



ESTD.  
JAN.  
1923

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

Editorial and Publishing Offices:—

323-24, Thambu Chetty Street, George Town, Madras

Vol. XXI

JUNE, 1943

No. 6

## HEALTH OF STUDENTS

OFF and on we hear of medical inspection of schools and colleges. A medical officer visits the institution, examines a large number of students hurriedly within the limited time at his disposal, gives a history card to each student showing the ailment he is suffering from, and leaves the place for good. We hear no more about it till he revisits the institution next year or as per previous arrangement made. The idea underlying the issue of history cards is that the parents should give their immediate attention to the ailments of their wards. We very much doubt if even a very small percentage of parents do so. Not that they are not interested in the matter. The history card would not have come to the notice of many a parent, and several others would not be in a position to devote their time or afford the expenses required for this purpose. Thus the farce is carried on, nobody any the better for it.

Of late reports abound that the health of students is far from satis-

Health ]

factory, many of them suffering from serious ailments which, if not attended to promptly and effectively, will impair their health and their future prospects as well. The report issued by the Students' Welfare Committee of the Calcutta University for 1941-'42 is distressing reading. 64.7% of the students examined by the Medical Board attached to the Committee are reported to be suffering from diseases and defects calling for immediate and proper attention. This is ten per cent. in excess of the figures for the previous year, confirming the view that the health of students is deteriorating fast. The position should have considerably worsened since then in Calcutta. We doubt not a similar and thorough examination of the health of students elsewhere will reveal an equally depressing tale. And this in spite of the special attention now paid to physical training and out-door games. How is it possible for anybody to be benefitted by them unless he or she is in a position physically to take part in them with zest and pleasure? And how

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can young men and women, either diseased or are suffering from minor or major ailments, be allowed to take part in these games or physical exercises without serious detriment to their health? No wonder many students report themselves sick and absent themselves from the P. T. classes in spite of the fact that attendance there is compulsory.

Is there no remedy for this distressing state of things? Is the health of the present day students who are to be the future citizens of the land to be neglected, as in the past, to the serious detriment of the health of future generations?

Something has to be done, and that too quickly to stop the rot. The Government and the educational institutions are equally, if not much more, responsible for the health and welfare of the students as the

parents themselves, and they should come forward to take effective and proper steps in this regard. One possible line of action is the provision of necessary facilities in the educational institutions themselves, for the proper treatment of the ailments mentioned in the history cards. This will,

of course, involve expenditure and labour, and many a school or college will not be in a position financially to provide for this purpose. But the Government have a special responsibility in the matter, and they should bear the entire cost of the scheme, leaving the superintendence and control in the hands

### NOTHING IS TOO LATE!

"It is too late! Ah, nothing is too late  
 'Till the tired heart shall cease to palpitate.  
 Cato learned Greek at 80; Sophocles  
 Wrote his grand Oedipus, and Simonides  
 Bore off the prize of verse from his compeers  
 When each had numbered fourscore years;  
 And Theophrastus at fourscore and ten  
 Had but begun his 'Characters of Men'  
 Chaucer at Woodstock, with the nightingales  
 At 60 wrote the Canterbury Tales.  
 Goethe at Weimer, toiling to the last,  
 Completed Faust when 80 years were past."

—LONGFELLOW.

*And so he concludes that*

"Age is opportunity no less  
 Than youth itself, though in another dress;  
 And as the evening twilight fades away  
 Thy sky is filled with stars invisible by day."

of the authorities of educational institutions. This will be an effective insurance against heavy expenditure on sickness insurance and the like which the Government are bound to introduce sooner or later, sooner than later.

### Institute on Public Health Economics

The University of Michigan has established an Institute on Public Health Economics with the aid of a grant from the Rockefeller Foundation under the direction of Dr. Nathan Senai and a Committee of physicians and public health authorities. The Institute will consider the health problems of rural and urban populations, survey the wide variety of health plans which are operating throughout the nation and study in detail their methods of organisation and administration.

# CARDINAL FACTORS in HEALTH.

Dr. M. A. Kamath,  
Mangalore.

WHY are we so backward in our physical well-being and efficiency as compared with other Nations? Why are we so much eaten up with poverty, ill-health and sickness that thousands amidst us die at every visitation of epidemics? Again, while every civilised country in the world has been able to more or less abolish diseases like cholera, plague, smallpox and leprosy, and reduce the mortality from tuberculosis, why are these diseases so well rooted in our country and rampant amongst us? We may naturally say, our poverty is the cause. Well, if we are cursed with grinding poverty which keeps our millions in semi-starved condition, is it not because our economic condition is bad, our agriculture primitive and our ryots ignorant of scientific methods of cultivation?

If epidemic diseases like cholera, plague, smallpox, etc., remain as our permanent guests and carry off thousands every year, is it not because we are ignorant of the very elementary laws of hygiene and sanitation?

Now, what are the other countries of the world doing to improve the health and well-being of their people? We find that the pursuit of health-culture and open-air-life has become a passion, almost a religion in all civilised countries. In fact, that was how the open-air-treatment of tuberculosis was started and introduced in all the civilised countries 40 years ago.

Now, what are we doing in this country to promote national health and efficiency of our people? Prevention is the watchword of this

century and it is our bounden duty to study the signs of the times and march along the path of progress, which preventive medicine is beckoning us to follow.

What is our first duty then? Our first duty is to realise the value of health and to regard its preservation as our sacred duty. Now, the greatest number of strong and healthy citizens in a nation is its greatest asset, while the greatest number of sick persons its greatest liability. We should, therefore, realise that if we should live the right kind of life, health can be preserved and disease prevented. Health is man's heritage and should be as natural as the air he breathes, and God has meant man to be healthy and happy and live to a good old age. Therefore, to the question how we can keep healthy and prevent disease, comes the answer: "We must go to the very foundation, build well our environment and endowment and improve our nurture and nature; good nurture to-day means good heritage to-morrow. Bring up healthy children to-day, and we shall have healthy citizens in the next generation."

The evils of poverty, of bad feeding, bad housing and bad living, and of certain customs like child marriage, will closely follow us and be felt for generations, unless we go to the very root of these evils and radically change our housing, our feeding, our manners of living and our harmful customs, in one word "improve our environments."

There are four cardinal factors which contribute to the efficiency and well-being of individuals and nations: (1) Fresh air and sunlight, (2) good housing accommodation, (3) adequate amount of work and exercise, and rest, and (4) an adequate and well-balanced diet.

"Throw open your house to God's fresh air and sunlight and cultivate the habits of cleanliness,—cleanliness

within and cleanliness without,—bring up your children in open-air life and you will drive away sickness” is the advice of Dr. Muthu, the veteran Tuberculosis Specialist. In fact, this forms the rationale of the modern open-air treatment of tuberculosis.

