

Health

*A Journal Devoted to
Healthful Living*

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EDITORIAL

PUBLIC HEALTH AND THE LEAGUE OF NATIONS.

WHATEVER may have been the achievements of the League of Nations in the political sphere, as the restorer and preserver of the world-peace—which we are not prepared to discuss here—we have no doubt that its public health activities will have far-reaching effects and will assuredly lead to the satisfactory solution, at no distant date, of the many knotty and intricate problems of health that are peculiar to the various nationalities, white or black, brown or yellow, that inhabit this Earth. The representatives of medical men of the different countries of the world meet together and work like a happy team in a spirit of hearty co-operation for the common weal of humanity. Committees and Commissions are set up now and again, tours are arranged to study and investigate the problems of public health the world over, on the spot and a mass of valuable literature is published from time to time incorporating therein its findings and decisions. The League, we understand, is also arranging to translate its literature on varied subjects in the vernaculars of the different countries and trying to introduce them in the school and college curricula. This is indeed a happy augury and no better means of health propoganda can be conceived than that of bringing home to the youths in schools and colleges, the secrets of health and the ways of healthful living, how to prevent diseases and overcome premature decay and death.

We have before us the 'Quarterly Bulletin of the Health Organisation of the League of Nations Vol. II. No. I, published in Geneva in March 1933 sent to us for review. It is a very interesting and valuable document and

'contains the report of the International Conference of Representatives of the Health Services of certain African territories and British India held at Cape Town—November 15th to 25th 1932'. This report is of particular interest to us, because, herein, two countries are involved—of which ours is one—whose inhabitants possess the same colour and share the same climate and whose health problems are almost similar and still in an embryonic stage.

The subject of yellow fever was first considered at the plenary meetings of the Conference. Yellow fever is now endemic over a large section of West Africa and 'the possibilities of extension of yellow fever to regions now unaffected by that disease demand a special attention at the time from the international or interterritorial point of view in consequence of the road, railways and new lines of traffic traversing territories of different Governments and notably of the rapid extension of air traffic and air trunk lines'. India fortunately is immune from the ravages of this disease so far, but 'Asiatic races have been shown to be susceptible'. Col. Graham, I.M.S. who put the case for India before the Conference, therefore, stressed the need and urgency for prohibition of air traffic from yellow fever areas to susceptible areas, as the only reliable safeguard.

Plague was the next subject discussed. "Infection is widespread in the Union of South Africa and plague both human and rodent, has been demonstrated on its borders, particularly in the southern portion of Bechuanaland Protectorate, which

were found to be heavily infected with rodent plague in 1928". Among other things, the Conference recommended Anti-plague Vaccination and commended the successful results that attended inoculation in India by the Haffkine method.

With regard to Small-pox, "the Committee agreed that it was desirable to prevent persons who may be infected with Small-pox from embarking on ships. The East and South African Governments are concerned to allow only the immigration of persons who are protected from small-pox.

"The final decision as to the protection enjoyed by an individual rests with the Port Health Officer at the port of debarkation, but reliable certificates may assist him to decide in individual cases; he will exercise his discretion also in the case of infants born during the voyage, and in other exceptional circumstances.

"The validity of certificates not issued by the health authority should be officially attested before embarkation, if they are to be of value to the health authority at the port of debarkation."

Many other subjects were also discussed at the Conference such as Dengue fever, transmission of diseases by air craft other than yellow fever, mal-nutrition and economic depression, diet in relation to small incomes, typhoid fever etc., but the discussion of the special Committee's report on Rural Hygiene was exceedingly interesting. In the words of General J. D. Graham, the Chairman of the Committee, 'the question of rural hygiene was now a burning one throughout the world' and the follow-

ing fundamental principles were laid down and adopted by the Conference, which are applicable to all countries with a predominant native population :

1. *The preventive and curative functions should not be separated in field personnel:*—"The whole of the medical department must be impressed with the importance of utilizing every opportunity of contact with patients and the community, in order to give friendly instruction in simple language in elementary hygiene. As one of the delegates put it 'The dispenser should be given a little more instruction in public health and the sanitary inspector a little more instruction in the treatment'. For this, a knowledge of the vernacular is essential".

2. *There ought to be co-operation between Government Departments:*—"The health personnel, no matter how zealous and efficient, can achieve but little if it has not the full co-operation of the administrative authorities and of such departments as Agriculture, Veterinary, Education and Police. Officers destined for administrative work in rural areas especially in native territories, should receive a satisfactory instruction to impress on them the importance of preventive and curative medicine and the bearing these have on the general welfare of the population."

3. *The economic status of the community should be raised.* "No community can be healthy unless its economic status is sufficiently high to provide at least reasonably effective housing and particularly a balanced and sufficient ration throughout the year. Especially

can no community be healthy if it suffers from time to time from periods of famine or semi-famine."

4. *Education in Hygiene.*—"It was agreed that the teaching of hygiene and elementary sanitation should be given a prominent place in the curriculum of all schools. It is essential that training schools for teachers should lay special stress on instruction in hygiene, and the instruction should include methods of teaching children, the elements of hygiene. In primary schools, use should be made of primers based on hygiene. Such primers are now used in several colonies. The services of Dt. Medical Officers and the Subordinate Staff, should be utilized where necessary in the teaching of hygiene." The propaganda work done by Boy Scouts, Girl Guides, junior Red Cross and missionaries should be encouraged and expanded in every possible way. "Education of the adults by word of mouth in dispensaries and hospitals, at communal meetings at specially organized meetings—at which the use of lantern slides and the Cinema is a very valuable aid and attraction—should be encouraged and utilized as much as possible."

Rural hygiene is at a very low ebb in India, and the authorities would do well, therefore, to act up to these principles and bring about radical sanitary reforms in rural areas, without further loss of time.

