

Health

*A Journal Devoted to
Healthful Living*

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EDITORIAL

The Health of the World

and

THE ROCKEFELLER FOUNDATION

WE dare say most of our readers are acquainted with the Rockefeller Foundation and the world-wide public health activities with which it is connected. To those who know not what it is, a word of introduction is needed. Mr. Rockefeller, a wealthy industrial magnate in the United States of America had endowed a large sum of money, which at the end of 31st December 1931 stood somewhere at 150,046,478, Dollars and constituted a trust board in 1913 to carry out his philanthropic object of improving, by various means, the health and well-being of the entire humanity inhabiting this Universe, irrespective of race, caste, creed or colour. No nation or country has escaped the attention of the Rockefeller Foundation and the

Annual Report of the Foundation during 1932 which we have just received is an excellent record of the humanitarian work done by the Foundation.

In regard to **Public Health Research**, the Foundation undertook in 1932, Field Research on Problems in Yellow Fever, Malaria, Tuberculosis and certain other diseases. We, in India, are mostly concerned with the two great scourges—Malaria and Tuberculosis. Malaria is the King of tropical diseases and Sovereign of a vast domain, destroying millions of men. Its prophylaxis is still a perplexing problem. The most radical and most successful methods of combating the malaria mosquito, consist, according to the report "in destroying its breeding places by means of drainage, cleaning,

clearing, channeling, emptying, filling, flushing and drying; impounding, salting or altering the composition of the water; and above all, by the orderly progress of agricultural cultivation, which tends to do away with swamps and breeding areas."

But this general principle cannot be made applicable to all countries alike. Each region presents a special problem. During 1932, the Rockefeller Foundation assisted four States in the United States and the health administration of seventeen foreign Governments in conducting Anti-malarial work, of which India was one. The amount spent by the Foundation on Malaria Investigation work in India during 1932 was 1338.42 Dollars. Investigation on Tuberculosis was carried on in Jamaica, Puerto Rico, in Austria, in Denmark, Spain and other countries. Hookworm is another infection against which the attention of the Rockefeller Foundation was directed. In Ceylon and in the Madras Presidency, where the percentage of hookworm infection is very high, treatment is given to all persons who apply to hospitals, or dispensaries for any type of relief. The total amount spent on 'Hookworm Campaign' in India from 1913 to 1932 was 32,229.99 Dollars.

With regard to **Public Health Programme**, and in conducting demonstrations in public health was given to seventeen Units in eight European Countries. The most important element in the demonstrations is the home visiting conducted by public health nurses. Next in importance come laboratory service and work in the control of communicable diseases. In

all demonstrations, vital statistics and general health information are carefully collected. Public health education is conducted by a variety of means, such as lectures, informal letters, newspaper publicity, posters and moving pictures. As to type of activity, the programme is usually divided into such subjects as Infant Welfare, pre-school hygiene, school hygiene, prenatal hygiene, dental clinics and work in tuberculosis and venereal diseases. In the East during 1932, the Rockefeller Foundation had representatives in the following countries; Ceylon, India, China, Egypt, Netherlands, East Indies, the Philippine Islands and the South Pacific Islands. In the State of Mysore, a Foundation Representative continues to serve as a consultant to Government on Health matters. The Foundation Representative stationed in Ceylon made five visits to Travancore and at a town situated 12 miles from Trivandrum, the Health Unit organised in 1931 with Foundation aid, is making favourable progress. The total amount expended for public health work by the Foundation in Mysore from 1929 to 1932 was 6,791.50 dollars while that expended in Travancore in 1932 was 839.98 Dollars. In order to test the possibility of successfully maintaining a local health unit under Indian conditions, the Foundation is co-operating with the health services of the United Provinces in the establishment of a health centre in Partabgarh, an area of 60 square Miles with a population of 50,000. Similar health units are also contemplated in the Madras Presidency and four Representatives of the Foundation have arrived recently in Madras and are having a survey of

certain towns such as Trivellore, a pilgrim centre near Madras, for conducting their operations.

Fellowships in Public Health:—This was inaugurated by the Rockefeller Foundation in 1917. During 1932, there were under administration 225 Foundation Fellowships in public health. 124 of the Fellows were training for positions in Public Health administration, 35 for public health nursing, 13 for public health laboratory work, 19 in Sanitary Engineering, 2 in Vital Statistics, 6 in Industrial Hygiene and 26 in special studies. Of the 225 Fellowships, 15 were from India. The total grant spent on Fellowships up to 1932 was 2,662,732.55 Dollars.

Natural and Social

Sciences:— These have also come within the scope of the Foundation activities. In the Natural Sciences, the work to which support was given included projects in the fields of Marine Biology, Oceanology, Biology, Physics, Anthropoid Research, Astronomy, Chemistry, Geophysics, Paleontology, Geology and Mathematics. In Social Sciences, 167 Fellowships have been assigned, of which India gets one, the largest number 26, going to Germany. The field of study includes Economics (47), Sociology (22), Political

Science (21), Anthropology (18), History (11), Psychology (11), Agricultural Economics (8), Geography (8), Jurisprudence (7), Criminology (5), International Law (5), Business Administration (1), Philosophy (1), Social Welfare (1) and Statistics (1). The total amount appropriated in Fellowship programme in the Social Sciences in 1932 was 435,000 Dollars.

Lastly there is the section called the **Humanities** supported by the Rockefeller Foundation grants. These grants were given to various Universities in U. S. A., and England for research directed towards the improvement of cultural understanding. The School of Oriental Studies, London

George Bernard Shaw says many plain and sensible things. He gives reasons for not drinking beer: "I don't drink beer; first, because I don't like it, and second, because my profession is one that obliges me to keep in critical training; and beer is fatal both to training and criticism."—I. T. N.

