an inability to walk far because the feet have been deformed and mutilated in the interests of this thing called fashion.

Shoes need not be "ugly" to be good for the feet; to enjoy walking one must have sensible, well-fitting shoes that give adequate comfort as well as smartness to the wearer's feet.

**Vanity does not pay.**—When vanity endures shoes that are one, and some-

times two sizes too small, it means corns, bunions, callouses, and fatigue and headaches later on. Then fine lines of pain appear round the eyes ageing even young faces. It's not worth it!

An estimate is that seventy-five per cent of the younger generation are afflicted with foot troubles acquired through wearing unsuitable footwear during schooldays.

There is nothing quite so marvellous as a baby's foot, perhaps nothing better adapted to its purpose, but after mistreatment it can lose a good deal of its perfect appearance. The foot is a wonderful mechanism, and should be treated with care. Whether for children or grown-ups, shoes should be wide enough as well as long enough to carry the weight of their owner when standing or walking. The weight of equipment is taken into account when an army recruit is measured for boots—did you know that?

There is undoubtedly a tendency toward larger shoes for women to-day; sevens and eights are a good deal more common than at one time, while the average is a five or a six. The tall woman usually takes a much larger size than her dinkier sister, but even the latter rarely take less than a three.

**Common origin of aches and pains.**—Strain and premature wrinkles, together with faulty posture are due often to the feet being cramped in tight shoes or boots, and this applies to both sexes. Leg muscles are weakened also, besides the danger of hammer toes, corns and bunions, and "flat feet," which is perhaps more noticeable than ever before.

Many bodily aches and pains can be attributed to an origin of bad habits in footwear. Male footwear on the whole is more conducive to normal functioning of the foot. A man is not so much a stickler for fashion, and usually chooses broad, light shoes or boots because they give him comfort. Growing children should always wear broad, light footwear, with pliant uppers; footwear which is like in shape to the human foot, with no exaggerated heels or pointed toes or any form of narrowness. Such footwear helps the normal functioning of the foot, and so does not throw the delicate and complex structure of the foot out of its normal position.

You would not mistreat a delicate and efficient possession. The foot has twenty-six bones of all shapes, many muscles, and more than two hundred ligaments, working together in perfect harmony, so supple when the foot is properly cared for, that they can be bent, twisted, and turned, yet always come back to normal shape.

**When buying footwear.**—When buying footwear try on the right as well as the left shoe. Don't rush it. A too-hurried choice can mean dissatisfaction later. Also avoid getting shoes when the feet are hot, tired, or numb with cold. Get an absolute fit; too large too small shoes are equally

bad faults. Tight footwear can bring about bunions, sores, or chilblains; too-large footwear is responsible for corns and blisters. The correct fit is snug at the heel with plenty of toe freedom and not too narrow, and with a normal heel with an upper which helps to cover the instep and support it.

Court shoes are best not worn at all, as they can cause endless suffering later on. Tough, thin soles are best and pliable uppers; both give freedom of movement, and that is why sandals or soft slippers so much 'rest the feet.'

Those people who spend a lot of time on their feet are likely to develop fallen arches or "flat feet," so it is just these people who should as far as possible see that they have comfortable footwear. If footwear is faulty, they are leaving themselves open to endless suffering.

One can have smartness and comfort combined. To-day there is a wide range of fittings. There are various devices also which do much to correct faulty feet, such as arch-support shoes, bunion-joint shoes, and special cushion sock shoes.

As most foot troubles are caused by faulty foot-wear, as soon as comfortable styles are worn much of the origin of such troubles will naturally disappear. The troubles usually spring from weakened muscles and ligaments. This causes the arch to fall, sometimes to collapse completely. When this happens it is best to get medical advice. But sensible habits in footwear will usually bring a weakened arch back to normal, providing daily exercises are carried out. A good one is to stretch out the toes and then bend them as far as possible while sitting on a chair.