We have nothing but admiration and commendation for the useful and humanitarian work which the health section of the League of Nations is engaged in and we wish it God Speed!

LÉMONS FOR HEALTH.

BY

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THE lemon is without a doubt the most valuable of all the citrus fruits, and perhaps the oldest in point of service. Though they were not known to the ancient Greeks and Romans, they made their appearance many hundreds of years ago, perhaps in the twelfth century when they were introduced by the Arabs into Spain. In 1494 the fruit was cultivated in the Azores and largely shipped to England.

Lemons had hardly been popular as a fruit for more than 300 years when their health-giving virtues were discovered. In 1757 a book was written by Dr. James Lind; a Scotch physician who was for many years a ship surgeon in the British Navy. The book dealt with scurvy, a very much dreaded disease at that time. This physician pointed out the fact that after a person had been deprived of raw fruits and vegetables for 40 days he developed scurvy, and strange it was indeed that there was no medicine that could prove of value in the disease, but the humble lemon accomplished wonders in overcoming scurvy. But the medical profession was slow in recognizing this great value of lemons in overcoming and preventing scurvy. It was not until 1804 that the regular issue of a ration of lemon juice was made compulsory in the British navy. When this decree went into effect scurvy became a comparatively rare disease among British sailors.

But it was not only among human beings that lemons gained favor as a health food. It was Darwin and Buffon who observed that monkeys are in the habit of eating lemons when not feeling quite well. Darwin observed several monkeys which had been made drunk on alcohol the previous day, and of all the foods placed before them they ate only the lemons.

The lemon when analyzed is found to consist of some very essential elements. The whole fruit consists of 3.22% ash, 45.13% potassium, 2.73% soda, 30.24% calcium, 5.15% magnesia, 0.77% iron oxide, 13.62% phosphoric acid, 3.08% sulphuric acid and 0.48% chlorine. The edible portion of lemon consists of 1.2% protein, .7% fat and 8.5% carbohydrate. The fuel value per pound calories is 201. Lemon is rich in alkaline elements and has as much as 7% citric acid. The citric acid is easily oxidized in the body into carbonic acid and water. In this way it serves as an alkalanizer and is of great value in overcoming acidosis from whatever cause, particularly acidosis associated with fevers and post-operative acidosis.

Even when lemon juice is reduced to the dry state, it still retains its antiscorbutic power. This resistance has been attributed to its acid resistance. Further the concentrated antiscorbutic fraction of lemon juice has been found to contain traces of iron,

phosphorus, sulphur and iodine in their purest state.

For many years lemons have been used in the treatment of obesity. The usual method is to take the expressed juice of three fresh lemons in sweetened water three times daily to the exclusion of milk and fatty foods. To make it more tempting and for the sake of variety, an occasional spoonful of loganberry juice may be added. The effect of lemon juice upon the food seems to exert an inhibitory power over steapsin and amylopsin which retards the digestion of fats and carbohydrates. Lemon jello may also be used in the obesity diet. This is made as follows :

- 1 tea-spoonful gelatine.
- 1 table-spoonful of cold water.
- $\frac{1}{2}$ lemon for juice.
- 2 tea-spoonfuls sugar.

During the course of a fever illness lemons form among the most valuable of foods. Instead of water lemonade may be given to greater advantage. This not only allays the thirst but also helps to overcome the acidosis. A good lemonade for this purpose may be made as follows :

- 4 ounces of milk sugar
- 7 ounces of cold water
- 2 table-spoonfuls of lemon juice (or more to taste). Strain and cool.

Somewhat later on in the illness egg lemonade may be given. This is made from :

- One whole egg
- 2 heaping table-spoonfuls of sugar.
- 2 table-spoonfuls of lemon juice
- $\frac{3}{4}$ cup of water. Strain and cool.

Lemonade is without a doubt one of the most healthful beverages at our disposal. When used with water which has been carbonated, it is very refreshing and efficacious in gastric disturbances. Many people with gout have obtained relief from their condition when they have been in the habit of taking several lemons daily.

Lemon juice has been found to be beneficial in the prevention and alleviation of acute tonsillitis. It may be taken with a little sugar, and also used to advantage as a gargle. A famous remedy among great French singers for any throat ailment with hoarseness is contained in the following recipe which has been handed down for several generations : ' Carefully roast a large lemon in the oven, being careful that the skin does not break and the juice escape. To the hot juice add enough sugar to be made into syrup. A teaspoonful taken every half hour will bring speedy relief.' "

The practice of chewing an acid fruit like the lemon stimulates the flow of saliva and cleanses the teeth and gums. This is taken advantage of by the makers of certain tooth pastes who incorporate acid fruit juices in their tooth-pastes because these fruit juices stimulate the salivary glands which contain an enzyme which digests the mucin deposits on the teeth and helps to keep them clean. Lemon juice is the most valuable of these fruit juices.

A further use may be made of lemon juice in keeping the mouth moist in fevers and in other conditions. The juice alone may be used in moistening the lips and cleansing the tongue, or it may be combined, with an equal

volume of glycerine in moistening the mouth.

In children's ailments the lemon is one of the most valuable of all our fruits. Dr. Barenberg noted in a series of infants who had received lemon juice milk for periods of from six to twelve months showed that they manifested a better rate of growth than those who received other milk preparations. Lemon juice milk is whole milk to which approximately 28 c.c. of lemon juice per litre is added. This milk is also of value as a food for children suffering from pneumonia and other respiratory ailments.

Dr. Osman, an English physician, several years ago found that he could alleviate asthma in children with lemon and sugar. He fed his patients on increased amount of sugar in lemonade. If these children were kept on this lemon diet, their attacks of asthma were prevented. The treatment consisted of giving three drachms of powdered sugar in lemonade three times a day in between meals.

