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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

The Uniqueness Of The Indian Art Of Dance.

K. S. RAMASWAMI SASTRY
(Retired District and Sessions Judge)

The Uniqueness of the Indian Art of Dance consists in its being primarily the expression of religious feeling whereas in the West today dance is dissociated from religion. Further, whereas in the western dances we have rhythmic moments to the accompaniment of music, they have no aesthetic theme or *bhava* (aesthetic emotion) or *rasa* (aesthetic sweetness). In Indian dances the aspects stated above are all-important, and song and dance go together to intensify *bhava* and *rasa,* and these are often sublimated so as to express the highest heights of spiritual ecstacy. It is therefore our duty to see to it that this basic and unique trait of the Indian Art of Dance is not diluted or hybridised under the subtle stress of modernisation or mass appeal or under the influence of box-office attractions. In modern times all the fine arts have rightly ceased to be courtiers patronised by princes in durbars and have become the teachers and charmers of the people. But there is a danger that in the democratisation of music and other arts these may, in trying the people at large, prefer cheap and popular mediocrity or blend and mix incompatible traditions and styles or dilute classical art by folk art or drop the more difficult and rigorous forms of traditional aesthetic discipline.

Dr. Coomaraswami says in his introduction to Nandikeswara's *Abhinaya Darpana* "Indian acting or dancing — the same word *Natya* avers both ideas — is thus a deliberate art. Nothing is left to chance. The actor no more yields to the impulse of the moment in gesture than in the spoken word . . . . . Excellent acting wears the air of perfect spontaneity but that is the art which conceals art . . . . . Indian acting is a poetic art, an interpretation of life, while modern European acting, apart from any question of words, is prose or imitation." In our ancient classical works on Natya there is a detailed description of *nrittapastas* and mudras and movements of lips and eyes and eyebrows. Nandikeswara says: "The song should be expressed by the Voice; its meaning must be shown by the hands; the mood (*bhava*) should be shown by the eyes and the rhythm (*tala*) must be marked by the feet. For, wherever the hand moves, the glances follow; where the glances go, the mind follows; where the mind goes, the mood goes; where the mood goes, there is the *rasa.*"

The *Abhinaya Dharpana* refers to the movements of the head, 8 glances, six movements of the eyebrows, and twelve movements of the hand; *Balarama Bharatam* refers to angas and the upangas and pratyangas. Angas are the movements of the head, hands, breasts, sides of the body, hips and feet. Upangas are those of the eyes, eyebrows, nose, cheeks, chin and lips; and pratyangas are those of the neck, arms, abdomen, loins, thighs and shanks. There is a reference to the mudras as falling into two groups (samyutha and asamyutha i.e., combined hands and single hand). The abovesaid work refers to 40 asamyutha mudras and 27 samyutha mudras. The Vishnu Dharmottara refers to 22 asamyutha mudras and 13 samyutha mudras.

The term Bharata Natyam is, strangely enough, found only in the southern extremity of India in Tamil Nad. It was here that the Indian musical tradition in its purest form as Bharata Natya have been preserved in their perfection. The aesthetic dance disciplines in the Pandanallur and Vazhuvoor and other schools have been of an exacting and rigorous type. Every pose, every posture, every gesture, every movement is regulated by an intricate and accurate discipline. The evolution of the interpretation of the dominant sentiment and emotion by a carefully evolved and ascending order of interpretative looks and gestures and movements is the last word in perfect grace which seems artless but is in fact the highest and most complicated and most disciplined art.

Further, in Bharata's great work, it is stated that abhinaya has 4 aspects viz., Sattwika, Nachika, Angika and Aharya. *Sattwika* refers to physical changes under the stress of emotion e.g., change of colour, perspiration, etc. *Vachika* refers to verbal cadences bringing out pervasive emotion. *Angika* refers to the language of the eyes and the facial indications, and the language of gesture. *Aharya* refers to the make-up and costume. All these aspects result in the perfect expression of the emotions and enkindle *rasas* in the audience. Of these we can certainly modify the *aharya* or make-up and costume in pursuance of the prevailing fashions in dress and decorations and in the direction of greater aesthetic appropriateness and greater refinement. Even here, we must try the costume and the decoration to the age to which the hero or the heroine belongs and not put a modern dress upon a cowherd of Sri Krishna's times or make Sri Krishna like a prince of today.

In some other externals also there has been a desirable change for the better. I know a time when the *Nattuvakar* and the musicians used to advance and retreat along with the dancer — a ludicrous spectacle which no refined modern audience will tolerate. It was Rabindranath Tagore that simplified and refined and modernised the tawdry over-dressing and over-decoration of an earlier age. The orchestra is now placed on a side of the stage leaving the entire stage to the dancer. It might well be out of the view of the audience, further behind than now, though in view of the dancer. Of late the placing of two *Kuthuvilakus* (old style lamps) on the stage has added to the beauty of the scene and links us with the past though the electric lights heighten the glory of the light and bring the touch of modernity. The drop curtain also has become a thing of refined beauty today. But yet much more remains to be done.

