



*A Journal Devoted to Healthful Living*

# HEALTH

ESTD.  
JAN.  
1923

*Edited by Dr. U. Rama Rau & U Krishna Rau M.B.B.S*

Annual Subscription: Rs. 2. Foreign—Rs. 3. Post paid.

*Editorial and Publishing Offices:—*

323, Thambu Chetty Street, George Town, Madras.

Vol. XVIII.

APRIL, 1940.

No. 4.

## EDITORIAL

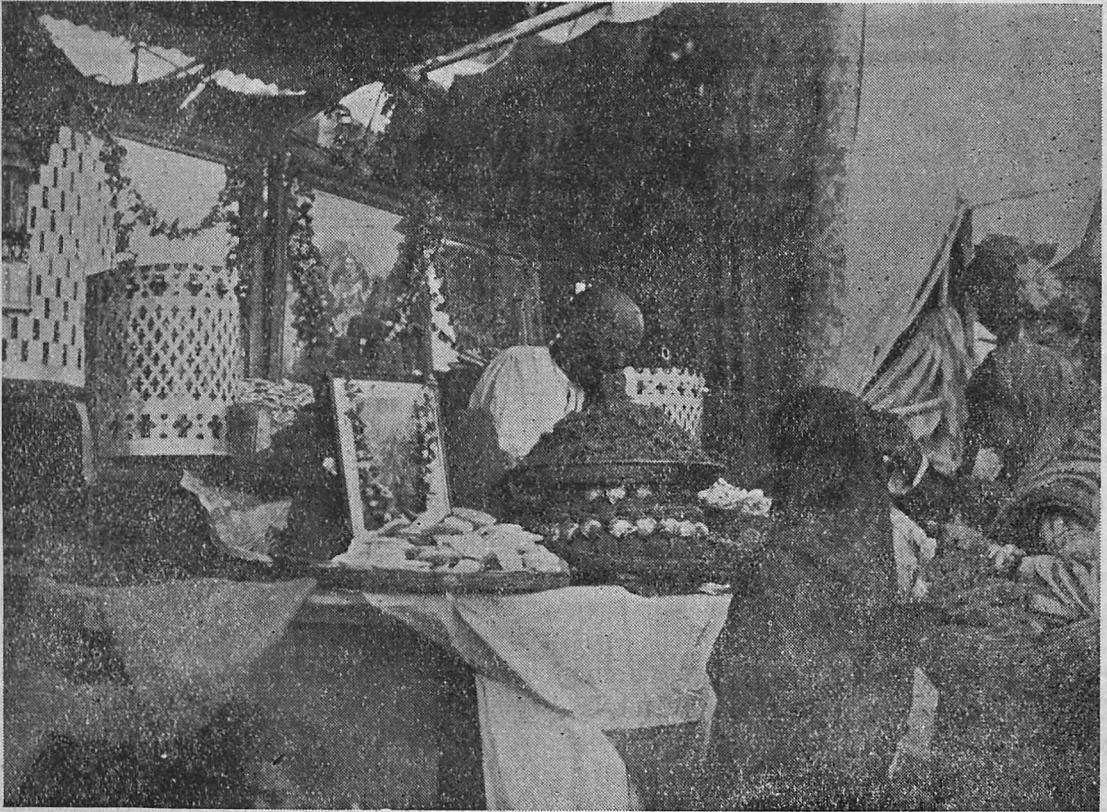
### Patent Medicines and Public Health

“PREVENTION is better than cure” is an old, old slogan, with which we are all familiar. But this wholesome rule is seldom observed and people try more often to contract diseases than to prevent them. The tongue is the worst tempter in this respect and leads its possessor to taste unnatural stuffs at untimely hours with the result that disease ensues. The first ailment which one is apt to complain of is constipation. This is generally taken as too trivial a disease to be heeded and neglect of constipation leads one to various other ailments, more serious in nature. The immediate causes of constipation are: “A diseased liver by which an insufficient supply of saponaceous bile is given to the waste substances to soften and lubricate them; retention of the fæces until their fluidity has been absorbed or evaporated in disagreeable gases; the use of food that greatly absorbs the fluids; the use of

astrigent food or medicine; the habitual use of too concentrated nutrition, for there must be bulk as well as true aliment; over-eating by which the digestive apparatus and intestines are unduly distended; relaxation of the muscular fibres of the intestines so that they contract feebly; contraction of the respiratory organs by tight-lacing or disease so that the diaphragm cannot be deeply depressed; weakness or flabbiness of the abdominal muscles in consequence of which the bowels can give little or no pressure in front; and partial or complete paralysis of the rectum in which case, it has not the power to expel substantial fæces”. Thus constipation begins with liver-torpor. Liver torpor favours constipation and constipation aggravates liver-torpor. A vicious circle is thereby set-up. The liver is generally blamed for the greatest number of human ills. “Oh! my liver is dull” is a ready-made

diagnosis which people often make and they are half-right. Many are the cures advertised in the Press and in pamphlets for inactive liver and obstinate constipation and if one goes on trying each and every drug until one exhausts the list and empties one's purse too in the bargain, one gets very nearly one's end. According to "Charaka Samhita", there are six kinds of constipation and one hundred

time." But self-drugging is a danger to be always avoided. In the treatment of constipation, the causes should be ascertained and so long as the popular mind is so ignorant of human machinery, a physician should be consulted to avoid mistakes. What applies to constipation—a very simple ailment in the opinion of the public, applies with equal force to graver diseases, for instance, consumption. The



An attractive sweetmeat stall, which tempts the tongue which tempts the man in turn, to eat to excess and acquire disease.

purgatives for each kind. "The evolution of man during four thousand years has not yet lessened the number; for, the druggists' shelves themselves carry six hundred laxatives or combination thereof, for satisfying the caprices of customers. While there are at least six kinds of constipation, there is no real need of even one hundred laxatives to choose from and many could well be discarded for all

origin of patent medicines is graphically described by an esteemed writer thus: "Mr. Unfortunate has a wife or other relative sick with consumption; he tries everything and everybody, with little or no success; finally he resorts to something which his own fertile brain suggests and astonishing to say, the invalid actually recovers. The surprised discoverer at once thinks he has found an infallible

remedy for consumption and the bottle-maker and the printer at once receive stupendous jobs—the former to make some quart bottles, with a jaw-breaking name blown in one or all sides, the latter to get up labels and flaming posters. He is received at once by credulous invalids as a great benefactor and by the old-school doctors and ‘knowing ones’ as a huge humbug. But, reader, he is neither of these two—only a mistaken man. He does not understand the law of temperaments. Many physicians do not. I might say further: the majority of the medical profession do not.....In medicating, however, not only temperaments but complications must be considered.....While those who buy and take patent medicines are often ingloriously humbugged, the manufacturers are by no means in all instances humbugs. Many honest men and women think they are doing a great amount of good in the world by compounding and selling “one-cure alls”. Their error lies in the head and not in the heart.”

