

Health

*A Journal Devoted to
Healthful Living*

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

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EDITORIAL

Prevention of Blindness in India

THE All-India Ophthalmological Conference held in Madras during Easter of this year has brought the question of prevention of blindness in India to the fore-front, calling for immediate attention on the part of the public and the powers-that-be. Lt. Col. Wright, I.M.S., the Superintendent and Surgeon, Ophthalmic Hospital, Madras, who presided over the Conference, laid stress on the need for research if the Science of Ophthalmology was to progress but was so far content with the part played by the medical profession in India in relieving annually one-sixth of the blind through their cataract operations. Prevention of blindness is no doubt the function of the State but Ophthalmologists cannot divest themselves of their share of responsibility in this matter. In setting before themselves the ideal of prevention rather than cure of blind-

ness, they will be infinitely adding to their services to the nation.

According to a recent report of the National Society for Prevention of Blindness, U. S. A., there are more than 5,000,000 blind persons in the world, that is about three blind to every 1,000 inhabitants. A recent report regarding India estimated the number of blind in that country at one and three quarters million. This would mean six blind to every 1,000 inhabitants. A special enquiry made in the United Provinces showed that there were 9 totally blind persons per every 1000. These figures indicate the seriousness of the situation and unless the respective Governments wake up and do the needful in proper time, we are afraid this world of ours will become the land of the blind ere long.

In 1929, the League of Nations

undertook at the instance of the British Government an investigation into the causes of 'Blindness' and sent out a questionnaire to all the Governments of the World, to which 26 administrations replied. According to their report, the main causes of blindness in India are (1) Glaucoma, (2) Ophthalmia neonatorum, (3) Small-pox, (4) Conjunctivitis, (5) Trachoma, (6) Neglect of simple diseases of the eyes in childhood, and (7) Dust and glare, especially in the dry zone; eye strain due to work under bad lighting conditions; and "medicines" put into the eyes by ignorant so-called "doctors."

All these causes are preventable and no heavy outlay is required to do it. The Blind Relief Association in Bombay, founded in 1919 is doing good work in regard to prevention of blindness and the measures they are adopting are: (1) Propagan-

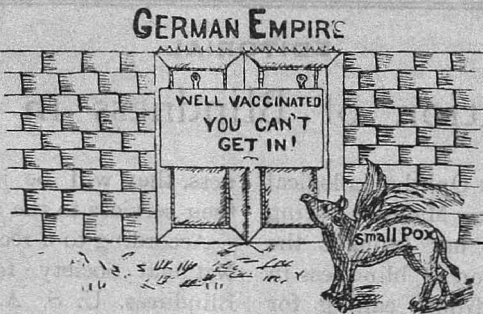
da by means of lectures and pamphlets giving information as to the nature of eye-diseases and necessary precautions, (2) the establishment of dispensaries, (3) the training of workers able to deal with simple eye-diseases and (4) the provision of free treatment for those unable to pay for it. The field workers of the Association are trained by its medical officers and sent into the villages, especially to detect infantile ophthalmia and operable cases of

eye-trouble and to treat simple cases of conjunctivitis. All serious cases are referred by the field worker to a qualified medical man and if necessary admitted to hospital. A travelling Hospital in charge of an ophthalmic surgeon also visits areas to perform operations in such patients as refuse to enter hospitals.

In all the other provinces of India, no steps have as yet been earnestly taken to prevent blindness. In our own Presidency, 'The Madras Association for the Blind' recently formed with a view to promote the welfare of the blind must take on hand preventive

work also side by side with the establishment of vocational institutions for the blind, which seems to be its chief objective. We have not heard anything about the activities of this Association so far, and if one is in existence and functioning now,

we wish it bestirs itself and undertakes preventive measures on the lines of the Bombay Association. The village school master, and the village dhai, may be trained for the purpose and the Rural Medical Practitioner's services may be availed of for treating ordinary eye diseases. We commend this proposal for the consideration of the Ministry of Health. We trust the public will also realise the gravity of the situation and co-operate with the Government in preventing blindness.



*Vaccination will prevent small-pox; ergo,
will prevent blindness.*

Child Psychology

By

DR. PARMA NAND AHUJA, M.B., B.S., KARACHI.

"A little child with laughing look.
A lovely white, unwritten book".—*J. Masfield,*

CHILDREN are the nation in bud. The bringing up of children sound in body and mind is a national problem of great importance. What little care is really bestowed on the proper physical, mental and moral education of children is only equalled by the enormity of the problem.

The word education is not used here in its narrow academical sense. But it is primarily and principally meant to convey the whole environment of the child at home or at school from the cradle onwards, which evolves, shapes and moulds the little being into a man. An atmosphere of disciplined freedom is as much necessary for the healthy growth of the child as for that of a plant with plenty of free, fresh air, space and light. But very often it happens that the child is allowed, either, to grow in a surrounding of restrictions which mar his freedom of action and hence maim his development, or, in an atmosphere of unchartered liberty without check or hinderance to indulge his fancy or fad to the extreme. Such over-indulgence is as much harmful as lack of freedom and is usually observable in 'single child' or 'late child' families of fond parents with misplaced love and affection.

There is too often an environment of unreality created by the nurse, mother and other relations entrusted to look after the child. 'Steel frame'

regulations are enforced at times, against which the little creature rebels. Physical force may be called to aid to compel the child to do certain things. The child being weaker of the two, often has to succumb, but his formative, sensitive nature, receives physical and mental shocks which leave more or less indelible imprints on his constitution. This is often the beginning of many a wrong notion, apprehension and misconception about things and matters which the child carries along as he grows. He is unable to shake off these mental pre-occupations and obsessions even in adult life. They lay down the foundations of a weak nervous constitution which predisposes the individual to all sorts of psychopathic ailments, like hysteria, melan-cholia, mania, mental imbalance, nervousness and neurasthenia etc. The fault lies in the lack of sympathetic understanding of child's psychology and inculcating perverted ideas about the objective world and its phenomena. In large majority of cases, fear psychology plays a predominant part in all what is said and done to the child by the nurse, parents and teachers.