For many years a physician in this country has been giving castor oil and lemonade as the only medicine to expel thread worms in children and with remarkably good results. The castor oil is heated in the bottle container, a wine glass is also heated, and a glass of hot lemonade is prepared. The patient takes a little of the lemonade first, then takes the hot castor oil, and follows it with more lemonade. The oil sweeps through without griping or distress within one half hour, and this is due to the lemonade which acts like a buffer.

There are a few points about lemons which will be worthwhile to state at this point:

1. The juice of half a lemon in half a glass of water before breakfast will correct the most torpid liver and prevent bilious trouble.
2. Two or three slices of lemon in a cup of strong, hot tea will often cure a nervous headache.
3. A tablespoonful of lemon juice in a cup of black coffee frequently will cure bilious headache.
4. An outward application of lemon juice will allay irritation caused by insect bites.
5. If a teaspoonful of lemon juice is added to boiling rice or sago, the kernels will be white and have a more delicate flavor.

The last item reminds me that lemon juice can be often used to greater advantage in cookery, not only with greater health effects but also to improve the flavor of foods. Salads are much more tasteful and certainly more healthful when lemon juice instead of vinegar is used to prepare them. Lemon juice improves fish dishes considerably. Jerome Blum, the artist who has spent a long time among the South Sea Islands tells us that fish almost invariably served there either in lime or lemon juice. A typical fish in lemon juice recipe is the following:

The fish is cut in slices and placed in a pan, where a clove of garlic has been fried with a little olive oil. Over the slices is poured, sufficient to cover them, hot water, into which has been squeezed the juice of three lemons. Some chopped parsley is also added. After being seasoned, the fish is allowed to simmer for twenty minutes. If

the sauce is boiled down after the fish is removed, it will turn to jelly on cooling and can thus be served with it, if the fish is to be eaten cold.

The lemon is one of the most healthful as well as one of the tastiest of all the fruits on our dietary. It can be used more often to greater advantage.

HOW CAN EARLY CONSUMPTION BE DETECTED ?

BY

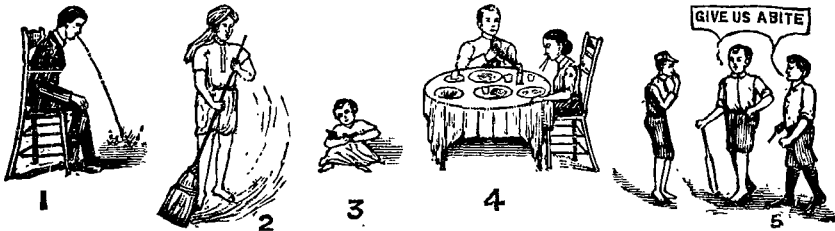
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CONSUMPTION being a very common disease, most lay people are able to know when a person is suffering from the disease in its advanced stage. The presence of cough, fever, emaciation, blood spitting, diarrhoea etc., in advanced forms of pthisis is well known to constitute the classical picture of the consumptive. It is no use whatsoever to detect the disease in this stage when not only recovery is impossible or almost so, but the person has

is by no means an easy matter even for the ordinary medical man. It is here that the value of the advice of the specialist is evident. There are several tuberculosis institutes in modern countries where all facilities are afforded for early detection of tuberculosis, but in India at present such institutes or dispensaries are established only in the provincial centres. Before long it is to be hoped that all district headquarters towns will have tuberculosis

HOW THE GERMS OF CONSUMPTION ARE CARRIED FROM THE SICK TO THE WELL



already worked all the mischief possible on society by infecting many of his healthy fellow-men, especially the children of the household. The detection of the disease to be of any value to the sufferer and to society in general should be made in its earliest stages. Such early detection not on'y makes it easy for recovery to be ensured but is the most effective way of preventing infection to others. Such early detection

clinics attached to the District Hospitals.

It is very important that the layman should know when he should go and consult the doctor for his opinion and advice regarding the presence of early consumption in himself.

There are certain typical signs of early consumption which should be taken as a warning and make the person get special opinion and advice.

*Being the sixth of the series of Radio lectures delivered last year and specially sent to 'Health' for publication.

Slight fever especially in the evenings is a very constant sign of early tuberculous disease. This fever may not be very evident to the feel, but must be detected by the use of the thermometer kept in the mouth, under the tongue for 3 to 5 minutes. A temperature of above 98.6° denotes fever. Very often there is a sensation of burning in the eyes or in the palms of the hands and soles of the feet when

of the toxic action of the germ on the digestive functions, though it may be unimpaired in some cases.

As a result of the loss of appetite and diminution of assimilation the person begins to lose weight and such loss of weight without any apparent cause is often one of the most marked signs of the disease.

Cough, especially in a subject of 15 years and over, when it prolongs be-

CAREFUL CONSUMPTIVE.—NOT DANGEROUS TO LIVE WITH.



the temperature rises, but this feeling is not invariably present. In women such rises of temperature during or about the monthly periods is usually a warning of an early tuberculosis. If the temperature rises after physical or mental strain, early tuberculosis must be suspected.

A sensation of languor or fatigue especially after exertion is a fairly constant feature of early tuberculosis.

yond a month should be viewed with suspicion. Recurring colds and coughs in a subject with poor health are highly suspicious of early tuberculosis of the lungs. If the cough be attended with blood spitting, the suspicion of consumption should be considered very strong.

The presence of pallor or anaemia and the tendency to sweating especially during sleep and at nights in the palms, forehead, armpits etc., are con-

IN CASE OF CONSUMPTION. LOOK TO THESE FOR CURE



The fatigue is quite out of proportion to the amount of exertion undergone. Even the walking of short distances or the doing of a certain amount of mental work is enough to produce great fatigue.

