

WEALTH & WELFARE

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(WELFARE WEEKLY)

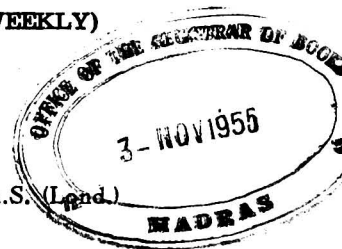
(DEVOTED TO ECONOMIC, SOCIAL & WELFARE PROBLEMS)

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	CONTENTS	PAGE
EDITORIAL:		
An Abode of Peace		... 1
HEALTH:		
Home Remedies		... 2
Golden Rules for Health		... 5

It's easy enough to be pleasant
When life flows along like a song,
But the man worth while
Is the man who can smile,
When everything goes dead wrong.

To Our Subscribers—Our subscribers are reminded to remit
their subscriptions to the Hon. Managing Editor, Wealth & Welfare,
Madras-Thyagarayanagar.—Editor, W. & W.

EDITORIAL

An Abode of Peace

To a modern mind, which is pleased with the amenities of urban life, lured of the abode of peace might sound archaic and what may be called a progressive outlook.

Life in an Abode of Peace will bring man closer to Nature giving him freedom from the intrigues of court life, the diplomacy of statesmen, and the sophistry of city life. Our life in cities does not afford facilities to realise our true nature.

We have come in the world of names and forms but on account of ignorance and delusion, egoism and desire, we are not able to enjoy the bliss of our Self.

Are all of us able to think carefully, decide correctly act faithfully, speak truthfully, live honestly, work diligently, talk gently, behave properly, serve all, love all, adapt, adjust and accommodate, bear insult, bear injury, practise Ahimsa, Satyam and Brahmacharya, develop peace of mind and the pure conscience?

How can we withdraw the senses from the extraordinary world, detach the mind from its favourite object and attach it to the Lord, our innermost Self, compensate, meditate, dive deep within, to behold the light of lights, our own Self and become one with it, by surrendering unto the Lord?

The voices of the Vedas, the Upanishads and the Scriptures come mingled with the rustling of the leaves of the forest of ancient India.

If we understand the profound influence and the inspiration with life as exercised by our forefathers, we can realise that man can feel himself one with all his surroundings.

No wonder then that our forest became centres of a very glorious civilisation and culture.

Kind attempts have been made by our Great Ones to establish Universities in forests. For instance, the late Sri Rabindranath Tagore established Santhiniketan Vishvabharatji University where open air classes are held.

His Holiness Swami Shivanandajee has established the Yoga Vedanta Forest University as a supreme gift—the unique gift of dressing up of old ideas in modern clothes and in the latest forms and styles.

The Yoga Vedanta Forest University has been established in a forest which is a beautiful suburb of Rishikesh in U. P.

His Holiness has converted a deserted forest into an Abode of Peace where Sanyasins are concentrated—some of whom are double graduates with rich experience in life.

The scenery, the superb foot hills of the Himalayas surround the University Ashram on three sides and from the Eastern side of the semi circular mountain ring emerges the sacred Ganges.

A pilgrimage to this Abode of Peace will enable one to have Satsanga. One can see Swamiji there as a Prince among men in all the finest qualities of head and heart. He serves God through service of humanity. He does not ask us to reject the world but he wants us to be in the world and renounce worldliness.

He spreads the knowledge divine in all the corners of the world. You will realise that he is a great protagonist of the Yoga of Synthesis, being liked by the followers of all religions. His disciples belong to almost all the major religions. You will realise that he is the spiritual luminary of modern India. He is a powerful orator, a versatile writer, intuitive philosopher and a resplendent sage and ideal Yogi.

When we are unable to realise our true nature and if we come in contact with His Holiness, we thereby benefit ourselves.

In the Yoga Vedanta Forest University at Shivanandanagar, is performed what is called Jnana Yajna for the dissemination of spiritual culture all over the World.

The value of spiritual culture is that it benefits us not only in this life but also hereafter. All earnest and sincere aspirants will stand to benefit by making a trip to this Abode of Peace.

HEALTH

HOME REMEDIES

(Sri Swami Sivananda)

THE PEEPUL TREE

(Ficus Religiosa)

Tamil :	Arasu
Telugu :	Ravichettu
Malayalam :	Arasu
Kanarese :	Aswathamara ; Pimpala
Sanskrit :	Aswatha
Urudu :	Peepul Paras
Hindi :	Pipol
Dukhni :	Anipeepul

This is a big tree that is cultivated throughout India. It is cultivated in temples and in the vicinity of temples. It is worshipped by the Hindus.