We cannot be satisfied with this refinement of the externals of the art alone. I have already shown in my work on *Indian Aesthetics* that the concept of Rasa was widened in the course of the ages not only by adding Shanta Rasa and Bhakthi Rasa but also by widening the Vira Rasa aspect from within by adding Dana Vira, Daya Vira and Dharma Vira to the Yuddha Vira. In the earlier ages exception would have been taken to a play like Nagananda. In this Gandhian age we can widen the Vira rasa by adding also Ahimsa Vira, Kshama Vira and other aspects. In our age patriotism and humanitarianism must be revived into the magic circle of the Rasas. New *mudras* must be added to express the concepts of Bharata Mata and of our devotion to her. Bharata Natyam must not be confined within the iron curtain of a few symphonious Sringara and bhakti pieces. The art itself got into the hands of courtesans and fell into ill repute. It was given to Rabindranath Tagore and Srimathi Rukmini Devi to rescue it from bad company and reseat it on the throne of the heart of the people. It has now become so popular that respectable family women have taken to it with avidity and the education of a society of art is not deemed to be complete without such an accomplishment. I requested Srimathi Rukmini Devi to take up Gita Govinda and Kumara Sambhava and build up an aesthetic dance technique therefor. She has done so and has succeeded wonderfully in that new task by her peerless creative genius. It will be well if great situations like the Ramayana, the Mahabharatha, the Samudramathana etc., in the Bhagawata Naganda, Shakunthala, Vikramorvasya, Uttararama Charita, Silappadikaram, Manimekhalai, Panchali Sapatham, etc. are rendered by means of dance in a creative way.

These are new directions of improvement for the art. But it is beset by three grave dangers today. One is that it may retire into its shell and shun all improvements and repeat endlessly old patterns and formulae and traditional symbols empty of aesthetic content and spiritual meaning. Another is that with increasing popularity and democratisation the rigorous disciplines of old might make room for easier ways and quickly learnable technique. The patronage of the princes has been superseded by the patronage of the public. The greatest danger is the possible, nay impending and imminent hybridisation of styles. If the world has become small owing to quick locomotion in this aeroplane age, India has become smaller still. The prevailing dance styles in India and Indonesia such as Kathakali, Kathak, Manipura, Balinese etc., and also folk dances and the dance styles in the world at large have been thrown into the melting pot in India. I have no objection to seeing a Chow Chow or a variety entertainment containing samples of all the dances in the whole world. But I do object to the mixing and blending and hybridisation of styles. I want Bharata Natyam which is especially the product and glory of the South Indian — and especially the Tamil — genius to be kept safe from any kind of hybridisation. When an attempt is made to mix it up with this or that style of dance which is alien to it, I say hands off. I think that its technique of nritta and nritya and natya of *alarippu* and *Jatiswaram* and *sabdam* and *Varnam* and *padam* and *Tillana* and its combination of intricate footwork and dance patterns and graceful and meaningful *abhinaya* is a wonderful and charming artistic creation and should be kept intact. There is room in it for the creative originality of genius but the genius should express itself through the aesthetic moulds and rhythmic patterns evolved by traditions

which are centuries old. It is not mere footwork or finger work or glory of glance interpreting the glory of song but it is the glory of the soul expressing itself through all these in a unique manner. I have no objection to the expansion of repertoire of musical pieces fitted for the art of dance or to the inclusion of new types of dance-dramas but the traditional technique of Bharata Natya should be inspiring force in all such expansions and amplifications and should not be mixed up with other styles and should be kept undefiled and pure.

I may point out that the classical art of Natya as described by Bharata profoundly influenced the arts of dance as they naturally developed in various localities in India which is a vast continental country. In Kathak dance in Gwalior etc., footwork has been stressed more than facial expression or gesture. In Manipuri dance the ideal is imitation of nature. In Balinese dance mudras or finger symbolism is more prominent than facial expression. In kathakali dance in Travancore, the Tandava style is more prominent than the Hasya style. In Tamil Nad there was an indigenous style of dance called Koothu as described in the great Tamil classic Silappadikaram. But very early the classical Bharata Natyam style profoundly influenced it. The pure classical art of Bharata Natyam is seen only there today, and that very word is found in use only in that part of India. I may mention also the dance-drama as it was developed by Brahmin male artistes in Oothukadu and Soshamangalam villages in the Tanjore District. It also had its inspiration in the classical Bharata Natyam.

Thus like the Indian Music, Indian Dance is one of the chief glories of India. Each style of dance in India has a charm of its own, though Bharata Natyam easily carries off the palm. There should be no mixing up or hybridisation of the styles but each must be refined and intensified and amplified. Each must go again and again to the fountain-source — Bharata's *Natya Sastra* — for inspiration but Bharata Natyam must preserve unimpaired its special matter and manner and its peculiar glories and graces and its fascinating and uplifting spiritual appeal.

HEALTH

BLOOD PRESSURE

HEALTH & LONG LIFE

Chapter I

Introduction

With rapid progress of civilization in the twentieth century and the rise in the standard of luxurious living, man has set himself in an incessant quest for more and more of luxuriant amenities, such that he has tired out every cell and nerve of his physical being and has, hence, become blood pressure-conscious. Most of his kind if not all, feel that they are suffering from blood pressure: and it is not uncommon to hear nowadays blood pressure being discussed in all conversations, petty and serious.