India has become the unfortunate dumping ground for all the patent medicines prepared in the West and has been rightly described by the Indian Medical Gazette, as “a land of quacks, quack traders and quack medicines”. The popularity of the secret remedies is their secrecy. The average man or woman has a fascination for secrecy and if he or she can get his or her disease cured especially if it happens to be something connected with the sex, by having recourse to these patent medicines without the aid of a doctor, he or she feels happy over it. But if it should prove otherwise and the disease gets worsened by the treatment, the doctor is sought for and not till then, when it becomes too late. Brevet-Col. Chopra, M.D., C.I.E., I.M.S., who presided over the Drug Enquiry Committee, set up by the

Government of India ten years ago in response to popular opinion expressed in the Central Legislatures, had made the following observation in regard to ‘patent medicines’, in his recent address on the subject of Drug Control: “In the case of patent and proprietary and secret medicines the harm caused is much greater (than in the case of spurious drugs). It is both positive and negative. A patent medicine might be injurious and cause direct harm as some of the constituents may be positively dangerous. Some medicines might have the effect of masking early symptoms of serious and grave diseases and by assuaging them for a short period, result in delaying scientific diagnosis and treatment. Much valuable time may thus be wasted and investigations delayed until it is too late to do anything”.

The Government of India have recently introduced necessary legislation for control of the Drug traffic in India, by which “no person shall himself or by any other person on his behalf, manufacture for sale, or sell, or stock or exhibit for sale, or distribute any patent or proprietary medicine, unless there is displayed in the prescribed manner on the label or container thereof, either the true formula or list of ingredients contained in it, in a manner readily intelligible to members of the medical profession, or the number of the certificate of registration granted in the manner prescribed by the Central Government, in respect of such medicine by the Drugs Laboratory, after being correctly informed of the formula of such medicine.”

This provision will, we hope, ban the importation of useless and harmful patent medicines and pave the way for the betterment of the health of the people of this country, who have, for over a century, been drained both of their physique and their purse by these secret medicines.

# HEALTH AND NUTRITION\*

**H**EALTH is not merely the absence of illness. Positive health or dynamic health is necessary for a full life. Physical fitness cannot be secured without health; neither can the mind develop and work efficiently without it. Physical fitness does not consist only in a muscular and well developed body. It implies good health but health can exist without

BY Dr. T. S. TIRUMURTI,

*Principal,*

*Stanley Medical College, Madras.*

not be built up without proper nutrition. Health cannot be maintained on ill-nourishment. Physical fitness cannot be attained on ill-balanced diets.

It has been universally acknowledged in this country that the health of



A dairy farm where cows graze in healthy surroundings and consequently are expected to yield an abundant supply of nutritious milk.

physical fitness. In the recruitment for the army, the police and other services, we know that many applicants, who consider themselves perfectly healthy, are rejected as being physically unsuitable.

**Importance of Nutrition for Health and Physical Fitness.**—The body can-

the school-going population has considerably deteriorated and the average standard of physical fitness has been generally coming down for many years. The health and physical fitness of the people as a whole in India are deplorably bad. Infantile and maternal mortality and general

\* A radio-talk sent for publication in 'Health'.

mortality rates are highest in India. Deaths from preventable diseases are very high. Tuberculosis is on the increase. Expectation of life is very short, compared with the figures for other progressive countries. The one major cause for this state of affairs is the poverty of the people. The poverty of the people is the main cause of malnutrition and malnutrition is the most important among the pre-disposing causes of a large number of diseases and the cause of the backwardness of the people—industrially, economically and materially. Malnutrition can be brought about by insufficient quantity of food or by improper quality of food from the nutrition point of view.

**The Problem of Food Supply.**—The question of food supply is a big problem and is related to the economic conditions. How the starving millions can buy more food and how to raise their standard of living are problems for Government to solve. Augmentation of food supply is dependent on better methods of scientific agriculture, better live-stock, improvement in dairy cattle, increase in dairy-products, prevention of indiscriminate cow slaughter etc. It would suffice my purpose, if I indicate that the problem is a very big one and cannot be tackled, unless the various departments of Government, such as Agriculture, Veterinary, Engineering etc., co-operated and took concerted action.

**Hygienic Rules of Life.**—To lead a healthy life, we have to observe certain hygienic rules of life:—(1) to practise personal cleanliness; (2) to live in clean surroundings; (3) to breathe clean air; (4) to drink clean water; (5) to make proper use of sunlight; (6) to engage ourselves in healthy and useful occupations, which interest us; (7) to think of clean thoughts and follow the paths of righteous conduct and (8) to eat, with moderation, food of the right kind and quality.

### **Science of Dietetics and Nutrition.**

—I propose to deal with the last but not the least important of these hygienic rules of life. The science of nutrition and dietetics deals with this subject. The object of dietetics is to determine what kinds, quantities and combinations of food substances will exactly meet the requirements of the body. The subject of dietetics and nutrition was long neglected even by medical men.

Until recently, only the negative relation of food to health were stressed more than the positive, and laws were framed to prevent adulteration of food with deleterious substances, to prevent them from being contaminated with disease germs and thus becoming carriers of disease to the consumers, to prevent decomposition or deterioration in foods or articles sold for the preparation of foods etc. By pure food laws, the sale of deleterious articles of food was prevented and the public were protected from their injurious effects.

But the positive relations of food to health cannot be so easily secured by legal enactments alone. The essential facts of the science of nutrition should be made widely known among the public and especially among the students in the schools and colleges. A nutritional defect in the diet involves a double danger to health. Firstly, it may lead to a deficiency disease and secondly, to an increased susceptibility to infection.

**Essentials of an Adequate Food Supply.**—The essentials of a chemically adequate food supply are: (1) a sufficient amount of the energy giving foods—carbohydrates and fats in an easily digestible form; (2) protein, animal or vegetable, sufficient in amount and appropriate in kind; (3) sufficiency of the required mineral elements and (4) a sufficient quantity of the essential vitamins.

The essential ingredients of food

are, therefore, of five kinds—carbohydrates, fats, proteins, mineral salts and vitamins. Every food article, which we obtain from nature, contains some of these essential ingredients but no single food contains them all in just the right amount for human consumption. We have, therefore, to learn how to mix them, so that our daily food contains all these five essential substances in the right quantity and proportion.

**Importance of Mineral Elements and Vitamins.**—We owe to the recent advances in the science of nutrition, the important part played by mineral elements, such as calcium, iron iodine etc., and by substances, which are known as vitamins. Vitamins are powerful activating agents, which regulate nutritional processes, but which occur in food stuffs in such infinitesimal quantities that they cannot supply any appreciable material for combustion or tissue building. The vitamins, therefore, are not strictly nutrients but are only accessory food factors.

Vitamins are present in many natural food stuffs. They are of many kinds. The chemical nature of some of them has been ascertained. They are in fact not only merely necessary factors in nutrition, but essential accessory factors. If the food is devoid of vitamins, disease manifests itself. Life is impossible without vitamins. Though they are so essential, they occur in food stuffs only in infinitesimal quantities. Hence arises the great importance to see that they are not destroyed in the preparation of the food stuffs for human or animal consumption.

The energy is supplied mainly by the carbohydrates and fats. The building materials are the proteins and mineral salts. The great builder is the body's vital force and his assistants are the vitamins. They are, therefore, essential to life, for the

building and repair of the body. Like the minerals, the vitamins are widely and irregularly distributed in food substances. The preparation of food-stuffs for consumption is quite as important as the provision of the food essentials in sufficient quantities.

**Deficiency Diseases.**—It has been proved that various diseases are caused owing to deficiency in the diet of mineral elements. Such diseases are anæmia, goitre, caries of the teeth, improper digestion, defective formation of bones etc. Deficiency of vitamins results in stunted growth, beriberi, rickets, scurvy, certain skin diseases and eye diseases etc.