The seed is a laxative, refrigerant and astringent. It is useful in diseases of semen like spermatorrhoea, etc., hoarseness of voice and thirst.

The tender leaves increase the semen. They are useful in fevers.

Re: Tender leaves	2 table spoonfuls
Milk	8 ounces
Sugar	2 table spoonfuls

Boil the leaves in the milk. Add sugar and then eat.

Useful in fever, sexual debility and impotency.

POWDER

Re: Pulverised seeds	2 drachms
Sugar	1 drachm

Useful in constipation, spermatorrhoea, hoarseness of voice, excessive thirst. This is a good appetiser and increases the digestive fire.

The juice obtained by incising the tree is useful in fissures of the feet.

DUSTING POWDER

Re: Powder of the bark	4 ounces
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This is useful as a dusting powder.
For ulcers and wounds. Ulcers, etc., heal up quickly.

DECOCTION

Re: Powdered bark of fig tree	2 drachms
" " Peepal tree	2 "
" " Baniyan tree	2 "
" " Jambul tree	2 "
Water	20 ounces

Put the powder in a vessel. Add the water. Boil for 15 to 30 minutes. Strain.

Useful as a gargle in ulcers of the tongue and the mouth. This can be used as an injection in gonorrhoea to stop the discharge.

INFUSION

Re: Powder of the bark	1 teaspoonful
Water	20 ounces

Soak the powder in the water and strain after half an hour. This is useful as a drink in scabies or itches or itches and other skin-diseases. This will cool the body also.

ASH OF THE BARK

Re: Burnt bark	1 ounce
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Powder it.

Put half a teaspoonful in four ounces of cold water. Let it remain for 15 minutes. Then strain. Useful in hiccough.

PAPPAYA

(Carica Papaya)

Tamil :	Papaai
Telugu :	Boppayi
Malayalam :	Pappalam
Kanarese :	Pappaye
Arab :	Amba-hindi
Persian :	Amba-hindi
Hindi :	Popaiyah
Duk :	Popai
Bengali :	Papaya
Maharatta :	Popaya
Guzarati :	Papayi
Singalese :	Papolka
Burmese :	Pimbosi
Malaya :	Papaya

Papaya fruit is laxative, tonic and diuretic. The unripe fruit, milk of Papaya and seeds possess emmenagogue and anthelmintic properties.

PAPAYA JUICE WITH HONEY

Re: Fresh juice of unripe fruit ... 1 tablespoonful
 Honey ... 1 tablespoonful
 Boiling water ... 2 ounces
 One dose.

Take the whole thing as a draught, when it becomes cool.

Useful in round-worm of the bowels. After two hours give one ounce of castor oil with half a tablespoonful of lime juice if available. Otherwise give plain castor oil. This must be repeated two days in succession. Half the dose can be given for a child between 3 and 7 years of age. Give a teaspoonful for a child under 3 years of age.

If colic follows its use give sugar and water or sugar and milk freely. Collect the juice by making incision on the unripe fruit. It should be mixed with honey when it is fresh.

PAPAYA JUICE WITH SUGAR

Re: Milky juice of unripe fruit 1 teaspoonful
 Sugar 1 teaspoonful
 Divide into 3 doses.
 One dose 3 times a day.

Useful in enlargement of spleen and liver. For children give 2 or 3 drops of the juice with sugar. Continue the treatment for 20 days. Give a nutritious and liberal diet.

A poultice of the pulp of the unripe fruit over the enlarged spleen is also beneficial.

PAPAYA JUICE WITH MILK

Re: Juice of the unripe fruit ... 1 teaspoonful
 Milk ... 8 ounces
 Sugar ... 2 tablespoonfuls
 Mix.

Useful in dyspepsia, gastritis, pain in the stomach.

The juice of the unripe fruit is useful in ulcers in the tongue and throat. It can be applied to the tongue and throat.

PAPAIN

Dry the juice of unripe fruit. You will get a powder. Dry it in the sun. You get Papain.

Dose 2 to 10 grains.

Useful in dyspepsia, pain in the stomach, gastritis or gastric catarrh.

Allopaths prepare Elixir of Papain. It contains Papain, dilute hydrochloric acid, simple elixir and glycerine.

Dose 30 to 60 minims or drops.

This is given in chronic dyspepsia with acidity. It acts both in acid and alkaline media.

FOR RINGWORM

Rub slices of unripe fruit on ringworm. Ringworm will disappear. It is a simple and efficient remedy.

Mix a little alum with the juice of unripe fruit and apply it to eczema. Eczema will be cured. Mix the juice with a little borax and water and apply it to prickly heat on the skin. Prickly heat will disappear.

