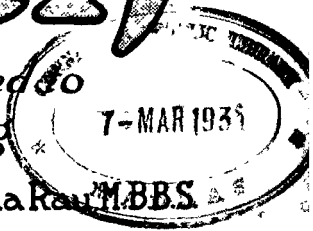


# Health

*A Journal Devoted to  
Healthful Living*



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

Published in

ENGLISH, TAMIL, TELUGU AND CANARESE.

Annual Subscription for any edition Rs. 1-8. Foreign Rs. 2. Post paid.

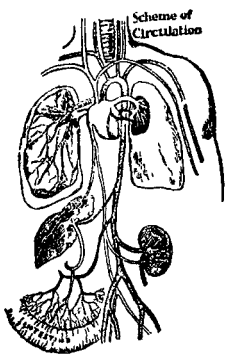
Editorial and Publishing Offices:—323, Thambu Chetty Street, George Town, Madras.

## EDITORIAL

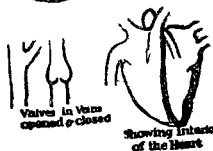
### Blood in Relation to Food

WHAT is blood? We all know that it is a fluid in the human system that carries nutrition to the numerous cells in the body, that helps to remove the waste products from the body and generally to give life and tone to the body. The heart is the pumping plant that pumps the blood to the various parts of the body and the lungs are the cleansing apparatus that purge the blood of its impurities. In the blood, there are what are called red and white corpuscles. The red corpuscles are the life-giving corpuscles, while the white corpuscles are the disease-resisting corpuscles. The normal blood corpuscles contain

eight different minerals viz., (1) Potassium chloride, (2) Sodium chloride, (3) Potassium Phosphate, (4) Sodium Phosphate, (5) Calcium Phosphate, (6) Magnesium phosphate, (7) Iron Oxide and (8) Potassium sulphate. It goes without saying that all these minerals are indispensable to maintain normal health. These salts are all alkaline in reaction. The fluid part of the blood contains (1) Potassium oxide, (2) Sodium oxide, (3) Chlorine, (4) Calcium oxide and (5) Magnesium oxide. Of these chlorine is acid. Thus the blood is preponderatingly alkaline in nature, the proportion of alkali to acid being 8:1.



Scheme of Circulation



Valves in Veins opened & closed

Showing Interior of the Heart

Blood Circulation.

The necessity for taking only alkaline foods and avoiding all acid ones is thus apparent. Disease then is the result of change in the composition of blood from alkaline to acid. So the food to be taken must be alkaline, *i. e.*, those that contain only minerals. If acid food is taken, the diseased condition called 'acidosis' results. The living body is always slightly alkaline. "If the tissues of the body become acid to the slightest degree, death occurs and serious illness results long before the alkalinity of the body is reduced to the neutral point," so says Dr Sansum, in "the Normal Diet".

Our ancients evidently knew the chemistry of the body blood so thoroughly that they took care to see

that only alkaline foods were consumed. Fruits, vegetables and milk, formed their chief regime. Presents during visits to friends or relations consisted mostly of fruits. If one is unable to give costly fruits as presents, limes and lemons are considered to be the best and cheapest presents. Even kings must accept them and it is a sin to reject such presents. Sruman Vedanta Desikar, a great Vaishnavite saint of Southern India, who flourished about 650 years ago, had written a treatise on 'Dietary,' wherein he says, "தீண்டனனூக...கொடும்புளிப்பு கறிக்காகா." (Highly acid-forming foods are unfit for consumption). Here is one more instance of modern medical science and ancient Hindu custom meeting on a common ground!

# The Conquest of Syphilis

By

EDWARD PODOLSKY, M.D.

Brooklyn, New York. U. S. A.

(Continued from page 28. Vol. XIII, No. 2.)

**Fighting Syphilis with Drugs:**--The fight against syphilis began in early times. In 2637 B. C. the Chinese Emperor Hoang-Ty in his collection of medical treatises first made mention that mercury was an effective drug in the treatment of the disease, and mercury since then has been one of the great drugs in the treatment of syphilis. At first mercury was used as an external application, but as man grew bolder he began to swallow the drug in the form of pills. The first of the pill

swallowers was Barbarossa II, a pirate king of Algiers and an admiral in the Turkish Fleet under Solyman, Sultan of Turkey. He was so enamoured of these pills that he sent a supply to a royal colleague, Francis I. Francis was known to have suffered from syphilis which he had contracted from La Belle Ferroniere, and the mercury pills of the pirate king helped him to regain part of his health.

Paracelsus, the great doctor-reformer is generally credited with popularizing the internal use of

mercury. He once declared :—"This poison, as you call it, certainly has a far different and better effect than the wagon-grease which in the treatment of the French disease you are so fond of smearing on your patients." Mercury became a very popular remedy in a short time. Giacomo Berangario of Carpi, who died in 1550, has had his name immortalized in the pages of Benvenuto Cellini for the great success he had in the treatment of syphilis with mercury. Cellini says, however, that Berangario had to leave Rome in great haste and very wisely because his patients all relapsed "so that he would have been murdered if he had stayed."

In addition to mercury the early doctors placed great faith in Guaiac. It was called the Sacred Wood. Guaiac was very largely popularized by a layman, Ulrich von Hutton, a German knight who was afflicted with syphilis when he was 20 years old. In 1519 he published his experiences in which he claimed that he had cured himself with the Sacred Wood.

Ambrose Pare, called the Greatest Surgeon of the Renaissance, was thoroughly acquainted with the treatment of syphilis. He had four ways of treating this disease. 1. Guaiac 2. Mercury. 3. Sulphur. 4. Fumigation with Cinnabar. With the passing of the years iodine and arsenic also became popular remedies. Arsenic, one of the greatest drugs in fighting the disease was first used during the 17th century, but its real value had not as yet been recognized.

