

# THE Hindu Message

A Weekly Review of Indian and World-Problems  
from the Hindu Standpoint.

## Medical Supplement

‘चिकित्सितात्पुण्यतमं न किञ्चिदपि शुश्रुमः’ । ‘विभेत्त्यल्पश्रुताद्वेदो मामयं प्रहरिष्यति’

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### NOTES AND COMMENTS.

Apart from the Unani which is common both in Bengal, Madras and elsewhere we have got a peculiar classification in Ayurveda itself, in this presidency, as Sanskrit and Tamil. The relation between the two has of late become more strained. The Tamil section has begun to look upon the other as an inveterate enemy against their progress—a charge which has no ground to stand upon and which we have to repudiate with all vehemence. Yet knowingly or unknowingly division is being made extremely unbridgable every day by the latter's anti-propaganda based chiefly not on the merits of the question but on grounds which have no real existence. Though theoretically the two sections may be proved identical, the position has now been rendered so that for all practical purposes they have to be classified as a separate entity thus bringing the division to three in Madras against two in other presidencies having an equal claim on the finances of the government of the country. Knowing this we regret that the Madras Government preferred to finish the business with a single committee, perhaps in the plea of insufficiency of funds or that it did not strike them at all. We doubt if the findings of this committee will be agreeable to the exponents of the Sidha Vaidyas at all, who are, it seems, over-zealous and unboundedly sincere to co-operate with the present committee in the execution of their functions. It yet remains to be seen to what extent that this committee rises to satisfy their expectations and how far it is going to justify the co-operation it had received from the hands of these hands of these earnest workers in the cause of Sidha Vaidya. We only wish that they should not go disappointed in their attempts to revive the best glory of a science which had been an ornament of great value to this land for over several centuries in the past.

The touring Sub-Committee appointed, by the Indigenous systems committee from among themselves, has completed their labours and the work of scrutinising the written evidences submitted by the several Vaidyas are, it seems, fast progressing. We understand that the committee may, after this scrutiny by the several Sub-Committees, which we

learn, are appointed for the purpose call for oral evidences, if necessary and finish their labours by the end of this year, as by that time, it would have been nearly a year and a half since the appointment of the Indigenous Committee. Though we are not sanguine of its results we have yet to see how it is to the improvement of Ayurveda.

We are really surprised at the calm judgment of the members of the Indigenous Committee in conducting the procedure of the committee. What we anticipated has really come to pass and our surmises have not proved a failure. We may therefore expect what the report of the committee would be and our past experiences are our best guides in anticipating their judgment. The committee rightly selected Dr. Lakshmiopathy to the sub-committee to represent Ayurveda in preference to the two reported (*pure unalloyed*) Ayurvedic practitioners in the committee (in their own words) (the italics are ours) because of his exceptional qualifications in allopathy and ignorance in and unsympathy towards Ayurveda.

A correspondent in the *Svarajya* writes (May 28) that the Reception Committee of the 13th All-India Ayurvedic Conference and Exhibition has decided to hold its session this year at Rajahmundry from the 5th to the 7th August and that Vaidya Panchanana Krishna Sastri Kavade B.A. of Poona be requested to preside over the sessions. Our readers will remember that the conference was invited last year at Bombay by Dr. Lakshmiopathy Guru B.A. M.B.C.M. to hold this 13th Session at Bezvada which was subsequently changed to Rajahmundry where a Reception Committee was also formed for that purpose. As late as January of this year the Reception Committee at Rajahmundry resolved to hold this session from the 13th April and onwards which was latterly postponed *sine die* for some reason or other. It seems that the Reception Committee has, after along rest, now decided to hold the session on the 5th, 6th, and 7th August next on the principle “Better late than never”! The Reception Committee has, it seems, not been well advised or directed in its procedure and decisions and the responsibility for it falls on the shoulders of Dr. Lakshmiopathy who has been guiding the deliberations of the committee throughout.