Associated, as it is with unpleasant possibilities, 'blood pressure has caused even healthy persons to worry about imaginary blood pressures and to get into, thereby, the condition that they dreaded most. It is due to ignorance of the real facts concerning blood pressure that these persons achieve the unpalatable state they worry about.

Concerning this topic there are four preliminary and essential facts which every individual has to understand fully for himself in order to safeguard himself from unnecessarily and unwittingly (and unerringly, too) developing blood pressure and eventually (in all probabilities) worrying himself to death!

Firstly, blood pressure is essential to human life. Unless there exists a certain amount of pressure, the heart-pump cannot set the blood in circulation. In this connection it may be remarked that there is no figure which can be set as the normal blood pressure for all individuals. Suffice it to say, at this stage, that the normal blood pressure for an individual depends upon his trade or occupation and physical activities.

Secondly, there are many types of blood pressure. All of them are not dangerous to health. Blood pressure is never the same all through the twentyfour hours of a day. It changes rapidly and it also quickly returns to its normal level. It all depends upon the particular work that an individual does at a given moment and on the need for a greater circulation of blood in a specific part of the body.

Thirdly, high blood pressure is sometimes a necessity. Even in the case of healthy persons, certain circumstances arise which require very high pressure; of course this high pressure will only be momentary and not lasting. Again, during each day certain passing emergencies call for transitory changes in pressure level. These things are common.

Lastly, but not in the least, it should be well-understood by every individual that blood pressure is only a symptom and not a disease by itself. Hence, it would only be a folly to treat blood pressure with drugs. Momentary relief can be had but in the long run it may upset the functioning of the heart. After a proper diagnosis, the cause should be treated.

With this short introduction, we can proceed with a fuller and all-comprehensive discussion upon the subject. And it means a detailed study of the heart at work and the circulation of blood through the arteries.

Chapter II

The Heart at Work

THE HEART

The human body is composed of seven great systems, namely, the skeletal, the muscular, the nervous, the respiratory, the circulatory, the digestive and the excretory. Though good breathing and sound digestion, are essential for leading a long and healthy life, yet the circulatory system plays the important role since it has to carry the nourishment to different parts of the body. The system is maintained by the working of the heart.

The heart is hardest working organ in the body. If man wishes, he can give rest to any of his organs but not to the heart. The heart functions continuously for twentyfour hours a day and twelve months a year, all through the life time of an individual. It beats about 104,000 times in every twentyfour hours and pumps into the arteries, in the course of a day. approximately sixty barrels of blood. In the language of the engineers the daily output of the heart is roughly 22 foot-tons, or, in other words, the work done by the heart in a day is enough to lift a weight of one ton through a height of twenty two feet in twentyfour hours. Taking it for granted that a man lives for 75 years, this self-lift would reach a height of more than 21,50,000 miles! But, this task the heart accomplishes silently and the individual is not aware of it. Except when it is comparatively at rest during the hours of sleep, etc., the heart is strained for nearly fifteen hours a day. The only work of the heart is to keep the blood ever in circulation.

The total quantity of blood in the human body is slightly less than ten pints; and in every minute the heart deals with about five pints of blood. Of course, the latter is a normal case. During heavy manual labour the heart actually deals with 15 gallons and more of blood every minute.

The Heart at Work

We said that the only duty of the heart is to keep in circulation the blood. In this respect it is comparable with the main water-pump which maintains the city water supply.

For the purposes of comparision, consider a water-pump which has to continuously pump water into miles and miles of hoses of varying sizes. Imagine the pump working for twenty-four hours a day for sixty or seventy years. Just as the human heart, let it also pump about sixty barrels of water every day into the hoses. How many things can go wrong with the pump and the hose? An engineer will tell us the various technical difficulties which arise out of it. The pump may get weakened; the hoses may become worn out and water may escape out of the tubes by puncturing them, and so on.

In the above example, a certain amount of pressure must be maintained in the pump in order to force water into the hose. It is the case with all fluids. The function of the pump is this: to exert pressure on the fluid and to force it through the hose. Before it is filled with water, the hose is flat and empty. When slowly and slowly water is forced into it, the hose assumes a cylindrical shape with water pressing on its sides. If the hose be new, of the elasticity of the walls, it can adapt itself to the rise and fall of the water pressure. If, due to its being an old one or due to its being worn out on account of protracted usage, the walls of the hose have lost their elasticity and have become hard, what would be the case? Evidently, there would be a disturbance in the waterpressure in the hose and a corresponding reaction in the pressure in the pump.

Also imagine that you have tied tight a rubber band or some such thing at a given point in the hose. Water cannot pass beyond that point and the pump will hence try to exert more and more pressure in order to force the water through the point. And this will eventually lead to two things, viz., if the pump be weak enough, it may collapse, and if it be strong enough to withstand the reaction, it will exert itself violently and the hose will burst. Similarly it is when a stone or some other solid matter lodges in any portion of the hose. A considerable portion of water will be shut thereby and a corresponding increase in the pressure of water in the hose will be registered. And this, in turn, will lead to an increase in the pressure in the pump.