PAPAYA LEAF POULTICE

Crush the leaves. Warm them. Apply them to swelling and boils. The swelling will be reduced. Boils will get resolved.

Soak the leaves in hot water and foment the parts where there are swelling and pain. Swelling and pain will disappear.

Show the leaves before the fire and apply them to the swollen and painful parts. Swelling will subside. Pain will vanish.

Unripe Papaya can be used for making vegetable currie. The skin should be removed. This will increase the flow of milk in nursing mothers.

Papaya fruit is useful in enlargement of spleen and liver, constipation, piles and pain in the stomach and the bowels.

OPIUM

(Poppy)

Tamil:	Abhin
Telugu:	Abhini
Malayalam:	Apini, Kasha-Kasha, Karappa
Kanarese:	Aphium
Sanskrit:	Ahiphnam
Arab:	Afyun
Persian:	Tiryak
Hindi:	Afyun
Dukhni:	Afim
Bengali:	Afim, Afim
Punjabi:	Afim
Kashmiri:	Afim
Maharatta:	Afim
Gujarati:	Afim
Singalese:	Afin
Burmese:	Bhain, Bhin
Malaya:	Afin

This is the juice obtained by incision from the unripe capsules of *Papaver Somniferum*, the white poppy and inspissated by spontaneous evaporation.

Opium occurs in rounded masses. Colour is blackish brown. The taste is nauseously bitter.

The alkaloids contained in opium are morphine, codeine, Thebaine, narcotine, papaverine and narceine.

Opium is an analgesic or anodyne. It is the most valuable drug for relieving pain. It is an antispasmodic, antipilogistic, disphoretic, diuretic, expectorant, haemostatic, styptic, hypnotic, sedative and stimulant.

Dose. 1/2 to 3 grains.

This is useful in diarrhoea, cholera, intestinal colic, renal colic and hepatic colic. It stops bleeding, when it is administered internally. It alleviates cough. It relieves pain. It produces sleep. It is given in diabetes. The amount of sugar in the wine is diminished.

In allopathic system there are the following preparations. All contain opium.

Compound Aromatic chalk powder (*Pulvis Cretae Aromaticus cum opio*) Dose. 10 to 60 grains. This is useful in diarrhoea and dysentery.

Dover's Powder (*Pulvis Ipecacuantia et opia*). Dose 5 to 10 grains. This is useful in dysentery. This is given at bed time for inducing sleep.

Tr. Opii (Laudanum)

Dose. 5 to 30 minims (drops)

15 minims contain one gram of opium.

Tr. Camphor, Co. (Paregoric)

Dose. 30 to 60 minims.

Enters into the composition of cough mixtures.

Opium should not be given to pregnant women and children.

If opium is administered judiciously at the proper time and in proper cases, it does much good, but its indiscriminate use often produces the worst effects.

In dysentery or colitis an enema of 2 ounces of conjee with 30 drops of Tr. Opii gives relief immediately.

Omum water, or infusion of cloves and catechu may be advantageously combined with Tr. Opii in the treatment of diarrhoea and vomiting.

Simple opium liniment is very useful in chronic rheumatism, lumbago, spasms, bruises enlarged glands, mumps, muscular and neuralgic pains. It can be combined with an equal quantity of camphor liniment.

Equal parts of Tr. Opii and glycerine or any soothing oil such as oil of sessamum, etc., are useful in earache.

Gall and opium ointment is beneficial in painful piles. This will stop bleeding also.

Put a piece of cotton dipped in Tr. Opii in the socket of a decayed tooth. This will relieve toothache. A grain of opium can be put into the hollow of the decayed tooth. Do not swallow the saliva.

In diabetes opium gives most beneficial results.

COMPOUND OPIUM POWDER

Re: Opium power	gr. $\frac{1}{2}$
Dried Ginger powder	gr. 2
Camphor powder	gr. 1
Cinnamon powder	gr. 3

Make a powder. One powder twice daily.

Useful in diarrhoea, flatulence and intestinal colic.

GALL AND OPIUM OINTMENT

Re: Gall	2 drachms
Opium	30 grains
Vaseline	1 ounce

Useful in piles or Haemorrhoids.

POPPY HEADS FOMENTATION

Poppy-heads, the capsules of *Papaver Somniferum* are used as a sedative fomentation and poultice. Bruise the poppy heads and boil in water. Dip a piece of flannel into the hot fluid and apply locally in painful areas.