Instead of making the child understand certain 'Dos' and 'Do not's' in a simple reasonable sweet-tempered way which undoubtedly will call forth certain desirable qualities and knowledge of the instructor himself or

herself and occupy some time, leisure and patience of his or her, easy recourse is taken to force down this "wisdom" in few short blurtive and blatant sentences often striking terror and awe into the little mind and effacing all what might have been previously inscribed on the tiny tablet of his memory. Appeal is too often made to emotion and impulse of the child and reason is completely ignored. In imparting some knowledge about sex matters (which is very seldom done), no rational scientific plan is followed to explain in their natural way but morality and religion are invoked and fantastic notions about sin, crime and punishment are raised in the little being to drive him out of all wits, to despair and despondency in years to come.

The education of children is thus begun in the wrong way and ended in the wrong way. This fear psychology

is the most pernicious thing and deadliest enemy of all sound knowledge, character and individuality. It is said of a great army general that he was mortally afraid of a black cat, though he could face without flinching the Bullet-shots. You can take it from me that the fear of the cat could be traced to his nursery days when his governess used to lull him quiet by conjuring up some dreadful picture of the black cat.

It is high time that the parents, teachers and nursery instructors changed their whole outlook on child psychology and cultivated, if need be, under proper guidance, healthy and wholesome methods of creating pleasant but fearless, courageous but courteous free but disciplined, bold but reasonable atmosphere round the tender wards under their care to make them fit and strong citizens of the society, nation and the country!

The Future of Our Health

By

DR. T. P. SUNDARAM,

Adyar.

You may read a hundred books pertaining to health, but unless you compare the knowledge you obtain from them with the results of your own experience, you are in the least benefited. You have an experience of your own and naturally you must have a discrimination and judgment of your own. The experience of others are at best only guide-posts on your path. You should not put implicit faith in them. In fact, your

attitude must be that of a pioneer seeking adventure in a familiar field.

At the present day with our civilised mode of life and forced dwelling in overcrowded cities and towns, health-seeking has become a necessity. We court diseases and try to cure them. This is the vicious circle we have been ceaselessly traversing. This vicious circle has to be broken and it requires a great deal of pioneering work.

We don't want to fritter away the

best part of our short life in illnesses of body and mind. If true happiness is our aim in life our mind should be bereft of the burden of the physical body. The less worry we have about the body, the happier we are. We should cultivate within ourselves the sense of well-being. Knowing the fundamental principles of health, the average individual must be able to live a healthy life and know how to prevent and treat common ailments. A great physician once remarked that "A man is either a fool or a physician at forty". Literally, it means that if within that age he has not acquired the capacity to prevent or treat minor ailments he has been grossly negligent about matters relating to health. A good many health hints can be obtained by a careful survey of our daily duties. An observant eye can detect flaws which can be easily eliminated.

When the body gets sick, a little review of the past indiscretions will bring out in relief the cause of the trouble which can then be radically dealt with. It is on account of the failure to detect such indiscretions which are passed by unreviewed that

serious troubles set in. So, it behoves every one of us to make a little periodical analysis of his or her physical condition. It will help matters very much. Excesses can be moderated and indiscretions set aright.

The future of our health does not depend upon the establishment of more hospitals, more dispensaries or sanatoria but upon the self-education and common sense of the individual. Already we have too many of them and a further addition will not in any way give us a brighter hope for the future of our health, in fact, they are hindrances to the dissemination of health-knowledge.

Is not prevention a more sublime method, one that will help you to try and depend as far as possible upon yourself rather than be at the mercy of the healer? Why not every one of us become a soldier of health ready to fight with our common enemy, disease? That is the pioneering work we have to do. We must gather all the necessary equipments to become such soldiers. Then only can we hope for a bright dawn in the future horizon of our health.

A CENTENARIAN'S RECORD

Yussur Kozher who died recently at the age of 136 had never let a drop of water pass his lips for 55 years. Stewed fruit and milk were his sole diet. He attributed his longevity to that fact. His youngest son was born when he was 102 years old.

Transmission of Disease by Flies

By

U. VENKATA RAO

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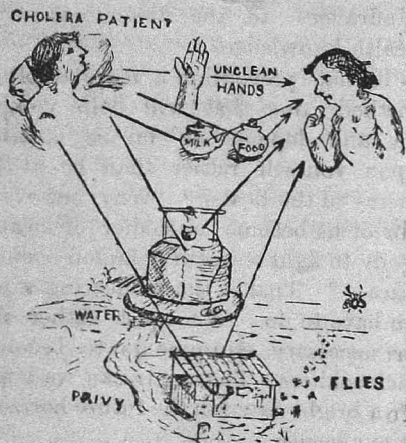
FLIES have been the cause of spread of diseases in two ways. First, mechanically and secondly through inoculation.

Mechanical transmission.— Since the flies frequent filth, manure heaps, bad drains and such places where the parasites and organisms of disease are found, they carry the disease

inoculation is the actual injection into the system by the insects or organisms or parasites. Fortunately for us, the diseases cannot be transmitted this way by flies which do not bite. The blood-sucking varieties are the only ones which are dangerous— malaria through the mosquito, typhus fever through the louse and plague by the flea.