Country air is certainly much less vitiated, if at all, than town-air. Hence it is that tuberculosis is much more common in towns and congested areas than in villages, and that is the reason also why Sanatoria are always built in country parts and in less congested localities, far away from the dust and bustle of towns. The value of fresh air cannot be exemplified better than by pointing out the fact, that the staff—medical, nursing and menial—employed in the Tuberculosis Sanatoria are particularly free from the disease, in spite of the fact that they are constantly, day and night, coming in close contact with tuberculous patients in all stages of infectivity. Why? Because they live as much in fresh air as the patients themselves. “In fact”, says Dr. Muthu, “during the 30 years of my sanatorium life in England, we never had one single case of typhoid, scarlet fever, diphtheria, cholera, plague, smallpox or any other infectious disease. Why? Because the patients and the staff lived the open-air and hygienic life.”

Again, how is it that the European part of our large towns is much healthier and free from disease than the native parts? Because the Europeans live in less congested parts, their streets are cleaner, houses well ventilated, in short, they live in much cleaner surroundings; hence, they are able to prevent and resist disease in spite of the extremely enervating effect of the tropical heat to which they do not become easily acclimatised.

Regarding the value of sunlight, the ancients recognised that the Sun was the source of all energy and life, and utilised sunlight and heat to combat disease and keep up health.

The *Gayatri* of the Hindus is only the invocation of Sun-god to remove from man all immoral and undesirable tendencies and mental perversities; and modern science has confirmed this view of the ancients, *viz.*, the power of sunlight in bringing to normal most of the important hormones or the internal secretions, as they are called, of our body, which are so essential for a healthy long life.

It is a well known fact that epidemics of plague, cholera and malaria subside during the hottest part of the year, and show a recrudescence or break-out again during the cooler months. Cholera is very common soon after the rains, when drinking water becomes contaminated by the rise in the subsoil water.

One important effect of sunlight is prolongation of life; naturally, when disease is prevented and general vitality or resisting power of the body against disease is increased, life should necessarily be prolonged.

**A well-balanced diet.**—More important than fresh air and sanitation is nutrition, to build up the body and keep away infection of disease. A well-nourished body is the only sure protection against disease. While a well-balanced and proper diet is absolutely essential for sound health, endurance and efficiency, under-nutrition and faulty diet continued for a length of time lead to diseased condition now, and degeneration of the race hereafter. If the Indian people are to grow in physical vigour and strength and compete successfully with other nations physically, intellectually and commercially, they must reform their dietary, that is, correct their diet deficiencies and make a proper selection of food in accordance with modern ideas of nutrition. A general survey of the dietary habits of mankind brings out prominently one fact, *viz.*, those races whose diet is chiefly carbohydrates like rice, and other cereals have the poorest physical development, and those whose

diet is rich in proteins, and milk and its products, develop a high degree of efficiency and endurance. This broad principle finds a splendid illustration in the many Indian races whose difference in their physical efficiency depends more on the character of their food than anything else.

Now, what constitutes a well-balanced diet? The food to be complete and nourishing should contain all the elements necessary to build up the body, especially the proteins, carbohydrates, salts of Calcium, Phosphorus, iron and vitamins.

The diet should be varied and should include milk or its products, eggs, fish, whole wheat flour in preference to the refined white flour, wheat or ragi in preference to rice, leafy vegetables and fruits. Rice is at best a poor food and when milled and polished is still more reduced in its food value and cannot supply the nutritive needs of the body. Milk is the most perfect food for growing children, for which there is no efficient substitute. Curd and butter-milk have also certain specific values of their own. This country should produce more and better milch-cows; the dairy industry is a very economic method of producing more food and good food. The wheat should be ground whole so as to include the germ of the outer layers of the grain, which contains fats, proteins, mineral salts and enzymes, which are so essential for digestion and health in general. Brown bread or whole-meal bread is, therefore, a better and more nutritious article of food than white bread, and the slogan was often heard during the last War that "the whiter the bread the sooner one is dead." The paddy should be pounded by hand-labour as milling and polishing destroy and separate the pericarp, which contains the nutrient elements like Ca and P salts, which are so essential for the building up of nerves and hardening of bones and teeth.

Beri-beri, a form of muscular paralysis due to affection of nerves

is very common among the population accustomed to the use of polished rice. In fact the disease is endemic in some parts of the Northern Circars, where parboiled polished rice is the staple food. The nerves are practically deprived of their nutrition and paralysis is the result. It is a fatal disease, death resulting from failure of the heart from the nerves of the heart itself becoming paralysed. A free supply of fresh rice-washings, (not the gruel of boiled rice) does generally improve these cases. In fact, this is the main article of food given to beri-beri patients in hospitals, and medicine is only of secondary importance. Vegetables should be cooked with just enough of water to prevent scorching; they should be "stewed in their own juice," so to say, to retain all the salts, which are necessary to improve our blood. Fresh fruits and fresh greens contain alkaline salts and vitamins, which are essential for their cleansing and cooling properties. Their habitual use prevents constipation and the long list of ailments associated with it. Rickets and scurvy are the two other diseases due to deficiency of salts and vitamins in the dietary. Vitamins, however, at least one of them Vitamin C, are apt to be destroyed by cooking or "tinning," and this is the reason why some advocate the use of fresh, rather "unfired" food like salads, nuts and unstewed fruits.

Peas and beans are richer in proteins than the cereal grains, but their proteins are poorer in biological value than the animal proteins, as contained in milk, eggs and meat. The food-value of nuts is considerable, as most of them are rich in proteins and richer in fat.

Our elders, who formulated our dietary not only from the point of health but from consideration of the *Trigunas* (or triple temperaments) have naturally forbidden the use of animal products except milk and its derivatives, curd and butter or ghee.

Coffee and tea are later introductions into our dietary and are unnecessary, being irritants or stimulants and liable to easily establish habit by their use.

Regarding the use of spirituous liquors, it must be said from a medical standpoint that their effects on individual health and on that of the progeny have been uniformly disastrous, not to mention the moral degradation and the economic distress their prolonged use brings about. Nations long addicted to alcohol count, perhaps the greatest number of idiots or imbeciles among them, or neurotic individuals, whose nervous system is so shattered that they can hardly stand the strain of civilisation, the result being either insanity or suicide. In brief, it may be said that "with an alcoholic anything is possible, and there is no disease, bodily or mental, which alcohol does not predispose to."

With respect to the tobacco habit the effect on the individual or national health and efficiency cannot be better illustrated than by quoting the opinion of a French General, who attributed the defeat of his nation in the battle of 1870 to the prevalence of the smoking habit among the soldiers.

We are in this century amidst the hustle and bustle of civilisation—whirling and whirring civilisation of cars and planes—and it is necessary that we cultivate the quality of calm or quiet and restfulness to ensure a healthy mind in a healthy body; otherwise, our body-machinery will break down prematurely and mental equilibrium disturbed as has been the case in many instances. We, therefore, require a certain number of hours of recreation and sleep. Recreation, it should be noted, is also a form of rest. Growing children, students and businessmen require much more of this than others. The usual school hours of work should be limited and children should not be allowed to work in the hottest part of the day,

as heat taxes the brain much more than even hard study.