PELLYWORTH ROOT

(*Anacyclus Pyrethrum*)

English :	Pyrethri radix
Tamil :	Akkara-Karam
Telugu :	Akkara-Karam
Malayalam :	Akkila-karam
Kanarese :	Akkala-kare
Sanskrit :	Akara Karaba
Arabic :	Aa khar Kharha
Persian :	Akal kara
Hindi :	Akar kara
Dukhni :	Akhal Khora

The root is of the size of the finger. It is largely cultivated in Bengal and Arabia.

If you chew a small piece of this root, it produce salivation in the mouth. It produces a tingling and burning sensation in the tongue and the lips. It will relieve dryness of the mouth and tongue.

It is a stimulant, sialogogue and rubefarient.

It is useful in toothache, elongation of the uvula, hoarseness of voice, fever with thirst, jihwasthambana when the tongue fails to move, dryness of the mouth in fevers. If you chew a small piece of this root all the above diseases will be cured. You can gargle the mouth also by making a decoction of the root.

It is useful in Rheumatism also.

Put a few grains of the powder in the nose (nasiam), epileptic attacks will subside.

COMPOUND PELLYWORTH POWDER

Pellitory root powder	gr. 5
Dried ginger powder	gr. 2
Cloves powder	gr. 1
Long pepper powder	gr. 3
Saffron powder	gr. 2
Sugar	gr. 15

Make into one powder.

Take one powder twice daily, morning and evening, either before or after food. Useful in stomach ache, intestine colic, indigestion, loss of appetite, nervous debility.

PHYSIC-NUT PLANT

(*Jatropha-Curcas*)

Tamil :	Kattamanaku
Telugu :	Pepalam
Malayalam :	Katta-vanakka
Kanarese :	Bettada-haralu
Sanskrit :	Parvata-yeranda
Arab :	Dande-nahri
Persian :	Danda Barri
Hindi :	Jangle-arandi
Dukhni .	Janghi-yarandi
Guzarati :	Jangle-arandi
Bengali :	Eranda-gach, Bon-bheranda
Maharatta :	Rana-yerandi
Singalese :	Erandu : valendaru
Burmese :	Kesugi ; Simbo-kesu

This is a common plant which grows in waste places throughout India. This is cultivated also. It is used as a fence also. It converts iron into lead.

It is a galactagogue (that which increases the flow of milk in nursing mothers), haemostatic (that which stops bleeding) and vermifuge (that which expels worms from the bowels).

The leaves, milk, root and the seeds are used.

The leaves increase the semen. They are useful in eczema, skin-diseases, scabies, internal piles, syphilitic swellings, headache, ulcers, gonorrhoea, etc.

Gently warm the leaves and apply them to the breasts of nursing mothers. The milk will increase and flow freely.

The application of the juice of the leaves in diseases of the skin is very useful.

The milk is useful in gonorrhoea, ulcers of the male organ, and toothache. The fresh juice stops bleeding in wounds and heals them quickly. It coagulates the blood and covers the bleeding surface with a tenacious layer. A varicose aneurism situated just above the inner ankle was cured by the subcutaneous injection of a drachm of this juice.

People use the stick of the plant for cleansing the teeth. Toothache is relieved.

The oil obtained from the seeds is a cathartic and an emetic. The oil acts, in doses of 10 or 12 drop, as a purgative equal in action to one ounce of castor oil. It causes more griping and so it is rarely used. Its ill-effects are corrected by lime juice.

It is applied externally in chronic pains, rheumatism and skin-diseases. It is mixed with some bland oils such as sweet oil, mustard oil, etc. (1 part to 2 or 3 parts).

The bark of the root is made into a paste and applied in rheumatic swelling of joints.

PONNANGKANI (Tamil)

(*Alternanthera Sessilis*)

Telugu :	Ponnugantikura
Malayalam :	Minankanni
Kanarese :	Vanagone soppu
Sanskrit :	Meenakshi ; Mathsyakshi
Dukhni :	Ponnangkani

This is a creeper that is commonly cultivated in India. It can be obtained everywhere. This is a kalpa-moolikai. There is gold in this herb. He who eats daily this herb has a golden complexion. Hence the name Ponnangkani. "Pon" in Tamil means gold. Pon, Aum, Kan, Nee, i.e., if you eat this you will see your body as lustrous as gold. This is an alterative and cooling. This is useful in eye diseases, diseases of cornea, heat of the body and piles.

Boil this without salt and eat with butter for 40 days. All diseases of the eye will be cured.

The juice is useful as an Anupana. It is used in making copper oxide.

Take oil bath with the oil prepared out of this herb. Diseases of the eye will be cured.

PONNANGKANI II

It is very beneficial for cough, asthma, fever pills, gonorrhoea, syphilis and intestinal worms.