Institution attached to the University of London obtained a grant under this head in 1932 for research in African Linguistics tenable during the three years period ending June 1935.

We shall close now, with the above brief summary of the activities of the Rockefeller Foundation. We have nothing but admiration and praise for the excellent humanitarian work in which this Institution is engaged, and we wish the Foundation more prosperity and continued success.

Advice to Expectant Mothers

By

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PREGNANCY is not a disease and so there is nothing to frighten one when one becomes pregnant. However it is essential that one should know the course of normal pregnancy so that the moment there is something abnormal, a qualified medical man could be consulted.

I propose to divide the period of pregnancy into 3 stages of 3 months each. During the first 3 months there is usually very little difference between the pregnant and the non-pregnant woman. In a certain number of cases pregnant women vomit a little mucus or bile or both immediately they get out of bed and this may continue from 6 weeks to 3 months. Usually this passes off without any treatment; but if it persists it is advisable to see that the bowels act well and that good nutritious food is given. It helps a great deal if some sort of food such as a biscuit is taken just before rising to prevent vomiting. Do not lead an indolent life, but carry on your household duties and also your outdoor exercises such as Tennis, Badminton etc. If however, you have had abortions during the first 3 months, it is advisable to avoid all violent exercises and to consult a specialist. Syphilis is the commonest cause of repeated abortions and therefore get your blood examined and carry out your doctor's instructions.

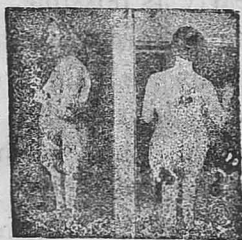
During the 2nd stage which is from

3 to 6 months, there is nothing to upset you. Your usual duties and your usual diet may be continued. Take baths daily and spend as much time as possible in the open air. People who are meat eaters may reduce the quantity of meat and take plenty of nutritious food such as eggs, milk, fresh vegetables, dhal, butter, fruits, honey etc. The bowels must be moved once or twice daily. Constipation must be avoided and so it is essential that a pregnant woman should take an oz. of castor oil every month. If your appetite is not good just miss a meal and don't take anything until the next meal, when you are sure to have a good appetite. Cleanliness, good sleep and regularity in everything you do are essential. Sexual intercourse may be had once a week and excess of this should be avoided.

The third stage which is the last 3 months is the most important period of pregnancy during which time you should consult your medical adviser every fortnight and insist that he should examine your urine and let you know whether there is anything wrong in it. If it is your first pregnancy it is necessary that you should get the measurements of the Pelvis taken by a competent medical man or woman, so that you could be assured that your measurements are normal and that there will be no trouble during your confinement. But if you are told that

your measurements are small and that you are likely to have a difficult labour, then your first duty is to consult a specialist (Obstetrician) and follow his advice carefully. After the beginning of the 6th month of pregnancy, you will do well in doing all your duties whether eating, sleeping, or exercise at regularly appointed hours. Here again there is no hard and fast rule that you should give up your ordinary food. All household duties may be carried on as before but it is not advisable to continue to do hard manual labour that needs heavy weight lifting,

idea among the ignorant that pregnant women need more food because they have to maintain 2 lives. Don't let your kind but ignorant mother over-feed you. Don't take more food than you want. Brown bread may be taken with advantage together with ragi and oatmeal porridge. Those who are used to mixed diet should reduce the quantity of meat to 2 or 3 times a week. Meat containing much of fat should be particularly avoided. Sexual intercourse should be avoided as far as possible during these weeks and never have any 6 weeks before your child



(1) A crooked back. (2) Crooked legs or one leg longer than the other. (3) A deformed chest. (4) A hanging belly. (5) Stunted growth. Pelvic deformities to be suspected in the above cases.

running or working in ill ventilated factories. Avoid long motor drives especially over bad roads. Apart from these there are no restrictions. Rest for an hour or so in a bed or couch after your afternoon meals. An addition of a cup of milk at 10 a.m. and another at bed time will be very beneficial. Vegetarians should take plenty of green vegetables, dhal and rice. On no account should milled rice be taken as it contains very little of vitamins. Town dwellers should specially see that their rice is pounded by hand as it is usual for all townfolk to use milled rice alone. There is a false

is due.

Don't forget to get your urine examined every week during the last 6 weeks of your pregnancy. In case you are told there is albumin in your urine, beware of the likely danger of your getting fits (Eclampsia) if you don't get yourself treated energetically. In such cases the first and foremost thing to do is to place yourself in the hands of a competent qualified medical man or woman and get to bed and stay there for a few days. Complete fasting for the first 25 hours, taking plenty of boiled cold water and if possible pure barley water made out of 'Pearl

barley'. The barley water should be very thin and should be taken without any salt. Sugar may be added if desired. Then slowly increase your food according to the directions of your medical attendant. Another complication during this period is bleeding from the uterus. If there is a blood discharge either with or without pains, immediately get to bed and send for your medical attendant, or if you cannot afford it go to the nearest hospital and get yourself treated.

A white or yellow discharge at this stage should not be neglected as this may be an indication of gonorrhœa or Leucorrhœa which are one of the commonest causes of puerperal fever *i.e.*, fever after child birth. Other complications such as the swelling of feet and legs, scanty urine, and the presence of albumin in the urine are all serious things which should be immediately brought before the notice of your Doctor whose instructions must be carried out religiously.

