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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

The Importance of Public Co-operation in Health Work

THIS is the subject of a lecture delivered by Dr. U. Krishna Rau, M.B., B.S., our Associate Editor, at the Health Exhibition held in Triplicane, Madras, on the 3rd August '35. Being himself a Councillor of the Corporation of Madras and a Medical Practitioner of more than 10 years standing, his address has the weight of authority behind it. As a knowledge, however cursory it may be, of the civic duties outlined below will go a great way towards establishing cordial relationship between the public and the Health authorities, besides ensuring the health and happiness of each individual and, incidentally, the health of the City generally, we are tempted to reproduce it here in extenso, for the benefit of our readers:—

Dr. U. Krishna Rau, addressing the rate-payers assembled, said:—"The importance of public co-operation in Health work cannot be gainsaid and

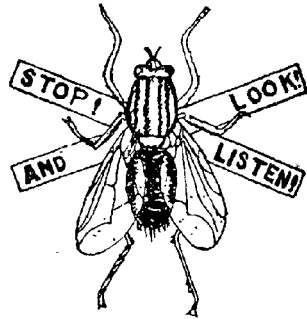
health work will be an utter failure without public co-operation. Perhaps, you would require proof of this statement, and I shall adduce some for your enlightenment.

1. **Registration of Births.**—As soon as a child is born in your house you must see that the birth is registered at the nearest registration Office. The health of a City is generally gauged by its birth, death and disease rates and if you want to know whether your City is healthy or not, you must consult the vital statistics or the book-keeping of the Health Department. The one thing which citizens generally fail to perform and escape with impunity is the Registration of Births. Whatever may be the vigilance of the Health Department in tracing out births, it is difficult to trace all of them out, for many children are born with the aid of unqualified dais, who are as ignorant as the parents them-

selves of their civic duties and responsibilities. Now, what is the harm if one child is not registered? It may escape vaccination. Supposing it is attacked with small-pox, it will be the source of a great conflagration of an epidemic of small-pox. Many children, not vaccinated may succumb, many adults too may be the victims of this dire disease. This brings me on to the question of infantile mortality. The infant mortality in Madras *i.e.*, infants under one year is about 250 per 1000 live births. The infant mortality in England is only about 59 per 1000 live births. In England, at the end of last century, it was 154 per 1000 births. So that, in the course of half a century, the people of England had been able to effectively reduce the infantile mortality in their country by 100 or in other words, save 100 children more out of 1000 births. If you want to get rid of this horrible 'slaughter of the innocents' in Madras, you have a definite duty to perform *i.e.*, to co-operate with the Health Department in registering the births of your children in time.

2. **Vaccination.**—Your next duty is, as I have already told you, to get your children vaccinated in time, say, within six months of its birth. The disfiguration of the body, the maiming of the limbs, the loss of eyes and the physical wreckage, which are the horrible sequelæ of a malignant type of small-pox are not unknown to you and if you want your children to escape those horrors, you must get them vaccinated. At the same time, you must see that all the contacts in your homes, be they men or women, youngsters or adults, get re-vaccinated to

avoid infection. Vaccination confers immunity only for a specific period, 7 years or so, therefore, it behoves you to get all the members of your household re-vaccinated once in 7 years. Small-pox will then completely disappear from our midst in a very short time. Likewise, Scientists have recently discovered another vaccination, which they call inoculation for prevention of cholera. This inoculation is harmless



The Fly is the chief carrier of germs of typhoid, cholera and dysentery. Kill the fly or else it will kill you.

and by wholesale inoculation of healthy people, Cholera can be prevented and the city can be saved from a horrible epidemic.

This way lies your co-operation in Health work.

3. **School Children.**—The health of the school-children is anything but satisfactory. The parents do not care for their health because they have their eyes fixed only on their education and the monetary prospects it may bring on. The teachers care more for the results at the class examination than for the general health and comfort of the students under their charge. The school authorities care more for the income and do not care to provide more space, more amenities, to students. I am not drawing an exaggerated

picture of the condition of schools and their inmates in this country. The housing of schools in ramshackle buildings, the overcrowding of schools, the lack of ventilation and sunlight, the inadequate and impure water-supply, the want of playing grounds, the unclean latrines still form topics of adverse comments on Indian Schools and these defects react on the health of the school children. There is a medical inspection of school children conducted annually and though haphazardly done, they yet reveal serious defects of development among school entrants—bad teeth, rickets, squint, diseased tonsils, rheumatism, tuberculosis and similar ailments of a major character. These defects are certainly preventable and it is for the parents to take the necessary steps to give effective treatment. You will have to impart health education to your children at home by insisting on their reading health journals, health tracts etc. You must infuse civic duty and a sanitary conscience in them from their youths. That will be a great help to the health authorities whose work thenceforth will be made easy.

4. **Conservancy and Sanitation.**—

Among the many civic duties and responsibilities thrust on you as citizens, you must see that your houses are kept clean and that the rubbish collected should be thrown into the dust bins provided in the streets for the purpose or kept in a tin receptacle in front of your house to be emptied when the rubbish cart passes by your street. Never throw the rubbish into the street sides, for, the wind will scatter it and spread disease through it. You will be helping the health authorities if you only throw inflam-

mable rubbish and not glass pieces and the like, into the dustbins for you must understand that most of the rubbish is thrown into the incinerator and burnt and these solid pieces will have to be separated therefore, which means a large staff and a heavy strain on them. Your co-operation will result in the decrease of expenditure and the lightening of your burden of taxation.