Sedentary life without exercise is not conducive to robust health. Some form of sports and exercise in the open air is necessary for the younger generation and at least a brisk walk for the older. Exercise and sports not only develop the body but develop the mind also by fostering team spirit and comradeship and build a sportsman-like character. People who in thousands watch football and cricket matches are doing their health more good than they probably realise. There is no tonic among all the hundreds in the Pharmacopeia, with such a potent influence on health. People are apt to sneer at those who merely look on as spectators at a play from which they get no actual benefit for themselves, apart from the amusement or excitement. As a matter of fact any change from the daily task and the general stimulation which healthy excitement brings are not to be lightly set aside. They are most important factors in the bracing up of mind and body which is also essential for their healthy growth.

Fresh air and sunlight, nourishing food, good housing, rest and exercise are, then, the four requisites of good health. They form the four corner stones of the Palace of Health. True civilisation is one that aims at educating and uplifting the fallen brethren in society and if we should earnestly strive to do something every day towards the alleviation of their suffering, we can hope to make our Motherland a brighter and happier place for us and the coming generations to live in. And if we should succeed—and there is no reason why we should not when several other nations have succeeded—we can confidently hope in the course of a few years to build a stalwart and healthy nation, the Indian Nation, of which we may rightly be proud and which will ever stand second to none among the World's nations.

# HIC-COUGH

LAKSHMAN CHANDRA DAS, R. M. F.

**H**IC-COUGH, though not a disease in itself, is an extremely distressing symptom, taxing both the sufferer and the medical attendant when it persists for a number of days. In a majority of cases it is transient and of little importance, but it is of grave prognostic importance when it sets in as a complication during the course of a disease, both on account of the difficulty in stopping it and because it tends to exhaust further an already exhausted patient. Every doctor and nurse knows the anxieties of a post-operative hic-cough.

Hic-cough may occur at any period of life and either may be mild or moderate in degree, or it may be so exhausting as to cause death. When severe, it may interfere with breathing, or there may be double inspiration. When it continues for some time, there may be pain along the costal margin. With it there is restlessness and anxiety with physical and mental inertia. When it is due to organic causes, it interferes with sleep but, if it is a sign of neurosis, it may cease during sleep.

**Treatment.**—It is often very unsatisfactory. In all cases attempt should be made to investigate and detect, if possible, the primary causes, and when they are found, they should be properly dealt with.

First of all, and most important, look to the bowels; an enema should be given, but permission from the medical adviser is essential. You will, of course, not try to deal with a case of incessant hic-cough without calling a doctor, because although this is a symptom from which many people suffer during or after an illness it is serious and must be controlled

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as soon as possible, as it may prevent recovery from the illness.

Even when the patient is convalescent and the illness is off, it is advisable to pay strict attention to the bowel action and to the diet. All foods which are highly spiced, or twice cooked, or which are inclined to cause flatulence, or too liquid a diet must be avoided. For example, avoid curries, pepper, pickles, bread and milk, porridge, stews, soups, pulses, beans or peas, new bread, pastry and rolls and drinking with meals.

Sometimes, in milder forms, a sudden reflex irritation or fright will check it at once. The most frequently employed household remedies in cases of mild attacks are: (1) pressure on the back of the neck, (2) holding the breath, (3) swallowing a bolus of food, (4) taking a few sips of water, (5) taking a pinch of snuff or tickling the nose to induce sneezing, (6) gentle pressure on the upper part of the thyroid cartilage, (7) traction of the tongue, (8) swallowing small lumps of ice, (9) gargling with a little water, and (10) pressure on the supra-orbital nerve.

Sometimes, it will be found that pressure on the diaphragm is helpful. Let the patient lie on his back, and draw up his knees enough to relax the abdominal walls. Then press your fingers into his muscles just below the ribs. On pressure inwards and upwards, holding the fingers firmly against the ribs, the spasm should disappear.

Hold a paper bag to the lips of the patient and let him breathe naturally

into it. The oxygen is quickly used up and it has the desired result.

When it is due to gastric irritation, the administration of a tumblerful of warm water containing Bicarbonate of Sodium 20 grains, flavoured with peppermint water, or a few drops of oil Cajuput or sugar, or a teaspoonful of Sal Volatile, or an ounce of peppermint water, may be tried. Sometimes, gastric lavage is promptly curative. Tickling of the fauces or the administration of an emetic may be useful.

Application of a stimulating nature to the epigastrium, such as warmth and small mustard plasters, are occasionally useful. Sometimes, faradism may be tried. A tight bandage or plaster around the upper part of the abdomen may also give relief. In acute stony of the stomach, continuous siphonage with a Ryle's tube should be employed.

In *children*, a spoonful of hot water, weak solution of Sodium Bicarbonate

or diluted lemon juice may help to control it. In children it is probably due to over-distention of the stomach after feed and swallowed air.

In *intractable, troublesome cases*, sedatives and hypnotics are indicated to afford rest to the patient. Opium, Bromides, Chloral, Hyocine and even Apomorphin may be tried in such cases. Benzyl Benzoate is highly spoken of in the treatment of persistent hic-cough; 20 to 30 drops of a 20% alcoholic solution may be given with milk or water; Oil Turpentine in doses of 10 minims, has been highly recommended by some. One minim dose of Tincture Hyacinthus, repeated every half an hour, is said to yield good results in most cases. Musk 5 to 10 grains, in a pill with liquorice may also be tried.

In *toxic cases*, all foods by mouth should be stopped, glucose should be given with extra fluid, either by the rectum or by subcutaneous or intravenous routes.

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## Nutrition and Infant and Child Welfare

Dr. Viswanathan, Chidambaram.

THE rate of infant mortality in India is very high and it is approximately thrice that of England and Wales. The statistics reveal the death of four hundred thousand babies every year in our presidency.

This abnormal rate of infant mortality is due to diseases which could be easily prevented, such as premature births, infantile debility, respiratory diseases, diarrhoeal disorders and deficiency diseases, specially in bottle-fed children. Alcoholism and parental syphilis are the causes of still-births, premature births and malformations.

Ignorance of ante-natal hygiene, neglect of toxæmias of pregnancy and anæmic conditions, natural in pregnancies, poverty and under-feeding

during the child-bearing period are also contributory causes.

The evil custom of availing barber midwives to conduct labour is responsible for asphyxial deaths, tetanus in infants and umbilical infections.

To ensure that the child born is healthy and vigorous and to help its steady growth from birth, the mother's diet should be nutritious and rich in essential Vitamins A, B, B<sub>2</sub>, C and D and in minerals like calcium and iron.

There should be many Infant and Child-Welfare Centres in towns and rural areas. In the ante-natal period there should be constant supervision of expectant cases by trained nurses or doctors. The expectant mothers



should be advised to have sufficient rest and regulated exercise. They should avoid constipation, fatigue, all strains and shock.

In the ante-natal supervision, cases of toxæmias of pregnancy and anæmic subjects should be advised to avail themselves of early treatment.

The diet in the expectant period should include a liberal supply of milk, butter, ghee, preparations of wheat or ragi, leafy green vegetables, tomatoes, carrot, sathukudi oranges, low milled rice and eggs, with a moderate quantity of animal fat or nitrogenous foodstuffs.

The room for confinement should be well-ventilated and clean with plenty of natural light.

In my experience I find that the wrong way of feeding of children with coffee, sweets, biscuits and starchy foods like rice conjee, sago conjee, etc., is followed. The death rate of bottle-fed children is five times greater than breast-fed children.