If you are assured that the position of the child in the uterus is normal and your measurements are good, don't worry about your having a difficult labour. Very likely there will be no trouble and you will have very easy delivery. Remember that if your habits are active and you are not of the lazy type of women there will be no difficulty during labour. Continue your active habits and do all your household duties almost to the beginning of your labour. Do you know that your poor down-trodden sisters of the so-called untouchable class usually have a very easy labour compared to the well-fed luxurious type of women? This is because she has to work

hard and has very little time for laziness. Now I have said enough about your pregnancy and I will end by giving you some advice about the management of your labour. The moment your labour pains begin, *please don't send for the Barber Midwife in your village.* She will do more harm to you and to your yet unborn child than you can think of. This woman knows nothing about midwifery and how to manage a Labour Case. Nature knows more and if you cannot get skilled hands such as a trained midwife or a qualified doctor trust yourself to Nature. If there is difficulty, of course, you must send for skilled help as early as possible. Those of you who cannot afford and who live near the Hospitals will do well in getting yourselves admitted into them for your child birth. I have seen these barber women, over and over again, doing incalculable harm during the birth of the child. Having done enough mischief these wretched women quietly slip out of the house unnoticed and at the last moment allow a doctor to be brought in. A normal labour may take 24 hours before the child is born. It is very essential that the urine should be examined just before the beginning of Labour and if albumin is said to be present you should starve for at least 24 hours, taking only barley water. If the urine is free from albumin and if your measurements and the position of the child are normal there is nothing to worry.

Drugs.—I have particularly avoided giving you a long list of drugs as they are not of any use to the pregnant woman. The only drug that I advocate is some sort of laxative to be

taken now and again when there is constipation. To those who can afford, I suggest Super D. Codliver Oil during the last 3 months of pregnancy. Apart from this no other drug is of any use to the pregnant woman.

Selection of a Room for your Delivery:— I want to give you a few hints on this because I found that the large majority of Hindus select the smallest and darkest of rooms in the house. Besides these rooms are invariably outside the main house close to the cowshed and kitchen. There is a belief among Hindus that child birth pollutes the house and hence delivery should take place away from the main building. This is a false impression and the earlier this prejudice is got rid off the better for the coming generations. The delivery room should be the biggest and the best ventilated in the house, and free from all furniture and noise.

Those who are interested in child birth and the Treatment of Toxaemia of Pregnancy would do well in reading the book "FIRST AID IN CHILD BIRTH" by Dr. U. Rama Rau and an article by the author on Toxaemias of Pregnancy to be found in the August '33 issue of the Antiseptic.

Itching

By

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ITCHING, as we all know, is a sensation felt over the skin. We feel the sensation, because something is irritating the nerve ending of our skin and our brain wants our hand to remove the

source of irritation by scratching or otherwise.

Whenever we feel the sensation of itching, either over the whole body or over some parts of it, we must look for the cause of irritation. In order to remove the causes we must know what those causes are and how they should be removed.

First I shall mention in brief, the causes of itching. In the first group we must put all the chemical irritants, whether they are produced in or on the skin or come from outside. For the purpose of treatment the former are more important, because it is these which are always neglected by those who are suffering from itch.

It is a common knowledge that the sweat, if not removed by bathing will produce some irritating materials. So, any one not taking daily bath or not changing the under garment frequently is liable to get itching. Such persons are also liable to breed lice, germ of scabies, germ of ring-worm and bed-bugs. And these parasites also form an important group of causes of itching. For the itching of anus and external genitals of women, cause must be sought in the abnormal excretions. In young boys and girls itching of anus may be due to worms in the intestinal canal and when the eggs of these worms pass through the anus, they produce itching. In women the frequent cause is leucorrhoea. In this connection we must also remember certain diseases of blood and kidney and constipation in which itching is due to deposition of irritating substances produced in these diseases.

In another group we can classify all the diseases of skin itself. We do not

feel itching in all diseases. Ring-worm scabies, eczema, urticaria and a few others are diseases in which itching is a characteristic symptom.

As regards treatment, it is not advisable to attempt treatment of actual diseases of skin at home. When there is no evidence of these, a mild purge, destruction of lice etc., by boiling the clothes, destruction of bed-bugs, cleanliness of the part are all that are needed. For resistant cases, alkaline hot baths prove useful. Calamine lotion or sulphur ointment may be tried in these cases. Where the cause is too much sweating, frequent change of clothes and application, after bath, of a dusting powder (equal parts of boric powder, starch and zinc oxide) prove very useful.

Personal Hygiene

By

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It is a well-known adage.—“Man sana in corpora sano” *i.e.*, healthy mind in a healthy body. Health is the greatest asset in life. Health is happiness. Personal hygiene *i.e.*, care of the person and regulation of the daily life, can only ensure good health which means normal function of all the parts of the body and a state of complete physical fitness. Health does not consist in keeping out of the hospital. It consists in keeping the body and the mind at the best level. Health permits one to “live more and serve best”.

Personal Hygiene includes the following important items :—

(1) **Cleanliness of the Mouth.**—Make it a habit to brush your teeth at least twice a day *i.e.*, morning and night soon after leaving the bed and before retiring to bed—if not in addition after every meal. For this purpose, a fresh Neem twig is the cheapest, the healthiest, the safest and particularly suited to a poor country like ours. Sometimes a tooth-pick or a dental floss is essential as a complement to the tooth brush in order to remove the food particles from in between the teeth. Proper mastication also keeps the teeth clean.

(2) **Care of the Skin.**—Skin regulates the temperature of the body by radiation and by evaporation of sweat. It is also an excretory organ. It receives the stimulation and the tonic influence of fresh air and sunlight which improve metabolism and produce a sensation of well-being. Hence it is very necessary to keep the skin healthy and functioning by cleaning it of the constantly exuding sweat and sebaceous matter moved with epidermic scales. As these excretions stick to the under-clothing, it should be changed frequently. For cleansing purposes, baths are necessary. Hot water, soap and friction are required for cleansing the skin. Hot bath soothes the nervous system and promotes refreshing sleep and hence it is best taken before retiring to bed. Cold bath is stimulating and invigorating and is best taken early in the morning. However the temperature of the water should be regulated according to the age and the health-condition of the individual. One should form a habit of taking a daily bath which may be hot, cold, or indiffer-

ent according to the requirements. Hot bath is useful for the weak and the debilitated; cold bath for the robust and indifferent for the average. Daily bath keeps the skin clean; stimulates the circulation and tones up the nerves, especially when it is followed with brisk rubbing with a rough towel.

