

HEALTH

ESTD. 1923

A JOURNAL DEVOTED TO HEALTHFUL LIVING

Contents

VOL. XXXI. No. 8, AUGUST, 1953

Rural Sanitation and Medical Relief — Editorial

Arrest of Asthma

What Makes A Woman Truly Beautiful?

Intelligence Quotient

Price FOUR Annas.

EDITED BY U. VASUDEVA RAU, M.B., B.S.

What's New in the News?

Peptic Ulcers Caused by Unhappy Marital Relations

The medical world in Great Britain has been set talking by the discovery of Dr. George Gladstone Robertson, of the connection between digestive complaints and unhappy marriage relationships.

From patient studies carried out by Dr. Robertson during the past nine years, he has discovered that wives who don't like their husbands develop gall-stones. Husbands who are not loved are likely to develop peptic ulcers, to take to drink and to find comfort in the arms of another woman. In 1938 Dr. Robertson started compiling the case histories of 300 patients who suffered from flatulent dyspepsia. Only one of these was a man and only 3 of the 299 women were unmarried. One of his most disturbing discoveries was that only six of the 296 women patients said that they enjoyed marital love and sexual life. The remaining 290 fell into 2 groups: frigid throughout marriage—162; frigidity acquired after marriage—128; Four out of every five in the first group had been deeply attached to their mothers, as their fathers were drunken and domineering. 57 of the women developed gall stones.

His study of the husbands of these 57 disclosed that one in four took to drink, one in five developed peptic ulcers and that of the others many sought love elsewhere.

Dr. Robertson's report was published in a recent issue of the *Lancet*, London. The most disturbing amongst the findings in this report is that this unhappy cycle (of frustration and illness) may go on repeating itself throughout generations —(*The Sunday Standard*, 19-7-1953).

Carelessness and Absent-mindedness on the Increase Among Educated Indians

Carelessness and absent-mindedness show an alarmingly large increase amongst Indians as judged by the increasingly large flow of un-addressed and improperly addressed articles that are pushed into the letter boxes. Daily 343 articles were deposited in the letter boxes dur-

ing 1951-'52 without any address on them. Daily, 35,000 improperly addressed letters and other articles flowed into the Dead Letter Offices. This represents a 35% increase in the articles deposited as 'dead' over the previous year. Neither the sender nor the addressee could be found in these cases.

On opening these the postal authorities found cheques, hundies, currency notes and other properties valued at Rs. 21,00,000 (21 lakhs of rupees) during 1951-'52!—*Sunday Standard*, 19-7-'53.

New Cure for Cancer

The Australian Cancer Specialist Dr. E. Henry Small-Page said on his return from a visit to U.S.A., the other day that a cure for cancer which had completely solved the disease would be announced from New York on 1st September 1953 Dr Small-Page is one of the 35 cancer specialists from all over the world who have been working on this cure for the last 7 years. He told reporters that he had been called to New York three weeks ago to be present at the final stages of the research work on the newly discovered cure. He said that the specialists were satisfied that they had got a complete cure which he described as simple as falling off a log.—(*UPI-AFP*).

Educational Progress in India

One in every 20 Indians today is a student studying in educational institutions, ranging from the primary to the collegiate stage. The total student population in India is much larger than the total population of Canada. Only one fourth of the total number of students, are girls and 66 6% of these girls study in boys institutions (i.e. have co-education). Not even two per cent of the total student population is in the University stage!—*Indian Express*, 19-7-'53

Railway Progress in India During 100 Years

The capital outlay of Indian Railways has increased from Rs. 33 lakhs to 862 crores in 100 years; and their gross earnings from Rs. 19 thousands in 1853, to Rs. 294 crores in '51-'52

Ashtangasareeram

By

P. S. VARIER.

A Concise and Complete work on Anatomy and Physiology in Sanskrit. Certified by the All-India Ayurvedic Conference in 1926. Indispensable to lovers of Ayurveda. Price Rs. 12.

Apply to :—P. M. Warriar,

Managing Trustee and Chief Physician,

Aryavaidyasala, Kottakal, S. Malabar.

TRUSSES FOR HERNIA

Available for single & double Hernias for adults as well as infants.

PRICE :

Leather covered single adult	Rs. 17-8
Leather Double adult	Rs. 25-0
Vulcanite infants single	Rs. 15-0

SRI KRISHNAN BROS.,

323.24, Thambu Chetty St., Madras. 1



A Journal Devoted to Healthful Living

HEALTH

Founded by the late Dr. U. Rama Rau in 1923.

Edited by U. Vasudeva Rau, M.B., B.S.

Annual Subscription : Rs. 2-8. Foreign : Sh. 5. Post paid. Single Copy As. 4.

Editorial and Publishing Office : 323-24, Thambu Chetty St., Madras-1.

Vol. XXXI

AUGUST, 1953

No. 8

RURAL SANITATION AND MEDICAL RELIEF

PRESIDING over a meeting of the State Public Health Board on the 5th of June 1953 at Ootacamund, Sri A. B. SHETTY, the Madras State Health Minister stressed the importance and urgent need for carrying on an intensive campaign to improve rural sanitary conditions. A number of subjects affecting rural public health were discussed. These included improvement of rural sanitary conditions and drainage, control of communicable diseases, provisions of diagnostic and public health laboratory facilities at regional centres, malaria therapy and prevention, contribution of WHO and other international bodies towards promotion of public health activities in the State, provision of epidemiological service for the investigation of the prevalence of communicable diseases and for their control.

The Board was of the view that D.D.T. spraying services should be made available, *on payment* to those demanding such services in municipal and major panchayat board areas.

The provision of up-to-date medical treatment and nursing facilities for cases of communicable diseases occurring in rural areas, was also discussed and the Board realizing its urgency and importance, noted the suggestions offered for improving the present procedure and provisions in this regard.

An important feature of this meeting of the Public Health Board was the demonstration to members of the methods of promotion of rural sanitation.

How the essentials of sanitation could be provided at a very cheap cost in the villages was

demonstrated. The method of disposal of sullage water, which was a difficult and vexing problem, was exhibited, installations for the purpose were shown by actual constructions showing different stages. A smokeless oven was also put up, and its actual working was demonstrated. The Minister appreciated this demonstration, and wanted wide publicity to be given by exhibiting designs of it in the Panchayat Board premises, and other public institutions. He also urged for an intensive campaign of health-education to be conducted to popularise these sanitary devices.

The Sanitary Engineer was requested by the Board to scrutinise the designs submitted to the Board by the Public Health Department, and to get them printed for free distribution in the State and to the Project Executive Officers of the six community projects now working in the State.

The problems of rural medical relief and of rural sanitation have been widely and variously discussed on several platforms and Board meetings, but the actual progress made has not been very encouraging. The question of medical

relief to the rural population has been engaging the attention of governments all over India but no satisfactory solution has yet been evolved. Mobile hospitals to tour through villages at stated intervals have been introduced in a certain number of places in the States and the extent to which these have been able to afford relief will have to be assessed in course of time. It is obviously not possible to expect anything like efficient and adequate day to day attention and service from this arrangement, but it certainly marks a step forward. The problem of rural sanitation is a still more difficult one to solve, with the limited resources and inadequate health staff in the districts. The entire problem of medical relief and sanitation in rural areas thus hinges on the availability of adequate qualified personnel and of sufficient finance. The Central and State governments have unfortunately not visualized the urgency for according top priority to schemes for improving the health and physique of the nation, by providing adequate funds needed to provide the necessary medical relief and sanitation to the vast rural population.

Why do We Lose our Sense of Taste when We are Suffering from Severe Colds?

When we have bad colds in the head we say our 'taste' has gone, but actually the five true tastes *viz.*, sour, alkaline, sweet, bitter and salt tastes are still intact. It is the congestion of the mucus in the nose and ancillary passages, preventing the ascent of air from the mouth, that makes us believe that we have lost the senses of smell and taste. The fact that it is the congestion in the nose that causes us to have an impaired sense of taste can be demonstrated by blindfolding a person, telling him to hold his nose and asking him to distinguish between the taste of a raw apple and that of a raw potato. In nearly every case he will fail to tell the difference or will have the greatest difficulty in doing so.—(*Hindu*, Madras, June 1953).

