HEALTH

FOUNDED BY THE LATE Dr.U.RAMA RAU

Vol. 34 MAY, 1956 No. 5

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Annual Subscription:
Inland .. Rs. 2/8
Foreign .. Sh. 5/-
Post Paid

SINGLE COPY: As. 4

Editorial & Publishing Office:
323-24, Thambu Chetty St.,
P.O. Box 166,
G. T. MADRAS-1

Contents

What's New in the News?

New Jap Cosmetic

A scramble has started in **Japan** for a new cosmetic said to "take years off middle aged women", its chief ingredient is human blood.

The authorities have expressed serious concern about the thriving cosmetic businese but have failed to discover any legal process by which it could be halted.

Called "Plasma Paint" the face cream is said by the manufacturers to smooth out wrinkles. Blood donors, mostly students and unemployed sell their blood to dealers for a few pence a pint, the reports added.—(*Tokyo News*, 2-3-'56.).

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Manufacture of "Appalam"

(Pappads)

The Government of Madras have sanctioned the starting of four centres for manufacturing "appalams"—blackgram wafers under the scheme for the development of cottage industries in Community project areas in the State. They will be located in Chidambaram (South Arcot), Athoor (Salem), Cheranmahadevi (Tirunelveli) and Tirukkalikunram (Chingleput). These will be under the administrative charge of the Block Development Officers concerned.

The staff sanctioned for one year consists at present of an organizer and skilled workers. It is estimated that an amount of Rs. 800 per month will be spent during this period—Rs. 650 towards the cost of the mixing machine and Rs. 150 for supplying tools to 25 families at Rs. six per family. For these four centres, it is estimated that a recurring expenditure of Rs. 10,000 for the purchase of black gram, rice flour and other ingredients will be required.

In the Community development block at Tirukkalikunram, preliminary arrangements such as the selection of building, of families, an organiser and the like, have been made.

New Theory on Dental Caries

Lactic acid, long believed the cause of dental caries, may aetually help in the prevention of tooth-decay according to the theory of Dr. Albert Schatz, co-discoverer of streptomycin, and of his colleague Dr. Martin. The acid theory, that lactobacilli and other bacteria which ferment sugar forms fermentation acids that dissolve the mineral matter in the enamel surface of the teeth, has never been conclusively proven.

Schatz and Martin concentrated on the organic, rather than the mineral, component of the enamel. They isolated microbes from the mouth which appear to work on the destruction of tooth organic matter. The action of these bacteria is believed to be held in check by lactobacilli and other acid-producing bacteria in the mouth. According to their theory, one of nature's defences against caries may have been mistaken for the cause of tooth decay, and dentifrices which alkalinize acids or inhibit lactobacilli in the mouth may increase rather than prevent caries.—(Thro' *Oral Health*, Jan. '56).

●

New method of Purifying Water

Soviet scientists have elaborated and tested in practice a new method of purifying drinking water with the help of one installation—a new type of contact filter replacing a whole group of purifying installations. In it, the water travels from the bottom upwards, passing through a filtering element of coarse gravel and sand, and reaches the surface fully purified. The reconstruction of the existing installations into contact filters of this type makes it possible approximately to double the capacity of the waterworks.

Ultra-violet rays are also used to sterilize drinking water free of germs by special bactericidal units which work automatically.

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A Journal Devoted to Healthful Living

Founded by the late Dr. U. Rama Rau in 1923

Published on the 15th of every month

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Vol. 34 | MAY, 1956 | No. 5

NURSING AS A COMPULSORY SUBJECT OF STUDY IN GIRLS' SCHOOLS

"THE Madras State Government is contemplating the introduction of Nursing as a compulsory subject in the curriculum of studies for girls", said Sri C. SUBRAMANIAM, Finance and Education Minister of the Madras State, while opening the new buildings of the Government Headquarters Hospital and the New Nurses' Home at Mangalore on Friday the 20th April 1956. Nursing is really a profession best suited to women, rather than men, and so a knowledge of nursing will be of considerable help to the housewife in running her home and looking after the health of her children.

We quite appreciate the good intentions and desire of the Education Minister in making this proposal but we cannot help feeling that 'Nursing' as it is understood in medical parlance being a highly developed art and science cannot be taught as a subsidiary subject in the ordinary school syllabus, particularly in the present set-up where the majority of schools are housed in ill-ventilated low buildings and sheds and with no material for practical work, or demonstrations and no essential hospital facilities. The Minister no doubt had general nursing in mind and not specialization as in the case of those actually afflicted with particular diseases. Nor was it his idea that all educated women should undergo a course of training in nursing and enter that profession. The profession of nursing has unfortunately not so far attracted suitable entrants in sufficient number, as the pay and prospects of nurses in the State hospitals, local fund medical institutions and health and welfare centres run by local bodies have

been far from attractive or even adequate. There is a general feeling that nurses are deplorably underpaid and considerably overworked.

The course of study in general nursing contemplated by the Government, will however prove useful to girls and stand them in good stead when as mothers, they have to keep homes in later years. It will also serve to develop in them the incentive, ability and desire to be of service to others and "make them happier and healthier enabling them to cultivate attitudes of mind for living a full life."

There is already provision in the curriculum of lower secondary schools for the teaching of elementary home nursing, first aid etc., as part of what is called Home Craft or Home Science, which is a very elastic subject that embraces planning, furnishing and decorating of houses, cookery, service, household accounts, thrift, making of clothes, laundering, etc. Domestic science and household arts constitute one of the optional subjects in the college course for girls. These include first aid and the elements of nursing. But very few schools offer such courses of study because, as already stated, suitable accommodation is not to be had in most institutions and the grants-in-aid given by Government for school buildings are indeed very small. In the absence of adequate facilities in schools, compulsory training in nursing may be impracticable and ever create difficulties in actual working. It is however, well worth a trial in such of the schools as have or can provide at least reasonably adequate facilities without much extra cost on buildings.

Cholera

Bursts of cholera occurred throughout the Victorian age like the irregular striking of a crazy clock, and this eldritch warning quickened the sense of urgency about health, and caused many laws to be passed under the stimulus of panic. We might almost say that Asiatic cholera was the secret ally of Edwin Chadwick, He warned the English people that unless they swallowed a dose of his sanitary medicine, the cholera would return, and behold it did return, and Chadwick had the power of a Black Magician. He knew nothing of microbes, or the deadly power of the cholera germ to thrive in water, in milk, or on infected vegetables, but he believed heartily that it was caused by "contagion," which was the result of filth.....The cholera cast its huge shadow of panic. The Presbyterians of Edinburgh appealed to the Home Secretary to announce a general Religious Fast as a way of deflecting the Divine Vengeance. But the Home Secretary happened to be Lord Palmerston, and before issuing his reply to the Scottish Ministers, he consulted the Board of Health.....The answer was duly published, and shocked the Presbytery, For Palmerston bluntly rejected the idea of a National Religious Fast. He said that the maker of the universe had established certain natural laws, on the observance or neglect of which depended the weal or woe of mankind. The best course which the country could follow to prevent the cholera was to use the interval before the next epidemic to carry out measures to remove sources of contagion, which if allowed to remain will infalliably breed pestilence and be fruitful in death, in spite of all the prayers and fastings of a united but inactive nation.....when man has done his utmost for his own safety, then it is time to invoke the blessing of Heaven to give effect to his exertions.—*(Williams)*.