The dirty habit of throwing night-soil into the dustbins should cease and the still dirtier habit of allowing children to defecate into the drains and on street sides at all times of the day and adults themselves defecating during dark hours abandoning all ideas of decency should be given up. Urinating in the open streets by adults in broad day light is a deep-rooted custom, especially in Madras, in condemnation of which Mahatma Gandhi spoke so vehemently, when he visited our City last. The Corporation have provided separate urinals in streets and they must be largely availed of. Public co-operation in this direction is most needed and if the city is to be sightly and healthy, this habit must be discontinued.

5. **Overcrowding.**—This is a subject which requires your careful and earnest consideration. Overcrowding affects the welfare of men, women and children, as regards their moral, mental and physical health. The moral atmosphere is vitiated by the herding together of adults and children, the latter seeing and hearing things which should not be experienced during early years. A decent and clean house is impossible in the midst of overcrowding. The mental state suffers from the worry of trying to

keep a decent and clean house, the lack of privacy, the irritation of overcrowding and the loss of personal pride. Infectious diseases especially tuberculosis will have a strong foothold in overcrowded houses. The latrines, unless they are flush out ones, will always be unclean. Water-supply will both be inadequate and inconvenient, making cleanliness of

words, in preventing morbidity and mortality rates from swelling? To those who are landlords, I say, please have mercy on the poor souls who occupy your houses. Let not Mammon guide you while planning the house for tenements. Limit the number of tenements according to the size of the plot and provide them with all possible comforts. There you will have earned



View of Dal Canal showing boats full of Vegetables. Always buy fresh Vegetables and Greens, brought from village parts.

even flush out latrines impossible. There will be lack of fresh air and sunlight. The danger of vermin is also very real. Life under such conditions will not be worth living. Overcrowding is a big problem that confronts the Health authorities, everywhere, more so in Madras. How can you help the health authorities in preventing overcrowding, in other

the tenant's lasting good-will and gratitude. To those who are tenants, I say, you have the temptation to live in the vicinity of your business places and you don't want to migrate even a few yards away on grounds of economy and convenience. But, it is false economy to live in an overcrowded house and pay a very high price in the shape of Doctor's bills and Death's

toll. So far as the Corporation is concerned they have done their best and are still doing by acquiring all vacant lands in and around Madras and reserving them as building sites. Your duty, therefore, lies in migrating to suburbs, thereby avoiding overcrowding in the city. Your hearty and active co-operation is essential in this behalf.

6. **Food adulteration.**—This is another subject which is vitally concerned with your health and in which your co-operation with the health authorities is required. You must always try to purchase good food-stuffs even though they may cost you a little extra. Insist on having good stuffs from vendors and if you get adulterated stuff, you report at once to the health authorities. There is a special staff to prevent food adulteration but they are too inadequate to accomplish much themselves. Remember that adulterated and rotten food stuffs are the fertile sources of all bowel complaints such as dysentery and diarrhoea.

7. **Water supply.**—The Corporation have provided you with drinking water at a heavy cost and it is your duty to see that you use it economically and not waste it. The water, though for all practical purposes is pure, is yet not quite safe for drinking as the filtering arrangements are still imperfect. You would do well, therefore to boil it, cool it and then drink it. Thereby, that dire disease Cholera, which is now raging in our midst, can be arrested.

8. **Notification of Diseases.**—When there is an infectious disease in or near your house, you must at once report the matter to the health authorities and not try to hide it for

fear of molestation from your neighbours or inconvenience to yourself by way of isolation, segregation or disinfection which you must perforce submit yourself to. Nowhere else will your co-operation be more valued than in this. If every one takes it into his or her head to notify then and there, any infectious disease in his or her household, there can be no fear of any epidemic spreading beyond bounds.

9. **Registration of Deaths.**—You are required under the Act to register any death occurring in your households, in the same way as you are required to register births. Registration of deaths in Madras may be said to be perfect for there are checks and counter-checks leading to the detection of failures and bringing the offenders to book.

10. **Certification of Deaths.**—This is one aspect of public duty which the municipal law as it now stands in Madras does not require you to do. In registering deaths, you are often asked "of what ailment did the deceased die?" You cannot answer, for, you do not know. It is the attending doctor that can enlighten him on the point and so you naturally give some vague answer, fever, diarrhoea etc., The Health authorities are in a fix and are not in a position to know what disease is prevalent at a particular time. It is therefore necessary that you should obtain a certificate from the last attending doctor, as to the nature of the illness the deceased suffered from at the time of death to enable the Registering Officer to classify the death accordingly. But here, doctors too must co-operate and grant the certificate free in the

interest of public health. Your willing and voluntary co-operation in this behalf will be most welcome.

I am now coming to the end of my lecture. I have indicated to you in what ways you can assist the Health Department and what part you must play in the promotion of your own health and happiness. But, one thing I must tell you before I close. You must always consider the Health Officer as your friend and not your foe. What he advises you to do is after all in

your own interest and it would be suicidal to defy him or disobey him. If he issues any notice asking you to repair a latrine, or whitewash your house or construct your house drain or keep your cattle shed in proper repair and so on, comply with it at once. Don't run about and seek the aid of your Councillor-friend to intervene on your behalf to get it cancelled. You will be sounding your own death-knell if you do it. Your safety, lies in your own hands."