Hence the responsibility of motherhood consists in nursing the children with breast milk at regular hours, and giving them plenty of fresh air and sunshine.

The child should be applied to breast six hours after birth as suckling stimulates the formation of more milk.

A normal baby should be fed at intervals of 3 to 4 hours.

After the third month one of the night feeds may be stopped.

The baby should not be allowed to sleep at the breast.

A healthy baby empties the breast in 8 to 10 minutes and it should be put to one breast only for each feed.

In case of scanty supply both the breasts should be given alternately.

The nipples should be cleaned between the feeds.

For artificial feeding, cow's milk, boiled and diluted with boiling water in definite proportion, according to the age of the infant, and sweetened with sugar or glucose D, is the next best diet to children.

Infants upto the sixth month should be fed with a dilution of equal parts of boiled milk and boiled water.

Between the sixth and the ninth month the dilution is two parts of milk to one part of water.

After the ninth month the child should be fed with pure cow's milk.

Children fed on cow's milk dilution require to be supplemented with Vitamin A in the form of 'Adexolin', 'Halwirol', 'Super D Concentrate' or any emulsion of Cod Liver Oil with the addition of malt extract.

After three months of age one tablespoonful of orange juice diluted with water may be given to children.

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### Acute Infectious Diseases and Housing Conditions

Between 1933 and 1936, 417 cases of diphtheria and 730 cases of scarlet fever were reported in Oslo, Norway. These diseases occurred more frequently in the socially bad districts of the city than in the good districts. The disease occurred more frequently among persons living in small and crowded flats; 34.9 per cent. of the patients with diphtheria and 17.7 per cent. of those with scarlet fever lived in overcrowded flats. The average age of the patients decreased with the increase in overcrowding, and the incidence of the contact infections was greater the more crowded the manner in which people lived.—  
*A.J.D.C*

# The Importance and Value of Physical Culture and Personality

Mohire, B C., B.A., Belgaum.

“**M**ORE precious than rubies, more sought after than gold... Good Health is our priceless Heritage,” says, Adrian Schmidt of America. The subject hardly needs emphasizing. The unfortunate fact is that many people do not take the trouble to obtain it, or when Health and Strength is given to them, they scarcely take steps to maintain it. Perfect Health and Physical Fitness are the most vital and essential factors of our daily life. Moreover, in these days of strain and competition the world finds no place for the weak nor for the ailing or tottering—it is a case of the survival of the fittest. Health is the basis of happiness; without it life seems hardly worth living. Health in the body produces Health in the mind, which in turn fosters the will and the power to succeed. One cannot build the edifice of mind and living upon the sandy foundations of a weak body. Stony walls must have rock foundations, so also powerful mind must have a strong body. A house should begin with its foundation and a man should begin with his strong body. For, Body is the Temple of God.

The weakling lives a ‘Dog’s life.’ To live as many live to day, in a state of chronic poor health or, at least, unfitness—is scarcely to live at all. It is the avoidance of disease and death. Are you able to work upto your highest standard? Can you think clearly and concisely? Did you ever see a weakling leading a crowd? Of course not! You cannot be a leader and weakling. The weak is always a timid person fearing a cat and lacks self-confidence. He is devoid of courage and becomes a coward—and ‘dies before his death’ as Shakespeare puts

it. He cannot be reliable, for every one detects him as a weakling. History tells that Spartans and such sects of people used to throw their children if they happened to be weaklings.

A strong man is alone fit to live. When one needs to *get* and *keep* a good job, a strong, vigorous body does count. Put yourself into boss’s place; you would not hire a sickly looking, narrow chested chap—with full years, sometimes; if you could get a broad-shouldered fellow, just radiating health and zest—would you? It is the man with sparkling eyes, big muscles, ruddy cheeks who always wins the confidence. Or, as the saying goes, “The strong man and waterfall channel their own way.”

“By a powerful physique, I mean a body with virile blood running in the arteries with muscular development and control, with a perfect symmetry and proportion” says Prof. M. V. Krishna Rao, and further he adds, “the body should be under the power of will, under the power of man himself. A man with such a body will never direct his vital powers into vicious channels, for he knows what it costs him to make himself what he is. His passions will be controlled, his body, his servant, his desires, his slaves.” Physical culture is the greatest physician the world has ever known, and this important fact should be instilled in the mind of every human being who values his health and physical development which go together for longevity of life. It is shame on our part that India’s average longevity should be so low i.e. 23 years.

Again Prof. Krishna Rao opines, “don’t make the mistake of trying to

'patch up' your body with pills, powders or any other kind of patented medicine. You won't get anywhere that way. Some of the advertised 'remedies' may afford you a little temporary stimulation but are sure to leave you, when the reaction comes, worse off than before." Or, as Mr. Bernars Macfadden, founder and publisher of 'Physical Culture' of America says, "Beauty does not come out of a bottle but the radiant health brings it." The only sensible, safe, sure and reliable way to make oneself

certain definite natural laws which was the secret of their tremendous power. But, Mother Nature is so kind, though we often go astray and disobey Her laws. If we heed Her warning and abide by Her Golden Path, She is always ready to welcome you into her happy, healthy family. To follow Her three great worn-out by-paths is to be aloof from, firstly dietetic errors, secondly lack of exercise, lastly health endangering habits.

These three paths are sure to give a good personality without which one



**Physical Culture Class For Ladies**

Primary School lady teachers performing dumb-bells drill under the auspices of the Girgaum Vyayam Prakash Mandal

sound in body and mind, to build oneself up into a fine, fit, red-blooded man or woman, is to go about it in Nature's way. Nature made man so that he would be big and powerful. But modern living has robbed him of his power and physical development. The early Greeks, Spartans and Romans were the most perfect races the world has ever known. A study of the manner in which these superb races lived shows that they obeyed

cannot get success in life. The man or woman with attractive personality can command whatever his or her heart desires, and succeed. With personality you fairly radiate power and at once become the centre of many activities. You win respect, admiration and even envy. You become irresistible. Personality is the outward expression of an inner power of buoyant health, reserve strength and controlled will.

Life without personality, without beauty, without that intangible expression of individuality which reflects charm and power, is *life wasted*. Personality makes of life a glowing and vivid reality. Life devoid of it is as shadow compared to a substance and keeps us in the common herd of humanity imprisoned in our longings and desires which are destined never to be realised. "Life itself is the first, the greatest of all the arts, and for it, all other arts seem to be but a preparation." The aim of life is self-expression, to realize one's nature perfectly. It has forgotten that the highest of all duties is the duty of one's own self. But unlike those wise and inspired Greeks of the Hellenic era, the modern race is afraid of itself. The courageous few have learned and benefitted. The successful have had the courage to put it into practice; for, they know, as the wise of all ages have known, that the world is governed and our desires attained not through the intellect or will but through the direct expression of something greater than either—a forceful, pleasing personality. This is the only tangible medium of intercourse with our fellow men and is the sum total of what we are.

