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EDITORIAL

Spices and Condiments

(Contd. from page 219, of October '40, issue of the Health.)

THE Indians, particularly South Indians, are very fond of condiments and pickles. It was South India, more than any other part of this vast peninsula, that first introduced into Great Britain and other Western countries, condiments and pickles and carried on, and is still carrying on, a roaring trade in this line. It was South India again that gave the Westerner the taste of pepper-water or *milagu tanny* as he calls it—our *rasam*. "Why should South Indians alone have so much liking for hot and pungent things?" is a question which the health seeker is apt to put and elicit an answer. South India is hotter than the other parts of the country, being very near the Tropics and consequently, foods get soon deteriorated. In order to preserve them and utilize them for the rainy season, when vegetables are hard to get, the South Indians

prepare out of rice, vegetables, black-gram and other substances, certain cakes, dry them in the sun and preserve them for the winter, for use after frying in oil. These sun-dried rice and vegetable-cakes and gram-made preparations (*Vadams* and *Appalams* in Tamil) serve the purpose of vegetables, with vitamin D added to them in plenty by their exposure to the sun's rays. Pickles are made of cut mangoes, lime etc., and soaked in oil with chillies, asafoetida and fried mustard added to them. These pickles are kept for a long time, for even more than a year, but now and then they are exposed to sun's rays. These pickles are intended to tickle the palate, to stimulate the salivary and other glands and thus help digestion. They form adjuvants to butter-milk and other sour things taken at the end of a Hindu meal and should be used sparingly. The condiments such as

pepper, chillies, tamarind, turmeric, coriander, jeeragam (*Cuminum Cuminum*), vendayam (*Trigonella-Fœnum Græcum*) asafœtida, mustard, karuveppilai (*Mrraya Monigii*) are all used in the preparation of *milagu tanny* or *rasam* and soups. Garlic and onions are made use of in addition, by all except certain sects of Hindus who have tabooed them for their obnoxious smell. These stuffs are intended to serve as carminatives which are very essential to make the acid blood alkaline and also to drive out the wind in the system. In other words, they are good aids to digestion, but if taken in excess, will cause inflammation of the gastric canal.

Let us now take each of these condiments and examine its food value :

I. Pepper.—"It grows wild in tropical climates in the form of a rambling shrub.

It has no real value as a food or medicine and is intensely irritating to the mucosa of the alimentary tract. Its flavour is due to a volatile oil but its fiery taste, to an oleoresin. White pepper is black pepper that has been decorticated. Red pepper or Cayenne, known botanically as capsicum, is the dried and powdered fruit of what we know as chillies. It is very much hotter than ordinary pepper and is one of the chief ingredients of curry powder. It is extremely used in pickles. In small doses, it is quite a good stimulant to the digestive organs and useful in cases of chill. Used unwisely, it will cause gastric ulcers but strangely enough, it is sometimes used in homeopathic doses to counteract this complaint."—*Health for All*.

II. Chillies.—Chillies are freely used not only in India but also in Europe and America. The Westerners use it in the form of powder and the chillies there are milder and bigger than in the East. Doctors use it in cases of rheumatism and lumbago, for toothache and sore throat. They contribute a cure for stomach ailments, a judicious administration would produce large quantities of gastric juice and set right the disorders of the digestive process. It is also used to cure chronic alcoholism. The human system would be immune to snake-bite and scorpion sting by a continued use of chillies. It is said to contain vitamin C in large quantities.

III. Tamarind.—It is a very common article of food. The fruit is largely used in medicine. The unripe fruit is highly acid while the ripe one is anti-bilious, anti-

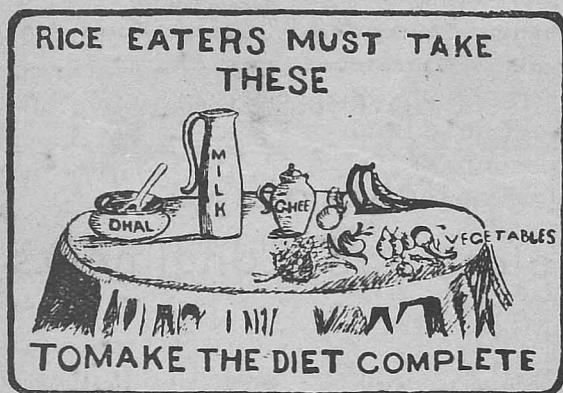
scorbutic (correcting or curing scurvy), refrigerant (relieving fever and thirst), carminative, digestive and laxative. It is used to quench thirst, cure intoxication from liquors etc. and as a cooling drink in sun-stroke.

IV. Turmeric.—Turmeric is a good germicide. It is largely used in curry powder and taken internally. Turmeric is aromatic, tonic and carminative.

V. Coriander, Jeeragam, Vendayam.—Are all anti-bilious and carminatives.

VI. Asafœtida.—Is an anti-spasmodic stimulant and expectorant. It is used in Chorea and Hysteria, especially when digestive disturbances exist.

VII. Mustard.—"Is derived from the ground seeds of the mustard plant



and owes its fiery flavour and pungency to the action of an enzyme or two active principles it contains. Internally, it is rather irritant with doubtful values, but used externally, it is very valuable in removing congestion and increasing local circulation".—*Health for All*.

VIII. **Kariveppilai**.—Is a germicardminative and digestive.

IX. **Onions**.—The onion is one of our most valuable vegetables but often discarded. It is rich in essential minerals containing calcium, magnesium, potassium, sodium, sulphur and iron. Onion and a milk diet were believed by ancient physicians as the best remedy for dropsy and kidney diseases. It was also considered effective in curing cirrhosis of liver. Onion juice possesses germicidal properties. It is a good recuperative. It can dispel mental fogginess and bodily weariness and is also used in reclaiming alcoholics. It has recently been discovered that a new type of rays called M-rays—a mild form of X-rays—is present in and emitted by young onions.

X. **Garlic**.—It is another valuable vegetable we have but discarded in the same way and for the same reason as onion is. It is a germicide and a good and cheap remedy for tuberculosis.

Speaking at Madras on the 16th —*Speeches and Writings, pp. 230, 231.*

February, 1917, Mahatma Gandhi said:—

“I am just now coming after having inspected the Victoria Hostel. I saw there not to my dismay, though it should be to my dismay, but I am used to it now, that there are so many kitchens, not kitchens that are established in order to serve caste restrictions, but kitchens that have become necessary in order that people can have the condiments, and the exact weight of the condiments, to which they are used in the respective places from which they have come. And, therefore, we find that for the Brahmins themselves there are different compartments and different kitchens catering for the delicate tastes of all these different groups. I suggest to you that this is simply slavery to the palate, rather than mastery over it. I may say this: unless we take our minds off this habit, and unless we shut our eyes to the tea-shops and the coffee-shops and all these kitchens, and unless we are satisfied with foods that are necessary for the proper maintenance of our physical health, and unless we are prepared to rid ourselves of stimulating, heating and exciting condiments that we mix with our food, we will certainly not be able to control the over-abundant, unnecessary and exciting stimulation that we may have.”

“God hath made men upright but they have sought out many inventions”.
—KING SOLOMON.

* * * * *

“We are made up of what we eat. When injurious substances are introduced into the body, the blood-making organs cannot convert them into good blood. It is well to keep in mind that the blood is the life and good food makes good blood, while poor food makes poor blood”.—*Enemies of Health*.

The Morning Walk

By Dr. Parmanand Ahuja. M.B.B.S., Karachi.

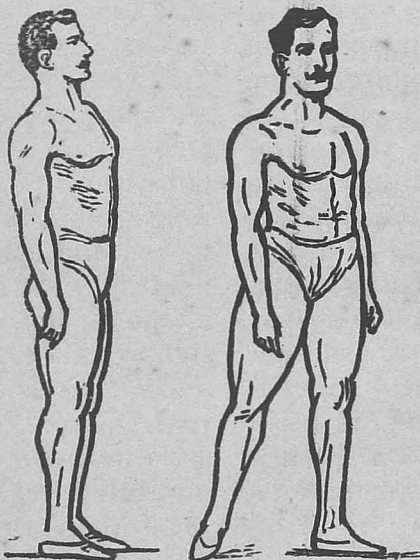
Happy Augury.—Have you, gentle reader, leaving the caressing warmth of your cosy bed, ever strolled out under the blue vault of the heavens at a time when the night with its wealth of the Queen of Night—the full moon and her maids of honour, the stars—is taking her departure and the suffused white light in the eastern skies heralds the advent of the glorious dawn that announces the approach of the chariot of the King of Day? If you have, you could find the benevolent Nature, all astir and awake, the cool, pure unsullied morning breeze free from dust, dirt and petrol vapourings frolicking round about your face and body and breathing health and hilarity into every nerve and muscle fibre. The birds on the trees and the shrubs are up and awake to greet the

dawn and be grateful to their Maker for the passing off of the night. They sing their melodies in varied notes and tunes and give marching time to your onward march, making your steps lighter and pleasanter. The fresh buds and blossoms in the garden, if you happen to pass by one, and the green verdure on the lawns smile on you and entering through the windows of your eyes, their smile lingers in the inner recesses of your heart, keeping it happy and joyful all day through. It is the

message of health and happiness that the whole nature breathes into you and fortified with this invigorating food for the body and mind, you start your day in happy augury and cheerful disposition.