**Guide for Foods and Food Economics.**—Food should, of course, be varied. It must be rendered palatable and made attractive for the table. But in all these culinary preparations, it should be remembered that the mineral salts and vitamins are not destroyed or thrown out. A well-balanced diet should contain all the five food essentials in their proper proportions. Their quantities should be adapted to the age and occupation of the individual.

**Protective Foods.**—Our diet is more often deficient in calcium and vitamins than in the other ingredients. But these are very necessary for a positive or buoyant or better than average health. These factors are present in fair quantities in milk, fruits, vegetables and eggs. These foods have, therefore, come to be known as protective foods. From the Science of Nutrition, we learn that we ought to draw an increased proportion of the needed calories of energy from these protective foods. These protective foods should be given greater prominence in the food budget. The liberal use of these protective foods will for a longer period preserve the characteristics of youth. Their use will prevent us from aging so quickly as we do now. This has

been repeatedly proved by well controlled experiments.

**Preparation of Foods.**—The scientific preparation of foods can be very briefly stated in three simple rules:—

- (1) Food should be eaten as far as possible in its natural state and in its fresh state.
- (2) Conservative methods of preparation should be employed so that the mineral elements and vitamins are not lost.
- (3) Heating of foods should be limited to make them palatable and digestible, because undue heating destroys the vitamins.

The lesson which is learnt from the Science of Nutrition for the choice of food articles is that we should choose a larger quantity of them from among the protective foods—milk, fruits, vegetables, including green leaves and eggs.

**Sun's Rays and Vitamins.**—Another lesson is that the influence of the sun's ultra-violet rays on the skin helps the formation of one of the important vitamins in the body. In the absence of such natural formation of this vitamin, especially in countries, where sun-light is limited during certain seasons of the year and where the atmospheric conditions prevent the ultra-violet rays from having their influence on the body, the vitamin has to be supplied artificially by the administration of such substances as cod liver oil. In our country, the need is to protect ourselves from the harmful rays of the sun. The proposed change of the school hours is a step in the right direction.

**Increasing the Supply of Protective Foods.**—It is very easily said that we should include in our diet a liberal supply of these foods. Even if we have the means for buying them, clean good milk is difficult to procure in cities, even for the feeding of infants and children. In the villages, the indebtedness of the villager and

his famished family are sufficient evidence of the quality and quantity of milk obtainable there.

**Causes of Deterioration of Supply of Protective Foods.**—Why have we lost our reverence for the cow? The cow is the foster mother of our growing children. In how few families, the cow or the she-buffalo is kept now-a-days—even in the villages—by those who can afford to keep the animals?

The mother has deteriorated in her capacity to nurse the child at her breast. The cow has been considerably displaced by imported milk preparations. Fruits are grown only in limited quantities and there is little attempt at preserving them for home consumption but impetus is given for exporting them to other countries. The vegetable garden in the backyard has been neglected. Agriculture is still primitive. Poultry keeping is yet in its infancy. Sheep rearing and cattle farming have not become such great industries as in other countries.

We know refined and polished milled rice is bad for health and may lead to neuritis and beri-beri, if the food consists mainly of rice and very little of protective foods. But you cannot get hand-pounded rice for love or money.

Vegetables are costly and there is not much variety in them in the villages or towns. This sorry state of affairs can be tackled only by the Government. The villagers were happy once in tilling the soil and tending the herds. What a contrast to the villagers of to-day?

But a knowledge of the Newer Conception of Nutrition ought to enable many of us to help our growing children to a better state of nutrition by giving them more of the protective foods and to keep ourselves young in spirits and in a better than average of physical fitness, by the inclusion of such protective foods in our daily diet.

# Hygienic Principles and Sanitary Appliances of The Ancient Hindus

By Nabin Kishore Bidyadhar, M.B., B.S., (PAT.),  
*Susruta Clinic, Sonepur Raj, Orissa, India.*

**T**HE object of this short article is to enumerate briefly the hygienic principles and sanitary appliances of the ancient Hindus.

It was in Hindusthan, thousands of years ago, that the classical health adage, "*Shariramadyam Khula Dharma Sadhanam* (every human being should primarily look towards preservation of health and longevity as the first law of his religion), was taught by the learned Rishis of yore. It was in India, long before the dawn of civilisation, and many centuries before Jenner's discovery of vaccination, that the hygienic principle of protecting the human beings from the ravages of small-pox epidemic by means of inoculation with the pox virus, was first promulgated. It was in India, wherein the medical savants taught the therapeutic efficacy of ultra-violet light as well as that of sun-bath. The hygienic principle of segregating healthy people from persons suffering from infectious diseases such as small-pox, measles etc., was first known to the medical authority in Hindusthan.

In no age and in no clime, were the people more sturdy, more healthy and comparatively more long-lived

than perhaps in India; for, apart from the testimonials that we have in the Shastras, we gather from the records of the erudite Western scholar, Royle, who says: "It is worthy of note, in connection with the chapter on this subject in *Susruta* that in A. D. 648, the Emperor of China having sent an ambassador to India, this officer met with a doctor, who told him that he was 200 years old, and

that he possessed the recipe of immortality, upon hearing which a second embassy was despatched in search of philosophical stone." (Royle, *Antiquity of Hindu Medicine*, 1837; *Asiatic Journal*, July 1836).

The Ayurvedas, the science of healing of the ancient Hindus, deal most emphatically with the prime necessity of the preservation of health of every individual. They rightly hold that the primary duty or *dharma* of a human being is the maintenance of good vibrant health.

Charaka, *Susruta* and *Vagbhatta*, the medical savants of India have emphatically and unanimously sponsored and advocated the principle that the health of the body should be the first concern of every individual and that it is a sin to neglect the health of the body, for they maintain that it is only when the health is preserved carefully that the attainments of higher objectives, worldly and spiritual, can be achieved by human beings.

In a learned article, *Green-Armytage* says, "In *Charaka Samhita*, there is an interesting section on *Climatology*, where patients according to their



sufferings, are urged to sojourn in such climates as are suitable to them. The ritual of oral cleanliness is looked upon as of the first importance and although tooth-brushes did not come into use in Europe until about 1700 A. D., it is remarkable to read the rules laid down by Charaka for the selection and use of 12 distinct types of tooth brush and tooth powder.

Susruta, in his treatise known as *Susruta-Samhita*, gives an elaborate chapter in which he deals elaborately with the hygienic manner in which a person should live. The efficacy of vitamin therapy in the preservation of vibrant health, the utility of oral cleanliness, physical and mental hygiene were all taught by Susruta.

Vagbhata has devoted the very first chapter of his work, '*Astanga-Hridaya Samhita*' to the '*Dinacharya*' (Daily life) of man. He ordains that every man's first aim should be to live a prolonged, healthy, active and useful life. We find elaborate instructions in connection with personal hygiene and public health. How every one should get up very early in the morning, how one should cleanse his body by regular movements of his bowels and ablutions in pure water etc., how the body is to be well nourished by strengthening and vitaminous diets, and how one should be temperate in life—all these are elaborately dealt with. Not only did Vagbhata teach about the hygiene of the body, but he equally emphasized that mental hygiene should not be neglected. By mental hygiene is meant health of the mind, that is to say, training the mind in such a way as to lead to plain living and high thinking. Cultivation of a high standard of character is enjoined by Vagbhata; for he rightly says that character is one of the greatest motive powers in the world; without cultivation of ideal character, manliness cannot be maintained and

without manliness, '*dharma*' and '*moksha*' can never be achieved and attained. Speaking of mental and moral hygiene, Vagbhata says that in this world everybody wants a healthy, peaceful and blissful life; a man may be physically healthy but if his mind is stained by bad thoughts, and is a devil's lodge, i.e., if he is mentally unhealthy, he can never enjoy a peaceful life. Hence according to the teaching of the Hindu medical savants, one should practise both mental hygiene and moral hygiene along with the preservation of physical hygiene. According to Vagbhata, mental and moral hygiene is to be cultured by keeping the mind pure and healthy, by thinking noble thoughts and doing noble deeds; by practising acts of kindness and charity; by cultivating a spirit of good will to others, and devotion to God, and by resisting the mind from sinful actions in thought, word or deed. Rightly does Vagbhata classify sin into three varieties—mental sin, verbal sin, and physical sin.