X-RAYS—THEIR USE AND ABUSE

Dr. James F. Brailsford, Ph. D., F.R.C.P., F.I.C.S., (Hon.),
Emeritus Director of Radiological Studies in Anatomy, University of Birmingham, has made the following challenging remarks in a recent article :-

NOT long ago we celebrated the diamond jubilee of the discovery of X-rays by Wilhelm Konrad Roentgen, the fifty-year-old professor of physics and Director of the new physics laboratory in the university of Wurzburg.

In the late evening of November 8, 1895, alone in his laboratory with a simple unit he had devised to operate a Crookes' tube, he switched on the electric current, and found that, though he had excluded all visible light from the apparatus and tube, the salt commonly used in research on the spectrum, *viz.*, barium platinocyanide, fluoresced in the dark.

Roentgen proved that the rays were coming from the tube, that they were effective the long distance of the room, and they could readily penetrate paper, cardboard, and books ; but as the substances tried increased in density, the rays were increasingly absorbed.

Having the standard laboratory wooden box of weights, he interposed it between the encased tube and the barium platinocyanide–which, to form a screen, was painted on cardboard. With the tube in action in the dark he was above to see the varying densities of the weights within the box.

This might have remained as an interesting experiment in a physics laboratory. But Roentgen was a genius. He put his hand between the tube and the screen and saw the bones within the hand ; it was a simple matter to substitute a photographic plate for the screen and obtain a permanent record—*a radiograph*—a phenomenal discovery of the greatest importance.

The news of the discovery was made known to the world in January, 1896, and excited world-wide interest and activity ; for not only did Roentgen give an account of his discovery, and his experimental evidence of the nature of the rays, but he supplied full details of the simple inexpensive equipment so that anyone who cared could repeat his results.

How different it might have been had he been covetous of the money or the power which were there for the asking !

Within a few days of the announcement of the discovery, doctors, physicists, photographers, and other interested persons, with apparatus costing less than £ 5, had taken radiographs of the living human hand and published them in the local lay and medical press.

The instantaneous reaction was that this was a means whereby we might spare the patient pain, for it would enable us to see evidence of foreign bodies, like needles or bullets, damage or disease, without causing the patient any pain.

It was this reaction which Roentgen and his beloved wife claimed as their greatest reward, though the rewards included the Iron

Cross, the Nobel Prize, the Gold Medal of the Royal Society, the Wurzburg M.D., and distinctions from learned societies all over the world.

Some doctors, however, saw in the use of X-rays the possibility of great abuse—its easy substitution for the careful, painstaking clinical examination of the patient by which all notable contributions to medicine had been made. Accordingly, they opposed the use of X-rays and hindered their application.

But the most important deterrents were the dangers to which the X-ray workers were subjected.

Many pioneers developed painful X-ray burns which led to amputations, or death from malignant disease; others died from electric shock, for when these deterrents were largely removed by the provision of shock-proof protective units, doctors, with little or no training in radiology, employed it as an easy substitute for clinical examination of the patient, who was correspondingly neglected.

Even to-day the fundamental knowledge is not appreciated that disease may be manifest on careful examination of the patient, though the radiographic appearances of the patient are normal; and that when the patient has fully recovered, the radiograph may show for the remainder of the patient's long, healthy life spectacular shadows of no significance to his well-being.

When his condition is neglected and only the shadow is treated—a not uncommon practice today—the life of the patient may be jeopardized.

Often the shadows which excite major surgical attention are merely evidence of a former episode a kind of scar from a previous focus of disease but a doctor who has seen a radiograph before he has seen the patient is very apt to be biased. The shadows may even be used to justify the risks of major surgery.

For these reasons I opposed mass radiography. That it will show cases of active tuberculosis previously undetected merely argues that clinical examination was absent or careless.

The progressive employment of mass radiography since the National Health Service was introduced, and the increasing number of cases found, can reasonably be taken as an indication of the *degeneration of clinical medicine.*

Fortunately, with improvement in housing and the standard of living, the death-rate from tuberculosis is very rapidly diminishing.

The marked improvement in X-ray films and their processing should permit of simpler and less expensive electrical equipment, but examination of the costs of X-ray departments in the State hospitals will reveal that millions of pounds are being spent on more and more expensive units. And a very large percentage of the radiographic examinations are unnecessary; some may actually be harmful.

The legal authorities have been taught by the doctors that failure to get an X-ray is an indication of neglect; but from a long experience I would say that in such cases it is the production of a radiograph that ought to be so

regarded, for often it means that the condition of the patient has been neglected.

One further reaction must be noted. In the early years following the discovery, it began to be recognized that X-rays could do harm to the human body. In the enthusiasm to obtain radiographs of the denser parts of the body, the head and trunk, radiation was applied which burnt the skin and destroyed the hair-growing follicles. Permanent baldness became a recognizable post-radiation phenomenon.

Then, as already indicated. the workers insidiously developed intractable agonizing burns which only amputation could relieve; death still resulted from malignant disease.

As with all agents capable of damaging the body, X-ray and other radiation instead of teaching us to avoid it, as it had been proved to be a definite cause of cancer, was hailed as a possible cure.

Roentgen must not be given the credit for the propagation of this gospel. Since it was propounded, radiation has been exploited in every conceivable direction as if it was a panacea for all forms of malignant disease.

Personnel has been enormously recruited, departments have been elaborately extended, X-ray, radium, and isotope installations have been ostentatiously developed to the stage of a Frankenstein nightmare, voltages have been increased to the millions, all kinds of filter devices have been tried, millions of experiments have been carried out to cause cancer in animals. But after sixty years of this "progression" we have found in radiation no cure for malignant disease!

Doctors have not all realized to the full that all advances in medicine, be they X-rays, radium, etc., anæsthetics, antibiotics, hormones or surgical techniques, call for greater, and not (as is too often evident) less, discipline before and during use.

The early successes were dependent upon the exercise of every care and skill; the failures—and they are formidable—are due to lack of these precious essentials.

They have learnt, no doubt due to demands of patients and their relations, that they can do anything and everything with the human body, but they have not learnt *what is of much more importance*–viz., *when it is better to leave it alone.*

Even Faults Help

Fortune sometimes makes use of our faults in order to elevate us; and there are some troublesome people whose merit would be badly rewarded if we were not very glad to purchase their absence.

Whatever distrust we may have of the sincerity of those who converse with us, we always believe that they tell us more truth than they do to others.

We have few faults which are not more excusable than the means we take to conceal them.

—(*La Rochefouca*[illegible])

THE MAGICAL SENSE OF SMELL

WILL BERNARD

RIGHT between your eyes you are carrying around one of the most marvellous gadgets in the world: *your nose.*

Only recently has man begun to figure out how the wonderful thing works—how it performs the magic we call smelling. Science is just starting to understand the fantastic decoding system that tells you your'e smelling a rose and not a mouse.

Most of us think of smell as a second-rater in the arsenal of senses—a sort of junior partner to the sense of taste. Yet the truth is just the other way around.

It's not your tongue but your nose that really savours your food. When the aroma from an excellent dish under preparation drifts into your nostrils, the work of your smelling apparatus is only beginning. Not until you've popped it into your mouth does smell come into full play.

As you chew, you release fumes of odour that rise through the back of your mouth into the inner recesses of your nose—where the olfactory nerve is located. It's there that you discover the delights of a roast that is "done to a turn", a lemon pie that is "scrumptious".

Your tongue tells you of only four basic flavours—sweet, salty, sour, and bitter. But your nose can distinguish tens of thousands of different flavours, and new ones are being discovered all the time.

A simple experiment will convince you of the dominant role this talented sense plays in eating. The next time your nose is stuffed up by a cold, mince some onion in one dish and some sweet apple in another. With your eyes blindfolded (to shut out the power of suggestion), taste each mixture.

You can't tell the difference.