The diseases that may be transmitted through the flies are Typhoid Fever, Para-typhoid, Cholera, Diarrhoea, Summer Diarrhoea of infants, Dysentery, Intestinal Parasites as Hook worm, Tape worm, Round worm etc., Sleeping Sickness etc. Typhoid fever is the most common. During epidemics even Small-Pox, Chicken-pox etc., are conveyed from man to man through flies. Besides these diseases there are many other conditions where the possibility of fly transmission has to be considered. Tuberculosis is one. Flies easily get access to the sputum, if not well protected, by spitting indiscriminately in the floor or clothing instead of into spittoons or other receptacles containing disinfectants. Flies have access to out-houses and to tables alike and may contaminate any variety of food. Milk is easily subject to such infection and many epidemics of Typhoid Fever and Dysentery are traced directly to dairies unprovided with proper facilities for disposal of waste.

It is, therefore, very necessary that all foods cooked and uncooked, savouries and milk must be kept properly



How disease is carried from the sick to the healthy.

germs directly to food and drink taken by man. This is the most ordinary method of conveyance. All kinds of flies act as disease carriers in this manner especially the common house fly which frequent filth and are much found in the out-house and the stable. Milk, one of the best media for the growth of bacteria can be easily contaminated by the flies merely through the act of feeding, so also the prepared foods specially sweets.

Transmission through inoculation.—In-

covered. The plates and utensils used should be kept clean and dry before and after partaking of food and the place cleaned. The rubbish especially of vegetables and fruits should not be thrown carelessly here and there, not even to the road side but removed to a proper receptacle and kept covered till removed by the rubbish van. The stables and cow sheds should be kept at a distance from the dwelling house, properly looked after, cleaned and disinfected frequently. If the out-houses and sheds form part of the main house, they must be properly screened and walled,

well drained with proper sewage. All manure and rubbish must be removed and kept in a covered dust bin.

"Quite irrespective then of the precaution which we take as individuals, we are all more or less exposed to infection through common sources. As a result of the laxity of others even when we ourselves may have exercised every precaution necessary to prevent the development of flies, our lives are frequently endangered." The extermination of flies then becomes a matter which concerns the entire community. Thus the fly is a menace to health.

Value of Health

By

DR. S. K. GUPTA, B.D.Sc.,

Ambala Cantonment,

GOOD health is the vital principle of life—the greatest of all assets. It puts pep, and vim into human efforts. It is the source of physical and mental power. It gives the body vigour. It is the multiplier of ability, the buttress of initiative, of courage, of self-confidence, the backbone of enthusiasm. It is the greatest constructive force in the human life. Without it faith weakens, ambitions sag, order oozes out, courage faints, self-confidence departs, and accomplishment is nil. Without it, ambition and wealth are but a mockery, a palatial home and luxuries, a bitter disappointment. Health gives buoyancy to life, which makes the human being magnetic, joyous and forceful. Health is the friend of progress, the stimulator of

ambitions, the courage of efforts, the promoter of long life and happiness.

Then why not strive for health? To get the best of life, we must have good health. Even if you are quite helpless and distressed, you can easily attain good health and obtain strength. What is wanted is care and sacrifice. Care for your health and sacrifice everything for your health because every pleasure in ill-health is valueless.

Health is that state of an organised being in which the parts are sound, well-organised and well-disposed and in which all the organs of the body perform freely their natural functions.

Dr. Charles Hooper defines health as that state or condition of body wherein the subject feels no serious pain or

weakness, has no disabilities of body, experiences the normal functioning of all his organs of the bodily parts, is able to accomplish easily his daily work and takes pleasure in life.

Health is the most desirable possession of human being. It is the most precious, yet to some the most elusive. Health means vim, vigour, vitality, both physical and mental. The world's richest man is poor if he has no health. One thing which no millionaire can buy is health.

To be completely healthy is to live fully, body, mind and spirit active; performing their tasks efficiently, working together as a harmonious whole. When we are healthy, we labour with zest, enjoy our meals, sleep soundly and tackle our difficulties courageously.

A powerful physique is to be desired not merely for the sake of external muscular development, but for the sake of buoyant health, energy and resisting power.

A mere muscular and strong body will not make you healthy. Mind plays an equal part in endowing you with complete health. Mind, when properly cultivated, is the master-force of health. Mind and body are interdependent.

The ideal of health and education is nicely expressed in the Latin phrase "Mens sana in corpore sano"—which means a sound mind in a sound body. Mind like body requires exercise in thinking, feeling and willing. Mind, no doubt, exerts a tremendous and wonderful power over body; health and long life really depend on sound mental attitude. Hence a serene mind, happy and content with a moderate amount of self-control, is an

important factor in the prolongation of life.

Most people have an imperfect or erroneous idea of health. They declare themselves to be in good health if only they are not bed-ridden with disease or some form of chronic ailment. In this stagnant phlegmatic existence they do not understand what is to be more than half-alive which really means to be half-dead.

It must be noted in this connection that health is not necessarily accompanied by long life. Some persons who are always in fairly good health die at a comparatively early age; whereas others who have divers kinds of diseases and afflictions manage to live a fairly long life. My own belief on this subject is that the two factors that contribute more than others to longevity, even more than health are :—

- (i) A strong spiritual nature that depends upon God at all times, and
- (ii) Something to live for.

The man or woman who depends upon God at all times, clings himself or herself with that strong, perfect, eternal Principal that knows no death, weakness or decay, and therefore such a man or woman is bound to partake in some degree of that same strength and vitality to which he or she clings. The man or woman who has something to live for, some work to do, some purpose or goal to attain to, some ambition to achieve, or some one to help or to see settled in life, is more likely to live long than one who lives a purposeless existence, without any ambition, without any aim, without any one to help or work for, and without any work that needs time for

its achievement. Spiritual and useful men and women do generally—not always—live long lives even though they are not always in good health.

However, every one should desire good health, thank God if he has it, and strive to obtain good health if he has it not. We can do our work much better, and take much more pleasure in life when we are in good health than when we are sick and complaining, even though our sickness should not be of a grave character.