Woman's Rightful Place :

QUEEN OF THE HOUSE

THE increasing number of women applicants for employment "as telephone operators, clerks, teachers, nurses, midwives, stenographers, typists, research students, demonstrators, and unskilled workers, is evidenced by the fact that at the Employment Exchange in the Madras City, the number rose from 1855 in 1950 to nearly 3000 in 1952. A large number preferred to become clerks, nursing orderlies, typists and unskilled workers". This naturally raises the question whether the proper place of the educated woman is the Home or the Office.

President Dr. Rajendra Prasad addressing the Convocation of the Patna University said the other day that the true aim of Education is to create in people a discipline of the senses, so that they can meet their bodily needs and other requirements; and to evolve social virtues enabling people to work and live with others a collective life, suited to the needs of Home and Society.

Sri Jagjivan Ram, Union Communications Minister, delivering the Convocation Address to the new graduates of the Modern College for Women in Amritsar on the 11th of May 1953, very rightly said that the 'place of women in our society was not in offices but in the houses. "An educated woman should be an

Rao Saheb T. N. S. RAGHAVACHARI,

Retired Public Health Bacteriologist,
St. Thomas Mount, Madras-16.

ideal daughter, an ideal wife, and an ideal mother. Western culture is not suited to Indian conditions. Our culture is different, the place of women in *our* society is higher than that of men," and so by asking for equality our women of today only ask to be brought down from their higher status to a lower level!

Srimathi Renuka Ray, West Bengal's Minister for Refugee Rehabilitation addressing the Silver Jubilee Session of the All-India Women's Conference Association on the 2nd of May, 1953 at Poona uttered some home-truths. She was pained to see that in the majority of our present day homes, the housewife was not properly trained and equipped to understand and perform *her rightful duties*. They did not, in the majority of cases, know how to lead well-disciplined and well-regulated lives themselves and far less how to train their children. The training and education to be given to our women should therefore, be such as to equip them to undertake the basic services pertaining to the home. Srimathi Renuka Ray appealed to women to rally round India's Prime Minister Sri Jawaharlal

Nehru and to assist him effectively in *restoring sanity in human affairs*. It goes without saying therefore, that as a result of the wrong type of education hitherto given by an alien Government in India, there has been a complete disregard of the sane aspects of human affairs and the truer values of human relations.

Speaking informally at the three day Conference of the Home Science Association of India held at Madras in September 1952, the veteran administrator and the most farsighted statesman of India, Sri C. Rajagopalachari said that Home Science is the science of family happiness and that all education and training for women should not be considered a preparation "for any profession or trade, but a preparation for marriage, motherhood and family life."

The Indian Express of Madras in its issue of the 20th May 1953, published the opinions gathered in the course of a survey, from a knowledgeable and thinking cross-section of the Madras City's educated population. An analysis of this survey reveals that there is an unanimous support for the view that all women must receive a good basic education such as would fit them to become useful members of a well-ordered society. But on the question of careers for educated women, the trend of informed thought favours the view that education for women should serve as a security against family mishaps and that women when forced by circumstances to take up careers are best suited only for the medical, nursing and teaching professions and for some types of

welfare-work. Some were emphatic in stating that educated women should lead a sheltered life.

Of the several answers elicited in the course of the survey reported above, one from the Headmistress of one of the most popular and leading National Girls' High Schools in the City deserves particular mention, since it carries the weight of experience, and is pre-eminently the result of rational thinking along national and practical lines, best suited to the traditional and cultural heritage of India. This talented and sensible lady educationist has forcefully stated the case for women's place in the home, as the undisputed queen, wife and mother. She is of the "considered opinion that the *proper place for women, educated or uneducated, is the home*. This should not be neglected in their own and in the country's interests. With the avowed decision of leading an unmarried life, some women seek a livelihood but finally get married for obvious reasons! A consequence of the present-day frenzied search for jobs by women is that they lose their feminine grace and their general health is affected." "It is, of course, inevitable that poor orphan girls should seek employment and there is no justification for the more fortunate women to compete. Social work is best suited to women of high education and status. I am all in favour of the study of home science and social science by women students only to equip themselves for their true role."

Sri Dr. A. L. Mudaliar, the veteran Educationist and

Vice-Chancellor of the Madras University while addressing the Home Science Association Conference stressed the need for imparting instruction to our young women in domestic management and Home Science in order to make their general educational attainments and other accomplishments perfect and helpful in the daily discharge of the *onerous duties* which would naturally devolve on them *as wives and mothers later on*.

In the light of these weighty pronouncements by top-ranking elders (statesmen, educationists and others placed in a position of trust and responsibility for the welfare of the Indian people) the craze for careers amongst educated young women must stop, as also the madness for aping western customs and manners in the matter of dress, toilette, promiscuous social contacts, sports, pastimes and recreational diversions.

As queen of the house, the position of woman is unquestioned and unassailable and she is free to order her domestic affairs and commitments in the most econo-

mical, fruitful and happy way she considers best. Being an educated woman she could train, educate and bring up the children, to live a well-regulated and disciplined life, such as would make them worthy citizens of a great and worthy nation. This would be possible only if she decides to assume her proper and rightful role in the family; if on the other hand she hankers after a career in office, and wishes to be considered an equal in every way to the male, she will necessarily have to neglect her duties as mother and wife and her children will grow up in an atmosphere lacking the love and constant attention of the mother. The home will cease to be a haven of peace, happiness and comfort. The sanctity of the home as an efficient training ground for the moral, spiritual and material development of the younger generation will become a thing of the past. So, let our sisters who are attending schools and colleges learn to respect and maintain their undisputed supremacy in the home, remembering the hoary traditions and the ancient culture of Bharath.

VANAMAHOTSAVA

A poem fastened to trees in the Portuguese forests

Ye who pass by and would raise your hand against me, hearken ere you harm me.

I am the heat of your hearth on the cold winter nights, the friendly shade screening you from the summer sun, and my fruits are refreshing draughts, quenching your thirst as you journey on.

I am the beam that holds your house, the board of your table, the bed on which you lie, the timber that builds your boat.

I am the handle of your hoe, the door of your homestead, the wood of your cradle, and the shell of your coffin.

I am the bread of kindness and the flower of beauty.

Ye who pass by, listen to my prayer: harm me not.—(*Roadside Bulletin*).

The Arrest of Asthma

“**O**NE asthmatic always asthmatic”, is an old saying, but like some other old sayings it is not strictly true. Some people have constitutions which predispose them to attacks of asthma, making them liable to develop these attacks; but if many underlying factors are overcome, the symptoms of asthma can be removed, even if the tendency remains.

In some of the worst cases drugs are only palliative, and stop the attacks; but do not prevent them from occurring again. Even these cases should not however be regarded as completely incurable, for a thorough investigation may reveal potential causes which can be removed by measures other than drugs.

The most important fact to realise about asthma is that it is not strictly a disease in itself, but a symptom produced by the abnormal response of a part of the nervous system to some exciting stimulus. Asthma and bronchitis are not the same. Asthma when continued for a long time may become complicated by bronchitis, and severe attacks of acute bronchitis may closely resemble asthma.

The term asthma means, “laboured breathing”, which is one of the most characteristic features of the attack when it comes on suddenly with a feeling of tightness in the chest and great difficulty in emptying the chest of air. Breath is taken in short gasps and let out slowly with wheezing. Some-

LT. COL. G. CLARKE, M.C., M.R.C.S. (Eng.),
Masab Talab, Hyderabad (Deccan).

times there is coughing with little phlegm, though after severe straining and a coughing-fit, a blood stained pellet may come out. This distressing condition may last only a few minutes or may go on for hours or even days, and then sometimes for no obvious reason the symptoms subside and the sufferer is in apparently normal health again.