**Arsenic Conquers Syphilis.**—Napoleon's personal pharmacist was one of the most romantic and mysterious of figures in the history of science. His

birth was shrouded in mystery; he was believed to be the illegitimate son of Louis XV. His name was Charles Louis Cadet, of the pharmaceutical and chemical Cadets of France. All the Cadets had distinguished themselves either as chemists or pharmacists, and not a few had made some very important contributions to medicine. The father of Charles Louis, Louis Claude Cadet, is as famous as his mysterious son. It was he who gave the world the first organic arsenical compound.

In this light Louis Claude Cadet may be regarded as one of the pioneers in the effective fight against syphilis. Cadet's invention was known for many years as Cadet's arsenical liquid. For a long time it remained a mystery until Robert Bunsen, of Bunsen burner fame, studied this liquid and separated it into its predominant elements of carbon, oxygen, hydrogen and arsenic and showed that the oxygen was replaceable by non-metallic elements, a most important discovery.

Brezelius, originator of modern chemical symbols, who taught chemists to write in short hand, recognized this oxygenated arsenical compound and gave it the name of cacodyl because of the disagreeable odour of its compound. From Cadet's arsenical liquid a valuable train of chemicals was evolving.

In 1860 Bechamp in his researches discovered the first aromatic arsenical compound, sodium arsenilite, but it was not until 1902 that Drs. Thomas and Brienl used it under the name of atoxyl to treat a disease known as trypanosomiasis, caused by a corkscrew relative of the syphilis germ. In 1907 Paul Ehrlich became interested in atoxyl. He found that this new arsenical

compound held great possibilities, but it was somewhat too poisonous. He set a problem for himself. He was going to render atoxyl not only less poisonous but also more effective in curing syphilis.

The first modification of atoxyl resulted in a new drug known as arsacetin which was a distinct improvement over the former drug. It was used for several years with success but Ehrlich had no intention of stopping at this point. He evolved another arsenic-containing drug which he named arsenophenylglycine. But still Ehrlich was not satisfied.

Paul Ehrlich had a dream of inventing a drug which would kill all the germs of syphilis at one dose without in the least injuring the tissues of the victim of the disease. It was a very ambitious dream, which though never realized, spurred Dr. Ehrlich on to countless experiments. After 606 chemical manipulations he compounded a drug which he called arsphenamine. Ehrlich felt sure that at last he had discovered the drug which would for ever banish the Red Scourge.

Ehrlich's arsphenamine was offered to the world in 1910. Doctors began to use it avidly. Remarkable cures were reported at once and the discovery startled the entire world. Here, felt the doctors, was the perfect drug which would vanquish the corkscrew terror at one stroke. Many cases of syphilis with the most distressing sores and ulcers which had been treated without effect by mercury and iodine yielded immediately to Ehrlich's arsphenamine and were healed.

It was soon found that although arsphenamine was a wonderful drug it would not heal syphilis with one

dose. Persistent treatment was required. Ehrlich again began to pursue his dream of the one great drug which would cure syphilis with but one injection. He continued where he had previously left off. From experiment 606 he continued to experiment 912, and at length he was satisfied. He gave a new and more powerful drug to the world, neoarsphenamine. Neoarsphenamine would not kill all the germs of syphilis with one fell stroke (no drug ever will), but it was decidedly superior to the old drug. It became a great medicine, a real conqueror of the ancient malady.

While the rest of the world was rejoicing with Paul Ehrlich's discovery of the arsenic drug which would heal syphilis a lone voice cried out against it in the Russian wilderness. An editorial appeared in a conservative Russian paper entitled *The Liberation of Whoredom*. It cried out against arsphenamine. "No more danger! Down with the family! No need to toil in the sweat of one's brow to support it! Long live prostitution—prostitution the like of which had not been seen since the downfall of Rome!" Which goes to prove that one can't please every one, no matter how worthy the object of the pleasing may be.

**Bismuth becomes a Great drug.**—Bismuth was discovered in 1700 but all its curative possibilities remained hidden for more than two hundred years. No one suspected that it could be used to cure syphilis. Six years after Ehrlich reported that arsphenamine could cure syphilis, Drs. Sauton and Robert began to experiment with a compound of bismuth, sodium tartrobismuthate in treating hens infected with the

spirochaeta gallinarum, another of the blood relations of the syphilis germ, but far less deadly. The results obtained were so highly satisfactory that Drs. Sauton and Robert began to treat human beings infected with syphilis. But fate prohibited much in the way of establishing the true value of bismuth as a syphilis fighter in those early days. Death came to Sauton during the full bloom of his prime and War halted the further work of Robert. But these two physicians focused the attention of other doctors on the value of bismuth as a curative agent in syphilis.

Four years later Drs. Sazerac and Levaditi used bismuth with very favourable results in experimental rabbit syphilis. This attracted the attention of Drs. Fournier and Guenet who used potassium bismuth tartrate in 1921 in the treatment of 200 patients suffering from syphilis in its various manifestations. After the course of treatment Drs. Fournier and Guenet found that the syphilis germ had disappeared from the skin sores. The ulcers began to heal and the general condition of the patient improved.

These two French pioneers had shown the way and others followed. Bismuth as a drug against syphilis began to attract favourable notice throughout the world. Extensive treatment on thousands of patients demonstrated bismuth to be as great a drug as arsphenamine. In fact, certain doctors began to claim that it was even a greater drug, particularly in the later stages of the disease, when such vital organs like the heart and liver were attacked.

With the passing of the years bismuth became so thoroughly established as a valuable drug that at times it proved to be the only effective means of treating the Red Plague. Certain sufferers were found to be hypersensitive to arsphenamine. They reacted badly to its use. They suffered terrible itching of the skin and in some cases even jaundice supervened. Bismuth caused none of these reactions, and it saved many a victim from an untimely grave.

Recent years have seen the addition of but two other methods in fighting syphilis. Malaria and other fever-producing germs have been found effective in the treatment of syphilis of the brain producing a strange form of madness known as general paresis.