Food and Health

By

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THERE is a well known saying in India *viz.*, "one who knows how and what to eat never suffers from disease." There could not be a wiser saying than this. It can be safely said that ill health in the majority of cases has some definite relation either to the quantity, the quality or the method of consumption of food. Even among large bodies of people certain diseases are found to be prevalent when the nutrition of the people is at a low level due to want of sufficient food. For example, it has been reported by the inquiry committee officially appointed about malaria in India that the incidence of malaria varies directly according to the rise in prices of food stuffs. So also other diseases like tuberculosis, anaemia, leprosy etc. are found to be on the increase among people who are not getting the

required amount of nutrition due to inadequate food. Even an infectious disease like plague is due to poverty and ill-nourishment. Dr. Glen Liston an authority on this disease says that the warm climate like that of India is not very favourable to the extensive spread and prevalence of plague, and that the poverty and ill nourishment of the people are at the bottom of the disease prevailing here for so many decades.

It has become a fashion among our people to blame the climate of India for the ill-health of the people and the diseases prevailing here. They forget that the so called 'tropical diseases' like malaria, leprosy etc. were about a century and a half ago more prevalent in Europe and other cold countries than they were here. Want of proper nourishment due to inade-

quate food etc. has caused these diseases to spread so extensively in India. Even now those who have had a chance of seeing and observing the physical capacity of Indians, for example, on the battle field especially, during the last great war, have asserted that, for physical endurance and stamina, Indians were found to be as good as and many times superior to the men of other countries when chances for comparison occurred. Of course these men were properly fed and looked after.

However, the question of poverty is one to be taken care of by the political economist. As medical men we have to find out what sort of food is the best one for nutrition and health. Every article of diet to be good for health must contain the proper amount of proteins, fats and carbohydrates. Even people who have enough of money to buy the best food required for good health, don't seem to be particularly careful about the quality and quantity of food they are eating and thus don't get the required amount of nourishment for their body. It has been found by Dr. McCarrison after many experiments that the ideal food in this world is the diet usually taken by the Sikhs in the Punjab *viz.* lacto-vegetarian diet. It consists of milk, milk products like curds, ghee etc, chappatties made from hand ground wheat (whole-meal bread) and green vegetables. According to him, this food gives the best nutrition to the body and develops other physical qualities also. But in other parts of India where wheat is not the staple food and rice, jwari and other cereals are mostly eaten, the same amount of

nourishing properties could be developed in the dietary, provided other essential constituents like ghee, butter (fats), dal (protein), milk etc. are added to it. It is a common belief that flesh is essential for building a healthy and strong body. But nothing could be farther from truth. Of course, where one is not able to get vegetarian food containing the necessary amount of nutritional constituents, one must not hesitate to partake of meat diet.

Next comes the question of the diseases that may be caused by over-eating. It is a common experience of medical men that many of the diseases of the human body *e.g.*, kidney diseases, anæmias, joint diseases and other severe maladies are caused by over-eating. It must be remembered that indigestion due to over eating and use of rich artificial food, causes liberation of poisons in the body which affect the important organs like the kidneys, heart etc. and give rise to very serious diseases.

Finally, it should not be forgotten that no food can be digested and assimilated by the body without proper exercise. In a hot climate like that of India, exercise is a very essential thing. It has been found by experience that exercise is a necessity for sound health more in the hot climates than in the cold ones.

So, the chief essentials for sound health are proper food, and proper exercise. If we are careful about these two things we will not have the necessity of finding fault with God Almighty for having given different climates to different parts of the world.

The Tuberculosis Problem in India

By

DR. R. A. JOHNSON M.B.B.CH., D.P.H.,

Golden Rock, Trichinopoly.

TUBERCULOSIS has been hailed the Great White Plague, and the havoc it has wrought with human lives and happiness makes the name a well-deserved one. The disease is rightly held in dread in every country. Among diseases, it is mankind's greatest enemy; and next to War it is the greatest physical evil in the World. Millions are killed by it every year, and many more millions are crippled and disabled. Families are reduced to poverty and misery; and public money is lavished in combating this foul disease. T. B., kills 1 out of every 7 or 8 people born into this world.

Tuberculosis does not kill quickly like Cholera or Pneumonia. It inflicts years of suffering and disability on its victims before it deals the death-blow. Of all diseases it is the most wide-spread, the most insidious, and the most difficult to eradicate. No country in the world is exempt, though some countries are more affected than others. Unlike Cholera and Malaria, it is not confined to certain areas, climates or seasons. It is an universal, all-pervading enemy. Although it is mainly a disease of children and young adults, no age is exempt from its attack, and many animals besides man are affected.

In considering Tuberculosis, we have to think of two main things, the germ and human body; and these may

aptly be described as the "seed" and the "soil". Tuberculosis is caused by a microbe whose habits are well known to science. This microbe is present in the bodies of tuberculosis patients, and it is discharged in countless numbers in the expectoration and other discharges of the patient. Although it is killed in a few hours by sunshine and fresh air, it can survive for months in dark and dirty places ready to carry on its foul mission of disease and death. It can be carried through the air on particles of dust. It may safely be said that the seed is everywhere, waiting only for a suitable soil in which to settle and grow. The soil is the human body; and whether that soil is suitable or not depends on the physical condition and habits of each individual. A healthy man or woman, with broad shoulders and virile chest, leading a healthy, open-air life and partaking of normal diet is likely to offer stout and successful resistance to the invading germ. But the weakly, ill-nourished, sedentary individual is very apt to fall a victim and to become a source of infection to others. To eradicate the seed completely is a most difficult matter. Much can be done by hygienic measures; but much more can be done to render the soil unsuitable, and it is in this direction our main efforts must lie. Every measure which tends to make

* A lecture delivered at the Health Week held in March '35 at Trichinopoly and specially sent to 'Health' for publication.

the individual, especially the young adult, more healthy is an advance in the war against tuberculosis. Open-air-life, healthy games, nourishing diet, correct posture, cleanliness and hygienic habits all these are methods of defence against the invading enemy.

