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Vol. XXX

JANUARY, 1952

No. 1

THE TASK AHEAD—A NEW YEAR RESOLVE

ONE does not need to be a Harischandra or a George Washington to realise how very desirable it is to tell the truth, the whole truth, and nothing but the truth. "Tuberculosis is a dire disease that claims over two lakhs of victims in the Madras State and it is our duty to provide medical relief to them." So said the Chief Minister, the Hon'ble P. S. KUMARASWAMI RAJAH at Sengipatti the other day when he opened the new T. B. Sanatorium, which was built out of funds raised from the philanthropic citizens of the Tanjore District. On a conservative estimate, about 500,000 deaths occur every year in India and there are perhaps five to six times as many people suffering from active tuberculosis in the country. The Chief Minister pleaded for greater co-operation from the people who, he said, should "come forward to found and finance ur-

gently needed institutions like the Sengipatti Sanatorium which he opened on the 9th December 1951.

Our Union Health Minister the Hon'ble RAJKUMARI AMRIT KAUR, who opened the University Students' Ward at the Government Tuberculosis Sanatorium at Tambaram on the same day said "tuberculosis is a menace that every Health Minister in India has to combat. So long as malnutrition and undernutrition continue in the land, it is difficult for us to cope with this menace." While realising the great need for a very large number of Sanatoria and other ancillary and auxiliary institutions for tackling the enormous tuberculosis problem, she regretted the inability of the State to found and maintain them in the present state of the Government's finances. Public philanthropy should alone, therefore, come to the succour of these

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unfortunate victims of tuberculosis, which is slowly and insidiously increasing in our land. The factors that contribute to the spread of the infection are malnutrition and chronic undernutrition, poverty and want of adequate food and clothing, as also living in unhealthy, congested and filthy surroundings.

India would require at least 3000 tuberculosis clinics and 500,000 beds for tuberculous patients. We have in the whole of India only 120 clinics and about 12,000 beds distributed in 45 sanatoria and 32 tuberculosis hospitals. If the scourge of tuberculosis which is rapidly spreading is to be effectively checked, we need accommodation for treating 500,000 patients and this would mean an initial outlay of 400 crores of rupees at the modest estimate of Rs. 8,000 per bed, and a recurring expenditure of about 60 crores of rupees. The personnel for manning these institutions will be about 18,000 doctors and 50,000 nurses, as against about 300 doctors and 600 nurses, now employed in the existing 120 institutions. There is thus, an increasingly urgent need for more sanatoria, rehabilitation centres and expatriates' colonies in India. In our Madras State we have 1,300 beds including 700 in private sanatoria. There is only one expatriates' colony and this is attached to the Union Mission Tuberculosis Sanatorium at Madanapalli and one more is coming into being at Tambaram.

Unless the public realise the grave risks they run in not providing for the prompt detection, segregation and early efficient

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treatment of open cases of tuberculosis in their and their neighbour's homes, and until a proper appreciation is created in the minds of the public of the seriousness of the problem and the urgency of tackling it, any campaign of tuberculosis control is liable to become a labour of ploughing the sand.

The Special Students' Ward opened the other day at the Tambaram Sanatorium by the Union Health Minister, was constructed with the help of a donation from the World University Service. The small beginning thus made with 20 beds exclusively for students from all over India, who have the misfortune to become afflicted with this malady, should be gradually developed and augmented by public philanthropy and support.

Students' sanatoria are a very popular feature in France. The first of its kind was started in Isere in 1924, by the French National Union of Students and by 1950 the number has increased to 12 situated in various parts of the country, within reach of an University Town. These institutions are unique, in that they give efficient modern treatment for tuberculosis and also provide facilities for the continuance of the patient's education, consistent with their state of health and energy. The Medical Director is assisted by a body of specially selected educationists who are visiting professors. Education is imparted only during morning hours. May we not hope that the Students' Ward opened at Tambaram will be the first of myriad such that would soon come into being, as a result of public philanthropy?

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The Tanjore District has set a glorious example by erecting the "*Mahatma Gandhi Memorial Tuberculosis Sanatorium*" entirely out of the munificent contributions from large hearted citizens of the District and from the Tanjore District Board. If every other district in this country would initiate a similar scheme for establishing such an institution in one or more centres, it would be possible at no distant date to eradicate the scourge from our midst. 'Self help is the best help'. Is it not? 'HEALTH' is entering on its thirtieth year of existence and it gives

us very great pleasure indeed, to convey our hearty greetings and grateful thanks to our dear readers for the hearty co-operation and generous support they have extended to 'HEALTH' during these 29 years. If they would convey the message contained in our Editorial, to their numerous friends and relatives and would themselves make a New Year Resolve to contribute their mite towards the amelioration of their tuberculous brethren, one of the sacred objectives of 'HEALTH' would have been achieved.

JAI HIND.

Fighting Malaria in the Middle East

Sir Ronald Ross's discovery of anopheles as the carrier of malaria is one of the best-known stories of medical science. Sir Malcolm Watson's pioneer work in the battle against malaria is also world-famous. Less is known by the general public of Britain's contribution to knowledge of the subject, made three years ago, which has opened the way to the devising of a complete cure. Efforts to make an artificial compound that was an improvement on quinine were hampered by scientists' uncertainty about which part of the body the malaria germs develop in.

Experiments made on a monkey, by *Colonel Shortt, I.M.S. (Retd.) of the London School of Hygiene and Tropical Medicine, led him to believe that the marshalling point of the malaria germs was in the liver. To prove this he obtained the co-operation of a patient undergoing malarial shock-treatment for general paralysis. The patient permitted him to remove a small piece of his liver, which did, in fact, reveal the presence of malarial organisms.

This new and certain knowledge of the target at which any drug must be aimed is of enormous help to scientists who are seeking to develop the line of anti-malarials that has started with "Mepacrine" and "Paludrine".

The hope of a completely effective drug, together with the large-scale campaign that is being fought against anopheles in many parts of the world, led the London School of Hygiene and Tropical Medicine to "hazard a guess" in a recent report that in our lifetime the net may close on malaria as it has on epidemic yellow fever.

An area in the Middle East where the net has already closed is Cyprus. The complete eradication of anopheles after a three-year campaign was announced at the beginning of last year. Cyprus has the proud record of being the first malaria-ridden country in the world to eliminate the disease. —B.I.S.

* Col. H. E. Shortt was a former popular Director of the King Institute, Guindy, and is wellknown in India for his researches on Kala-Azar.

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What is Allergy?

WHEN you have a fit of asthma, an itching rash on the skin or an attack of diarrhoea or vomiting without apparent cause, the condition is often ascribed by the doctor to "Allergy". Now, what exactly is Allergy? Idiosyncrasy is defined as an unusual physiological personal equation. Allergy may be defined as a chemical idiosyncrasy, which expresses itself "as an urgent attempt on the part of the cell to preserve and conserve its chemical identity". The manifestations of allergy express themselves chiefly in:—(a) the respiratory system, by asthma, hayfever, paroxysms of nasal cold and inflammation and recurrent catarrhs; (b) the skin, as urticaria (nettle-rash) or eczema; (c) the alimentary canal by diarrhoea, vomiting or spasmodic colic; and (d) by joint swellings. Several other conditions with more or less show of reason may be added to this list. Some cases of persistent headaches (migraine) seem to be of this order too. Most of the allergic manifestations are usually worse at night, than during the day.