Another noteworthy drug which has been rendering yeoman service is tryparsamide in the treatment of syphilis of the nervous system, particularly that painful manifestation known as tabes. Tryparsamide is injected directly into the blood, or into the spinal fluid.

Syphilis has now been conquered. It is not an impossible matter to cure this loathsome disease. But this does not tell the whole story. For we still have syphilis with us. It is just as prevalent as ever. The real fight still lies ahead of us. It is not enough to be able to cure syphilis. Syphilis causes some damage before we are able to effect a cure. The greater problem is to prevent syphilis. Some progress is being made along these lines, but the fight will be a long and hard one. It is impossible to change human nature,

# Yoga—the Ideal System of Physical Culture

By

DHARAMDAS S. BHAGTANI

Karachi.

YOGA, the ancient oriental wonderful heritage of India is slowly but surely gaining some influence in the Western mind. This fact compels me to clarify whatever wrong notions there might be on the subject. It is curious that more and more mystery is woven around the subject and many are aghast at the mere mention of the word Yoga. Here an attempt is made to explain in brief what it implies and to clear up any misconception.

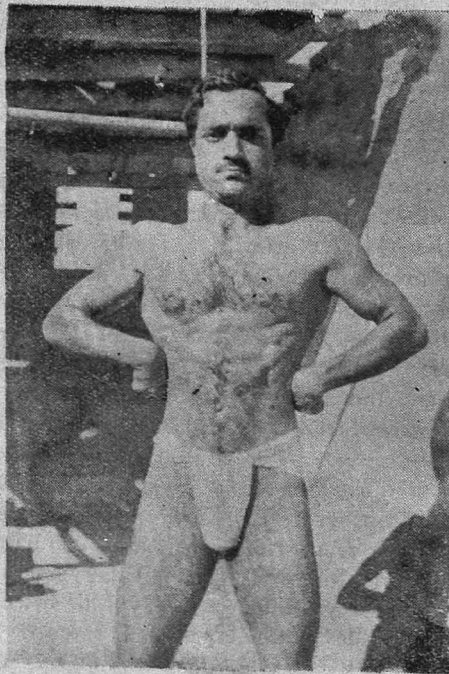
2. The modern age is said to be an age of science. To prove its worth everything must stand the acid test of its scrutiny. Natural as it is, the foremost query is whether Yoga can come out of this fiery ordeal unscathed even to the slightest extent seeing that the claims made by other methods and systems have been found to be either exaggerated or ill-founded. Then the cobwebs of superstition and

mischievous propaganda must needs be demolished.

3. That Yoga has soul culture for its end is fairly well known and readers need not be told that physical cultivation is a necessary precedent thereof. Any scientific system of soul culture should therefore include scientific physical-culture.

4. Vitality is the very essence of health. Bernar Macfadden in his fine book "Vitality Supreme" speaks highly of the beneficial effects on health of the thyroid gland and the ways to stimulate its activity. But it might seem incredible that the system of Hatha Yoga which is as old as the world itself

includes effective methods for the same purpose. It is called Jalandar Banda. The effects are said to be the conquering of time *i.e.*, age. Surely this could not be ruled out as mere mirage with the modern knowledge of thyroid gland.



*Dharmdas S. Bhagtani.*

5 Then in a subsequent chapter comes the description of colon flushing with various benefits accruing therefrom. Yoga has a counter part. It is called Variser Douti. The principle is to drink copious quantity of water and to eject it through the anus. The result sought is the same though the methods of accomplishing it are different. Of course the Yoga does it by the control of the musculature while its occidental parallel (colon-flushing) is effected by some physical movements.

6. Think of the abdominal control and its importance in the acquisition and maintenance of health. The central isolation of the abdomen-erectus or rope as it is called is Madyam Nauli of Yoga. But the real Nauli is a very complicated affair to explain. It is to be seen rather than explained. But Udyan-Banda is abdominal control par excellence.

7. Come to Neti. I believe a continental inventor has recently proclaimed this practice to have a beneficial effect on deafness. It has a marvellous effect on eyes. But cleanliness being next to Godliness especially of the nose whence passes the very breath of our life is most effectively achieved by this Kriya of Yoga. The best of air becomes the most vicious by passing over dirt, dust and debris. Of what use is it to visit even the best of health-resorts and hill-stations when even the finest of breezes passing through a dirty nose will turn dirty. The various nasal baths etc., proven to be so efficacious in the prevention of Flu etc., are only Jala-Neti, Sida-Kapalabati etc.

8. Enema occupies an important place in modern therapeutics. The

principle of sending water through rectum so as to provide an internal bath to the colons is its object. But take its counter part the Basti, a yogic kriya. In the former the water gravitates down through the rectum to the colon, while in the latter by your own efforts, by your control of the musculature water is sucked up. The difference in the methods makes the latter more beneficial, for the water travels higher up in the latter case than in the former. Also the method is more efficacious in cleansing the colon, as certain movements are gone through which shake and stir the entire contents of the colon before they are thrown off. Both for space consideration and in order not to weary the reader with an overdose, I shall conclude with mention of one more of these expediments.

I do not know of any method in the western physical culture that cleanses the alimentary canal as a whole from throat right up to the large intestines. In Yoga we have a kriya named Vaso-Douti. A strip of cloth 30 ft. long and 4 fingers wide is swallowed and again taken out after a thorough twisting and twirling. When it comes out it brings out all the dirt.

Examples and comparisons can be multiplied *ad infinitum*. But space forbids this. I believe the readers are by now convinced about the superiority of Yoga. I want to warn the readers however against trying these methods without precise details and expert advice. More harm than good will result from experimenting with ill-digested particulars. Yoga is far from dangerous. It is a system which gives perfect health if properly

practised. Unmerited blame is laid at its doors because enthusiasts are led by what they read without understanding the full technique. Men there are in India, as elsewhere who have studied, experimented and achieved.

Yoga confers radiant health, splendid energy, clear mind and fresh brains and makes the path smooth and easy for freeing the human soul from the physical bondage in which it is encased.