Consider the same pump being used to force some thick fluid, say, any oil, into miles of hose. In this case, the oil being thick and hard, the pump, too has to work harder or faster or both in order to exert the minimum required pressure to force the oil into the hose. Correspondingly, the walls of the hose will be subjected to a greater strain than when water is pumped into it.

The heart is the human pump within the body; and the arteries take the position of the rubber hose, blood itself being comparable to a thick fluid, much more denser than water.

The heart is located in the centre of the body in between the two lungs. It is divided into a right half and a left half. Each of the two halves is further subdivided into two chambers, the upper and the lower. Thus it contains a total of four chambers. There exists no connection between the right half and the left half. In this respect we can consider the heart as two separate organs fastened together, better, as two hearts that beat as one.

The two upper chambers are respectively called the right auricle and the left auricle. Correspondingly the two lower chambers are termed the right ventricle and the left ventricle.

From the various parts of the body, the impure or the used up blood flow into the right auricle which acts for the time being as a waiting chamber. Once it is full with the used-up blood, it contracts and forces the blood into the lower chamber directly below it (the right ventricle) through a three-cusped valve. As soon as the right ventricle is filled up, the three-cusped valve, closes, and the ventricle contracts forcing the blood into the pulmonary artery (which leads to the lungs) through the semi-lunar valve.

As it passes through the lungs, the blood gives up the carbon-dioxide which it contains, and gets recharged with oxygen. Once this takes place, it is no more the tired and used-up and impure blood but is the fresh blood, bright in colour, ready for use.

It then leads through the pulmonary vein into the left auricle. There are four pulmonary veins and the pressure of blood, while it is inside them, is very low such that it requires no valve to regulate and allow it through.

Again, while at the left auricle, the pressure of blood is low. From here, it passes into the left ventricle through what is known as the *mitral valve.* In less than half a second after it reaches the left ventricle at a lower pressure, the blood registers the maximum possible pressure, since it is from here that the blood is distributed to all parts of the body and, according to the individual need of each part of the body. Hence it is the left ventricle that does the heaviest work. And so as to be fit for turning out such colossal work, the muscular walls of the left ventricle are extremely powerful and thicker as well than the walls of the other chambers. We would only be erring on the right side if we were to say that, in this respect, the left ventricle is the heart to which additional chambers are fitted.

Aorta, the largest artery in the body, proceeds from the left ventricle. The aorta is all full of blood at a high pressure that is needed to maintain the circulation. But, since its walls are elastic, it is also to receive blood at a high pressure from the left ventricle and yet maintain the same pressure inside itself, (This being made possible because of the elasticity of its walls, it expands with the receipt of each new quota of blood from the left ventricle; but for this elasticity of the walls of the aorta, the pressure of blood in the aorta between any two consequitive beats of the heart would reach a very high level). The reaction of the elasticity of the aortic walls is received by the aortic valve.

Studying the working of the four chambers together, we can state thus:

The two auricles simultaneously but independently diminish first, each in its turn forcing the blood into the corresponding (respective) lower chambers. As soon as the blood is pumped into the ventricles, the auricles expand slowly, again simultaneously but individually, and this expansile wave is passed on to the ventricles. This cycle continues, and hence, is the routine. In a relaxed state, the left auricle received the blood from the lungs. Once the blood passes into the left ventricle, the latter contracts and forces the blood into the aorta. The aorta within a short distance branches off, one branch leading to the head and the other to the arms. A little further, beyond this branching, the aorta curves and following the spinal column takes a downward course. In the abdominal area, the aorta is seen much reduced in size. From here it branches into two main arteries leading to the legs. Each of these off-shoots divides itself into innumerable branches (like the branches of a tree) and reaches every part of the body. These smaller vessels are called arterioles. The finer the size of the vessel, the thiner its walls are.

The arteries assist the onward flow of blood by distending and taking up the impact of the beating of the heart. In this way, it absorbs the thrust and greatly reduces, hence, the strain. Futher, after the passing of every quota of blood, these arteries contract, thereby, helping or assisting the blood to flow onwards. Of course, the arterioles cannot do this function their walls being thinner.

The arterioles giving rise to numerous branches of a thinner size, the capillaries are formed. It is in these tiny vessels that the blood accomplishes its duty. Through their tiny walls, these tubes supply fresh oxygen and nourishment to the various tissues and does also the scavengering of receiving the waste matter from the tissues and cells.

(To be Continued)

GOLDEN RULES FOR HEALTH

(By Swami Sivananda)

(Continued from previous issue)

Care of the Kitchen

Sanitary inspection of houses will be carried out on application to the Health Officer. Persons about to rent house are advised to ask the Health Officer for a Sanitary inspection and a certificate of good sanitation before closing with the landlord.

Refuse should not be allowed to accummulate, and a properly covered rat and fly proof receptacle should be provided. Nightsoil buckets should be kept securely closed. Yards and drains should be kept in a good state of repair and freely flushed with water.