It is merely a truism to say that good health is obtained by living in accordance with the laws of Nature ;

but we cannot repeat this truism too often, for people have to be reminded of it constantly. We should live regular lives, get the right amount of sleep, engage in congenial and useful occupations, avoid all kinds of venereal vices and excesses and be careful about our diet.

There is nothing in life more valuable than health, glorious, radiant health. It cannot, however, be bought for money nor it can be gained through a proxy. The drug stores do not keep it. No medicine, pill, or powder can give it to you. But it is yours if you work for it and value it.

Madras-its Needs

By

R. NARAYANASWAMI, M.A.,

Shivaji Vyayam Mandal, Triplicane.

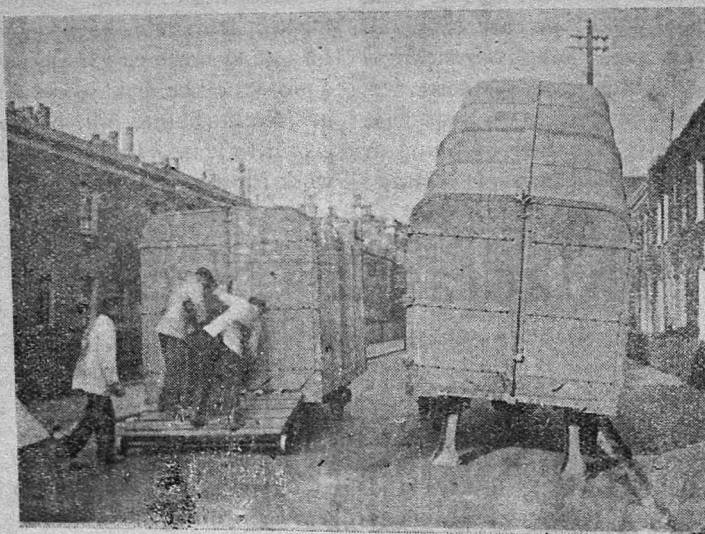
To rid Madras of dirt, disease and infection, three fundamental problems have to be tackled first. (1) The noxious spitting habit of the people (2) The dust nuisance (3) Indiscriminate commission of nuisance by people on public ways.

The Spitting habit.—How are we to put an end to this nasty habit, which, besides dirtying roads and other public places, spreads infection from the diseased to the healthy. Picture to yourselves the tarred Madras road with disease-breeding expectorations of all kinds like tobacco and betel refuse, phlegm, nasal discharges etc. etc., sticking to it and think of the fate of the hundreds of healthy people walking over it barefooted. How would you deal with this problem? Rousing the

conscience of the people to the dangers of this practice—this suggests itself at once. By means of lectures, distribution of leaflets and putting up caution boards everywhere, you can try to do this. That seems to be the only peaceful way. But among our conservative, ignorance-ridden masses this method is not very effective. We see how the moment the health propaganda lecturer moves out of sight, the hearers indulge in the very things he vehemently spoke against. Why not make it penal to spit in public places? That is the suggestion I would make. For instance, if a man with evident signs of infectious disease is found spitting in public lanes or streets, he should be made punishable. Without compulsion, it does not seem possible

to effect the reform. If necessary, the penal provision may be experimentally tried in select places for a temporary period in the first instance. If necessary, just as in railway platforms, spittoons may be provided on public streets particularly those in residential quarters, for the use of those that cannot avoid the habit.

but it is said to be prohibitively costly to have them everywhere, even from the public health point of view. Watering the public streets is the next alternative. But to be of effect it will have to be done several times a day in a hot city like ours. We are already complaining of insufficient water supply for our domestic purposes. Where to go



NEW TYPE OF DUST-CARTS TO ELIMINATE SPREAD OF DISEASE.

Lambeth Borough Council have introduced a specially constructed Dust-Van which completely covers the refuse, whilst it is being loaded in the streets of the Borough. The vans hold 5-tons of refuse and are designed to prevent the wind blowing any of the contents in the surrounding areas, and so prevent the possibility of spread of disease.

Loading a full container on to a lorry, and leaving the dustmen with a newly disinfected dust-van to carry on their work at Lambeth.

The Dust Nuisance.—Speed being the slogan of modern civilisation, the motor car has come to stay. The car raises clouds of dust in the wake of its passage over any ordinary road and the latter choke the pedestrians, who having to inhale and exhale the same are exposed to attacks of respiratory diseases of all kinds. Tarred or concreted road surfaces remedy the evil,

for the huge supply of water required for this purpose? The Red Hills Lake, even if its entire water is reserved for the city's use, will meet only the citizens' own requirements. Fortunately for us in Madras the sea is at our hand. Why not utilise sea-water for watering streets? About a dozen water-lorries can easily water the whole of our city a few times a day,

Another step in this direction will be to restrict, the speed of motor cars while in dense residential quarters to, say, 5 miles an hour.

Nuisance Commission.—The Corporation of Madras has put up water closets at crowded junctions of streets in almost all parts of the city, and warning boards too by their side. But, alas, people do not use them and commit nuisance on the ground just beside them, making the place stinky and most insanitary. Either this behaviour is wanton or the inside of the closet is not kept in a neat condition by users. If the former, only nuisance detection staff consisting of a Police constable or two for each Division can put an end to the same. If the latter, more scavengers should be employed to see to the frequent cleaning of the closets. It is found generally that people commit nuisance along the lengths of walls on both the sides of land and street ends, as they afford protection from public view. The sense of shame persists and it would perhaps make people abstain from nuisance commission in such places if doorways are provided on the walls just at those places and used by the inmates. Laying of masonry pavements along the lengths of the streets on both sides, which the Corporation is already doing in respect of the bigger streets, might be resorted to especially in smaller lanes and streets too, as that would remove the facility of a safe unnoticed edge of the walls from the reach of the nuisance committer.