The appetite as a rule suffers in the early stages of consumption as a result

considered to be very suspicious signs of early tuberculosis.

Huskinness of the voice, often seen in advanced consumption, is occasionally observed in the earlier stages of the disease.

Where any one of the above signs or symptoms is present, it is time to

consult the doctor, but when more than one of them or most or all of them co-exist it would be a disaster if the doctor, preferably the specialist, be not consulted. It is the failure to seek medical opinion and advice in the early stages that is the cause of the high prevalence and mortality from con-

sumption in this country. "Prevention is better than cure" is a maxim that applies with special force in the case of consumption, which is one of the most curable of all diseases if treated in its earliest stage, but the most difficult of all to handle in its advanced state.

SMALL POX.

BY

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SMALLPOX—a dreadful name to begin with—is still one of the most havoc-creating scourges for the mankind. Each year, from the palatial towns to the humble hamlets, small-pox is taking its toll of victims in numbers. India, where poverty reigns supreme and starvation deprives her people of the natural immunity, small-pox, in no less measure is adding to the distress of her poor children. You go to any quarter of India. You are sure to find some blind beggars on the road who ransomed their lives with their eyesight—a bargain not worth having. If you ask these poor blind men, they will tell you that they had an attack of small-pox when they were little children. Blindness is the greatest danger of the disease and if once it attacks the soft and delicate tissue of the cornea it is sure to end in complete loss of the eye.

The greatest tragedy is the fact that the ignorant mass of India which forms the bulk of the population does not realize the gravity of the situation. They ignore the disease as they do with the other triflings of their lives

and leave everything submissively with God. There is a firm belief with the uneducated and lower class Hindus of this part that small-pox is not a disease but the manifestation of the wrath of a certain deity known as (maiya or mata) hence the name 'mata' for small-pox. They say that 'mata' is one of the seven sisters (the others being measles, chicken pox &c). When a child is attacked with small-pox, he is treated with reverence by the other members of the family. He is given the cleanest bed and corner of the house and the female members of the house along with some of the neighbours assemble round about the patient, burn all sorts of suffocating stuff and sing songs in praise of the 'mata'. They come out of the house and go to the neighbouring tank or pond singing and throw away the rice, red vermilion and flowers which they carry along with them. Next they have a bath and come back home in the wet cloths to repeat the same process many times. They believe that by doing such things they will gain the goodwill of the deity and thus they will ward off the danger of the disease from

the locality also. But alas! all such processes and prayers end in a fiasco and they ignorantly help to spread the disease from one house to another and from one quarter to another. From India small-pox can never be cast off so long as these poor ignorant people approach the patient of small-pox in a supplanting attitude to beg the goodwill of the disease. There are still some people for whom the sight of a vaccinator is a terror. They manage to hide their children very skilfully and in some cases if the unfortunate vaccinator insists upon vaccinating the child, they reward him with lathi and other weapons. Such is the affair in India, where in spite of an illuminating and civilizing government for nearly two hundred years, the poor people of India are as ignorant as they were thousand years before.

Compulsory primary education in India is the only way which can enlighten the people in all the nooks and corners of India where from time immemorial no light or enlightenment has ever peeped through. Unless the children of to-day who will make the nation of to-morrow are taught from the beginning that small-pox is a virulent and very infectious disease and that it can be safely discarded by the simple and harmless process of vaccination, it is no use crying and shouting for increasing the number of hospitals and vaccinators from the comfortable and cool hall of the Council. By means of propaganda, posters, slides in the cinema halls, the position can be slightly improved, but not totally reformed. It should be remembered that so long as even one person is unvaccinated in India's twenty-two hundred millions of people,

small-pox will remain in this country and its presence will always be a threatening danger. Blessed are those countries where small-pox exists in name only. Let us see when that time comes when we will roam about in an India where it will be ridiculous to be afraid of small-pox.

I think it worthwhile to mention a few hints for the guidance of the readers of 'Health' as how to live during the months of February, March and April when the epidemic of small-pox rages through the length and breadth of India.

1. Get yourself and every member of your family vaccinated at once. Don't spare even a child of few months.

2. Don't neglect vaccination thinking that you had it but last year. It is always safe to be vaccinated as soon as any case of small-pox is heard of.

3. Avoid the locality where it is known that a certain person is suffering from the disease and stop all sort of transactions from the house of your neighbour if he chances to be a victim of it.

4. Eat light food, keep the doors and windows of the house open to permit enough of sunlight to enter into the room. Pass some hours in open place; put on light and loose dress and try everything to improve your general constitution.

5. Consult a doctor at once if you suspect small-pox in any member of your family. He will tell you what to do, where to keep the patient and how to stop the disease from attacking the other members of your family.

Remember no age is immune from the disease and people have been known to suffer twice.

" OVER-FATIGUE "

BY

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" Avoid over-fatigue as you would the Devil."

In the diagnosis of impaired health, as well as in that of disease, perhaps the cause most frequently disregarded is overfatigue. Experience has shown us that, even after all the physical defects are corrected, health habits regulated, diet balanced, and many other points taken notice of, one does not gain weight, nor does he wear a healthy look. The only one point ignored is the matter of rest and over-fatigue.

Fatigue in early life is a very serious matter. Serious it is for the adult too, but he can watch his condition and can exercise some control over himself, and has the sense of recognising his own symptoms, which is not the case with the child. The child depends upon others to recognise his symptoms and has little or no control over his environments. Moreover, fatigue comes more quickly to the young than to the mature, and its effects are far more permanent and serious. During the period of growth the child needs most careful safe-guarding. Much energy and strength are required in simply growing.