Take one seer juice and $\frac{1}{4}$ th seer, of gingili oil. Boil the juice along with oil. When the juice is absorbed in the oil and the mixture, reduced to $\frac{1}{4}$ th seer, than strain. This can be daily rubbed to the head. It will give eye sight, memory and cool the brain.

Take ponnangkani juice 2 tolas and mix equal part of carrot juice, add a little salt (Saindhava), and drink. It is useful in piles.

GOLDEN RULES FOR HEALTH

(By Swami Sivananda)

Nature's Healing Power

The healing-power of fresh air and sunlight is the leading text of the Gospel of Medical Science. The value of these beneficent agencies is exemplified at the Sanatoria for consumptive subjects. It must be remembered that sunlight is a cheap and universal tonic deserving much wider application than is at present the case. The sunlight has very efficient disinfecting properties. Bedding and clothing when exposed to the strong rays of the sun will be satisfactorily disinfected. The sun has not, however, passed entirely unnoticed throughout the ages and even writers on medical subjects in classical antiquity made frequent references to the therapeutic action of the sun. Herodotus declares the exposure of the body to the sun to be eminently necessary for people wishing to recover their health and to

strengthen their bodies. Sun supplies the universal energy for men, animals and the vegetable kingdom. In 1774 Faure made use of the sun's rays in the treatment of ulcers. The sun bath treatment of ulcers is being adopted in some of the Hospitals. The sun bath increases the resistance of the body to consumption.

Physical exercise, proper rest, pure air, and proper ventilation, sunlight, cleanliness, cheerfulness and contentment, healthful dress, proper diet, healthful cookery, regularity in eating, avoidance of stimulants and narcotics are the essential principles of health.

In a house 1000 cubic feet of space must be allowed per head and the superficial area which is length into breadth must be one twelfth of the cubic space and must not be less than 80 feet.

To the sedentary worker, walking should appeal as a good form of physical exercise. It brings into play all the muscles of the body, and forces the lungs into a healthy action, giving to the blood a better supply of invigorating oxygen, and filling the whole body with new life. A short walk after a meal with head erect and shoulders back is better than an after-dinner pill or a dose of dyspepsia-cure.

Fresh pure air is the finest circulatory tonic we possess. It is a microbicidal agent in addition. A brisk and energetic walk in the prime morning and evening is very conducive to the maintenance of a high standard of health and vitality for everybody and particularly so for the people of consumptive taint or weak lungs. A cup of ovaltine with sugar and milk to taste, which is a delicious and nutritious food and beverage can be taken with much advantage after returning home.

Observe Health Laws

Health laws do not act automatically. They are not self-operating. We have to do our part if we are to benefit by them. Health does not force itself on us in spite of ourselves. Pure air will benefit us if we breathe it, and good food strengthens us if we eat it. Merely knowing health laws and believing in them will not keep us well. We must keep them if they are to help us.

Hygiene is the art of preserving health. It aims at rendering growth more perfect, decay less rapid, life more vigorous, and death more remote. It is an exact science and art of all that concerns the preservation, promotion, and improvement of health, and the prevention of disease. Sanitation is that branch of Hygiene which is concerned with the suppression or removal of the predisposing causes of diseases: it is the practical aspect of a part of the subject of Hygiene.

The public teaching of health, the enactment of Health Laws and their vigorous enforcement are not sufficient to insure health to the individual. As in matters of spiritual faith, each one must appropriate for himself the principles of right living, and live them out. And this means individual effort and work. The home and the person of the individual are more directly concerned in the virtues of cleaning up and the movement should begin there. More observance of 'Home Hygiene' will be highly desirable.

The observance of the principles of cleanliness and care in the management of a house is all important. It should never be lost sight of that 'Cleanliness is next to Godliness'. Before these sanitary principles were understood, the rate of mortality, particularly in large towns, was considerably higher than it is now. In choosing a house or apartments, strict attention should be paid to drainage, ventilation, light and water supply, and if these are all good, you may congratulate yourself on a fortunate selection.

Make very certain of having a good motion every day in the morning. When you come in hot from work don't take a long cold drink as this is very disastrous to health. Avoid excesses of all of sorts, excess of drink, meat, curries, and foods of any sort.

Never work hard within half an hour after eating. Masticate every morsel of food thoroughly. Avoid late dinners. Regularity in the hours of meals should not be too strongly insisted upon. The stomach should not be disappointed when it expects to be replenished. Sudden changes in the regimen of diet are disastrous to health and should be deprecated.

Do not bathe within 2 hours of meal, when tired after physical exercise, when the body is profusely perspiring or when the body is very warm. Never bathe when the stomach is loaded with food.