It is sometimes asked if Tuberculosis is curable. The answer is "yes", but it is a "yes" with many reservations. Much time and labour has

in the human body in the way that Quinine will kill the germ of Malaria. In most cases, careful and prolonged treatment will arrest the course of the disease. In some cases the patient may be returned to his community to resume his ordinary occupation with unimpaired efficiency; but in the majority of cases he will return to ordinary life only on probation, or with his efficiency more or less imp-



*Signor Mussolini opens the Benito Mussolini Sanatorium in Rome.
An aerial view of the magnificent Sanatorium.*

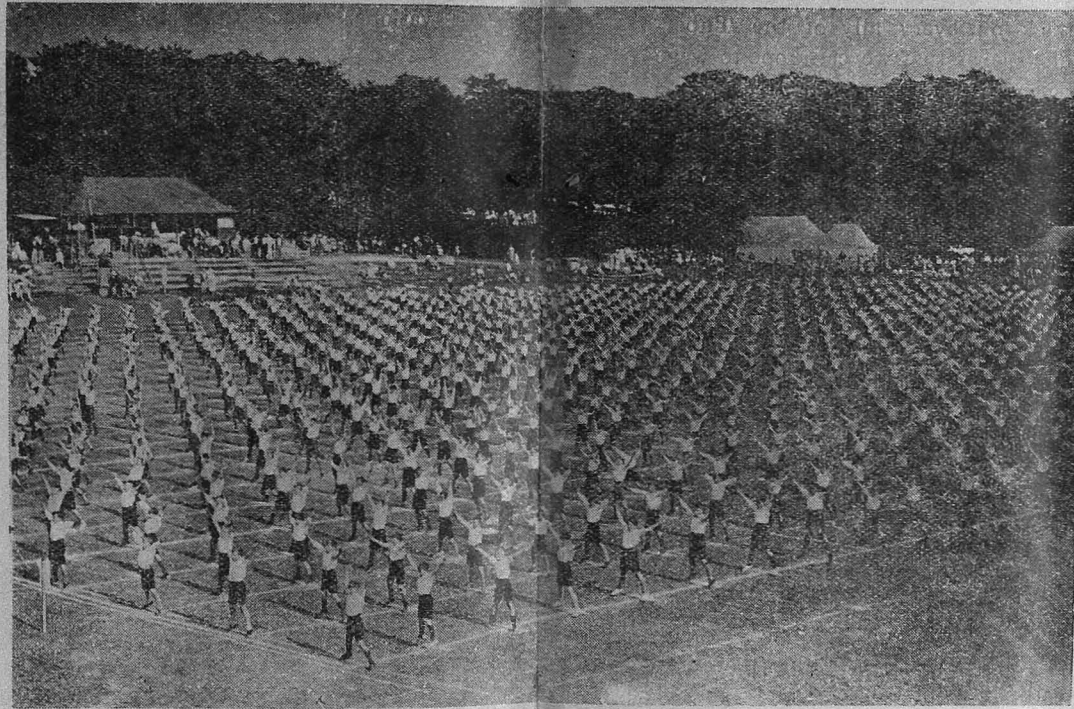
been spent in studying various treatments for Tuberculosis, and much public money has been expended on Sanatoria, special Hospitals and Dispensaries. It is all part of the war against the dread disease. But the treatment of a well-established case of Tuberculosis is long and tedious, expensive and uncertain. There is no known drug that will speedily and certainly kill the germ of Tuberculosis

aired. Even if we effect a complete cure we have merely eradicated the disease from one individual and lessened the chances of infection for his immediate contacts. We have still to tackle the social conditions which made that individual a victim to the disease and which are exposing millions of others like him to the same danger. In Tuberculosis prevention is very much better than cure.

We are sometimes asked if Tuberculosis is hereditary and if it "runs in families". It does "run in families", but that fact is due to environment rather than to heredity. The babies of tuberculous parents are not born with tuberculosis, nor with any special inherent liability to the disease. They contract the disease through living in close contact with their diseased parents and under the same unhygienic conditions. If separated from their parents and given healthy environment they have as good a chance of escaping the disease as the children of healthy stock.

What are the special factors concerning Tuberculosis in India? I have said that every country in the World has its Tuberculosis problem, and India is by no means an exception. In Europe and America, and in many other parts of the world, an organised attack has been made on Tuberculosis during the last few decades. In all these countries deaths from Tuberculosis have shown a marked decline. This is partly due to a gradually acquired immunity, partly to the organised efforts of the Public Health Authorities and partly to the all-round improvement in housing, sanitation and the standard of living. The European War caused a temporary check in the advance against Tuberculosis in all countries where its baneful influence was felt. It brought misery and starvation to the fighting nations; and misery and starvation fight on the side of Tuberculosis. Apart from this temporary set-back, the successful fight against Tuberculosis in the West has been one of the outstanding triumphs of Sanitary Science. Unfortunately, India has not shared in this triumph. Every year in India more than 600,000 people die of Tuberculosis. To put it more graphically a number equal to the entire population of Madras City is wiped out every year by

this foul disease. To this harvest of death must be added the untold misery, suffering and economic loss of millions of other victims who in most cases are merely waiting for death. What is more important still from the Public Health point of view is the terrible fact that Tuberculosis in India is on the increase. In other



Festivities in the Sunshine. Physical Drill by Leeds School-children. Sunshine confers immunity from Tuberculosis.

words, the advance which has been going on in most Western countries for the past 50 years has not yet begun in India.