Prevention of troubles of the feet and those arising from them is much the best, so at all times should be the aim to cultivate healthy, sensible habits and attempt to give the feet as much freedom as possible so that they can retain their normality, and then it is certain they will give their owner very little trouble indeed.—*Good Health.*

## STERILITY

WE are hearing much about sterility and excellent work is being done to find out its causes and to remedy it. Until recently it was generally presumed that the fault of infertile marriage lay with the female, but biological considerations should make us suspect that the male is often at fault. There are many pathological states of the female which make coitus fruitless and many states of both male and female, some remediable, others not, which may interfere with healthy coitus. We think, however, that the word sterility should not be used in these cases, but should be limited to inability to produce ova or spermatozoa of full potential, a condition which admits of no known remedy. In medicine, by sterility we generally mean infertile marriage from any cause except its determined production by contraception. And we speak of partial sterility and call a woman infertile if she is unable to carry a fertilised ovum to extra-uterine viability. It is believed that some 10 per cent. of all marriages are fruitless.

The male part of reproduction is completed if he can deposit semen in the vagina. If he cannot do so we call him impotent and this may be due to mechanical or psychological causes. The treatment of impotence is quite different from that of sterility. If he is potent, but sterile, the fault may lie with him in inability to produce fully active spermatozoa. This can sometimes be detected by examining his semen, but by no means always. In coitus the female is mainly passive; it appears to be immaterial to conception whether it is, or is not, accompanied by orgasm. She is impotent only

if her vagina cannot admit the male organ. More frequently she is frigid and will not, rather than cannot, allow coitus. She may be infertile because the spermatozoa cannot reach the ovum. If the spermatozoa are healthy this can only happen from some obstruction either to the ovum or the spermatozoa reaching the place of union, which is probably the uterine end of the fallopian tube. In a recent paper Drs. Mary Bartan and B. P. Wiesner have shown that this may be due to inability of the spermatozoa to get through the cervical mucus with which semen is immiscible. This is a new and very important discovery, for the condition should be curable. Real sterility in the female—inability to produce viable ova—is probably uncommon and due to maldevelopment or destruction of the ovaries, detectable by lack of femininity. All women are physiologically sterile for the greater part of their lives. So the solution of an infertile marriage, even so far as it is purely a medical problem, is complicated. A special difficulty is that infertility of a union may not be manifest until it is too late to remedy it, even if it is due to something which could have been adjusted, for the fertility of the human rapidly declines with age. Unfortunately for the peace of our civilisation the fertility of the male does not deteriorate until late in senility. The social problems of infertility are formidable—incurable infertility renders a marriage physiologically void; socially it only does so if due to impotence present before marriage. Its ethical bearing is subject to dispute, but this is not our business.—*M.O.*

## DRINKING DRIVERS DANGEROUS

As thousands of new cars, trucks and buses are rolling off the assembly lines, traffic will become increasingly heavy. The National Safety Council seeks to reduce the number of accidents by calling attention to the important part which alcohol plays in them. The latest figures indicate that drinking is invol-

ved in one out of every four fatal accidents. It is generally agreed that an alcoholic concentration of 0.15 per cent or more in the blood constitutes intoxication. It has been found that the accident rate is fifty-five times greater in persons where this condition exists than in nondrinkers.—*Good Health.*

[Health, June '47]

## COLD A GOOD REMEDY

PRIESSNITZ, the father of hydrotherapy, perhaps the most important branch of physical medicine, used only cold water. When Dr. John Harvey Kellogg asked the famous Prof. Winternitz, of Vienna, if he knew about anything new in hydrotherapy, the Professor replied, "Colder water. Always colder water."

In recent years, however, increased use has been made of heat, perhaps because of its soothing and comforting effect. The efficacy of cold, however, in various conditions has been strikingly demonstrated during the war. This field of medicine is reviewed by Drs. Lyman W. Crossman and Frederick M. Allen in the *Journal of the American Medical Association* (Vol. 130, p. 185). Formerly, it was the practice, especially in accident cases to warm patients or their injured parts to inhibit shock. Cold is now known to be a superior agency. It suppresses pain, swelling, and shock, prevents tissue infection, and can serve for operative anaesthesia. The absorption of toxins is reduced. A moderate degree of cold can be attained by wetting thin blankets with water or alcohol, or by exposure to a current of air produced by an electric fan. Ice and mechanical refrigeration will secure lower temperatures. A reduction in body temperature to ninety-four or six degrees is usually enough, although much lower temperatures have been recorded. The mortality rate is reduced in poor risk amputations by avoidance of shock and other complications when cold provides the anaesthesia. Another advantage as compared with former procedures is the ability of the patient to enjoy full meals immediately before and after surgery, which is an aid to

recovery. Cases otherwise inoperable may undergo surgery, and mortality rate is exceptionally low. The harmful effects of gangrene are checked, although a cure is not effected. Several remarkable successes are described.