The essential cause of the symptoms is a spasm of the muscles controlling the walls of the bronchial tubes, the small bronchial air passages in the lungs, which divide and subdivide carrying air to the remotest parts of the lung substance. These bronchial tubes are lined with a membrane which, when the tubes are narrowed under the stress of spasm, become swollen and congested and pour out an excess of normal secretion. When attacks of asthma are frequent the overworked muscles increase in size and the mucous membrane becomes chronically swollen—this is called chronic asthma, the common variety which is also known as spasmodic bronchial asthma.

There are other forms of paroxysmal difficulty in breathing, such as those that occur in the course of diseases of the kidney and heart, which are not the same as true asthma, but are in a class by themselves. Although asthma

is always essentially due to spasm of the bronchial tubes, the causes which bring them about vary, and act as a sort of sparking plug in precipitating the attack.

The allergic group comprises the largest number of asthmatics. Allergy, is an inherent sensitiveness in some persons to certain substances, which may not affect the non-allergic person. For example, some people react violently to grass pollen, with running of the nose and influenza-like symptoms, or to shell fish by itching wheals on the skin, others again to furs or feathers, plants dust or flowers, which can provoke an attack of asthma. Many cases of "allergic asthma" show signs of this hypersensitiveness to foreign substances, by attacks of eczema or hives or sick-headache. Children who later become asthmatic have a tendency sometimes to nasal catarrh, violent sneezing or sudden digestive upsets.

It is sometimes possible to detect the offending "Allergen". A certain article of food may be the exciting cause; the offending food can sometimes be detected by trial and error, although this is a slow and troublesome process which is not always successful. Tests for skin, sensitivity are made either by injecting solutions of a series of suspected articles into the layers of the skin, or by applying such solutions to the surface and making scratches through them. The skin reacts showing a patch of redness surrounding a wheal which may persist for several hours.

Other groups of asthmatics:—
In some cases there is a nasal factor, that is to say, they may

suffer from some disorder of the lining membrane of the nose; either a tendency to become easily inflamed or a deflected partition in the nose etc. These people often suffer from severe catarrh or sneezing fits. Any disease of the lung such as chronic bronchitis, may also be associated with asthmatic attacks; diseases of the digestive system, may provoke attacks which usually develop at nights after a heavy meal. In yet another group of cases, the endocrine glands, the thyroid, adrenals, sex glands, are at fault. In women for instance, attacks may develop before a menstrual period; in some asthma is relieved by pregnancy; in others the attacks begin during or after pregnancy.

Lastly there is the large group in which emotion and psychology play an important part, *e.g.*, the child who has been petted and fondled from birth, or persons leading upset and worried lives.

Treatment and prevention:—
The underlying factor will have to be investigated. Allergic cases can be diagnosed by skin tests and the cause eliminated. Desensitisation has been tried in cases where the allergen is known, but with varying degrees of success. It consists of giving very small doses of the substance by injection, in the hope that immunity to this substance will be built up by the body.

Attempts to create resistance:—
Sometimes a course of injections of certain proteins, dust extracts, vaccines made from bacteria present in the patient's sputum, nose or throat is given where no definite evidence can be had,

pointing to a specific substance. None of these methods have proved uniformly successful. Asthmatics who suffer from *tangible* disorders of the nose, throat, ear etc. must of course receive suitable corrective treatment. Where the mucous membrane of the nose is congested, spraying with ephedrine, which causes its shrinkage, is of benefit; the spraying should be followed by a simple douche, a teaspoonful of Sodii bicarb dissolved in a pint of water.

When asthmatic attacks are associated with digestive disturbances, the diet should be carefully regulated. It should be light, and contain nothing likely to produce gas in the bowels; the evening meal should be light and taken early *i.e.*, before six p.m. A hot glucose fruit drink at night sometimes helps. Endocrine disorders will need expert advice and it is not always possible to correct them.

Emotional cases are difficult to deal with and a psychiatrist may have to be consulted. Some cases of the writer's acquaintance remained free from attacks of asthma for periods of six months to a year after swallowing a tiny fish given by a *sadhu*. Fear of having an attack at an inopportune moment, embarrassed

reserve due to over-consciousness of one's disability, resentment against difficult circumstances etc., can be overcome by a constant effort of will and resort to pleasant hobbies.

If in spite of these preventive measures, a severe attack does occur, treatment by drugs must be resorted to. The acute spasm is most rapidly relieved by an injection of adrenaline. If the attack is not very severe ephedrine, a substance very similar to adrenaline, can be taken by the mouth; there are many soothing preparations which can be inhaled either with an atomiser or by placing them in a jug of boiling water and inhaling the steam. Pine and Friar's balsams are soothing when cough is distressing.

Many people pin their faith to the burning of asthma powders or smoking medicated cigarettes. These are habit-forming and may then irritate and set up bronchitis. Every asthmatic presents an individual problem—he should not be discouraged if a remedy that benefits a fellow sufferer proves of no use to him. He should study his own case, noting his reactions to all factors underlying his disorder, and so regulate his life, both physical and emotional, that he can learn to overcome many of his difficulties and live an almost normal life.

“Elementary, Watson”

A schoolmaster was lecturing on the circulation of blood. “If I stand on my head,” said he “blood will run down into my head, will it not?”

The boys replied “yes, sir.”

“Then”, said the master, “why does not the blood run into feet when I stand upon my feet?”

“Please, Sir! it's because your feet are'nt empty.”

"Nature's Danger Signal: Fatigue"

WE have been engaged in developing and exploiting our national resources so busily that we have been indifferent to the bankruptcy that threatens our physical well-being. Even facts and figures do not seem to rouse people, even the literate section, from their indifference towards matters concerning health. It is not for the cure of disease I plead, but for protecting children, through preventive measures against preventable diseases and defects.

"Nothing educates as a shock" is an old adage. It appears that only by a crisis can the human mind, which is placidly indifferent, be jerked from its apathy. Man realizes the necessity for fire-exits and extinguishers only after a fire accident. The Tamil proverb "only after you lose your eyesight, will you worship the Sun-god" is truly descriptive of human nature. Moreover, human nature is inclined to be forgetful; each generation starts to learn anew and not benefit by the sad experiences of an earlier generation.

Obviously one reason for this mental attitude is to be found in the fact that most of us are motivated by the needs of the moment and not by the dictates of a farsighted policy. Not that we neglect health; when sickness comes we are ready to sacrifice everything. For the curing of diseases, crores of rupees are spent annually to shut the door of the proverbial stable. Preventive measures are like insurance premia paid for health, life or fire insurance. The insured may not

derive any immediate benefit but when sickness or death overtakes him or his house is gutted by fire the value of the precautionary measure becomes manifest.

The first factor which predisposes one to preventable diseases is *chronic fatigue*; for in the fatigued condition, there is a lowered body-resistance which makes the ground more favourable for the incidence of diseases. It would therefore, be the wisest plan to prevent fatigue in our daily routine life.

Mrs. SOUNDARAVALLI SRINIVASAN,
18, Old Town, Vellore.

Fatigue is a common occurrence and yet few can describe it accurately. In heavy manual work such as wood-splitting, even the normal able-bodied healthy man sooner or later *feels* tired, pants, perspires and stops to take a little rest, after which he is able to get back to work. Thus the feeling of "tiredness" is Nature's warning. If you overstep the limit ignoring this signal, you tread on dangerous ground and fatigue will result. A normal man returns home in the evening from work completely "fagged out." But he is not even then too tired to have a game of cards or to go to the picture-house a mile away with his wife and children. Thus, this pleasurable change in the nature of the day's work or pastime acts as the relaxation necessary for the tired muscles. If such were not

the case, then little school-children will not be able to walk back home, after a tiring day at school. No sooner than the bell rings, than these "tired children" dash along the road at such speed and with such energy that the *motorist* has to be warned to "go slow" near "school zones" !