A man is said to be allergic if he is susceptible to a substance in an amount that proves harmless to the majority of people. There is one type of allergy called '*Anaphylaxis*', which can be artificially induced. When a foreign protein is introduced into the tissues of an animal, hypersensitivity to that protein is produced; this can be demonstrated by injecting after 10 days, a further dose of the same protein, when symptoms

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varying from a slight breathing difficulty and distress, up to sudden collapse may occur. The substance that makes an individual sensitive is called an '*antigen*'. Strangely enough, if only a small dose of the antigen is given a second time (prophylactic) the person is rendered immune (not likely to be harmed).

Excessive cold, heat, light, changes in atmospheric pressure and temperature, fatigue, emotional disturbances such as fear, jealousy, resentment, rage and anxiety can also produce abnormal reactions and these come under '*physical allergy*'.

Another type of allergy is caused by the ingestion of protein or carbohydrate, e.g., egg or starch or liver extracts. Some persons are allergic to milk and to some fruits, e.g., papaya, guava, or cashew. Certain drugs and chemicals (e.g., salicylic acid, aspirin, salicylates or opiates) can cause allergic reactions even at the very first dose.

Then there is *contact allergy*, a reaction produced in the skin when it comes into contact with certain plants, flowers, pollen, certain dye-stuffs and silk cotton pillows etc. The case is recorded of a man who was "allergic to the metal rims of his new spectacles; his swollen

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neck and running ears cleared magically when he changed to plastic rims"—although the latter can cause similar symptoms in a person allergic to plastics!

Babies are particularly allergic to certain foods. In the adult, substances that are inhaled such as house-dust, smoke and fumes from burning wood or boiling oil, paddy sweepings or rice-bran, dog or cat's hairs, cause asthmatic and other allergic reactions, more often than foods.

As regards the causes of allergy a school of German physicians advanced the theory that in all types of allergy there are '*antibodies*' circulating in the blood and body fluids of every allergic person. So their slogan was "no antibodies: no allergy." An antibody is something that, in immunity and in some types of allergy, is produced by the body itself as a defence against a second encounter with the protein substance that does not agree with the system. The first contact stimulates a normal person to form antibodies to protect him in the future. The person is then said to be immunized, i.e., rendered safe against attack. The body of a child vaccinated against smallpox produces antibodies that will protect the child from getting smallpox.

The best way of treating an allergy is to find the cause and remove it. In many cases, the cause is not detectable. Then one has to look into the emotional side of the patient's life. If a person is allergic to a substance necessary for one's daily life, it is not possible to avoid or omit it. It may be

possible, however, to desensitise such a person by giving him gradually increased doses of the offending substance, and thus inure and immunise him to it.

Where the trouble is due to emotional disturbances,—this is fairly common at the present day—psychotherapy will alone help. Persons who are sensitive to weather changes, often improve in a dry and warm or equable climate. Where however, the home atmosphere is unsatisfactory they improve, only if they leave the family behind and go alone for a change.

As the form allergies take thus depends on the individual's inherited make-up, the kind of daily routine and stress he is subjected to, the substances in his environment, and also his diet, it is not possible to lay down any specific line of treatment or single out any one or more drugs as being specific or effective.

Antihistamine drugs are prescribed and used today in treating allergies with some amount of success. These drugs are all highly poisonous, and are liable to produce serious consequences, and even disastrous results, if used indiscriminately without proper medical advice and direction. Persons with allergic manifestations should co-operate with the doctor in the matter of determining the root cause of their allergy and then intelligently follow the advice and instructions given by the doctor with a determination and faith that they are going to shed the allergy once and for all.

JAI HIND.

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MYOPIA or SHORT SIGHTEDNESS

Its Cause and Treatment Without Glasses

MYOPIA or short-sightedness is that form of refractive error in which retina is situated behind the principal focus of the eye; and parallel rays after having come to focus in the vitreous body, become divergent and form a circle of diffusion upon the retina.

Dr. K. M. AGARWAL,
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In myopia, the distant vision is bad while near visions may be very good. By looking close, they are able to see distinctly, but in so doing they strain the power of convergence unduly. This results in varying forms of ocular congestion. They incline to stoop or bend over, which position is favourable to distension of the ocular veins. If this strain continues in seeing distant objects the eye ball becomes more stretched and lengthened, and its nutrition is thereby disturbed. Also, particularly in children, quite a common danger following the excessive strain of myopia is a divergent form of squint.

There is often some limitation of mental outlook and a tendency to self-centredness in myopics. Myopia is no more an error of refraction, but a disease which needs special consideration, and which, if neglected may lead to such serious consequences as hæmorrhage, detachment of retina

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floating specks, opacities and chorioidal atrophy.

Supposed cause of myopia :—The excessive use of the eyes for near work is taken to be the cause of myopia. Myopia does not occur at any particular age, it may occur as early as five years or later. But usually it begins at twelve. Most children, when they begin school life are free from this defect. Both the number of cases and degree of myopia increase as the education progresses. The condition has almost unanimously been attributed to the excessive use of the eyes for near work, and therefore, many attempts have been made to minimize the supposed evil effects of reading, writing and other close work which it demands. To check this defect, the authorities have laid down definite rules as to the size of the types to be used in books, quantity and arrangement of light, construction of desks etc. The results of all these preventive measures have been disappointing and myopia goes on increasing!

True cause :—The truth is that strain to see at a distance causes myopia. It can be demonstrated also. Primarily, the strain to see is a strain of the mind, and as in all cases, in which there is a strain of mind, there is loss of mental control. The real cause of myopia

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in its early stages is mental strain. The children are required to learn things which are uninteresting to them and difficult to learn and they are generally under a compulsion to think of gaining marks and prizes rather than the acquisition of knowledge for its own sake. Some children endure these unnatural conditions, while others cannot stand the strain and in this way the school becomes the source, not only of myopia, but of various other errors of refraction.

As a matter of fact, the children keep up their strain at other times too, when they look at distant objects. By looking at distant objects under strain, myopia begins. Continuous strain in seeing distant objects aggravates myopia.

Look at a Snellen test card at a distance of 25 feet and read as well as you can. Now strain or make an effort to see the letters better; you will note that the sight instead of becoming better, becomes actually worse.

Some of the other factors that affect eye-sight in children are the following :—

1. When a child enters school, he has to face a great many novel and new experiences. The child meets many strange faces. These have an effect on the child's mind.

2. Children are great imitators. They learn to talk and play from the influence of other children, and often copy many of their bad habits. A nervous teacher with imperfect sight, who constantly strains his eyes, is a bad example for the child. The child would acquire good habits from teachers

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who are healthy and lead good lives.

3. The things that the children are required to learn are often presented in a very uninteresting manner. This may lead to extra needless strain by making the child nervous and anxious about his success at examinations.

4. Punishment either corporal or psychic.

5. The children are shut up for hours often in ill-ventilated rooms. They have often also to remain for long periods in a particular position.

TREATMENT.—The conditions are easy to correct if remedial measures are adopted early. Otherwise the trouble will increase and prolonged treatment may become necessary.

The remedy lies therefore, in minimising mental strain. Fortunately, all persons are able to relax under certain conditions at will. In all uncomplicated errors of refraction the strain can be relieved, temporarily, by setting the patient to look at a blank wall without "trying to see". To secure permanent relaxation requires considerable time and patience and different subjects need different methods of approach.

The fact is when the mind is at rest nothing can tire the eyes, and when the mind is under strain nothing can rest them. Anything that rests the mind will benefit the eyes.