In many respects India would appear to have many advantages in the fight against Tuberculosis. There is unlimited sunshine and the vast majority of the population is engaged

in open-air agricultural work. But against these advantages there are many factors which turn the balance in favour of the Tuberculosis germ. They are poverty, ignorance and mal-nutrition among the masses, bad housing and lack of sanitation, and purdah custom among certain classes, early marriage, rapid urbanization of the

public regarding Tuberculosis is a complicated matter. We can, however, benefit by the experience of other countries. If I were asked to give advice in the shortest possible form to all the people concerned in this problem, I would address every-one from the ruler to his humblest subject. To the unfortunate victim of Tuberculosis, I would say: "Put yourself at once in the hands of the Public Health Authorities, and obey their commands implicitly. And in the meantime, don't spit in public places". To the healthy population, especially our young men and women, I would say "Enjoy God's fresh air and sunshine. Ventilate your lungs. Exercise your bodies. Don't stoop. Don't indulge in any excesses. Enjoy a nourishing diet and see that it includes plenty of fresh milk". To teachers, professors and parents, I would say, "On peril of your life, see to it that my advice to the young is carried out". To local administrations and philanthropists, I would say: "Improve the conditions of the masses. Give them an economic wage, decent housing and sanitation, the wherewithal to buy decent food, and the leisure to ventilate their minds and bodies". And lastly to the mighty ones of the earth who rule the destinies of mankind, I would address this most humble but none the less earnest petition:—"Don't go to War. In war nobody wins except the Tuberculosis germ and his numerous allies

workers under the worst possible conditions. The tuberculosis germ fares badly in the open space under tropical sunshine; but in the dark and filthy corners of the ryot's hut or the slum-dweller's hovel he finds conditions to his liking and there he flourishes exceedingly.

To give practical advice to the

Give your subjects peace, prosperity and security. They are the enemies of Tuberculosis. Out of the millions you are now spending on armaments give a few thousands to advance education and hygiene. It will repay you well".

From these pieces of unasked-for advice it should be apparent that the Tuberculosis problem is the concern of all. Tuberculosis has rightly been called a social disease. Its progress

depends very largely on the social and economic conditions of the community. To the improvement of these social and economic conditions every member of the community can direct his energies. It is not so much a question of discovering some new and marvellous cure for active tuberculous disease (however valuable such a discovery might be). Rather is it a question of utilizing in an organised way the weapons we have at hand. In this war against Tuberculosis our ranks must be disciplined—doctors, nurses,

health-visitors, research workers, administrators, teachers, parents, school-children—all these must be marshalled in their proper place. Every activity of the enemy must be met with appropriate weapons. The consumptive patient who spits on the ground is an enemy; but much more so is the politician who plunges his country into a World War. It is only by a relentless attack on every ally of the Tuberculous germ that we can hope to wage a successful war on the Great White Plague.

Three General Principles

By

T. D. MUKHERJEE, M.B., D.P.H.,

Burdwan (Bengal).

OF the many rules of health and hygiene, there are three which may be characterised as fundamental and of vital importance to mankind. I propose to call them three general principles for which every one of us should have due regard to keep his health in proper order. They are simple but most important. Any violation of any one of them may not cause immediate injury but in the long run the health will suffer, while proper attention to them is sure to keep us in good health. Though every one of indifferent health is aware of their importance yet, their reiteration will not be useless in the same way as it will not be needless to provoke the fire into blaze when we are already winterbeaten. Always say 1, 2, 3.

1. Keep yourself clean.
2. Eat moderately.
3. Have fresh air and sunshine.

Keep yourself clean both in body and in mind. Immense meaning is hidden in this one sentence. Bodily cleanliness includes, taking of daily bath, use of clean and suitable clothings and beddings and keeping of the bowels properly moved, coming not in contact with dirty things, keeping the mouth and teeth and nails cleaned and so on. Mental Hygiene includes prevention of worry, fright, grief, disappointment etc. These factors impair the happiness of the person and thereby they impair the individual's health. Hygiene means prevention of diseases and promotion of health, physical health is closely

related to physical health. Mental hygiene depends upon the environments and our surroundings. Of course the conditions are greatly modified by education and by the controlling power of our mind. But anything which tells upon the mind is also detrimental to the health of the body. Therefore try to keep yourself free from any sort of mental trouble to keep the health in proper order. Worry and anxiety are the precursors of various sorts of illness and should be avoided as far as possible.

The wise saying that more persons

of protein leads to putrefaction, excess of carbohydrate to fermentation, and fat to acidosis. Generally, we eat sufficient quantity of food and generally in excess, overloading the stomach but take little care about the nutritive value of the food and suffer from Dyspeptic symptoms leading to various diseases of different systems of the body.

The propaganda of the Public Health Officers has convinced the public about the benefits of fresh air and sunshine. Formerly in our country the sages had great respect for water,



die by eating than by want of food. is well known to all. Gluttony is a sin. Choice of food is a very serious matter in relation to health. Moderate quantity of nourishing food is only required to preserve health. Excess of food leads to various sorts of diseases of the stomach, liver, kidneys, arteries, etc. The diet should be sufficient according to the requirements of the vigor and nutrition of the body and must be of mixed and balanced type, about which most of us in this country are ignorant. Excess

air and sun. We came to ignore their teachings and suffered greatly in consequence, but at present we are endeavouring to follow the ancient rules.