"Fatigue, out of proportion to the work done, fatigue that will not disappear with rest (cessation of work) is called "chronic fatigue". The latest theory is that the origin of this 'fatigue' is in the brain. Therefore, rest to the muscles as the sole treatment for such patients is not the logical or correct remedy. Treatment of chronic fatigue must be directed towards determining the psychological causes of the fatigue and correcting them. The modern concept of fatigue—especially chronic fatigue—is that it is a basic psychoneurotic symptom as important as anxiety, which warns the body to avoid dangerous activity. For after all, the mind is the measure of all things, including pain and pleasure ! Thus we do not easily get tired of doing things we like to do most. But we get tired of anything that we do *against* our will or desire ; the school-boy feels tired and sleepy when the examinations are near at hand ; but he will stand a night-show all right ! A man may be tired of reading his text-book

but will read detective or romantic novels far into the night. But if the same novel were prescribed as a text-book, will he read it ? No, he will feel tired ; why ? because of the absence of volition, or rather the presence of compulsion or prescription.

Lack of interest, anxiety, or a conflicting wish has been proved experimentally to produce fatigue early enough. A case is worth mentioning: "A naval officer tremendously bothered by fatigue, found it intolerable and impossible to be on night duty. One week later, after a mail call from an escort destroyer on the open sea, all symptoms of fatigue disappeared. The reason was: His wife had written of her pregnancy being in order, of a financial windfall at the races, and that his father's supposed cancer was only some mild, "not to be afraid of" disease. A much more strenuous series of night navigation problems was undertaken by him without fatigue !" Several similar instances may be given.

Fatigue, Nature's warning signal, occurs when the organism of the brain is in a state of impairment which demands "narcissistic regression from the external world". This regression is analogous to that of the animal retiring to lick his wounds.

"Caveat Cannibal"

A resourceful missionary fell into the hands of a band of cannibals : "Going to eat me, I take it", said the missionary, "you wouldn't like eating me." He took out his pocket-knife, sliced a piece from the calf of his leg, and handed it to the chief. "Try it, and see for yourself" he urged. The chief took one bite, grunted and spat.

The missionary remained on the island for 50 years ! He had a cork-leg.

THE VALUE OF DRIED FRUITS AND NUTS

CONNELL
2 AUG 1955
MA O

SUGAR and sweet-meats made of sugar are immensely liked by children of all ages and by most adults in all climes. But when taken in excess as children often do, they affect the dental structures. We all know, that in America where candies, chewing gum and othersweets made of cane sugar are consumed in enormous quantities by children and adults, the incidence of caries and other tooth troubles is so very high, as to necessitate mass treatment of the entire population by adding fluoride—a caries-preventing chemical—to the protected drinking water supply delivered through pipes.

Excess of cane-sugar is not good to the human system. It will produce gas, as a result of fermentation in the stomach; it will gradually dull the appetite and slowly pave the way for chronic dyspepsia. Taken in small quantities, one or two spoonfuls with milk or other beverages, it imparts energy to the system. It is a good and rapid restorer of tired nature and will help us to overcome fatigue rapidly. That is why glucose (grape sugar) is usually given to counteract general weakness, giddiness etc., during ill-health. It will perhaps be good for our readers to know that where glucose is not to be readily had, or when one cannot afford to buy it, cane sugar will serve equally well to revitalise the weak patient. The cane-sugar undergoes certain changes in the stomach and gets quickly converted into other readily assimila-

IN OUR DIETARY

—(BY DIETETITIAN)—

lable forms, to be finally stored as glucose in the liver, for being supplied to the system as required.

Other things besides sugar, contain it as carbohydrates which are ultimately converted into sugar by the saliva and other digestive ferments. The sugar contained in natural foods, without having to be extracted or manufactured by chemical or other processes, as in cane sugar, glucose, beet sugar etc., is far superior to the latter. These foods have a high caloric value and body-building properties. "Any food therefore, which can be taken in its original form, and has not been denatured by a refining process is very beneficial to the human system."

Dried fruits such as dates, raisins, figs, grapes, prunes, apple chips, are all excellent sources of energy-giving foods, which have not been unduly processed or refined.

Dates rank very high and it is said that the Arabs can subsist on dates and camel's milk alone for months on end in a desert, without losing health at all. Dates grow wild in India but are regularly cultivated in Arabia which supplies the best dates to India and other countries. Dates are often called '*sunlight in storage*'. It takes the intense heat

of the sun to ripen them fully on the trees. The Arabs have a saying that the *"date palms should have their heads in fire and their feet in water."* These palms grow well only in sandy soil or in desert lands, obtaining their nutrition from great depths in the soil. Dates are particularly valuable, unlike the other dried fruits, as food both for adults and children, because they contain a variety and a large proportion of natural sugars, in a readily assimilable form, without the necessity of having to undergo the processes of digestion and conversion before being assimilated. As will be seen from the table, on p. 181, dates are rich in organic iron and contain also appreciable quantities of other minerals like calcium, phosphorus, potassium, magnesium and sodium. They are a fairly good source of vitamin A, a good source of Vitamin B₁, B₂ and B complex. They do not, however, contain much of vitamins C and D. Thus, dates constitute a very good source of many of the essential food factors, and so it is not surprising that the Arab is able to have a complete and nourishing diet out of dates and milk. "A pound of dates and a seer of milk afford nourishment not only sufficient in quantity to supply the needs of the average person for a day but also of the very highest quality." This diet has the added advantage of relieving constipation and correcting a disordered and sluggish state of the liver and bowels, by stimulating them into activity. Are we not all aware of how Mahatma Gandhi

the Father of the Indian Nation, lived practically on dried fruits like dates, nuts, milk and fresh fruits and remained in very good health.

A word of caution is however necessary with regard to the purchase and use of dates. Dates are liable to deteriorate as a result of bad storage and become infested with germs through the agency of flies; as sold in bazaars and by street hawkers it is exposed to dirt, dust and flies; some adulterate dates with crude jaggery in order to increase its weight; such dates should not be used. Good and well preserved dates do not clump and mass together and have a clean glistening appearance. Again too many dates will not be easy to digest; a few, not more than 4 or 5 at a time may be taken well chewed, after the principal meal of the day or with the afternoon tiffin or tea. Each date (fruit) contains one milligram of high class organic iron in a readily assimilable form; and about 15 milligrams of iron are required every day for an adult male, 17 milligrams by an adult woman, and 20 mg. by the expectant mother. Besides dates, mangoes, guavas, figs, lemons and peaches contain iron. Apricots are particularly useful, as iron-bearers, in correcting anæmia. Iron from groundnuts, tamarind, carrots and black molasses is well absorbed. Green vegetables, wheat bran and cereals are also very good sources of iron which is readily absorbed. The common dried fruits are also fairly good sources of proteins and carbohydrates. It is therefore, a wise policy to take a small quantity of

dried fruits like dates, figs, prunes or raisins as also a few nutritive nuts, followed by a glass of milk before going to bed every day.
fruits and fruit juices possess considerable therapeutic properties. They have been found valuable in cases of abnormally high blood pressure, peptic ulcer, diarrhoea, and fevers.

Experience has shown that

Tabular Statement

Fruits and Nuts	Pro- teins %	Car- bohy- drate %	Cal- cium %	Iron mg. %	Vitamins			Calo- ries per 100 gm.
					A	B	C	
Dates (Arabian)	3.0	67.3	0.07	10.6	600	90	Trace	283
Figs	1.3	17.1	0.06	1.2	270	50	2	75
Raisins	2.0	77.3	0.10	4.0	...	225	Trace	320
Tamarind (pulp)	3.1	57.4	0.17	10.9	100	0.5	3	285
Almond	21.0	10.5	0.23	3.5	Tr.	250	—	655
Cashew nut	21.2	22.3	0.05	5.0	100	290	—	596
Cocconut	4.5	13.6	0.01	1.7	Tr.	145	10	444
Groundnut (roasted)	31.5	19.3	0.06	0.3	—	—	—	561
Pistachio nut	19.8	16.2	0.14	13.7	240	1.4	—	625
Walnut	15.6	11.0	0.10	4.8	40	460	—	687
Milk (cow's)	3.3	4.8	0.12	0.2	180	250	2	65

—(From Govt. of India, *Health Bulletin*, No. 23).