Purposeful Walking.—Walking is admittedly an all round good exercise but early morning walk is the best. It should not be a listless, lumberless and leisurely walk with your mind dwelling on some domestic or business worry. It should be a brisk, forceful,

purposeful walk with your heart and soul into it, exercising all your limbs and muscles with head held up and chest expanded and shoulders thrown back so that lungs get a chance of fullest expansion. There should be regular rhythmic movement of your storing up health and energy by the active circulation of the blood stream. The balmy breezes



THE RIGHT WAY OF STANDING AND WALKING

charged with oxygen merrily play round your thinly clad body. This health giving *Pran-Vayu* is inhaled into the remotest part of your well-expanded lungs and thence carried by the blood cells in the dilated blood vessels to the farthest corners of your body. Thus, the carbon-dioxide in the stale, stagnant blood is replaced by oxygen which eases the tired muscles and soothes the jaded nerves and thus renewed and refreshed, you take to your day's work with zeal and enthusiasm.

Safe Exercise for Advancing Years.

—Active brisk walking is the kind of exercise best suited to persons passed the meridian of life and the women-folk. When the flush and impetuosity of youth is on the wane and muscles, nerves and blood vessels have begun to feel the weight of the advancing years and when any forceful exertion or vigorous exercise would mean an undue strain or stress, walking is the safest, the soundest and the most wholesome exercise.

Corrective of Lung and Bowel

Trouble.—Walking counteracts the baneful consequences of the present-day sedentary habits of the people, relieves constipation and its evil sequelæ like bad liver, piles etc., and like any other exercise taken in the open air, maintains the tone and temper of the individual in excellent state. The pre-disposition to any lung trouble like cough, bronchitis, asthma, tuberculosis or any bowel complaint like dyspepsia, indigestion, loss of appetite, sick headache, etc., is ameliorated if not eliminated by regular morning walk. Amidst the crowded and congested living conditions in the towns and cities in dark, dingy lanes and ill-ventilated houses where puff of fresh air and rays of the sun are a luxury for the poor and middle class millions

of our countrymen and women, an hour's stroll in the morning in the open is the best corrective of the ill-effects consequent on such living and is conducive to vitality and vigour for all and sundry, rich and poor alike.

Brings Health and Longevity.—

Walking in the early morning when the mind is unassailed by day's worries, is fresh and receptive. You get a chance to come in contact with all sorts of people which encourages happy social intercourse and engenders esprit comradariæ, eliminating all consideration of high and low, rich and poor.

Many good and great men, in all climes and countries, have attributed their health, happiness, prosperity and longevity to regular habits of taking a morning walk. Every man and woman, however humble his or her walk and profession in life, can achieve these estimable human assets by inculcating the simple habit of a morning walk which would enjoin "early to bed and early to rise makes a man healthy wealthy and wise" a trite but a true saying. India's climate, where rigours of weather are not so extreme and nature is so inviting and attractive, offers the ideal environments for a morning walk to breed healthy mind in a healthy body.

"The best doctor is he who has learned the worthlessness of most drugs".

—SIR WILLIAM OSLER.

* * * * *

"I am looking forward to the time when people give up the extraordinary habit of talking medicine when they are sick".—SIR FREDERIC TREVES, Physician to His Majesty the late King Edward VII.

* * * * *

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in Divine Power—these are the true remedies."

What Every Person Should Know ABOUT TUBERCULOSIS

I. What is Tuberculosis?

In olden days, this disease was called Phthisis, but this is an

objectionable term, because its meaning indicates only one of the symptoms of tuberculosis, namely, wasting. Up to the 17th century, this disease was termed symptomatically. Even in 1891, the medical world was ignorant of the actual and complete nature of the disease, when, after experiments proved the characteristic grouping of tubercle bacilli, it has been termed tuberculosis. It is not a localised infection and the bacilli may infect any part or structure of the body. The lungs are, however, the most frequently attacked because of the ease with which the germ can gain entrance into the human body *via* the respiratory route. When it affects the lungs, the disease is known as consumption.

There is no country in the world to-day, that is free from tuberculosis. It is present at all times, at all ages, in all places and in all climates. In the earliest time, when modern civilization was unknown, when mankind lived a simple life, having vigorous out-door pursuits, tuberculosis was unknown and everyone of them lived quite free from the ravages of this infection. Hence, we cannot but regard the disease as a vicious by-product of an ill-formed civilization. It is probably next to malaria, the greatest killer of the population of India and the most widespread of all infectious diseases.

II. The Nature of the Disease.—

It is caused by one particular germ

By

Dr. Bon Behary Das, L.M.F.

*M. O. Talpur Charitable Dispensary,
P. O. Keshab-Chak, Dt., Hooghly.*

known as tubercle bacillus. This germ cannot survive when exposed to the direct sunlight for nearly six

hours. The bacilli are so universally widespread that we generally fail to prevent their entrance into our body. Everyday we inhale and intake the germs but only a few of us actually contract the disease. A constant struggle goes on between these invisible germs with the protective mechanisms of the human body, which are always on the alert to ward off the attack. In this struggle, the latter, on most occasions, successfully rebut the attack by defeating the germs and the person is not likely to contract the disease owing to higher resisting power, greater vitality and strong natural immunity. Whenever the general condition of the body happens to be in a run-down state, in a state of less resistance to infection, the infective germs get the upper hand and find weak spots in some part of the body, where they settle down and set up the disease. Until quite recently, medical service held that tuberculosis was incurable but now it is no longer an incurable disease and in every case of tuberculosis, it is a well recognised fact, that the earlier the case is diagnosed, the better is the prognosis *e.g.*, an early case of tuberculosis can be cured but an advanced one cannot.

III. Strong Predisposing Causes to Tuberculosis.—

1. Any condition of malnutrition, poor food not containing sufficient nourishment, or exhausting diseases.

2. Various social customs, long

continued habits or prejudices as *purdha* system among females, early and repeated child-bearing, education (literary) divested of physical culture.

3. Living in dark room which admits neither sunlight nor fresh air, living in dusty and smoky atmosphere, living in over-crowded slums and ill-ventilated bastis.

4. Breathing through the mouth, over work, forced and fatiguing work when rest is needed, excessive drinking, sedentary habits.

5. Ultra-violet rays are actually responsible for the production of vitamin D which attacks tuberculosis. In India, though the sunshine is abundant, the ultra-violet rays which form part of the sun's rays, are mostly destroyed by changes in climate, humidity, intense heat and clouds.

IV. Mode of Transmission.—The tubercle bacilli generally come out of the affected body through every kind of excretion (sputum, saliva, nasal secretion, pus, urine, stool etc.) except expiratory air. If the affected person throws his or her excretions indiscriminately or otherwise disposes of, without previous disinfection, the excretions are converted into minute particles and when dried up, mix with the dust and float in the air. This air or dust, with the germ-particles, may fall on the food and drink, with which, they enter into the body or directly through inspiratory air. Flies, after taking the excretions of the affected person, may carry the germs with their mouth and legs and infect our food and drink when they sit on them. The dressing and bedding used by the affected person also contain the germs and if washed in river or pond, the water of that river and pond becomes polluted and may enter our body through food and drink. If the excretions of the affected person be disposed of without disinfection,

they find their way into the water of the river or pond near by, by soaking or being washed with rain water and thus the water becomes infected.

Affected persons or cows, when coughing or sneezing, expel germs with their droplets, which may fall on our food and drink or on other healthy person standing nearby and thus may help in spreading the disease. If an healthy individual takes food in the same plate or drinks in the same cup with the affected person, he may be infected through the medium of saliva or if he uses the dressing or bedding previously used by an affected person without disinfecting, he may be infected. Milk of the affected cow may contain the germ and, when taken, may cause the disease.

V. Common Methods of Prevention.—The following are the chief methods to be adopted for the arrest or eradication of tuberculosis.