## Physical Culture

The following is the report of the South Kanara Physical Culture Competition organised by the Udipi Gymnasium, Udipi S. K.:

The first South Kanara Physical Culture Competition organised by the Udipi Gymnasium was held on the

20th and 21st of January in the premises of the Board High School, Udipi, under the presidency of Rao Sabeel Dr. U. Rama Rau (Ex-member, Council of State) of Madras. There were three competitions *viz.*, 'Body Beautiful,' 'Weight Lifting' and 'Yoga



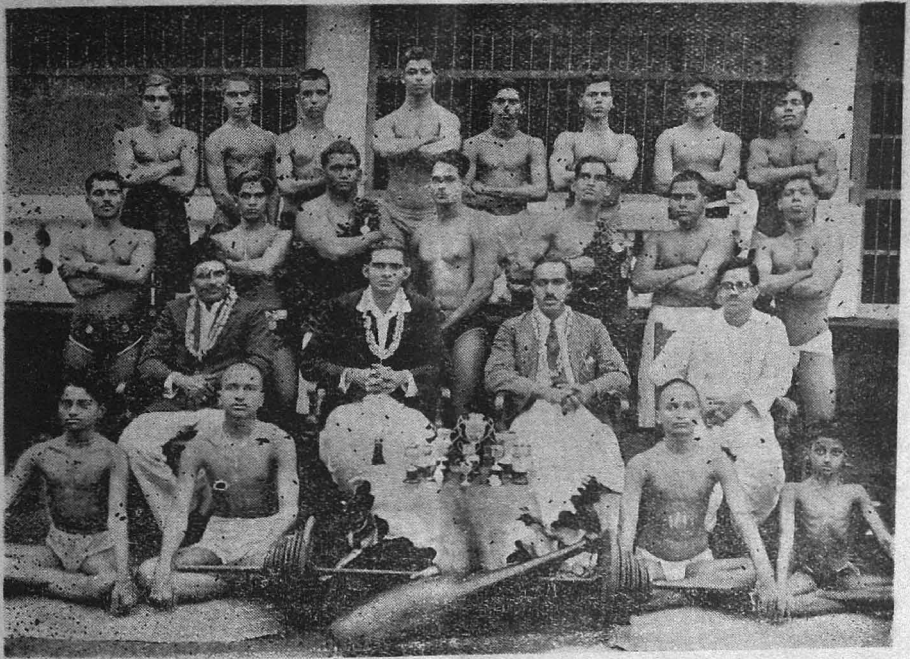
1.—The South Kanara Physical Culture Competition.—Organised by the Udipi Gymnasium, Udipi, S. K., with Rao Sabeel Dr. U. Rama Rau, President.



Asanas, and 18 competitors representing all the Gymnasiums of the District took part in them. Dr. U. Narasimha Nayak, L.M. & S., Mr. Karodi Narasinga Rao & Mr. M. H. Ahmed were the judges, whose careful work was appreciated by all.

to the spectators, who loudly applauded every now and then.

After a few remarks from the public, Dr. U. Rama Rao delivered his address, a part of which was in Kanarese, which was meant for young boys. He observed that a larger number of



11.—Competitors and Judges of the South Kanara, Physical Culture Competition—With Instructors of the Udipi, Gymnasium, Udipi, S. K.

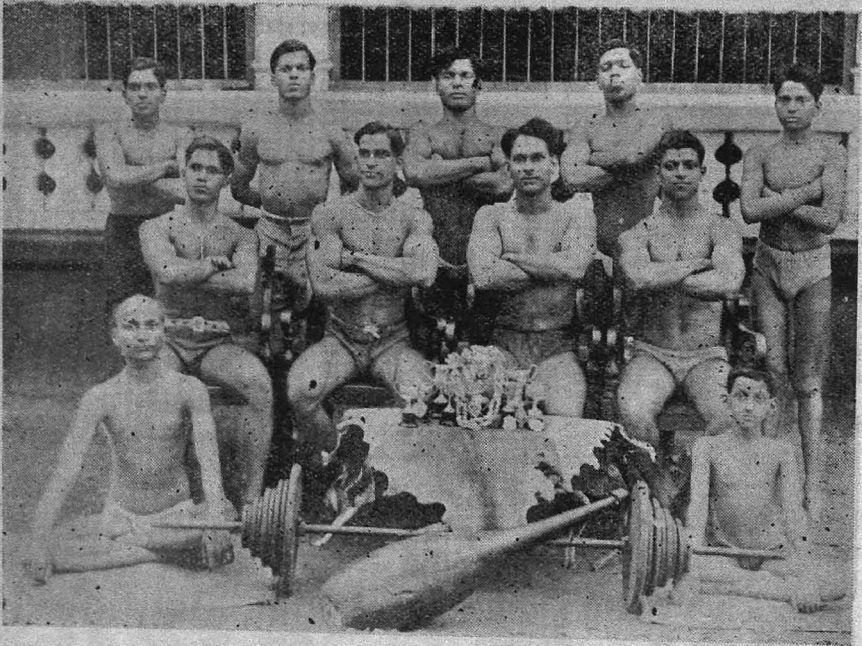
There were large gatherings on both the days of the competitions. The display of muscles and statue poses in the 'Body Beautiful' competition, a lathi drill demonstration by a Muslim-girl (daughter of one of the judges), and asanas and acrobatic feats exhibited by young boys gave great pleasure

Gymnasiums were required for the district, for, the health of the people, both male and female, depended greatly on the number and working of institutions like the Udipi Gymnasium. He expressed his great joy at having presided over the competition and promised a rolling silver cup worth Rs. 25

for the best physical culturist and a sum of Rs. 100 for a public Gymnasium.

distributed by the President, and with a hearty vote of thanks to him and all those who had helped in making the competitions a great success, the function came to a close.

The prizes and certificates were then



III.—Winners of the South Kanara Physical Culture Competition—  
Organised by the Udipi Gymnasium, Udipi, S. K.

