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THE DIET OF THE INDIAN.

III

As already stated, we shall deal, in this article, with vegetables and fruits which Indians use in their daily dietary and also discuss what constitute incompatible diets.

India is a country where vegetarianism is observed as a religious creed, especially among the Hindus, who form the bulk of the population. In the performance of Sraddhas (or annual offerings to the dead) and on marriage occasions, even Hindus who are ordinarily addicted to meat-eating, scrupulously avoid meat and strictly adopt a vegetarian diet. In Sraddhas, the use of certain vegetables is prohibited and if we analyse these vegetables, we find that they are mostly of foreign importation. For instance, there is the Brinjal, the vegetable that is widely produced in India and largely consumed

by all, the rich and the poor alike. It may be news to many of our readers if we say that Brinjal was formerly imported from America and is a foreign article and therefore taboo on religious occasions. The indigenous brinjal is the small variety with the thorn on, which though not very delicious to taste, is yet best for health. "Pierced all over with a needle and fried in gingelly oil, the fruit (of Brinjal) is employed as a cure for toothache. It has also been recommended as 'an excellent remedy for those suffering from liver complaints.' The green leaves of Brinjal plant are the main source of supply of Antiscorbutic Vitamin C." Perhaps, on the basis of this last mentioned property, our forefathers used to advise cooking of brinjals always with the leaf, covering the top, intact, which the

modern generation have alas! totally discarded. The other vegetable which is avoided during Sraddha ceremonies, is potato, which is also of foreign origin, a native of Chilli. It is admittedly a nourishing food but its food value is completely lost 'when the potatoes are peeled and soaked in cold water before boiling.' The water in which the potatoes have been soaked should not be thrown away, as nearly 50% of the nitrogenous matter contained in the potatoes would be absorbed and lost to us.

Potatoes are said to contain also large quantities of iron. Other prohibited foreign vegetables which are produced in India are tomatoes (சிமைத்தக்காளி) carrots (கஜஜா கிழங்கு), cabbage, (கோஸ் முட்டை) and spinach (வசலிக்கீரை). These are consumed only by the rich and well-to-do, as their cost is prohibitive and beyond the means of the poor. The virtues of *tomato* are many. "Briefly, the medical and food values of tomato may be stated thus—(a) tomatoes are the richest of all foods in the Vitamins (b) they are the most wonderful and effective blood cleanser of all foods known to man (c) they are the richest of all vegetables in the natural health acids which keep our stomachs and intestines in condition (d) they are the most extraordinary corrective for kidneys, a gentle natural stimulant which helps to wash away the poisons which cause disease and contaminate our systems."

Carrots :—"Carrots are a good source of Vitamin B and thus may be used in all disorders resulting from malnutrition, nervous exhaustion and in case of indigestion, especially constipation, loss of appetite, stunted growth, beriberi and polyneuritis". They contain also Vitamin A in large quantities and iron. They are also blood purifiers and good for complexion. French women, it is

said, eat carrots to beautify their complexion. Carrots should be cooked with very little water and nothing should be thrown out, lest all the mineral salts should escape and thus make the food valueless.

Cabbage :—"Contains a considerable amount of sulphur and hence its smell in cooking. The juice of red cabbage made into a syrup is recommended for chronic coughs and in bronchitis and Asthma. The juice of white cabbage is said to cure warts".

Spinach :—"This is another foreign vegetable of the greatest food value. Its succulent leaves and stems when boiled and seasoned form an excellent cooling, nutritious and demulcent dish".

Apart from any impulse of Swadesism or patriotism involved in these prohibitions, our ancients always thought that in the choice of vegetables, only those that are grown and adapted to the air, soil, water and climatic conditions of this country are best suited to the health of the inhabitants. Evidently, it is this principle that weighed with our ancestors most and must weigh with us as well, if we wish to be healthy and happy.

Among the many indigenous vegetables, the following deserve special mention :—

(1) **Plantain** (வாழை) :—"It is a nourishing food. The stem, the flower and the unripe fruit are all used in cooking. "The ripe plantain is demulcent and nutrient. The unripe one is cooling and is astringent and in the dried state, it is antiscorbutic. The fully ripe fruit is laxative, when taken early in the mornings. The root is antibilious and considered to be a valuable alternative. The juice of the plant is styptic."

(2) **Ladie's finger**, (வெண்டை) :—"It is good for dysentery and serviceable in all fevers, catarrhal attacks and in

irritable states of the Genito-urinary organs. Its actions are 'emollient' demulcent, diuretic, cooling and aphrodisiac.'*

(3) *White gourd Melon*:—(கல்லியாண பூஷணி) is nutritive, diuretic and tonic. A preparation known as Khanda Koo-shmand prepared with other ingredients is very useful for haemoptysis, Phthisis, marasums, cough, asthma, ulceration of lungs, hoarseness &c.

(4) *Bitter Gourd* (பாவல்):—"The fruit is tonic, stomachic, stimulant, antibilious, laxative and alterative." It is useful in gout, and rheumatism and diseases of the spleen and liver. It is a specific for Infantile cirrhosis of the liver (பாலுட்சிடி).

Among the leafy vegetables, you have *Mulakeerai* (முளைக்கீரை), *Araikerai* (அரைக்கீரை), and *Manathakkalikerai* (மணந்தககாளிக்கீரை), which can be used as suitable substitutes for cabbages, cauliflour &c.

Now, coming to fruits, India can boast of good many delicious ones, of whom the plantains, the orange, the mango, the jack, the guava, the pine apple, the wood apple, the water-melon and the lime are of especial importance. The plantain is rich in Vitamin A and contains also Vitamins B & C. The mango and the orange are rich in Vitamin C. The plantain is the poor-man's fruit, and while our ancestors knew its worth ages ago, its value as a food has been scientifically tested only very recently. Similarly, mango has been recognized as a valuable fruit diet only recently and the first consignment of mangoes a month ago to His Majesty the King Emperor proves its worth beyond doubt as a delicious and nutritious dessert. If to-day Indians are poor in health, it is not because there is paucity of nutritious and delicious food

and fruits for them in their own country, but because they have not got the wherewithal to grow them in large quantities so as to render them cheap and bring them within the purchasing power of even the poorest of the poor. In olden days, no man or woman shall go to visit his or her friend or relative without at least a few plantains in hand. This proves the excellence of plantain fruits as food. And if only in every household in India, plantains are listed in the daily menu, for children at least, we will have no occasion to see youngsters of stunted growth and weak physique, as a result of malnutrition.