The health education in ancient India was very exhaustive. The ancient Hindu physicians recognised the medicinal effect of ultra-violet light. They advised boys to bathe in the ultra-violet light of the sun in the early morning. Rickety children were advised consumption of milk and germinating seeds as well as other vitaminised foodstuffs. The infectivity of contagious fevers was recognised by the ancient Hindus, who were wise enough to urge for the isolation of cases of infective fevers. Instructions for the use of pure water, good nutritious diet, enough of milk and fruits containing vitamins were given by the ancient medical savants of India.

Susruta advised using always pure and filtered water. He deprecated impure water as injurious to health and advised us not to drink or

bathe in such water as there is always the risk of being speedily affected with many diseases.

The ancient Hindu physicians recognised the bacterial infection of impure water, and they accordingly advised the purification of water before using the same. Filters were used by the ancient Hindus, for the purification of water.

If the water be filthy, Susruta advises purification by boiling it, or by exposure to the sun for a prolonged period; or by throwing hot iron

- (3) Visagranthi or root of *Nelumbium Speciosum*.
- (4) Saivalamula or root of *Vallisneria Spiralis*.
- (5) A piece of cloth.
- (6) Pearls.
- (7) Precious stones and crystals.

Susruta mentions 5 ways for preventing the contact of the water pot with the earth, *viz.*:

- (1) Phalaka or planks of Satmati wood.



River water is impure and should therefore be boiled and cooled before drinking it.

balls, sand or clay balls into the water and then allowing it to cool. Such purified water should be scented with the flowers of Nagakesara (*Mesua Ferrea*), Champaka (*Michelia Champaca*), Utpala (*Nymphaea Stellata*) and Patala (*Bignonia Snaveous*).

Susruta describes seven modes of purifying filthy water, such as:

- (1) Katakaphala or seeds of *Strychnos Potatorum*.
- (2) Gomedaka (a kind of gem.)

- (2) Tryastaka or octagonal tripod of wood.
- (3) Munjavalaya or circular pad of Saccharine Munja.
- (4) Udakamancika or a raised framework of cane and bamboo.
- (5) Sikya or a loop suspended by three strings.

Susruta advised the use of rain water filtered through a broad piece of white and clean cloth.

The hygienic law was so very

strictly observed that even Buddhist priests were ordained to take filters and water strainers with them, for we read in the Buddhist Scriptures that filter formed one of the eight sacred utensils necessary for a Sramana of the Buddhist order. One of the six requisites of a Bhikshu was a Parisavana (water strainer).

The subject matter is so big, that it cannot be dealt with in this short article. I will, therefore, conclude this paper with Susruta's instructions in

connection with the use of tooth-brush.

Susruta directed the use of a straight and plain branch of such trees which have an astringent or sweet or bitter or sour taste. Amongst them, the twigs of Khadira (*Acacia Catechu*), Madhuka (*Brassia Latifolia*), Nimba (*Melia Azadirachta*), and Karanja (*Pongamia Glabra*) are recommended to be the best. Tooth powders are also recommended for regular use.

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### Brown vs. White Bread

It might be thought that the battle between brown and white bread has been fought too often and that the recurring victories of the former would justify the cancellation of what has now become an annual fixture. It is true that the idea has triumphed, but anything that brings grist to the mill of those who want to translate the idea into action is to be welcomed, and such is the comprehensive review of the nutritive value of wheaten flour and bread recently made by A. M. Copping. White flour is made by grinding the endosperm of the wheat berry to a fine powder, the outer layers being removed. . . . In patent flours the fat content is about one-half and the ash content about one-sixth of that found in whole wheat. Bleaching does not greatly alter the general composition of flour. . . . Various workers have shown that in the modern process of milling the biological value of wheat protein is lowered for nitrogen repair as well as for growth of animal organism. The evidence for the relative availability and digestibility of the carbohydrate of whole wheat and white flour is somewhat conflicting. The reduction of the iron content of the whole berry to one-fifth of its amount in patent flour is probably very serious. The vitamin C and D content of wheat and wheat flour is nil. The amount of carotene in whole wheat is enough to be of value, but it is largely lost during milling and the small amount that survives in flour after milling is destroyed during the bleaching process. The vitamin B (complex) content of the wheat seed is considerable. It has been thought for a long time that the whole of the vitamin B complex of the wheat berry was contained in the embryo and outer layers, and that the endosperm and therefore the white flour made from it were devoid of these factors. . . . They (Copping and Roscoe) found, however, whole-wheat bread to contain 0.095 (0.75-1.3), "brown" bread 0.6 (0.5-8), and white bread 0.22 (0.12-0.30) units per gramme. The flavin content of white flour is about a half of that of whole-meal flour and is partly destroyed during storage. Whole-wheat flour contains vitamin E, but white flour almost certainly contains none. Thus the more exact information on the nutritive value of whole-wheat and white flours made available by more accurate methods of determination fully confirms the earlier impression of the really serious inferiority of white bread as compared with whole-meal bread in every criterion of nutritive value so far adopted.—*Extract from editorial in British Medical Journal.—The National Health Review.*

# RAVAGES OF

# VENEREAL DISEASES

VENEREAL disease is one of the

least talked-of diseases, and though the incidence is very high in India, very few, indeed, are yet aware of the varied and deadly complications and of its sequelæ. The purpose of this article is not to cause panic among the general public or frighten anybody, but to educate and impress on all, especially the younger generation, on the importance of treatment of this serious disease. The primary symptoms of this disease, in many cases, disappear with little or no treatment and many of us think that we are completely cured of this disease. Unless the disease is thoroughly and

By

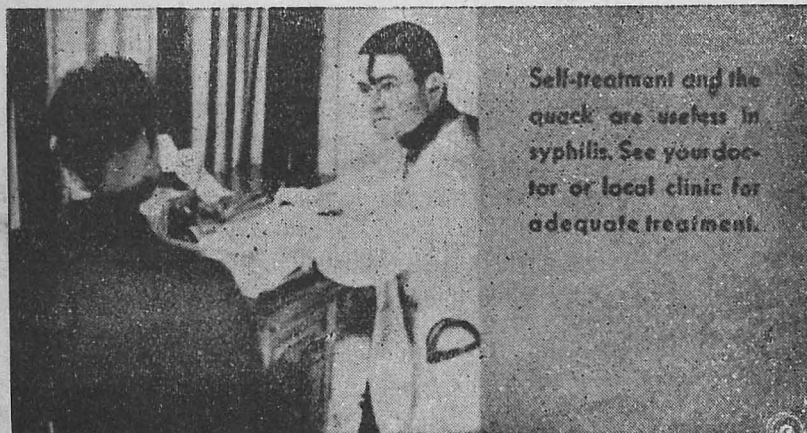
K. L. NARAYANA RAO, M.B., B.S.,

Madras.

disease previously, because he would be under the impression that he had been completely cured of the disease by taking some oil of indigenous herbs, nor would he be convinced that the present complaint was only the recrudescence of the old disease. He would be thinking that the doctor was trying to make money. To remove such an erroneous impression among the laymen, I am writing

about the ravages of venereal diseases and also to illustrate the amount of suffering and misery, which is really preventable.