Outwitting Fatigue

Advice on how to do more work with less fatigue is given by Judith Chase Churchill in the *Woman's Home Companion*. Nap after lunch or before dinner, she says, and you can do with a lot less sleep. Some experts say the nap is equivalent to the three hours of sleep just before awakening in the morning. Relaxed rest is about eighty per cent as effective as sleep in restoring energy. If the insomniac slept only a few hours but was completely relaxed the rest of the night, he would still be refreshed. The insomniac rarely relaxes, however, because he worries about not sleeping. And worry keeps him awake. "Mostly because you can't identify and attack them, a lot of small worries will thoroughly exhaust you. So will continuous nagging. But in a big crisis of which you are fully aware, all your resources come to your rescue." Unnecessary pressure and fast pace tense and exhaust you and decrease your efficiency.

Elevating your feet to hip level for ten minute periods stimulates circulation and rests you. Decisions reached in the evening when you are tired may be less wise than those made in the morning when you are fresh. Fatigue often follows on buying something you cannot afford. Uncertainty and doubt produce muscle and nerve exhaustion every bit as tiring as strenuous physical exercise.—(*Good Health*, U.S.A., April 1953).

The Historicity of Tuberculosis

Dr. JOHN G. DAVID, Medical Superintendent,
The David Memorial Tuberculosis Hospital,
Mehmadabad, Kaira Dist., Gujarat.

TUBERCULOSIS is not a disease of modern civilisation as many are inclined to think. It existed even in the 'stone age' of human history. Evidence of the existence of this disease is to be had in the dried remains of the Egyptian mummies which date back to 5000 B.C. Although perhaps, it was not called 'tuberculosis' at that time, descriptions of a disease whose symptoms closely resemble those of tuberculosis are to be found in Egyptian and Babylonian scriptures. Ancient Chinese books describe 'lung cough' and 'lung fever' known in Chinese as 'Lao-ping' meaning pulmonary tuberculosis.

In India, we find in the *Rig Veda*, dating more than two millenniums before Christ a hymn consecrated to the cure of 'Yakshma' which we now know to be consumption or tuberculosis. Among the ancient Ayurvedic writings we find descriptions in Susruta's treatises of the different cures for tuberculosis prescribed by our Hindu physicians.

The ancient histories relating to Persia, Greece and Macedonia of Alexander the Great, contain descriptions of a disease resembling tuberculosis.

Hippocrates—the Father of Western Medicine (460–377 B.C.) recognised the real symptoms of tuberculosis and applied the name

of phthisis, which means a gradual shrinking of the body. The great Greek philosopher Plato (430–347 B.C.) also described a condition akin in every respect to tuberculosis. History is thus full of references to the disease and its characteristic signs and symptoms.

In more recent times, i.e. the fourteenth to sixteenth centuries, A.D. the ravages of this disease came to be regarded as the result of a divine curse and the remedial measures consisted largely of witchcraft, priest-craft, black magic and the Royal touch.

Early in the nineteenth century, two young French doctors Rene Lænnec and Laurent Bayle carried out numerous *post-mortem* examinations in the Necker Hospital in Paris with a view to finding any definite clue that would throw light on the causation and progress of the disease in human beings. They found peculiar growths—small lumps, all of the same appearance, size and colour, in the lungs of many of the autopsied bodies. At one of these autopsies Bayle called his friend and said, 'Rene' these lumps look like tubercles—small nodules.'

"Yes", said Lænnec, "they do and let's call them tubercles all right".

Bayle joyfully agreed, "Let's call them tubercles and let's call

the condition caused by them Tuberculosis”

The two friends had on that day performed their one thousandth *post-mortem* examination and decided to publish their findings. In this search for the signs and symptoms of the disease Dr. Rene Lænnec also invented the stethoscope—which has revolutionised the diagnosis of chest diseases. The marvellous story of the stethoscope was told very graphically in the issue of **HEALTH** for September 1951.

To Rene Lænnec and Laurent Bayle then, goes the credit for laying the basic foundation for our progressive knowledge of tuberculosis. They did not however find the actual causal agent *viz.* the tubercle bacillus.

The English physician Benjamin Marten, in 1722 had suggested that the disease was caused by a minute living animalcule, which is capable of flourishing in body fluids and blood vessels. But this was only in the nature of a shrewd surmise. In 1860, Villemin of Paris showed that tuberculosis could be

transmitted from one animal to another, but it was not until 1882 that Robert Koch proved conclusively that the disease was transmitted by a microbe which can be cultivated on suitable media and to which the name Koch's Bacillus was given by a grateful public. Even today, many more details relating to the exact nature of the germs and the peculiar poison produced by them in the diseased tissues remain to be fully worked out.

The discovery by William Röntgen on 8th Nov. 1895 of the X rays enabled us to detect the affected organs and the severity of the affection, as revealed on a photographic film.

There is however, still more knowledge to be gained, relating to the nature of the germ and the poisons they produce in the affected tissues. Until these points are cleared up tuberculosis can at best be only arrested but not completely eliminated. Strenuous researches are in progress which, we trust, will ultimately result in banishing the disease from our midst.

Four Types of Women whom Men Should Avoid

There are only four types of women that men should avoid according to Judge Scobell Armstrong of a Divorce Court in U.S.A. The 76 year-old judge listed the types as :—(1) “The woman with the catty eyes. Look at her eyes and see if they are warm, bright and kind or catty. If catty, beware of her”.

(2) The saintly woman or the woman who spends her life in Church—saints are wonderful, said the judge but they may be rather difficult for sinners to live with. The wife who is always wanting to reform the husband can be very trying indeed.

(3) The amusement fan: The wife who always wants to go out for amusement can be very very trying too; and

(4) The stupid woman. Marriage with a fool however sweet or lovely, is a drab and draff affair. She will have stupid children.”—(From *The Mangalorean*, 10-3-'53).

INTELLIGENCE TESTS AND INTELLIGENCE QUOTIENT

JOHN H. EWEN, F.R.C.P.E., D.P.M.,
Medical Officer, Mental Hospital, Surrey.

1. What is meant by intelligence?—Intelligence in man is inherent and is due to native constitution. The operation of the instincts in man presupposes the working of intelligence since instinctive activity is much less specialised in man than in other organisms. The primary factors in intelligent behaviour are: persistence, responsiveness to stimuli, and retentiveness, while the instinct of curiosity with its attitude of suspended judgement gives an opportunity to acquire knowledge that is used later in intelligent activity.

The term intelligence is frequently applied to the process of attention, memory and association—in general the intellectual group of mental faculties that can be refined and cultivated by education and use, but on the other hand intelligence may be restricted to such factors as general ability, mechanical aptitude or social capacity. While definitions vary in different particulars, it can be taken that broadly speaking, intelligence is an innate endowment, independent of special instruction, that has the capacity of being improved by past experience.

2. How may intelligence be measured experimentally?—The French psychologist, Binet and his assistant Simon, evolved a series of tests that could be

adapted to children and these were later extended to adults by Terman whose modification is now in general use. The Binet-Simon tests look for acquired skill and information and measure general intelligence. The tests are really individual tests for native intelligence. They have been standardised over a large number of normal children of different ages and the results have been graded and formulated into a basis for comparison. At each age there is a series of tests that a normal child of that age should be able to answer. The intellectual level of an individual at a given time is shown by his mental age. An average child of ten years of age has a mental age of ten. Any child whose reaction to the test reaches the same standard has a mental age of ten irrespective of his actual age. Mental progress is shown by the intelligence quotient (I.Q. as it is usually expressed). This I.Q. is the mental age divided by the actual age and expressed as a percentage. Hence the intelligence quotient of the true average child is 100%. An I.Q. of less than 75 per cent shows mental deficiency.

While the various tests employed are of the greatest value for practical purposes it must be remembered that the factors of social capacity and adaptability are of primary importance and the only true test is the way in which the individual reacts to life.