The time required to effect a permanent improvement varies greatly with individuals. In some cases, a few days may be sufficient while others may have to

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continue the treatment for weeks or months.

It is well to remember the following facts :

(1) Blink frequently and keep the upper lids down.

(2) Learn to work with central fixation.

(3) Shift the sight frequently.

(4) Read the Snellen eye testing chart daily.

(5) The great difficulty in myopia is the lack of central fixation and shifting, which in turn cause excessive staring. To overcome these defects, it requires constant attention to the exercises that would promote central fixation and shifting.

(6) Reading in the case of near sighted children, should be strictly limited to what is absolutely essential for school work.

(7) Whenever possible, spend a half hour, swaying as you read the chart without an effort.

(8) Practise palming several times a day at your leisure hours.

(9) Imagination exercises prove very useful for all myopes.

A very efficacious exercise for myopic patients to improve their distant vision is as follows :

Letter in air :—Take two similar Snellen test cards. Place one at a distance of ten feet or less where it cannot be readily distinguished and appears blurred, and the other card at a distance of one foot or less from where you

can see it best. Now, regard a letter of the distant card then look at the same letter on the card nearby. Then close the eye and with your fingers draw the same letter in the air as well as you can remember it. Open your eyes and continue to draw the imaginary letter with your finger while looking for only a few seconds at the blurred letter on the card at ten feet or less. Then close your eyes again and remember the letter well enough to draw the letter perfectly in your imagination with your finger. Alternate drawing the letter at ten feet in your imagination with your eyes closed, as well as you see it at one foot or nearer. When you can draw the letter as perfectly as you remember it, you see the letter on the distant card in flashes.

By repetition, you will become able not only to imagine always the known letter correctly, but to see it actually for a few seconds at a time. You cannot see a letter perfectly unless you see one part best, that is, by central fixation. Note that you obtain central fixation while practising this method. Drawing the letter with your finger in your imagination enables you to follow the finger in forming the letter, and with the help of your memory, you can imagine each side of the letter best, in turn, as it is formed. When the letters on the distant card become distinct and clear, then increase the distance of the distant card by two to six inches only at a time till you succeed at a distance of fifteen or twenty feet.

She : "Why do they refer to ships and boats as 'she' ?"

He : "Because they make their best showing in the wind."

FOOD AND FOOD SUPPLEMENTS

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Utilisation of different diets in the human body

THE extent to which a diet is utilised by the human body depends not only on age, condition of health, habits of life and other related factors, but also, to a large extent, on the nature of the diet. Thus, it is of interest to mention that people who live on a diet which consists predominantly of fat and protein, digest most of their food and that there is very little of faecal excretion amounting to hardly 200 gms. a day in the wet state (about 7 ounces). On the other hand, a diet which consists predominantly of cereals and vegetables is not wholly digested and yields a large faecal residue which may be as high as a kilogram or more per day (about 2 lbs.)

The quality of the food is reflected in the physical development and other attributes of the people in the different regions. The rice-eaters are some of the most prolific in the world and this in fact has been mainly responsible for the food crisis of the present day !

The rice problem

In spite of its being a food material of low nutritive value rice is the most popular cereal in the world. It is eaten in practically all the tropical and sub-tropical countries which account for more than half the population of the world. It has an attractive appearance and a natural taste and is easily digestible. It has been found

that in addition to the normal rice-eating population, a fair section of even those who have been accustomed to eating millets and tubers change over to rice whenever circumstances permit them to do so. Persons accustomed to eating rice find it extremely difficult to change over to any other grain or tuber. During the sad and devastating Bengal famine of 1943, it was observed that the rice-eaters would not readily change over to millets, even when there was practically no rice to be had. Similarly, during 1946 and subsequent years, when large quantities of wheat and millets were distributed to meet the shortage of rice in South India and in Bengal, these grains were used only to a very limited extent and large quantities went to waste. Rice has a tremendous hold on its consumers and so their requirements have to be met somehow.

The rice grain contains about 80% starch, and about 8% protein. Similar types of starch, as also proteins of nearly as good quality are widely distributed in nature, but none of these natural forms provide grains which can be cooked and consumed in the same way as rice. Most of them contain varying amounts of fibre. They also have tastes and flavours which are not generally acceptable to the rice-eating people. The consumers of rice are generally keen on having the cooked product in a condition in which the grains stand apart. This facilitates penetration

by the body juice and thus leads to easy digestibility. It is because of this that the rice-gruel which causes the grain to stick together is drained out although most consumers are well aware that vitamins and other essential ingredients are lost during the process.

Substitutes for rice

One of the most promising methods of meeting the requirements of the rice-eating people is to process different forms of starch bearing materials so as to eliminate the characteristic taste and flavour and also to obtain the desired grain-structure. This could be achieved by concentrating the starch fractions of the different grains and incorporating the necessary amounts of proteins, minerals and vitamins from other sources. The possibilities in this direction have already been envisaged and work is actively in progress in this country and elsewhere.

Supplementation of the rice diet

While the provision of more rice or a good substitute for rice is a major measure for dealing with increasing rice shortage, there are other and equally important problems relating to the supplementation of the rice diet. During the past few decades a number of workers have drawn attention to the multiple gross deficiencies of the rice diet. The diet requires to be supplemented with proteins, minerals and vitamins. Milk, meat, fish, eggs and other concentrated foods would make excellent supplements, but they are beyond the reach of the majority of the people. Among the individual supplements, calcium is very important, but this is best

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provided through a suitable natural vehicle. Supplementation with small quantities of whole or skimmed milk, has been shown to be very effective as an all-round supplement. Fats do not have any supplementary effect and, in fact, the recent trends of evidence would show that *increasing amounts of fat are actually harmful.*

The milk problem

The average production of milk in India is hardly 25% of the minimum requirement for the well-being of the people. Over large parts of South India, the average production of milk would correspond to hardly 2 oz. *per capita*. Production of more milk is highly desirable, but it is doubtful whether, in spite of the most energetic measures, it will be possible to increase milk production in the country. Availability of fodder and concentrates would form the bottlenecks in milk production. There is a strong case, therefore, for supplementing the available supply of milk with other forms of food materials, which are equal or nearly equal to milk in their food value.

Supplementary value of soya milk

Human feeding experiments in welfare centres with over 100 children (eighteen months), in orphanages with about 400 children (two seasons) and in schools with over 5,000 children (two years) were carried out using soya-bean milk. The institution feeding experiments were carried out in association with the medical observers from the Nutrition Laboratories, Coonoor, and statisticians from the All-India Institute of Hygiene, Calcutta. *The results have now shown convincingly that soya milk and*

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also the sour curd prepared out of it have a definite supplementary value to the poor rice diet corresponding to over 80% of that of milk.

There is a very strong case, therefore, for the State not only to recommend but also to assist actively in the popularisation of the use of soya-bean milk and its products as supplements to the available limited supply of the milk.

Vitamin A and carotene

The poor cereal diet, is grossly

deficient in practically all the vitamins. Among these, that of vitamin A is one which is quite extensive. Shark-liver oil is a rich source of the vitamins.

Fish liver oils, however good, are not very pleasant to take, carotene from plant materials are 60 to 70% as efficient as vitamin A and we can produce the entire carotene requirement of the people in the country without much difficulty.—*New Pakistan Medical Journal.*

Nuts—The Quintessence of Nutriment

NUTS are notable not only for the superior quality of their protein, but for their richness in lime, iron, and other mineral elements. Nuts are, in fact, the quintessence of nutriment. Dr. J. H. Kellogg, the well known dietetician, wrote, in a book published some years ago, "They supply for a given weight nearly twice the amount of nutriment of any other food."