**Early Complications.**--Enlargement of the glands is one of the earliest signs. Inguinal glands are usually first affected, and later on,



Self-treatment and the quack are useless in syphilis. See your doctor or local clinic for adequate treatment.

—By courtesy: The United States Public Health Service.

completely treated, and the patient is certified by the doctor as cured, the poison will be working havoc inside the body, and complications arise either immediately after the healing of the primary infection or some time after that, or even later in life. The word *cured* must be underlined and must be understood in the medical sense, *i.e.* that the blood is free from the poison. In many cases, the patient will completely deny having had any venereal

glands in other parts of the body become involved. In many cases, they are simple enlargements without much pain, but occasionally when pus forms in them, they become painful. Skin eruptions occur with enlargement of glands. They may be slight or generalised and vary within wide margins in different patients, and may simulate very closely many skin diseases. Eruptions and ulcerations also appear in muco-cutaneous junctions

(junction of the skin and the mucous membrane) such as the angle of the mouth, the nose and round the anal orifice, and also on other mucous surfaces as the lips, tongue, mouth, throat, nose, etc. Very often, patient sees a doctor for treatment of ulceration in the tongue or throat, and he will not be convinced, if you suggest that it is due to a generalised infection and requires systematic treatment.

**Later Complications.**— Later on, localised ulceration of a chronic nature appears on any part of body—the skin, the bones, the internal organs as the spleen, liver, etc., and even in the brain. In this condition, symptoms will be severe, diagnosis will be difficult and treatment becomes complicated. Even the eye will not escape from the affections of the disease. In short, no part of the body will be free from the ravages of the disease.

**Tertiary Manifestations** of the disease are generally in the brain and the central nervous system. Hemiplegia, locomotor ataxia and general paralysis of the insane are the main complaints caused by the venereal disease. Symptoms are usually paralysis of one or other part of the body, or may be generalised with associated mental defects. Generally, nervous complications occur in cases where the primary or secondary stage is least marked, so much so, the person is lured into a false sense of cure and does not take proper treatment in the early stages. In these conditions, prognosis is bad and treatment is unsatisfactory.

**Infection in the Female** will cause not only the symptoms and signs enumerated above, but also repeated abortions, still-births, sterility or birth of deformed or diseased children.

Though man is responsible for her sufferings, in many cases, he will try to get rid of her under the pretext of sterility or sickness. I don't say he does it knowingly, for in the majority of cases, he is ignorant of the underlying cause or its prevention.

**Congenital or inherited Diseases.**—The Hindu belief that the sin of the father will haunt the whole family is very well illustrated in this disease. Even the children of the infected parents will not escape from the ravages of the disease. In many cases, the child will be born with the signs of the disease, and will succumb to it by and by. Lesions of the skin or mucous membrane may appear some time after birth, followed by bone and joint troubles. Later on, affections of the eye, ear, nose and other internal organs may appear separately or simultaneously. If the child survives all these, it will be stunted or deformed, deaf or blind, with retardation of mental development.

All these are preventable! I don't mean prevention of contracting the disease, because, to err is, after all, human and accidents do happen due to ignorance or carelessness. But I mean prevention of complications, by thorough and complete treatment—treatment of the male, treatment of the woman and treatment of the infected child. With proper treatment during pregnancy the child may be saved. Treatment will be a prolonged course, and must be continued till the blood is free from poison on repeated examinations. I will not dwell on the greater problem of control of the spread of the disease, by compulsory treatment of all infected persons, which is beyond the scope of the present article.

# BLINDNESS IN INDIA AND

**A** BLIND MAN is a burden to the society and as time passes, even his own near and dear relatives treat him unfairly.

To prevent blindness or to relieve it, is an act of humanity as great and noble as any other form of charity.

There are according to the census returns, some 600,000 blind in India and "it is probable 400,000 to 500,000 need not have been blind if they were properly treated in time, and as the

## HOW TO PREVENT IT

By

Dr. Manohar Lal Kapur

General Secretary,

All-India Medical Licentiates' Association

Karnal, (Pb.)

opinion in this country. Measures and means should be devised to check this silently growing tragedy of blindness in India.

It is not fair to suppose that because it claims no toll of mortality,



A blind woman.



A child made blind by Smallpox.

older people die off their places are taken by others and in every generation four or five hundred thousand people go blind who should never have been so.

If two thirds of the total blindness is preventable, it should certainly arouse the serious attention of the Government and the leaders of public

it could be given a belated attention and that preference from the point of view of time and expenditure should be given to such of the diseases which have a heavy mortality. Blindness is worse than death and its silent ravages should not be lost sight of in our rightful enthusiasm to check the effects of spectacular diseases such as

smallpox, cholera, etc. In fact, the total number of blind people today far exceeds the combined total mortality of some of the chief disease of India as the under-mentioned figures would amply testify :

1. Cholera	...	199,708.
2. Smallpox	...	83,928.
3. Maternal Mortality.		200,000.
4. Blind people	...	600,000.

Blindness in India among Indians from the infancy up to the old age is generally traced as the result of the following eye diseases and should be immediately attended to when noticed.

- (1) Ophthalmia neonatorum.
- (2) Keratomalacia.
- (3) Small-pox.
- (4) Accidents or Injuries.
- (5) Congenital Syphilis.
- (6) Irritant remedies.
- (7) Trachoma.
- (8) Cataract.
- (9) Glaucoma.
- (10) Errors in refraction.

All modern methods of propaganda should be utilized to check this evil. The propagandist who goes to the villages should divest himself of any kind of superiority complex and should move and talk with the village folk in a spirit of humility and service. One of the essential causes of the failure of propaganda in our country is, that the average worker approaches the masses in a spirit of social and intellectual arrogance, decries the ignorance of the villagers in a bare-faced manner and denounces their age-long habits beyond the limits of legitimate criticism. This wounds the self-respect of the villager and even though he may not be vocal enough to express his resentment, he shows it by avoiding his advice. Approached and advised in the right

spirit, the village people would respond and respond magnificently.

In no other field of work greater alertness and intelligence is required of doctors than in the daily diagnosis and treatment of such of the eye cases that seek their help. A wrong step will end in the irretrievable loss of the patient's eyes. A wrong diagnosis will lull the patient to a false sense of security. A late consultation with the eye specialist may deprive the patient of his last chance of recovery. Eye is a delicate organ most precious to a human being without which life is but a dreary and dreamy load of existence.

**Preventive Measures.** — 1. New born baby should get a drop of  $\frac{1}{2}$  % silver nitrate solution followed by liquid paraffin or castor oil.

2. All school and college students should be examined by an eye doctor once a year and errors of vision should immediately be corrected and diseases of the eye treated.

3. Every one should protect their eyes from strong glare of the sun and dazzling white light.

4. Nutritious diet containing milk, butter and green vegetables should be taken generously.

5. The prejudice to wear glasses, if necessary, should be combated.

6. Early cataract cases should be examined as often as possible to know definitely whether they suffer from cataract or glaucoma or optic atrophy. Couching by quacks should be penalised.