Over-fatigue leaves permanent marks on the face. For many years I could not explain why my face got thinned down and that it bore wrinkles around the eyes and mouth in any way, but that I thought it a necessary result of physical exercise. So did most of my

friends think. This has been a sad mistake. The truth is that in the heat of youthful enthusiasm we have been over-exercising ourselves and did not realise the great risk that we were thus running. Well graded exercise, based on scientific information, crystallised in the light of anatomy and physiology, and the general environments taken into consideration, will necessarily give us optimum health and desirable muscular strength, our face radiant with the bloom of health.

Eating when overtired is the most pernicious of all faulty health habits. We should observe regular rest periods before meals. This leads to distinct gains even though a smaller amount of food is taken.

One of the most common effects of over-fatigue is irritability. It may as well be a cause. Moreover severe fatigue results in the loss of the sense of proportion, trifles become magnified, and the judgment is not to be trusted. We should not, therefore, make any important decisions late in the day, as it is then that physical fatigue occurs. After a good night's rest we may have a totally different point of view. With certain temperaments over-fatigue brings depression and worry, reactions are slower, and we feel as if we cannot do our best.

Those who overdo are inclined to pass a restless night, and cannot enjoy quiet peaceful slumber, find their minds still engaged with the per-

plexities of the day. Restless sleep consumes energy, equal to that of walking.

Acute symptoms may be headache, inability to concentrate, presence of unpleasant dull feeling, indigestion, pain in various parts of the body, etc. Chronic over-fatigue afflicts a person with oversensitiveness and he does awkward actions which are foreign to normal behaviour.

An optimist has a greater resistance to over-fatigue than a pessimist. The latter should not, for instance, undertake expeditions requiring great endurance and hardship.

One of the most important causes of over-fatigue is worry. Loss of weight occurs whenever occasion for worry arises. An examinee, for instance, will show clear signs of allround weakness.

Pain is another cause. Acute severe pain may cause such extreme that after its relief the patient falls into deep sleep that may last for hours.

Monotony is also a cause. This is shown in occupations having no variety, especially when the person does the same kind of work all alone. Variety in daily programme in life prevents rapid approach to old age. Games-instructors should take care against monotony in a game. If a game is played for a long time, it becomes monotonous and the interest of the player wanes.

Irregularity presents another occasion for over-fatigue. Needless to say that when health habits are well established, it is remarkable how effi-

cient the individual becomes, both physically and mentally.

Physical defects and physical ailments register in lessened endurance. Every attack of overfatigue leaves a permanent weakness in our system.

The remedy of over-fatigue is its prevention. The contraction of the heart is followed by a period of rest after each beat. The day's programme should be planned on the same principle of alternating exertion and rest. The switching of our thinking from certain tracks of the mind into other channels provides rest. Physical and mental health go hand in hand. Over-fatigue is destructive to both.

Most frequent causes of overfatigue that actually interfere with gain in weight are as follows :

1. Too long periods of activity, in work or play.
2. Competition in work and play.
3. Irregularity.—This occurs especially on Saturdays and Sundays.
4. Too full a program.—In other words too many engagements, attendance at music club, social gatherings, dramatic associations, together with the demands of school life. This means too much excitement.
5. Indoor living.—Dense population encourages this. The closed motor car is little more than a moving drawing room, heated from the engine, and excluding the fresh air.
6. Worry and stress.—Peaceful environments are necessary for the highest degree of health.

VENEREAL DISEASES.

By

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MY sole justification for choosing this subject for discussion lies in the fact that knowledge of the public about these terrible diseases is extremely meagre and that they do not inspire in people's mind the same amount of dread and abhorrence which they legitimately ought to do in view of the serious consequences which almost invariably accompany or follow them. Persons in quite a large number do not consider these to be any more serious than common place diseases and I have, to my disgust, known people who consider it a matter of pride to be affected with one or the other of venereal diseases considering it in their perverted minds to be perhaps the best testimony that they could furnish in support of their potency and manhood. Advent of salvarsan and its allied preparations in the professional field has to our misfortune gone a great way in creating a false sense of security amongst the masses. Lest it be misconstrued into an attempt on my part to underrate the value of salvarsan as an antisyphilitic, I hasten to make it most emphatically clear that salvarsan is one of the most remarkable discoveries of the modern medical science and that in it we have at our command a weapon which in conjunction with mercury constitutes the best antisyphilitic we have ever had. There is however one very important condition attached to its administration and that is that its administration should be

carried out in a systematic and proper manner and for a sufficiently long period, blood conditions being the chief guide. In coming however to actual practice as we see it being carried out today, we find a most deplorable state of affairs. Belief is commonly gaining ground that syphilis is no longer a disease to be dreaded since its cure could so easily be brought about by a couple of Neo-salvarsan injections. I take this opportunity of sounding a most earnest note of warning that syphilis is not a disease to be so easily cured. Once it secures an effective entry into human system, even the best physician with all the modern resources of treatment at his disposal finds its eradication an extremely difficult, if not an altogether impossible affair. The present day social conditions are peculiarly suited to the propagation of these diseases. With deteriorated condition of social morals, sexual gratification at any door is the order of the day. I know there are people not only in India but in other countries as well, who consider it a sin to contract sexual relations without a matrimonial sanction, but there can be no gainsaying the fact that such persons are extremely few. A large majority of us considers it no sin to sexual gratification through any available agency if only the observations of society could be avoided. With this state of affairs obtaining amongst the people, venereal diseases are increasing by leaps and bounds and are doing in-

calculable harm not only to the generations present but also to the posterity to come. The only thing that may possibly produce any deterring effect upon the wrong-doers is a full knowledge of the diseases and their accompanying evil consequences and it is with a view to enumerate a few of these that I have taken this liberty of projecting an encroachment upon your patience and time.

Factors which are instrumental in the spread of these diseases are many. I will mention a few of them here.