Lastly, we come to incompatibility in foods. Sadler in his "Science of living" gives the following rule.—"No food singly taken will disagree, but as man is accustomed to take mixed diet trouble arises by combining food not harmoniously." The following are good, fair and bad combinations:—

GOOD COMBINATIONS

Fruits and Vegetables
Fruits and Nuts.
Grains and Meat
Grains and Nuts,
Grains and Milk
Vegetables and Legumens.

FAIR COMBINATIONS

Grains with sweet Fruits and Milk
Meat or Egg with Vegetables,
Nuts with Vegetables,

BAD COMBINATIONS

Milk and Vegetables
Milk and sour fruits,
Milk and Meat.
Milk should be preferably taken alone.
Good fruits combine well with each other.
Nuts and Legumens can replace meat in the diet.

Bad combinations, unless taken in large quantities will not upset the health in a single day or two. But will slowly, undermine it, if persisted for some time. Especially, middle class educated Indians of sedantary habit should beware of these bad combina-

tions, as they are generally victims to Dyspepsia, diabetes and other diseases of metabolism, due to life long irregularity of diet.

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DHOUTI OR YOGA STOMACH-WASH.

BY

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I have already outlined a few of the most simple means suggested by practical Yoga for the care of such organs as the nose, the ear, the eye and the sex organs. I propose to deal with in this article the means applied by the ancient *yogins* for cleansing the alimentary canal, especially the stomach. It is useless to enter into the detailed technicalities of the use and abuse of this organ and its physiological and pathological analysis for the same is availed in standard texts dealing with anatomy and physiology. Suffice it to mention here for the purpose of our guidance that on the state of the digestive organs depends largely the health of the whole body. Therein lies health or illness. That this dependence of general health on the condition of the alimentary canal was fully realized by the *yogins* is evident from the fact that a majority of Hathayoga practices aimed at internal cleanliness, especially of the stomach and the intestines.

In this article, I shall deal only with the importance and need of stomach-washing, and the most simple means suggested by Yoga for this purpose.

The *yogins* believe that just as cleansing of the teeth, tongue and nose is a hygienic necessity, the cleansing of the stomach is also imperative for keeping this organ in its healthy state. All authorities on modern curative sciences are unanimous on the following issue:

Each time the food passes through the alimentary canal, it leaves, besides other mal-formations, a fine coating of waste matter behind, when not thoroughly digested or eliminated from the system, which forms a sort of morbid lining throughout the entire canal. If this coating is not washed off at intervals, it interferes with the natural secretion and juices of the digestive organs from freely mixing with the food-fermentations and thus prevents normal physiological functions. The most natural and common outcome of such morbid coating of the waste matters along the alimentary canal is indigestion, constipation, defective absorption and self-poisoning (known as auto-intoxication). Nine-tenths of the ills that afflict mankind have their origin in a foul digestive apparatus and a consequently poisoned body.

Does it not therefore stand to reason that the connecting canals and receptacles be cleansed of the fermented debris that may remain unused and unexpelled, before more food can be taken by the digestive apparatus? The *yogins* suggest that the stomach should get a thorough cleansing at regular intervals depending upon the functional indisposition of this organ. Of the many complicated processes for the cleansing of the stomach, the one most easy of application is the method of irrigating the stomach with ordinary water known as *vamanadhouti*.

After having cleansed the teeth, the mouth, the nose etc., the washing of the stomach can be followed. This should be done always in the morning and on an empty stomach. Take about one to two pints of water (lukewarm, previously boiled and strained through a fine gauze) and add from one to two heaping table-spoonfuls of salt or soda-bicarb. Stir the contents thoroughly till evenly mixed and begin drinking the same. Keep on drinking till the stomach can contain it no more. Now try to retain the water in the stomach for sometime instead of throwing it out

immediately. Then sitting in a squatting position exhale all the breath and draw in the stomach, as it were, really the abdomen, deep towards the spine (see frontispiece). After an interval of about twenty seconds, slowly take in the breath and again exhale. Repeat this for about five to ten times as may be found convenient. By now you are sure to feel nauseated and with a slight pressure on the stomach (with the palm of the right hand) and the drawing in of the abdomen towards the spine, the contents will be vomitted easily. If not, put the forefingers in the throat and touch the end of your palate and try to bring the water out slowly. It will come out mixed with a large quantity of what looks like mucus, really the unused, unnecessary and filthy surplus fermented juices and secretions of the stomach. Be sure that after each ejection, an interval of atleast twenty five seconds is given, to avoid strain, and the process repeated patiently till all the contents of the stomach have been completely thrown out. (For fuller details and practices, the reader may refer to "Yoga Personal Hygiene" by the same author.)

THE GATEWAY TO HEALTH

BY

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"Mouth is the gateway to health" says Prof. Irving Fisher and as much is it also the "Way In" for diseases. A clean mouth which is so essential for good health is mainly dependent upon a clean set of teeth. Hence, primarily, health appears to be synonymous with cleanliness of the teeth.