Both will have a slightly sweetish flavour, because that's all that the limited facilities of your tongue can tell you about them. And your nose isn't on the job.

That's why gourmets eat so slowly—allowing plenty of time for those all-important fumes to caress their olfactory system.

Up to a certain point, science knows pretty well how this sense operates. The nose consists of two flat membranes, one in the upper portion of each nostril. each about the size of a postage stamp Sticking out of the membranes like so many lines on a telephone switchboard, are tiny hairs.

When the odour reaches these hairs, it sends electrical impulses racing along an intricate net-work of nerves to your brain. There the impulses "light up" a specific code which your brain translates into the appropriate sensation.

But a crucial link in this chain of events has long been a mystery

One theory after another has been put forward to clear up the enigma And now evidence is mounting that your smelling equipment can receive odours in several ways, not just one.

Thus there is reason to believe that the damp film around your olfactory hairs can trap tiny particles, dissolve them, and start off a chemical reaction.

There is also evidence that your organ is equipped with zigzag-shaped receptors which react by meshing with odours, molecules of the same shape-much as a lock reacts by meshing with the right key.

It's small wonder that no scientist can yet claim to have all the answers. For your nose can receive, analyze, and sort out odours with a speed and *finesse* that no laboratory instrument can duplicate. When you notice the perfume of a girl you pass on the sidewalk, you are sensing an amount of odour so infinitesimal that no mechanical device now known could either detect or record it.

It's a common belief that when conditions are right you can smell fright in another person. But some odour experts think that doesn't do justice to the nose's sensitivity. They believe you can even distinguish between different kinds of fright.

In fact, there may be no limit to the number of smells the human nose can recognize.

Handling such a flood of sensations would be a lot harder if your nose didn't have a remarkable talent for adaptation. When an odour comes in strongly, you automatically "tune down the volume" by a process known as odour-fatigue.

Smell a carnation. The first whiff is powerful, the second weaker, and soon you can't even smell it at all.

Thus the potent stench of the stockyard doesn't spoil the appetite of the men who work there—because their noses quickly learn to make it "normal" instead of offensive.

Unfortunately, this phenomenon of odour fatigue also blunts your awareness of your own breath and body odour. That's why Orientals can detect a "buttery" smell in Americans that we don't notice, and Americans can detect a "blubbery" smell in Eskimos that they are equally unaware of.

That's also why a wise woman will ask her husband if she's wearing too much perfume, instead of relying on her dulled perception.

Your olfactory organ also has an amazing degree of æsthetic discrimination. A smell that your nose will relish in combination with the other odours of good cheese it will abhor in eggs. The odours of roast beef, delightful in the kitchen, outrages when you smell it in a wildflower.

Civet and ambergis, essential elements of expensive perfumes, are horrendous on their own.

A strange quality of your nose, oft noted but little understood, is its uncanny partnership with memory. Even a casual smell can instantly resurrect an experience from the dim past, sometimes remarkably vivid.

Because it operates so stealthily, your sense of smell seldom gets full credit for what it does. Not only taste, but sound and touch and sight often hog the front of the stage of consciousness, while smell does its work behind the scenes.

The sound of singing birds is far more lovely when harmonized with the aroma of spring flowers. The touch of a girl's lips is more delightful when her hair is radiating a faint fragrance.

The way a smell can ignite passion has been known, of course, to all the great temptresses of history. Shakespeare wrote that with Cleopatra's perfumes "the winds were love-sick," and Josephine kept her boudoir a heavily-scented haven for Napoleon.

Because of its far-reaching effect on our moods and emotions, our sense of smell has been called "the shortest route into the subconscious".

The smell of your own home, when you return from a journey, can induce a sense of relaxation and well-being. Efficiency experts have recommended pleasant odours to improve the *morale* in factories. Doctors are discussing "odour therapy" for hospitals.

In the field of selling, odour has become big business. Department stores use carefully chosen fragrances to put customers in a spending frame of mind.

The world of olfaction is a world of perfect democracy. Does your nose have a hump? Or a wart? Is it crooked? Is it splashed with unsightly freckles?

Odour has no prejudices, plays no favourites, To you, as to everyone else, the aromatic abundance lies open—yours for the smelling.—(Condensed from *Today's Health*, Chicago, for *World Digest*).

Halsted's Greatness

With perfect gentleness and prodigious patience, with the rubber gloves and new methods, Halsted extended the range of his operations. He removed cancer of the breast with much greater permanent success than had ever been achieved before. He repaired hernias, and those repairs lasted until the end of the patient's life. He had a special fascination for aneurysms, those balloon-like swellings which grow upon large arteries, caused by weakness in the layers of its wall, which pulsate with each beat of the heart, and are filled with a tiny whirlpool of blood and which may burst and cause rapid death. Halsted invented new ways of tying them off and causing the aneurysms to disappear.

Once, in the middle of the night and without assistance, he operated upon his own mother for gallstones, and prolonged her life by two years. That was surely a test for a man and a surgeon, and like every other operation that he performed, it engaged his organized faculties and roused the love that lay in the very touch of his fingers.

This perfectionist in the operating theatre, this neurotic in his social life loved to direct and discipline the careers of his pupils, to evoke their potentialities and rouse in them pure devotion to the science of surgery, making it almost a religious cult. "We wish to have men who have learned to work for truth's sake, who find in work and the search for truth their greatest reward," he said. Posterity honours Halsted, but those who worked near him had mixed feelings towards their inscrutable chief. They dreaded the sidelong squint of his myopic blue eyes, the soft silky voice which conveyed blistering sarcasm. His personality seemed to be surrounded by a dense vacuum. He would peer at people like a wary animal. Deliberately, he would take out a cigarette, but never offer one, and then light it slowly without speaking, as though giving himself time to sharpen his claws.

—(*Williams*).

MY SECRETS FOR SUCCESS

SIR MILES THOMAS

Personal ambition and achievement are praiseworthy only when they are related in some way to the wider interests of the community.

If it is to be complete and wholly satisfying, personal success must have as one of its ingredients the knowledge that one is doing a worthwhile job; worthwhile in the sense that it makes some contribution to the welfare of mankind and to the dignified progress of civilization.

Power and material prosperity may accompany success but of themselves they do not necessarily imply that a man is successful in the full meaning of the word.

Rather it is the way in which power and prosperity are used that indicates a man's true standing.

In these days of specialist knowledge, the first step in equipping oneself for a fruitful life is the pursuit of a course of study in the particular field offering the greatest personal appeal.

This, of course, will be determined largely by the varied bents and aptitudes inherent in each individual.

It is very important that young people are allowed, so far as is possible, the opportunity to choose their own professions and trades.

Having reached the decision on which course of study to follow, each individual must then extract the utmost benefit from that teaching and obtain appropriate certificates, diplomas, degrees, or other qualifications

It is a mistake to concentrate too fiercely on one branch of human knowledge to the exclusion of wider and deeper issues.

An intelligent understanding of what may loosely be termed philosophy and the humanities in general is essential in helping to relate our own specialist activities to the overall picture of human endeavour, and in enabling us to use all our attributes to the best advantage.

It is important never to become so immersed in one specialist sphere as to lose flexibility of outlook. Opportunities to move into wider and more rewarding fields may be lost by living in a watertight compartment.

A touch of healthy introspection is helpful in attempting to reach an objective valuation of one's capacities and limitations. Such self-analysis provides an opportunity to develop the abilities and supplies the impetus to master the limitations.

There is no doubt about the importance of a little silent meditation, a turning inward of the consciousness, in the search for right decisions. I mean controlled thinking, aimed at arriving at a positive conclusion.