A man was dying when both his legs were cut off in a rail-road accident. Both stumps were packed in ice until an operation could be performed. This was not until fifty-eight hours later. The mangled tissues had remained fresh and the man recovered.

A seaman on a destroyer had his femoral artery and vein severed by a shell. The wound was kept in good condition for a month until amputation could be arranged. A larger stump was saved than would have been possible if an emergency operation had been performed.

Most extraordinary was the experiment in which the legs of dogs were cut off, held in refrigeration for twenty-four hours and then restored to function.

Cold offers an ideal treatment for burns. Application of chilled water or ice relieves pain and inflammation. Cold is useful in snake bite, skin grafting, and stings of insects. It is in the tropics that cold is most valuable, because of the harmful effects of heat in cases of shock and persons suffering from wounds. It was freely employed in the Pacific campaign. In one instance, body temperature was maintained at twenty degrees below normal for days with no resulting pneumonia or other complications. Amputation of both legs at once, formerly thought impossible, is now safe.—*Good Health.*

## A Paternal Warning

In his autobiography, William Allen White, noted Kansas editor, tells about some very good advice he received from his father regarding smoking. "Willie," he said, "let it alone. Tobacco's awful! I can't quit it and I know I ought to. Let it alone!" He offered his son a gold watch if he would not smoke until he was twenty-one. The youth later smoked one cigarette but hated himself as a weakling. He never smoked again.—*Good Health.*

Health, June '47]

[Page 63]

## Topics from Medical and Health Periodicals

**Recipe for good health.**—According to the *Health Bulletin* of the Virginia Department of Health, it is not safe to follow the commercial or well-meaning will-o'-the-wisp that offers personal vigor on an armchair basis. Reliance on pills and potions, fads and fancies is vain. The best measures are "the daily brisk walk, the controlled intake of nutritive food, the nightly health quota of sleep, stimulants limited to personal tolerances, and keeping worry under control." This is good advice with the exception of the reference to stimulants. Stimulants of all sorts in any quantity are always harmful and should be avoided.—*Good Health*.

**Exercise for the eyes.**—Extravagant claims are made from time to time that a system of exercise will make unnecessary the use of glasses for defective vision. An authoritative paper on this subject was prepared by Dr. Walter B. Lancaster, approved by the Council on Orthoptics, and published in the *Journal of the American Medical Association* (Vol. 130, p. 407). Orthoptics is the art of teaching patients, children, or adults, how to use their eyes properly. The aim of the orthoptic technician is not the strengthening of some eye muscles alleged to be weak, but to teach better control and co-ordination and better reflex response to the environment. Glasses may help greatly, in fact, are indispensable in some cases, but a surprising number can be taught to use their eyes without the glasses which they have wrongly been told are necessary for adequate sight. In some instances, preliminary surgery must be performed. But Dr. Lancaster warns that good results can be obtained only by consulting a thoroughly trained technician. Most orthoptic practice is now carried on by optometrists, nurses, office assistants and doctors who may have elaborate apparatus but no true knowledge of the subject.—*Good Health*.

**Acute intestinal obstruction.**—Dr. K. C. Sawyer, (*North-West Medicine*, October, 1946) says that it should be stressed that the type of pain, the nature of its onset, its intermittency and whether or not it is accompanied by abdominal tenderness and rebound pain are factors in the symptomatology of acute intestinal obstruction that should be noted early. A history of pain with sudden onset of a colicky character accompanied by a constant deep pain that persists between the colicky paroxysms, together with localized and rebound tenderness are pathognomonic of a strangulation type of intestinal obstruction. Pain is certainly the earliest and most constant symptom present in such cases.—*Medical World*.

**The catarrhal child.**—Dr. F. Croxon Deller (*The Post-Graduate Journal*, May, 1946) points out that the rational therapeutic approach to the catarrhal child is at present inadequate. He is usually given expectorants, with or without belladonna, sedatives, linctuses, tonsillectomy,

adequate or excessive doses of vitamins, change of air, open-air schools, courses of sulphonamides or of vaccines or of desensitization therapy, ultra-violet light and so on. These and other treatments are employed without any real relationship of the one to the other. A revised therapeutic course is essential in the case of such patients who unfortunately often carry their catarrhal condition with them throughout their whole life.—*Medical World*.

