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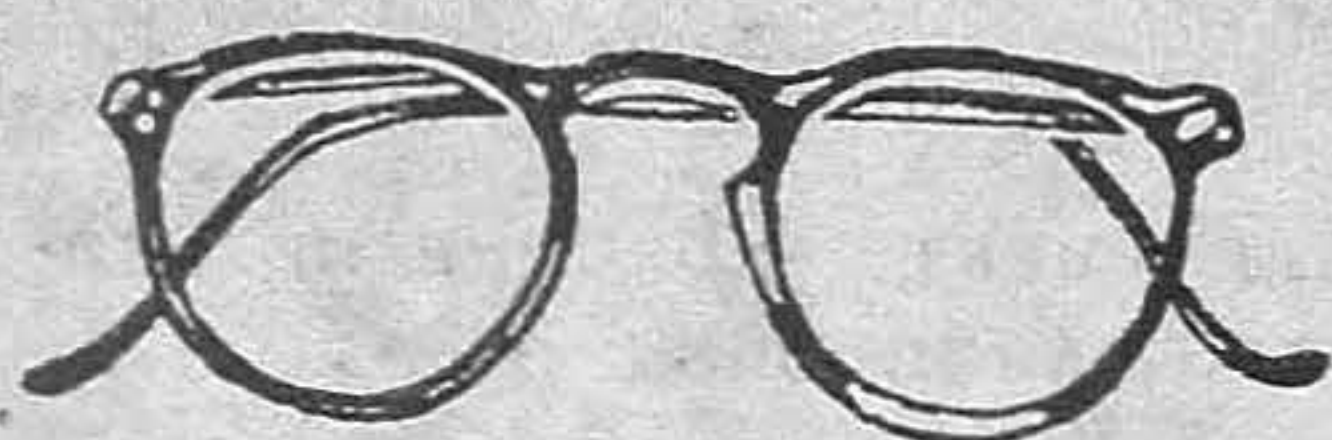


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SEPTEMBER, 1937

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Editorial

Prohibition in India

THE Indian National Congress has at last taken up the reins of Government in the six Provinces of India, in whose legislatures it commands a majority and the Congress Ministries in the respective Provinces have already begun to implement their election pledges in right earnest. Among those pledges, Prohibition is one and the Congress Working Committee has recently passed the following resolution on the subject at its meeting held at Wardah: "In as much as Prohibition has been one of the chief planks of the Congress since the inauguration of the Non-Co-operation Movement in 1920 and thousands of men and women have had to suffer imprisonment and physical injury in furtherance of this cause, the

Working Committee is of opinion that it is incumbent on the Congress Ministries to work to this end. The Committee expects them to bring about total prohibition in their respective provinces within three years. The Working Committee appeals to Ministries in other Provinces and to Indian States also to adopt this programme for the moral and social uplift of the people". No more passionate appeal can be made to the Princes and peoples of India to further the cause of Prohibition, which the Congress has set its heart upon.

In our own Presidency, the unique honour of first going dry has been assigned to the Salem District, from which our Premier hails. This District went dry already once before, when