Flies carry disease; so they should be excluded from the serving room, kitchen and servant's latrine by providing spring slam doors and unopenable windows screened by perforated zinc; and from the food on the table by fly-covers.

Kitchen supervision should be thorough, because the preventable diseases are mostly caused by infected ood. Every house should have a serving room adjoining the dining room and separate from the kitchen. The serving room should contain the Berkfeld filter, ice-chest, table utensils, washing sink, boiled milk, drinks, bread, butter, fruit and other cooked or prepared foods. Cooking or boiling destroys infection.

Vegetables and fruits grown near the ground, being watered as a rule with night soil, are specially liable to be soiled with the germs of Typhoid fever, Cholera, Dysentery and other bowel diseases and should before cooking, be strictly kept out of the serving room and from contact with cooked or prepared food.

Remedial Measures

The following measures are recommended for the purpose of preventing those diseases which by means of public sanitation and by individual careful living are preventable, such as Typhoid fever, Cholera, Dysentery, Diarrhoea, and other Bowel disorders, Small-pox, Scarlet Fever, Diptheria, Tuberculosis, Plague and Malaria.

Vaccination should be done every three years. The power of vaccination lasts from 3 to 5 years. Even if small-pox develops in a vaccinated individual, it will be a mild, modified variety.

Flies take a conspicuous part in the dissemination of Cholera, Diarrhoea, Dysentary, and Typhoid fever. They sit on the excreta and vomit of the patient and with soiled feet, come and sit on food. All articles of diet, should always be well screened to prevent infection through flies.

Constipation

No person should go more than a day without a motion. There are 18 to 20 feet of intestine or bowels inside each of us. In last couple of feet are occupied to a large extent by partially decomposed filth. If this portion is not cleaned daily auto-intoxication or a kind of poisoning supervenes. The blood supplying the intestines takes up poisons or toxins formed by the decomposition and fermentation of the accumulated faecal matter. Headache, fever, loss of appetite, indigestion and a host of other ailments follow.

A dose of white mixture or Black draught or Eno's fruit salt will obviate such a dire calamity.

Cholera

During Cholera season strict sanitation and domestic cleanliness must be rigidly observed. Purity of water is all important. Wells must be treated with crystals of permanganate of potassium. All the domestic utensils must be washed with the solution of permangnate or weak Milton's fluid. The water must be throughly boiled and no cold drink should be taken. Unripe or overripe fruits must be avoided. The excreta and vomit of a cholera patient which contains the cholera germs must not be indiscriminately thrown about. They should be received in enamel pot containing some disinfectant as Jey's fluid or carbolic lotion 1 in 20 and mixed with saw dust. This should be either buried or burnt. The attendants of the patient must not take their meals with soiled hands and the faeces may cling to the grooves in the hands and nails. They must use a strong disinfecting lotion to wash their hands. No food or drink should remain in the sick room and none which has been in the sick room should be tasted by others.

Two persons travelling to Calcutta, drink in the course of their journey in a Railway Station a cup of contaminated milk containing Cholera germs. One man develops an attack of Cholera and dies within a few hours and the other man escapes. How this can be explained? This is a question of a high and low vitality. Nature has endowed the human body with a protection against germs and their poisons, the toxins and against the effects they produce. The blood is endowed with certain substances termed 'Bacteriolysine' which possess germicidal properties. The amount of these bacteriolysine varies in different individuals. This is the reason why there is such a difference in our vitality and why some of us can readily resist disease, while others easily succumb. In the above instance the person who escaped from the attack of Cholera has obviously possessed a large quantity of these protective substances, Bacteriolysins to kill the attacking bacteria and to neutralise their poisons. The man who died was lacking greatly in the protective substances and the Cholera vibries rapidly multiplied and overwhelmed him with their toxins. It should be remembered that good nourishing food, systematic physical exercise, moderation in everything, will pave a long way in imparting us a high standard of vitality and maintaining the health preserving machanism in a state of high efficiency and order.

Malaria

No stagnant water, no mosquitoes. Mosquitoes carry malaria, Dengue and other diseases. Mosquitoes cannot multiply except in stagnant water. Where stagnant water cannot be abolished, pure kerosine or mixture of equal parts of kerosine and crude oil will kill mosquito 'Wrigglers' as it prevents breathing when they come to the surface. Oil tins and bottles, broken crockerry and unconsidered articles of this kind capable of holding rain water would be carefully collected from the garden and backyard and buried. Tubs, water plants, flower pot saucers or other vessels of water, which cannot be

dispensed with should be emptied or sprinkled with kerosine once a week. Ornamental ponds may be kept free from mosquitoes by fish, but if mosquito wrigglers be found, the water should be oiled weekly preparatory to filling in. A weekly inspection of house and surroundings should be made. It may be remembered that a small unheeded pot of water will suffice to breed enough mosquitoes to irritate a whole neighbourhood.

Mosquitoes carry malaria. Where mosquitoes cannot be exterminated by abolishing stagnant water or by the use of kerosine oil, or by reporting their presence to the Health Officer, the mosquito net should be carefully used. A weekly inspection should be made and no standing water permitted.