It is a common knowledge that finger, food and flies cause many a disease. Hence it behoves to keep the hands scrupulously clean. Particular attention should be paid to the nails which should be kept closely cut to prevent accumulation of dirt etc., behind them.

(3) **Clothing.**—The clothing should be such as to be useful in the following ways:—

- (a) It should give proper protection to the body against heat and cold.
- (b) It should not interfere with the natural functions of the skin.
- (c) It should not be irritant to the skin.
- (d) It should not be highly inflammable.
- (e) It should be such as to provide constant ventilation of the body i.e., a continual change of the "aerial blanket". Thus in cold weather, people working indoors should wear light cotton clothing, compensated by a heavier outer garment while going outside. On the other hand people working out of doors require wollen clothes.

(4) **Caring of the eye or ocular hygiene.**—Students and others who use their eyes for many hours in close work should see that their eyes are

not strained. The symptoms of the eye strain are local and reflex. The local symptoms are.—Conjunctival injection; congestion, styes and headache. The last named symptom is the most common. The reflex symptoms are:—Digestive disturbances, vertigo; faulty movements and spasmodic movements etc. The eye strain can be prevented by proper refraction and muscle imbalance; by having right kind of illumination and by systematic resting of the eye i.e., by looking at intervals at a distant object on a landscape which relaxes the eye. The type should be bold enough to be readable at a distance of $1\frac{1}{2}$ ft. from the eyes. The best direction for the light is from the rear and above and over the left shoulder. Electric light is hygienically superior as it is clean and does not vitiate the atmosphere. Dim or flickering light or glare should be avoided. Reading in a Railway train or an automobile strains the eyes. Vision should be frequently tested during the period of growth and presbyotic age which is 40 to 60 years.

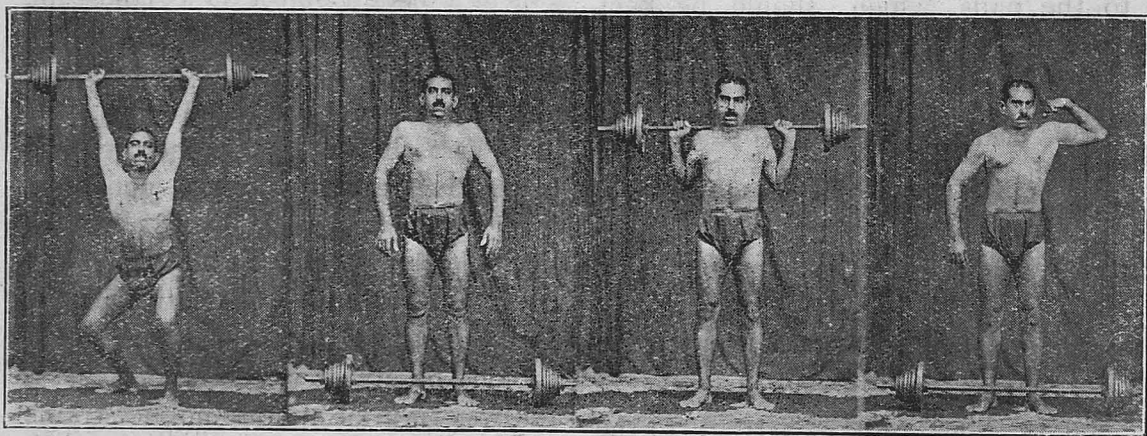
(5) **Exercise.**—Besides building up the skeletal muscles, exercise stimulates the circulation; removes the congestion, increases the oxidation; supplies better nutrition to skin; tones up the nerves and improves the lung ventilation, including the apex which is the usual seat of tuberculosis of that organ. In fact exercise ensures the proper functions of all the organs of the body. It increases the reserve power of the heart which is the most important because in diseases, the strength of the heart often determines the question of life and death. Exercise should be taken in the open air. It should be

regular, enjoyable and adapted to the individual. The exercise should not be too severe, otherwise the heart may be over-strained which might lead to breathlessness and palpitation. After exercise the skin should be washed with soap and water to remove the secretions of sweat and sebaceous gland.

On the other hand sedantary habits lead to a loss of tone in both voluntary and involuntary muscles. Weak abdominal muscles cannot help the

On the other hand stuffy atmosphere and vitiated air produces headache nausea, lassitude, drowsiness and even vomiting and a tendency to "catch cold".

Sun-light has a psycho-physical effect, it is mentally exhilarating and removes depression of spirit. Rays of the sun and its substitute ultra-violet rays are very useful and can even take the place of cod-liver oil in children where it may not be available. Rickets have been cured by exposing children



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muscles of the intestinal wall and hence there is a tendency to intestinal stasis.

(6) **Fresh air and sun-shine.**—Fresh air is stimulant to digestion, it increases the absorption and improves the metabolism; tones up the nervous system and makes one resistant to diseases. Metabolism is retarded by warm aerial envelop and stimulated by cold morning air. Cold morning air is a beneficial stimulant to the skin and reflexly brings about a heightened cell activity which is very healthful.

to sun-light alone for a four hours by Hess. It is well said—"where there is sun there is thought"; "Where sun cannot enter, the Doctor will". Ricket is more common in winter and spring when there is less of sun-light. Again those parts of Great Britain that have smoky atmosphere and bad housing, show a great incidence of the disease.