The destiny of nations has always hung upon this slender thread as has the destiny of men and women in private or public life. The most poignant and romantic period of Greek history was made through the great beauty and fascinating personality of Helen of Troy. Kingdoms fought for her possession and upon her smile rested the fate of the Hellenic world. Cleopatra, like our Indian Nur Jehan, ruled Emperors, serfs and diplomats. Her beauty was less than the force of her personality whose power was without equal.

The subtle influence of Napoleon was such that all eyes turned to him instinctively wherever he appeared and on the battlefield his soldiers felt inspired under his orders to super-human prowess. This magic was sheer personality. Without it, his genius would never have reached the pinnacle, for it was the touchstone of his success. The same was the case with the two Pitts or Disraeli.

Why not take the present instance? How greatly we are inspired when we attend a lecture by Pandit Jawaharlal Nehru or Mahatmaji! It is three great personalities who are ruling Germany, Italy and Russia.

Like physical beauty personality may be inherited and very often is. But without cultivation, it can never achieve actual power and influence. Where it does not exist, it may be acquired. A knowledge of the laws upon which a successful and pleasing personality is built, is indispensable, for in the final analysis our personality must always make or break us—it is the sole arbiter of our destiny. Too many people fail because they do not understand how to make themselves attractive and forceful so that they may achieve their due. "Personality" as Mr. Bernars Macfadden in his "You are at cross roads" describes, "is the sum total of all the trails of the individual; primarily his health, then his appearance, his strength, his vitality, his character, his mental attitude and everything that makes that individual." In the sources of personality one learns the constituents of personality and in this subject he learns how to try to build for himself that strong, beautiful, attractive personality which is the basis for successful achievement and career.

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Fear less, hope more, eat less, chew more, whine less breath more, talk less love more and all good things are yours.—MISS NISHA.—*National Medical College Magazine*.

# Habits in Relation to Health and Longevity

John Harvey Kellogg, M.D.

MORE than fifty years ago the writer set about collecting by the aid of clipping bureaus the names and addresses of persons living, or who had recently died, at the age of 90 years or over. After collecting 600 or more names, they were, at the request of Dr. Alexander Bell, passed over to him for study and analysis, the result of which was announced by Doctor Bell as the discovery that heredity was the dominant factor in longevity.

Recently, Dr. Louis I. Dublin, the noted statistician of the Metropolitan Life Insurance Company, made a study of the influence of environment upon longevity, and has shown by an analysis of data supplied by 70,000 persons insured by the Metropolitan Life Insurance Company that heredity appears to be the dominant factor only in cases in which the parents were still living at the time the insurance was written. Dr. Dublin's research apparently shows that environment is often the strongest factor. But environmental factors naturally include individual habits, whose influence must be taken into consideration.

Habits have a bearing on longevity since they influence the function and eventually the structure of the body tissues. Old age is associated with changes in bodily structures, such as thickening and hardening of the arterial walls, obliteration of the blood vessels, and disappearance of glandular and other cells of special function, with an increase of connective tissue in organs such as the liver, kidneys, glands, heart and other muscles, as well as in the brain and spinal cord. Further, old age is not fixed by a certain age period, but may be premature, or long deferred.

The major environmental factor in longevity is the dietetic habits of the individual, for the food that is eaten must inevitably, by the physiological processes of digestion and assimilation and the biochemical influences within the body, affect the tissues. In this respect the most influential in this respect in shortening life by wearing out the kidneys is the high protein diet. Meat was once considered the most essential of all articles of food, but is now admitted by authorities on diet to be quite unnecessary. Harris of Liverpool has shown that the abnormal intake of protein in which practically all meat eaters indulge, demands of the kidneys nine to ten times the amount of work required by a diet which affords only the amount necessary for tissue repair, which is really very small in adults. Enough is found in fruits such as the banana or vegetables like the potato, beans, and green leafy vegetables. Young children and growing boys and girls require an additional percentage of protein to supply material for the building of muscles, nerves and other parts of the living machine.

The free use of flesh foods has no doubt been a large factor, perhaps the largest of all, among the causes of physical degeneracy in the human race. The finest examples of vigorous manhood and womanhood are to be found among peoples whose habits of life are still primitive and make little or no use of flesh foods. This has been clearly shown by McCarrison and other recognized authorities in dietetics. The Hunzas, living among the Himalayas of northern India and chosen as guides by explorers of these mighty peaks, are referred to by McCarrison as the finest specimens of humanity to be found in the world.

These people live on a simple diet of grains and fruits.

Sedentary habits also influence profoundly the health of the body by permitting the waste products of metabolism to accumulate in the tissues, affecting adversely their function and longevity. Exercise, on the other hand, promotes the elimination of these toxins, increases a favourable alkalinity of the blood and tissue fluids by increasing the amount of oxygen taken into the body and stored in the tissues, promoting cell function. Centenarians are usually found to be, or to have been, active physically.

Another potent factor in premature senility is constipation. Colonic stasis is practically universal, and is most frequently attributable to dietetic errors, for the natural diet of man is laxative and anti-toxic. Meat eating adds to the crippling action of stasis with its products of putrefaction. These toxins, absorbed by way of the blood stream, are the

source of many ailments which shorten life. Constipation leads to the laxative habit, which does not improve the situation, but adds rather to the trouble by destroying the filtering power of the intestine, thus breaking down the defensive barrier which Nature has created for protection against intestinal toxins.

The drug habits which are so widely promoted by advertising—alcohol, tobacco and coffee—not only shorten life, but add to the physical disability by their effect on the heart, blood vessels and nerves, decreasing the individual's vital resistance and endurance, and generally increasing the wear and tear of the body and hastening premature decay. A drug habit of any kind shortens life.

It is within the power of man to modify his environment by his habits and so to control the forces that are working upon him as to eliminate degenerative and destructive tendencies and to promote, encourage and intensify the influences making for a longer and healthier life.—*Good Health*.

### Nourishment Improves Mental Development

DR. I. Newton Kugelmass, the noted New York pediatrician, told the American Association for Mental Deficiency that he had made experiments tending to show that adequate nourishment caused positive improvement in children's mental development. The experiments involved 182 children from two to nine years old. The children who were malnourished when they took the first mental test and well nourished when they took the second showed a rise of 10 points for retarded individuals and 18 points for normals. In contrast, there was no change noted for the well nourished at the time of the first test who were still well nourished at the time of the second. Dr. Kugelmass concluded. "The younger the malnourished child is when nutritional therapy is instituted the greater the chance of improvement in mental function.—U.S.O.W.I.

# DIET WITH SPECIAL REFERENCE TO

## VITAMINS IN SOUTH INDIAN CHILDREN

Dr. M. WEBB PEOPE,

**Main details of present diet.**—*Babies* (0-2 years). Milk as required. Cow's milk for all who can take it. Glaxo and Bengers are both valuable, but for most babies up to 9 months a foster-mother is invaluable. The dirtiest foster-mother is generally better than the cleanest artificial milk.

All babies receive daily marmite, one ounce of orange juice (commencing with smaller quantities), malt extract and emulsion of cod liver oil. When about a year old—egg, wheat conjee, vegetables, plantains, rice and ragi are added gradually. (Salt, not sugar, if given with conjees.)