And what is the cleanliness of the teeth dependent upon? Well, it depends upon the quality, the quantity and the method of eating of our food. As regards quality the food should contain all the proximate elements viz., Proteins, Fats and Carbohydrates with a certain amount of

mineral salts, vitamins and enough of water. The proportion of proteins and fats should each be nearly one fourth the amount of carbohydrates consumed. Most of the necessary mineral salts and vitamins can be obtained from a variety of green vegetables. Refined foods should be avoided as they are mostly deprived of their vital principles during the process of manufacture. Unnecessary washings and luxurious cooking are two potent channels of destruction of the vital principles. Prof. Boys says in respect to vegetables that "All that is soluble goes down the drain and all that is volatile goes up the chimney". This is only too true on a consideration of our present-day mode of cooking. A certain amount of fibrous material in the food is not only an absolute necessity for perfect mastication but is also essential for its cleansing action on the teeth. The quantity should be arrived at by experience which should aim at avoiding overeating and at keeping within limits the consumption of starch and sugar. As to the method of eating, there is, and can only be one, and that is thorough mastication. Neglect of proper mastication which is tantamount to a non-use of the teeth, is a valid predisposing cause of pyorrhœa, a scourge which is fairly rapidly eating into the vitals of our race. Sepsis is carried from the teeth to the mouth, the tonsils, the throat and down to the digestive tract where the septic matter is absorbed to reach ultimately the blood-stream. The blood now instead of nourishing the various parts of the body poisons them bringing about various

diseases. This leads us to the conclusion that the tooth is not an organ to be so lightly dealt with. Exercise is as important to the teeth as to the other parts of the body to keep them fit. "You ought to dance your teeth in their sockets for a couple of hours a day," says Dr. Harry Campbell a well-known authority in dental surgery.

We see around us numbers of people who are afflicted with a variety of diseases and whose mouths are nothing but veritable hells. Such diseases are physical and mental debility, anæmia, stiff joints, rheumatism, heart disease, digestive troubles, chronic constipation, diabetes, defective sight and eye-diseases and a host of others which can all be found to have a bearing on the defective hygiene of the mouth. "Failure to take care of the teeth paves the way for tuberculosis" says Professor Muller, a lung specialist. If we are to believe what we see, we must certainly admit a septic mouth as a portal to the entrance of various diseases.

In this short article I have only just indicated the extreme importance of a clean gateway, and if some of the aforesaid points are remembered one can do much to keep oneself healthy. And should you forget all that I have said till now, it would be worth your while at least to keep the following two lines in your mind as they are the words of a great American Physician viz., Sir William Osler.

"You have one gospel to preach and have to preach it early and late, in season and out of season. It is the gospel of cleanliness of the mouth, cleanliness of the teeth, cleanliness of the throat."

In remitting his renewal subscription, The Rev. S. M. Samuel, B.A., L.L.B., Priest, S.P.G. Mission, Coimbatore writes under date 21-7-32 :—Kindly accept the above as my renewal Annual Subscription in advance for a copy a month of YOUR MOST USEFUL AND EDUCATIVE MONTHLY, THE "AROKIADEEPIKAI" in Tamil and acknowledge receipt.

THE BATTLE AGAINST TUBERCULOSIS.

BY

THE HONORARY ADVISER, PUBLIC HEALTH, TRIVANDRUM.

Early Discovery, Early Recovery.

Tuberculosis is a dreadful disease of world-wide prevalence. The havoc wrought by it is such that it is described as "The Great White Plague" and "The Captain of the Men of Death." It has been estimated that in the whole civilized world this disease kills one individual every second. Due to poverty, ignorance, overcrowding, bad housing and general insanitation, tuberculosis takes a heavy toll of lives every year from India.

CAUSE AND MODE OF SPREAD

The disease is caused by a microscopic rod-shaped germ called the "tubercle bacillus." Millions of this germ may be discharged when a person with pulmonary tuberculosis spits, coughs or sneezes. Healthy persons get infected by these germs either by ingestion or by inhalation. We may breathe them into our lungs with dusty air containing tubercle bacilli; we may happen to swallow them by eating infected food or drinking milk, from tuberculous cows. It is particularly dangerous to live in close contact with those suffering from the disease.

The germs of tuberculosis may attack any one but the danger most easily besets those who are in a poor state of health. Overwork, improper food; lack of exercise; of fresh air, of sunlight, or of proper rest; excesses of all kinds, predispose the body to tuberculous infection.

SYMPTOMS.

It is of the utmost importance to recognise the early symptoms of the disease which are:

1. A steady and unaccountable loss of weight associated with pallor of the cheeks and anaemia.
2. A constant tired feeling.
3. A cough that resists treatment and lasts longer than 3 weeks.
4. Fever in the afternoon.
5. Loss of appetite with indigestion.
6. Unusual night sweats.

If a person has one or more of these symptoms he should go at once to a competent doctor and get himself properly examined and follow carefully the instructions given.

Tuberculosis is chiefly a disease of the lungs commonly called Phthisis or Consumption. The germs gather in the lung and form little lumps or "Tubercles" which become inflamed, throw poison into the system and destroy the lung tissue. It may attack the skin; great disfigurement will be caused when it attacks the skin over the nose. When the lymphatic glands of the neck are affected, they enlarge and form lumps and ulcers. The disease often attacks joints and bones; when the spine or back is affected, a hump develops in the back. Thus every part of the system may be attacked by tuberculosis.

TREATMENT AND PREVENTION.

The measures for treatment and prevention are more or less identical with regard to tuberculosis. Sunshine, pure air, good food and rest are the most powerful safeguards and remedies against tuberculosis.

ADVICE TO THE SICK.

1. Take plenty of rest in sunshine and open air.
2. Sleep in a separate room with windows wide open and use separate vessels and linen.
3. Never spit in public places ; spit in a rag or paper which should be burnt. Do not swallow the sputum.
4. Consult a doctor or go to a Hospital or Sanatorium.
5. Eat regularly good nourishing food including milk, eggs, vegetables, bread and butter.
6. Avoid exhaustion, worry, anxiety, anger or sorrow and be cheerful always.

NEED FOR ANTI-SPITTING CAMPAIGN.