The bite of a female anopheline mosquito only produces malaria. The mosquito acts as a carrier of the malarial parasite or germ and communicates the fever from one man to others. It bites in the dusk particularly. If you can avoid its bite you will be free from malaria. Never sit in the open verandah after sunset. Protect the feet and ankle from mosquito by boots or other devices. Never sit about in wet clothes. A chill is the most common determining factor in the onset of an attack of malaria or any other disease.

Typhoid

If you want to evade an attack of Enteric or Typhiod fever either during an epidemic of this disease or while travelling in a district where there is an epidemic prevalence of enteric, you must have recourse to antityphoid vaccination. It is quite a well-known fact that one attack of typhoid fever usually renders an individual immune to subsequent attacks of the disease. Advantage is taken of this phenomenon by injecting dead typhoid bacilli into well persons, thus setting up within the body a series of process not unlike those which take place in an attack of typhoid fever, but without the attending discomfort and danger of the disease itself. This is anti-typhoid vaccination. The process is harmless since the injected typhoid bacteria are dead, the immunity established, while not as great nor as lasting as that raised by an attack of the disease is sufficient to protect an individual for a considerable period of time. At present a full prophylactic treatment usually consists of three small doses administered a week apart. Formerly typhoid bacilli alone were in the vaccine, but of late it has been customary to include the closely related Paratyphoid organisms, thus protecting against three diseases instead of one disease.

To Pregnant Women

Abortion, when threatened, may be warded off, by complete rest in bed and by the administration of two teaspoonfuls of Aletris cordial in a tablespoonful of water three times daily.

No drastic or irritant purgative should be given to a pregnant woman. Mild laxatives as calol or liquid paraffin in one or two tablespoonful of syrup of figs should be administered. Castor oil is a very safe purgative. The dose of syrup of figs is a half to one tablespoonful. This can be repeated after 6 hours if necessary.

Treatment of Disease

It is logical that the first essential in the treatment of any disease is the removal of the cause. If you remove the cause the ailment gets cured by itself. Hippocrates, born about 460 B. C., who is recognized as the father of medicine, believed staunchly that the physician's important duty is to aid nature in the healing process by first removing the cause.

The principle of faith and work finds its application in the way we treat real ailments. Take for instance, a common cold. We have any amount of medical advice on guarding against taking cold, on what to do for it after we have taken it, and how to keep from giving it to others, for, as we now know, a "cold", as it is ordinarily called, is contagious. We may believe all this; but unless we act on it, do the things that we are told to do, dress warmly, feet and all, breathe fresh air, avoid overeating, observe bodily cleanliness inside and out, and do the other things necessary, we will not benefit by all the medical counsel we can hold. The same is true reference to the host of other ailments and diseases to which we are liable, and for the most of which there are preventive measures.

If you are anaemic take two teaspoonfuls of syrup of Haemoglobin, a French preparation, in two teaspoonfuls of water after food. This is a powerful blood tonic that enriches the quality of the blood and removes all festering impurities and poisons from the blood. During the course of this tonic, take plenty of milk and other nourishing food.

For ordinary cold and a touch of fever, it is well to adopt a common sense treatment. Take a small dose of calomel at bed time. Put it in the tongue and swallow a tumblerful of warm water. Don't allow the powder to stick to the gums. This must be followed by a saline, either one or two tablespoonfuls of fruit salt or one ounce of alba mixture or black draught on the following morning. Thus the intestinal tract is cleared of putrifactive material. In all cases milk should be the only food allowed for 24 hours. A dose of Aspirin 5 grains with a cup of hot coffee or tea will remove bodily pain, cause free sweating and induce comfort.

Never neglect a cold. If you have a continuous cough for more than 2 or 3 days, it is always wise to consult a doctor.

If suffering from constipation, the bowels, may be kept regular by taking from 1 to 2 tumblers of warm water soon after rising from bed. A wineglassful of any mineral water as Apenta, Hunyadi, Junos, Vichy, Rubinat, taken as the first thing in the morning, is of much advantage in regulating the movement of the bowels.

Effort should always be made to overcome constipation by diet and other simple means rather than by constantly taking purgatives or using enemas. A visit to the lavatory every day at the same time whether the inclination is there or not is highly beneficial. Plenty of fruits and vegetables, a cup of hot coffee as the first thing in the morning are very effective. Frequent drug taking injures the stomach and digestion. Trouble should be taken to induce the bowels to act naturally every day. The occasional use of asperients is, of course, not harmless, but necessary.

In case of consumption, look to the Sunlight, outdoor air, good food, a change to sea-side and rest for a cure. Ozone, which is double volume of Oxygen, and which is perflating by the sea-side has an immense

beneficial effect on consumptives. Sleep with the windows open. Keep out of doors as much as possible. Eat clean, nourishing food. Keep flies and dust away from food.

If you have colicky pain in the stomach or diarrhoea try Chlorodyne. Chlorodyen is a valuable medicine for the domestic medicine chest. For adults, 10 to 30 drops may be taken in a tablespoonful of water every 3 hours till relieved. Caution: -This should not be given to young children.