*Children* (2-18). In addition to the usual rice and curry with plenty of vegetables and dhal all have one meal of ragi daily. All have one egg, and nearly always 20 ounces of milk or milk-products (curd, buttermilk and ghee) daily. Fruit consists of two plantains daily, two oranges a week and quite often other fruits, such as papali, guava, or mango.

Some parched grain, ragi-murukku or other hard food is given daily. Sweet foods, payasam, palaharam, etc., are only given three times a year on festive occasions.

All children up to 7 have cod liver oil daily; above that age it is frequently given to any who need it.

**General results.**—1. The energy of the children, both in school and play, is far greater. Even small children who used to sit most of the day, contented but listless, now are on the move all day and require far more occupation and outlet for their energies.

2. The increase in height and weight is more rapid; the sewing-

room reports that children of 5 now require the same size in clothes as children of 7, six years ago.

3. Boils, ulcers, and sepsis generally are far less. One worker said that when she came in 1928 one of the things that struck her was that in the hot weather so many of the children had bandages on, due to boils and sepsis. Now a bandage is the exception.

4. Cases of chronic otitis media, which used to account for perhaps 20-30 attendances daily at the dispensary, are now much reduced, in spite of the almost doubled number of children. The most valuable single factor both in prevention and cure of otitis media appears to be the daily raw egg.

5. Pneumonia, especially in babies, which used to provide a number of cases annually, is now rare; and when it does occur it is seldom fatal owing both to the increased resistance and to immediate administration of pneumococcus immunogen and sulphapyridine. The daily orange juice is probably the chief preventive agent here. Respiratory diseases in children who have only recently come to us are definitely more serious.

6. The non-dysenteric diarrhoeas of infancy are much less frequent, but still occur and are occasionally fatal.

7. The teeth of the whole family have always shown a marked absence of caries, but in the earlier years there were several cases of mild scurvy. This has been remedied by more fruits, but in those over 30 the incidence of pyorrhoea is still high. This may be due to vitamin deficiency in

youth, or to an insufficiency of hard foods requiring thorough chewing. This defect has only lately been recognised by us and has still to be remedied fully, by supplying the parched grains or some hard food daily to the children and adults (babies have been having rusks all along).

8. Even in the period 1928-36 we do not remember symptoms of gross vitamin deficiency, except for a few cases of night-blindness and mild scurvy. But unquestionably the general health, condition of the skin, brightness of the eyes, physical and mental energy, and, last but not least, happiness of disposition, are remarkable.

The main outstanding problems are: influenza, almost annual and almost universal; the common cold, although the complications have been greatly lessened by better diet and sulphonamides; pyorrhœa in adults; and pyelitis in children. There also seems

to be an inexplicable tendency to anæmia and we now give iron regularly to all the children.

As regards the supply of vitamin C, we are growing oranges on the plains quite successfully (from young trees obtained from Queensland, Cyprus, Palestine and North India).

We have planted many guavas obtained from Allahabad *via* the Government nurseries at Cape Comorin.

Powder made from dried Indian gooseberry (nellikai) which grows wild in the forests, is a most useful source of vitamin C for hospital patients.

We should like to acknowledge with real gratitude the help given by the NUTRITION RESEARCH LABORATORIES at COONOOR, and by various friends and books too numerous to name.

—*The Journal of the C. M. A.*

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## Effect of Alcohol on Vision

Newman and Fletcher studied the effect that alcohol had on the vision of 35 men and 15 women drivers after they had consumed within fifteen to thirty minutes at least 1 ounce (30 c.c.) of whisky to each 30 pounds (13.6 Kg.) of body weight. Seven tests (for visual acuity, depth perception, distance judgment, lateral fields of vision, eye co-ordination, glare resistance and glare recovery) were given the subjects prior to their ingestion of the whisky and again forty-five minutes after its consumption. The alcohol produced changes in all the components of vision tested but not all the components of all the persons tested were affected. Although there was an obvious tendency for persons with higher concentrations of alcohol in their blood (which varied from 58 to 218 mg. per hundred cubic centimeters) to show more changes, particularly major changes, this was far from true in every instance. From the data it is impossible to select any single concentration as a criterion of dangerous intoxication. The figure of 150 mg. per hundred cubic centimeters proposed as *prima facie* evidence of drunkenness by the National Safety Council, would be too high for some subjects and too low for others. In every volunteer with a concentration of more than 115 mg. of alcohol per hundred cubic centimeters of blood there was a significant change in at least one of the tests performed. The greatest number of changes occurred in visual acuity, the smallest in the field of vision.—*J.A.M.A.*



## Vitamin Pills

"WHY can't I take some of these vitamin pills and not worry about what I eat?" is a question often heard at any drug counter with an interesting display of vitamin pills and capsules.

Hardly a week passes without a newspaper announcement of some recent discovery of a new vitamin, or of something else, that possesses amazing health-giving powers. Daily, the radio blares forth the merits of one vitamin pill or another. Our old essential food friends, the minerals, proteins, fats, carbohydrates and calories are almost forgotten. No wonder that "balancing" the daily diet looks like a hopeless task.

Fortunately, foods in their natural states contain a large assortment of vitamins, minerals and other food substances, discovered and still to be discovered. They are all essential for health and each has special functions to perform in the body. It is true that certain foods are especially good sources of particular vitamins, or mineral but they also contain other materials which we must have to be well.—AMADIA LAUTZ, in *Hygeia*.

## Nutrition and its Bearing on Preventable Blindness and Eye Diseases in Bengal

THIS investigation was carried out to determine the role of nutrition, particularly that played by vitamin-A deficiency, in relation to preventable eye diseases and blindness in Bengal.

To study the role of vitamin-A deficiency in relation to eye diseases the ocular manifestations of that deficiency were classified as follows:

Group I. Hemeralopia without change in the fundus, cornea, etc.

Group II. Loss of lustre and presence of pigmentation in the conjunctiva. Wrinkling of the bulbar conjunctiva with xerosis and Bitot's spots.

Group III. Diminished 'sensitivity' of the cornea with or without any other manifestations in the conjunctiva.

Group IV. Keratomalacia proper without breaking of the cornea (loss of lustre and infiltration of the deeper layer of the cornea)

Group V. Keratomalacia with breaking down of the cornea (corneal ulcer)

Group VI. Phthisis bulbi or anterior staphylococcal (absence of infection), or panophthalmitis (presence of infection).

The results of the present investigation are summarized as follows:

1. Nearly 3 per cent of patients attending the Eye Infirmary, Medical College, Calcutta, were found to be suffering from eye conditions due to vitamin-A deficiency.

2. Keratomalacia in children up to 5 years of age forms 71.9 per cent. of all keratomalacia cases. Vitamin-A deficiency plays an important part.

3. Conjunctival pigmentation with or without Bitot's spots is not necessarily due to vitamin-A deficiency. A normal vitamin-A content was found in 71.7 per cent. of such cases, as indicated by biophotometer examination.