---

Bath, after exercise, is essential. "The bath following exercise should be a cold one. It is best, first of all, to take a rapid sponging under the shower. This should be followed by a plunge and a short swim. After that, drying through the means of brisk towelling is in order"—so says Irving Hancock.

---

# Fruit Juices

THE value of fruit juices is as yet much too little appreciated. Fruits differ from practically all other foods in the fact that their nutritive elements exist in the soluble forms of sugar, dextrin and acids, and hence are almost exclusively found in their juices. The dry pulp left after the expression of the juice contains almost nothing except cellulose, a little protein and the major part of the salts.

Fruit juices of all sorts are exceedingly wholesome. They contain all the valuable properties of the fruits from which they are prepared with the exception of cellulose. The popular prejudice against acid fruit juices on the ground that they encourage the development of rheumatism is entirely without scientific basis. Fruit juices, like fruits, are rich in the salts of sodium and potassium and increase the alkalinity of the blood and tissue fluids.

The aromatic oils of fruit juices which give to them their characteristic flavours are appetizing and thus promote digestion. It is probable that many persons who are in the habit of using light wines value them for their fruity flavours rather than for any effects experienced from the alcohol present. The personal introduction of grape juice and of other fruit juices in recent times has no doubt contributed in no small degree to the success of the prohibition movement. An effort should be made to replace wine and beer by fruit juices of many different sorts.

By means of a recent invention it

is now possible to retain in fruit juices, in concentrated form, the aroma which was formerly lost in the processes of canning and condensation.

Fruits and fruit juices are for the most part eaten as luxuries rather than as food staples. As a matter of fact, fruits and the juices of fruits are worthy of a more dignified position on the bill of fare. A half pint of grape juice has a food value of 200 calories, fully equal to that of a like quantity of milk, though of a different sort, consisting of sugars with practically no protein or fat.

Fruit juices, even when diluted, as in the form of lemonade, orangeade and similar drinks, contain an amount of nourishment worth considering. For example, as ordinarily made, a glass of lemonade (six ounces) affords 85.2 calories. In this case, the greater part of the caloric value is due to the sugar employed for sweetening. Cane sugar may be taken in this diluted form with less injury than in any other way.

Prohibition made of grape juice a national beverage. Other juices are equally valuable. Loganberry juice is rapidly gaining in favor and orange juice now appears on the bill of fare of every first-class hotel or restaurant.

The amount of food material found in fruit juices is much larger than is generally supposed. This will readily appear by reference to the accompanying table, in which it will be seen that the juices of the blackberry, grape, pear, raspberry and the strawberry, and even the pineapple, all equal or exceed whole milk in nutritive value; in fact, with the exception of lemon and orange juice, fruit juices in general are practically equal to milk

in the actual amount of nutriment which they supply. Of course, none of these juices could take the place of milk as a food for the reason that the nutriment which they furnish is almost exclusively carbohydrate. There are conditions, however, in which exclusive carbohydrate feeding is desirable, as in certain cases of acidosis. In such cases fruit juices become a valuable resource.

#### COMPOSITION OF FRUIT JUICE

	Calories per Ounce		
	Protein	Fat	Carbo- hydrate
Apple juice ...	0	0	17.0
Blackberry juice ...	0	0	30.3
Blueberry juice ...	0	0	18.9
Grape juice ...	0	0	23.8
Orange juice ...	0	0	15.1
Peach juice ...	0	0	20.8
Pear juice ...	0	0	25.6
Pineapple juice ...	0	0	21.8
Raspberry (red) juice ...	0	0	23.7
Raspberry (black) juice... ..	0	0	23.4
Strawberry juice ...	0	0	24.5
Lemon juice ...	0	0	11.4

It should be noted that the figures of the above table represent fruit juices as they are usually served and include a small addition of cane sugar to the natural juice. This is true in practically all instances except apple, orange and lemon juice.

Fruits usually contain the antiscorbutic vitamin but are, however, rather poor in other vitamins. This important fact, to which attention has been called, emphasizes the necessity for accurate information in the making of bills of fare for the sick, since it may frequently happen that the patient is already suffering from a deficiency of some one or all of the several vitamins known to be essential to good nutrition. For example, a person attempting to live on a diet of fruits

and nuts would suffer from lack of the water-soluble C, antiscorbutic vitamin, if the bill of fare was largely made up of dried fruits such as figs, dates and raisins with nuts, even though the supply of carbohydrates, fats and protein might be very ample.

On this account it is necessary to include with the fruit and nut diet a liberal allowance of oranges to supply water-soluble vitamins B and C; and greens, carrots, butter or tomato to supply the needed fat-soluble A...

The tomato, either fresh or dried, is always a most safe addition to the bill of fare because it is rich in all the vitamins.—*Good Health.*

## The Daily Bath

J. M. SPEED.

WE are accustomed to pride ourselves on the fact that we take more baths than did our ancestors. Yet the bath today is a poor thing, a trivial affair of soap and water, compared with the elaborate way in which great ladies of the past sought cleanliness and beauty.

One wonderful bath was composed of water to which any or all of the following plants was added: pennyroyal, thyme, rosemary, laurel, lavender, southernwood, sage, sweet basil, hyssop, roses, pinks, wallflowers, stocks, fennel and "any other herb having an agreeable odour." The list indeed reads more like a poem than a recipe!

Fagon, chief physician to Louis XVI, prescribed for Marie Antoinette a bath of spring water containing laurel leaves, thyme, marjoram and a pinch

of sea salt. He advised that baths should be taken cold in Winter and warm in Summer, which sounds contradictory.

Strawberry baths were very popular with the leaders of fashion at the end of the eighteenth century. They were thought to have great beautifying properties. Twenty pounds of this fruit were crushed and thrown into the bath, from which the bather emerged with her skin perfumed, soft as satin and tinted a delicate pink. Mme Tallien was one of the great ladies whose baths were prepared in this extravagant way.