A. Improve the general health of the people by good nutritious food, fresh air and sunlight, which are conducive to good health and which increase the resisting power and thereby, strengthen the protective mechanism of the body. Remove the cause which led to the lowering of the vitality and the weakening of the defensive mechanism.

B. Prevent the spread of the disease from man to man and from animal to man. This can be done by educative propaganda. The illiterate and ignorant mass should be taught to live a more or less hygienic life as far as possible, within their means. The consciousness of the people should be roused, particularly, with reference to the mode of transmission and the predisposing causes of the disease.

1. Every one ought to use individual plates, cups, towels, napkins handkerchief etc. and not eat or drink from the same vessel as another person.

2. All food should be kept covered so that flies may not contaminate it. All milk and drink should be boiled before use and protected from dust and flies afterwards.

3. No one should spit promiscuously nor spit, cough or sneeze except into a handkerchief. Spittoon containing some disinfectant should be used.

4. The refuse-bins covered and frequently emptied and washed with disinfectant.

5. Never put into the mouth anything that has been used by another person, until it is cleaned. Never let the saliva of another person, touch your mouth as in smoking. Do not allow your children to blow whistles, balloons, mouth organs, toys, belonging to other children.

6. Work and rest in the open air as much as possible and sleep with the windows open.

7. Breathe through the nose, not through the mouth.

Every one ought to expose himself or herself daily for a few hours to the setting and rising sun's rays, when ultra-violet rays are abundant.

9. Avoid overcrowding. Do not build on every inch of ground, leave sufficient space open to the sky in each house to admit of free perflation of air. The building or huts should be so constructed as to admit of free ventilation in each room. Sanitary condition of the bastis should not be neglected.

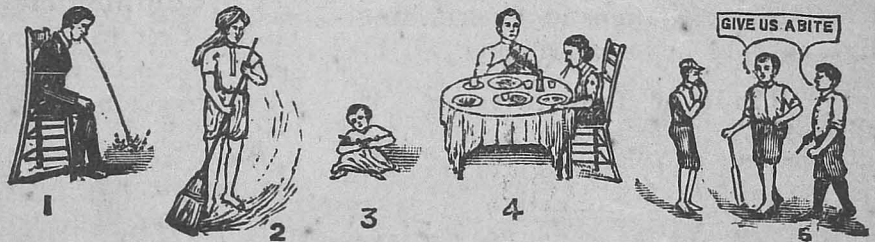
10. Other predisposing causes should be avoided or rectified as far as possible.

C. Segregation of the patients :— There are many who carry the germ but do not develop the disease. They are known as 'Healthy carriers'. They

also help in spreading the disease like the affected ones. It is very difficult to diagnose this kind of cases and so it becomes impossible to isolate them.

Make thorough and comprehensive survey of the incidence of the disease among the people. Any suspected patient should be taken at once to his physician or to a tuberculosis dispensary. The earliest signs of tuberculosis are :—(1) Slight rise of temperature especially in the evening. (2) Steady and unaccountable loss of weight. (3) A slight persistent cough. (4) Loss of appetite. (5) Undue fatigue without cause. (6) Spitting blood. (7) Night sweats. (8) Recurring pain in the chest. In the case of children, the early signs are : (1) Enlarged

HOW THE GERMS OF CONSUMPTION ARE CARRIED FROM THE SICK TO THE WELL



neck-glands unaccountable for by other causes. (2) Mouth breathing with a flat shape at the chest. (3) Child not thriving. (4) Actual wasting and slight afternoon fever.

The best aids to the treatment for tuberculosis are :—(1) Complete rest (physical and mental) in bed. (2) Eating good nourishing food which must include milk, eggs and fresh fruits. (3) Fresh air and sunlight. (4) Consulting a good physician.

Any known case should be induced or compelled to be removed to a suitable Hospital or Sanatorium for isolation and treatment. When such isolation is not possible, the case must be looked after very carefully, so that he does not spread the infection :—

(1) He must always spit into a vessel containing disinfectant. This

vessel must be boiled and cleaned every day.

(2) His excretions should be protected from flies and disposed of after proper disinfection.

(3) He must sleep alone with windows open.

(4) He must use his own separate set of clothes, knives, forks, spoons, plates, glasses, cups etc., which must be disinfected and washed every day.

(5) He must wash his hands with soap and water before and after taking food.

(6) His room must be disinfected daily and white-washed every three months.

(7) He must cough or sneeze into a paper or handkerchief which must be burnt afterwards. His spittoon should contain 5% carbolic lotion.

(8) His bedding must be disinfected in bright sunlight for 6 hours before sending to the washerman.

(9) Infants and children should be absolutely forbidden to enter the patient's room.

INFECTION

BY DR. B. M. KOTHARY, M.B.B.S., *Jodhpur.*

LIFE is a confluence of opposites—a constant adjustment between the forces of decay and growth. Human body, from childhood to old age, is subjected constantly to invasions of disease. So long as the resistance of the system and the body reserves are intact, the invading hordes are held at bay. As soon as the vitality is depleted and general resistance runs low, enemies attack and win battles which are manifested in the shape of diseases.

And naturally enough, we should enquire who these invaders are. With the successful prosecution of literacy campaigns, adult education and emphasis on the study of Hygiene, a certain amount of civic sense and health consciousness has been aroused in the masses. People have begun to think why people get sick and die; why and how epidemics visit different localities at particular parts of the year. And finally, they also want to know how they can individually and collectively contribute towards eradication of such a recurring menace.

Let this be known axiomatically that modern knowledge of medicine is

based on the scientific fact that no disease arises *de novo*. Human suffering from disease is neither a visitation nor a satanic activity. Attribution to 'Karma' or alleged punishment for past sins is nothing but sheer fatalism. It might console the ignorant or the credulous, but it certainly does not mitigate his suffering.

Reverting back to our theme, the invaders are pathogenic organisms, the invaded are human organs and tissues, and the battles are fought in our body. Pathogenic germs normally exist in our system—skin and mucous membrane, in the mouth and other orifices, intestines and in our intake and output material. But they cannot exercise their pathogenicity (disease-producing activity) till the general resistance is intact, the defensive mechanisms are efficient and there is no 'border incident' in the form of a breach in the skin or mucous membrane. Local trauma—physical, chemical or mechanical—precipitates the crisis at the scene of the battle. The pathogenic organisms muster strong to force their way into

the breach. The defensive forces in the form of white blood corpuscles are mobilised and re-inforced. The death and destruction of the fighting forces result in the formation of pus. The heat of the battle is evinced by the inflamed condition of the tissues.

This is one aspect of the diseases. Next comes the spread of infection. When you next fall sick, you must believe that you have caught the infection from a person already suffering from that particular disease. It follows, therefore, that for the spread of a disease, there should be a receptive host whose defensive mechanism

is out of gear, a source of pre-existing infection, and certain modes of transmission. As for the source, we have agreed that a pre-existing invaded being is absolutely essential. This being—man or animal—may carry

the disease directly to others through his discharge from nose, mouth and through excreta. A common illustration is our ordinary cold which can be acquired so easily in a crowd where infected people blow their nose violently. This type of transmission is scientifically known as 'Droplet infection'.

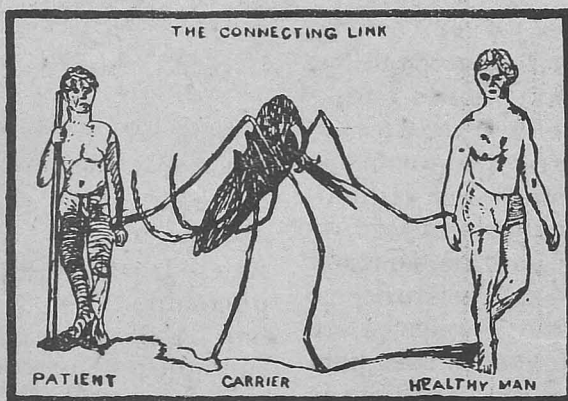
Then again, contaminated food and water may indirectly spread the infection. Such water is generally rendered harmful through indiscriminate washing of dirty linen carrying the excreta and discharges of patients suffering from diseases like Typhoid

and Dysentery. This accounts for the epidemics in fairs where cleanliness of the right standard is impossible to attain.

Next, we come to the role played by intermediate hosts like flies and mosquitoes. Flies sit on human morbid excreta containing pathogenic germs and then move on to edibles where they deposit inadvertently the seeds of disease. What a scourge to humanity, these flies are! And it is impolite if not useless to philosophize on our habits of eating such exposed sweets. And mosquitoes are worse. A female mosquito bites a malarial

patient; malarial parasites gain entrance into the mosquito where they evolve and multiply. Now, if this mosquito bites a healthy person, he is bound for malaria.