The next great need is a plentiful supply of water for the citizens. In some divisions, in G. T. for instance, they eternally complain of inadequate water supply. The pressure is very

low and you get water only at certain hours of the day. Without adequate water supply, how can one keep himself and the things he uses clean? In Madras with its enervating climate, we need to take at least daily baths, not to speak of more frequent ones which really are necessary not only to cleanse the body of dirt and sweat but to keep it cool. The flush latrines which are now very largely adopted, rightly so, mean more water. The rights over the Red Hills Lake should be immediately purchased by the Corporation and its entire water reserved for the city's use. Gardens, big and small, should be taxed on a graduated scale. Every house should be provided with a three-fourth inch tap so as to cater fully to the requirements of the inmates. Of course, the strict vigil of a waste detection staff is necessary for preventing waste of water.

Another great need is the easy accessibility of open spaces, especially Marina, with its pure and uncontaminated breeze. The Marina forms the lungs of the city of Madras and there should be as many approaches to it as possible. The congested quarters of G. T., for instance, full of contaminated and dust laden air, need more outlets to the Marina. The extension of the Port Trust buildings to the south was an invasion of the people's breeze. A road or at least a pedestrian pathway in continuation of the General Hospital Road across the Fort to the sands will give added facility for people to reach the Marina. At least in the evenings buses should be allowed to ply from all parts of the city direct to the Marina. To enable people of all classes to benefit by it, the fare should be

uniformly fixed at say half an anna.

Above all, the civic consciousness of the people should be intensely aroused. Without public co-operation, no public health regulations can succeed. The indiscriminate throwing of rubbish in the streets, habituating children to treat the streets as public latrines, the superstitious and highly dangerous custom of hiding attacks of infectious and contagious diseases like Small pox, in short, to treat everything outside the house limits as the concern solely

of the Corporation are all due to the want of civic or citizen consciousness in the people. Why not fix up notice boards containing exhortations in this direction on all lamp-posts and telephone posts? The Sanitary Inspector in every Division should visit every house in his Division periodically and see that the inmates are instructed properly in public health matters.

These are some of the suggestions that come prominently to my mind. Will the city fathers consider them?

Modern Food Fallacies

DR. ARTHUR MILLWOOD, N. D. D. O. states that one of the greatest food fallacies is that of eating liberally to keep up the strength. It is not true that the more a man eats the stronger he is. We do not notice a great increase in strength after a heavy meal, but rather the opposite. All the energy of the body is needed to digest and assimilate the food taken at a big meal. Over-eating does not give strength; it rather taxes the strength of the body and is a vicious habit that leads to other health-destroying vices. Eating to keep the strength up is supposed to be very necessary in the case of an invalid confined to his bed, and he is persuaded to eat all kinds of indigestible and stimulating foods. These foods contain poisonous substances that whip the flagging nerves into a state of activity which is nothing more or less than a frantic effort to restore normal functioning. This stimulation by toxins keeps back the healing forces of the body and after the false energy

is spent the patient falls into lethargy, weakness and intense depression.

Meat extracts are amongst the most harmful substances that are given to a sick person, and this condemnation applies to home-made-beef-tea and to the proprietary meat extracts alike. Instead of using preparations that poison it would be wise to drink clean water, orange juice, fig juice, prune juice, apple juice, pear juice, or grape juice. All these are cleansing and healing drinks that tend to vitalise the body, give renewed energy and restore the patient to good health.

Many of the proprietary remedies are made from animal liver, sweetbread, kidneys, and other excretory organs, because they contain an excess of stimulating bodies.....It is to these harmful purins that the meat extracts owe their popularity. We shall take a definite step towards becoming an A₁ nation when meat extracts—either home-made or otherwise are totally eliminated from our diet.

A recent food fallacy that has rapidly attained remarkable popularity is that liver extracts are especially beneficial in the treatment of anaemia. The fact is that the iron in liver is of a very poor quality and is mixed up with food poisons, a pound of liver containing some 20 grains of purin bodies. In pernicious anaemia the blood-making process of the body is poisoned and the treatment adopted should be to cleanse the body of poison and not add to it by taking such a purin loaded substance as liver.

Another fallacy of vital importance to health is held in regard to the eating of fish. Fish is a dangerous source of uric acid, principally on account of its tendency to putrefy quickly. The heat of the body is ideal for setting up this putrefaction, and in a person suffering from constipation, fish is in a rotting state long before it leaves the body. The blood absorbs the poisons and throws extra work on the already overtaxed liver, and this organ, failing to function properly a violent effort is made to eliminate the poison and we have typical fish-poisoning. Fish is more dangerous in many cases than meat, and sufferers from rheumatism, skin troubles, liver or kidney weakness should abstain from fish.

Another popular fallacy is that fish is an ideal brain food, because of its phosphorus content. Phosphorus is an important constituent of the brain, but it has yet to be demonstrated how this element is connected with mental activity. Proper activity of the brain depends in the purity of the blood and an adequate supply of it, and not on the presence of any single element. Kale radishes, watercress, and Brussels sprouts all contain, weight for weight,

more phosphorus than does fish, and in these vegetables it is not accompanied with any of the poisons inseparable from fish. Quality rather than quantity should be the first aim in food selection. It is not necessary to eat large quantities of food to be strong and healthy but we must eat the right kind. We require sugar as in dates, honey and bread; fats as in olive oil, butter and nuts, eggs, cheese and milk. We also require the cellulose of fruits and vegetables to cleanse the body.