There are a large number of tests for general intelligence and each experimenter prefers his own; and many have elaborated their own particular forms of tests. The following are some of the tests in general use at the present time:—

(a) *The absurdity test*:—This tests the appreciation of absurdities and the subject is asked to give his opinion regarding absurd statements. Examples of these are the following: “The General with his hands behind his back paced the floor reading a newspaper”; “A man walked down the street with his hands in his pockets and twirling a walking-stick”; “The more coaches on a train the faster it could go”.

(b) *Whipple's word-building test*:—A number of letters are given to the subject *e.g.*, a, e, i, p, b, m and he is asked to build up words from them.

(c) *Ebbinghaus story test*:—This is really a test for apperception (mental perception). A short story or fable is selected and words are omitted from the subject matter. The subject is asked to fill in the blanks in such a way that the context of a story may be preserved.

(d) *Ebbinghaus completion test*:—Words are given with one or more letters missing *e.g.*—encil; c-ub; b-o-n; and the subject is instructed to put in the appropriate letters.

(e) *Heilbronner's apperception test*:—Consists of sets of cards on which are representations of com-

mon objects which the subject is asked to name or describe the use of.

(f) *Healy's First and Second Form Boards*:—These are boards with loose pieces that fit into places on the board. When the pieces are arranged in the proper order the fitting is exact. The time taken to fit the pieces is noted and the test is a measure of attention, perseverance, and profiting from experience.

(g) *Terman's picture interpretation tests*:—Pictures of well-known situations and places *e.g.*, a post office or a market-fair, are shown to the subject and he is asked to describe their significance.

(h) *Healy's pictorial completion test* is on the lines of a jig-saw puzzle. Blocks are put into a frame and a picture is completed. The time taken is noted, also errors.

(i) *Munsterberg's test*:—A picture is shown to the subject for 30 seconds. It is then removed and the subject is asked to describe what he saw.

(j) *The ball in the field test*:—The subject is told that a cricket ball is lost in a field and he is asked to draw a diagram indicating how he would proceed to make a search for it.

(k) *Arithmetical, mental reckoning, writing and reading tests*:—Comparison of the length of lines (Binet) and memory span for a series of figures, are other tests in common use.—(From ‘*Psychology*’ by the author).

“Alcohol is not a specific or cure for any disease unless one considers ‘worry’ to be a disease, and a drugged indifference a cure.”—(Dr. Haven Emerson).

WHAT MAKES A WOMAN TRULY BEAUTIFUL ?

BEAUTY, the dictionary tells us, is a combination of qualities or attributes arousing a sense of æsthetic satisfaction or affording keen pleasure and delight to the senses. A beautiful person is therefore, one who is delightful to the senses. "Whose senses" is the next question that requires to be answered. It is indeed difficult to define feminine beauty. 'Beauty' really depends on *who* is looking at it and *how*. Apart from physical characteristics relating to the anatomy of the body, a harmony of features, happily blending with noble traits of character, *e.g.*, modesty, simplicity in tastes, manners and behaviour, truthfulness, reverence to God, devotion to duty, respect for elders, love for service and personal cleanliness, are essential to real beauty. A truly beautiful girl has an inner glow, a mellowed charm and a passion for being considered simple, modest, helpful and truthful. Real beauty comes therefore, *from within*. This may sound trite ; but it is true. Flippancy in talk, coquetry and needlessly forward extra-smart appearance and behaviour in society, do not make for grace or beauty as is wrongly believed by many of our modern college girls. These shortcuts which are considered necessary for social life are always practised only to conceal some serious physical, mental or moral ineptitude or weakness.

In my humble opinion, a devoted wife and loving mother will always be beautiful even when she has

Mrs. SHANTHI DEVI KRISHNAN,
Basavangudi, Bangalore-4.



passed her prime of life, if she is living to the full, is harmoniously developing all her potentialities for being and doing good, at all times, has complete self-confidence and has, by dint of consistent and regular practice of the virtues, achieved an effortless co-ordination of her mind and body in their joint endeavour to serve mankind without any fuss or desire for publicity.

I strongly disapprove, as all *truly* beautiful women would, the unnatural make-ups and the lipstick beauty that are sought after by our modern girls—who consider that the Western education they receive is incompatible with the daily use of the traditional homely turmeric paste for the face and body and *kumkum* for the forehead, both of which have a hygienic background. The unsightly blotches, pimples, acne and the hirsutism (undesirable growth of hair on face etc.) which are now fairly common and which the modern college products seek to mask by snows, pastes, powders and other expensive western cosmetics, (many of which have been shown on analysis to contain harmful ingredients) are the result of their having relegated the time honoured and healthy practices to the scrap heap. It cannot be denied that systematic oil baths twice a week on Tuesdays and Fridays, daily cold baths early in the morning on other days using

herbal bathing powders and turmeric paste, instead of alkali soaps, putting on a bright *kumkum* mark on the foreheads, and wearing full length *Saris* and loose fitting jackets (instead of five-yards-saris and tight fitting polkas and petticoats) conduced to the robust health and gracefully elegant appearance of the women of the older generation. "A fair exterior and a foul interior" is an English proverb which has its equivalent in the different languages and dialects not only of India but of other countries as well. The Tamil equivalent of this proverb, which just refers to the 'coiffure' of women (hair-dressing) says: "A very smart looking coiffure though bedecked with flowers, often contains lice and nits when looked inside." ஒப்பாரக் கொண்டையாம் தாழும்பூவாம் உள்ளே பார்த்தால் ஈரும், பேனும்.

Cosmetics, face creams, face powders, snows, rouges, lipsticks, nail polishes, paints and depilatories are very much in demand now-a-days and so hundreds of such cosmetics and harmful preparations are now flooding the market; analyses have shown that quite a large number of them contain deleterious ingredients liable to harm the skin in course of time and produce, in other words, the very opposite effect of what they are intended to produce.

As regards hair-oils, they are legion and nearly all of them are widely advertised and credited with the property of inducing a rich growth of curly long hair in a short while. They are all high-priced but in actual practice, they do not possess even a hund-

redth of the much vaunted and greatly boosted properties; some are definitely harmful too. Plain cocoanut oil applied regularly by rubbing it well into the hair roots followed by the ordinary cheap wooden comb (not the costly ivory or plastic comb) with close-set thin prongs, used systematically, has given excellent results in thousands of cases. I have heard it stated on good authority that the use of the plantain-stalk-fibre (வாழை நார்) to tie the loose end of the plaited hair, exerts a beneficial influence on the growth and lengthening of the hair. The modern practice of weird and curious partings and plaitings, tied up with ribbons (plastic, being the latest and most popular though chemical-treated material) has nothing to commend it in preference to the cheaper and more economical methods of old. The modern educated girls commit the greatest mistake when they copy styles of hair-dos and make-ups which they see on other women whom they consider beautiful, without regard to how these styles will look and react on themselves. Some actually look absolutely garish and funny with the new styles, if not positively ugly. The use of worthless gaily coloured wild flowers is another vain, wasteful and pernicious habit very freely indulged in at the present day. These wild flowers have no fragrance at all, beyond the gay colours, and I will not be surprised if, on analytical and other tests, they are found to contain some poisonous substances which can irritate and cause the hair to fall off.

If a girl has a simple, and

appealing personality and combines modesty and grace with it, she does not even need perfect features to be beautiful, much less the modern make-ups. One or two attractive features and the possession of radiant health resulting from eschewing modern fashions, and sticking to the time honoured practices, are enough if everything else is built around these basic qualities. Artificial aids are absolutely unnecessary. They only serve to betray the lack of normal inherent good traits.

Any woman to be considered really beautiful, should possess certain essential attributes and qualities which they should learn and assiduously cultivate from their very infancy and childhood. They are, reverence to God, respect for elders, truthfulness, a glow of radiant health, lustrous hair without powders and dyes or the wild *Kanakambaram* flowers,

stuck on a faked coiffure as high as a hay-stack; a soft modulated voice; easy confident stride and erect carriage; a radiating personality; intellectual brightness and legitimate curiosity; integrity of character; self-confidence and naturalness and above all a passion and devotion to service, duty and loyalty in every sphere of activity.