Lastly, we have the interesting phenomenon of 'carrier'. A man may harbour pathogenic organisms without himself actually suffering from the disease at that moment. He, an apparently healthy being, can pass on these organisms and consequent disease to others. A healthy looking milk-maid may, for example, endanger the lives of a community to whom she supplies milk, which has been infected unconsciously through her dirty habits. The curious career of the famous Mary Typhoid is worth recalling here. She was a plain little cook but was the cause of a series of household epidemics in American towns.



Common Cold

By

Prof. M. S. Motwani, M.S., F.P.S.,

Professor of Anatomy, Grant Medical College, Bombay.

WHEN one suffers from Common Cold, there is running of the nose, headache and slight fever. Usually, in about three days, the watery discharge becomes thicker and yellower and in a week's time the whole trouble subsides.

In the early stages, warm drinks, like hot milk, tea, coffee or cocoa are helpful. One may take a mild purgative. As regards medical treatment, calcium gluconate gr. xv, twice or thrice a day, according to age, is helpful. If there is difficulty in breathing due to obstruction of nostrils, Benzoin vapour is very helpful, especially in children and elderly people, when there is danger of Broncho-pneumonia. Simplest and the best way is to have a metal kettle half full of water kept on a segree near the patient's bed and one tea-spoonful of Tinct. Benzoin Co. put inside it. The vapour from the kettle will be available for an hour or so. This may be repeated every few hours. I have seen very small children too, responding to this. At night, one may rub the chest of the child with liniment of Turpentine. Thus, air inhaled by the child becomes impregnated with Turpentine and relieves difficulty in breathing.

If precautions are not taken against exposure, the nasal catarrh may not resolve, but disease might extend to the nasal air sinuses which are situated at the side walls of the nose or through throat or pharynx, might extend sideways into tubes leading to middle ear or extend down into

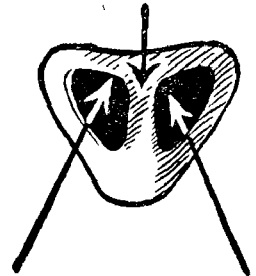
breathing tubes and later into lungs and thus cause serious trouble.

Causes of the Common Cold are: (1) exposure (2) too frequent use of iced drinks (3) deficiency of Calcium in diet (4) natural defects in the upper air

passage like deviated septum. I have found children losing proneness to chills by taking Cod-liver-oil or Halibut oil or various proprietary medicines, and continuing them for



SHARP NOSE.



SEPTUM.

A healthy nose should be sharp and raised.

A deviation of the septum to one side or other is faulty and is liable to congestion i.e., the walls become red and swollen and therefore obstruct the free passage of air into the lungs. The turbinated bones inside the nasal cavities may likewise become congested and give rise to nasal catarrh and obstruction to breathing.

one or two winters. In chronic condition, one can frequently wash the nasal passages with the following lotion:—

Mix 1 ounce each of
Potassium Chlorate,
Borax
Sodium Chloride

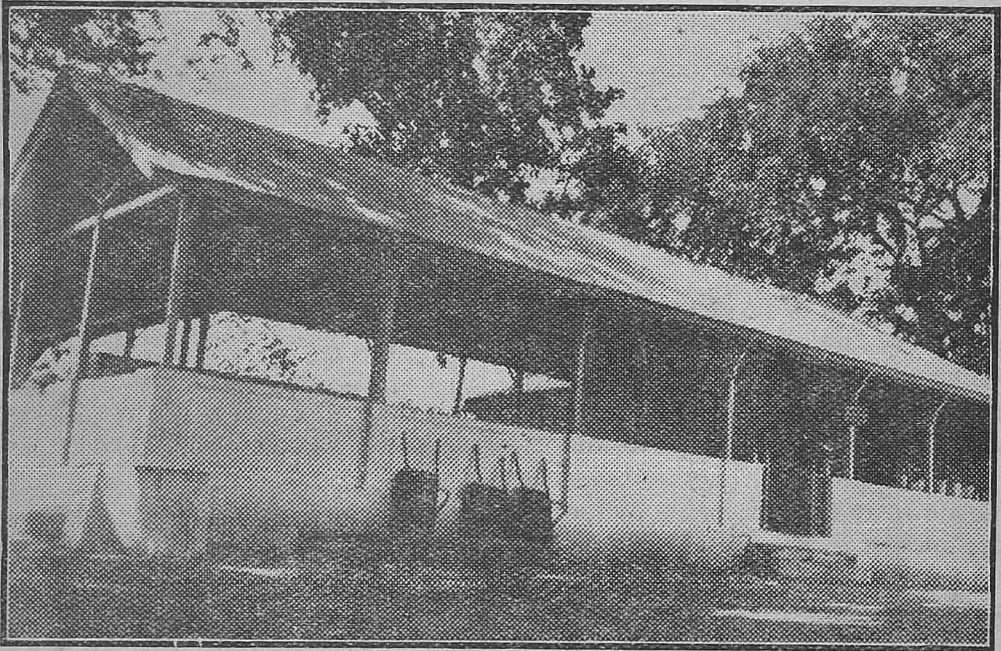
and keep this powder in a glass stoppered bottle. Put one table spoonful of this in an ordinary bottle and fill it with water that is boiled and then cooled. One can use this, mixed up with hot water, with an ordinary glass nasal douch costing about four annas. Each nostril can be douched as well as the throat.

OUR CREMATORIA

By B. TIPNIS, *Baroda.*

CREMATION—that very word is dreadful as it is intimately associated with the end of our very existence. Whatever our walk in life, each* one of us has to meet the way of all flesh and has to face the crematorium, dead. Before that unlucky catastrophe, however, a number of

A majority of the crematoria are, in the first place, not equipped at all, or very poorly equipped with sundries such as hooks to adjust the burning pier, pans for collecting the ashes, and such others. I should here like to point out that the main cremation ground at Baroda has been neatly



A TYPICAL CREMATORIUM IN BARODA.

times we have to visit the blessed spot as a last service to one of us. It is then that the ill-looking ghastly sight of our crematorium affects us in a painful manner. Though of course, any attempt to make it a cheerful, gay-looking spot will fail, still it is necessary to devote some more attention to the upkeep and general appearance of this last resorting place of a Hindu human being.

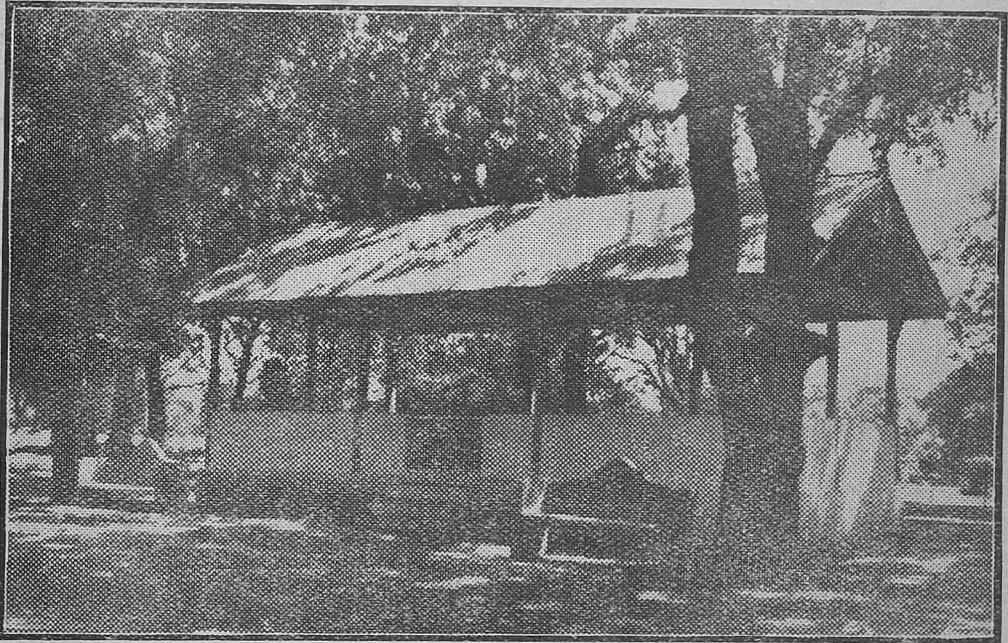
* Needless to say, this refers only to the cremationist Hindu population.

furnished with a careful thought, meeting almost every need that is more felt and less spoken out on such a grim occasion. There you will find a wheelbarrow kept ready for carrying the ashes to the Ghat beyond. That saves a lot of labour and worry to the attendants. Then there are a number of water taps with full force of water, and lines for drying the clothes. If desired, hot water too can be had at a short notice and a little cost. The value of this arrangement is well

appreciated in the cold season. Spacious open verandahs are maintained for those concerned to perform the rites that are necessarily done there. Tall shady trees that surround the spot lend a cool, soothing feeling to the depressed mind. A powerful flood-light watching from its high perch at night time, performs its grim duty

higher cost at this delicate hour. If need be, the municipality is ready to open its own stall, constant dread of which results in lowering the price of wood and other material that is necessary there.