The actinic rays of the sun, have a germicidal power.

(7) **Breathing.**—This should be done through the nose so that the lungs

may be protected from the dust and other impurities and the inspired air may be warmed up.



Mouth breathing gives rise to adenoids, mental dullness and stupidity.

(8) **The diet.**—The diet must be balanced i.e., it should have the proper proportions of proteins, fats, carbohydrates, inorganic salts and the vitamins. Child needs more protein because it is growing and should also have more fuel food as it has the greater extent of the body surface. The aged should take less protein and carbohydrate and more of fat. The amount and nature of the food will vary according to the nature of the work of the individual. When the energy demands get increased, greater amount of fat should be allowed in the dietary. Women require $\frac{1}{6}$ th less food than men because they are less active. Those that have a tendency to constipation, should have a good amount of cellulose to give a bulk for

the proper stimulation of the peristalsis. The cooked vegetables and fruits should form a part of their dietary. Wholemeal bread is also useful. Usually 4 meals a day are recommended but 3 meals a day are quite sufficient and suitable for us. Food should be properly masticated and rest should be taken before and after food. The term "Protective food" is given to milk and green vegetables as their inclusion ensures freedom from deficiency diseases, with any dietary which satisfies appetite and supplies energy.

(9) **Sleep.**—Sleep is the process of repair and hence is very essential. Bed room should be well ventilated, dark and quiet. The popular belief that "six hours for men; seven hours for women and eight hours for fools" is sufficient sleep is wholly wrong. Sir William Jones says:—

"Seven hours to work, to soothing slumber seven,
Ten hours to the world allot, and all to heaven".

is near the truth. The saying "Early to bed and early to rise makes a man healthy, wealthy and wise" deserves following. However there can be no hard and fast rule as persons differ considerably in the amount of sleep they require. The aged require half of the adults and the middle-aged half of the boyhood.

VITAMIN C IN STRAWBERRIES

A Report of experimental work in the feeding of guinea pigs made at the Washington meeting of the American Chemical Society, indicated that the strawberry is an excellent source of vitamin C. Freezing does not diminish the Vitamin content, and so this excellent source of an essential vitamin may be available at all seasons of the year and may become a strong rival of the tomato and the orange. --(Good Health U. S. A.)

Tonsils

By

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TONSILS are two rounded masses found in the throat hanging from each side. They are very prominent in children and can be seen well when the child opens his mouth and the tongue is pressed down with the handle of a spoon or with an instrument called the tongue depresser. They are normally present in everybody. However, as the age advances after childhood, their size gradually diminishes. They are supposed to form a certain physiological function. At the present state of our knowledge we know very little about that function. They are supposed to be the sentinels of our body. Like good sentinels they are ever ready to fight against our foes. Who are those foes ? They are the innumerable disease producing germs, that can be seen only under the microscope. They keep on flying about in the air. They are particularly the germs of those diseases that are propagated chiefly through the agency of air as for example, influenza, whooping cough, diphtheria, measles, tuberculosis etc.

When these disease producing germs find their way into the air that happens to be breathed in by a person, these well awake sentinels catch them, detain them and do not allow them to pass on into the lungs. A regular fight then ensues between the germs and the forces of tonsils. Very often the germs are killed and the body thus

saved from the disaster which would have resulted in case they had been allowed to pass on unnoticed into the lungs.

Now it must be borne in mind that these sentinels can perform their duty properly and faithfully only when they are themselves quite hale and hearty and free from all such diseases that tend to diminish their own strength of fighting against the forces of the enemies. If they are ill and diseased they cannot only not perform their functions properly, but they are on the other hand themselves a draw-back and a burden to the possessor of such bodies. It is therefore but necessary that the people should know how to find out whether their tonsils are healthy or diseased. The following are some of the chief signs that will help the reader to know a little about them.

A person who possesses diseased tonsils gets frequent attacks of tonsillitis, that is to say, inflammation of the tonsils. He then feels difficulty in swallowing food or even his own saliva. There may also be at that time some rise of body temperature and its concomitant symptoms in the way of chills, furred tongue, constipation and impairment of appetite for food. In the course of a few days with some treatment or even without any, the attack of inflammation passes off. The patient gets well and feels he is perfectly normal again.

Attacks of such inflammations of the throat are repeated off and on. Such people complain that they cannot stand any sour thing, anything cooked in oil, or anything containing lots of chillies and other condiments.

Now it is the experience of everybody

that when a cut is received on the foot and the cut goes bad (gets infected), or supposing there is a boil on the foot, then the glands in the groin get enlarged and become painful. In the same way on account of the inflammations of the tonsils, glands behind the angle of jaw become enlarged and painful. In course of time the pain subsides but often the enlargement of the glands persists. They are then constant reminders of the diseased condition of the tonsils. This is because such tonsils are never absolutely normal and consequently poisonous matters from them keep on circulating, and to counteract these poisons there is always an attempt on the part of

these glands—which form the second line of defence against the enemies—to be constantly active.

Such are then the signs and the symptoms of diseased tonsils. Now as has been stated above an unhealthy sentinel is not only not helpful but on the other hand is positively harmful and unnecessarily expensive to keep. It must be remembered that a every small percentage of diseased tonsils get completely and permanently cured to be of any further use to the body, and since they are a constant source of trouble and perhaps a potential danger to the body they should better be dispensed with. That is why the surgeon often advises an operation in such cases.

Respiratory Diseases in Children and their Prevention

By

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THE dictum that “prevention is better than cure” is nowhere better applied than in the disorders of the respiratory system in children. For it must be remembered that the respiratory diseases claim a greater toll of deaths in children than all the other diseases combined, excepting the diarrhoeal diseases. Further it is worthwhile to remember, that these disorders are one of the chief causes of morbidity in later childhood and adolescence.