7. All eye-complaints should be immediately attended to, preferably by specialists wherever available.

8. Public propaganda regarding the proper care of the eyes should be conducted regularly.

9. While there is no doubt that the general practitioners form the

first line of defence, they should however send all their cases to the specialist which require special treatment and examination.

10. Ophthalmic hospital to be started in each district.

11. Blind relief association to be established under the patronage of the Government in each Province and a branch of the same at each district headquarter.

12. Pamphlets under the signature of an ophthalmic surgeon should be freely distributed in cities and villages

somewhat on the following lines :

(a) Smallpox and measles often cause blindness—how to protect eyes during the attack.

(b) How syphilis and gonorrhœa, if not treated properly, cause blindness.

(c) Good and nutritious diet saves the eyes from a lot of avoidable eye-diseases.

(d) Defects in vision and diseases of the eye are rectifiable at early stages : consult the nearest eye doctor to prevent future complications. Delay will end in blindness.

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## Exercise—The Way To Radiant Health

By Lgr. S. Natarajan, *Weight Lifter, Coimbatore.*

**T**HAT the maxim 'A sound mind in a sound body', is a known fact to one and all. But on the other hand, it must be borne in mind, that a thoroughly chalked-out programme of regular and systematic physical exercise, to keep oneself hale and healthy, must be strictly adhered to, so as to enable one to take up to the right type of knowledge pertaining to physical culture, which, I am sure, is very essential for every human being, for, life, without health, is nothing but full of acute unhappiness.

Coming to our topic, I have to say more about the various items of physical culture. This art, *viz.*, physical culture comprises of two different kinds of movements of body for twisting the spine, or in other words, to keep healthy and fit by means of easy and simple physical exercise. One may ask a question, as to which sort or form of physical culture could be taken up by a layman or a novice. We can fairly say, that an exercise, which gives sufficient health and strength with lesser resistance, will be of much value and the same

could be followed. Such movements with lesser resistance can be classified as "Yoga-Asanas, Surya Namaskars and some ground exercises." etc. These are the best possible exercises, which a layman can practise for producing marked and effective results with radiant health and strength.

When I deal with the novice's schedule, I have to stress much on the indispensable element *viz.* patience, which is very essential for an ardent practitioner of its principles governing the laws of physical culture. Now, here begins the novice's schedule, containing a number of simple and easy exercises :

1. Stand erect with the feet separated by one foot in distance. Place the hands over the hips. Slowly raise the heels and sit down as in squats. Then slowly raise yourself up. While so doing this movement, see that the heels do not touch the ground. Repeat this exercise until the muscles ache. This exercise, if regularly practised, will, in the end, put more strength in the muscles of the legs *i.e.* in the "Gastrocnemius, biceps, longhead and



Soleus Calf". This movement is known as "Deep Knee Bends", in English and 'Baitaks' in our system of 'Orient'.

2. Stand erect with the legs separated and the feet stretched to  $40^{\circ}$ . At the same time, raise the two hands over head. Then slowly without bending the legs, lean yourself forward by bending your body. While so bending,

stretch the one hand with a firm grip by closing the first. With the closed fist, bend the hand slowly and again stretch the hand. While doing so, see that the fist is closed firmly. Repeat this exercise until you are tired. Practise this exercise with the left hand also. This exercise will improve the biceps, the triceps, the shoulder blades and the ulnaris and



Indian Physical-Culture Training for Indian Girls.

Picture shows—Girls of the Lokamanya Seva Sangh Vyayamshala, Vile Parle, practising Lazim drill

touch the ground, but see that the legs are not bent and are stiff. Repeat this movement until the muscles ache. This exercise will improve the functioning of the abdominal muscles *viz.*, the "Obliques Externes Abdominis". Consequently, proper digestion will take place.

3. Stand erect with the legs straight and feet stretched to  $40^{\circ}$ . Throw the chest forward. Now

the extensor of the fore-arms. Side by side, the power of the grips may be improved.

4. Lie on a ground with the face facing upwards. With the legs thrown straight, the feet joined, place your hands on the ground firmly. Then fixing up yourself firmly, raise the legs slowly until they are straight. Then slowly bring the legs to the ground. Do this movement until the

muscles ache. This kind of exercise will improve abdominal movements by restoring proper digestion.

5. Stand erect before a wall  $1\frac{1}{2}$  ft. distance midway between yourself and the wall. Lock your hands behind your body. Then slowly lean yourself forwards by making the nose touch the wall. Slowly resume your position as you were. But the hands

must always be kept locked behind and the legs firm. Repeat this movement till you become tired. This exercise will improve the neck and its muscle *viz.* the Trapezius.

Lastly, in conclusion, I may say, that the practice of these simple and easy physical exercises, to keep oneself hale and healthy, will result in marked and effective development.

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## GREY HAIR

By

DHARAMDAS SOONDERDAS BUGTANI,  
KARACHI.

PEOPLE, all the world over, dislike to look old. And to veil the number of years that have perched upon their shoulders, a number of ways are adopted varying with the different weaknesses that they have acquired during their sojourn on this satellite to Sun. In a way this is a reaction of the sub-conscious mind in conviction that they have not lived the life properly and as such are guilty of transgressing laws of Nature. And very few, unless brought to bay, plead guilty.

All people know that there are certain laws of Nature that require to be honoured so that our tenure on this earth may be happy. But conditions imposed by circumstances, environments and inheritance that come down to us from our progenitors have a very big say in our life and thus we are led to a life that was assuredly not the one that Nature moulded us for.

The ravages imprinted on us by the aforesaid factors are many. We take soft mushy foods. This results in decayed teeth. We eat refined foods with "refuse" removed and we get constipated. And so on.

Our hair, as you are no doubt aware, are colourless tubes with a pigment filling running through. The colour

of the hair is due to this pigment. When, due to some reason, the supply of this pigment is deflected, grey hair results.

"Why are we getting grey earlier than our predecessors" is the question. We have changed our ways to a very large measure and these contribute their quota of share in this direction. Our speedy civilization entailing a lot of competition has thrust terrible strain on our nervous system and the brain. The circulation in the brain being inadequate to the demands put thereon, the hair do not get the pigment juice due to malnutrition and we find the hair turning grey.

As to the remedy, it is obvious that the causes thereof be in the first instance removed as far as possible. To increase circulation of blood in the brain—which, by the way, is placed above the heart and therefore gets only such quantity of blood as travels up against the gravity—all such exercises as bring the neck muscles into play vigorously as also the ones that reverse our position and bring the head lower than the heart, need be indulged in though with cautious care. Viporita Karam, Sarvanga Asan, Halasan, Metsyasan and inverse

Shunn Asan (Wrestlers Bridge) etc., shall prove efficacious. I have included Metsyasan to be utilized by men of advanced age or those of low vitality and/or a weak heart. The tendency to injudiciously practise Sirasesana for long periods has in the past proved positively harmful and this has invited unnecessary blame on Yoga. It is indeed amazing that while we consult an expert in all other domains of our activity, we do not care to follow this same practice when dealing with such important matter as our body. In cases of heart affections or old age—and many are aged though young in years—the strain on the arteries, and heart being beyond their power to cope with, the effort proves strenuous and hence injurious.