This encourages the formation of a clear picture of a desired objective and the mental marking

out of each step leading to its fulfilment. In that way it is possible to establish the most satisfactory means of translating thought into action.

The next requisite for successful achievement of our aims in life is self-discipline. Anyone can sit down and think how good it would be to write a book, swim the Channel, or get a better job.

But it takes self-discipline to lift the project out of the "would n't-it-be-nice-if" stage and to summon the necessary effort to overcome a comfortable inertia.

No amount of discipline applied from an outside source can produce the required results. Each one of us has to be his own "drill servant" and must ensure that the proper standards of mental and physical endeavour are maintained.

One essential in leading a happy and successful life is the cultivation of the highest possible degree of physical fitness. An alert and vigorous mind needs a strong and healthy body in which to function.

The unfolding of a successful career and a productive life is not altogether dependent on one's own professional skill or technical aptitude.

While these factors are of prime importance, it is also essential to realize that the impression given to other people of one's personality can play a significant part in determining the measure of responsibility which is ultimately attained.

First and foremost in this context is the ability to express oneself plainly and concisely. Self-confidence, too, is a quality which invests a man's character with an air of conviction and capacity to undertake the task in hand.

To ring true, of course, the self-confidence must be based on self-knowledge and not merely on self-aggrandizement.

Nobody can expect to reach positions of influence and responsibility unless he is prepared to give time and thought to his work both in and out of the so-called "office hours."

The type of mentality which "clocks on" and "clocks off" at set times every day and goes into hibernation at the week-end is no use to the man who wishes to display initiative and develop the capacity to take responsibility. Anyone who is not prepared to remain at his job until an essential task is completed, irrespective of the time, cannot have much hope of achieving success in his chosen career.

Indeed, the matter goes even further than this. Bright ideas for one's work are as likely to come to mind in the bath or on a golf course as they are in the office.

It may not be sufficient merely to file the idea away in one's mind for further consideration in "office hours" on the ground that one is "off duty."

The successful man is receptive to new ideas at all times and is willing to weigh their merits without delay.

One attribute which has always been found to be of great value is a good memory. The mind is more than a mere storehouse of facts and figures, names and places.

It is also a breeding ground for new ideas and fresh approaches to old problems, because it is there that apparently unrelated items of knowledge and various ideas which seem to be disconnected may come together over a period of time to present themselves as a coherent and profitable concept.

To sum the qualities and attainments which will stand any man in good stead in life are the genuine desire to be of service to mankind, a liberal education, the faculty of self-analysis and self-discipline, physical and mental alertness, and, above all, perhaps, flexibility and breadth of outlook.

Two other qualities essential in a fully integrated and happy human being are tolerance and a sense of humour.

One might well describe the sense of humour as a balanced sense of proportion, which is a quality that should enable us to ride the ups and downs of life with reasonable equanimity.

The final important point is the need for a clear appreciation that the degree of success we achieve in life rests firmly in our own hands.

It is within ourselves that we must create the conditions necessary for the realization of our aspirations and ideals.

Although other individuals and differing events may have a major influence upon us at certain times in our lives, nevertheless it is the positive and dynamic qualities of our own thoughts and outlook that attract to us the people and circumstances contributing to success and happiness and give us the power to be of service in the world.—(*Northern Echo* via *World Digest*).

Envy and Jealousy

One of the most powerful sources of false belief is envy. In any small town you will find, if you question the comparatively well-to-do, that they all exaggerate their neighbours' incomes, which gives them an opportunity to justify an accusation "meanness." The jealousies of women are proverbial among men, but in any large office you will find exactly the same kind of jealousy among male officials. When one of them secures promotion the others will say: "Humph! So-and-so knows how to make up to the big men. I could have risen quite as fast as he has, if I had chosen to debase myself by using the sycophantic arts of which he is not ashamed. No doubt his work has a flashy brilliance, but it lacks solidity, and sooner or later the authorities will find out their mistake." So all the mediocre men will say if a really able man is allowed to rise as fast as his abilities deserve, and that is why there is a tendency to adopt the rule of seniority, which, since it has nothing to do with merit, does not give rise to the same envious discontent.

—(*Russell*)

I have spoken of liberty as a good, but it is not an absolute good. We all recognize the need to restrain murderers, and it is even more important to restrain murderous states. Liberty must be limited by law, and its most valuable forms can only exist within a framework of law.—(*Russell*).

THE NUTRITIVE VALUE OF PROTEINS

IN India McGay's researches between the years 1908 and 12 first drew attention to the low utilization of proteins from the Indian diets. He was of the opinion that this factory was probably responsible for the defective physical development and lack of stamina of certain sections of the Indian population. McGay's investigations on the jail dietaries in Bengal and Uttar Pradesh were undoubtedly the forerunners of the extensive work later undertaken in India on the nutritive value of proteins of Indian foodstuffs.

The nutritive value of a protein depends upon its digestibility and its capacity after absorption from the intestines to supply the body with essential amino-acids for growth and/or maintenance. Owing to differences in digestibility and in amino-acid composition of proteins from different sources, proteins differ considerably among themselves in respect of their nutritive value.

The problem is of particular importance to India, for a major portion of protein in Indian dietaries is derived from cereals and pulses. The work on the composition and nutritive value of proteins first begun in 1925 at Bangalore was later taken up by different laboratories in India in which chemical and biological methods were employed, the latter involving experiments on laboratory animals as well as human subjects. Information has now been accumulated with regard to the nutritional quality of proteins from the more important cereals and pulses.

The biological value and digestibility of proteins from a few foodstuffs are given below:—

Foodstuff	Biological value per cent	Digestibility per cent
Rice	80	97
Wheat	66	93
Ragi	90	79
Bengal gram	62	86
Red gram	70	75
Beef	69	97
Mutton	60	95
Fish—*Hilsa*	70	83

If the nutritive value of proteins from a single foodstuff is low it can be improved if proteins from another food source are available in the dietary. This is known as the supplementary effect and has been observed when pulses are mixed with rice or with skim milk. The information gained on such supplementary effects has provided a scientific justification for the practice of not depending on only a single variety of cereal or pulse in our daily diets.

The dietary protein not only supplies the building stones for the formation of new tissue and for the replacement of wear and tear in the body once the active growth has ceased, but one other important role which protein plays is to help in the formation and regeneration of blood proteins. Recently work undertaken to study the blood protein regeneration as influenced by dietary proteins of vegetable origin has yielded very valuable results indicating that they are quite good.—(*Indian Council of Medical Research*, Special Reports series *No. 22*).

THE TEST THAT TELLS HOW FAST WE LIVE

J. D. RATCLIFF

EACH of the body's billions of cells is a minute furnace, burning food to produce energy. How well this combustion apparatus is working can be measured by one of the most important of all medical tests—the BMR, or basal metabolic rate test.

BMR is simply the lowest rate at which the body converts food into energy. This rate occurs while we sleep or are at complete rest. The body's fires are banked then, and only enough energy is produced to meet the "overhead" of vital functions, such as heart and lung action and maintenance of body temperature. A knowledge of how much energy is required to meet this "overhead" can be enormously revealing to a doctor.

In a sense BMR is a measure of our *aliveness*. It tells the doctor the *rate* at which we are living—whether our bodies are going at racing-car speed or chugging along only half alive. In either case, the doctor has some remarkable tools to restore our combustion apparatus to normal.