Mineral salts, such as lime, iron, potash, and soda, are also needed if we are to be adequately nourished. It is estimated that the daily loss of lime is 10 grs. To balance this loss and to guard against emergencies or faulty assimilation we require 15 grains of lime every 24 hours. Sherman tells us that half the world is suffering from lime starvation. He also says, "As a result of the lime deficiency of civilisation we are in danger of becoming a toothless race". *Meat contains no lime.* It would be necessary to eat nearly a whole cow, exclusive of bones, to get a daily ration of lime. From the vegetable kingdom you can get rich lime-containing foods that will build strong healthy bone, and sound lasting teeth. Another vital food is iron. The daily loss of iron is about one seventh of a grain and to make up for that loss we require about $\frac{1}{4}$ grain of organic iron. When an animal is killed the blood is drawn away from the carcass and the meat is practically useless as a source of iron. If we would make rich red blood we must go to the vegetable kingdom for our food.

It is common knowledge that meat causes high blood pressure, resulting in strokes (apoplexy) and heart failure.

Many people think it is the blood in the meat that is the cause of high blood pressure. This is another food fallacy because flesh meat contains very little blood. It is this idea that the blood in red meat causes high blood pressure which leads people to eat white meat. The poisonous substances that help to bring about high blood pressure are present in both red meat and white meat.

Flesh meats contain considerable amounts of waste and poisonous matter, and if we wish to attain and maintain radiant health we must cut out of our dietary foods which are contaminated by harmful and stimulating toxins, taking only those foods which contain genuine nourishment and which supply all our present physical needs and fortify our bodies to resist disease.—O. D.

Tobacco and Eyesight

By

GEORGE K. ABBOTT, M.D.

RAILWAY employees whose work requires that they be able to see coloured lights on the block signals must pass very rigid tests for colour vision. Were they to confuse these coloured lights or be unable to see them, serious accidents, with heavy loss of life, might result. Without such tests, many a person would be unaware of his defects of sight and especially of colour vision. With some, the field of vision is much narrowed, so that objects must come almost directly in front of the eyes before they can be seen.

The most common cause of colour blindness, especially for red and green, is tobacco. It produces a central area of colour blindness. This is usually worse in one eye than in the other. The patient, however, is not aware of his defect until both eyes are involved and the difficulty is well advanced. Heavy smokers of tobacco almost invariably show some defect of the colour fields.

The normal eye detects the colour of a red spot three millimetres, or one-eighth of an inch, in diameter when held twelve inches from the eye. In tobacco blindness there will be a central part of this area that is blind to the red colour.

His Vision Blurred

A man of thirty-five years of age recently presented himself to a physician because of nervousness and haziness of vision. Since the age of fifteen he had smoked thirty or forty cigarettes a day, and for the previous five or ten years had drunk about one quart of beer a day. In the previous six months he had noticed some blurring of vision, which had grown progressively worse. His hands and fingers revealed a coarse tremor. When the oculist tested his colour vision with the red spots of three millimetres, or one-eighth inch, in diameter, he could not detect the red at all. By using spots three times as large, that is, ten millimetres, or three-eighths of an inch, in

diameter, they could be detected in certain positions but over an area much less in size than the normal visual field for red, and there was present as usual a central blind spot for red.

This is an extreme case of tobacco blindness, for the alcohol alone does not produce such blindness. Just as bad cases are found when the only poison used is tobacco. This man's arteries were definitely hardened though he was only thirty-five, and his blood pressure was 145, while at his age it should not be over 127. He complained also of sore throat and frequent colds. He had palpitation of the heart and a poor appetite. Three years previously a stomach test had shown great irregularity of the secretion of acid in the stomach. This also is very common in smokers. The nicotine produces an excessive secretion of hydrochloric acid.

According to Sir Berkeley Moynihan, tobacco-smoking is a large factor in producing ulcer of the stomach, which is much more common in men than in women. Smoking produces acid in the stomach. This excessive amount of acid aggravates the pain of the ulcer, and prevents it from healing even where other conditions are conducive to healing. Many men

suffer heavily from their devotion to the weed. But are they the only ones concerned?

Many motorists have equally trembling hands and defective sight. It is a crime punishable by severe penalties to drive a vehicle while intoxicated with alcoholic liquors. For the safety of the public, should not tobacco users be required to furnish reliable medical evidence of clear vision before they are granted a driver's licence? Are not pedestrians and other motor owners vitally concerned because of this man's defective sight?

While the damage done by tobacco is more insidious and subtle than that of alcohol, it is nevertheless very certain, and it concerns others besides the user. How much safer for himself, for those who ride with him, and for others, is the motor driver who abstains totally from both tobacco and alcohol, and whose habits are otherwise sane and temperate! How much did sane living, temperate habits, and total abstinence from tobacco and alcohol have to do with making the alert brain, clean vision, and steady nerves and hands of Charles Lindbergh, which have guided him safely on many an uncharted and perilous flight to success almost unparalleled?
—*Good Health*, (London).

HONEY FOR EXTERNAL USE

Excellent results are claimed to follow the treatment of wounds, burns, abscesses, etc., with honey. Pure natural honey from the bee, warmed (not above the temperature of the blood), is used.—ZAISZ, DER HONIG IN ANSZERLICHER ANWENDUNG, MUNCH MED. WOCH. 1934—49.

Old Age and Civilization

PERHAPS the most striking difference between civilized people and savages is in the way in which they treat their elders. Savages in general make no provision for the care of the aged, but when their parents cease to be able to do their part in the struggle for existence, feel no obligation or disposition to prolong their lives, but quite generally regard it as perfectly proper to relieve themselves of the burden of caring for them by helping Nature to dispose of them in carrying out the age-old fiat, "Dust thou art and unto dust shalt thou return."

A missionary to one of the South Sea islands relates that one day an aged native remarked to her that he might not meet her again, explaining that he was daily expecting that his son would "knock him out." Noting the astonishment of the missionary that he seemed reconciled to the doleful fate awaiting him, he added, "I knocked my father in the head, why shouldn't he do the same to me?"

The old Romans drowned their aged in the Tiber, and the Greeks made them drink the poison hemlock.