## Drugs and the Body.

The Medical correspondent of the London "Times" writes:—

Medicine advances over the bodies of its dead theories. Each of these serves a purpose; few, indeed, survive beyond a limited period of utility. That is the truth which lies beyond the announcement, made on Friday evening by Dr. H. H. Dale, at the Royal Institution, of a new synthetic drug ("Bayer 205") which has been found capable of destroying the trypanosomes in the blood of persons afflicted with sleeping sickness and so, presumably, of curing this terrible disease. The drug is an aniline product the formula of which is not as yet known in this country. It is perhaps a derivative of the stain known as "trypan blue." A supply of it is at present in use at the London School of Tropical Medicine, and as Dr. Dale announced, some German physicians have gone to Africa with the consent of the Colonial Office to make investigations. Until these are complete, and until the full effects of the drug on human beings are better known, judgment must be suspended.

The most remarkable thing about this drug is the fact that it appears to confer some degree of "immunity" on animals to which it has been given. The drug itself is probably rapidly got rid of by the body, yet its effect remains behind so that these animals cannot be reinfected with trypanosomes at least during long periods.

This "protection" by a drug is a most interesting phenomenon, and one the explanation of which is not easy to offer. For the drug itself is not there—it has passed from the body apparently in its passage something happens which confers on the body a new power of resistance similar perhaps to that conferred by the attacks of certain diseases—e. g. small-pox.

There is a connexion between this fact and another which has already been observed. When Ehrlich first introduced his "606" or Salvarsan, the idea was that it represented a "sighted rifle" capable of hitting the germ of syphilis and missing the patient. It was deadly only for the disease. The drug "worked" but the theory which led to its discovery has largely been abandoned. For it has been found that the germ of syphilis is not killed by Salvarsan outside of the human body, though it does lose its power of infectivity. It is only killed by Salvarsan inside the body. That means evidently that the effect of the Salvarsan is first on the human body, not on the germ. In some way the human body forms an essential actor in the process of cure.

### DYSENTERY AND MALARIA.

Another case in the use of the drug known as "emetine" in amoebic dysentery. This drug "acts like a charm"—it was supposed by killing the 'entamoebae' which are the cause of the disease. Unhappily it also has a severe effect on the patient. An attempt was made during the war to obtain a preparation of a similar kind which should hit the germ and spare the patient. It failed because as soon as the patient was spared the effect of the emetine preparation was lost. Emetine, in short, acts like Salvarsan—on the human body or in conjunction with the human body.

Even more astonishing is recent work on the effect of quinine on malaria parasites. This, at one

time, was supposed to be absolutely specific—quinine was looked on as a certain and deadly poison so far as malaria parasites were concerned. Yet now there is some reason to doubt this, for work recently carried out suggests that the effect of the quinine may be on the blood corpuscles of the human being, and not on the parasites of the disease. These live inside of the red corpuscles they die. Quinine may act by preventing them from making this entry.

A great deal has been written lately about "third factors" in disease. The most notable of these is rock dust, which undoubtedly makes those who have inhaled it or absorbed it, much more liable to contract tuberculosis. There would seem to be a possibility that some drugs at any rate, act in a reverse direction by making the body less suitable as a soil for disease—they are "third partners" of health, so to speak. In any case the idea of the specific action of a chemical on a germ which was Ehrlich's working formula is no longer tenable in the old sense. The beneficent fruits which it produced remain, but the theory itself is passing or has passed. From the new conceptions now arising new fruits will assuredly be gathered.

## Insanity and the Law.

### CONFLICT WITH THE MEDICAL VIEW

"Templar" writes in the "Daily Chronicle" of May 9.—

Burke said that the practice of the law was not calculated to liberalise the understanding. This is a famous proposition which receives additional illustration in our own times.