At rest and idling, the body engine gives off approximately the same heat as would a 70-watt electric bulb. Its fuel requirements are strikingly low. Two lumps of sugar keep things going for one hour; a pat of butter for two hours; a doughnut for three. Even the slightest activity shoots energy requirements upward. Sitting up in bed increases the demand ten per cent; standing nearly doubles it; chopping wood increases it eight times. Heavy thinking, contrary to popular belief, requires hardly any energy; half a peanut an hour would keep the hard-working brain of an atomic scientist going. Worry and apprehension, on the other hand, speed up all body activity, and energy requirements soar.

But the BMR test isn't concerned with this added activity. Its purpose is to measure merely the minimum energy required to keep a person alive; it must therefore be conducted under special conditions. Since digestion of food places heavy energy demands on the body, the patient is allowed only a light dinner the night before, and breakfast is skipped on the morning of the test—not even a sip of water is permitted. Then, in the doctor's consulting room or hospital, there is half an hour's rest before the test begins.

The simplest means of finding the rate at which the body burns food into energy is to measure the amount of oxygen taken up by the lungs—since oxygen is essential to all combustion. The air channels of the patient's nose are closed by a clip, and exactly measured oxygen is breathed through a tight-fitting mask over the mouth. Numerous factors—height, weight, sex and age—influence the amount of oxygen an individual consumes. The talls require more than the shorts, the heavies more than the thins, the young more than the old, men more than women. All these variables are taken into account on charts—

which are based on thousands of test measurements—and a doctor, knowing your type and your oxygen consumption, can thus determine your basal metabolic rate.

Taking zero as normal, most authorities agree that any variation between plus 15 and minus 10 may be considered within the normal range for the majority of people. But a reading of minus 15 or plus 30 is an indication that something may be wrong. Then the finger of suspicion is pointed at the thyroid, a reddish-yellow spongy little gland, butterfly-shaped, which straddles the windpipe just below the larynx.

In a sense the thyroid is like the thermostat on a house-hold furnace. If it is set too high the body burns food at a furious rate, a condition known as hyperthyroidism. The victim is usually ravenously hungry but unable to appease his appetite. Often he burns all the food eaten, then starts consuming his own tissues—becoming as thin as a rake. When, on the other hand, thyroid activity is too low (hypothyroidism), life proceeds at a limping pace. The victim is usually fat, has a puffy, sleepy-looking face and, because the body isn't producing sufficient, heat, is often abnormally sensitive to cold.

Once every hour the body's total volume of blood passes through the thyroid and from it carries the thyroid hormone to all parts of the body. Highly potent, the hormone helps to regulate all cellular activity. A tadpole starved of it never grows into a frog. If a tiny amount is given to a hibernating animal it comes awake promptly.

The thyroid hormone is mainly (65%) composed of iodine, which consequently plays an essential role in human welfare. For when the thyroid gland lacks sufficient iodine it is robbed of the building material needed to produce its hormone. And when acute iodine-hunger occurs, the gland in its struggle to trap every scrap of this vital element often grows to enormous proportions, forming a goitre. Yet the amount the gland requires is minuscule – the body's total supply being roughly equal to that contained in two drops of tincture of iodine.

In the main, the abnormal basal metabolic rate tells the doctor that something is wrong with the thyroid. It may be iodine-starved. Or it may be over-stimulated, possibly by a tumour of the gland acting as an irritant which sets off excessive thyroid activity. In some cases, hyperactivity may be set off by high temperatures. Emotional difficulties and other stresses may also have a stimulating effect.

When the BMR reveals a woefully inadequate level of thyroid activity—a reading of minus 40, say—the doctor has a number of methods of bringing it up to normal. In some cases small daily doses of iodine help; in others, pills made of desiccated thyroid derived from the glands of sheep and other animals are effective. One of the most stirring sights of modern medicine is to see the change wrought by such a course of treatment—usually within 30 days. The mentally and physically sluggish patient comes alive: puffiness disappears, thickened skin becomes more normal, sensitivity to cold disappears. Indeed, a new human being is born.

An over-active thyroid, on the other hand, calls for opposite measures. In some instances, the thyroid may be peppered with X-rays to destroy cells and slow the gland's activity. If a tumour is suspected, or if the gland has grown so large that it endangers the wind-pipe, surgery is the answer. As much as 90 per cent of the gland may be removed. This once-hazardous operation is today almost completely safe.

New drugs, thiouracil and a series of related medications, have a magical effect in quietening unruly thyroids after only a few weeks. Radioactive iodine is even more dramatic in performance, but many doctors feel that it should be used with caution until its long-term action is more definitely known.

Because of its tremendous usefulness, the basal metabolism test has become one of the foundation stones of modern medicine. With it and kindred tests, doctors are able to find out how well our body engines are functioning. And if something is amiss, the tests point the way to treatment which can restore us to a normally healthy and useful life.—(Condensed from *Today's Health* for *Reader's Digest*).

THE APPEAL OF GYMNASTICS

HAROLD CHILDS and JAMES A. BALEY

Why do some boys and young men make their daily visit to the gymnasium to tear their hands. hurt their shins, develop sore muscles, and enjoy the possibility of breaking a limb or a neck? What is it in gymnastics that attracts its devotees so much?

The motivation must be certain needs which are satisfied by gymnastics, *e.g.*, (1) Self-realization, and (2) creativity and athletic beauty.

Gymnastics can be used as a powerful tool in the teaching of self-discipline. No one can force a boy to do a stunt. If he wishes to make progress, he quickly learns that he must start with a stunt, making repeated attempts until he masters it.

In order to make steady progress towards a desired stunt or routine, a boy must organize his time, energies, and effort according to his own level of skill, strength, ability, endurance, and available time. It is mandatory for each to do his own organizing.

The coach, of course, can and should make suggestions and offer advice. However, since few members of a team will be at the same level of skill, possess the same innate abilities, as well as the same level of strength, endurance, and interest it would be inadvisable for the coach of a gymnastics team to conduct a formalized practice session continually. The boys must be on their own.

All of us want and need a feeling of freedom to progress at our own rate. A boy who is challenged by stunts and wants to prove to himself that he can master them is actually free to progress at his

own rate. The group will not hold him back.

Gymnastics and tumbling offer superlative opportunities for improvement. For example, a gymnast can learn several new stunts during every practice session and thereby experience the satisfaction and elation of accomplishment each day. The gymnast who has just done a stunt for the first time, whether he is six or 60, simply radiates joy immediately after his accomplishment.

All of us have a need to excel. In gymnastics, the probability of excelling is great because of the number of events :—

(1) Parallel bars, (2) Horizontal bar, (3) Side horse, (4) Long horse, (5) Still rings, (6) Flying rings, (7) Rope climbing, (8) Free exercise, (9) Spring board vaulting, (10) Singles balancing, (11) Doubles balancing, (12) Triples balancing, (13) Tumbling, (14) Trampoline tumbling, (15) Perch pole, (16) Teeter board and (17) Club swinging.

If a boy wants to improve in gymnastics, he must learn to view his body objectively as it passes through movements. He must make realistic evaluations of his own performance. He cannot blame others for temporary setbacks.

Gymnastic competitors, like golfers and divers, compete primarily against themselves rather than against an opponent. This is desirable since it is like real situations.

Creative ability has unlimited opportunity of expression in this activity. The gymnast may experience great pleasure through working out many possible combinations of the hundreds of stunts (in his mind's eye) and attempting to perform the vizualized routines. This experience enables him to become more appreciative of the true meaning of such terms as symmetry, continuity, co-ordination, balance, and beauty ; and at the same time to become aware of the role endurance plays in the performance of the proposed routines.

For example, the gymnast may think through a combination of stunts to make a routine, but when he attempts to perform it, finds he is unable to execute the routine—even though he is able to perform each stunt individually. He has two alternatives : to work towards building up his endurance to a level enabling him to perform the routine, or to create another routine within his capacity.