The Chinese and the Semites seem to have been the first to demand respect for the aged. The Chinese even made the worship of ancestors a highly influential religious cult.

Moses put in the centre of the Decalogue, the injunction, "Honor thy father and thy mother," but the filial obligation was not first enjoined at Sinai. Professor Price of Chicago, internationally known as a student of the language and manners of the ancient Sumerians, who lived 3,000

years before Abraham, told the writer some years ago that he had found the fifth commandment with all the rest of the ten except the last, engraved upon the tablets which had been recovered from the ruins of the temples of this most ancient of civilized people.

But the world is not only giving to the aged more respect and consideration, but through scientific research and discovery has found out that old age as we are familiar with it is not a normal phase of human existence, an inevitable fate which must be met soon after one has reached the age of sixty years, if not before, but a disease, the onset of which may be definitely delayed if not prevented and against which very efficient defences and prophylactic measures may be erected. It has been conclusively demonstrated that the degenerative processes that destroy the arteries and cripple the liver and kidneys are most often the results of causes which may be controlled, such as smoking, the use of tea, coffee, or theobromine, and other poisons, and even certain foods, such as meats of all sorts, pepper, mustard, and other condiments, and, perhaps most active of all causes, poisons which result from the long retention of food remnants and other residues in the colon, because of constipation.

Man, "the masterpiece of creation," is like other members of the animal kingdom, naturally adapted to certain conditions of life; that is, certain weather conditions, such as will permit an almost constant out-of-door life, such as the semi-tropic forests where he made his first appearance,

and a special dietary, which, according to the great Cuvier, the famous French naturalist, was the same as that of the chimpanzee and other man-like apes, "fruits, grains, nuts, tender shoots, and succulent roots." According to the book Genesis, which is the oldest historical account of ancient man, this is the very bill of fare given to Adam and his family at the beginning.

Unfortunately, man has departed far from the simple, natural ways of his progenitors and instead of the pure, wholesome substances intended for his sustenance, which are almost wholly nonputrescible either in the body or outside of it, such as fruits, grains, nuts, and fresh vegetables, he has adopted the diet of ghouls and scavengers, the corpses of dead animals, foods which are already putrescent before they are eaten, actually carrion in a highly advanced state of decomposition, as shown not only by bacterial examination, but by the odor of decay, which is thinly disguised under the name, *haut goût*, or gamey flavour.

As a result of this departure from the normal way of living, the human alimentary canal has become an incubator of noisome germs and germ poisons which invade the blood stream. The liver and kidneys are compelled to labour strenuously to combat this unnatural and disease-producing condition by removing the bacteria and their poisons from the blood, and are worn out prematurely by the enormous, quite unnecessary, as well as unnatural burdens thus thrown upon them. When the liver and kidneys become crippled to such a degree that they are no longer able to keep the blood stream free from toxins, a

condition which is clearly shown by a habitually coated tongue and a bad breath, the body begins to deteriorate rapidly. Symptoms of old age begin to make their appearance, headaches are frequent, mental depression, loss of power to concentrate, impairment of memory, and other symptoms of senility appear. The elasticity of the skin is impaired. As a consequence, the cheeks begin to drop; wrinkles begin to appear in the face; the skin becomes dry, often sallow in appearance; the powers of endurance are lessened; all the faculties are impaired. Old age has arrived. No matter what the number of years a person has lived, he is old and will rapidly get older unless there is a radical change in the habits by a change of diet, increased elimination, and the use of efficient means of changing the intestinal flora; that is, suppressing intestinal putrefaction, and so lightening the burdens of work for the liver and kidneys. By a sufficiently thoroughgoing use of these corrective measures, the old age process may be arrested and in most cases a most gratifying degree of rejuvenation may be effected. This the writer has seen accomplished in hundreds of cases. Any person who desires to do so may demonstrate the truth of these statements in his own personal experience.

There must be among the readers of GOOD HEALTH hundreds of persons who have proved the efficiency of the biologic methods advocated in the monthly columns of this journal, and can testify to great benefits received by physiologic living. The editor would be very glad to hear from persons who have had this happy experience and to publish articles giving a brief account of the results as an encouragement to others to do likewise.—*Good Health*, (U. S. A.)

Meatless Diet in Pregnancy

That some growing adverse factor or factors, possibly concerned with changing habits or mode of living of the people, must be counter-balancing the favourable influences of the many obstetrical reforms introduced in this century is the suggestion of the county medical officer for Middlesex, Dr. J. Tate, who discusses the maternal mortality rate in his last report.

Dr. C. V. Pink, in addressing the recent winter school arranged by the Women Public Health Officers' Association, expressed the view that three such factors were wrong diet, fear, and lack of proper exercise. The three principles of diet he recommended were (1) eat light meals, (2) eat no meat, and (3) eat as large a proportion as possible of fresh uncooked food, such as salad and fruit. A diet based on these principles, he said, appeared to provide complete protection against kidney failure, and so against the toxæmias of pregnancy, and was a very important factor in reducing the risk of sepsis. Evidence of its value was provided by statistics of the toxæmias in Vienna during the war years, for when food was scarce and meat almost unobtainable the toxæmias, though previously common, had practically disappeared.

In the Deptford Borough Maternity Home, where advice is given against meat eating in pregnancy, and where great care is taken to maintain a cheerful atmosphere, 2,000 consecutive cases have passed through without a

single death. Dr. Pink said that experience at Stone Field Maternity Home, where similar advice was given as to diet, was in line with that at Deptford, for none of the last 1,000 cases had given any anxiety from toxæmia or sepsis.

Dr. Pink said that when more flesh food was eaten a smaller amount of protein appeared to suffice. This protein would be provided in cheese, milk, cocoa, eggs, the pulses and nuts. He quoted the following specimen day's dietary:—

Breakfast—Half a grape fruit; two bananas with some sultanas or raisins, served in a soup plate and taken with milk or cream (ground nuts may be sprinkled over); milky coffee; an apple.