**Exercise classes.**—Dr. Kathleen Vaughan, the author of *Safe Childbirth*, has for long emphasised the importance of proper training for childbirth. How many women prepare for what is the greatest athletic feat in their lives? Under her supervision ante-natal exercise classes have been in existence since nineteen forty-two at Paddington and St. Mary Abbot's (L.C.C.) hospitals. Once a week the classes are held for selected mothers. Limitations of staff and space preclude this service being extended to all who attend the clinics. Apart from the special exercises that Dr. Vaughan has designed, "relaxation" is taught and practised at the end of the session. Many must be familiar with Dr. Grantly Dick Read's book *The Revelation of Childbirth*. He has shown how fear can contribute to abnormal Midwifery. By his method of relaxation fear is banished from the woman's mind. It is the normal and physiological aspect of pregnancy that we need to emphasize. Many years ago my teacher, Aleck Bourne, impressed upon me the importance of the function of the uterus in labour, and how the emphasis on structure should be shifted to function. Exercises and relaxation should be practised daily at home. Such an air of jollity, happiness and exhilaration is noticeable in the exercise room; these women realise that an attempt is being made to make the new experience that lies before them as easy and natural as possible. They appreciate that an interest is being taken in them and that they are no longer just ante-natal cases or patients, to be shuffled about like a pack of cards. In the delivery room it is easy to tell which woman has been a member of the exercise class and been trained in relaxation. She is more co-operative, plays an active part in the act of parturition and takes a vital interest in all the stages.—*University College Hospital Magazine*.

**Flat foot.**—A cure is suggested by Dr. T. Stacey Wilson (*Clinical Journal*, August 1945). The patient sits on a table with knees wide apart and then moves the foot up and down in an inverted position so as to bring into view as much of the sole as possible. A weight is then hung on each foot which can be lifted without undue exertion 15 to 20 times. Every few days the weight is increased. This exercised should be repeated many times daily. In addition the patient makes an effort to walk and stand on his toes rather than on his heels.—*Medical World*.

## SISTERS! LEARN HOW TO HELP AT THE CRITICAL MOMENT.

If your sister, sister-in-law, or any other relative or friend takes bad when she is expecting, are you in a position to help her? Remember! most infantile and maternal mortality is due to the patient not receiving proper help at the time. It is now within your reach to learn **First Aid in Child Birth** by studying a book written by Dr. U. RAMA RAO which has been praised for the practical hints it contains.

Price English Edition As. 6. Vernacular As. 6.

### FIRST AID IN CHILD BIRTH

= By Dr. U. RAMA RAO =

**SRI KRISHNAN BROS.**

323 THAMBU CHETTY STREET MADRAS.



## The Joy of Easy Breathing for Asthmatics Assured!

Asthmatics will find in ROWJEE'S ANTI-ASTHMATIC MIXTURE a real God send, because it stops that choking suffocating sensation quickly and promotes easy breathing. All Asthmatics should keep a bottle in the house.

**ROWJEE'S  
ANTI-ASTHMATIC  
MIXTURE**

Rs. 2/6 PER BOTTLE

**SRI KRISHNAN BROS:**

323, THAMBU CHETTY ST. MADRAS.



## WHAT WILL YOU DO IN AN EMERGENCY

Supposing you saw your brother, a friend or even a stranger knocked down by a motor car; bitten by a snake or enveloped in a fire, will you be able to save him by rendering first aid or will you be one of those who just stand and look on Helplessly? Immediate assistance has been known to have saved many lives and this is exactly what Dr. U. RAMA RAU's book on First Aid teaches you in a simple and easy way.

The book is available in English, Tamil, Telugu, Canarese and Malayalam and can be easily mastered by any one who can read. Get this and learn to be of help in an emergency.

*Price of book on First Aid Re. 1 for any edition*

**SRI KRISHNAN BROS.,**  
223-24, Thambu Chetty St. :: G. T., Madras.

## TRUSSES FOR HERNIA

A large Shipment is under clearance at the customs.  
Prices will be quoted on request.



Leather, Single  
Vulcanite, Single

Leather Double  
Vulcanite Double

**SRI KRISHNAN BROS.,**  
323-24, Thambu Chetty St. :: G. T., Madras.