Common cold is invariably the starting point of the respiratory disorders. It can be definitely stated that no child

escapes this common malady. It is in the prevention of repeated attacks of cold and in its prompt treatment lies the chief method of lowering the death rate from the respiratory disorders, as well as in eradicating the morbidity in later life. Respiratory diseases do not declare themselves in epidemic form like cholera or smallpox etc., in which there is a sudden scene of several deaths occurring in quick succession. But all the same it takes part, perhaps it is but right to say a major part, in causing deaths in children. It is this point

that I want to inculcate in the public mind and once its seriousness is understood and appreciated, the public will be too ready to take prompt steps in preventing the complications that might result from the neglect of common cold.

The factors that favour the development of the respiratory diseases in children are the following:—

1. Living in ill-ventilated rooms.
2. Inhaling air saturated with dust and irritated gases.
3. Too much clothing over the body, causing perspiration on slightest exertion.
4. Sleeping in a room with the doors and windows closed under the false notion that such a procedure prevents cold.
5. Want of proper nourishment, rendering the body liable to be easily attacked by diseases.
6. Deficiency of vitamins and calcium in such conditions as rickets.
7. Adenoids and tonsils keeping up the continuity of infection.

Avoidance of conditions favouring respiratory catarrhs such as mentioned above is of course the first and foremost step to be undertaken. A child must be left in a well ventilated room, where sunlight has free access. Glass shutters must be kept open, as otherwise the beneficial rays of the sun can't enter the room. But at the same time

draughts of wind should be prevented from playing over the body of the child. Over clothing in a hot country like ours is unnecessary and is injurious. At the same time a fair amount of warm clothing especially in a weak and under-developed child is quite essential in the winter and rainy days. A good supply of vitamins in the shape of codliver oil especially to children dwelling in cities and congested localities is better made the routine food from the third month onwards of their existence. Breast feeding to insure better health in infants should be insisted upon and this makes it imperative that the mother should take nourishing food, so as to produce a good supply of rich milk.

As regards the actual attack of cold, immediate attention should be paid to it, by keeping the child in-doors in a well ventilated room, keeping the body warm with good coverings and with warm and nourishing liquid food. When an attack subsides, it is well to postpone the oil baths atleast for a week as otherwise I have seen recurrence of attacks of cold with a high rise of temperature to be ushered in after such oil baths almost immediately.

When, despite the above precautions or for want of proper care, a child should develop some complications, such as ear trouble or if repeated attacks of cold are to occur, prompt and good medical aid should be sought for and full advice in all aspects of treatment and prevention should be obtained.

Posture Training

By

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GOOD Posture-Training is one of the most important subjects of Health that invites the serious attention of parents and teachers in this country. It has been most unfortunate that pioneers of Health propaganda have not paid sufficient thought to a matter of such gravity and weight. As a consequence of this negligence majority of people in India are ignorant of the value of Posture Training.

We are, however, inspired with hope to realise that excellent work is being done in the Physical Education centres in this country. They are sending out quite a number of trained youngmen every year to serve the great cause of Physical Education through schools, colleges, and public playgrounds. The need of our motherland demands fullest public co-operation with these youngmen. For an educational institution to be without the beneficial services of a Physical Educator is most unfortunate.

Correct posture means physical symmetry. Symmetry is beauty. It means health and personality. It means respectable upright carriage and charming gait. A human being without good posture is an imperfect creature. Watch your child carefully and make it possible for him to grow to perfection.

There are innumerable minor little things which go unobserved by us in our daily life. Yet, how commonly do we come across poor human specimens

with imperfect posture: wry-neck, round and fallen shoulders, hollow sunken chest, curved back-knock-knees bow legs, flat foot, etc. Any thing abnormal or unnatural in the physical development leads to asymmetry. If the left-side muscles are more prominent than the right-side muscles, the body is out of symmetry. Every one knows that in our daily activities, however minor and negligible they may be, we are using our right-side limbs the most. The average person will, therefore, on examination, show a slight inequality in the development of his arms. It is likewise true of players who employ the right or left side limbs only. Let any good tennis player who takes no other exercise but this, measure his fore-arms right now ; he will find out the truth for himself. The natural consequence is bad symmetry. Further, one arm grows more powerful than the other, and this is simply criminal. Let people, therefore, cultivate the healthy habit of using either limbs. Take a number of different exercises so that symmetry may be maintained. I even go to the extent of suggesting to my friends to practise writing with both hands, carry sticks, jugs, and small bundles in the weaker arm. Throwing stones with the left hand is a good neuro-muscular exercise. I can assure you that these seemingly little things do count a great deal.

I will next deal with certain specific physical deformities and how to remedy them in order to gain good posture.

Good or bad posture depends commonly on proper or faulty growth and development of bones and muscles. For deformities due to fractures and other

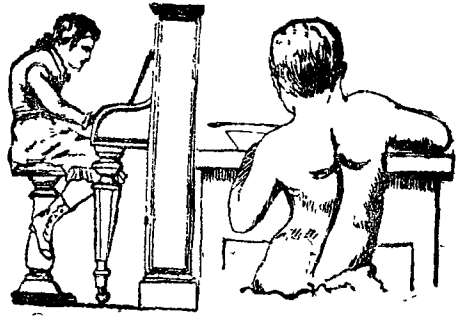
serious imperfections readers are referred to works on advanced orthopædic practice for the mechanical treatment of these conditions.