By

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We Indians are notorious for one of the most insanitary of habits, viz., the spitting habit. In spite of the widespread health propaganda nowadays, this unclean habit persists with us. No street or lane or road do we pass through without witnessing the often reckless spitting of the passers-by. The lower classes especially are much addicted to this habit. Betel and tobacco chewing is one of our peculiar habits and its invariable concomitant is the spitting tendency. The already disease-ridden Madras City is rendered worse through this nasty practice on the part of the people. There is no public place—whether it be the public road or the railway station, or the Post Office or the Theatre, or the marina—where this nuisance is not committed. The chewer, the coughing patient, the one blowing his nose, the smoker, the person gurgling his throat—all spit out indiscriminately on the floor as they pass along public pathways. One has only to go out a bit in the early morning to see the tarred surfaces of the city roads besmeared with all kinds of nasty disease-breeding sputum of the people. The majority of our people walk bare-

footed and one can imagine what risks in regard to health are undergone by them by walking over such roads. The same is the case everywhere, even in the mofussil. The railway authorities in order to save their station premises from this insanitary habit of the people, have put up at every few yards interval spitting-cans for use by the public. But, as a matter of fact, however, the "Spit here" sign boards put up by them serves only to stimulate the indifferent and the ordinarily non-spitting persons too to spit out! The less said about our theatres the better. In spite of the warning notices hung up everywhere, the audience hall is invariably full of smoke issuing from burning cigarettes and the floor is dirtied everywhere with sticky sputum.

It is found that it is the lower classes of society, especially the constantly-smoking low class people that are much addicted to this bad habit. There is only one remedy for this state of affairs. It is to educate the hygienic and social conscience of the people. Something like an anti-spitting campaign should be vigorously organised everywhere. People should be instructed as to how

spitting is bad (1) to the individual as it means so much wastage of valuable saliva and (2) to the society as it dirties public places used by others, causes annoyance to them thereby and communicates disease germs through it to other innocent people. Instead of "Spit here" boards, "Avoid spitting" boards should be hung up prominently in all public places. Frequent lectures on the dangers of spitting intended chiefly for the uneducated low classes should be arranged for. House to house distribution of printed leaflets on the subject should also be undertaken. If the Government intend to fight for the eradication of disease and consequent misery among the people, they should

immediately, in co-operation with non-official institutions, undertake to arrest this most communicable channel of disease, this nasty spitting habit of the people.

Do we ever find any of our "ruling" friends, the Europeans indulging in this insanitary habit of public spitting? If not in anything else, we Indians need to learn much from them in this matter at least.

"Health" is vigorously fighting disease and death among us South Indians, and let its vernacular editions especially bring home to our people all that they are ignorant of or indifferent to in this matter.

WHY LOSS OF APPETITE IS A COMMON COMPLAINT?

BY

M. V. NARASIMHA RAO *Berhampore,*

If there is any disease which is very widely prevalent and stands as the root cause of several other dreadful diseases it is loss of appetite. Though it appears to be a simple ailment, the neglect to take care of it invites diseases of the worst type and even brings about death. On account of its evil effects it is quite desirable to suppress the complaint in the bud stage. Besides, this complaint is chiefly responsible for death of many men and women in spite of its seeming harmlessness. Hence seeing the horrible consequences of this common complaint, every man must form good, healthy habits which tend to enable profound digestion, prevent the disease from exercising an overwhelming influence over a majority of people and thus reduce the number of the dead. The first and foremost symptom of ill-

health is invariably loss of appetite. It warns people that they have acted wrongly.

Such a dangerous complaint is invited by man by his own unpardonable folly—by administering improper doses of food, bad in quality, not at the call of the stomach, the divine call, but at his will and pleasure. In no field of human endeavour is there need at present for greater care on the part of man than in the choice, cooking, and eating, of food to keep himself healthy and fit. Blachie terms stuff and fret as the two great killing powers. To worry about what is beyond our knowledge and control and to keep bolting down food even in lack of appetite or when the hunger is appeased are the main causes of innumerable bodily derangements. It has been repeatedly proved and recog-

nised that a much smaller quantity of food answers well to the nutritive needs of the body. The great misconception that is prevailing in the minds of people is that great eaters are great workers. This is a delusion which illudes many people especially the crude ones. A full meal always gives rise to mental dulness and slackens the body. It must also be understood with lucidity that only that quantity of food which is taken up by the body into blood is indispensable for human needs and any excess passes into the fæces and generates harmful poisons in the system. So, loss of appetite and ill-health resulting from it are not unfrequently due to erroneous methods of diet; irregular mode of eating often throws the human machine out of gear whilst over-eating stands in the way of profound digestion by excessively straining the powers of digestion and promotes loss of appetite and Dyspepsia and other diseases succeeding it. Besides, people get loss of appetite by going to meals after hard physical and mental labour. It is wrong to take exercise after a full meal. People often dig their grave by their teeth which

must be kept thoroughly clean by regular washes of the mouth as suggested by the Sastras of Ancient India. Besides improper diet and bad habits there are other causes which are equally responsible to promote this complaint of loss of appetite. Want of enough physical exercise and a sedentary life aggravate the trouble. Several grains deprived of bran, astringent foods, diets free from sufficient oily matter lead to loss of appetite. Above all, irregular habits in work and sleep and answering the calls of nature are other causes.

Thus, many causes of this complaint are the result of man's own folly and negligence and hence they can be avoided by us by a little bestowing earnest attention and labour. The chief rules to eradicate this disease, the root cause of many fatal human ills and for attaining a long age are to eat health-giving food in moderation at regular intervals, to maintain regular laborious exercise, to have sufficient out-door recreation, to keep the body clean, to obtain sufficient rest and to practise temperance in all things in life.

ASSASSINATION.

Whereas, during the past year there have been some thousands of children poisoned in this State, it is proposed to discover and expose the guilty parties. Assassination is a crime of the blackest dye; assassins stained with the blood of tender youth are objects of our utmost detestation and horror; their memory is accursed.

Beware lest, through ignorance or wilfulness, you become one of their number! Read, that you may escape!

The dagger and the bowl are by no means the sole, or even the most deadly, instruments of the assassin now-a-days. The most noxious of poisons can be, and are, floated on the air by the summer breezes.

Who prepares them? Who scatters them?

Bread, as you know, is usually made with yeast. Very little yeast leavens considerable dough; it spreads rapidly through the mass by what we call fermentation.