Hollywood models and cinema fashions should be promptly discarded if our traditional and cultural heritage as typified by Droupadi, Sita, Tara, Savitri and others of old and by Srimathis Jhansi Rani, Mira, Kasthurba Gandhi, and Sarojini Devi of more recent times, should continue to pervade and enthuse the people of India. Remember what our beloved and venerable Rajaji said the other day while addressing students: "The Joan around the street corner is infinitely superior to the Stellar Joan of Hollywood".

Dangers from Nylon and Rayon

The British Ministry of Health has warned all hospitals that there are dangers in wearing wool, rayon, rubber and nylon in operating theatres.

These materials foster static electricity, which is the most frequent cause of explosions of anæsthetic gases—and these explosions are themselves becoming more frequent.

To lessen this risk the Ministry of Health has made the following suggestions:—

1. Anyone wearing clothes of rayon, nylon or wool should wear, too, a close-fitting over-garment of cotton when they enter an anæsthetic or operation room.
2. Shoes should have anti-static soles.
3. The air should be kept damp; the floor moistened occasionally.
4. Ordinary insulating rubber is the main cause of static electricity. So rubber with electrically conducting properties should be used.

"I am Sorry"

A little boy had to apologise for forgetting his aunt's birthday. So he wrote, "I am sorry I forgot your birth-day. I have no excuse, and it will serve me right if you forget mine next Friday".

INDISCRIMINATE MEDICATION

"The Remedy is Worse than the Disease"—Francis Bacon

THE treatment of disease is by no means solely in the hands of physicians. It is a well-known fact that sufferers from a variety of ailments, many of minor but some of major import, act on therapeutic advice, volunteered by members of their families, by well meaning friends, or by druggists, or are seduced by the specious propaganda, so often convincing to the uninitiated, now also presented over the radio. The last named has, to some extent at least, taken the place of the biased and sometimes dangerous advertisements which were formerly very common in the daily press. This is not to say that such printed advertising has ceased, for seemingly responsible and presumably ethical newspapers still carry the often fraudulent claims of advertising quacks and, even in recent years, occasionally illustrated descriptions of the modern successors of those wonderful machines originated by Albert Abrams early in the century which are supposedly able to detect and even diagnose disease. Nor are physicians entirely blameless in the matter of ill-considered treatment. The detection of disease is often much more difficult than the detection of crime and even Sherlock Holmes and Joseph Bell made mistakes. We all do, no matter how good our intentions may be. The very intricacy of the problems of diagnosis and treatment makes this a foregone conclusion. But there are sins of

GEORGE BLUMER, M.D.,
Emeritus Professor of Medicine,
Yale University, U.S.A.

omission and sins of commission and in medicine the one may depend on the other. Aside from the fact that doctors like other men, tend to become routinists one may raise the question about the causes of overtreatment. In the case of therapeutic dermatitis (skin eruptions caused by the excessive or wrong use of drugs), such factors as the flood of new chemicals and the failure of sufficient training in dermatology are doubtless important.

But indiscriminate dosing is not confined to dermatologists (skin specialists) and is probably due to a variety of causes. Students are taught that given drugs have given doses but it is probably not sufficiently emphasised that these are only average and that the one thing about human beings that is predictable is their unpredictability or to put it as the late George Bernard Shaw did "the only thing you can equalize about human beings is their incomes." Then, there is a tendency in these days of technical tests to be careless about the basic proceeding of a good history.

As to the public, they are apt to assume that if a certain dose of a remedy is effacious, more of the same must be more efficacious and they may (and often do) increase

the dose of the remedy, without consulting the physician who prescribed it. Frequently too they draw the false conclusion that because some relative or friend had symptoms similar to theirs, similar treatment is called for. Even patients who know that they are hypersensitive to certain drugs may easily be misled by the fact that the vendors of patent or proprietary medicines may mask the facts that they contain certain substances by giving them unfamiliar names.

It is obvious that the problem of overdosage is a complicated one and that there is no simple answer to its control. The public must be more widely educated concerning the dangers of self-medication, of the necessity for adhering strictly to the advice

and instructions given by their doctor; medical students and internes must be more carefully trained regarding the dangers of overdosing, the necessity for a careful history of the patients in whom they apply potentially dangerous, toxic, or irritating drugs and the desirability of discussing with such patients the possible hazards as well as the advantages of such medication. After all, a considerable proportion of the drugs we use every day are potentially toxic *per se* or may be so in patients who are hypersensitive to them. Needless to say that such discussions with patients must be tactfully presented and not delivered in a way to alarm rather than help them.—(From a Special Editorial in *Cur. Med. Dig.*, Feb. 1953).

Healthy Doctors

SHOEMAKERS' children are said to be ill-shod; and if the truth were known, their fathers' boots are probably in an even worse condition than theirs. Undaunted by this legend of occupational hazard, however, Dr. Cuthbert Dukes, in his search for the causes of good health boldly addressed an informal questionnaire to some of his colleagues. His confidence was justified and in his presidential address to the Medical Society of London, he was able to describe the reasons given him by 50 doctors, including 23 fellows of the Society, for their own good health. As his controls, he chose 50 non-medical men of the same age group and social grade. He had intended to in-

clude 50 women to complete his series of controls, but he gave up this project when still 10 short of the mark, because he found that women attributed their good health to such irrelevant and non-masculine reasons, as having a baby, the use of the paint box, or an unsympathetic husband!

Having accordingly abandoned the female sex, Dr. Dukes restricted his analysis to the straightforward replies of the men. Most of them attributed their good health to five reasons, *viz.*, (1) open-air physical exercise such as walking, gardening or golf, (2) congenial occupation (this was mentioned by several doctors and seldom by the lay controls), (3) some precaution adopted after a

former illness, (4) temperate habits in eating, drinking and smoking, (5) and successful emotional adaptation to the strain of life, which they usually described by some such phrase as "learning to take life the right way". Dr. Dukes did not claim that these answers were new or unexpected but his researches did suggest that an enquiry into the private precautions which people adopt to keep fit might yield interesting results.

In the *Shorter Oxford Dictionary*, health is defined as "soundness of body, that condition in which its functions are duly discharged". But Dr. Dukes would like to extend their definition to read "discharged harmoniously"; for harmony in his view is an essential characteristic of health, especially when we think in terms of "body, mind and spirit". Indeed he wondered whether perhaps we gave ourselves enough credit for

our own good health. We were apt to forget the struggle some of us had had to make the "stubborn body become a willing servant to the spirit". But those who had learnt the lesson "enshrined in ancient wisdom and confirmed by modern science that body and spirit are not two but one", had, he believed, achieved true health. He was the more surprised that only one of the doctors answering his questionnaire had spontaneously spoken of the importance of religion in relation to health. But Dr. Dukes is convinced that "the little working bit of a man's religious faith, not his outward professions or his theological creed, but his inward secret convictions—these must ultimately influence his health to some extent, and might, if given more scope for expression, often improve it.—(*British Medical Journal*, London, 25-10-'52, *Annotation*).

The Sour Side of Sugar

J. DeWitt Fox, M.D.

ONE of *Good Health's* long suits through the years has been the use of old-fashioned healthful sweets. With the increasing popularity of white sugar and white-sugar products, *Good Health* has discouraged their use in preference to natural sugar and natural sweets. Sugar, highly refined foods, and rich desserts can do serious injury to a healthy body, we said.

Because sugar displaces essential foods in your diet, your chances of developing a vitamin deficiency are much greater when you eat too many sweets and desserts.

Modern nutritionists have given us new facts and reasons for cutting down on sweets. Now they tell us that not only will sugar make you fat and put holes in your teeth, but its excessive use accounts for many of the deficiency diseases, from which great numbers suffer.