Perhaps in no other activity are there such opportunities for re-evaluation and alternative performance levels. This factor encourages experimentation.

The gymnast becomes keenly aware of the beauty of form arising from the proportional balance of the stunts in his routine. Consequently, he endeavours to place in sequence the stunts he successfully and seemingly effortlessly performs, thus contributing to symmetry and continuity. Coordination, balance, and form provide pleasurable beauty to the senses.

Someone once asked a mountain climber why he climbed a mountain. He replied: "Because it was there." It challenged him! This, we believe, is the prime mover for gymnasts too. The stunt is there—inviting them, challenging them, daring them to master it!—(*Journal of Health-Physical Education-Recreation*, Feb. 1956).

THE PRACTICE OF HATHA YOGA

BESTOWS RADIANT HEALTH

SWAMI SIVANANDA,
Rishikesh

"HEALTH is wealth." Good health is the greatest asset for you. Without good health you can hardly expect success in any walk of life. Even for spiritual pursuits good health is the pre-requisite. Without good health you cannot penetrate into the hidden depths of the vast ocean of life within and attain the final beatitude of life. Without good health you cannot wage war with the turbulent senses.

Hatha Yoga helps to attain good health. Body and mind are instruments which the practice of Hatha Yoga keeps sound, and full of energy. It is a unique armour against the opposing forces in the material and spiritual fields ; you can combat Adhi-Vyadhi and attain radiant health and the realization of God-head.

Hatha Yoga is a perfectly practical system of self-culture and deals with a precise system of Yogic exercises practised by our ancient Indian Rishis. It imparts to every practitioner definite practical knowledge, radiant health, strength, and vitality. You can acquire absolute control over *Nature*.

Hatha Yoga deals with *Shad Karmas*, *Asanas*, *Pranayama*, *Mudras*, *Bandhas* and exercises on concentration and meditation. Asanas pertain to the physical body. They strengthen the body and eradicate physical ailments. *Bandhas* pertain to the *Prana*. That which binds prana is a bandha. They do not allow the prana to move upwards and the apana to move downwards. They bind and unite the prana with the apana and send the united prana-apana along the *Sushumna Nadi*. *Mudras* concern the mind. They represent seals Mudra means a seal. They seal the mind with the soul or *Atma* and do not allow the mind to wander. They direct the externalising mind towards Atma in the chambers of the heart and fix it there.

Sirshasan is the king of all *Asans*. It strengthens the brain and the brain-centres, improves memory and helps Brahmacharya. *Sarvang*, *Hala* and *Ardha-matsyendra Asans* make the spine elastic. Sarvang develops thyroid gland and bestows good health. It helps *Brahmacharya* and gives longevity. *Paschimottanasan* reduces fat and helps digestion. So does *Mayurasan*. *Bhujang*, *Salabh* and *Dhanur Asans* remove constipation and muscular rheumatism of the back. Relax all the muscles through *Savasan*. Do this asan in the end.

Ujjaiyi, *Sitkari*, *Sukha-Purvaak*, *Suryabheda* are the various kinds of Pranayama. Through the practice of these pranayamas *Kevala-Kumbhaka* results ; *Puraka* is inhalation of breath ; *Rechaka* is exhalation. *Kumbhaka* is retention. Kumbhaka gives you longevity and energy. *Sitali Pranayama* cools your body and purifies the blood. *Bhastrika* warms the body and eradicates consumption.

Practise *Bhandhatraya Pranayama* which includes *Mula-Bandha* or contraction of anus, *Jalandara-Bandha* or chin-lock and *Uddiyana-Bandha*, drawing the belly backwards at the end of exhalation. *Maha-Mudra* is an important Mudra. This cures piles, enlargement of spleen, indigestion and constipation.

These Yogic exercises are dealt with in detail in Swami Sivananda's book 'Yoga Asanas.'—(Ed. HEALTH).

Health and Emotion

A REVEALING story is told of two infants who were classified as "mentally deficient," and placed in a special institution. Here, they happened to be the only members of their particular age-group, so, by accident of circumstances, they received more than their share of attention from the staff. They were babied, petted, and made a fuss of. At the age of three, they were classified once again, found to be normal children, and adopted into families.

It is certainly an illustration of the primary truth, that the infant is an extension of the mother's personality. It learns without being taught—seemingly without the aid of the five senses. The fundamentals of character are picked up in a way we can hardly understand. In the first few years of a child's life this special environment is vital.

A child does not learn to love—except in so far as it is loved by its parents, or by someone else. Personal relationships, founded in the earliest years, control not merely character, they influence health. Personality does not exist in a vacuum. Human relationships are perhaps more important even than fresh air, good food, and the absence of germs!

Some people react wonderfully to danger, others lie down, mope and die. It is the same with illness. We don't succumb to illness when we are in good form. For instance, it must be exceedingly rare for a girl to fall ill on the eve of her marriage—provided she is really, truly and happily in love! A life without danger and strain would be a life hardly worth living, and certainly not a healthy life. There is a trick—we can all learn it—in facing personal danger with courage and resilience. We can learn to tolerate a certain amount of anxiety.

These things, so long known to commonsense, are becoming part of mental hygiene. The difficulty is that if we look too closely at them, we spoil their freshness. They get out of focus and we see nothing. Yet we all know they are true. We know that human relationships can never be methodized and systematized.

It would be a misfortune if our health service were to fasten permanently on us the shackles of disease, instead of liberating us to good health.—(*Health Horizon*, 1955, Winter).

The Surgeon and His Responsibilities

R. H. BELSEY, M.S., F.R.C.S.

RELATIVELY few people have seen a surgeon in action or know anything about his life and work.

What is the foundation or basis for the drama, so called, of the operating theatre? Most normal people fear operations and are stimulated by the scene, provided they themselves are not about to undergo an operation in the near future. Secondly, morbid curiosity and the fearful fascination of the sight of blood undoubtedly play a part, but on this score the actual scene would prove disappointing. Thirdly, the bizarre background: the lighting; the equipment and furniture; and more especially the gowns and masks of the theatre staff, are unusual and impressive.

More subtle reasons spring from the peculiar responsibility of the surgeon. It can be said with some justification that the surgeon holds the patient's life in his hands while he is operating. He is aware of this, but others beside himself—the anæsthetist, his assistants, and the nursing staff—now share his responsibility. Admittedly patients sometimes die after, or as a result of, surgical operations, whereas it is always assumed they die *in spite of* medical treatment; it is awareness of this fact that causes the attitude of the surgeon to differ from that of the physician. Reduce the situation to its most banal level and we arrive at the popular idea of "one slip of the knife" being followed by the immediate demise of the patient in a welter of blood. In fact, the knife does not slip; when a patient dies after an operation—a rare occurrence relative to the vast numbers performed nowadays—the cause is far more obscure, and may be completely beyond the control of even the most experienced surgeon.

The atmosphere in the operating theatre is not tense and grim as in the popular conception of the scene. The visitor might be struck by the quietness and by the concentration of everybody concerned during the technically more difficult phases, but much operating is of a routine nature which is performed almost automatically and it should not be mistaken for irreverence, callousness, or irresponsibility.

In fact surgeons are, by and large, very ordinary people, but possessed of certain attributes. In this first instance the surgeon must possess psychological and physical stamina, the ability to concentrate for long periods and remain calm and resourceful in a crisis. The physical endurance to enable him to stand and operate all day, and day after day, if necessary, is equally essential. With the advance of modern anæsthesia speed in operating has diminished in importance and has been replaced by greater gentleness, more meticulous technique and the opportunity to undertake more thorough and far more extensive procedures than were formerly possible—but at the price of greater physical stress on the surgeon and his assistants. Unfortunately, there are few opera-

tions that can be performed by the surgeon while sitting down.