The upshot of all this is that, all the municipalities and local bodies



“ Tall shady trees that surround the spot lend a cool soothing feeling to the depressed mind.”

like a stark sentinel. A visit-book is maintained with the keeper, wherein the attendants can mention their difficulties. The suggestions so made are promptly attended to.

Every attempt is made to guard the public from exploitation of the fuel merchants who are prone to take

concerned should pay due attention to this land of the Dead. Public are generally averse to complain about the discomforts felt at crematorium and suffer them in silence. It is, therefore, all the more necessary to pay wilful attention to this “Gateway of the Departed.”

The Disposal of the Dead

“Men have been fantastical in the manner of the disposal of the dead bodies, but the soberest nations have rested in two ways—of simple interment and cremation. Of this, the first is of the older date. The Christians abhorred the way of burning and stuck not to give their bodies to be burnt in their lives, and detested that mode after death, and properly submitted unto the sentence of God to return not unto ashes but unto dust again.”—*Guy's Hospital Gazette*.

CHOLERA

A TALK BETWEEN A DOCTOR
AND HIS DAUGHTER

Daughter:—Pappa! They say that Vijaya's mother is suffering from cholera. What is cholera?

Father:—Cholera is a disease in which the patient passes frequent watery stools. Often, the stools look like conjee water. The patient will also have vomiting. There will be great pain in the abdomen.

Daughter:—Father, what is the cause of this disease?

Father:—It is caused by the rapid growth, that is to say, multiplication of a very small organism in the intestine.

Daughter:—Can we see them?

Father:—No. Not with our naked eye. But we can see them under what is known as the microscope. Come. I shall show you my microscope. See. This is the microscope.



INSECTS IN WATER.

If a drop of the stool of the cholera patient is put on a glass slide like this and examined under the microscope you will see like this. These are very small organisms. They will be seen to be actively moving. Each one of them divides into two. Those two divide into four and those four into eight and so on rapidly.

Daughter:—Is there any danger in this disease?

Father:—Certainly. A large number of people who get this disease die of it and that within two days.

By

Dr. P. Balasubramania Pillai.

M. B. B. S.,

My lady, S. Travancore.

Daughter:—Pappa! Lakshmi says that a man is come to Vijaya's house. She says that he is called the Sanitary Inspector. She told me that that man was troubling the people in Vijaya's house very much. He doesn't allow the patient's clothes to be taken out of the house to be washed in the river. He asks them to put the clothes into a big pot containing some bad smelling liquid. Then he makes them boil the clothes and wash them in the house itself. They say that this Sanitary Inspector is being employed by the Government. Is that so, father?

Father:—Yes.

Daughter:—Why, father? Teacher told us that the Government was always doing good to the people. Then why does it employ this Sanitary Inspector to harass the people like this?

Father:—It is not so. The Government really wants to protect the people of the surroundings as well as the people of the district from cholera. You see, the patient's clothes are spoiled by her stools and vomits, which contain, as I have told you before, countless cholera organisms. If the clothes were to be washed in the river, they will distribute the organisms into the water in which they will multiply. Thus, the water becomes poisoned. Anybody drinking this

water is liable to get the disease. The river water thus poisoned will carry the disease to the people living further down by the side of the river. It is to prevent this that the Inspector ordered the clothes to be put into a lotion, which you were told to be a bad smelling liquid. This lotion kills the cholera organisms. But, to be further safe, the Sanitary Inspector asked them to boil the clothes and to wash them in the house itself. So, you now see that the Inspector is really doing good service to the people.

Daughter :—Is that the only duty of the Sanitary Inspector in a house where cholera is present ?

Father :—I am coming to that. The Sanitary Inspector reports to superior authorities immediately a case of cholera is detected. Then he looks to the work which you have mentioned. Further, he disinfects (that is to say, by using medicines kill organisms in and about the house) the house and its surroundings. He takes particular care about the visitors to the house so that they don't handle the patient and afterwards carry the infection with them outside.

Daughter :—Does the Sanitary Inspector give any treatment ?

Father :—He gives some medicine as an emergency measure and then advises treatment by a doctor.

Daughter :—Pappa ! Is there any way of avoiding an attack of this disease ?

Father :—Certainly. We can be safe from this disease if we take only hot food, drink boiled water and keep our foods protected from flies.

Daughter :—So, can't we eat fruits, Papa ?

Father :—Certainly you can eat. But you must get it from a clean locality, where there is no suspicion of the disease. The fruits must be fresh and not over-ripe.

Daughter :—Why should food be protected from flies ?

Father :—Because, flies are often the carriers of the disease. They sit on the stools of the patient. They come and sit on our foods. Thus they carry portions of the stools on their legs and poison our foods.

Daughter :—Is there no method of avoiding this disease ?

Father :—There is another method. That is, we can take a preventive inoculation (that is, an injection) against cholera as we all did, the other day. That will protect us from this fell disease to a great extent.

Daughter :—But, Father, what will the poor people do for that injection ? They have no money.

Father :—They need not have any money for that. They can get the injection free. During the cholera season, they can get the injection free from all hospitals. Often, special doctors are sent to the affected locality to inoculate all the people there. But, the difficulty is to make the people get inoculated. Many get frightened about the injection and some have unfounded suspicions about it.

Daughter :—Shall I tell my friends at school about the benefits of the inoculation and advise them to volunteer for inoculation ?

Father :—Yes. You can tell them about the nature of this disease also. For, now you know a great deal about the disease. Is it not so, dear ?

THE BORED-HOLE LATRINE

(Published by the Public Health Department, Travancore.)

Disposal of Human Excreta.—

A vital requisite for the maintenance of environmental sanitation and the preservation of public health, is the proper disposal of human excreta. Pollution of the soil with human faeces and urine, is highly detrimental to public health. It is upon the efficient arrangements for the disposal of human bowel-filth that the health of a community largely depends. This is a problem of paramount importance in Rural Sanitation.

Many are the dangers of soil-pollution. The practice of defaecating in open places such as roads, fields and riversides, is widespread in our country. This insanitary habit is both indecent and dangerous. It vitiates the air and contaminates water-supplies. The rains wash off the faeces into tanks, rivers and unprotected wells. From open faecal deposits, flies carry infection to articles of food and drink.

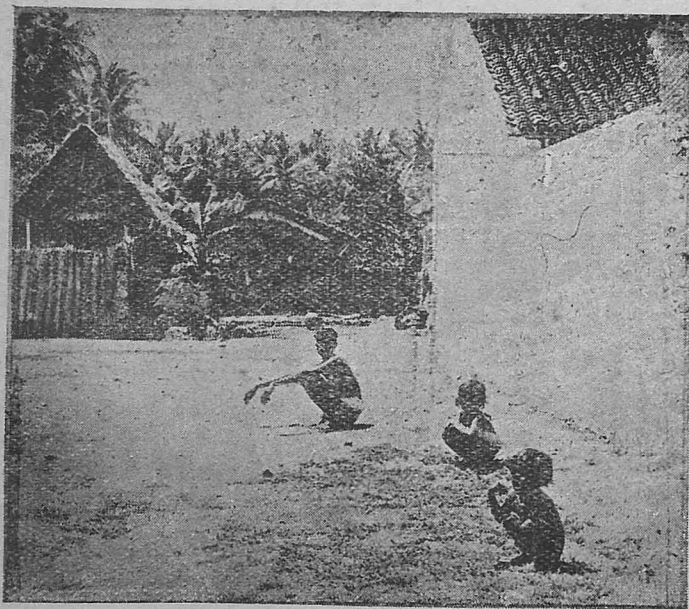
Soil-pollution is a potent factor in the spread of several bowel-diseases. Places fouled with human faeces act often as the foci for hookworm infection, abounding with hookworm larvae. The toll levied by Typhoid Fever, Dysentery and Cholera is very much due to the spread of infection through Flies, Food and Water, consequent upon soil-pollution. Of these diseases, it is rightly said that they represent "a short circuit between the anus of one person and the mouth of another". The panacea for all these evils is the use of Sanitary Latrines.