1. Prostitution.—The number of prostitutes in this country is appalling. To make matters worse their number is on the increase. They are found not only in the cities but can also be seen in small towns and villages. In big cities there are specific localities monopolised by them and a visit to any of such localities will enable one to see what a huge number of these poison-vendors is indulging in its profession of shame. There are prostitutes of all ages, of all races and of all religions being visited by people of all kinds—local and outsiders. These women are almost all infected with the venereal poison and are making a virtual sale of it as it were, during the course of their practice. Poverty of the masses and certain social customs peculiar to society in this unfortunate land are largely responsible for driving these poor women to this wretched mode of existence.

2. Modern civilisation has also to a large extent been instrumental in the spread of venereal diseases. Education as imparted in its present form, pays no attention to matters religious and a good sound character

has practically ceased to appeal to our young folk. Worldly pleasures are all that a modern man cares for in these days and no price is too great for him to secure such pleasures, the sexual gratification being the chief one of them. An enormous increase in the acts of sexual indiscretion has been the natural consequence of this state of affairs which in its turn has resulted in a heavy increase of venereal diseases.

3. Wars have also to a certain extent been contributory factors in the spread of venereal diseases. Destruction of a large population of males in the wars creates a disturbance in the social balance and indirectly encourages clandestine prostitution thus favouring spread of venereal diseases.

4. Industrialism keeps a large number of males and females together at work in factories, mines, cinema studios and places of the like. This constant company leads on to illicit love which in the natural sequence of events leads on to impure connection and a venereal disease.

5. Alcohol which has now become more or less an indispensable article of luxury with the present day fashionable society, gradually turns a man into a beast. An alcoholic becomes lost to all sense of decency and easily loses control over his passions. There is practically nothing to prevent an alcoholic from going wrong and it is almost impossible for him to avoid a venereal infection.

Method of Contraction.

In a very large majority of cases, the diseases are contracted by impure sexual intercourse. It is also possible

to contract these diseases by kissing an infected person. In rare cases it can also be contracted by using infected garments and articles of toilet.

Their Dangers.

These diseases are responsible for 50% of sterility in women, 50% of blind persons of the world, over 20% of lunatics and 10% of deaf people. Almost 50% of surgical diseases and a large number of medical diseases, particularly those hopeless cases of nervous diseases which in spite of the physician's best attentions baffle all attempts at cure are directly or indirectly the result of venereal diseases. These are responsible for a number of still births and also for the appalling infantile mortality of our country. Child of a syphilitic rarely grows to be an adult and even if he does so he remains throughout his life a physical wreck and a burden to society and country. These diseases are also responsible for that much-dreaded loathsome disease—Leprosy. Infection with syphilis provides an excellent manure for the organisms of leprosy to grow. The physical agonies caused by these diseases are nothing short of hellish and the sight of a man suffering from gonorrhoeal stricture of urethra and consequent extravasation of urine should be sufficient to inspire fear in the stoutest of hearts. Economic loss which results from these diseases is quite an obvious fact and is a special thing to be taken into consideration in these days of financial adversities.

Prevention.

1. Self restraint is the best means of avoiding venereal infection. Lead-

ing of a chaste life and confinement of one's sexual activities to matrimonial limits are all that are needed by the way of surest prophylaxis against venereal diseases.

2. Illicit indulgence in sexual activities is always a clandestine affair. Organisation of vigilance associations to see that friends, relatives and neighbours do not go wrong can prove to be of great help in the prevention of these diseases.

3. Establishment of rescue homes and work houses to provide relief to such women as have fallen victims to tyrannies of society and poverty. It is no pleasure for a woman to stigmatise herself as a prostitute. The profession is verily forced upon a large majority of them. Pangs of hunger will lead a person to commit any sin. If a better alternative for securing livelihood is available, there is no earthly reason why a naturally modest woman should take recourse to this shameful and dirty profession.

4. Introduction of social reforms like widow remarriage in the society particularly the Hindu society.

5. Establishment of health information bureaus which can supply information about these diseases, their danger and effects to the general public.

6. Establishment of state-managed venereal hospitals where free and effective treatment of venereal patients with ordinary means could be carried out.

7. Venereal diseases can now to a very large extent be prevented by an early preventive treatment. Early treatment rooms should therefore be opened in all the big cities and towns where persons exposed to venereal

infection may obtain necessary preventive treatment.

8. Making use of mechanical preventives during the act of an intercourse, several varieties of which are nowadays available in the market and detailed descriptions of which can be obtained from the dealers.

Treatment.

All that I shall say in connection with the treatment of venereal diseases is to lay special stress upon the necessity of realising that the treatment must be early, proper, persistent and prolonged. It is a sin for a man to contract a venereal disease but it is a far greater sin to make delay in its treatment or to leave its treatment to quacks. A partial treatment even though carried out on scientific lines is equally bad—even worse. It is a

very great mistake to presume that a couple of injections, though enough to remove the external manifestations of syphilis, are sufficient to bring about a real cure. A partial treatment makes an infected system more resistant to subsequent treatment and it is equally true in the cases of its future victims.

A false sense of modesty should not prevent parents and guardians from explaining these venereal dangers to the wards under their control. It is the duty of every one of us to try to save our less educated and more ignorant brethren from the outrages of venereal infection and one of the best ways of doing so is to spread a full knowledge about these diseases together with their dangers. Whosoever does so renders a very great service to the humanity in general and to his own community in particular.

13

A FEW HINTS ON DISPOSAL OF BODY'S WASTE.

BY

M. V. NARASIMHA RAO,

Berhampore.