4. Parenteral administration of vitamin A in cases of keratomalacia is very effective in curing the condition.—E. O'G. Kirwan, *et al.* *Ind. Jour. Med. Res.*

## Saccharin

SACCHARIN is a coal tar product, not a food. A French medical authority some years ago claimed to have found it to have a depressive effect upon the heart, which is probably true if used in more than very small quantities. By far the better way is to learn to get along without sweets. The writer has always advised diabetic patients to avoid the use of saccharin even at the expense of dispensing with sweets if necessary, but this is not necessary. Sugar does no harm because of its sweetness. It is, in fact, no more harmful than the same quantity of starch. It is not necessary to avoid it altogether. It may be taken along with other carbohydrates and is tolerated equally well. Saccharin should not be considered for a moment as a substitute for sugar as it is a drug and not a food and cannot possibly be wholly innocent.—*Good Health*.

## Protection of Foods Against Poison Gas

THE Leeds Health Department (Dr. J. Johnstone Jarvis, M.O.H.), has issued an instruction leaflet to commercial establishments in that city on the protection of bulk food supplies against poison gas as follows:

If the time comes when poison gas is used against the population of this city, it will be of vital importance to all food establishments to know that their stocks are safe, and it is a moral duty of all such establishments to provide protection for their stocks against contamination.

1. *Make the food-store or warehouse gas-proof*—Carry out gas-proofing measures in rooms where unprotected foodstuffs are stored. Refrigerators and cold stores give ideal protection.

2. *Arrange the foodstuffs to give maximum protection to articles liable to contamination*—When mixed foods are stored and some articles are especially liable to contamination by reason of flimsy or porous packings, place these articles in the centre of the food stores or piles, and arrange round about them other articles in strong protective containers.

Cover the food stores with a tarpaulin or, alternatively, protect the food stores by screens or curtains of canvas or sacking. As poison gas is heavier than air, do not store food liable to contamination in basements.

Store loose quantities of food in tins with tight-fitting lids or in covered boxes.

Do not display unprotected food behind glass. confine displays to dummies or to food packed in strong gas-proof containers, such as tins.

3. *Arrange for the following steps to be taken on the gas alarm.*—Close the warehouse or food store. Close all doors and windows and other openings through which gas can pass (including internal doors and openings). Switch off any system of artificial ventilation and stop all fans. Take any other steps to prevent air movement within the building. Place unprotected food of a fatty nature in the refrigerator or gas-proofed apartment.

The following fatty foods readily absorb poison gas and should be given special care in packing and storing —

Bacon, lard, dripping, butter, margarine, suet, cheese and meat.

Arrangements are being made to deal with gas-contaminated bulk food supplies in the city and it may be possible to treat some contaminated foodstuffs so as to render them fit for human consumption. Other contaminated foodstuffs after treatment, may be fit only for use for food for animals, or for use in trade processes, but it is certain that some foods, if grossly contaminated, will be fit only for destruction. Every commercial establishment is therefore advised to do all that lies in its power to protect its own food stocks from contamination.—*The Medical Officer*

## Psychology of Vision

According to Purkyne, vision is a psychological function of the organ of sense. This interpretation of his brings every day events to the fullest realisation. Describing an ordinary observation of a picture, he clearly showed the mechanism of formation of an idea of what is seen in space. When a glance, he said, is cast at a painting of a landscape, not all of its details are noticed at once. It requires a certain time to see every part of the object under observation. First are noted the shape and colour of the frame, then the outline of the picture itself—a tree, a river or pond, the various colours, and, finally an idea is formed of the whole image. Those who are not used to view sceneries require even more time for the elaboration of their visual perceptions. Certain objects, such as chairs, tables or other articles of furniture of the room usually distract the view and the painting appears like a flat surface. Only slowly does the eye concentrate and turn from one detail to another until the complete image of the painting is formed in the mind. It is obvious, therefore, that the visual field is a mental product. Thus it is 'ideal' or subjective, and as such, depending on the way it is perceived by the individual. This leads to a better understanding of the difference between the

subjective and the objective, or between what is seen or perceived *within* or in the mind and what actually exists *without* or in the environment. Each individual sees everything in his own way, and he always has a definite idea of his surrounding. It might seem that on each closing of the eye-lids, there would be total darkness, that the image of what was being observed would be entirely forgotten, and that all the seen objects would immediately disappear. However, this is not so. The picture of the environment is so well remembered that it cannot be effaced by an occasional closing of the eyes.—WILLIAM THAU M.D., in *The Eye, Ear, Nose and Throat Monthly*.

## Power of Prayer

IGNORANCE, poverty, misery, suffering, illness and economic conditions in the home as well as ill timed and tactless remarks affect the sensitive psyche of the child and cause unhappiness. The recital of unhappy marriages, destroyed romances, of ghost, crime or murder tales instead of stories of noble deeds by national heroes or heroines, depress and may not only result in disappointment but may be a factor in an inferiority complex, or even in suicide. When the union of man and woman is actuated solely by passion, rather than reason, where there is lacking spirituality and unselfishness, when there occurs racial, religious, or general incompatibility, and when loose morals and depravity are present the child is deprived not only of a happy home life but of a sane and joyous future. Since it is the woman who organically suffers more than the man from an unhappy union and from vicious habits but who supplies nourishment to the fecundated egg and who to a great extent is the bearer of disease potentialities, it becomes increasingly evident that if society expects healthy and gifted children it must educate the woman for marriage and protect her from possible germ plasm contagion, by strong inflexible laws. Antisiphilitic and antigonorrhœic campaigns and the sterilization of the unfit are protective measures but they are not enough. Separation and divorce, with the shuttle-cocking of the child between the parents, results in a dispirited psyche, unbalanced metabolism and an unsuccessful existence. Religion is one of the most powerful motivators which provide a happy home and ambitious, successful children. The power of prayer not only acts as a constructive and binding agent but as a remedial one as well for it has long benefitted mankind through suggestion.

Alexis Carrel says, "Our present conception of the influence of prayer upon pathologic lesions has been based upon the observation of patients who have been cured almost instantaneously of various afflictions such as peritoneal tuberculosis, cold abscess, osteitis, suppurating wounds, lupus, cancer and other ailments." The healing process differs little among individuals. There is often an initial agonizing pain followed by a sensation of relief, that of being cured. Sometimes within a few seconds, or at most a few hours, Carrel affirms, wounds are cicatrized and pathologic symptoms disappear and the appetite returns.

Under the power of suggestion functional disorders may vanish before the anatomical lesions in the organs are self-repaired. The skeletal deformities of Pott's disease and of cancerous glands, he says, may still persist even for two or three days after healing of the main lesions has taken place. The author adds that the state of prayer surrounding the individual and of which he is perhaps consciously unconscious, he being perchance of no particular religious faith or conviction, may still exert a powerful influence upon his body organs.—*Medical World*.

## The Relationship of Sex Hormones to Infection

**PREGNANCY**, pseudopregnancy and the *estrogenic hormone* affect the *rabbitis* susceptibility to infection, and there is a close relationship between this susceptibility and the spread of India ink in the skin of the animal.

Wide variation also occurs in the spread of particulate matter in the skin of normal rabbits. Pseudopregnancy, the estrogenic hormone, and castration appear to reduce the rate of this spread, which in the latter case returns to normal, although not until as long as six months after.