Another practice that is efficacious in turning grey hair to their natural colour is Jalaneti. The water traversing the nasal passage, besides stimulating blood circulation in the brain,

tones up jaded nerves very much like the cold shower toning up the whole nervous system. It is due to this reason that some persistent headaches that have visited tenaciously all medicinal doses are cured by this practice.

Take a cup of water, bring it near one nostril (while closing the other nostril with your free hand in the beginning) and try inhaling water as you are wont to do air. You shall be surprised to find how easy it is, though the first attempt may prove abortive. A few attempts, however, shall crown you with success. In the end let me state that it is not the grey hair that makes you old. Show greater anxiety to overcome the feeling of age that has permeated you and, I am sure, your body vivacity—the result of leading your life in accordance the tenets of scientific physical culture—shall, notwithstanding your grey hair, entitle you to the privileges of a youth.

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## ● Topics from Medical and Health Periodicals ●

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### Popularity of Health Lectures

REFERRING to activities in Leicestershire during the national health campaign last year, Dr. J. A. Fairer, M.O.H., records that many lectures and talks were given by members of his staff at infant welfare centres and at meetings of various organisations. "There is no doubt," he writes, "that at the present day the general public takes a very great interest in health, and educational work of this kind is now much easier to carry out and of greater value than it was a few years ago. There was a time when a lecture on health would have been regarded as, inevitably, a very boring business, but nowadays such lectures

are eagerly sought after. The manner in which mothers at welfare centres listen to talks from the medical and nursing staff—straining their ears to hear what is being said amid the appalling din created by their lusty offspring—is praiseworthy, and very encouraging. Some day, perhaps, children at school will receive a proper ground-work of health knowledge as part of the normal curriculum; but in the meantime, the best we can do is to instil such ideas as we can into the—fortunately receptive—ears of our young mothers." Dr. Fairer believes that in the present state of things, the greatest factor in education of the public is the health visitor.—*The Medical Officer*.

## Sun Bathing

SUN Bathing, if done with discretion, is useful. In India there is a saying: "Only mad dogs and Englishmen bathe in the strong sun." Animals and birds shun the sun at its strongest; their instinct tells them to avoid the scorching heat. Civilized human beings have lost their instinct and they are guided by foolish books and articles and they expose themselves in the nude to the sun, most powerful sun, although they feel acutely uncomfortable.

Not infrequently sun bathing leads to scorching and then to blistering and even to permanent skin diseases, and the worst of it, to the infection of cancer. A great deal of sun cancer is found among open-air workers exposed to the strongest sun, particularly among seamen, agricultural labourers and builders' labourers. One sees on these men cancerous growths on the unshaded parts of the face, about the cheeks, ears and neck, etc.—*Practical Medicine*.

## Sprouted Grain

MR. F. R. ASHBAUGH writes us as follows:

"I have read recently about the great benefits to be secured from eating sprouted grain and am moved to ask you to give me whatever information you may have on this subject."

The use of sprouted grains is not a new idea. This method has long been in use as a substitute for fresh fruits and other vegetables when they are not available. In germination, vitamins are produced in abundance.

A research on the effects of feeding sprouted grain has recently been made by Dr. Oscar Erf of Ohio State University, the results of which are recorded in the following paragraphs:

"A germinated seed diet tends to

make human beings, as well as animals, less susceptible to tuberculosis, mastitis and undulant fever.

"Experiments on cows fed on a diet of sprouted grain show that their productive life span has been increased almost one-fourth of their total life.

"The same theory has been independently worked out on human beings by Dr. Francis Pottenger on the West Coast. His findings show practically the same results."—*Good Health*. (U.S.A.)

## Orange Juice Not Good for Nursing Babies

THE superiority of the mammary gland product over all the formulas of the most skilled physicians has been asserted by Dr. Oliver Wendell Holmes. Confirmation of his view comes from a Swedish authority, Gyllensward, who even goes farther and says that efforts to improve on nature's baby food is an impertinence and an injury. Specifically, he has found that the addition of orange juice to the diet of breast-fed infants is not only unnecessary but detrimental. (*Lancet*).

There was no evidence that orange juice had any effect on the weight of the children. It did cause more irregular and more frequent evacuation of the bowels, and the stools sometimes showed signs of faulty digestion.

Similar investigations were made with lemon and tomato juice and with similar results. Various skin eruptions developed in some babies receiving the additional food. Some babies lost their taste for breast milk when having the juice, and a few had acute infections of the throat. If foods rich in vitamins are given in abundance to the mother, the nursing infant will be adequately supplied.—*Good Health*. (U.S.A.)

## From Idiot to Genius

AN idiot is a person without intellect and understanding, according to long-standing scientific definition. Recently, some 1,500 psychologists were amazed when Dr. William H. Thompson told them of an idiot who at 21 had a wider knowledge of some things than an average adult.

Dr. Thompson, head of the philosophy and psychology departments at the University of Omaha, made this statement at the 46th annual meeting of the American Psychological Association at Ohio State University in Columbus. The astounding attainments of the idiot, a Mongolian type, were attributed by Dr. Thompson to the mother, who began to read daily to her child when he was three. At five the child could use short sentences, and by the time he reached 21 had a wide knowledge of historical and current events. The case was the more unusual because most Mongolian idiots die before they are 20, their mental age is seldom more than that of a 4-year-old, and mental growth usually stops at about 15 years. It offered new hope for the education of Mongolian idiots, Dr. Thompson said.—*Newsweek*.

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### A Healthy Mind in a Healthy Body

“A healthy mind in a healthy body is every child's birthright.” In what ways can parents ensure that their children shall be healthy in mind and body?

The foundations of a healthy body—and, incidentally, of a healthy mind, since the two are to a certain extent interdependent—can undoubtedly be laid during the ante-natal period. By means of judicious diet and exercise for the expectant mother a great deal can be done to give the child an excellent start, and there are now so many reliable sources of information

available that there is little excuse for ignorance in these matters.

With regard to the handling of the child himself, here again diet and the right type of exercises must play a very large part in building up a sturdy constitution. Regular hours and habits should be observed from the very earliest days. The child should have a bedroom to himself from the beginning if at all possible in order that he may get a better supply of pure air and is not disturbed by his parents.

It should be realised that when a young child cries something is wrong; the parents should trace, and as far as possible, remove the source of trouble, not dope the child with a dummy, honey or other devices of the last generation.

There seems to be a tendency for parents to play with children as if they were dolls instead of devising means to amuse and, at the same time, quicken the observation. There are now many such toys on the market which are quite cheap, or, for that matter, quite easy to make.

A child is a reasoning animal with a strong sense of justice and fair play, and as such is very much easier led than driven. The realisation of this is a great step in the training of children. A suggestion which will lead the child's thoughts away from a certain object or course of action is much more effective than a stern “Don't do that,” which merely leaves the child with a strong determination to do it at the earliest opportunity. When punishment is considered necessary it should be administered immediately following the offence, so that the child has no doubt as to why he is being punished. On the other hand, the parent must be certain that punishment is essential and then punish in cold blood, not in anger. After punishment is over a fresh start

should be made and no malice borne or further reference made to the offence.

The child should never be laughed at or sarcasm used at his expense, since most children are so sensitive that this may dwell in their minds for days after the parents have forgotten all about it, and this brooding over a feeling of inferiority can produce most harmful results.