A few hints on the disposal of waste of the body may be of daily, practical importance to every man under the canopy of heaven. All animals, including humanity, breathing the air, drinking the water and eating the food give out dirt in varied forms. The urine, fæces, the sweat and the exhaled air are the main forms of waste excreted by the wonderful human machine of bone and flesh. Regular stoppage of any form of waste is detrimental to health and may result ultimately in death. In fact we must

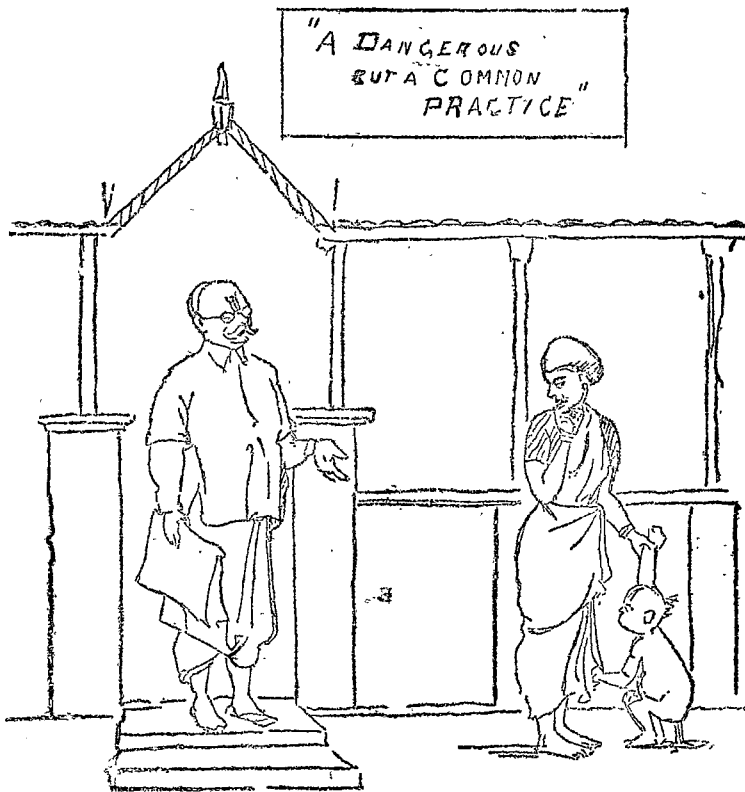
care more for removing the waste than for stuffing the stomach.

This bodily waste must be destroyed with all one's wisdom, lest it should breed many awful diseases on account of putrid fermentation. The habit of clearing the bowels anywhere in the fields, gardens and by the sea and riverside is a barbarous way of polluting the surrounding air and the river water. Expensive scientific incinerators are helpful to the people of congested towns where every little bit of space is swallowed by the ever-increasing

number of population. But the following method is suggested mostly for the rural India. Dig a pit about six feet in depth. Heap the earth thus dug up by the side of the pit which is sheltered from rain and surface water. Each person, responding to the Nature's major call must cover his deposit with some handfuls of dry earth.

flushing drain. Urine on dry ground; away from home, in sunlight and fresh air is harmless. There it turns into ammonia and evaporates leaving the salts to the earth. But never urinate in the house or near it as it will pollute the air and poison the blood.'

The skin is not only to act as nature's garment but also to excrete



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The above method of depositing the faeces is a healthy one, as important salts are imparted to the earth without putrid fermentation. After filling up one pit, another pit may be dug and the process continued.

One thing may be said and strongly enforced regarding passing of urine. It is unhealthful and insanitary to void the urine in any damp place or un-

certain waste products and set right the variations in temperature of the body. If the pores get blocked up by dirt, death is only a matter of days and nights. Hence it is imperative that the skin should be kept clean and free from dirt. Hence the absolute necessity of daily bath.

Lastly the exhaled air can be got rid of by sufficiently ventilating the

house and admitting gusts of wind always around you.

These are the most important forms of body's obnoxious waste and they must be destroyed, otherwise, they would give rise to horrid diseases like Cholera, Hookworm etc. There are many effective means which may be wisely adopted to mitigate ills. Pigs

may be bred up and not eaten away for they improve matters and leave a place cleaner than they find it. In all matters of disposal of waste it is advisable and justified that one should burn or destroy his own bodily waste regarding it as an essential duty ordained by God tending to physical, moral and spiritual advancement.

THE USE AND MISUSE OF FÁSTING

FÁSTING like many other good things, is often brought into disrepute by faddists. There are individuals who may receive much benefit by fasting, and still others may be definitely harmed. A condition of acidosis, or a relatively acid condition of the blood, develops during fasting, so that individuals who have been eating largely of acid-producing foods such as meat, fish, poultry, eggs, and grains, and are already bordering on acidosis, are very apt to be injured by a fast, especially if it is prolonged and if no alkalizing fruit juices are taken. The taking of orange juice or some other alkalizing drink will help to control the acid condition that develops as a result of fasting.

In cases of diabetes the patient is ordered to fast to free the body of excess sugar. Since orange juice contains natural sugar it is more desirable to use grape fruit juice or unsweetened lemonade. All the citreous fruits are highly alkalizing when they are finally consumed in the body.

One should always be under the care of a physician when undergoing a prolonged fast. Instead of the ordinary fast, a fruit diet is preferable in most instances. Practically all fruits are

alkalizing, and tinned may be used as well as fresh fruits, as in many the vitamins are preserved.

Fasting as a reducing measure, especially in young women, is a dangerous procedure. Since it has become the style for young women to reduce, there has been a definite increase in the rate of tuberculosis in that class. This is no doubt due to the fact that the resistance against infection has been lowered by not getting the proper nutrition. It is possible for one to reduce and still have a properly-balanced diet. Instead of a fast it is often better to reduce the number of meals per day. Two meals a day with a little fruit juice at the time of the third meal would be of great benefit to many who are leading sedentary lives.