Wry or twisted neck:—This may be caused by the contraction of one or more than one set of muscles around the neck. The head is drawn down towards the affected side and the face is turned towards the sound side. Muscles are connected with bones. Soft bones of a child will yield to the prolonged contraction and will eventually bend. The cervical spine, therefore, becomes laterally curved.

Treatment goes with the cause. In this case, however, expert massage and intelligent manipulation, at an early stage of mal-condition will prove helpful. Even some kind of mechanical apparatus may be tried.

Deformities of the back-bone or the spine:—Lateral curvature of the spine is a deformity of common occurrence. It commences mostly in early childhood. We all know that the bones of young children are soft and the process of growth goes on until the age of 25 years or so. It may commence in young children as a result of rickets, owing partly to the softened condition of the bones, partly to their irregular growth. It is often induced by the method of carrying children always on the same arm, very common with mothers and nursemaids. The most common type, however, is the lateral curvature of the spine, met in with young people about the age of puberty, who have debilitated constitution, often as a result of rapid unproportionate growth, combined with improper or insufficient food and defective hygienic surroundings. Undue muscular fatigue

through exposure to hard work may also be noted as harmful. Young women and young boys who have to undertake a great deal of lifting and hard labour in factories, mills, and workshops, are especially liable to this condition. Faulty positions occupied by children at school owing to low desks and want of good seats are detrimental to correct posture.



Bad sitting posture for a student.

People in India generally sleep in loose cots or 'charpies' as we call them. This induces bad posture. The charpie should be stringed tight every now and then so that the occupant can sleep straight.

Sometimes the entire backbone is involved in one curve, but usually two curves are present, one primary, the other compensatory. One curve is the 'mirror picture' of the other. As our ribs are connected with the back-bone, a curve in the latter will affect the former, and in serious cases, it gives the chest a formidable and ugly form. Shoulders are pushed upwards or outwards as the scapulae follow the thoracic wall. Likewise, buttocks go out of symmetry.

A thorough examination should be made with the clothes stripped to below the waist so that the whole

back can be seen. The patient should be made to sit straight up on a stool and the Physical Director from behind notes the general appearance, the shape of the chest, the curvature of the back-bone and the ribs (by the help of fingers), and the position of the scapula and so on. The patient is then made to hang from a bar bend forward, and the effects of these respective movements noted. An early stage of spinal deformity could be ascertained by making the patient hang from a bar or trapeze, or bend forward, as the characteristic deformity disappears on extension of the trunk. There may be a feeling of pain too. The stature is shortened. By this means some idea can be formed of the extent and nature of the deformity.

In early days before the deformity has become set, it is almost certain to be cured; nay, by suitable precautions, the posture could be improved. In bad cases, prevent it from getting worse.

Carefully-regulated rest and corrective exercise are recommended so as to improve the muscular tone of the back-muscles without unduly fatiguing the patient. Scientific massage is beneficial. All errors of position must be corrected, suitable desks and chairs provided. In ordinary cases let the patient rest in the supine position on an inclined board for a couple of hours daily, the head being thus raised and the spine extended. Formal free-hand drill movements and gymnastic exercises, particularly on the horizontal bar and trapeze, are very useful. Care should of course, be taken to *exercise the weak muscles and counteract the deformity.*

(To be continued).

Toll of Temper

By

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EVERSINCE the existence of the world, the injuries done in violent fits of temper are innumerable not only in the human society but also in animal society (if, according to Rudyard Kipling, animals have a society of their own). It is to be carefully borne in mind that these emotional outbursts disturb the mental equilibrium as well as the physical. This fact may not be explicit to a man or woman in violent temper; but actually a physical breakdown would be in formation.

Anger is a violent passion provoked by injury in man and sentient beings and is marked by explosions of nerve force. Man, beast, bird and reptile show anger when irritated with grave results. An angry elephant batters its keeper to death, irritated cocks fight each other to the bitterest end and a cobra, in its fury, attacks the snake-charmer with its poison fang and excited savages in their frenzy fall in mortal combat. Even a fly has its anger.

Human mind is a bundle of qualities good and bad and the predominating emotions give rise to corresponding temperaments. Good emotions breed a calm temperament and bad ones an irritable mood. Among the curses of mankind, bad temper is the worst. Anger is half madness, as an angry man behaves as though bereft of reason and commits excesses. A wrathful man punishes himself for other's faults and suffers mental torture.

A violent fit of temper takes a heavy

toll of vital energy and balance and poisons the blood. A child suckled by an angry mother suffers convulsions, and wound, inflicted by an angry animal, heals very slowly. Furious temper in an old person may bring on paralysis or cause death by a sudden raising of blood pressure and rupturing of a vessel. Silent anger causes havoc. The smouldering discord may flare up into a conflagration and vitiate the peaceful atmosphere of a joint family.

While a happy frame of mind promotes digestion, and assimilation of food, quick temper, at meal time sets up indigestion and its evils. A person in a state of irritation will, therefore, do well, to go without food. Bad temper causes head-ache, sleeplessness and indigestion. Uncontrolled self is the abject slave of passions, which ravage the mind, body and soul and cut short life.

Habit Formation

By

R. G. GORDON, M.D., D.Sc., F.R.C.P.E.,

THE basis of mental welfare lies in habit formation. The foundation of habits, whether for good or ill, begins immediately after birth and only ceases with death. "Habit is thus the enormous fly-wheel of society, its most precious conservative agent. It alone prevents the hardest and most repulsive walks of life being deserted by those brought up to tread therein. It keeps the fisherman and the deck-hand at sea through the winter; it holds the miner in his darkness and nails the country man to

his logcabin and his lonely farm through all the months of snow. It keeps different social strata from mixing".