Most nut kernels constitute a very concentrated food, more so even than cheese, and, when properly used as a food, they are well assimilated in the human system. They are valuable sources of proteins, fats, mineral matter, and certain vitamins.

Nut kernels are, comparatively speaking, well supplied with mineral matter. With regard to the vitamin content of nuts, recent work has shown that vitamins are present in appreciable quantity in many of the better known nuts. Almonds, walnuts, pecans, and pistachios are rich in vitamin A, and Brazils, pine

kernels, peanuts and pecans in vitamin B, while the cashew is relatively rich in vitamin C.

There is no doubt that, with many people, nuts have a reputation for being indigestible. This comes, in many instances, purely from over-indulgence (often after a full meal) and from insufficient mastication. If more attention were paid to thorough mastication and the proper use of nuts as *part* of a meal, instead of eating them after a meal, cause for complaint would largely disappear.

Investigations carried out with fruit-and-nut diets have shown that, with normal healthy persons, and given good mastication, nuts are well assimilated, and that nut protein itself is as easily digested as the protein from milk or bread.

The most advantageous way of utilizing nuts from the nutritional point of view is to combine them with other more bulky foods, such as fruits, vegetables, salads. (*Health For All*, Nov. 1951).

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HOW TO MAKE

The Home Safe for the Child?

"MUMMY! my feet is aching, I can't walk!" says the child walking along with the mother on the road.

"Never mind, dear!" says the mother to the fretful child, "*we'll soon be back safe at the home*—It's not very far now; it's quite near." Both of them derive comfort from these words and walk on—but is the home so safe for children?

Some time back there appeared a roadside propaganda slogan, in the English press:—"Motorists—Remember: children are walking!" This no doubt is good enough propaganda for minimising road accidents to children. But what propaganda can minimise accidents at home to children?

Almost every day we read in the press of a little boy burnt to death while meddling with a naked flame, or of a small girl terribly scalded by her skirt or ribbon catching fire in the fireside. We read too, of a baby asphyxiated to death through use of too soft a pillow; of a toddler who mistook for sugar cakes sal-ammoniac tablets left carelessly within his reach. These are tragic facts which should be treated in the same way as road accidents.

Naturally we ask this question: Why do these accidents occur, and what is the basic reason for them? Mere want of foresight, also perhaps a little carelessness due to tiredness and fatigue in the over-worked mother.

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R. DWARAKANATH,
Chandrika, Madras-16.

Is there any one who will, on reading the news of such an accident, ever pass on to the next page as though it is not of grave concern? "Oh yes! accidents *will* happen; but not to myself or my children as I am always careful" some might say.

This attitude is clearly wrong. Accidents do not *just* happen—they occur as a result of some omission or inadvertence. Also, accidents *will* occur in our homes just as tragically as in those of our neighbours.

Can we prevent accidents? Were there no such accidents formerly, say 50 years ago?, are questions that naturally arise.

We *can* prevent accidents and accidents to children in the home were relatively fewer in number some 50 years ago than they are now. Why?

"Child-rearing was then a sacred duty and an art as well. Certain traditional methods and procedures were practised by our grandparents. And properly cared for and tended by these guardian angels, children enjoyed freedom from such tragic accidents.

Two examples will illustrate my point: In houses where there is an old granny still living, she spreads a large bit of an old silk saree on a mat or on the floor for

the baby to sleep on and will never use a pillow. Whereas at the present day, long before the baby is born the expectant couple, in the name of making suitable preparations for the new arrival, get ready countless odds and ends which always include a soft velvet quilt with half a dozen soft pillows with silk cotton stuffing.

Feeding bottles (their improper use) form another menace to the child. The busy mother in her hurry to go to the pictures or to the ladies'-club, sets the bottle with a teat for the baby to suckle. But is the bottle so accommodating, adjustable and mindful of the baby's welfare as the mother? The baby sucks hard, gets choked through the nose and milk gets into the lungs. The fond mother returns from the club or theatre to witness a catastrophe of the first magnitude! Did our old grand-mother use a feeding bottle? And she in fact worked more and for longer hours than the mothers of today.

Therefore, all propaganda, in the house, should be directed towards making the modern parents understand the need for guarding their infant which is too young to realize danger.

If naked lights and fires were only properly guarded, if the baby slept in a cradle without pillows, if all poisons were kept under lock and key, if parents took all reasonable precautions against risks to the children, countless child-lives could be saved!

The training of the child is equally important. Children learn quickly if the reasons for certain inhibitions are clearly explained to them. Make a child feel that you count on its help and response will be prompt. The "granny" used to dissuade the children from evil ways and dangerous acts by relating stories and fables of how wicked children were punished by God. To dissuade the baby from playing with a naked flame with a match stick or some such inflammable material the granny would say that the child should not do that because he would have horrible dreams that night. This is pardonable, (though psychologically a wrong approach) in view of the result achieved.

If the child is to develop into a healthy independent individual with a cheery outlook on life, he must not be unduly petted nor be over-guarded. That is the ideal of training in sensible behaviour. Accidents can also thus be prevented and homes rendered safer for the child.

Some Dont's for Guidance

- Don't have a pillow for baby
- Don't keep poisons unlabelled
- Don't keep any medicine within baby's reach
- Don't pet baby too much
- Don't take risks yourself
- Don't suckle the baby, lying down
- Avoid using a feeding bottle, if possible
- Don't drug the baby.

"How old are you?" asked the officious office manager of an applicant for a job.

"Twenty-seven," answered the young man.

"Well, what do you expect to be in three years?"

"Thirty," the young man replied without hesitation.

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• CHOLERA •

Dr. R. Pollitzer, Secretary of the Expert Committee on Cholera of the W. H. O. which met at Delhi in November 1951, sketches in an article the background to the battle that may be soon waged between man and one of his oldest deadly enemies viz., CHOLERA. He writes:—

“Although the early history of cholera is not exactly known, it is believed that this infection has existed since time immemorial in the Ganges delta of Eastern India. Some evidence indicates that from the sixteenth century onwards—if not earlier—epidemics in other parts of India started in that area, which to this day has remained the main endemic centre.”

“Nevertheless, cholera continues today to be a serious health problem not only in India—where in 1943 alone it slew nearly half a million (474,326) people—but also in other eastern countries. And, as shown by the sudden invasion of Egypt in 1947, the infection has not lost its sting so far as a spread further afield is concerned.

The victim of cholera suffers from violent purging and vomiting and this, if not counteracted, inevitably leads to an excessive loss of the body-fluids. At the same time the action of a toxin, liberated from the cholera vibrios which multiply in the intestines, produce a state of profound and most dangerous collapse.

The disease is often rapidly fatalindeed, this is the aspect of cholera which humanity has found the most terrifying. An 1821 Chinese record speaks significantly

of the countless victims who “having been men in the morning were spirits at night”.

Efforts to find a specific method of treating cholera have so far been unsuccessful. It has, as yet, proved impossible to produce a therapeutic serum to cope with the infection. Early hopes that the sulphonamides might be effective have not been realised. An unspecific method of treatment, which consists of introducing saline solutions into the veins to replace the loss of body fluids, gives satisfactory results, especially if started in the early stages of illness.