Famed research men are speaking out against the excessive use of sugar. Says Dr. Clive M. McKay, of Cornell University, one of the top nutritionists: "We'd all be better off if sugar had never been discovered as a human food"

The case against sugar is that when we eat it, we eat a good deal less of body-building foods—proteins, fats, and carbohydrates—which contain minerals such as calcium and iron, and vitamins A, B, and C. The more sugar you eat beyond a small minimum, the less chance you have of getting these essential food factors. Actually, only ten per cent of your daily calories should consist of sugar. One of the commonest vitamin deficiencies found by doctors to-day is that of vitamin B complex. One reason for this is that with the high sugar intake, the body needs a high vitamin B complex factor to burn the sugar. Since the refined foods do not contain vitamin B complex, the body borrows from its reserve. Ultimately these reserves are burned up and a gross deficiency results. This gives the patient the feeling of lassitude and complete loss of pep.

Take sugar out of the diet, add the natural foods containing B complex, and the patient miraculously improves. Do as top nutritionists say—leave sugar out of your diet except for the ten per cent minimum you need in cooking or flavouring foods.

Proof that sugar causes cavities is presented by Dr. L. S. Fosdick, of Northwestern Univer-

sity, U.S.A., who observed 809 college students for two years. Leaving the remaining part of the diet unchanged, he removed sugar from their menus. In this group he found the number of cavities markedly reduced.

Another dental research scientist, Dr. Hermann Beeks, at the University of California, persuaded 1,500 of his patients to eliminate one high-sugar food for just one year. In eighty-one per cent of the group no new cavities developed.

Although highly refined and concentrated sugars are injurious to the body, because the vitamins and minerals have been removed in the refining process, natural sugars are good. When God made man's food, He placed sugar within the foods appealing and palatable. God knew best. He also placed within these cells certain vitamins, minerals, and body-building elements, to be eaten along with the sugar.

If you like delicious sweet foods, reach for a natural sweet, which contains iron, calcium and vitamin in abundance. Try some dates, dried figs, and fresh fruits. For in season, all fresh fruits have natural sugars plus the other essential food elements the body needs.—(*Good Health*, Nov. 1953).

Novel Suit-case that Never Failed him

Driving in Tennessee, I overtook a well-dressed man walking along the highway carrying a gasoline can. Naturally, I stopped and gave him a lift. But when I asked him how far it was to his car, he confessed that he had no car. Turning the can upside down, he showed me its hinged bottom and the neatly packed clothing and toilet articles inside. He had come from Tuscon, Ariz., in record time and said his "suitcase" never failed.—(John H. Brinn in *Magazine Digest*).

Pleasant Topics from Periodicals

The Summing Up

This Week reports:—Since we quoted a trade publication's heading for a column devoted to engagements, weddings and births—"Snared, Paired, Heired"—readers have bombarded us with variations. To put a stop to the business once and for all, we have decided to pass on the latest. A Harvard graduate reported to his class secretary that he had finally met the girl. He listed development as "signed, sealed and after appropriate interval—delivered".—(*Reader's Digest*, July 1953).

Cosmetics

Are abundant proof that girls have a skin they have to retouch.—(*Los Angeles Examiner*).

Keeping Youth

One way for a man to keep youth from slipping away is to hide the car keys.—(*Saturday Evening Post*).

Relaxation

Husband to wife who is driving the car:—"How about letting me drive for a while darling, so that I can relax a bit?"—(*Saturday Evening Post*).

"House for Sale" Advertisement in Minneapolis Tribune

Very clean 4 bed-room home, near Maternity Hospital, ideal for large family!

Deft Definitions

Bachelor:—A chap who believes in women, wine and so long

Dieting:—Penalty for exceeding feed-limit.

Hypodermic needle:—Sick shooter.

Proposal:—A girl listening faster than a man can talk.

Wrinkle:—The nick of time.

Billion dollars:—Just a drop in the budget —(*Changing Times*).

Newspaper readers:—Morning news drinkers gulping down the strong black headlines.

With Apologies to Robert Burns

Oh! would some power the giffie give us.
To see some people before they see us!
—(*Family Circle*).

Policeman to man who has just collided with a woman driver

"I would settle, if I were you, sir! After all, it is just your word against literally thousands of hers"—(Dick Turner in *Reader's Digest*, July 1953).

Her Age

"What's your age"? asked the judge
"Remember to speak the truth as you are under oath."

"Twenty one years and some months", the woman answered.

"How many months?" the judge persisted.

"One hundred and eight!"

It is astonishing with how little reading a doctor can practise medicine, but it is *not* astonishing how badly he may do it—Sir William Osler—(*Medical World*, 77 : 1, 1952).

Safety in Numbers

In a dangerous illness call in 3 doctors.—(*Chinese Proverb*)

An American lady is seeking divorce from her husband because he wears ear plugs whenever her mother visits them!—(*Parade*).

Parishioner —"I've been misbehaving and my conscience is bothering me".

Rector:—"Should I give you something to strengthen your will power?"

Parishioner:—"No give me something to weaken my conscience"—*J.A.M.A.*, 19-4-'52.

The Rascal

My patients suffer tragic woe
And weep and wail and almost die
But when my back is turned I know
Thy laugh a little on the sly. —*J.A.M.A.*

Ambition

Each doctor gets his share of fame
In spite of modest acumen
Some carve their names in history
And others on the abdomen.
—*Texas State Jour. Med.*

Do You Know?

That Americans lose more than 1 billion days of work each year on account of sickness.

That in the course of an average life time, an individual will be disabled 17 times in America.

"God save the Queen"

Professor at a Medical College in England was appointed Honorary Physician to the Queen, and proudly wrote a notice on his class room blackboard informing his students of this great event in his life.

When he returned to his classroom that afternoon the students jumped to their feet and solemnly sang. "God Save the Queen!"

Dr. U. RAMA RAU's Hand Book on

FIRST AID IN ACCIDENTS

Revised by : Dr. U. KRISHNA RAU, M.B., B.S.

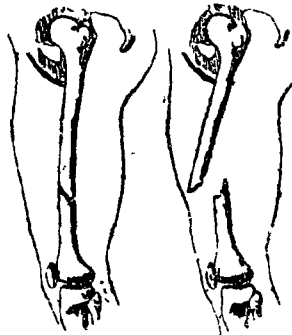
Explains as to how to render First Aid in Accidents such as :—

Fractures,
 Concussion,
 Fainting,
 Convulsions,
 Shock,
 Collapse,
 Sun-Stroke,
 Heat-Stroke,
 Asphyxia,
 Shock from Electricity
 and Lightning Shock,
 Burns,
 Wounds,
 Bites,
 Snake-Bite,
 Bruises,
 Strains and Rupture
 of Muscles,
 Poisoning,
 Insensibility,
 etc., etc.

चौथा अध्याय

हड्डियों का टूटना।

हड्डियां कड़ी हैं, पर आसानी से टूट जाती हैं।
 धक्का, गिरना, कूदना आदि में जब उन पर अधिक जोर



पड़ता है तब वे कांच या चीन की मिट्टी (पोर्सलिन) की तरह टूट जाती हैं। जब हड्डी टूटती है तब वह टूटना अंग्रेजी में फ्रैक्चर कहलाता है। यह टूटना बाहरी

हड्डियों का टूटना धक्के से हो सकता है या मांसपेशियों के कारण। बाहरी धक्के लगने पर अगर हड्डी ठीक उसी जगह की टूटे जहां धक्का लगा तो वह सीधा धक्का कहलाता है; जैसे पैर

A Page of the HINDI Edition.

The book written in popular language and running to 240 pages, crown 16mo with many illustrations, has been found very useful by the lay public in rendering First Aid scientifically in cases of accidents till the arrival of a doctor. Members of the medical profession have found it useful to deliver lectures to lay men on First Aid.

The book is being published since the First Great World War and has run to several editions and thousands of copies have been sold up to now. It is published not only in English but also in Tamil, Telugu, Canarese, Malayalam and Hindi. Mines, Factories, Police Force &c. use these books largely.

Hindi Edition Size Demy 1 to 16. Pages 224

Price Re. 1/-

Others Re. 1/- or sh. 2 per copy for any edition. Postage 5 As. per copy extra.

Value could be remitted along with the subscription to "Antiseptic".

CAN BE HAD FROM :

SRI KRISHNAN BROS., 323-24, Thambu Chetty St., MADRAS-1.