Gout is a disease generally of rich persons who lead a luxurious and sedentary lives with abundance of alcoholic drinks and nitrogenous substances with little or no physical exercise. The elements which tend to produce uric acid in the system are found most abundantly in certain foods, such as beef, mutton, pork, and veal, sweets and alcoholic drinks. Over-indulgence in these should be avoided by those who have a tendency in this direction. On the other hand, fresh vegetables and most fruits may be eaten with impunity.

The other name for Itch is Scabies. This is caused by a small insect Acaries Scabii. The application of either Sulphur ointment or any mercurial ointment as White Precipitate ointment or Citrine ointment is highly serviceable. The ointment should be applied after a hot bath and good scrubbing with an antiseptic soap as Carbolic, Asepso 3%, or Coaltar and brush to break up the burrows or tiny holes of the insect. The treatment should be continued for a week. All garments must be disinfected. The mats used by the patient should be destroyed by fire. Immerse clothing in boiling water for ½ an hour. If you apply olive oil to the scabs, they can be easily removed.

The main element in the successful treatment of Piles is that, in the first place, measures should be directed to combat against constipation. To have this desired effect laxatives, which are mild purgatives, as calol, liquid paraffin, cascara evacuant, should be selected. Drastic purgatives must be avoided. The diet should be of a bland soothing nature free from hot curries, Chutnies, chillies and too much pungent and highly seasoned dishes. Coffee should be interdicted. Fruits, onions and cabbages at nights are highly beneficial. As an external application, Evan's Pile Ointment, Parke Davis & Company's Adrenalin and Choleretone ointment or the simple gall and opium ointment may be applied locally. But, above all, the radical treatment lies in removing the piles by having recourse to proper surgical aid when palliative measures after trial have proved of no avail.

Grinding the teeth at nights, itching sensation about the anus, alternate constipation and Diarrhoea, loss of appetite, are some of the indications to denote the existence of round worms in the bowels. Take a dose of Santonine power.

Ancient Wisdom

Manu, the greatest Hindu Law Giver says that a man of 30 shall marry a girl of 12; if a man is in a hurry lest duty should suffer, he may at 24, marry a girl of 8.

DISEASES AND TREATMENT AT A GLANCE

(By Swami Sivananda)

Abscess. Apply hot water fomentation in the early stages. If there is pus apply rice or wheat flour poultice.

Amenorrhoea. Asokamritam.

Appetite. Loss of. Chiretta, sweet flag root, nim bark or Gulancha, capsicum, cloves, cinnamon, country sarsaparilla.

Asthma. Camphor, asafoetida, inhalation of the fumes of nitre paper or Datura, a cup of hot, strong coffee, careful regulation of diet.

Bites. Venomous, and stings of scorpion, wasps and Centipedes. Apply vinegar or alum or a strong solution of salt and water. Apply a thick ipeoacuantia paste. External application of brown sugar is useful in scorpion sting and wasp sting. Soda also is beneficial. Liqoer Ammonia is useful.

Bladder. Painful Affection and Irritable States. Decoction of Abelmoschus, isafgul seeds or rice Conjee; hot bath. Extracts of Gulancha is useful in chronic inflammation of the bladder.

Bowel Lower, Descent of. Wash the protracted part. Replace it by gentle pressure with the hand. Lubricate the fore-finger with some oil and push the protracted part into the anus. Remain in the recumbent posture. Apply cloth saturated with decoction of galls or Babul bark with some alum powder. Avoid all straining when you pass motions. Wear a pad in the anus.

Colic. Omum water, infusion of ginger, dill seeds or cloves, asafoetida, hot water fomentation on the abdomen; turpentine stupes to the belly; enema of turpentine or asafoetida, a dose of castor oil.

Breathing Difficulty. Camphor and asafoetida pills, turpentine stupes or mustard poultice to the chest; external application of a pad of heated salt or betel leaves smeared with some oil.

Bronchitis, Chronic. Decoction of sweet flag country ipecacuantia, asafoetida, internally. Externally rice poultice, turpentine stupes, croton liniment. Inhale the vapour of hot decoction of abelmoschus.

Burning of Feet. Apply Henna or Mhindi (marut-tani) poultice.

Burns and Scalds. Apply lime liniment or carron oil honey or soda-bi-carb solution soon after the accident has occured. Apply gingily oil. Dust thickly over the skin rice flour. Prevent the access of air to the burnt surface. Carbolic oil is beneficial.

Catarrh or Cold. Take hot infusion of ginger, decoction of Abelmoschus, country ipecacuantia. Inhale the fumes of burning turmeric.

Children. Debility of. Milk, orange juice, country sarsaparilla.

Cholera. Omum water, infusion of sweet flag ice to suck if there are vomiting and thirst. Turpentine stupes to the abdomen, hot water bottle to the feet and hands, diligent friction of the hands and feet.

Chorea, St. Vitus' Dance. Infusion of Jatamansi.