A rosy skin might also be obtained by adding a mixture of white wine, vinegar, isinglass, nutmeg, honey and elder flowers to the bath water. Dr. Buchoz, who in 1772 compiled a book of toilet hints and recipes under the title of "The Toilet of Flora," says that a lady using this water would have skin "of a fine lively vermilion which cannot be distinguished from the natural bloom."

A lime-flower bath sounds delightful. It was prepared by throwing three or more handfuls of lime-flowers, freshly gathered, into the bath. This bath was recommended to those suffering from over-excited nerves.

Milk has always been a favourite aid to beauty and it is not surprising that, right up to the beginning of the nineteenth century, those who could afford to do so took milk baths. Poppæa, wife of the Roman Emperor Nero, is said to have had a wonderful bath made of porphyry, which was filled each day with asses' milk. Even to-day milk is still used as a face wash and a tablet of buttermilk soap is found in many bathrooms.

Only sixty-five years ago a well-known perfumer, as a beauty specialist was then called, advised the use of a spinach bath for improving the texture of the skin. Bran-water, too, was said to leave the skin very soft and supple. Now we rely on scientifically prepared salts when we seek beauty or slimness, in the bath.—*Home and Country.*

---

#### COMBINATION OF MILK AND SUGAR

*This is a common and injurious habit. Sugar is added to the breakfast cereal, and many other foods—custards, puddings, ice cream, etc.—are made with liberal amounts of these two ingredients. They taste good a little while and we suffer from them a long while,—often for a life time. Change your habits and you will soon learn to enjoy correct simple foods as much as you ever did these combinations. Save money on your sugar bill.*

*In place of sugar on your cereal put in some sweet fruit like dates, bananas, or figs and you will soon learn to enjoy the cereal in this way as much as you ever did with sugar added.—J. G. White in 'The Oriental Watchman.'*

# Nature's Medicines

By

Dr. S. J. SINGH, M.A., B.Sc., (Lond.),

*Editor Medical Talk for the Home," and  
President of the Nature Cure Institute, Muttra (India).*

NATURE has provided in the food products of the earth and tree all the medicines really necessary to overcome the ills of the human body. It is not necessary to run to the doctor every time you feel an ache or pain; learn something about Nature's remedies. They are pleasant to take, leave no harmful after-effects, and will save you many a doctor's bill.

Out of Nature's huge pharmacopia we are selecting today one product, e.g., the apple, and if you'll carefully study the following, it will simply surprise you to know what a number of ailments you can successfully cope with the apple alone—just the common apple that you can obtain everywhere in the bazaar.

**The apple**—The apple has been known and appreciated from prehistoric ages. The Scandinavians called it the "Food of the Gods" and believed it possessed virtue to renew both mind and body

The fruit apple consists of much water and contains about one-seventh its weight of solids of which the main part is sugar and protein. German chemists state that the apple contains a large quantity of phosphates which repair and build nerve tissues. The acid of apples is chiefly malic which gives them their characteristic agreeable flavour and which is an excellent antiseptic or disinfectant for the stomach. Malic acid is a milder acid than the tartaric acid of grapes and

is more easily utilized by the body. Apple juice is superior therefore even to grape juice and is thus one of the best of all fruit juices.

Freshly prepared apple juice is exceedingly wholesome. It is a very highly valuable remedy in gastric and intestinal catarrh, so-called biliousness, jaundice, constipation, and in cases in which the kidneys and the liver are disordered in emaciation, loss of appetite, and general malnutrition. It may be taken in quantities of one quart daily with advantage. The best times for taking are one-half hour before each meal and just before retiring at night. Freely used, apple juice is a laxative and combats any tendency to acidosis. Persons subject to gout and other disorders due to chronic uric acid poisoning may make a liberal use of apple juice to advantage, it being an excellent bloodpurifier.

Apples are good for those who follow a sedentary life. Two or three eaten at night—uncooked or baked—correct constipation, and it is for this reason that we have a modern maxim :

To eat an apple going to bed  
Will make the doctor beg his bread.

Apples may be eaten raw, ripe or baked or stewed. In dyspepsia ripe sweet apples may be taken raw if properly masticated; if not they may be taken scraped. In weak digestive power they should be taken baked or stewed. From one to two or even

three pounds per day may be taken. They are a natural antidote to most forms of biliousness. Many sick headaches are relieved or cured by adopting the apple cure for a few days after first cleansing the bowels with an enema.

Moro describes in *Klinische Wochenschrift*, Berlin, an apple diet which he applied in the treatment of diarrhoeal conditions in children. The method of treatment is as follows: Only completely ripe and mellow apples should be used. After the fruit has been cored, it is grated on a glass grater. Of this pulp the child receives, according to his age, from five hundred to fifteen hundred grammes daily, that is, from one hundred to three hundred grammes at each feeding. For two days only apple pulp should be eaten. It supplies the necessary food as well as the fluid. It is advisable to follow the two days of an exclusive apple diet by two days of a transitional diet which contains neither milk nor vegetables. After that the patient may again be put on a mixed diet. Moro at first employed this treatment in fifty-two children; in the majority of children the diarrhoea stopped immediately and on the first or second day the stools were formed. Later several more children were likewise subjected to the apple diet and the results were nearly the same. Relapses occurred rarely.

The acids contained in the apple act as a mild germicide and thus it prevents auto-toxaemia and also cures chronic catarrh of the mouth and throat caused by the presence and activity of germs. Apples have a mouth-cleansing property that no other fruit possesses, and taken after meals they have the same effect as a

tooth brush in cleaning the teeth, with the added advantage that the acid content, aside from its nutritive value, is of assistance in promoting the flow of saliva in the mouth, which is also beneficial to the teeth (Dr. J. T. Hanks in the *Dental Survey*). Thus besides the ability of the apple to keep the Doctor at a distance, it may have the same effect upon the dentist also.