Practise Dietetic Rules

You must practise Dietetic Rules, if you are to enjoy good health. Merely knowing the principles will not make or keep you well. You may believe ever so much in dietetic rules, may see others benefitted by obedience to them; but if you want health, vigour and vitality for yourself lay hold of them.

Our blood contains common salt, salts of lime, potash, soda, magnesia, iron, phosphates, etc. Our system demands such foods as can efficiently supply these salts. Milk contains these salts in good proportion and hence it is a perfect food. Oats, barley and rice can supply lime to the blood. Phosphorus in the form of phosphates of lime, potash and magnesia are contained in the cereals, especially, the inner shell of wheat. In the preparation of white bread this is removed, but it is preserved in brown bread; hence the brown bread is likely to produce stronger bones, and better teeth in the young. Potash exists in many vegetables as cabbages, turnips, carrots, lettuce, parsnips and potatoes and as vegetable acids in most fruits as apples, oranges, grapes, etc., Its presence in the food has a marked effect in keeping the blood pure. Iron required for the red corpuscles of the blood is found in most of our common food and sulphur is contained in the yolk of eggs and onions.

Nature, the Best Guide

There are many professors of Health truths and Dietetic principles. There are many people who know a good deal about what they ought to do to keep well, and who are perfectly willing to tell others about it but they themselves fail to do. Dietetic laws have not been given merely to interest you, or to be good to look at, as it

were, or to use as arguments against others, any more than have spiritual truths been given for these purposes. Implicit obedience to dietetic rules is written in the very face of the laws. Anything short of obedience will not fulfil the demand of the Health Laws, and in no other way than by obeying them are you to realise the blessings that come only by obedience to them.

Nature itself is your best guide. Instinct speaks aloud in all fevers, there is loss of appetite, disgust for food, dry mouth, parched tongue and dry throat. All that the patient wants, all that asks for is a drink to quench his thirst and to moisten his parched lips and palate. To give at this time rich food or drink does more harm than good. Drink is all he wants, and this should be given to him frequently and in small quantities. Barley water will be of much service. Even in chronic long-standing ailments, too abundant and too rich food does harm; it is like pouring a large quantity of oil on a flickering lamp; it extinguishes it straightaway.

When the body is subjected to muscular exertion, physical exercise, there must be a proportionate increase in the quantity, as well as the quality of the food taken. Otherwise, the tissues of the body will be absorbed and the body will waste.

Follow the rules of common sense. If you have found out that a certain article of diet absolutely disagrees with you, abstain from it. If, on the contrary, your experience tells you that certain things are necessary for you with regard to food, try to get these things. It is perfectly useless to tell a person who has Diarrhoea or Dysentery that he must not eat unripe fruit in that state. Nor does it require much wisdom to see that a person, whose present sad predicament has been the result of intemperance in eating or drinking, bad habits or imprudence, that he cannot expect a permanent cure unless he removes the causes which gave rise to his complaint.

Vitamins

Vitamins are accessory food substance which are necessary for the proper nutrition of the human body. They are compared to the nails and cement in the building of a house, to the spark which makes the energy of the fuel effective in a motor car. They are known as fat soluble A, Water soluble B, and anti-scorbutic vitamine Water soluble C. The fat soluble A is present in:—milk, butter, cream, cabbages, potatoes, beans, fat fish, and some meat. The water soluble B is present in:—the husks of cereals, eggs, yeast, most vegetables and some meat. The anti-scorbutic vitamine water soluble C is present in:—fresh vegetables, fruit juices, raw meat milk. A deficiency of vitamine A will produce rickets and sterility; a deficiency of vitamine B will cause Beri-beri; and a deficiency of vitamine C will induce Scurvy. Immense benefit to mankind has already ensured in the matters of properly balanced diets and of the deficiency diseases in which absence of vitamins plays so important an etiological role.

Fruits and Vegetables

Vegetables effect a free movement of the bowels, sharpen the intelligence, and help a great deal in curbing the lower instincts and in the practical attainment of

spiritual knowledge. Vegetables are especially necessary if the milk supply is not abundant. They are important sources of minerals, of which the most important are lime, iron and phosphorous. If children get plenty of milk, that will supply lime. Otherwise it should be supplied by bean and pea soup, whole grain cereals, bread, lettuce, celery, cabbage and oranges. Iron is supplied by spinach and other greens, bean soup, pea soup, lentil soup, figs, dates, raisins, prunes, molasses. Phosphorus is supplied in some measure by all vegetables, and especially by Graham bread and whole wheat cereals. The leafy vegetables include spinach, lettuce, cabbage; cauliflower, beet tops and other greens, asparagus, string beans, Brussels sprouts, onions etc., and are life-giving to all who use them freely, and may, if used in sufficient quantity even be made to take the place of milk. Vegetables as a rule, should not be boiled, or at least if they are, the water used in boiling should not be thrown away, as it contains a valuable supply of minerals and vitamins.