However, while this method may be successful if the needed saline solutions are plentiful and if the patients are given good nursing in suitably staffed and equipped hospitals, the lack of such provisions makes it difficult, if not impossible, to take full advantage of the treatment in rural outbreaks. In such cases the death rate is apt to be distressingly high, often reaching seventy or eighty out of every hundred cases.

Then, too, difficulties of environment often make it impossible adequately to control cholera outbreaks. As the infection is caused by taking in contaminated water or food, it can be effectively prevented by providing safe water supplies and by good sanitation in general. But in the endemic cholera areas, for instance, this would prove a lengthy and extremely expensive business.

Obviously, therefore, the outstanding problem of cholera is to provide for sanitary improvements

in rural areas where rivers or other surface water often serve the three-fold function of drinking water supplies, washing places and latrines.”—(W. H. O. Press release, Nov. 16th 1951).

Coffee for Breakfast Certainly Harmful

THE injunction, “Eat a better breakfast,” is heard on all sides. Unfortunately, the emphasis is chiefly on quantity. For children, adolescents and adults up to about twenty-seven years, the advice is in general, good. In this age group, undernutrition is common. As for older persons, some doubt may be expressed. A majority of these are above the ideal weight for health and longevity, which has been found by the experience of life insurance companies to be from five to fifteen per cent below the average. To say flatly that these persons should increase their food intake at the initial repast, is illogical and dangerous. If the slogan referred to quality, it would certainly have more validity. The vast majority of breakfasts are far from ideal because they are practically based on coffee, fruit juice and toast being added. It is estimated that the 17,000 drug-stores in this country sell 250,000,000 breakfasts every year. The menu is generally juice, toast and coffee.

If any proof were needed that daily consumption of caffeine is harmful, it would be furnished by the people who have headaches, feel wretched and are hardly able to work, if they omit the customary beverage. These “withdrawal symptoms” prove addiction. To become so saturated with a poison as to be dependent on it

is obviously harmful. The reasoning of people who drink coffee in the morning but abstain at night to avoid insomnia, would be amusing if it were not tragic. Their idea, of course, is that the caffeine is not injurious at breakfast since they are not immediately aware of any effect on the nerves. Either one of two theories would justify this conclusion. One is that coffee changes its nature in about ten hours, being harmless at eight A.M. and the reverse at six P.M. The other is that the human body undergoes some sort of metamorphosis, so that it is not adversely affected by coffee in the early hours of the day but is thus affected in the evening! Of course, either notion is quite preposterous. The fact that you are not aware of any results on the nerves in the morning does not alter the situation. Nerves and caffeine are the same whatever the time of day.

It would be impossible to trace exactly what role coffee plays in causing the sleeplessness which is so common that pills for insomnia are sold by the ton every year. Domestic difficulties and business tension undoubtedly have a share. But habitual drinking of coffee in the morning may reasonably be held the cause of much sleeplessness. Thus it leads to resort to sedatives like the barbiturates, which are known to possess large potentialities for evil.—*Good Health*, U.S.A., Vol. 86, 10, 1951.

Making A Better World

FOR CHILDREN

OF all those who have suffered from the fury of war, the children of the world are the most tragic. They are so young, so bewildered, so helpless. Hungry, cold, deprived in many cases of parents and homes, sometimes maimed and sick, they are desperately in need of help. That help in the form of supplies and services, is coming from the governments of some 50 countries and from the voluntary contributions of many peoples through the United Nations International Children's Emergency Fund.—UNICEF for short.

A substantial part of the fund's resources so far have come from the United States. But other countries such as Iceland, New Zealand, Australia and Canada in proportion to their populations have given even more.

With millions of children needing help, every expenditure by the Fund has to be considered with the utmost care. "How can the most good be done for the least money" is the question that always has to be asked.

The first answer was to buy dry skimmed milk, the cheapest high protein food available. By the spring of 1951 the fund had shipped 340,000,000 lbs. or enough to make more than 5,000,000,000 cups of milk. This milk was being provided for 8,000,000 children each day. Cheese is bought by the Fund in 5,000,000 pound lots, but even so there is never more than a nibble or two a day for all

the many children receiving it.

Through UNICEF, cotton has been made into diapers for more than 1,000,000 babies and it has been used for dresses, underwear and stockings for several million children. Cod-liver oil, blankets, penicillin and streptomycin, X-rays and other equipment, serving machines, scales and thermometers have also gone to many areas throughout the world. Seventeen hundred shipments have been made from the United States alone.

Millions of children are still in desperate need. This work must go on. First, because it is inhuman to let children suffer and die or live in untold misery when the rest of the world can help them if it will. Second, because the United Nations through UNICEF, is building a better world by caring for their boys and girls who will be the men and women of tomorrow. Only if the world shows them that some one cares and will help, can they be expected to grow up with any hope of kindness in their hearts.

Citizens of all nations should try to see that, no matter what the drain on these funds may be, their country continues to contribute generously to the United Nations International Children's Emergency Fund to help the children of the world—(*Parent's Magazine*).

[India is one of the beneficiaries are under the fund and our thanks are due to the organisa-

tion for the great and humanitarian task it has undertaken. We therefore, most willingly endorse the appeal made therein, and at the same time we exhort the people of this country to take a kindly interest in the welfare of our future citizens. Let the "haves" who can spare set apart a good slice of their earnings or

funds for this noble task. Much of the heart burning that now exists among a large section of the people against the "haves" will vanish and a spirit of friendliness and brother-hood prevail if the "haves" come willingly forward to do their duty towards the children of the destitute. —Eds.]

LONGER AND BETTER LIFE

SCIENCE has succeeded nobly in the lengthening of human life. But it has been less successful in reducing the ill health which so often attends old age. The chief causes of these ailments are listed by Dr. Theodore R. Van Dellen, of Northwestern University, in the *Chicago Tribune* as heart disease, cancer, arthritis, taxes and inflation. His reference to economic factors is no mere joke. Worry and mental disturbance unquestionably contribute to physical disability. Unfortunately, no one seems able to do anything about taxes and inflation. As for the other factors mentioned, not a great deal is being accomplished, though the outlook for conquering arthritis has been bettered by cortisone.

The American Heart tells that in 1950, deaths from diseases of the heart and blood vessels numbered 745,000 in this country. Cancer came next with 209,000. It is noted that in the last ten years there has been a decline in the frequency and severity of rheumatic fever, in which much heart disease originates in children. A new line of approach has been found for attacking atherosclerosis, a form of arterial

disease which particularly disposes toward blood clots in the coronary, brain and lower limb vessels. This is associated to a certain extent with high cholesterol content of the blood. The picture is not yet entirely clear, but it seems advisable for those with arterial troubles to reduce their consumption of butter, eggs and animal fats, since these are the chief sources of cholesterol.

Cutting down on fats is helpful in preventing and combating overweight. Probably attacking obesity is the most effective single measure for lengthening life. It should be noted that a person does not have to be what is called fat to increase his chances of ill-health and premature death. Those of average weight for their age are not in the best possible condition for keeping off the grim reaper. Statistics show that longest life is for those five to fifteen per cent under average avoirdupois (weight).

Milk is classed as a fattening food, but should not be avoided for that reason. Powdered skim milk contains minerals and vitamins which the system needs. (*Good Health*, U.S.A., Oct. '51).