No one questions the acuteness of the lawyer in dealing with matters under his advocacy. But the habit of applying new conceptions to the questions he is treating or of adopting fresh views which facilitate the understanding of issues that is a kind of practice which he will not pursue unless it be enjoined by Act of Parliament or by his Majesty's judges. This course of conduct is the result of liberalising the understanding, allowing it to be guided and informed by new ideas and to the old lawyer fresh notions and 'new-fangled' ideas are abhorrent. Anything outside the narrow range prescribed by authority he calls "metaphysics" an attitude of mind which received amusing confirmation in the True trial last week.

### ATTITUDE OF THE OLD LAW.

Now this indisposition to entertain new ideas is not only non-progressive, but it works with harmfulness to the State. The attitude of the old law towards insanity is a case in point. As Mr. Justice McCordie said at Old Bailey (and we are fortunate in such a mentor in these matters) insanity from the medical point of view is one thing and insanity from the point of the criminal law is a different thing.

It is not seemly that this conflict should continue. It reflects upon our practical good sense as a people. We should incorporate into our administration of justice the best ideas and the approved tests of fresh knowledge so that our law should give effect to the best that is known and understood in the world.

In dealing with questions of insanity, our courts of justice continue in the main to be regulated by the



answers of the judges in consequence of Macnaughton's case in 1843. Put shortly, the jury are required to determine whether or not the prisoner at the time of the offence charged knew the difference between right and wrong and the nature and quality of the act he was committing.

The formula thus stated in a simple way derives from the historic and humane principle of responsibility which English law has operated for many generations. The great Lord Hale gave special attention to its formulation and it is the basis of the famous presumption that a man contemplates the natural consequences of his own acts. Where responsibility in that sense is not found to the satisfaction of the jury the question of legal insanity is raised and the defect of the present law is that it fails to take account of the conclusions of modern mental science as to the incidence of responsibility.

#### MODERN MEDICAL VIEW.

Stated in its extreme form (as I think, with respect, but I am repeating the language of a distinguished alienist a few hours ago) the modern medical view is that the existence of a defect of mind destroys the equilibrium of the understanding. In such a case responsibility in the legal sense cannot be presumed.

Our private experience brings to our knowledge people who while seemingly insane about one thing are apparently sane about everything else. My doctor friend contends that such a case is one of mental derangement and if a crime be committed by the person the question of his condition of mind requires fuller consideration than our courts at present allow.

My present purpose is to put the legal and medical conflict in a concrete form in order to show the need of bringing that want of concurrence to a more reasonable approximation. Our enterprising Lord Chancellor is just the authority to institute such an investigation. The recent murder trial has shown how desirable it is that his conflict should be resolved.

### Sleep.

BY DR. SRI RAM.

*Medical Officer State Hospital, Srinagar.*

Sleep is tired nature's sweet restorer'. Sleep is more than food. One can fast for many days or weeks but no one can "fast" from sleep for more than a few days at a time without experiencing evil effects.

#### WHY TO SLEEP.

Muscular and mental activities produce certain fatigue poisons in the system. Sleep and complete rest are necessary to allow the blood to carry off or to neutralise those poisons. In early English History criminals were put to death by being deprived of sleep. The Chinese use "enforced" sleeplessness as a form of torture. Laboratory experiments have clearly proved that men kept away though sufficiently fed, suffer more than, when deprived of food and permitted to sleep. Similarly students during competitive examination days kill themselves. Through they eat more nourishing

foods, yet grow thinner and weaker day by day till the examination is over. No amount of food, drink, tonics and stimulants can make up the damage caused by the deficiency in sleep. Forced sleeplessness will kill a human being within a week.

If utter denial of sleep is fatal, then late hours and partial lack of sleep must be at least devitalising and detrimental to health. Sleep gives the body an opportunity to feed upon the vitality we use constantly during the waking period, with every mental and muscular effort.

Vitality flows in with every sleeping inhalation. Sleep is the recharging of the body battery. The body acts as a storage battery. A reserve of vital energy is thus accumulated for the work of the following day. During day the cells (cups) become empty and in the night the cells are filled up with vitality. During sleep consciousness with mind and feelings leave the body with its *etheric portion* which is the medium for the inflow of vital force or *Pran* (as Hindus call it) when the consciousness is away cells with their etheric envelopes freely absorb energy and vitality independently and consciously.