The very character of a surgeon's work demands of him a more practical approach than is called for in his medical colleague, the physician. The surgeon's theories emerge from experience, from trial and error, from painstaking and often tedious research work, and from the appreciation of the hard fact that the patient's survival and future health depend upon his judgement and dexterity. No theory can be attractive to the surgeon if it leads to the death of the patient, and again we are faced with the particular responsibility of the surgeon's relationship to his patient. The application of knowledge gained in his experimental laboratory to the human being will always call for a high degree of that indefinable characteristic "common sense," without which no surgeon, no matter how "brilliant," can fail to be a menace to his fellow-man.

Manual dexterity can be *acquired* by assiduous practice, but that feeling for living tissue, the ability to handle living tissue without damage, that distinguishes the work of one surgeon from another of equal experience—such is *born* in man and cannot be acquired.

A surgeon is often asked how he felt when he performed his first operation. He can seldom remember, as far from being a highly spectacular event in his surgical career, the transition from assistant to operating surgeon with full responsibility for the patient is so gradual, that the actual moment when the young surgeon first led the operating team can seldom be recalled.

It is not generally realised that the surgeon does anything other than operate. In fact the average surgeon spends less time in the operating theatre than in other work. Gone are the days when the surgeon was little more than a "jobbing carpenter" merely "briefed" by the physician, who alone was responsible for diagnosis and the planning of treatment. The surgeon, by virtue of his unique opportunities to explore the living anatomy and physiology of the human body, is contributing more and more to our knowledge of human pathology. For example, the development of cardiac surgery, and the direct examination of the functioning heart, including the digital exploration of its interior, have led to the radical revision of many previously held views on heart disease. The surgeon has developed and controls many of the special methods of investigation and much of his time is spent in clinical examination and diagnosis. Of necessity *he must be a good doctor before he can become a good surgeon.* He plans the management of the case in consultation with the physician and conducts the after-care and follow-up examinations. He may be responsible for much administrative work, especially if he happens to be the surgeon in charge of a special department. It is one of his obligations to do pre- and post-graduate teaching. Any remaining time at his disposal will be devoted to research work; and to preparing records of his own work for publication.

Specialization has been forced upon him by great expansion in every field of surgery. The surgeon himself is striving to escape the bonds of over-specialization and to become more "general or catholic in his professional interests. At the same time many factors—not least the attitude of the patient, who demands the attention of the surgeon with the greatest possible experience in a very limited field, that particular patient's own field—may force him into even more restricted specialization.

The surgeon is the leader of a team of assistants, anæsthetists, nurses, physiotherapists, and technicians, of which every member contributes to the success of the operation, but upon the surgeon devolves the responsibility of deciding what operation, if any, shall be performed, and for selecting what special treatment in the pre- and post-operative periods he may deem necessary to ensure its safety and success.

In the future this team will probably increase in size to unwieldy proportions. More and more instruments and recording apparatus are finding their way into the theatre; more and more technicians must be present to observe and work the machines. There is a very real danger that the surgeon may lose control of this growing army of technicians and investigators, dsepite the delegation of some of the supervision to his assistants and registrars, and never before in the history of surgery has it been more necessary for him to bear constantly in mind the simple and fundamental concept of the patient as a human being; an individual seeking relief from his symptoms, or hoping to be cured of some disease, and demanding the entire attention of the team in his role of a human personality rather than as an experimental animal or an "interesting case"—(By Ronald Herbert Belsey, M.S., F.R.C.S., Consulting Thoracic Surgeon to the South-Western Regional Hospital Board near Bristol, via *Health Horizon*).

Truisms

Guilt has always its horrors and solicitudes; and, to make it yet more shameful and detestable, it is doomed often to stand in awe of those to whom nothing could give influence of weight but their power of betraying.

The mischief of flattery is, not that it persuades any man that he is what he is not, but that it suppresses the influence of honest ambition by raising an opinion that honour may be gained without the toil of merit.

Long customs are not easily broken; he that attempts to change the course of his own life very often labours in vain.

Abuse is not so dangerous when there is no vehicle of wit or delicacy, no subtle conveyance. The difference between coarse and refined abuse is as the difference between being bruised by a club and wounded by a poisoned arrow.—(Johnson).

The hidden wishes, thoughts, and reactions of others to you are really an open book to anyone who learns the secret of interpreting the small-signs and give-away movements by which people broadcast their emotional secrets. These are the conclusions of modern psychology.—(From *WHY*, New York).

HAPPY FAMILIES

FAMILY LIFE IS STILL VOLUNTARY

LESLIE GEORGE HOUSDEN, O.B.E., M.D., M.B.B.S.,
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IN a world where direction is becoming increasingly widespread, family-life is still voluntary. It holds deep joys for those who deserve them but it also holds responsibilities. A new-born infant is at the mercy of his parents, and they are irresponsible in the extreme who withhold that mercy. Nor is the irresponsibility less if four such infants be rared into fighting, quarrelling children, who loathe each other and despise their parents.

A child is much like a plant, whose sturdy growth depends partly on the excellence of the seed but even more on the goodness of the soil. The soil in human experience is the family-life and this is made or marred by the parents. There is no-one else to do it. If indeed it be marred by others it can only be with the approval or through the neglect of the parents. The children growing in this soil, this personal environment, will not all grow alike, for each has its own personality to develop, but each will grow under the best conditions. So they will flourish and the parents will rear the kind of family they deserve. Not the mother alone, who might deserve better than she gets, nor the father alone, who might even deserve worse than he gets, but the two together. Their aims and ideals must be the same, however their personalities differ Parental harmony is the cornerstone of the family, and the more frequent the crash of discords the greater the need for underlying harmony. Few adults of robust character can live unruffled lives together, but quarrels are of small account if deep affection is mingled with respect. Many families break down on the inability of the parents to lose their tempers without losing their affection for each other as well.

Unless parents act on their bounden duty to create for their children a family in which they can maintain their inborn expectation of happiness, they risk missing the real joys of family-life. Their intentions are of much importance. If they want children to carry on a name, or to "possess," or to supply some purely personal emotional need, happiness is unlikely but if they want them for the happiness they bring, that by sharing it may grow and spread, family-life will be richly rewarding. It is this determined intention that family-life shall be enjoyed that is so vital to success.

The newly born has no vices. If he develops them there is a reason for it. No child is blameless and adorable one day and delinquent and horrible the next. The progress is gradual and can be observed. Parents should watch this progress. One of the modern evils is the expectation of badness. Parents expect shyness, jealousy, disobedience and tantrums in their children or if they do not expect it they fear it, which is as bad. For children, will behave as they are expected to behave and will respond readily to

suggestion. The suggestions to which small children are subjected are indicated by the remarks and admonitions of their elders. Such, with their engendered emotions, "No one's going to hurt you" (fear), "Now you will have to take a back seat, old chap" (jealousy), "Be a good girl, don't cry" (grief, however expressed). Such remarks and many like them are the outward and audible signs of the inward, incessant suggestions.

Now the spirit of bad expectation is the cause of much unhappiness in family-life. Jealous, frightened, unstable children flourish under its influence, driving peace from the home. Happily the opposite is also true and this is what should be known to all young people intending to found a family. Children are very much what we expect them to be. If we expect them to be happy and good-natured and full of the joy of living, that is what they are likely to become. This does not mean that they will never quarrel or lose their tempers, but that they will submit to the discipline of affection and be happy and obedient and friendly.