Fresh air is absolutely necessary for our health. One should always try to have it and avoid bad, vitiated air especially of crowded places. Sleeping in open air should always be tried, keeping the body if necessary not exposed to cold. The sunlight has got rays of long and short waves. The rays of short waves are more beneficial

for our health and the Ultraviolet rays of the sun which are of short waves have got great detrimental influence upon the bacteria injurious to our health. These rays are easily absorbed by the living cells of our body and promote their vital power; these are powerful in their chemical action and

beneficial to our health. The good influence of sunlight upon our health is due to its Ultraviolet light which is of those short waves. In our country according to the present theory the sunlight gives out the greatest number of the rays of short waves during the middle part of the day.

Oil Bath for Health and Beauty

By

A MALABAR PHYSICIAN.

How does the Malabar woman preserve the silky smoothness of her skin. Skin foods and cosmetics are not within the reach or even the knowledge of any but the few English-educated and rich among Indian women. But there is one treatment which is within the reach of all but the most indigent, and that is the oil-bath

classes the minimum that is expected of a husband is clothes for wear *and oil for bath.*

The oil-bath is known all over India. But it is not so much a matter of course in other parts as on the West Coast. In other parts of South India, it is a more elaborate affair. Also the rubbing of turmeric powder, which accompanies the oil-bath, and gives a jaundiced appearance to the face, is unknown in Malabar.

Cocoonut oil or gingelly oil or a mixture of the latter with ghee and a little castor oil heated over the kitchen fire, is used by the poorer classes, while there are expensive medicated oils for such as can afford them. The oil is rubbed all over the body with a gentle massaging movement. About ten minutes rubbing is sufficient. Then the oil is washed off with a little powdered green gram or horse gram mixed into a paste with water. This simple treatment imparts to the skin a delectable smoothness and leaves no trace of greasiness.

With Malabar folk, the oil-bath is more frequent and takes up less time. The busy house-wife is at liberty to indulge in it after a hard day's work, as well as the leisured lady. For the former especially the oil-bath is one of the readiest methods of relieving fatigue and inducing restful and unbroken sleep. In Malabar the oil-bath is so common and considered so necessary that among the poorer

Beauty experts are never tired of stressing the importance of general good health to all who desire a clear complexion. Oil-bath facilitates the elimination of waste products and toxins from the system. It prevents and relieves constipation. This result is achieved all the more effectively if a cup of water is taken shortly before the bath and the abdomen above the navel is rubbed gently from left to right for about 10 minutes. The

oilbath is usually taken once or twice a week.

A sanskrit verse in a well known Hindu Medical work in enumerating the benefits of oil-bath states—oil-bath taken at regular intervals relieves fatigue, wards off premature old age, sharpens the eye-sight, induces sleep, and imparts firmness and beauty to the skin.

This Eating Business

How strange that man should seek about and
 To eat in public rather than at home; [roam
 And for his food to pay ten times as much
 As for that within his own domestic hutch,
 As well as wonderfully to be able
 To eat what he could not at his own table.
 It seems no one can live hilariously
 Unless he gurgitates gregariously.
 One wonders waitresses do not retreat
 From seeing human beings always eat,
 At times they must be given frightful pause
 By the unending view of champing jaws.
 How odd a commentary on our culture
 That man behaves in public like a vulture.
 The whole of human outlook and its view
 Depend, it seems, upon a "pot for two",
 And life itself must find its sharpest edge
 When bound up in a chop and two of veg.
 Thus it seems that uplift, art, and Shelley
 Oft have their roots within a well-fed belly.
 At every meal the customers are prostrate
 With superfluity of carbohydrate;
 Anæmic girls ingest a chocolate bun,
 A cup of tea, and then their meal is done.
 Strong men devour a sausage plus the rind
 And then declare how well they've dined;
 While lip-sticked typists pick a dainty feast
 From "creamy" pastries, plentifully greased,
 A-mingling well with smeary reddened drips
 Of the greasy mess from off their lips.
 With starches, jams, grease, not to mention
 meat,
 Humanity is kept upon its doddering feet.

—Health for All.

Leprosy Work in the Madras Presidency

THE following extracts culled from the Report of "Leprosy Work in the Madras Presidency, by Dr. J. Josiah Joseph, Chief Leprosy Officer, Madras, published in 'Leprosy in India'—July '35 will be of special interest to our readers:—

"**Propaganda.**—The Public Health Staff could not be depended upon for this work as they are fully engaged in other duties as vaccination, epidemic etc., and as the area of work allotted for each of them is very vast. Most of the propaganda work is done by the Group Leprosy Officers who are often sent to visit clinics that are declining in popularity and to do propaganda work in and around these centres to persuade patients to resort to treatment. Magic Lantern lectures, leaflets and personal talks are the chief methods employed to do this work. Infectious cases who should be isolated are advised either to go to the leper asylums or to isolate themselves in their own homes if facilities exist. Propaganda regarding the hygienic aspect of this work is not lost sight of, the people being told how a sanitary and hygienic mode of living can ward off leprosy.

The B. E. L. R.A. leprosy film was often shown in a few districts and was greatly appreciated by the people who came in large numbers to see it. The Madras Public Health Department has also produced a leprosy film with a romantic plot wherein a young girl who had leprosy was treated by a doctor who finally married her. There is also a set of lantern slides for use

in propaganda work. Leaflets and posters are also used.