In the case of the instinct the pattern is laid down at birth. For example, when a duckling is put into water it swims; the spider spins her web in a particular way and in a particular pattern from the first time to the last. The higher we ascend in the evolutionary scale, however the less specific does instinctive behaviour become. When we come to the human being, we still find examples of instinctive behaviour, but the patterns are much more plastic and capable of modifications. The habit is also a specific pattern of behaviour, but whether good or bad, they have been learnt and can be unlearned, and and so are within the control of the individual or his instructors.

Here, the author discusses the formation of some of the habits, which are of more than usual psychological interest.

The process of suckling is a true instinct, but none the less the process must be transformed into a habit in the sense that the infant must be taught to feed at definite times and at definite intervals. It must be remembered that for the young infant, suckling is about the only or at any rate the chief activity of his day, and if he can get his own way about it, on any occasion he wants, then he is apt to think that he can always have his way, and he will start life at a disadvantage, for sooner or later, he will find he cannot get his own way, and so will come up against a serious conflict. If, on the other

hand, the child from the beginning learns that he can only feed at stated times and after stated intervals, not only will his digestion be better, but he will start well, for he will be prepared to compromise with his environment, and will realise that there are times and seasons for everything. If a child is allowed to suck the mother's nipple too long, he gets a liking for the sucking motion for its own sake, apart from the real object of acquiring nourishment, and this may come out later as thumb-sucking, nail-biting and other undesirable habits.

Next to turn to excretion. Habit formation in these respects is of great importance to the child. If the habit is not regular and if the child becomes constipated, there he has to be encouraged and naturally his interests and attention are concentrated on this function. But if he becomes interested, he will almost equally certainly be told not to interest himself, because it is nasty or simply he must n't, without any real explanation. So in many cases this psychological factor may be traced to blaming the child for doing exactly what they apparently wanted him to do.

Bed wetting may be due to a great many causes and one of them is the following. Very often one finds that bed wetting occurs when the family consists of an only child and an over-anxious mother. The child loves to be fussed over and to be the centre of regard and excitement, and he becomes dimly aware that the more he wets the bed, the more of this delectable fuss there is. Later, the habit sinks below the level and control of cons-

ciousness. So in these cases the less you fuss and make the child understand that you are not much interested with that, the better.

The next subject is sleep and it occurs when all or almost all stimuli are withheld from the brain. It is desirable, therefore, that from the earliest age the child should be taught to regard his bed time and sleep time as a matter of course and not to expect any stimuli at that time. If he expects his mother to sing him to sleep or to rock his cradle, he is developing a wrong habit, for although the monotony of sound or movement may shut out other stimuli and the child may go to sleep, he is developing a situation in which sleep is associated in his mind with the expectation of stimuli. Later on, bed time may become associated with an expectation of wakefulness, and a real insomnia (sleeplessness) is developed. The happy child is he who learns to be left to go to sleep and to leave his work-a-day world behind him when he goes to bed.

Lastly, the habit of self-abuse or masturbation. Hunger is the appetite which ensures the survival of the individual, and sex is the appetite which ensures the survival of the race, and in the eyes of nature one is as important as the other. In the case of hunger, satisfaction is always guaranteed under civilized conditions, and from the very earliest years, the child is taught to control and regulate this appetite. In the case of sex, things are very different. No provision for gratification is offered by civilization, indeed the very opposite pertains and economic conditions cause marriage, the only recognised circumstance of

gratification, to be postponed to a later and later age. No systematised instruction is offered to child, so that he may realise clearly even what is the nature of this new urge which comes upon him, often so suddenly and overwhelming. If the child is not told the truth about sexual matters, he is apt to go astray, because he will learn that certain movements and functions are not only pleasurable in themselves, but bring about a welcome relief of this restlessness and tension. There is no real difficulty in telling the child without in any way stimulating undesirable curiosity, or giving

the child information beyond his capacity to understand. I believe that the nature of sex appetite can be explained to him as being analogous to hunger. I think that quite young children can appreciate the necessity and desirability of controlling such an appetite. The future purpose of the impulse, to continue the race through the best means, namely, marriage and the upbringing of a family, can be pointed out to them, and the second argument which I have advanced is usually understood by an intelligent child without difficulty.—K. L. N. R. (Adapted from *Mental Welfare* April 15th 1933).

Injury from Excessive Use of Soda

PROBABLY there are many thousands of persons who are in the habit of taking daily from one or two to several drams of bicarbonate of soda for relief of "acid stomach," or in connection with the treatment of gastric or duodenal ulcer by the so-called Sippy method, which requires the use of more than half an ounce of soda bicarbonate daily for several weeks or even months.

The chemical reaction which takes place in the stomach converts the bicarbonate into sodium chloride, or common salt, most of which finds its way out of the body through the kidneys. So great a burden as this, loaded upon organs which are already overworked, cannot be without ill effects. Inability to eliminate salt is a common symptom of chronic disease of the kidneys and a frequent cause of dropsy.

There are many reasons for believing that the habitual use of soda may result in much injury. Digestion requires acid as well as pepsin. If the gastric

acid is completely neutralised, as it must be when large doses of soda are used, gastric digestion ceases.

There are also other uses of the acid of the gastric juice which must be seriously interfered with when soda is freely given—for example, the disinfection of the food and protection of the intestinal tract against invading bacteria and parasites of various sorts.

The gastric acid is also needed to precipitate the poisonous bile salts and so cause their elimination. Without it, the bile salts are subject to absorption, causing chronic bile poisoning, a not uncommon source of headache, depression, apathy, and malaise.

Shattuck, Hurd and Rivers, and others, have reported numerous cases in which the continued use of large doses of soda has caused pronounced toxic symptoms, such as loss of appetite, nausea, thirst, headache, lassitude, and in some cases the appearance of albumen in the urine.—(*Good Health*.—U. S. A).