One of the tragedies of life is that it is so short. There is so much to do, such beauty to experience, so many interests to explore. Yet children and young people all too often find life boring. What greater indictment could be brought against parents than that their children are bored? It is not enough just to give them something to do, the spirit which enables it to be done must be engendered. Parental interest is the real need. The well-fed, well-clothed, well-managed child can still be neglected if his emotional life be unconsidered.

The best sense of security for any child is the wonderful feeling that the rest of the family could not do without him. When such a spirit of belonging to each other is present, the family becomes the harbour from all the harmful emotional and moral storms to be met outside. Damage from corrupting films and comics and acquaintances is much reduced by discussion within the family in the light of the family's accustomed moral tone. Home is not only a building. It is also the spirit pervading its members. A boy need not be further from home in the services than when out to tea in a neighbouring street or at a boarding-school. The thoughts which bind are still there and the expressed interest and the affection which is undying. Only those who have not this refuge are in danger of foundering.

Some say that their family-life is a failure despite fine intentions and care and interest and sacrifice and good management. It is a matter of perspective. Often the increasing family interferes with the accustomed order of living. In theory the children are more than the house, and high spirits more than good order, but in practice it is often the other way round. Cleanliness, order, regularity, placidity are not of the first importance if a family is to be a happy one. They will only be found in the homes of happy children if the parents are of high ability. In other homes insistance on them may breed irritability and storms.

Family-life at its best is the most enviable state in human experience. Its creation entails hard work and sacrifice, but so important is its success to the rising generation and therefore to all mankind that authority could hardly do too much in assisting the efforts of good parents. At the same time the chief games from the possession of a happy family are the parents themselves. Theirs is the joy of it, and their sacrifices and labour, which are real enough, are expended for their own benefit. Others do not particularly wish them to have children. Children should be born because their parents cannot do without them.—(*Health Horizon*).

The Specialist in Surgery

Most surgeons, in however general a way they have started and however "general" they may wish to remain, become to some extent specialists as they grow older, because they are attracted more and more to work of a special kind, because chance association or some feature of the district in which they work brings them many cases of a particular nature, or because they are recognized by their fellows as being unusually skilled in some form of treatment, and are asked to undertake it to an extent that practically excludes other work.

Such specialization, which is the natural outcome of a man's inclination and ability, is inevitable, indeed highly desirable. All specialism, whether medical or surgical, has originated thus in the vision, energy, and enterprise of one man or a group of men, but it tends to be perpetuated by men of a different type. It is against the closed shop, designed to keep the privileges and emoluments of practice to those within the fold, removing its recruits at an early age from the competitive struggle of general medicine and surgery, and tending therefore to attract men in search of safety and an assured income rather than of adventure and discovery, that criticism must be levelled.—(*Ogilvie*).

Spare Parts For Humans

The artery bank is oneof the most dramatic of the new tissue banks, making possible types of surgery that could not be performed before. There is only one source of arteries: *viz.*, the dead. Arteries must be taken within six hours of death and by permission of the next of kin. The donor must be under 45 and free of infectious or wasting disease. As a rule, only one artery is taken—the aorta and its main branches. Artery banks have a team of 2 doctors and a nurse always ready day or night, to rush to any hospital which telephones that an artery is available from a patient who has just died, Immediately on removal, the arteries are placed, at a temperature just above freezing, in a nutrient solution composed mainly of blood-serum, mineral salts, and antibiotics to suppress infection. If not used within six weeks, they are discarded. Recent researches indicate that they can be freeze-dried and stored for a much longer period up to one year.—(J.D.R. in *R.D.*).

Pleasant Topics from Periodicals

Crossed Wires

A man telephoned a police station one night and excitedly reported that the steering wheel, brake pedal, accelerator clutch pedal and dashboard had been stolen from his car. A serjeant promised to investigate but soon the telephone rang again:

"Don't bother," said the same voice—this time with a hiccough, "I got into the back seat by mistake."—(*Canadian Press*).

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The Countercheck Quarrelsome

Bridge is a fiercely competitive game that sometimes results in a flare-up of temper between partners, and the outburst is nonetheless violent when the two partners happen to be husband and wife.

At a recent tournament, one of these quarrels ended with the man abruptly walking from the table. An opponent turned to his partner and asked "Is that your husband?" and received the instantaneous reply, "Of course it is—you don't think I'd be living in sin with a man like that, will you?"—(*The Bulletin*).

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Pet-Aversion

Of all modern phenomena the most monstrous and ominous, the most manifestly rotting with destruction, the most clearly and unmistakably inspired by evil spirits, the most instantly and awfully over-shadowed by the wrath of Heaven, the most near to madness and moral chaos, the most vivid with devilry and despair, is the practice of having to listen to loud music while eating a meal in the restaurant.—(*G. K. Chesterton*).

Deft Definitions

Middle age:—When you are sitting at home on Saturday night and a telephone rings and you hope it isn't for you.—(*Ogden Nash*).

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Patience:—Being able to wait for the first quota of paint to dry before adding the second.—(*Ladies' Home Journal*).

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Education:—That mysterious process whereby information passes from the lecture notes of the professor through the fountain pen of the student and on the notebook without passing through the minds of either.—(*Survey*).

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Kindred:—Fear that relatives are coming to stay.—(*Plain Dealer*).

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Doctor:—A man who tells you if you don't cut something out he will.—(*Morning News*).

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Joy of Motherhood:—What a woman experiences when all the children are in bed.—(*The Kiplinger Magazine*).

Mental Blanks

If you are hard at work and your mind goes blank for a moment, don't let it worry you. Your mind isn't slipping; it is resting, according to Prof. Arthur Bills, who recently decided, after experiments, that everyone has these 'Mental Blanks' troubles. A labourer can work his muscles steadily, but eventually exhaustion forces him to rest. A mental worker, on the other hand, can work hour after hour without exhaustion, because his mind rests itself. In a normal adult who is not physically fatigued, enforced rest periods, during which no amount of effort will carry on the train of thought, occur, three to five times in a minute. They are usually brief—a second or less. A tired person, however, may blank for two or three seconds and as often as eight or ten times a minute. In this way the brain steals a nap averaging one sixth of its working time, or an hour and twenty minutes in an eight-hour working day.

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Don't Imitate

Two sailors on shore-leave for a day or two in Sweden decided to go to church. Knowing no Swedish, they decided to play safe by picking out a dignified looking gentleman sitting in front, and doing whatever he did.

During the service the pastor made a special announcement of some kind. And the man in front of them rose. The two sailors got to their feet too—only to be met by suppressed laughter from the whole congregation. When the service was over, and they were greeted by the pastor, at the door they discovered that he spoke English and naturally asked what the cause of the merriment had been.

"Ho," said the pastor, "I was announcing a baptism, and asked the father of the child to stand!"—(Angie Cordero).

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I was parked in one-hour zone in the American city, waiting for my wife to return from shopping, when I noticed the restless action of a man ahead of me. He got out of his car and faced this way and that, looking up and down the street. Finally he pulled something out of his pocket and hung it on the parking meter, which by this time had turned to red. After he drove off, I wandered over to look at it.

It read: Time is up, Sarah. Come home by bus!"-(Charles Cotton in *Reader's Digest*).

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This and That!

If a woman wears gay colours, rouge and a startling hat, a man hesitates to take her out. If she wears a little turban and a tailored suit he takes her out and stares all the evening at a woman in gay colours, rouge and a startling hat.—(*Saturday Evening Post*).

Printed by U. VASUDEVA RAU, at the Antiseptic Press, 10, Thambu Chetty Street, for the Proprietor & Publisher at 323-24, Thambu Chetty Street, Madras-1