In the *Hotel de Invalides*, at Paris, an apple poultice is employed for inflamed eyes, the apple being roasted, and its pulp applied, over the eyes without any intervening substance. Among the peasantry of Lincolnshire the apple is much used for the cure of weak or rheumatic eyes. For the sick and convalescent, juicy baked apple, sweetened if necessary with a little minced dates is an ideal appetiser.

A new drink to take the place of tea or coffee can be made as follows: Cut apples in very small pieces and spread out in a pan and place to dry in the sun. The apples should be of a decided brown colour when removed from the sun. Allow them to cool and grind in an ordinary grinder. Of this apple powder use a teaspoon for every cupful of water and allow to boil for a few minutes. Naturists who have in vain sought for a hot drink to take with their meals, will find the above not only palatable, but also healthful, in fact much more so than cocoa, which is now considered the only satisfactory substitute for the angerous tea and coffee. "Apple tea" can be drunk at all times and an experience of heaviness like that of cocoa never follows its use. It can be served with sugar and milk, the same as coffee and tea.

Apples should not be peeled because

apple peelings possess remarkable Scurvy-preventing potency. In the good old days we were wont to munch our apples without paying any special attention to the skin of the fruit. The advent of bacteriology has brought warnings of the dangers of lurking germs; and accordingly the apple is subjected to peeling before it is eaten. What a pity! For the scientists now assert that the apple peelings are anti-scorbutic; and the latest reports from England not only verify this but point out that the concentration of vitamin C (the scurvy-preventing vitamin) in the tissue of the apple increases as the skin is approached from the core and

is more than six times as great in the peel as in the flesh near the core.

It is said that apples are a good substitute for alcohol; that those who eat apples do not drink whisky and vice versa! It is also stated that in countries where unsweetened cider is used as a common beverage, stone or calculous is unknown. It may therefore be fairly surmised that the habitual use of natural unsweetened cider keeps in solution, matter which is otherwise liable to be separated in a solid form by the kidneys. How much better and more valuable the fresh ripe fruit must be!—*Herald of Health*.

## Radio—An Angel of Healing and Happiness

By

GURDIAL MALLIK.

Miss Merle Oberon had lain in her bed for full forty days with Typhoid and her face and figure had become a picture of pain. The doctor and her parents had done their very best to help her to recover her original strength of body and spirit speedily, but all in vain. The result of this long illness was that she had become very irritable in temper.

One evening when I went to inquire as to how she had been feeling during the day, I found her flying in the face of every one who entered the room. And all those who had been nursing her, were at their wits' end as to how to create an atmosphere of peace around her bed so that the

tension of her body might relax. I, too, scratched my head to find a way out of the *impasse*. Just then, as if by a flash of inspiration, it occurred to me to turn on the Radio. And no sooner had the first few strains of an Indian song—sung by a master-musician in far off Bombay—greeted her ears than she felt comforted and cheered, and within a few minutes she went off to sleep.

"Which angel has deigned to visit our house with his gift of peace?" asked the snowy-haired grand-mother. I smiled and gently said, "The angel shut up in that box over there".

And her eyes waxed wide in wonder.  
—*Radio Talkie and Electric News*,



# Death Ray for Mosquitoes and other Agricultural Pests

Marvellous achievement By a French Scientist.

BOMBAY experienced the other day a war on malarial and all the other mosquitoes with the help of ultra-rays, by a French Scientist, Mon. Vittali Monasche.

Thousands of insects gathered from far and near happily jumping in the palatial tower especially erected for them, little realizing that they were having their death dance rather than a pleasure trip to the regions unknown. Such was the attraction of this ray which made them mad, which caused them to lose the little sobriety that they may be possessing.

This special kind of ray is produced by an especially designed tube which is the outcome of great many years' experiments and patient hard labours of the Scientist, who certainly deserves much credit for an achievement like this. The rays can be varied to attract different kinds of insects.

As soon as the beam is turned on, a cloud of insects of all kinds hovers over this tower and is instantly swallowed in by the suction working underneath. The device is workable electrically either on the D. C. or on the A. C. current, any voltage and cycle.

The inventor, who has been carrying out his experiments here in India

on various tropical insects since the last six months, is now fully convinced that if a few such plants were placed round a city, they would completely eradicate Malaria and prove useful in destroying pests which play havoc with the Indian Agriculture.

His demonstration at Poona before H. E. the Governor of Bombay deserves a special mention. It proved a great success indeed, and even the Agricultural Department Experts certified, after careful examination, that almost all the insects trapped in were injurious to either the mankind, or agriculture, or horticulture.

Mon. Vittali Monasche reports that with his machine he can catch more insects than are actually known to the Science, and that insects, whose existence has not even been suspected in India have been actually caught by him. He has caught, for instance, insects which blind the cattle and which Science fails completely to protect by other means.

He will be staying in India for some time more to experiment on all possible insects and pests. Let us hope that with his efforts our Country will soon get rid of all these injurious, poisonous little creatures.—*The Radio Talkie and Electric News.*

---

# Health Tit-Bits

**The Child and the Home.**—*Extract from "The Biological Significance of the Family," (F. Scott Williamson, M.C., M.D.)*

The child is the seed which drops from the parent tree and is carried to the surrounding soil, there to form a new tree and a new separate and autonomous centre of activity—a recreation of potential through the operation of a vital process.