Over-eating is an active cause of disease. This is especially true of protein or albuminous foods. In such individuals a short fast with orange juice to maintain the alkalinity of the body, followed by a change to two meals a day, will often prove very beneficial. At first they are apt to feel faint at the regular meal-time, but this will pass after a time, and they will feel well repaid for the change.—*Good Health.*

HEALTH TIT-BITS.

Sunlight for girls:—Without sunlight on the skin both teeth and bones are less hard than they should be and can be easily bent.

Now this unduly soft bone can be bent in many ways, and the form the deformity takes is determined by the attitudes adopted by the growing child. Now-a-days the child has little choice in the matter, and long hours and sitting at school, or sitting in a motor car, or on a bicycle seat, or at the cinema, produce the typical deformity we are so accustomed to that we regard it as normal—the oval pelvis.

It is obvious that a ball that will just fit into a cup will not fit that cup if it is dented (or pressed into an oval) ever so slightly, because a boundary line contains the largest area it is capable of when it is arranged as a circle, and change in shape means loss of area.

The areas of difficult midwifery in England with a high maternal mortality are areas of INDOOR LIFE and deficient sunlight for girls under fourteen. It will be obvious that these areas are usually in big cities, great industrial centres where light is cut off by high walls and window glass, but they may also be in remote valleys among the mountains (as in the North) or some times even in country places where the school faces north and housing is bad. Wherever it is, it is light and exercise from birth and onward that is deficient.

We shall never answer the question why we lose 3,500 mothers a year in England by limiting our enquiry to child-birth itself. The open air dweller *from childhood* is the woman who produces the finest children with the least risk for herself; and she is known by her perfect teeth. Light on the skin means perfect dentition and perfect bone formation which nothing else can give.

*Civilization with its indoor life, its

ceaseless scramble for material wealth is the enemy of both child and mother, and eventually leads to its own downfall by destroying the race at its source—the cradle.—‘*Sunlight.*’

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Ear-cutting to cure Rickets:—The Llanelly Coroner (Mr. T. R. Ludford) at a recent inquest denounced an old Welsh custom for the cure of rickets in young and old persons. The custom consists of the cutting of a small portion inside the ear of a patient by means of a razor. The inquest was on the body of a four-month-old child of a miner, who was found dying in its cot four days after its mother, believing it to be suffering from rickets, had taken the child to a village woman in order to have its ears cut, according to custom. The woman admitted having performed the operation, and said that large numbers of adults and children were brought to her from the outlying districts in order to have their ears cut. She received no payment for this. The medical evidence showed that death in this case was due to heart failure following influenza, the doctor stating that the child had not suffered from rickets. The jury returned a verdict in accordance with the medical testimony. The coroner said this ear-cutting practice was illegal and dangerous, and must be stopped. He warned the village woman to that effect and said it was fortunate for her that things were not worse than they were.

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Open air education once a week.—The Wytham School Scheme, made possible by facilities generously offered by Colonel Raymond Ffennell, of Wytham Abbey, opens up vistas of future possibilities for town school children. Under this scheme, nine Oxford schools send batches of children, in some cases once, in others twice a week, to Wytham for

open air education. Thanks to Colonel Fennell, the only cost is that of transport, part of which is found by the parents and part by a grant from the Oxford Education Committee.

The children eat their dinner in the open air, and have a rest before afternoon school. Recently considerable additions have been made to the amenities in the form of two new open air classrooms and fireplaces in existing classrooms, so that there is now accommodation for about 300 children in the summer and for 150 to 200 in the winter months. Two hundred pairs of Dutch sabots have been provided to protect the children's feet from mud and damp grass. The children selected vary with the schools. In some schools all the children go in turn, in some only children round about eight or nine years of age, in others only the delicate and backward children.

The extra work entailed in conveying the children to and from the school and in seeing that they have their fares, dinner, etc., is cheerfully undertaken by the teachers, as they are convinced that the experiment is an exceedingly valuable one from the point of view of the health and general well-being of the children. Lessons learned in the open air take on quite a new interest, particularly Nature study and the tonic effect of eating a leisurely dinner at a table instead of snatching a crust of bread and running off into the street with it is noticeable in the poorer children, who also benefit greatly by the enforced rest after dinner. The considered verdict of the head teachers of the schools concerned is that the experiment has amply justified itself, and that the mental effect upon the children will be to them a lasting possession.—*Mother and Child.*

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The Miracle Man.—A story of more than usual interest, at any rate

to Naturopaths and Osteopaths, is that told of whole-sale cures effected by Dr. Mahlon W. Locke, the "foot-twister" of Williamsburgh, Ontario. So remarkable have been the reports of the cures brought about by the man ironically nominated by the American Medical Association as "the miracle man of 1932," that the *Daily Express* sent a scientific expert to investigate. His cabled story contains many interesting details, which it is a pleasure to quote in brief. Dr. Locke's chief fame comes from his treatment of arthritis, to an ailment which still continues to baffle medical science. "Patients leave crutches behind, abandon wheel chairs, and throw away supports without which they previously could not have walked," records the above investigator. How are these remarkable results brought about? We will let Dr. Locke explain matters in his own words. "The main nerve of each leg runs through the arch of the foot. There are four bones in this arch. If the arch falls, the bones are thrown out of alignment resulting in a pressure on the nerve. When the nerve is mashed between the joints of the arch, pain results, but not necessarily at that point. Pains in many parts of the body, called referred pains, break out, setting up disturbances in all parts of the body. One consequence is the disease known as arthritis, while often muscular atrophy and certain forms of paralysis result. I simply twist the arch of the foot back into its proper alignment." The body, explained Dr. Locke, when relieved of pain, fights germs for itself, thus aiding the cure of many diseases caused by germs. This explanation is perfectly clear to those who have knowledge of the science of Osteopathy but we can well understand that Dr. Locke is regarded as "the Miracle Man" by the thousands of people who have received his simple treatment.—*Health for All.*