On the other hand, the male hormone does not seem to affect the spread of India ink, although the amount of spermatogenesis bears a close relation to the animal's susceptibility to infection. The spread of certain disease agents, such as *vaccinia*, is favoured by anything that increases the rate of spread in the skin; *staphylococci* seem to be inhibited by dispersion.—D. H. Sprunt and S. McDearman. *Endocrinology*, 27: 893,—C.R.

## Disease is our Business

**MEDICINE** is not interested in war as war. It is the plaything of ambitious politicians. But disease is our business. We should know about that. If war comes to us, *Medicine can and will provide capable medical officers to the armed forces*; it has done this before, it can do so again. Wars come and go. But what of the disorders beneath? What of the social maladies? What of these things, these diseases, which have produced 'that bad man' with his ulcerous total war? Are you studying those diseases, physicians? Has Medicine sufficiently interested itself in these things? Has it contributed to their relief and cure? Sickness is the business of Medicine. These social maladies have not fallen upon us like a sudden epidemic of influenza. They have been with us for a long time.

But because they did not break out with rashes or have vomiting spells or protruding eyeballs they were not recognized always; many did not and perhaps do not consider them to fall within the proper sphere of traditional medicine; but there they are, and they cannot be wished away. Some of these diseases were mere ideas in their inception not so long ago, little ideas which, in an environment of want, loose thinking, and neglect, flourished in those areas of cities long ago

abandoned by the medical schools. Some of those little ideas are now, with the passage of time, large ideologies. Are you studying them, physicians? You are no more immune from these social diseases than the rest of the population. They have grown, those diseases and the ideologies which were once little ideas, until they have crowded this nation to the very brink of war as the only remedy available; they have grown until they have reversed the whole current of our civilization, until 'we have on our hands to-day a war without a definite prospect of peace' because 'the enemy does not recognize peace as we know it; and we ourselves cannot define it.'

It appears to be imperative that Medicine should broaden its concept and study to include these diseases of society, those social disorders among which it must live and move and have its being. *To neglect this study is to invite obliteration*—N. Y. State Journal of Medicine.

## Remedy for Gastric Disorders

A study of stomach troubles among soldiers made by Dr. A. Haemmerli and published in the *Swiss Medical Acts* is of interest to civilians as well as military men. He found that the stomach, more than any other organ, is affected by the mind and the sympathetic nervous system. Inadequate chewing was the cause in about fourteen per cent. of the cases of gastritis. Correction of dental defects and better mastication will counteract these disorders. Heavy meals immediately after great exertion may lead to inflammation of the stomach.

Nicotine is another frequent source of gastritis. About fifteen per cent. of persons suffering from stomach troubles have nervous dyspepsia, brought on by disturbance of the mental equilibrium or faulty mode of living. Many such cases can be cured by change of occupation or adoption of biologic living. Sometimes military service produces a desirable change, but sometimes it has the opposite effect. Among 500 soldiers with dyspepsia, in sixty-six per cent. the trouble originated in the stomach, which in the rest it could be traced to the liver, gall bladder, circulatory system, kidneys or other organ.

German military physicians believe that the morning and evening meals are often too small in comparison with the heavy noon repast. They recommend that the midday meal should furnish 40 per cent. of the intake, the rest being divided equally between breakfast and supper.—*Good Health*.

## Some Functions of the Liver

The liver is one of the most complex organs of the body and its functions are slowly being added to in the light of fresh research. In the disease diabetes, the liver fails to store digested carbohydrates in the form of glycogen as it should. This is because glycogen is converted into glucose and passes into the blood, then to be excreted by the kidneys. The hormone which normally controls this change is insulin, elaborated by the pancreas. However, the problem is not

as simple as this, for the reverse process leading to the storage of glycogen is controlled by a hormone from the pituitary gland, situated just beneath the brain. The latter has to work in conjunction with the adrenal glands. Thus we see how complex are the factors involved in diabetes and that the only cure lies in restoring the balance of the whole endocrine system of the body.

One of the liver's most important functions is the formation and storage of a substance which prevents pernicious anaemia. Once again we see the fallacy of medical treatment, which in anaemia assists in feeding with iron salts, for these will have only a harmful effect if the liver is not elaborating this anti-pernicious anaemia substance. Nature cure treatment, on the other hand, is proved correct in that it endeavours to set the body functioning properly and so enable the liver to elaborate this vital substance.—*Health for All*.

## Few Thoughts....

(1) Health lies in labour and there is no royal road to it but through toil.

(2) In quietness and in confidence shall be your strength.

(3) The eternal stars shine out as soon as it is dark enough.

(4) There is no more regret, nor disappointment, nor remorse, where all selfishness has ceased.

(5) Degrees of happiness vary according to the degrees of virtues and consequently that life which is more virtuous is most happy.

(6) Learn to enjoy what you have. Discontent will turn a possible heaven into a certain hell.

(7) Our passions are convulsion fits which make us stronger for the time but leave us weaker for ever after.

(8) Grief knits two hearts in closer bonds than happiness ever can and common sufferings are far stronger links than the common joys.

(9) "By and by" will lead to the road of "Never."

(10) The hand that gives gathers.

(11) Do not be afraid of the enemy who attacks you but be afraid of the friends who boast you.

(12) Peace comes from the inner spirit, the Spirit of Self-sacrifice.—MISS NISHA.—*National Medical College Magazine*.

## In Lighter Vein....

DOCTOR (examining life insurance prospect): "Do you ever talk in your sleep?"

Prospect: "No, but I often talk in other people's sleep."

Doctor: "But how can that be?"

Prospect: "I'm a college professor."—*Health Digest*.

Athlete: "How high is my temperature, doctor?"

Doctor: "One hundred and one."

Athlete: "What's the world's record?"—*Philadelphia Inquirer*.

Patient: "Well, have any of your childhood ambitions been realized, doctor?"

Doctor (father of large family): "At least one of them—it was always my desire to wear long trousers, and now I believe I wear them longer than anybody else"—*The Canadian Doctor*.

## Book Review

**The Health of India**—DR JOHN B. GRANT, M.D., M.P.H., Director of the All-India Institute of Hygiene and Public Health, Calcutta. Published by the Oxford University Press, Madras. Price Rs. 4.

Dr. John B. Grant has done a distinct public service to India by his unvarnished account of the health of the people of this country. As he has very correctly stated, "the health of a country depends on three factors: (1) The higher the standard of living the better the health. (2) The higher the standard of education the better the health. (3) An organised public health service to prevent disease and arrange for early diagnosis and treatment." The standard of living is too low, the average annual income even according to very liberal standards not exceeding Rs. 65 per year. The standard of education is, to say the least, woeful, 88 per cent. of the population being illiterate. Except in Madras there is no consolidated Public Health Act. The recommendations of the Royal Commission on Labour in two chapters on Health and Housing have yet to be carried out. No wonder India occupies the highest place in mortality. If this pamphlet opens the eyes of the authorities to the serious dereliction of duty on their part, Dr. Grant would be more than compensated for his labour. We would commend this small pamphlet to the earnest attention of every one interested in the welfare of the people of this country.