Eat and drink nothing that has not been recently cooked, boiled or otherwise sterilized. Do not consume fruit, vegetables, salads, etc., which have not been cooked or sterilized; food on which flies have settled, milk or cream which has not been boiled or sterilized, water which has not been boiled or filtered through a Brown-low or Berkefeld filter, aerated waters and other drinks unless of best quality, ice cream unless of boiled materials, uncooked oysters.

Fruits, tomatoes, melon, etc., can be sterilised without spoiling the flavour, so that they can be safely eaten raw, by dipping for a few seconds into briskly boiling water. Strawberries are better sterilised by dipping into boiling sugar syrup. Milk and cream can be sterilized by placing the bottles in a pan of cold water and gradually raising to boiling point. The candle filter should be lightly scrubbed and boiled once a week.

It is true that one apple a day keeps the doctors away. The importance of apples as food has not hitherto been sufficiently estimated or understood. Besides contributing a large portion of sugar, mucilage and other nutritive compounds in the form of food, they contain such a fine combination of vegetable acids extractive substances, aromatic principles and vitamins, with the nutritive matter as to act powerfully in the capacity of refrigerants to quench thirst, tonics and antiseptics to act against pathogenic or disease causing germs; and if freely used they prevent debility, strengthen digestion, correct the putrefactive tendencies of nitrogenous food, avert Scurvy and maintain and strengthen the power of productive labour.

Onion contains a large quantity of sulphur. All the virtues of sulphur are contained in this stuff. Onion fried in clarified butter or ghee and eaten freely at bed time is a certain purgative. Persons suffering from Piles will find much advantage in taking fried onions before retiring to bed. This will induce free movement of bowels, stop the bleeding and produce a soothing effect on the lower bowels.

Fruits supply vitamins to the body of the type Vitamine Water soluble C, an anti-scorbutic Vitamine which keeps up the integrity of the blood and acts against Scurvy, a disease of the blood. It behoves therefore, that there should be some fruit in the diet every day, Bananas apples and oranges are wholesome and nutritious fruits.

Oils

Animal oil is more easily digestible than vegetable oil; ghee is more easily digestible than either coconut or sesamum oil. Coconut is highly nutritious and possesses properties equal to those of Cod-liver oil. The coconut pulp or the oil can be taken with much advantage by persons suffering from Diabetes.

Cod-liver oil is more a food than a medicine. This is a nutritive tonic. It is extracted from the fresh liver of the cod fish, Gadus Morrhua. Cod liver oil has been proved to be a valuable agent for evolving force and heat, and for supplying these fatty elements which are essential to the constitution and reparation of the tissues. It is more readily absorbed than other oils and is a more efficient food, but, that, whilst the facts of ready absorption and easy oxidation afford an explanation of its great value in increasing body weight, it has some specific action especially upon those suffering from Phthisis or consumption. Cod liver oil should be taken 1 to 2 hours after food. The oil can be taken in the milk, coffee, wine, orange juice, cinnamon water or peppermint water according to taste and fancy. Begin with a small dose quarter teaspoonful three times daily, and slowly increase to half a teaspoonful after two weeks; to one teaspoonful after a month; two teaspoonfuls after two months. The dose can be increased according to the constitution and digestive capacity of the person. The oil should be stopped if there is Diarrhoea or other digestive troubles. For children of 2 years of age, 5 to 10 drops can be given twice daily. Kepler's solution or salt extract and Cod liver oil is a valuable combination. The dose for adults is a tablespoonful after food: for children a teaspoonful after meals thrice daily. This is a palatable preparation.

Drinks

Barley water is a refreshing and cooling beverage in fevers, Diarrhoea, Dysentery, diseases of the kidneys and in burning sensation of the urine. It flushes out the kidneys and the urinary tract. This is a valuable diluent for cow's milk in the feeding of infants. Equal parts of milk and barley water may be mixed. The addition of the barley water renders the cow's milk easily digestible and stops the vomiting of curdy masses in children. Put 2 heaped teaspoonfuls of washed pearly barley into a pint and strain. Or, with a little cold water make a thin paste with a heaped teaspoonful of Robinson's Patent Prepared Barley. Stir into $\frac{1}{2}$ a pint of boiling water pour into a sauce-pan, and boil for 15 minutes, stirring all the time. Put the bottle containing the barley water, in the refrigerator for use in feverish states.

Fresh lime juice is a blood restorative and preservative par excellence. This is useful in spongy or bleeding gums. Make use of this remedial agent frequently.