School Medical Inspection.—The School Medical Inspection by special Medical Officers has been stopped owing to financial stringency, and the Government did well to put an end to that system of inspection as it was purely superficial. A new scheme should be evolved whereby the student's health will be properly attended to and the special cases periodically examined. The Director of Public Instruction has permitted the Group Leprosy Officers to examine students in educational institutions for signs of leprosy and to give the necessary advice to the affected individuals. The following are the results of this inspection :—

	1931	1932	1933	1934
No. of Schools examined.	3	24	103	179
No. of Students examined.	600	3582	17276	23497
No. of detected cases.	1	20	191	271
No. of suspicious cases	20

These students were advised to take treatment or to be under observation by the medical officer in charge of the nearest leprosy clinic, but most of the students do not follow this advice. It seems to me that it is very necessary that the school authorities should insist that the active cases are treated regularly and the others are sent periodically for observation by trained doctor if they are to continue their studies, for one cannot say when a case in the quiescent phase will be stimulated into activity and become infectious. All leprosy workers are agreed on the importance of medical supervision of children with leprosy and it is considered by many that if the disease can be kept in check till puberty, the chances of its working havoc in later years are greatly reduced. This being so, it is very essential that students having the disease should be kept under careful treatment or observation."

Health Tit-Bits

Walking as an Exercise.—Professor John Fraser in delivering the valedictory address at the annual prize-giving of the Edinburgh School of Chiropody, said that in these days of mechanical transport the exercise of walking had certainly suffered, and in this respect we were probably less healthy individuals than those of previous generations. It was not generally realised how much ground was covered by walking, and figures had been obtained in America by mechanical means which showed that a housewife in her daily rounds covered about eighteen

miles, while a hospital nurse on an average day covered a distance of over twenty-one miles. Men and women were essentially walking creatures, and disabilities of the feet were one of the commonest causes for abandoning this health-giving exercise. He looked forward to the time when the menace of many foot disabilities would have disappeared entirely.—*British Medical Journal*, July 13, '35.

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The Effect of Tobacco on the Foetal Heart During Pregnancy.—The foetal heart rate has been studied

in a series of women who continued to smoke a number of cigarettes during pregnancy. An augmentation of the cardiac rhythm (from 5—40 beats per minute) was constantly noted. The acceleration manifests itself from half a minute to a minute and a half after the cigarette is begun and persists five to ten minutes after the cigarette is finished.

Out of a large number of observations, in one alone was the result negative, and this in the case of a woman who had only absorbed a very feeble quantity of tobacco smoke. This is in favour of the opinion generally admitted that small doses of nicotine diminish the number of cardiac pulsations.

The abuse of tobacco in the course of pregnancy is inimical to the well-being of the foetus.—*Sunday and Wallace: American Journal of Obs. and Gynæ.* Vol. 29, No. 1, Jan'y. 1935, Page 77, the "Medical World".

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Fast Growing Babies may not be the best.—Parents proud of how fast their babies grow and baby specialists who prescribe foods, medicines and health procedures to have this same effect of rapid growth may take warning from a new view of the science of human growth and nutrition which has been gaining ground among specialists and now is indorsed editorially by experts of the American Medical Association. This new view is that young animals of any kind which grow most rapidly may not be the healthiest ones or destined to the longest lives but that such rapid growth is likely, on the contrary, to mean early death and premature old age. Gardeners are familiar with the fact

that plants forced to grow too rapidly do not live long and are likely to be unhealthy. In several series of experiments with rats and other laboratory animals, notably a series carried out under Dr. C. M. McCay of Cornell University, it has been found that animals fed so that they grow more slowly prove to live longer and to keep greater bodily vigor in old age. According to the Association's experts, a similar relationship between slow growth and long life in human beings was suspected centuries ago by no less an authority than Lord Francis Bacon, the distinguished statesman and essayist sometimes believed to have written the plays of Shakespeare. "It is appatent", the Editors conclude, "that some of the current tenets in the field of nutrition require reconsideration", so that the best rates of growth may be discovered for infancy, childhood and each of the other periods of human life.—Dr. F. E. Free, *The Week's Science.—The American Medicine.*

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The Cost of Coffin Nails.—Under the title, "The American Standard of Dying", Katharine Kellogg discusses in *Common Sense* the cost of American funerals. It seems that Americans are not content with maintaining a so-called "higher", that is, more expensive standard of living than any other nation that now lives or ever did live, but must also maintain the same preeminence in the cost of dying. Half a century ago, the cost of a burial was small. Today, the cost of really respectable funeral is so considerable that the undertakers are able to report a volume of general business totaling the enormous sum of \$400,000,000.00.

But this is not all; the florists and monument makers send bills amounting to \$ 100,000,000,00 more, or \$ 500,000,000,00 for the two major items of funeral-expense.

If this huge sum were expended in combating disease and cultivating health, the result would be a material reduction of the death rate and the saving of many thousands of lives.

—*Good. Health (U. S. A.)*

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Misleading Information about Tea.

—The Salvation Army *War Cry* published in its issue for May 25 the following:

“You may drink all the tea you want without fear of its after effects, for it hasn't any.

“This interesting information was presented at the annual meeting of the American Chemical Society, held in Washington, D. C., recently.

“Tests were made on albino rats, whose nutritional functional requirements are similar to those of human beings. The results of the tests showed that a man might drink tea in the same ratio to his weight, without any ill effects. So if you weigh 150 pounds, help yourself to 43 cups of tea a day, and don't worry about the effects—at least thus say the scientists”.

The effects of tea drinking on either rats or men can never be determined by chemical tests. The animal organism is a living machine, not an inanimate chemical compound. All that the tests referred to proved is that the immediate effects of tea drinking are not disabling, but the actual effects of a poison like tea are not indicated by the immediate results.

Metchnikoff showed many years ago

that the administration of small doses of a poison will after a lapse of months produce destructive changes in the body even when large doses produce no immediate toxic effects.