Now in some unknown way, certain poisonous germs found their way into the universe; and these germs, finding a favorable spot, spread themselves something after the manner of the yeast. Sometimes these germs are the minute eggs of a minute animal parasite. The poison causing diphtheria is of this kind, turning the tender mucous membranes into masses of microscopic maggots. Diseases of this nature, spread by these dust-germs, are known as "zymotic." The deadly Typhus and Typhoid fevers are of this class.

Now who are the guilty parties that spread these dire diseases? All know what a cesspool is. It is a place where human filth rots and festers under our noses. In almost all our towns these cesspools corrupt the air and poison the water; the seepage from them runs into the wells, the miasma from them is wafted to our parlors and bedrooms. Cesspools are the loathsome yeastpots wherein these deadly disease-germs multiply, and whence the gentle zephyr floats them in clouds to scatter black death among the little ones, not always sparing the adult and aged.

Can these things be? Ask your physician; and, if he be a man who knows whereof he speaks, "Yea! verily!" will be his reply.

Is there no remedy? you ask. One most simple, cheap and efficient! is the reply.

1st. Let every existing cesspool in your town be disinfected, and the night soil removed to the nearest farm.

2d. Furnish your privy with a barrel of dry earth, powdered, and let a large dipperful be thrown in every time the place is used.

3d. Use your house slops to irrigate your garden, or, if thrown down the privy, sufficient dry earth must be added to absorb all moisture. The contents of the privy must be kept dry, or fermentation ensues.

4th. When the privy is full, haul off the "poudrette" to the nearest farm, there to be plowed under, as nature intended.

5th. Let public opinion henceforth brand as a criminal the person who neglects to free his premises from the death-dealing nuisance of an old-time cesspool.

You may be interested to know that the average human life is about twice as long now as it was two centuries ago.

More wonderful still, in Gibraltar, in the course of one generation, the mortality has decreased fourfold, by attention, to sanitary matters.—*Humanity*. (Thru C. H. Idaho, U.S.A.)

GETTING YOUNGER EVERY DAY.

At birth—the first stage in life—we usually begin with sound organs and tissues, and they grow bigger and stronger until we reach adolescence. The body maintained its vigour for a period of time and then strength and vitality waned. The third phase was called "growing old". To grow younger

every day we must maintain our health, vitality and usefulness. Many interesting examples of people regaining and retaining their youth at advanced ages and living to well over 100 years can be quoted, but we cannot hope to keep our youth to an advanced age until the appalling number of diseases of "middle-

life" are eradicated. One of the most dreaded of these is cancer, and the death rate from this disease is increasing with amazing rapidity, practically doubled from 1911 to 1926 (in the U.K. alone). Cancer is a blood disease, accelerated by constipation and living largely on a flesh diet (including fish). Another disease of middle life is diabetes and the death rate for this had increased nearly 50% in ten years, despite the discovery of insulin in 1922. Insulin was a crutch for diabetes and considered now a very unsafe remedy. It is only scientific dietetics that holds the key to the treatment of diabetes. The orthodox diet contains large quantities of meat, interfered with the fixation of the glycogen (the sugar in the liver) and tended to cause acidosis. *All refined products such as white sugar, white bread, boiled rice etc., should be avoided.*

Blood pressure etc., also today is causing many deaths, and yet it is said is to a great extent avoidable. Two things tend to cause high blood pressure—first worry, and secondly, *the eating of flesh-meats*. The orthodox medical practitioner now realises the importance of avoiding flesh-meat in this condition, and has learnt that it is essential to leave out white meats as well as red meats, as they both intensify the auto-intoxication which raises the blood-pressure. Therefore a diet which contains plenty of citrous fruits, salads and conservatively cooked vegetables is of the greatest importance in lowering the blood pressure. Heart disease today is a very prevalent complaint and naturally is often accompanied by obesity. Both conditions can now be helped by dietetic care—particularly avoiding overeating and constipation. A person could not be youthful and at the same time be afflicted with rheu-

matism, a disease met with at all periods of life. The first thing to do in such cases is to cleanse the system with a short fast and follow with a cleansing diet, avoiding all refined products, condiments and flesh-meats. Fatigue also quickly causes old age and consequently it is essential to obtain refreshing sleep if strong health nerves are wanted.

It is a remarkable fact worth noting that the people of Bulgaria, where with a population of 7,000,000, there are said to be 4,000 centenarians, more than the total number of centenarians in all other parts of the world. This has been attributed to the frequent use of the Bulgarian drink "Yogurt" which is soured milk or curds, and has the power of keeping in a healthy state the large colon, thus preventing the putrefaction of waste and unassimilated food, following constipation. Motchnikoff had first stressed the necessity for keeping a healthy intestinal tract and this was of the utmost value in retaining youthfulness.

As a person got older it would be found that the body did not eliminate its lime so quickly, and as a result of this, suppleness and elasticity were lost. The citrous fruits encouraged lime elimination and consequently oranges, grape fruit or lemons should be taken regularly.

In conclusion then, the importance of exercise—particularly stretching exercises—and skin culture in order to maintain the youthfulness of the body. We should not forget that the skin is a living organism and that the dead cells must be got rid of, otherwise we should have an old skin. Vaccines and serums, are more harmful than the spells and charms of the dark ages and the sooner they are rid of the better will it be for humanity.

Summarising then we should say :—

- (1) Eat freely of fresh fruit and vegetables.
- (2) Avoid all *refined* products.

- (3) Get plenty of fresh air, exercise the body, skin and lungs.
- (4) Use cold water as a skin tonic and a drink.
- (5) Take some citrous fruits every day, if not curds—O.D.

SLEEPING FOR HEALTH.

BY

RONALD LEISK, A.L.S.N.T.

During sleep the body has a much-needed rest; it is therefore important that any unfavourable conditions which would interfere with this one good chance that Nature has for recuperating, should be removed. Some parts of the body never cease work throughout the whole of our life, but during sleep they do rest a little. The heart beats less strongly, the liver secretes less bile, the kidneys secrete less urine, and the greater part of the nervous system is in a resting condition. When sleep is sound and healthy we can really say that the body is being recharged with energy.