The Happiness of the Child and the Role of Physical Health

DR. F. M. B. Allen, Nuffield Professor of Child Health in the Queen's University of Belfast had some very pertinent and valuable remarks to make in his inaugural lecture of 1951. Said he:—"The happiness of the child is of a unique nature. It has a fundamental quality based on trust and sincerity. Its happiness depends upon basic principles of good health, affection, security, companionship and activity of mind and body. Aristotle says 'Let us grant that happiness consists in well-being with virtue or in self-sufficiency of life or in the life that is most pleasant and secure or in abundant possessions with the power of defence and exercise.....If then, happiness is of that general character it implies also the physical qualities such as health, beauty and strength'. A sick or ailing infant or child cannot be happy. How true this is, is realised when one sees a child in sickness. One notes day after day in the course of an illness, how the sick child fails to smile—and then one day the expression has altered and a change in the countenance occurs. Nurses as well as many doctors are aware of Guthrie's observation that when a sick child begins to smile again, it is well on the way to recovery."

"I suggest that we accept Aristotle that 'health is that virtue of the body by which we exercise our use of our bodies free from disease'. The achievement of happiness for children

can only result from the understanding of home influences, the exercise of proper care, and more knowledge of the cause of disease and its cure. The Chinese have a proverb that:—

'If you wish to be happy for an hour, drink wine;
If you wish to be happy for three days, get married;
If you wish to be happy for eight days, kill your pig and eat it;
But if you wish to be happy for ever,—become a gardener.

This is probably the explanation of the injunction of many a parent 'go to the garden and play' of the instinct of the child to plant and tend his own patch of garden and to dig in the sand; of so many seniors to retire into the country when they can exercise their talents and devote their energies to grow food, vegetables and flowers!

"Happiness like freedom is elusive; happiness is unattainable in the absence of good health'. Try as we may, some people can never reach this desirable state. For the child it is more easy to attain because of its place in the cosmos. It is an infinitely small unit in the world's population and in the 3000 million years of the world's history and in relation to the mountains, the rivers, the star, the sun, the moon and the planets. What does the child know of the economic distresses of individuals, of

nations, or of the world? What does the child know of the current world and its political problems? Fortunately, nothing. What does he know of the dangers of war? of the history of mankind? Surely this ignorance is of inesti-

mable value in its possession of happiness."....."To mothers the infant is the most important thing in the world as the children carry the hope of mankind." (From the *Ulster Medical Journal* for May 1951).

Hard-Won Dollars and Health

THE name of Charles Luckman appeared in the newspapers frequently over a number of years. He started out as "the boy wonder" in business and as president of the Lever Brothers soap enterprise his salary was three hundred thousand dollars a year. He lost his job and finally entered the profession for which he had originally been trained, that of architecture. His earnings are much less than they were, but he says he is happy over the change. He adds that in six months he has taken only two sleeping pills. That was on a trip to New York. In the twelve years of his fabulous business career he had to take sedatives every night before he could sleep.

How far his case is typical could not be said. But there are certainly many men with big incomes who attain them by disregarding their health. Whether the sacrifice is worthwhile each person must decide for himself. But many regret in after life when ill health prevents their enjoying the fortunes they have won, that they made the choice they did.

A famous banker was warned that he should take more rest. "I haven't time for rest," he replied. "I am too busy." Years later when he had worn himself out physically and nervously, he said ruefully: "I am so busy resting that I don't have time for anything else." (*Good Health*, U.S.A., May 1951).

When is Tooth Extraction Permissible?

Medical progress is not always in the right direction. Sometimes mistakes are made. About forty years ago, the theory of focal infection was generally adopted by doctors and dentists. It was believed that bad teeth might cause ailments of various kinds in different parts of the body. Rheumatic pains were most frequently attributed to this influence, but bad complexion, eye troubles, allergic skin rash, heart and kidney troubles were also thought to have their possible origin in mouth infections. Gradually faith in this doctrine has lessened; but meanwhile, thousands of teeth were pulled in accordance with this theory. Only too often the malady persisted afterwards and there was no compensation for the loss of valuable teeth. A thorough examination of the focal infection idea has been made by thirteen members of the staff of the University of Michigan, headed by Dr. Kenneth A. Easlick. They reported in the *American Dental Association Journal* (June, 1951) that there is no real basis for the old theory. However, they added that tooth extraction might be justified for mouth infections.—*Good Health*, U.S.A., Oct. 1951.

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Psychologic Cure for Snoring

ALTHOUGH the aura of a joke hangs over snoring, this practice is a serious calamity for those who try to sleep within hearing distance of it. The perpetrator of the nuisance is aware of the distress he causes and is anxious to overcome the habit. A method for doing this is presented by David Horwich in his book, *How to Stop Snoring*, published by the Exposition Press, New York. The author was formerly a hearty snorer but succeeded in curing himself. He begins by describing the soft palate and uvula, vibration of which is the direct cause of all snoring. The name "snore chamber" is given to the tissues and organs surrounding the soft palate. "If the muscles of the snore chamber are completely relaxed, you cannot snore."

"In the great majority of cases, lack of mental control is the decisive factor in snoring." Mr. Horwich tells the procedure by which he won his victory. You should, he says, sit on a chair just before

getting into bed. Take a few deep breaths to clear the lungs. Close your eyes and concentrate on the snore chamber. Shut out from your mind all the events of the day. Imagine your mouth open and the snore in full blast. Picture the soft palate and uvula vibrating busily. Silently say to yourself, "Stop Snoring." Induce a feeling of relaxation in the snore chamber. Then say to yourself, silently, several times, "Stay relaxed. Do not vibrate. Stop snoring." Continue in the same frame of mind after you get into bed.

It usually takes a little time before the snoring is abolished. Ailments of the nose, throat or sinuses will make the job harder but not impossible. A heavy evening meal, free indulgence in alcohol or tobacco also interfere with the cure. Sleeping on the back is known to be most conducive to nocturnal concerts. The mental relaxation is also helpful in securing sound, peaceful sleep.—*Good Health*, U.S.A., Oct. 1951.

New Method of Treating Burns

American doctors at the Army Medical centre, Texas are now treating body burns without medication and daily changes of dressings. One new treatment being used is known as "*open method*" because a burned area is simply exposed to the healing influences of warm dry air. A crust is formed over the burn in 24 hours. Then the patient is put on a diet with a high calorie content which helps to control the body temperature until new skin can take over its normal function. Patients with burns treated by this method suffer less pain and recover more quickly than those who get daily changes of medicated dressings. They require also less nursing care and are ready for skin grafting much sooner if that should become necessary. This treatment is particularly successful with burns which cover less than 20% of the body surface.

Another new treatment more adapted for burns covering over 20% of the skin area requires only a single dry dressing which is wrapped tightly around the burn. Made of a new type of gauze the dressing does not adhere to the body tissue. It is left in place for 3 weeks till burn has healed.—*From Discovery* for July 1951.

How Best to Preserve Your Natural Teeth

THE teeth, almost more than any other part of the body, need care and proper attention from the earliest years, because, naturally, after harm is done, and the teeth are decayed beyond the filling stage, they cannot be saved. Surely, then, it should be the prime concern of those who believe in natural living and natural feeding to protect not only their own teeth, but their children's, and instil into the little ones the simple rules for their care and preservation.

Many people who would like to eat raw salads and vegetables and who are ardent followers of a natural diet, say, with regret, that they cannot manage these foods unless they have been finely grated, because they have not their own teeth. Now it is not the purpose of this article to discuss the vital part that diet plays in preserving the teeth. We will only say that there is all too little hard chewing done, in these days of soft, cooked and prepared foods. For instance, however beneficial grated raw vegetables may be, they are often not only more palatable but far better for the health if eaten whole. The vitamins have not been substantially lost in the grating, the salivary glands are brought into play by the chewing, and the teeth are given the work that Nature intended for them.