A healthy child will ask a large number of questions, and the parents should answer these honestly and to the best of their ability. Questions on sex matters should be answered as as soon as they are asked, in the simplest possible manner. I consider it unnecessary to wait until a child has reached a specified age before answering this type of question. If the child is old enough to ask he is old enough to know. On the other hand, I consider it unnecessary to do more than answer the bare question in the earlier years, since undue emphasis on the subject may be as harmful as entirely ignoring it. Matters which the parents do not wish the child to know should not be discussed in front of the child, on the assumption that "he is too young to understand." The observance of these ideals, and the treatment of the child as an individual with rights, taste and opinions of his own, should avoid the repressions and inhibitions of which we now hear so much.—*Mother and Child.*

#### **Man-Made Noises vs. Nature's Noises**

MAN-made noises exceed nature's in volume. Thunder has never been heard farther than 20 miles away; the landing of a meteor in Siberia in 1908 was heard for 400 miles; and the world's loudest natural noise, the volcanic explosion of Krakatoa in 1883 was heard in Bangkok 1,400 miles away. However, an explosion of dynamite on the arctic island of Nova Zembla in 1938 was detected in Berlin, more than 2,000 miles distant.—*O. W.*

#### **Night Blindness**

PEDESTRIANS as well as drivers may be responsible for traffic accidents due to night blindness, Ira A. Manville, M.D., observes in *Northwest Medicine*. Night blindness has been traced to lack of Vitamin A, which is abundant in cereals, vegetables, fruits, whole milk, cream, butter and eggs. Its role in traffic accidents has been established, yet its presence among pedestrians is usually overlooked. "Observations in Portland, Oregon, indicate that a large majority of pedestrians killed by automobiles are individuals 50 years old or older," Dr. Manville states. He believes that Vitamin A deficiency may be even more prevalent among individuals of this age group than among drivers as a group. Cirrhosis of the liver and perhaps other pathologic changes occurring in the liver are more frequent among the aged than among younger people. This would indicate Vitamin A deficiency.—*Hygiea.*

#### **Does the Moon Influence The Functions of Life?**

FOR ages philosophers and even physiologists have argued as to the possible influence the moon has upon the functions of life. Most recent of these is the claim of Professor Hoyt of Washington and Lee University. After a year and a half of extremely careful experiment upon a seaweed growing in the water of North Carolina, the professor has come to the conclusion that its biological activities are definitely controlled by the moon and that they reach maturity only when the moon is at its full. This again revives the question as to whether the moon has a general effect on fertility. The professor further points out that the moon has been definitely proven to affect the life of star fish, certain mollusks and worms. He hopes to be able to discern exactly what effect the moon has on the higher forms of life.—*Health and Happiness.*

## Whooping Cough

WHOOPING cough is an infectious disease and is usually transmitted from person to person in the same way that diphtheria and influenza and other infections contained in the secretions of the mouth and nose are spread. In other words, direct contact with infected secretions from the mouth and nose and droplet infection occurring by coughing, sneezing and spitting must specially be guarded against. Apart from the precautions against spitting and droplet infection, handkerchiefs, toys, drinking cups, spoons, towels and other objects that may become infected by children suffering from whooping cough should be disinfected before others are allowed to touch or use them. The disease is most contagious in its early stages and children aged six months to five years are the most susceptible. The period of incubation is probably from two days to two weeks but is rather indefinite and uncertain. If sixteen days have passed without symptoms since exposure to infection, there is probably no danger. Patients may be dangerous for six weeks or longer. If isolation is possible, it may be tried but it can rarely be maintained and in any case patients ought to spend much time out of doors, as fresh air is beneficial.—*Public Health Dept. of Bengal.*

### Value of Vitamin in Primitive Tribes

IN medical circles it has been the custom to emphasize the value of using butter, made during that time of the year when cattle feed in the luscious pastures in early summer months. The grass at this time is high in vitamin content, as are the milk products of the cattle feeding upon it. But

the idea is not an entirely new one.

In *The Medical Journal of Australia*, Dr. A. Thornton Taylor a well-known dentist at Sydney, discusses some of the health factors observed among certain native races, in order to ensure the health of their progeny. For example: In some specific cases girls are not allowed to marry until seasonal conditions are favourable, that is until spring. Then the young and quickly growing grasses supply the cattle with food of the highest vitamin content. Milk at this time has its optimum value, and then on marriage the young women are expected to become pregnant immediately. Their offspring are thus nourished under the best possible conditions. The post-natal nutrition of the babies is also safeguarded by the fact that these women, according to tribal custom, are not allowed to become pregnant for another three years.

These native races certainly proclaim the virtues of measures, which if generally adopted would produce sturdier individuals with strong teeth and jaws. The teeth of these native races very closely approximate an efficient masticatory apparatus.—*The Indian Dental Journal.*

### Rum Rations

AN anonymous correspondent in a recent issue of the organ of the Medical Practitioners' Union recommended that medical officers in charge of first-aid posts have rum rations available for civilian air-raid casualties. The Rev. D. Courtenay C. Weeks, the well known authority on temperance questions, and one time R.A.M.C. officer, "denounces the suggested use of rum in such cases as dangerous, unnecessary, and retrograde."—*Good Health (Lond.)*

## Health Tit-Bits

### Liquor and Brain

YOU can get along with a wooden leg, but you can't get along with a wooden head. In order that your brain may be kept clear you must keep your body fit and well. That cannot be done if one drinks liquor.—*Dr. Charles Mayo.*

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### Smoking Hurts the Dogs

AT a dog show held in a large city, this was posted in conspicuous places:

*Smoking not allowed.*

*It hurts the Dogs.*

If tobacco smoke is bad for dogs, is it not equally bad for boys and girls?—*Signal Press, Evanston, Ill.*—

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### Food and Food Faddists

“MANY of the craziest notions associated with the sale and eating of foods to-day concern digestion. Our country is over-supplied with food faddists. Some believe that the eating of whole-wheat bread in large amounts is of greatest importance to health; others insist that vast quantities of fruit must be eaten; some oppose acids and some oppose alkalis; some oppose the mixing of proteins and starches. Vegetarians attach undue evils to the eating of meats. The meat eaters indulge in sarcasms concerning the intimate relationship between the anthropoid apes and human beings who live principally on nuts.”—*The National Health Review.*

### The Camel's Water Supply

THE camel stores water inside its body in 30 or 40 cells shaped like large tobacco pouches. Each cell, when filled, may contain three gallons, though the cells don't hold as much when all are full since they are close together and crowd upon one another. The camel can open each cell at will, thus taking a drink from time to time as it makes its way across arid desert.—*Fact Digest.*

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### Infant Mortality in U. S. A.

ACCORDING to the latest provisional figures issued by the Bureau of the Census, the infant mortality rate for the United States reached a new low level in 1938—50.9 per 1,000 live births. The next lowest recorded infant mortality rate was 54.4 in 1937. This rate has been decreasing steadily for two decades. In 1915, the year in which the birth registration area was established, the rate was 99.9 for that area.—*Mother and Child.*

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### No Vitamin in Brown Sugar

SOME persons eat brown sugar instead of white in the belief that it contains vitamins and minerals, especially iron, which are eliminated in the refining process. There is no truth in this idea, writes Sydney W. Cole of Cambridge University in the *British Medical Journal* (August 12, 1939). He declares that brown sugar has no advantages over white. While it may be clean and wholesome, some shipments of it contain impurities such as sulphites, used for discoloration purposes, sand and clay, pieces of cane fiber and swarms of micro-organisms.—*Good Health (U. S. A.)*