And what can we say of the soil in which the seed is to grow? The facts may be well illustrated in relation to diet. It has generally been considered that the organism is born endowed with all its essential faculties ready for use, implying that if not used, atrophy occurs with loss of such faculties. In actual fact this is not the case. The child is born with "potential" only. Potential has to be developed; has to "grow" into actual faculties. As a matter of fact the infant is not born with any ripe faculty even for the digestion of food. The child must be taken through every step in digestion with as much care as it is necessary to bestow on the education of his mind and his character. Indeed, food is fundamentally poison—a statement which is neither a paradox nor an untruth. The child is fed by its mother in order that she may immunize it against such poisons. The composition of ordinary food would be unsuitable in its undeveloped condition; even the nonspecific milk of a wet-nurse would contain foreign elements which might be injurious. The child must, in fact, be fed specifically by its own mother if it is to

thrive under the best conditions. We are coming to realize that what applies to food applies also to everything which the child has to assimilate. Experience, like milk, must be specially prepared for the infant, and I am emphatic in saying that the right medium for the administration of what I may be permitted to call "predigested experience" is the parental sphere—the home. The Home, thus, as a "culture medium" is a biological necessity; it is no mere fortuitous concatenation of circumstances to be discarded with impunity by any nation or people.—*National Health Review.*

\* \* \*

**The Laughing Cure.**—The Good Book says, "A merry heart maketh a glad countenance." That is, if one has a smile in his heart he is likely to have a smile on his face also, and the physiologists have in recent years found out that laughter works both ways. A smile on the face, in other words, will engender a smile in the heart, and when smiling we are not worrying. One may laugh so heartily that the eyes overflow with tears, but they are tears of joy, not of sorrow, and there is no bitterness in an outburst of laughing tears.

According to the *Miroir du Monde* of Paris, quoted in the *Realer's Digest*, Dr. Pierre Vachet, a French physician, has started at the Institute of Psychology a course in "laughing therapeutics", and this is the way this new cure is carried on:

With the patients gathered in the hall of healing and the blinds tightly closed, the light is turned off and the

Doctor says, "Now close your eyes and relax and listen well to what I am saying to you and repeat it after me. Now say, 'I am calm. I am strong. I am well'. Sixty or seventy mouths silently repeat the magic formula. Suddenly the litany is interrupted as the doctor shouts: 'And now laugh!' A phonograph is put in motion. The record is infinitely stupid, nothing but a series of fits of roaring laughter succeeding each other at intervals of a few minutes. In one corner somebody laughs nervously. Instantly the whole audience echoes, in all gradations of laughter, together forming a gigantic symphony of hilarity. This collective crisis of tumultuous jubilation lasts for some time, stops for a second but is immediately taken up again. The phonograph goes on playing until the people ask for mercy.

"Light!" commands the doctor. The blinds are opened and so are the eyes. All faces are relaxed. Some people weep for joy. Everybody is happy, calm and rested. The patients have forgotten nerves and indigestion, worries and troubles. The cure is ended for the day.

"'Laughing', says Dr. Vachet, who is a member of the *Faculte de Medicine*, 'releases tonic emotions which change the physiological reactions of the individual'".

**Tomato Juice Our National Drink.**—Tomato juice bids fair to become our national beverage and well worthy it is of such distinction. Though a garden fruit rather than an orchard product, it nevertheless possesses all the essential properties of tree fruits, such as apples, oranges, peaches,

prunes, etc., but even more, and in a superlative degree.

Its acid, formerly supposed to be oxalic, is now known to be the same as that of the orange and the lemon, citric acid, the finest of all organic acids.

The tomato is also richer in iron than most other fruits.

In vitamins, the tomato appears to be richer than any other fruit. All the vitamins are represented. Even vitamin A is abundant, though found in only minute quantities in the juice of the apple and most other tree fruits.

\* \* \*

**London's Oldest Hospital and Alcohol.**—The Annual Report of St. Bartholomew's Hospital contains some striking figures in the Pharmacist's Returns dealing with the issue of alcoholic beverages to in-patients in 1913 and 1933 respectively. The figures in gallons for the two periods respectively were:

	1913	1933
Port	216.5	4.7
Brandy	235.25	11.3
Whisky	1.75	nil
Burgundy	9.25	1.67

In 1932 seventeen quart bottles of champagne were consumed as against 155 in 1913.

The total number of in-patients in 1933 was 10,969, the daily average being 609.2, and the average duration of stay 21.4 days.—*The Indian Temperance News*.

\* \* \*

**Interesting Facts About Baby.**—As a rule a child cannot raise its head from the pillow before the second or third

month and cannot sit erect before the fifth month.

A CHILD does not usually cry from viciousness before the sixth month.

A BABY fed on its mother's milk has three times the chance of escaping children's diseases and surviving.

FEED the child at regular periods, not each time it cries.

Do not neglect to cleanse baby's mouth after each feed, using a clean cloth and water, or a little glycerine of borax.

If a carelessly fed child thrives, it does so in spite of the fact, not because of it.

AVOID weaning the baby in hot weather; slight changes of diet may produce serious gastric disturbances at such a time.

NEVER allow baby to use a "comforter"; it will cause deformity of the teeth and jaws. Children unaccustomed to them dislike them.

A HEALTHY infant should sleep eighteen to twenty hours in twenty-four.

Do not expect a quiet, good-tempered baby if you are constantly shaking and rocking it. Train it to go to sleep naturally and it will.—*Good Health*. (Lond.)

## Book Reviews

**Easy Postures for women.**—With an introduction by *Sri Yogendra*. Published by Yoga Institute, Post Box No. 481, Bombay.

Though yoga was one of the oldest of exercises, it never reached the womenfolk for the simple reason that their constitution is too delicate to perform yogic exercises. From the dawn of the world to the present day, exercises for the women-folk consisted mainly in doing household duties, except on rare occasions, one finds a few instances of martial spirit in women. The authoress has done a distinct service to the women of modern India by devising a few scientific yogic exercises for women and we hope that by following those exercises, modern Indian women, nay, the women of the world

at large will be greatly benefited by these exercises. The book is handy, neat, nicely printed and profusely illustrated. We heartily commend it to our readers.

**Life Problems by Sri Yogendra.**—Published by Yoga Institute, Post Box No. 481, Bombay.

The book consists of epigrams on various topics which are really thought-provoking. There are certain problems in a man's every-day life which beset difficulties in the way of a proper solution, and these aphorisms will teach him how to solve them, especially, on social subjects, such as sex, marriage &c. The topics treated are very wide and well worth perusal.