#### BRAIN.

During sleep blood from the brain goes down, the cerebrum sinks in the skull to one inch and the man falls into sleep.

#### WHEN TO SLEEP.

With the coming of darkness, the birds, the beasts, the animals and savages retire to bed, so should a man follow. The natural time for sleep is from 9 P. M. to 5 A. M. Children sleep between these hours. An hour's sleep before midnight is worth two after. Two hours before and four hours after midnight are the most valuable and necessary hours for sleep, because in these hours physical vigour or vitality is at its lowest ebb. None should keep waking in these hours.

Students suffer badly from digestive disorders and nervous ailments. Professors and teachers suffer from general weakness and indigestion. Judges and pleaders and other business men suffer from sleeplessness and irritability, because they all work hard during midnight hours against the Laws of Nature. They don't break the Law but the Law breaks them.

#### HOW LONG TO SLEEP.

No general rule can be established as to the exact amount of sleep required. Some people require more sleep than others. Eight hours of sleep (6 to 8 hrs) is considered the average amount required by the average person. Children, boys and women require more sleep from 9 to 10 hours or even more. Sleep as long as you can at a stretch. Take plenty of sleep until you make up naturally refreshed and invigorated.

#### WHERE TO SLEEP.

It depends upon the climate and season. The air you breathe during sleep should be necessarily plenty, pure and fresh. If weather permits sleep under the blue starlight canopy (sky), otherwise in a room which should be well ventilated, open top and bottom.



The sleeping bed should be firm and hard. A short one is always enervating. On a hard bed the spinal cord retains its natural position, the organic functions are carried normally and the solar plexus keeps exerting its beneficial effects on the body. While in the soft bed the body sinks down and the spinal cord is curved, the solar plexus is eclipsed, the circulation and respiration are interfered with, the muscles and tissues become weak and flabby, the skin and other excretory organs fall in throwing out the impurities of the body and induce undesirable dreams.

#### PILLOWS.

A low pillow is good. A high is unhealthy. The breathing is rendered imperfect and the muscles of the neck are strained.

#### HOW TO SLEEP.

Empty your bladder thoroughly before going to bed. To sleep without any garment (loin cloth or Kapin is necessary to support the genitals and the back) on at all is more healthful than to use a gown or night shirt. Before going to sleep, take a short air bath in front of an open window. It cures sleeplessness and induces sound sleep. Raised knees cause the heart a great amount of extra work and produce sleeplessness. To sleep with the head towards the north in the direction of the magnetic currents of the earth is wonderfully effective in producing soothing and refreshing sleep.

#### POSITION.

The good position during sleep is to lie down on the left side. It helps digestion or you can lie on your right side. Do as it helps you.

*Why to sleep with nose and face open.* Because if we sleep protected with covers, the air which has been expelled from the lungs floats near on our faces and is breathed in again and again. As this air is heavily charged with carbon-di-oxide, it naturally prevents the thorough purification of the blood. The brain feels stupefied, heavy, dull and a general feeling of the lassitude in every limb.

#### HOW TO BRING SLEEP.

Worry, excitement, constipation, heavy and hearty and late supper, indigestion, overheated rooms, an over abundance of heavy bed clothes; drinking too little water or insufficient breathing, all have to play their part in producing sleeplessness.

The following methods will be found effective:—

1. A prolonged warm bath.
2. Placing the feet in hot water for 15 mts. or hot water bottle.
3. A glass of warm milk before retiring in certain cases.
4. Cold wet cloth to the head and back of the neck.
5. Remove all the causes which play their part in sleeplessness.
6. An insufficient supply of bed, clothing in cold weather brings cramping of neck, chest abdomen and restricts the healthy circulation, therefore have enough of bed clothing.

—Indian Medical Record.

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