Healthy sleep depends on three factors: (1) good health, (2) favourable sleeping conditions, and (3) relaxation.

GOOD HEALTH.

If the nervous system is in an irritated condition, or the blood is impure, it is certain that sleep will be interfered with to some extent. Heavy or indigestible suppers, especially when taken late; an over-stimulating diet of tea, coffee, flesh-foods, and excesses of sugar and starchy foods; the use of tobacco and narcotics: constipation and indigestion—these are all potent factors that will disturb healthy sleep.

AVOID LATE SUPPERS.

One important health rule in connection with sleep is to avoid having any solid food within two or three hours of retiring for the night. In other words, do not go to bed on a full stomach. Have the last meal of the day at about 7 p.m. and if desired a health drink about one hour before going to bed. Late and indigestible suppers are frequently the cause of that restless, wide-awake feeling during the night, and that heavy feeling in the morning.

SLEEPING CONDITIONS.

Unsuitable sleeping conditions include bad ventilation of the bedroom, insufficient quiet, excessive or insufficient amount of bedclothes, temperature of the room too hot or too cold, or the position of the head too high or too low. If your head is too high this puts tension on the neck muscles, but if your head throbs and you feel wide awake, it is advisable to heighten the pillow a little, and thereby reduce the pressure of blood to the brain. The height of the pillow should normally be about three inches.

It is best to sleep on the right side when possible, as this aids digestion.

In any case avoid sleeping on the back because this overheats the spine and is one common cause of disturbing dreams and spasmodic movements. If heat is required by the aid of a bottle, this should be placed at the feet and nowhere else unless illness dictates.

Be certain that fresh air can gain free access to the bedroom during the night, except in inclement weather, when common sense advises that windows should be closed.

UNFAVOURABLE MENTAL CONDITIONS

Wrong mental attitudes such as worry, grief, or anger, will make healthy sleep very difficult, or even impossible. This is due to the fact that these unpleasant emotions are associated with tense muscles and increased blood pressure, whereas for sleep we must have relaxation and decreased blood pressure. No ordinary methods of inducing sleep will succeed if you are tormented with unsolved problems and unsettled conflicts. Try to set aside these troubles for the time being, not as difficulties beyond solution, but as problems to which you will return in the morning with fresh interest and vigour.

RELAXATION

It is very important that all tension be taken from the muscles of the body. Lie flat on the back with the arms stretched out in a comfortable attitude, and then proceed to relax each part in turn. With very little practice you will become proficient in this art of relaxation, and possibly will be fast asleep before you have finished the exercise. Extend the principle of relaxation to the mind as well, by trying to think only of peace, rest, repose, and tranquillity.

DREAMS

If sleep is healthy it is undisturbed by dreams. It is not so much that we do not dream on these occasions, but rather that we do not remember having done so. If the dreams are terrifying or disturbing it may be a symptom of digestive trouble or, more commonly, a sign of mental conflict or stress, or even of a definite nervous disorder.

DURATION OF SLEEP

The duration of sleep is influenced by sleeping conditions, daily occupation, age, climate, health, and other factors. Under normal circumstances the duration and best hours for sleep are as follows :

Age	Duration of sleep (hrs.)	Best times for retiring
During first year	20	
Second to fourth year	14	
Fourth to twelfth year	10	7-8 p.m.
Twelfth to eighteenth year	9	9-10 p.m.
Adult	7-8	10-11 p.m.

Brain-workers usually need lighter and less sleep than manual workers. The earlier hours of sleep are the deepest and the best for health.

AVOID DRUGS

When for some reason healthy sleep is denied, there is great temptation to resort to such drugs as chloral, bromides, paraldehyde, amylene hydrate, sulphonal, and so forth. This temptation should be resisted as these drugs achieve their effect by stupefying or partially paralysing important nerve centres and by depressing vital vasomotor functions. Their use brings disaster and not cure. Stout, whisky, and various alcoholic drinks have well-known narcotic properties, but they are best avoided. It is better to ascertain

and remove the cause of the unhealthy sleep, or the sleeplessness, and then to adopt suitable means of encouraging healthy sleep.

HOW TO ENCOURAGE SLEEP

Once the cause has been decided upon and remedied, healthy sleep may be encouraged by such means as taking a short walk before retiring, going to bed at a regular hour, having a sponge down with tepid water or indulging in

a cold-water paddle, alternate hot and cold foot-baths, and so on.

Above all, do not worry about whether your sleep is healthy. If you suffer from insomnia—still do not worry. Duration of sleep is not so important as intensity, and you may obtain as much refreshment in a short sleep as another who sleeps all night. In any case sleep will come more easily if you take your insomnia calmly.—*Good Health.*

EXERCISE FOR WOMEN; BREATHING EXERCISE.

Exercise erect and easily, feet almost together, fists clenched and wrists crossed in front of body. Bring arms (elbows slightly bent) in a circular movement behind back, crossing the wrists. Force shoulder blades well time back, at the same time lifting chest well up, as in Fig. 1. (Side view). Inhale

as possible, as in Fig. 2, Repeat six times adding one per week till ten is reached.



Fig. 1.

slowly through the nostrils as the arms are brought back; exhale fully through open mouth as the arms are brought forward. In the last part of the encircling movement forward, make a final effort which will depress the shoulders, make the chest collapse, tuck in the belly wall and empty the lungs as much



Fig. 2.

Note:—Don't pause with hands behind back; return them slowly and steadily to front of body, exhaling as directed. Inhalation should be timed to finish as hands reach back; exhalation timed to finish as hands return to first position. Don't hold the breath at any stage of the movement. Don't let the chest "flop"; keep arms stiff and press them well on to sides of chest, as the chest collapses.

During menstruation and normal pregnancy this exercise may be continued.

HEALTH EXAMINATION GUIDE FOR THE PRE-SCHOOL CHILD.

[The following hints will be found extremely useful to Medical Inspectors of schools and parents in their efforts to maintain the health of pre-school children.—Ed. H.]