The effect of the particular poison of tea is largely shown in the nervous system. The nerves are at first excited, often in such a way as to give the impression of increased strength and energy, but this is entirely false. There is no increase in strength for the reason that the caffeine in the tea does not contribute to the production of energy in the body; in fact, instead of increasing the sum total of the body's energy resources, the effect of using tea or coffee is to lessen the body's store of energy by interfering with the body's recuperative processes, especially through sleep. The nerve centers accumulate energy like storage batteries. The effect of tea drinking is to interfere with this energy storing process, thereby doing great harm.

Trembling of the hands is another evidence of the injury done by tea or coffee. In some instances marked trembling of the hands occurs after the taking of a single cup of coffee. Horace Greeley, the great Civil War editor whose influence upon the public mind was greater, perhaps, than any other person except Abraham Lincoln, renounced the use of coffee because after drinking a single cup at night he suffered from trembling of the hands the next morning, sufficient, we suspect, to interfere with the use of his hands in writing, in which they were almost constantly employed during his waking hours.

One of the effects of tea is to cheer and exhilarate as do practically all intoxicants, producing a false sense of

comfort as do other narcotics while interfering with the nutrition of the nervous system and the accumulation of energy in the nerve centers. Tea is a poisonous drug and must be classed along with hashish, opium, and other "dopes".—*Good Health (U.S.A.)*

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A Municipal Rose-garden.—In Topeka, Kansas, U. S. A., there is a wonderful municipal rose-garden containing about 15,000 rose-bushes, covering nine acres. It is equipped with flood-lights, and is open to the public night and day. There is but one sign in the entire garden. This, cut in the solid stone on one of the pylons of the main entrance reads, 'The honest need no watchman'—*The Treasure Chest.*

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Municipal Ownership of Public Utilities.—Eighty-four cities, towns and villages in the United States are entirely free from local taxes as a result of owning and operating public utilities. Profits from utilities pay for municipal salaries, sending children to school, paving streets, operating parks, playgrounds and libraries, often with rates lower than elsewhere. One town in New York State has made enough money from its municipally owned electric plant to make all taxes unnecessary for the past four years. It also has large deposits in the bank.—*The Treasure Chest.*

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Sanitation in Places of Pilgrimage.—Many of our places of pilgrimage in India are far from being clean. The dwellers there are often so desperately fatalistic that they forget to keep their own houses and

surroundings in a sanitary condition. What, then, to talk of the places provided for the sojourn of the pilgrims? They are the last word in ugliness. We are glad, therefore, that the Benares Municipality proposes to add to their existing bye-laws several provisions with the object of keeping *Dharmasalas* in a sanitary condition, the breach of such provision being punishable with fine. A keener civic sense generally follows in the wake of education, but till education spreads amongst the masses the necessity of provisions like the above will remain. We trust that the municipalities of other places of pilgrimage also will adopt similar measures.—*The Young Builder.*

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New Vitamin K May Prevent too Easy Bleeding.—Failure of some people's blood to clot properly so that they bleed easily and dangerously, resembling the hereditary bleeder's disease called hemophilia, may be due to lack of a new vitamin, provisionally christened Vitamin K, according to letters to the London scientific periodical *Nature* from two research workers at the Biochemical Institute of the University of Copenhagen, Denmark, Dr. H. Dam and Dr. F. Schonheyder. The trouble first was observed in young chicks fed on diets lacking the supposed new vitamin. Adding to the food of the sick chicks very small amounts of hemp seed, kale tomatoes and certain other vegetables cures the bleeding disease at once, just as foods containing Vitamin C promptly cure scurvy or as other so-called deficiency diseases are cured by small doses of other vitamins. The richest source of the

new vitamin K yet found is fresh hog liver. It is possible to extract the vitamin from this hog liver but it has not yet been analyzed. In many of its properties vitamin K seems much like vitamin E, so-called sex vitamin necessary for animal reproduction and which is found chiefly in the oily germs of wheat seeds, but since the new Vitamin K seems not to exist in these wheat germs while the Vitamin E apparently exists only in tiny quantities in the chief source of Vitamin K in hog liver, the Danish investigators believe that the two vitamins cannot be the same. How important the supposed new vitamin will be in curing human diseases marked by bleeding has not yet been tested.—Dr. E. E. Free,—*The Week's Science*.—*American Medicine*.

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Late Marriages Condemned.—Dr. Carl Holliday of the California college says that modern girls who won't get married until the men they pitch upon can afford to protect them with every modern luxury "are threatening to destroy our civilization" as marriages postponed until thirty or thirty-five cause a nervous strain which is undermining our efficiency". His advice to his girl students are to *patern themselves* after their grand mothers who "were satisfied with a mattress, a coffee pot, and a frying pan".—*The Sanatanist*.

Radio Programme

The following list of specific themes and dramatic treatments are not suitable for children's programs and are, therefore, forbidden in commercial broadcasts :—

1. The exalting as modern heroes, of gangsters, criminals and racketeers will not be allowed.

2. Disrespect for either parental or other proper authority must not be glorified or encouraged.

3. Cruelty, greed, and selfishness must not be presented as worthy motivations.

4. Programs that arouse harmful nervous reactions in the child must not be presented.

5. Conceit, smugness, or an unwarranted sense of superiority over others less fortunate must not be presented as laudable.

6. Recklessness and abandon must not be falsely identified with a healthy spirit of adventure.

7. Unfair exploitation of others for personal gain must not be made praiseworthy.

8. Dishonesty and deceit are not to be made appealing or attractive to the child.—*Extract from Journal of Iowa State Medical Society, Vol. xxv, No. 7, page 351.*