Latrines.—Several types of latrines are in use. But care is seldom taken to satisfy the necessary sanitary conditions in the construction and maintenance of latrines. A proper latrine should get sufficient air and sunlight and afford privacy. It should not evolve foul gases. Nor should it contaminate wells and other sources of water-supplies. It should be in-

accessible to flies, birds and dogs. A sanitary latrine for use in rural parts should admit of cheapness of construction and dispense with scavenging.

In villages, defaecation in open places is the common practice. Sometimes, open pits are also used as latrines. These latrines are highly insanitary, as they become prolific sources for fly-breeding, exhalation of mal-odours and pollution of water-supplies.

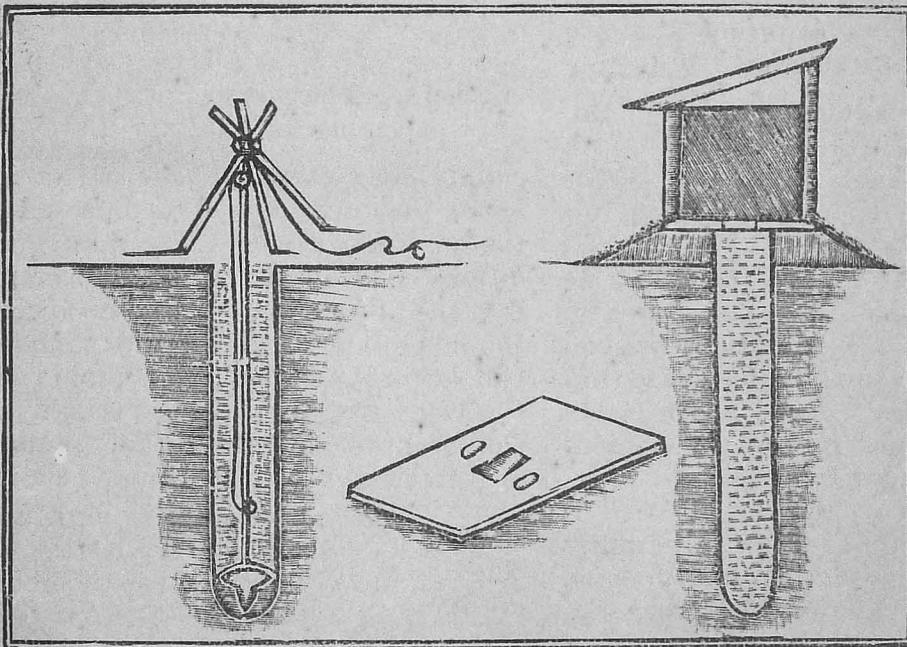
The bored-hole latrine is cheap, simple and hygienic. It is eminently suited to meet the requirements of rural areas.



Defaecating in open-places—a bad practice.

The Bored-Hole Latrine.— For homes in villages and small towns, the bored-hole latrine ensures sanitation, comfort and convenience with cheapness of cost. It is perfectly sanitary; not offensive to sight or smell; and requires no cleaning or care as a daily routine. It also conserves the manurial value of human excrement in a safe and inoffensive way. Economically and hygienically, the bored-hole latrine has many advantages over other types of privies. Bored-hole latrines have become very popular in Ceylon, Java, Federated Malay States, certain parts of Madras

cylindrical pit 18" in diameter and 20 to 25 feet in depth, bored into soil and covered by a suitable squatting plate or seat. 18" diameter seems to be the ideal size combining maximum capacity with facilities for the easy operation of the boring tools. A rectangular or square hole is harder to make and hinders cleaning when necessary. A bored-hole latrine would serve the requirements of an average family for more than 3 years. This type of latrines is also suited for temporary use at camps, fairs and special occasions. When the pit is full, say from 2 to 3 feet from top, it has



THE BORING INSTRUMENT AND BORED-HOLE LATRINE.

Presidency, the United Provinces and elsewhere. A vigorous campaign is in progress in Travancore for the installation of this type of latrines in all suitable places, as a chief measure for the promotion of Rural Sanitation. This is an important activity in the Neyyattinkara Unit. Municipalities and Social Service Organisations are giving a good fillip for the popularisation of bored-hole latrines in the rural areas of the State.

The essential feature of the bored-hole latrine, is a simple, vertical,

to be covered up. Another pit may be bored nearby and the squatting plate, and if possible the superstructure, may be transferred from the old pit to the new. When the second pit also becomes full

and has to be closed, the first may be re-bored and this would yield inoffensive and valuable manure. An ordinary bored-hole latrine 25 feet deep may yield a plentiful supply of manure. This manure is sold at the rate of Rs. 5/- per cart load in the rural parts of Madura District and other places. Two bored-holes can thus be used by an ordinary family for a long time.

The Boring Instrument.—The instrument used for the excavation of

bored-hole latrines, is a simple, handy machine having a bucket-shaped Augur 16" or 18" in diameter and 15" deep. It consists of two sharp, curved, shield-shaped, double-forked steel blades with four cutting edges. The two shield-shaped blades are riveted to an arch or bridge to which the shaft is attached. The shaft consists of 4 or 5 pieces of pipes of 1¼" or 1½" size of varying lengths, fastened to each other. A shifting handle is fitted on to this shaft, for turning the borer. Three bamboo poles, each about 25 feet long, form a tripod to carry the pulley. A rope 60 feet long is passed through the pulley and tied on to the shaft for lowering and raising the borer in the course of digging the pit. A steel jumper 20 feet long, in two equal pieces, is also provided for breaking up the hard stones and laterite which cannot be easily bored through. A boring guide with two shutters is used to keep the shaft in position.

Boring instruments of different sizes and qualities could be purchased at prices varying from Rs. 30/- to Rs. 100/-. One boring apparatus could easily cope with the requirements of a population of 10,000. It is not necessary that individual families should own these boring instruments. Social Service Organisations and Co-operative Societies will do well to secure these Borers for being utilised for common benefit in their respective spheres of work. Such Borers belonging to the Public Health Department are available for public use in the Nanyattinkara Health Unit (and all the Sanitary Circles.

Soil and Sites for Bored-Hole Latrines.—Bored-Hole latrines could be installed only in areas where the soil is suitable and the sub-soil water level is sufficiently (at least 5 to 10 feet) low. Loose gravelly, clayey, soft laterite and red soils are best suited for this type of latrines. Very hard laterite or rocky soil or loose

sandy and loamy soils are unsuitable for bored-hole latrines. Hard rocky strata cannot be bored through and the soft sandy soil caves in at the bottom and gets filled up. A lining of basket work made of split bamboos will be useful in preventing caving. Where the surface soil is soft, an empty barrel of 18 inches or hollow cement cylinder will support the walls of the hole at the top.

The site to be selected for locating the bored-hole latrine, should be easily accessible from the house, the proper distance being about 30 feet. If the distance is greater, the tendency to use the latrine especially at night or during rains, may slacken. The site of the latrine should similarly be at least 50 feet away from the well or any other source of drinking water-supply. It is better to have the latrine located below the level of the well if the ground is sloped. The bored-hole latrine could be used for a longer period if it goes at least 2 to 3 feet below the level of the sub-soil water, thereby accelerating bacterial action on the faecal matter. The deeper the pit, the better the latrine. In many cases, only shallow pits, 5 to 7 feet, are dug. Such shallow pits breed flies in profusion, besides getting easily filled up. The depth of the latrine should at a minimum be 15 feet wherever possible.

Labour.—A bored-hole 20 feet deep could be dug out in 6 to 7 hours, by 5 trained coolies, if the soil is free from hard laterite or stone. In a deep column of laterite, the same work would require about 12 hours. The average cost per pit may vary from Rs. 2 to Rs. 3. Under the arrangement of certain rural Y. M. C. As, the villagers themselves do the boring work. In such cases, skilled supervision is essential. If done in a spirit of mutual assistance, this work can make rapid strides in rural parts.