Are the eyes clear, and without shadows underneath? Is the skin color ruddy? Is the expression alert and happy? Does the child sit and stand quietly? Is the child co-operative?

1. Does the child have good posture?

A good posture is characterized by an erect head, chin in, shoulders level, shoulder blades flat, the spine normally curving forward at the neck, slightly backward at the shoulders, slightly forward at the waist line; the abdomen should not extend forward beyond the chest except during the second year.

2. Are the legs straight? Do knock-knees exist? Is bowing present?

3. Is the body balanced on heel and toe equally? Are the feet parallel? Are the arches relaxed or flat?

4. Is the skin clear, soft and velvety?

5. Does the hair have a lustre due to natural oil?

6. Are the muscles firm and strong, and covered by a plentiful layer of fat?

This depends on body type.

7. What is the child's type of body build?

The slender type has less fat, lighter bones, narrow shoulders and hips.

The heavy type has large muscles, plenty of fat, heavy bones, broad shoulders and hips.

The medium type falls between the two.

8. Is the weight sufficient for age, height, and general body build?

EYES.

Is the vision normal?

Refractive errors may be suspected when the eyes show a strained appearance, the presence of a squint, or an unusual position of the head when the child looks at objects. An oculist should examine the eyes of every child when he begins to read.

Are extra-ocular movements normal?

Is nystagmus present?

Are the pupils equal in size, and do they react to light and accommodation?

Is there ptosis of the eyelids?

Are the conjunctivæ clear and free from infection?

Are the scleræ normal?

Are there any corneal opacities?

EARS.

Is the child hard of hearing?

This can be determined by listening to the tick of a watch.

Are the ear canals free of discharge or excessive wax?

Are the drums normal to appearance?

NOSE.

Is breathing free in either nostril when the mouth is shut?

Is a discharge present?

Is the mucous membrane inflamed?

Is there a deviation of the septum or enlarged turbinates?

Do the adenoids cause mouth-breathing?

MOUTH.

Is the mucous membrane pink and free from inflammation, ulceration, swelling, or eruption?

Are the teeth clean?

Do the teeth show any cavities or enamel defects?

Are the teeth in normal position?

Do the teeth meet properly when the mouth is closed?

TONGUE.

Is the tongue coated?

Are there any ulcers or fissures present?

Recurrent irregular desquamation of the tongue, known as geographical tongue, is a normal phenomenon.

Are the lingual tonsils usually large?

Enlarged lingual tonsils may be the cause of a persistent cough.

PALATE.

Is the palatal arch normal?

Is the uvula abnormally elongated?

PHARYNX.

Is there inflammation present?

Are the tonsils obviously diseased from the presence of inflammation and secretion in the crypts?

Are the lymphoid follicles of the pharynx prominent or inflamed?

Is there a post-nasal drip?

SINUSES.

When signs of "cold," nasal discharge and obstruction, or cough persist, sinus disease should be suspected.

NECK

Are the glands enlarged in the anterior and posterior cervical chains?

Is the thyroid gland enlarged?

The act of swallowing helps to detect enlargement.

CHEST

Are the two sides of the chest equal in size?

Is the expansion equal and sufficient?

Are there any gross deformities? A rachitic rosary or a Harrison groove?

Are the anterior chest muscles developed sufficiently to assist in proper expansion?

Are the lungs normal to percussion and auscultation?

Are the heart sounds regular and sharply defined?

A systolic murmur of the heart disappearing with exercise or change of position is very common in children, and is practically always functional. Slight irregularities, such as changes with respiration (sinus arrhythmia), "missed beats" (ventricular premature beats), are quite common in childhood.

Are the lymph glands enlarged in the axillæ, the groins, or at the elbows? (Epitrochlear.)

Are any abdominal viscera palpable or enlarged?

Is there any inguinal, femoral, umbilical, or epigastric hernia?

BOYS.

Have the testicles both descended?

Is the foreskin sufficiently short and free from adhesions?

GIRLS

Is there any vaginal discharge or marked inflammation?

Is the clitoris free from adhesions?

REFLEXES

Are the patellar, Achilles, and Babinski reflexes normal?

Is there any ankle clonus?

Is the Kernig sign negative?

This is reprinted from *The Weekly Roster*.—*The Medical World*.

REST

The 'most important factor in the treatment of any disease is rest. There is an old saying: "It will never heal if you pick it." A sore foot cannot get well as long as you continue to walk on it, thereby constantly interfering with the healing processes. The main reason why tuberculosis does not heal more rapidly is because the lungs expand and contract from fifteen to eighteen times every minute. It is this constant movement of the lungs which prevents healing. If the ends of a broken bone were manipulated fifteen times every minute, it wouldn't heal either. It couldn't because the repair tissues would be broken up as fast as they could be laid down.

Rest is a least fifty per cent of the treatment of every disease. When your automobile isn't running properly, common sense dictates that you leave it in the garage, stop running it

and rest it until it is repaired. Certainly you would not hunt up high hills for it to climb, thereby subjecting the disabled engine to added strain. The same treatment should be accorded the human engine. When you get sick, go to bed and remain there, until the process is entirely repaired. Most people, because they are impatient and wish to save time, leave their bed too soon, thereby often precipitating a setback which requires weeks more for recovery. One more day in bed always saves a week of illness. This is especially true of the little unimportant diseases. A severe illness forces the patient to bed, but it is a difficult job to make a patient see the wisdom of remaining in bed for the treatment of a condition which seems trivial. Bear in mind that it is the little trivial conditions which can most easily be cured, that every serious illness is a trivial affair in the beginning.—*Your Body*.

FROM PAIL TO PALATE.

Steelsmith, D.C., M.D., C.P.H., Collaborating Epidemiologist & Health Commissioner, Des Moines, Iowa.

"During the fall of 1931," says the Iowa State Department of Health, "two separate milk-borne outbreaks of typhoid fever occurred in Iowa. In one outbreak seven cases occurred and in the other there were ten cases. In one, the cause of the outbreak was definitely traced to a typhoid carrier who had had typhoid fever in 1916. Both outbreaks were discovered early because the first cases were reported promptly and investigations made. The milk supply was shut off in both instances and ex-

tensive spread of the disease was prevented.