Simple Rules

We wish to set forth, here, a few simple rules, which, if followed faithfully and as automatically and regularly as one washes one's face every day, will cause those who follow them to bless the day when they were taught in early life to value their teeth.

For many years, the North-western University Dental School, in America, has been conducting researches into the subject of teeth preservation and the causes of their decay. Charles W. Freeman, D.D.S., Dean of the University, states, as a result of these researches, that the acids formed in the mouth by the sugar content of so much of our food and drink, and also by the bits of decaying particles of food that become lodged in the teeth, work *quickly* in their detrimental effect

on the teeth. Therefore, he recommends that the teeth should be brushed not only night and morning, with a good dentifrice, but after each meal, *and as soon after as possible*. This can be done with plain cold or warm water. He also says that at all other times, if one eats between meals or indulges in sweets or soft drinks, a drink of water should immediately follow such indulgence, and, before swallowing the water, it should be swished around the mouth, in order to wash away the acid that may already have formed.

However, the best rule is not to eat between meals.

Incidentally, an American dentist once gave us this recipe for "the dentifrice he knew." Take three parts of bicarbonate of soda to one part of common table salt, mixed together. Use this nightly on the teeth, and you need never bother about any other cleansing preparation. It has the advantage of not containing any sugar, which sometimes remains in the mouth after the use of certain ordinary dentifrices, and which encourages tooth-decay. Of course, the mouth should be thoroughly rinsed afterwards. Another good idea is just to use a little good soap on the toothbrush. The foam or suds penetrate into the crevices on the teeth, and leave the mouth fresh and clean.

But almost more important than the teeth themselves, is the condition of the gums. Soft and unhealthy gums cannot hold sound and healthy teeth. Here is a simple rule which should be followed nightly. Its purpose is to force from the gums the old stagnant blood, so that fresh blood may flow in; then, during the night, the healing and building processes of Nature are greatly aided. After brushing the teeth, give the gums a short massage, as follows: With the thumb and forefinger, and beginning with the centre of the gum, reaching up as far above the teeth as you can, press firmly and briskly from the centre to the side of the jaw. Do this four times for each section of the gums: Upper jaw, from middle to right, and from middle to left; the same with the lower jaw. *Do not rub back* again to the centre; just the

four quick strokes outward. That will take less than sixty seconds, and should never be omitted at night.

Gives an Attractive Polish

In the morning, when you wash your face, take a corner of the towel and rub over the surface of the teeth, back and front. This not only gives an attractive polish to the teeth, but removes any remaining film adhering to the surface.

It is important, of course, always to keep one's toothbrush clean and sweet. A good practice is to put it in the sun occasionally.

One last point: To help in the general cleanliness and freshness of the mouth, the tongue should be cleaned always on rising in the morning. The follicles of the tongue often collect foreign matter

from the accumulation of impurities which the body attempts to throw off during sleep. This can be one of the contributing causes of bad breath. You can clean the tongue either by brushing it with the toothbrush, or, better still, keep a small spoon in the bathroom, with which to scrape the surface of the tongue from the base to the tip, just once. You will be surprised, even if your tongue does not appear to be coated, how much effete matter will be removed.

These few rules do not take much time. They become automatic after a short period, and, coupled with the right kind of diet (which, of course, is superlatively important in the upkeep of teeth) should keep one's teeth in perfect condition throughout life.—(*Health For All*, Nov. 1951).

How to Lose Your Appetite :—(Effect of Alcohol)

The old superstition that alcohol before or with food improves the appetite has been dealt a severe blow by the investigations carried out by a group of research scientists working at the 'Permanente Foundation' in Oakland California. They insist, on the basis of experiments that the alcohol in one small glass of wine is enough to convert appetite into satiety.

This method of investigation was to test the effects of drinking on the acuity of the senses of smell and taste. They administered 150 c.c. (about 5 ounces) of a weak ethyl alcohol solution by mouth to each of six human subjects. After drinking, the subjects suffered a great loss of ability to smell freshly ground coffee and to taste sugar as after eating a normal lunch. They also reported a sharp decrease in the desire for food. One of the six was a habitual drinker and he responded less sensitively and it took a double dose of alcohol to kill his appetite.

The investigators suggested that alcohol may produce this effect 'either by depressing the ability to recall and associate certain experiences of the past or by interfering with the perception of certain sensory stimuli necessary for creating or maintaining the composite sensation of appetite'.—(From the *Scientific American*, 184, p. 30, 1951).

Long-Lived Invalid

Persons incapacitated by illness might gather hope from the story of Dr. George C. Lippincott, of Salem, New Jersey. At the age of thirty-six he was retired from the Navy with a rheumatic heart condition. That was sixty-four years ago. Recently he celebrated his one hundredth birthday. He has never been able to practise his profession in the meantime.—(*Good Health*, U.S.A., 86, 3, 1951).

FEAR IS CONTAGIOUS

JOHN E. GIBSON

AMERICAN University research workers made an interesting test, using 22 psychiatrists as experimental subjects. First, they made sound recordings of nervous patients discussing their fears and anxieties. Then the recordings were played back to the psychiatrists. The result was startling. Before the recordings were played, the psychiatrists were calm, and impassive. As they listened, their composure slowly began to wane. Many fidgeted, others glanced apprehensively at each other. All showed unmistakable signs of nervousness and anxiety. After the performance was over, most of the psychiatrists confessed that they felt as distraught as the patients whose voices they had been listening to. In fact fear seems to produce a chain reaction.

Recent studies have shown that many of our fears do not originate with us at all but actually are generated in the mind of another person. Tracking down the origin of one of these "impostor" fears is like trying to find out from whom one caught a cold. That inexplicable case of nervous fear you had yesterday may have been contracted from your employer, who got it from someone he lunched with, who caught it from a fellow passenger on an airplane. Indeed, the unexplainable feeling of anxiety that gripped you this morning may have originated in the mind of a person thousands of miles away, of whom you have never even heard. Investigators have found that virtually no one is immune to the contagion, and animals catch fear from human beings.

Psychiatrist George H. Preton points out how an infant in its mother's arms will begin to cry with fear when the mother is frightened. Incidentally, Dr. Preton finds that many of the difficulties in getting children to sleep at night "are directly due to an unreasonable fear on the part of the mother that something may happen to the child at night—a fear which is transmitted instantly to the child—and which makes sleeping 'alone in a darkened room a painful, if not impossible procedure'.

How fear affects mind and body:— Recent tests show that fear can literally "scare the wits out of" a person. Mild anxiety merely hampers the mental processes. Extreme fear can paralyze them completely. In fact, fear can render a person completely unconscious so far as his brain is concerned. In extreme stage fright, for instance, the mind goes completely blank. Fear also tends to paralyze the memory processes. If one is afraid he will forget something, he is likely to do just that. Under extreme stress a person has been known to forget his own name!

The New York Academy of Medicine has shown that fear produces a mysterious chemical which is released into the blood causing vital organs to contract, and that this strange chemical—which disappears from the blood as soon as the anxiety state has passed—is largely responsible for many of the physical effects which fear produces. Medical researches have now named chronic fear and anxiety as possible factors in a long list of physical ailments—heart disease, diabetes, high blood pressure, colitis, asthma and arthritis, among others.