Constipation. Castor oil and senna for children and delicate females. Aloes for women suffering from irregularity or suspension of the menstrual discharge; myrobalans and kaladana for healthy persons. Croton pills or croton oil when strong and quick purgation is indicated. Habitual constipation is treated by Aloes and sulphur. Constipation of hysterical females is best treated by Aloes and asafoetida pills.

Cough. Country ipecacuantia, cubebs, syrup, of liquorice.

Debility. Chiretta, sweet flag root, country sarsaparilla, kariyat, nim bark, Gulancha.

Diarrhoea. Isafgul seeds with a dose of castor oil. Catechu, alum, decoction of Babul bark, infusion of sweet flag, Bael, Butea gum, galls, decoction of pomegranate, omum water, capsicum.

Dropsy. Purgatives like Kaladana in the young and strong persons. Then give medicines which increases the flow of urine as infusion of Pedalium, decoction of Asteracantha.

Drunkenness. To allay the craving for alcohol give omum water.

Dysentery. Hot fomentation or turpentine stupes to the abdomen. In the early stage give country ipecacuantia, isafgul seeds or sesamum leaves. In chronic dysentery give bael, infusion of Kariyat, decoction of pomegrante rind, decoction of sweet flag, galls, Mudar, soups containing mucilage of Abelmonchus.

Fever. Commence treatment with a purgative, castor oil or myrobalans. Give Tulsi tea with a little black pepper, a little dried ginger. During convalescence give one of the following tonics, chiretta, atis, bonduc, kariyat, nim bark, gulancha or cinchona febrifuge. A combination of chiretta or sweet flag root is very beneficial.

Flatulence. Give omum water, infusion of ginger or Jatamansi. Give turpentine stupes externally. Give an enema of asafoetida.

Gleet. (Chronic Gonorrhoea) Give cubebs, galls, sandal wood oil, gurjan balsam. Alum injection externally.

Gonorrhoea. Give decoction of Abelmoschus, isafgul. Rice conjee for allaying the pain and burning in passing urine. Pedalium is useful. When the inflammation subsides, give cubebs, gurjan balsam, sandal wood oil or galls. To relieve chordee (painful erection at night) give camphor 2 or 3 grains in milk.

Gum. Ulceration and Sponginess. Decoction of babul bark, alum, catechu, or lime juice for gargling.

Haemorrhage, or Bleeding from cuts. Apply cold water, ice, alum solution. Apply pressure with finger.

Hoarseness of Voice. Inhalation of the vapour of hot vinigar, or decoction of Abelmoschus, gargles containing capsicum, black pepper or moringa root, chewing ginger or catechu.

Hysteria. Asafoetida, aloes and asafoetida pills jatamansi omum water.

Indigestion or Dyspepsia. Chiretta, Sweet Flag root, country sarsaprilla, gulancha with cloves or cinnamon, capsidum and omum water, kriyat.

Kidney, Irritable State. Plenty of diluents as decoction of Abelmoschus, isafgul seeds or rice kanjee, hot hip bath.

Leprosy. Internally chaulmugra oil, gurjun balsam, Hydrocotyle, Mudar; externally, poultice of Hydrocotyle or nim leaves.

Leucorroea (Whites). Cubebs, gurjun balsam; externally vaginal injections containing Babul bark, alum, galls.

Lice, of the Hair. Paste of veronia seeds.

Menstrnal Discharge. Suspension or Irregularity (Amenorrhoea). Aloes. Hip bath with sesamum seeds. Asokamritam.

Milk. For increasing the secretion: leaves of castor oil plant or of physic nut plant. For diminishing or arresting in the secretion betel leaves or jassamine flowers.

Mosquito Bites. To relieve irritation: Lime juice or vinigar.

Piles. Enema decoction of babul bark or galls, alum.

Ringworm. Apply borax, vinegar, cassia, alata ointment, unripe Papaya fruit.

Salivation. Use gargles of alum or borax or catechu.

Scurvy. Lime juice, orange, tamarind.

Spermatorrhoea. Camphor in milk at bed time. Remove thread worms and constipation. The discharge may be due to irritation set up by thread worms and constipation.

Skin Diseases. Country sarsaparilla. Mudar. Externally, cassia alata, chaulmugra, lime ointment, myrobalan ointment, sulphur ointment, turpentine, kerosine oil or petroleum.

Spleen Enlargement. Papaya juice. Extract of Gulancha.

Syphilis. Country sarsaparilla, Hydrocotyle, Mudar.

Throat. Dry Irritable state. Inhale vapour of hot decoction of Abelmoschas. For relaxed or ulcerated sore throat use gargle of alum, moringa, black pepper or pomegranate rind, catechu, ginger, omum seeds, inhalation of hot vinegar or simple hot water.

Tongue. Fissures or Cracks. Use borax or alum gargle.

Urine. To relieve pain and burning: Rice conjee, decoction of Abelmoschus or of isafgul seeds, barley water. Give hip bath.

Vaginal Discharges. Give injection of alum, decoction of babul bark, galls.

Worms. For tape worm: give kamala, pomegranate root bark or turpentine. For round worm: give butea seeds, veronia seed or papaya juice. For thread worm: give enema of lime water, asfoetida, salt or turpentine.

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