Lunch—A large salad, including grated or sliced carrot; plenty of mayonnaise and baked potato, eaten with cheese and a little wholemeal bread and butter if desired; stewed fruit; some nuts.

Tea—As usual, but with little to eat, tea to be weak and freshly made.

Supper—Vegetable soup, an omelette, or other dish made with egg or cheese; two vegetables, with wholemeal bread and butter; fruit and a few nuts.

It is sometimes said that it is very difficult to persuade the less educated mothers to give up eating meat and to eat more fruit. Experience in Deptford, however, seems to disprove this contention.—*Mother and Child.*

Health Tit-Bits

The Joy of Being Editor

Getting out this magazine is no picnic.

If we print jokes people say we are silly;

If we don't they say we are too serious.

If we clip things from other publications, we are too lazy to write them ourselves;

If we don't we are stuck on our own stuff.

If we don't print contributions, we don't appreciate true genius;

If we do print them the magazine is filled with junk.

If we make a change in another's make-up, we are too critical.

If we don't we are asleep;

Now, likely as not, somebody will say

We swiped this from some other writer.

We DID.—I. G. T.

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Drugged Foods.—*Australn. Jour. Pharm., 1934, Vol. 15, 174, 511.*

The "Journal of the American Medical Association" states that "medicating common food articles with drugs—such as the addition of phenolphthalein to chewing gum, acetylsalicylic acid to candy, and senna to bread—is becoming a growing menace, and must be viewed with apprehension and concern as a danger to public health. The general appearance of these drugged foods does not distinguish them from the respective non-drugged forms; label declaration of the added drugs cannot be expected to prevent

their fortuitous misuse or their consumption by the uninformed, the unobservant or those unable to recognize the significance of label statements. There is, therefore, the ever-present likelihood that children, and even adults, may unsuspectingly or ignorantly consume such drugged foods, with results that may be disastrous".—(L. P. T.) *National Health Review.*

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Vegetable Milk.—Artificial milks prepared from almonds, cocoanuts and soya beans have proved to be valuable for infants. Some babies cannot take cow's milk. In such cases vegetable milk may be used with great advantage. It is also used in treatment of ulcer of the stomach. Excellent results have been reported from the use of soya bean milk made from sobee, a light-brown flour made from the soya bean. Ground-nuts dried, ground and made into milk have also been successfully used for babies. Infants take this food well, digest it and thrive on it.—*Treasure Chest.*

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Drinking of 'Healths'.—"The drinking of 'healths' in alcohol is still a custom, but from the health point of view a senseless relic of the past".—*Dr. Harvey Sutton.*—*J. T. N.*

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Opposing Views about Public Health.—Opinions differ as to the effect of "the depression" on health. Surgeon-General Cumming announces in his annual report that the death rate for 1933 was the lowest ever recorded, 10.5 per thousand of population. The mortality from tuberculosis was five

per cent less than the previous minimum; declines were noted in typhoid fever and diphtheria. Of course the degenerative diseases, those of the heart, arteries and kidneys, diabetes and cancer, grow more deadly all the time.

Reduction in expenditures for tobacco, alcohol, rich foods, the dissipations of night life, are known to have a favourable effect, on health. But shortage in necessary foods leads to undernourishment and invites ills of various sorts. The Surgeon-General thinks the continuation of good health is due to the vast work of the relief agencies and to the absence of widespread epidemics.

Some authorities declare that there is much undernourishment but that the effects of this are slow in showing themselves in actual disease which terminates fatally.—*S.—Good Health, (U. S. A.)*

Book Review

Health First.—By *H. Ernest Hunt*, Published by Rider & Co., 34, Paternoster Row, E. C. 4, London. Price 1/6 net.

This little book deals principally with the subject of Toxaemia, more popularly known as Constipation—the root cause of all ills which human flesh is heir to. Hygiene and diet are the next two important items that are discussed therein. The book concludes with hints for the prevention of constipations and with the effects of constipation on the mind and the aura or the spiritual sphere. It is written in a lucid style and is both interesting and instructive. The book will amply repay perusal.

Notice

THE ALL-INDIA MEDICAL LICENTIATES' ASSOCIATION.

I

Notice is hereby given that the subject for Dr. Joseph Benjamin Thesis Competition Prize Essay for the year 1935 of the value of Rs. 35 (thirty-five) is:—"Prevention and Treatment of Malaria" and that for the Dr. Ramachandrier thesis prize for the same year is "Prevention and Treatment of Cholera". The value of this prize is Rs. 25/- (twenty-five).

All bonafide members of the Association (All India Medical Licentiates' Association) are entitled to compete.

The Thesis papers should not be of more than 1000 (one thousand) type-written lines or their equivalent.

Intending candidate are requested to send their papers to Dr. Joseph Benjamin, President Gujrat Branch of the All India Medical Licentiates Association—Dalgawada, Ahmedabad, so as to reach him on or before the 30th November 1935.

II

Notice is hereby given that the subject for the Dr. Joseph Benjamin thesis competition prize for the year 1934, as published in the Indian Medical Journal of July 1934 issue, page 415 of the value of Rs. 35/- (thirty-five) on the subject of "Antenatal Diseases, their Care and Treatment" is extended to 30th September 1935 and that all bonafide members of the Association (A. I. M. L. A.) are requested to compete for the same.

Intending candidates are requested to send their papers to Dr. Joseph Benjamin, President Gujrat Branch, Dalgawada, Ahmedabad, so as to reach him on or before the 30th Sep. 1935.

The thesis paper should not be of more than one-thousand type-written lines or their equivalent.

(*Sd.*) JAMIATRAM B. DESAI,
President, Scientific Section.