Squatting Plates.—Re-inforced, polished, concrete slabs satisfying the following standard specifications,

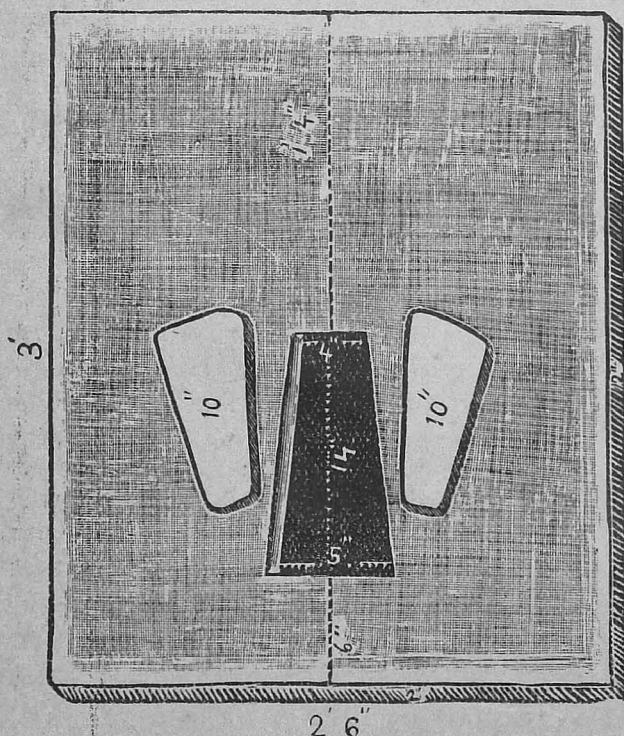
serve as the best squatting plates. Seats made of planks or stones compare very unfavourably with concrete slabs, in comfort and cleanliness. The concrete slabs are cast on a special mould and are re-inforced with a $\frac{1}{4}$ " iron rod frame. The cement concrete mixture used is in the proportion of 1 of cement, 2 of sand and 4 of ($\frac{1}{2}$ "- $\frac{3}{4}$ " metal). The slab is 3 feet long, $2\frac{1}{2}$ feet broad and 2 inches thick. It has a central aperture 14 inches long, its breadth being 4 and 5 inches respectively in front and behind. It is concave and dished with a slope of $1\frac{1}{2}$ " from all sides of the slab to the centre, and has a polished surface at the top. This helps the flow of all the wash-water and urine into the pit. The interspace between the anterior end of the aperture and the front edge of the slab is 16", the corresponding space behind being only 6". The aperture has on each side a foot-rest 10" long. The heel end of the foot-rest is 4" in front of the hind edge of the aperture and $\frac{3}{4}$ " away from its sides. The heel end is $1\frac{1}{4}$ " high and

the toe end $\frac{1}{4}$ " high. The distance across from toe to toe is 12". Foot-rests conforming to these specifications, facilitate comfortable and natural squatting.

The mouth of the pit is raised a foot and a half from the surface either with the dug-out earth or with stones. This adds to the column of space in the latrine and also keeps off ground water from flooding in. The slab should so cover the top of the pit that the aperture should come right above the hole. It should also be placed in proper level, lest the urine and wash-water should flow out and contaminate the ground. It is better to have the ablution done over the slab itself. This procedure helps the easy decomposition of the faecal matter in the latrine, besides obviating the contamination of other places.

The use of defective squatting plates detracts much from the sanitary value of the bored-hole latrine. The plates and the apertures should

not be too large or too small. These plates should neither be level nor be so wrongly devised as to allow the urine to flow outside the privy. The foot-rests should be in correct position. They should not be parallel to each other or too wide apart from the aperture. The heel-end should be on a higher level than the toe-end and the latter should not face towards the aperture. The slab should be polished lest urine should accumulate on it making it unclean and foul-smelling. Wooden squatting plates are unfit for use as they absorb urine, cause bad odours and gradually decay. If stone slabs are to be used, they should be in proper form and size, with polished cement plastering over the surface.



CONCRETE SLAB.

The current average cost per concrete slab varies from Rs. 2/- to Rs. 3/-.

Superstructure.—A cheap and simple superstructure may be provided for affording adequate privacy. Screens with galvanised iron sheets or bamboo thatties or even simple enclosures with cadjan leaves, will be quite suitable. Care should be taken not to allow any interspaces between the slab and the enclosure. Provision of costly and permanent enclosures is a waste and should be avoided. If the enclosure is of a transferable type, it could be used for the new latrine that may be put up when the old one is closed. The superstructure may be roofed or left open. Sufficient ventilation should be ensured in the latrine.

Sanitary Maintenance.—Lack of care may lead to bad smell and the breeding of flies and mosquitoes in the bored-hole latrine.

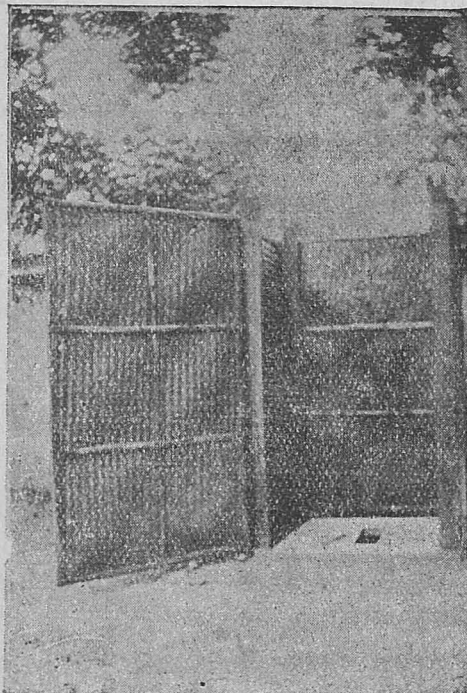
The exhalation of mal-odours from the latrine could be avoided by putting in handfuls of ash or lime occasionally and keeping the slab clean.

By pouring in one or two ounces of kerosene or crude oil once in a week, mosquito breeding in the latrine could be prevented. Fly breeding in the latrine could be avoided by throwing some lime into the pit once in 10 days. A bucketful of boiling water, poured into the pit, once a week, would effectively destroy even the hardy maggots of the Blue Bottle Fly, besides those of the ordinary flies.

The Bored-Hole Latrine—Its Economic and Hygienic Advantages.—

The bored-hole latrine is the cheapest and simplest sanitary device for the safe disposal of human excreta, in rural and semi-rural areas. Its average initial cost is only Rs. 5/- to Rs. 7/-. The cost for putting up new latrines, when the old ones become full, will be less as no fresh expenditure may be needed for the slabs. When

the latrines used up and closed have to be re-bored, the labour for digging and the cooly charges will diminish. A profitable feature of bored-hole latrines, is that the contents evacuated from a latrine covered up after use, serve as in-offensive and valuable manure fetching a good price. This sets a good example for turning waste into wealth. The bored-hole latrine provides ample comfort and convenience for performing one of the most important daily functions of



BORED-HOLE LATRINE
WITH SUPERSTRUCTURE.

life. It helps to maintain a high standard of sanitation and acts as a potent means for combating and preventing such debilitating and dangerous diseases as typhoid, cholera, dysentery and hookworm disease.

The bored-hole latrine dispenses with the need for employing a section of the community in the filthy and degrading work of scavenging. If it should afford its sanitary benefits in full, it should be constructed and maintained as satisfactorily as possible. It is unreasonable to condemn the utilities of the bored-hole latrine

for the adverse results following from its defective construction and improper maintenance. The investment of a small amount for the installation of

bored-hole latrines in village homes, is an economically sound measure paying high dividends in improved sanitation, less disease and better health.

● Topics from Medical and Health Periodicals ●

Baby's Weight

HERE is a guide for you to keep handy so that you can check upon it. It gives the average increases of a baby weighing seven and a half pounds at birth :

Birth	...	7 lb. 8 oz.
Two weeks	...	7 lb. 14 oz.
Three months	...	12 lb.
Six months	...	15 lb.
Nine months	...	18 lb.
One year	...	22 lb. 8 oz.

—*Good Health, (Lond.)*

Are Meats Superior to all other Foods?

THE claim, loudly asserted by commercial interests, that meats are superior to all other foods or even essential to normal development and vigorous health, is not supported either by established facts or by recognized scientific authorities. The truth is that while meats are in general easily digestible and readily assimilable, they are nevertheless inferior foods and should be used, if at all, only in emergency and certainly not as staple foods.

*Oriental*s have flourished for thousands of years on a fleshless diet. Although China and India have behind them the longest history of any nation, they still retain practically intact their primitive national vigor, notwithstanding the almost entire lack of the protection afforded by modern organized sanitation and the almost complete disuse of flesh meats of all sorts.—*Dr. John Harvey Kellogg, M.D., —Good Health, (U.S.A.)*

Wrong Ideas about Protein

IT is the common belief that persons doing hard muscular work require a large increase of protein. There is, however, no scientific evidence of the truth of this, writes Dr. E.P. Cathcart, regius professor of physiology, University of Glasgow, in the *Lancet* (March 30, 1940). It would be supposed that the trainers of athletes would acquaint themselves with the principles of efficient nutrition. Yet investigation of the training diets of about 4,700 athletes coming from over forty different races of mankind attending the Olympic games at Berlin in 1936, showed a heavy consumption of protein.