"Typhoid fever is not the only disease which is often spread by milk. Tuberculosis, scarlet fever, diphtheria, septic sore throat, dysentery, undulant fever and infant diarrhoea are frequently spread through the medium of milk.

"Pasteurization, by which is meant the heating of milk to 145°F. for thirty minutes, effectually destroys the germs which cause these diseases, but it does not in any degree impair the value of the milk as a food.

"Milk may be infected even before it leaves the udder of the cow. The cau-

sative agents of undulant fever, bovine tuberculosis and septic sore throat may be in the milk as it is drawn from the cow. In addition, milk at most dairies is repeatedly exposed to contamination. Raw milk is constantly menaced by the hazard of diseased handlers, utensils washed in polluted water, unclean bottles, soiled hands and flies. Because of the difficulty of elimination or con-

trol of these conditions, pasteurization of all milk is recommended. Yet, pasteurization cannot take the place of cows which are free from disease, handlers who are healthy, and general cleanliness. From pasture to pail, and from pail to palate, milk must be properly safeguarded to assure safety in its use."—*Abstracts of Current Public Health Literature.*

AS A MAN GROWS OLDER.

He values the voice of experience more and the voice of prophecy less.

He finds more of life's wealth in the common pleasures—home, health, children.

He thinks more about worth of men and less about their wealth.

He begins to appreciate his own father a little more.

He boasts less and boosts more.

He hurries less and usually makes more progress.

He esteems the friendship of God a little higher.—*Roy L. Smith.*

BOOK REVIEWS.

Towards National Health.—By Dr. Anthony Delmege, O. B. E., M. R. C., [William Heinemann, (Medical Books) Ltd., 99 Great Russel St. London.] pp. 234. £. 1-sh. 1/. 93 Illustrations.

The author keeps constantly before us his thesis 'the attainment of National Health' and hence devotes more space to the way in which the practical prevention of diseases has slowly developed than the symptoms of the maladies from not a few of which and those some of the worst we have now been entirely free.

In this book an attempt has been made to outline broadly the main changes which have taken place in the health and hygiene of the nation from Roman times to the nineteenth century. The chapter dealing with the hygiene of the chief western civilisations that preceded, and influencing our own has been placed at the beginning.

This volume should awaken great interest in the sphere of Public Health. The volume is profusely illustrated. The author deals about hygiene from the early civilisations upto the 19th century. It is very interesting historic reading.

The appendix contains notes on the principal diseases dealt with in the text. It is very useful. We commend the book to our readers.

Children's Questions.—By Len Chaloner [Noel Douglas. 38, Great Ormond Street, London, W. C. 1.] 3sh. 6d. pp. 83.

This book deals with vital questions asked by the little children in the first five years, and also deals with the development of their mental hygiene in everyday home life. Children are very fond of putting questions on matters which they don't understand and if we fail to answer those questions, they will give us no second chance to

answer them in later life. Every question put to us must be answered properly. Otherwise bad impressions will be created and the development of their brain will be retarded.

This little book gives a series of hints and suggestions as to how to bring up children in a scientific way. This book is very useful to mothers. We recommend the book to our readers.

The Danger Signs of Disease.—By A Scotch Doctor. A Book for the Layman.—[The St. Catherine Press Stamford Street, Waterloo, London, S. E. 1.] pp. 90. 2 sh.

The main purpose of this book is to enable people to appreciate whether any symptoms of disease from which laymen are suffering are dangerous or not, and having recognised the symptoms to be dangerous, go to their doctor for confirmation.

The book contains common symptoms indicating dangerous diseases and also symptoms indicating less serious diseases. "A stitch in time saves nine." This proverb is applicable to human system whenever it is attacked by disease. This book treats of very dangerous symptoms of diseases and warns one to seek the aid of a doctor at once. The book is written in a flowing style and simple language avoiding technical words. The book may be in the hands of every reader.

Suppleness.—By Leonard Henslowe. [Noel Douglas. 38, Great Ormond Street, London, W. C. 1.] 4 sh. 6 d. pp. 72.

This book treats of a number of exercises to be followed by every person who wishes to be healthy. The exercise consists of 24 kinds which could be practised by everybody without wasting much time and without any special appliances. The methods of exercise are profusely illustrated in the book. They are very simple and effective. The chapter on 'Deep Breathing' is very useful. The exercise recommended in the book is very useful to Indian ladies. We recommend the book to our readers, especially ladies.

Better Than Cure.—By Dr. D. M. Connan & H. W. Bush. [Noel Douglas. 38, Great Ormond Street London, W. C. 1.] pp. 172.—21 illustrations. 6 sh.

This book deals with subjects of great importance to all interested in health organisations and of special value to public health and educational authorities. Propaganda work is a special branch of the Public Health Department. This book is very useful for public health propagandists.

This book deals how to teach the public in matters of health. The chapters on 'Lanterns and Cinema Projector' are very instructive. It not only teaches how to educate the public but also to show the lines on which those responsible for public health may proceed on their task. The illustrations are very graphic. We recommend the book to all health propagandists and also educationists.

Some one to see for him—[Being the Sixteenth Annual Report of St. Dunstan's, London for the year ended 31st March 1931.]

We have perused the report with great admiration and grave concern. The work that St. Dunstan's does and has been doing for the last sixteen years, to give relief and succour to the war—blind and make them live as healthy and happy citizens, like their more fortunate brethren, in spite of physical deformities, is indeed laudable and we must congratulate the Council on the unique success their organisation has achieved. The grave concern we refer to, however, is with regard to the financial condition of the institution which is said to be unsatisfactory. The institution deserves all the help it needs, especially in these days of depression, and we are sure it will be forthcoming in an abundant measure from all quarters of the globe—not to say of India alone, regardless of caste, creed or territorial distinctions. We wish the institution continued prosperity and success.