The scientists have not as yet fully investigated this strange chemical and determined its physical effects. Experiments so far made have shown, however, that it interferes with the functioning of the internal organs, particularly those which belong to the gastro-intestinal tract. And as it increases in intensity it can become as deadly as the most lethal poison.

Cases in which fear has produced instant death are more numerous than is generally believed. In treating snake bite, therefore, it is of the utmost importance to determine whether the bite is due to a harmless or poisonous snake, since it is well known that a great many persons have died purely from fright after having been bitten by a snake, which is absolutely non-poisonous.

Just how intense fear has to be to kill, depends on the individual; sometimes it delivers a blow that does not kill instantly, but has the delayed-action-effect

of a time-bomb. There was the young American girl who had been sent to a store on an errand. She came home shaking; an automobile horn had frightened her badly as she was crossing the street. She complained of pains in her head and wanted to lie down. Two hours later, her father found her unconscious. She was taken to a hospital, where she died shortly afterward. The autopsy showed that in this case fear's delayed-action effect had involved a cerebral hemorrhage.

Recently, in Great Britain, an extremely frightening sequence had to be cut from a newsreel. Many spectators lost consciousness completely and had to be carried out of the motion picture theatre on stretchers. At a private showing one theatre manager suddenly gasped, stiffened in his seat, and succumbed soon after.

Until recently the question of whether intense fright could actually cause hair to turn grey overnight, was a highly controversial one. But now this phenomenon has been scientifically accredited by Dr. Hamilton Montgomery of the famous American Mayo Clinic and Great Britain's noted dermatologist Dr. Agnes Savill. According to one set of findings, there is a rapid formation of microscopic air bubbles in the hair, and they displace its natural pigment making the hair turn white.

Science has found, incidentally, that the higher a person's intelligent quotient the less he is subject to fear. In a study conducted at one college in the United States the fears of 1,000 students were carefully catalogued and evaluated. Then

each of the subjects was given an intelligence test. It was found that there was a marked tendency for fears to decrease as intelligence increased.

Remedial measures:—Psychological tests have proved that virtually anyone of average intelligence can rid himself of most of his fears if he conscientiously applies himself. Here are some simple, tested rules,

1. Do not keep fears secret. They multiply and intensify if so kept. This does not mean that one should burden others with his troubles and anxieties, but he should have at least one confidant with whom he should discuss them. If fears are brought to light, many of them will become groundless—even ridiculous.

2. Do the thing feared. Present-day psychologists concur with Emerson's dictum: "Do the thing you fear, and the death of fear is certain". "The first thing to do when you are afraid", says Professor Dollard of Yale University "is to stop and think. Break the habit of running away from a dangerous situation. Analyse it instead. If you can see no reason for fear but are still afraid, there is only one way out. Do what you are afraid to do. But do it slowly and gradually."

3. Whenever one finds himself brooding over fears and anxieties, he should go into action. Most fears are produced by mentally crossing bridges before they are reached. The best way in which to break this bothersome habit is to follow the rule of less fretting and worrying and more physical activity.—*"Science Digest."*

Hereditary Factors in Peptic Ulcer

The incidence of peptic ulcer in the living children and parents of 309 patients with peptic ulcer was compared with that in a control population. The incidence among brothers and sisters was rather more than double that to be expected on the basis of the control population and the incidence among fathers was also slightly increased. Hereditary factors are of importance in the production of peptic ulcers. Familial tendencies were stronger in cases of duodenal than of gastric ulcer and also when the onset was early. There was also a tendency for the children to develop ulcers at the same site as the parents.—(*Annals of Eugenics*, 1950).

Topics from Medical and Health Periodicals

Coffee and tea drinking.—The high price of coffee has had little effect in reducing its use in this country. As with alcohol, tobacco, and narcotic drugs, the use of which may become an addiction, people can always find money for it. Tea is becoming more popular. In 1943, 94,900 pounds were imported, while a year later, it was 114,300 pounds. The average annual consumption per capita of coffee is eighteen pounds, against less than one pound for tea. One pound of tea makes four times as many cups as one pound of coffee.—(*Good Health*, U.S.A. Vol. 86, 10, 1951.)

The mind and health.—The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and to invite decay and death.

Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. "A merry heart doeth good like a medicine."—*Ministry of Healing*, (*Good Health* G. B., Nov. 1951).

Exercise for tired feet.—A series of exercises for tired feet has been devised by Walter C. Crowe and associates of the physical education department of the University of California at Los Angeles (*Science News Letter*, Vol. 59, p. 338).

1. Sit with both legs on a footstool, stretch and separate the toes as far as possible. Then grab with toes as if trying to grasp something with them.

2. Stand behind a chair with hands resting on the back. Place the feet with big toes together and the heels three to four inches apart. Keeping the balls of the feet flat, bend the knees slightly, rotating them outward as far as possible without moving the heels or toes. This should be done five to ten times.

3. Walk forward slowly and naturally ten to fifteen steps. Just before each toe makes contact with the floor, turn the front part of the foot inward as far as possible in pigeon toe manner.

Obviously, those who are overweight are most likely to have tired feet. Getting rid of the superfluous pounds would afford some relief in most cases.—(*Good Health*, U.S.A.)

The amateur and the professional patient.—Much too much has been said about the training of the medical student. Much too little about the training of the patient; nothing, in fact. This country (Great Britain) has not got a Royal College of Patients. A single glance over the assembled crowd in any outpatients' department should suffice to classify

patients into 2 distinct groups: amateurs and professionals. Both groups are waiting. But there is a world of difference between them. . . . Professional patients develop their symptoms gradually and with the tender care of a French chef preparing a major dish. Amateur patients keep on acquiring new symptoms and losing old ones as if they were fountain pens or library books. . . . Professional patients will start their past history by remarking that they were eight-months babies. Amateur patients may remember having spent three months in hospital the previous year but they can rarely tell whether the trouble was in their chest or in their tummy. And they will insist that neither could the doctors. Amateur patients have large and healthy families. Professional patients have never had time. Professional patients regard it as the highest aim of the medical profession to get them into hospital. Amateur patients naively but firmly believe that it is to get them out of hospital.—(From the *Magazine of the Royal Hospital School of Medicine*, 12, 56, 1950).

Boiled milk or pasteurized?—Q.—What advantage has pasteurization of milk over simple boiling?

A.—Pasteurization has little effect on either the state of emulsification of the milk or its taste; the nutritive value is affected.

Boiling makes milk less sweet, and causes other pronounced changes in taste. There is a tendency for the protein to form a skin and for the fat to separate. Prolonged boiling would cause significant destruction of the less stable members of the vitamin-B complex.—*British Medical Journal*, 28, July 1951, page 250.

One day a rich miser came to a priest. The priest asked the rich miser to look out into the street through the glass window and tell him what he saw.

"I see people on the road" said the rich man.

Then the priest led him to a mirror and asked, "What do you see now?"

"I see myself" answered the miser.

The priest then said "Behold—in the window there is glass and in the mirror also there is glass. But the glass in the mirror is covered with a little silver and no sooner is a little silver added, than you cease to see others and see only yourself. The welfare of others ceases thus to interest you."—Ansky in *Dybbuk*.

Many a marriage breaks up because of money disputes.—A case of income—patatability.

Influenza leaves the patient very depressed. He just can't shake off the feeling that kind friends who visited him were wondering if his flat might become vacant!

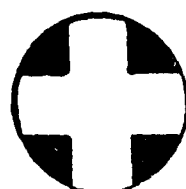
I've drunk the health of so many people that now I've lost my own. (W. C. Fields).

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