Wishart, in his study of the relation of protein intake to the efficiency with which prolonged hard muscular work was performed, learned that gross efficiency was higher on diets comparatively poor in protein. Corry Mann, experimenting on himself, proved that when he included milk in his diet, he could carry on in perfect health on a lower calory intake than when he used meat as the source of his protein.

The old ideas of heavy protein feeding have been disproved. The Technical Commission on Nutrition of the League of Nations suggested one gram of protein per kilogram of body weight (2½ ounces for a person weighing 154 pounds), but the experiments of Chittenden and Hindhede indicate that even this is too high.—*Good Health (U. S. A.)*

Music—An Aid to Mental and Physical Development

IF there is any external stimulant which arouses the emotions and thereby a desire and potency to live, function, get busy and be happy, it is music, as everybody not stone deaf knows.

“Music, although the crowd as a rule does not consciously realise it, is an equivalent and substitute for an expression and impression of spiritual love and a physical caress. The exalted pleasure derived from music approaches the nearest of all the sense experiences to the rapture of love’s ecstasy.”

“Rightly used, music can be employed to improve the health, to increase the working capacity, to provide companionship, to strengthen the character and enrich the mind.”—*Oriental Watchman, and Herald of Health.*

Tickling

THERE are two kinds of tickling, deep and surface. Deep pressure over the ribs, in the arm pit and elsewhere, causes the muscles underneath to contract, the person to draw away, laugh, cry, or exclaim. The reason that this does not happen when the tickling is done by a person to himself is that he consciously resists, and the muscles are relatively stiff. Actually, deep tickling can usually be resisted by keeping the muscles rigid and contracted. The response to tickling is a true reflex and is carried by the nerves up the spine to a portion of the brain (the thalamus) which translates the sensation into the response of laughter, crying, and so forth. The surface sensation of tickling may be caused by light touch, such as a feather and lasts often, after the stimulus which caused it has been stopped.—O. W.

Eleven Things About Milk

1. Milk is valuable for the nutrition of young and old, sick and well, active and inactive.

2. A generous daily quota of milk is especially necessary during the years of rapid growth.

3. Milk has no equal among foods as a source of calcium, which is needed by everyone to make sound teeth and strong bones.

4. The proteins of milk are unusually efficient for growth, and are valuable throughout life in maintaining tissues in good condition.

5. Milk is unique because each of the vitamins now known is found in it in small or large quantities. Milk fat is often used as the principal source of vitamin A in the diet, and skim milk of vitamin G.

6. In the low-cost diet, milk is prominent because it provides high-quality protein, calcium, and vitamins A and G cheaply.

7. Dried, evaporated, and condensed milk are often used to advantage in place of fresh milk. Skim milk, in either liquid or dried form, is an important food material.

8. Artificial feeding of infants has lost many of its hazards, since clean milk of low bacterial count has come on the market, raw, pasteurized, tinned, and dried. If soft-cured milk and vitamin-enriched milk become more generally available, infant feeding will be further simplified.

9. It is the responsibility of the consumer to know what clean milk is, to demand it in every community, and to keep it in a *cold, clean, covered* place from the time it is delivered until it is used.

10. A good refrigerator that holds a low constant temperature in the milk compartment is a safeguard to health.

11. Remember that milk is one of the least expensive of foods. If you are worried about the high cost of living, you will get more for your money in a quart of milk than in anything else you can buy at the same price.—*The Oriental Watchman*.

The Myth of Auto-Intoxication in Sufferers from Constipation

THE normal healthy intestinal epithelium is an efficient barrier. The power of absorption is much diminished in constipation because of the hardness of the fæces. The mucous coat reinforced by the digestive juices offers a reliable obstacle to the penetration of microbes. This system of defence continues to be efficient as long as the intestinal mucosa remains healthy and intact. On this account it is necessary to guard against all those methods of treatment which subject the mucosa to the risk of injury, such as laxatives, purgatives and colonic irrigations.—*Medical World*.

Syphilis Transmitted by Kissing

SYPHILIS was transmitted to five of eleven members of a family by means of kissing, Gracie R. Rowntree, M.D., and James Robert Hendon, M.D., Louisville, Ky., report in the *Journal of the American Medical Association* for July 13. The original familial infection was from an outside source,—through kissing.

The authors state that physicians should be more suspicious of all lesions which might possibly be syphilitic. Two of their patients, they say, had previously been to physicians who made a diagnosis of lip impetigo in one and trench mouth in the other. Only good fortune saved the entire family from acquiring the disease, as they are all affectionate people.—*Texas State Journal of Medicine*.

Superstition and Health

SUPERSTITION is by no means confined to the savage patrons of witch doctors. There is plenty of nonsense still talked and penned in so-called civilized countries on the subject of health. The power of mind over matter has been greatly exaggerated by Coueism and so-called Christian Science, and this exaggeration has very largely entered into the spoken and written words of self-styled teachers of psychology.

Take for example the words of the American poet, Ellaw Wheeler Willcox :

“Talk health! the dreary, never-changing tale,
Of mortal maladies is worn and stale.
You cannot charm, or interest, or please,
By harping on that minor chord, disease.
Say you are well, or all is well with you,
And God shall hear your words
And make them true.”

Of course, it must be freely admitted that a continual harping on one's ailments is depressing and harmful both to the individual concerned and those who hear it. It is true also that the mind plays a considerable part in enabling one to rise above the ills of the flesh, but the fact remains that in the cases of nine out of every ten sick people, no amount of wishful talking or thinking will make them well. Their need is remedial treatment; such as, for example, a particular diet, prolonged rest, or may be a surgical operation. So far as we know the Almighty has never undertaken to make people well simply on the condition that they *say* they are. Such an idea is rank superstition, the crudest and most extreme form of Coueism and Christian science, and is neither Christian nor scientific.—*Good Health, (Lond.)*

Health Tit-Bits

Smiles

SMILES cost nothing and are worth everything. They are more valuable than diamonds.—*Good Health, (Lond.)*

* * *

The Blush

IT is said that the blush of shame begins in the neck and ears, that of anger with the eyes, and that of love in the forehead.

* * *

Building Self-reliance

IN building self-reliance, don't poison your mind with newspaper chronicles of crime, war, and disaster. Don't pollute your mind with mental pictures that cause you fear and irritation.—*Grenville Kleiser.*

* * *

Heart Murmur

"THE child who has a heart murmur should be allowed to carry on a reasonably normal, happy life, without too many restrictions"—R. Earle Glendy, M.D., Boston, contends in *Hygeia, The Health Magazine.*—*Texas State Journal of Medicine.*

* * *

Airplane Flights and Deafness

"DEAFNESS due to obstructions of the eustachian tubes has been reported as having been relieved by an airplane flight," The Journal of the American Medical Association for June 22 says in answer to a question as to how such relief might be obtained. "By increasing air pressure on descent," The Journal states, "air could be forced into closed eustachian tubes or the rarefied air on ascent could allow air under greater pressure in middle ears to escape through the eustachian tubes."

Book Review

Astrology for Beginners.—By B. V. Raman, M.R.A.S. (LOND.), Publishers: Raman Publications, P. O. Malleswaram, Bangalore. Price: Re. 1/- or sh. 1-9/- or cents. 50/-

Is Astrology a Science? This is a moot question for which no satisfactory answer has as yet been obtained. While the Hindus maintain that Astrology has its roots in Astronomy and Mathematics and, therefore, it is a Science, the Westerners call it a spurious Science, a mere guess work though, at the same time, thousands run to the palmists and fortune-tellers to know a glimpse of their future. Be that as it may, there is no gainsaying the fact that astrological predictions follow a study of the permutations and combinations of the movements of the nine planets in the twelve signs of the Zodiac and the beneficial or malefic effects of such combinations according as the planets are good or evil. There were, in olden days in India, very great thinkers who had perfected this Science to such an extent that they were able to cast a number of horoscopes and record the future of those yet unborn even to the minutest details, such as 'Nandi Nadi', 'Sukar Nadi' and 'Saptharishi Vakyam' and so on. But, as in the case of many Sciences and Arts in India, time and ignorance have wrought their havoc even in the Science of Astrology and caused it to be relegated to the limbo of oblivion. The author has, in this booklet, made an earnest endeavour to revive that dead Science and has written it in an easy flowing style, avoiding all technicalities for the benefit of beginners. We heartily recommend it to those who are interested in the study of Astrology.