A correct infusion of tea is made by pouring boiling water upon the tea and allowing it to stand from two to five minutes at the most. If infused very long, the infusion will contain a large quantity of the astringent principle of tea Tannin, which is sure to induce constipation.

Tonic for Children

Chemical food is a good tonic for children. It is prepared from the recipe of Dr. Parrish of Philadelphia. It contains Phosphate of iron. Dose: For children 8 to 12 years of age, one teaspoonful, children under that age $\frac{1}{2}$ teaspoonful to be given in a teaspoonful of water immediately after meals, 3 times daily.

Diet in Disease

Asthmatic subject should be careful as to his diet and must avoid heavy meals near bed time. Bowels should be kept regular. The last meal should be light. No food should be taken between meals. As a matter of fact, an attack of asthma is often brought on by an attack of indigestion, this being usually traceable to some error of diet. The asthmatic subject must be careful in the selection of suitable food and must have simple and wholesome food.

Wholemeal bread, porridge, tomatoes, celery, oranges, apples, stewed prunes, melons, figs, jams, and marmalade are all useful in counteracting against constipation. A preponderance of fruits and vegetables in the diet of those suffering from habitual constipation is commendable and highly serviceable. In addition, it will hardly be unsavoury if it is reiterated here that the habit is a most important factor in the treatment of constipation. It is not sufficient to impress upon the patient that the natural call of defaecation should be immediately obeyed. He should be encouraged though the man not be conscious of a call, to evacuate his bowels regularly at least once a day and if possible, at the same time each day. He may fail for the first 4 or 5 days but, he is sure to succeed on the sixth day.

When you have diarrhoea avoid soups, fresh bread, vegetables and fruits, fried dishes, saccharine foods, fish, veal, lamb and pork. You can take sweetbread dry toast, whole wheat biscuits, macaroni, rice, tapioca, peptonised milk, junket, custard, buttermilk and tea.

In acute Dyspeptic states of the stomach attended by severe agonising pain, careful dietetic adjustment is of paramount importance. The stomach should have as much rest as possible. A plain milk diet, of days for a couple milk alone or milk diluted preferably with soda water or barley water, taken can do more good than dragging with various nostrums.

Foods to be Avoided

The consumption of meat must be considered as unfavourable to longevity. Meat contains venous blood which is filled with such poisons as urea, uric acid that would have been removed by the kidney of the animal had it lived. It is a simple fact that, when we eat the flesh of any animal, we take into our system its waste

products, substances that would have been eliminated, had the creature not been slain for human food, and which become poisonous in the human body unless they are cast off by the new machinery into which they have been introduced. We, are thus, compelled to get rid of poisons besides those normally our own. The heart, the liver or the kidneys may be overtaxed because of the effort necessary to cast off this needless refuse.

Avoid eating shell-fish and oysters, as these give rise to the development of a kind of blood poisoning by the elaboration of a toxin which is manifested by the occurrence of a blood rash of an itchy nature either in isolated parts of the body or all over the body a condition termed 'Urticaria' or 'Nettle rash' (Chilvisham).

Prevention is Better than Cure

Endeavour to qualify yourself as your own Doctor. Try to acquire at least an elementary knowledge in sanitation, hygiene and health, the nature and uses of some Household remedies, the nature of common ailments and 'First Aid to the Injured'.

Don't spit in public places. Don't put pencils in mouth. Don't eat sweets, fruit or pastry that has been exposed to flies or dust. There are all kinds of germs on such articles. Don't sneeze or cough in another's face. Don't let others infect you this way.

Sneezing and coughing spread disease unless precautions are used. Use your handkerchief to cover a sneeze or cough. Try to avoid sneezing, coughing or blowing your nose in front of others.

Keep rats out of your house. Starve the rats by providing no food for them in and around your house. Make your home rat-proof.

Do not allow your babies to be kissed at the lips. Syphilis, consumption may be communicated to the innocent children.

Conditions dangerous to health should be reported to the Health Officer. Isolation of case of dangerous infectious diseases is provided at the Isolation Hospital. Disinfection of the premises after infectious disease will be carried out on application to the Health Officer.

Care of the Eyes

When reading, writing, or sewing, too strong a light is as great an evil as one too dim; whether natural or artificial, the light should come from the left. It should never fall full in the face, but upon the work. Day light is the best when not coming through curtains, and artificial light should be clear, steady, soft and white. The craze for coloured lamp shades has injured many eyes. The eyes should never be steadily employed by artificial light, especially after hard day's use; and to strain them in fading twilight, or by reading in cars or trains is an injurious practice.

(To be Continued)