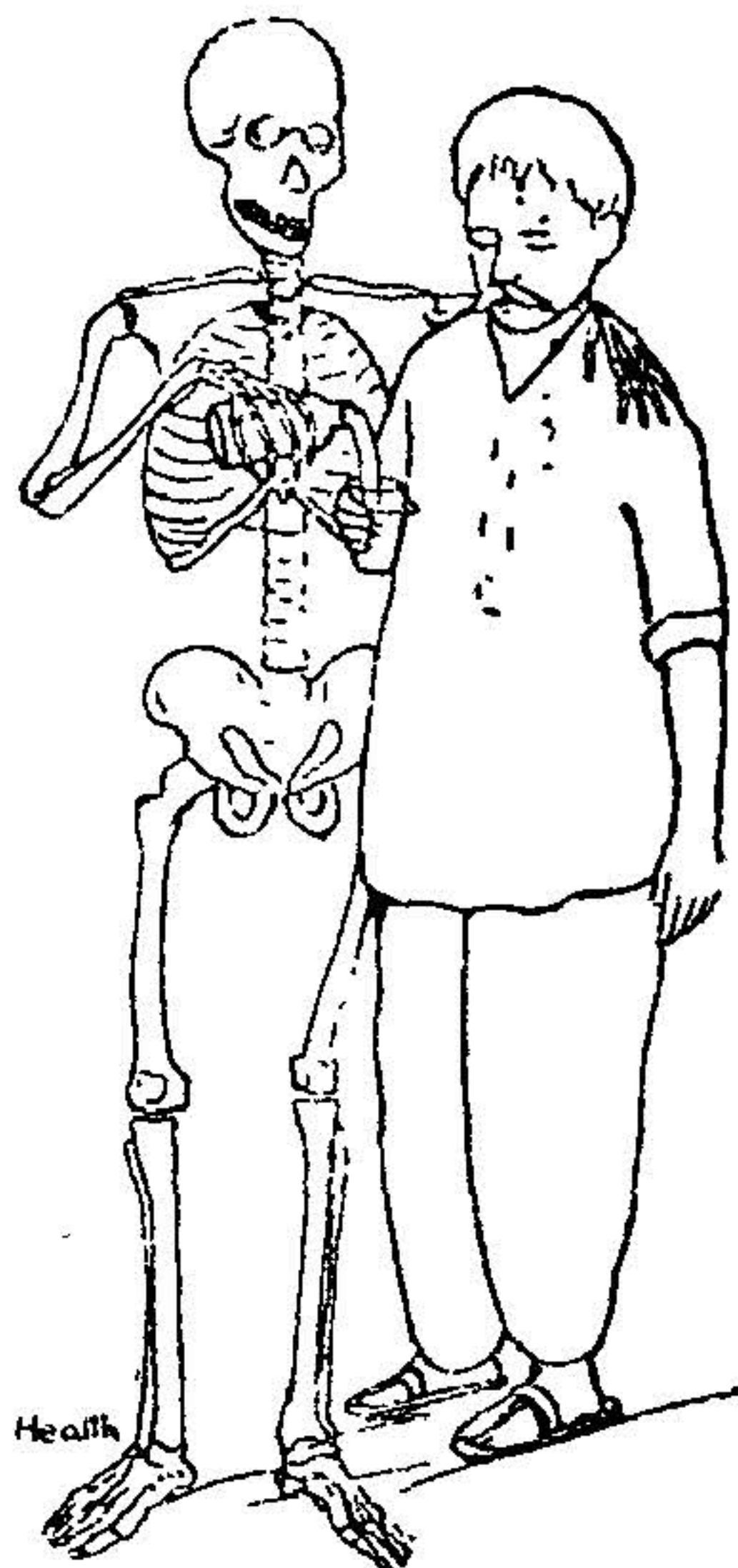
Congress was in opposition to Government, but now under the aegis of the Congress Government, it is hoped it will go dry again and for ever. Doubts have, however, been expressed from various quarters, as to the success of Prohibition in India and many are the reasons given. Firstly, it is said that a good slice of the Provincial revenues will be chopped off and there will be no money left for nation-building activities such as Education, Health, and Sanitation etc. To those critics, we would reply: "how far did these activities progress when the Excise revenues filled the Provincial coffers during pre-autonomous periods? Why should the Excise revenue be linked up with Education and Health and Sanitation? Excise and Education and Sanitation are incompatibles and so long as the Governments make people drink, they cannot expect any improvement in their brains or brawns. Secondly, it is contended, there will be illicit manufacture and consumption, to prevent which a large staff will be necessary, which means again a heavy expenditure. During the Non-Cooperation days, people gladly submitted themselves to moral pressure and no cases of illicit manufacture were reported. It is after all an illusion and if only, propaganda on right lines is made by all who have influence on the populace, there will be no room for illicit methods being adopted.

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Thirdly, the critics argue, that prohibition is a raid on the poor labourer's pleasure or pastime. The labourer, after a hard day's toil in sun and rain, finds some solace in drink and to deprive him of it is nothing short of cruelty. But our critics have failed to realise that spirits are no solace either to the bodies or souls of human beings

but a sin and a curse. Mr. Ewart Gladstone, late Prime Minister of England in his speech before the House of Commons in 1880, observed: "It has been said that greater calamities are inflicted on mankind by intemperance than by three great historical scourges—War, Pestilence and Famine". Half a century ago, physicians believed alcohol to be a tonic and a stimulant. Later theories led to a comparison of hospitals where alcohol was used with those where it was not used and this had proved beyond doubt that the death-rate was much higher when alcohol was used as a sustainer or germicide.

All authorities have agreed that alcohol causes more crime, insanity, suffering and sorrow than any other substance. Drink, crime and lunacy go hand in hand. The last objection against Prohibition is that Prohibition has failed in America and it must fail in India too. America is not India. The failure in America was due more to the mischief of Mammon than Bacchus. There, a powerful combination of capitalists, who were hitherto growing fat on



The sins of the parents are visited in the children; children pay the Drink Bill.

(HEALTH

wine trade, forced the hands of the Government to repeal the Prohibition law. In America, drink is considered a virtue and any dinner table without a bottle of wine, where men, women and children sit together to feast, is an atrocious crime against social etiquette. There is no use, therefore, comparing America with India.

Now four questions naturally arise in connection with drink evil. What was the origin of this drink habit? How did it spread among the entire inhabitants of the Earth, Eastern or Western, Ancient or Modern, Civilized or Uncivilized? Why should people drink at all? And what steps were taken by the respective Governments of the world in the past towards Prohibition? We think the drink habit is as old as the world. Every people under the sun have had their favourite stimulating beverage. In good old days, Chinese tea formed the principal beverage of all the Northern States and British provinces of America; in Central America, the heterogeneous population resorted to chocolate, in the Southern States and West India Islands, coffee was the greater favourite. In France, Germany, Sweeden and Turkey, coffee was principally used; in England, Russia and Holland, tea; in Spain and Italy, chocolate; in Ireland, the husks of Cocoa. The Chinese tea had found its way to the Himalayas and the plains of Siberia. In portions of Africa, the natives made a beverage of the juice of the plantain called 'the pombe'. Pombe is intoxicating and according to a traveller 'no man of any standing thinks himself to have got fairly through the day until he has sat upon pombe, which simply means become drunk.'

Thus, we see, that old drinks were less harmful but with the dawn of

Civilization, malt and vinous liquors rum, whiskey, brandy, gin and other distilled liquors came to be drunk in enormous quantities. "Wherever the missionary or the agent of Commerce penetrates, Civilization creeps along with whiskey in the advance," thus observes Dr. Foote in his Home Cyclopaedia of Popular Medical and Social Science. To stop this evil, temperance laws were promulgated and temperance leagues were formed in all countries, which advocated drinking in moderate quantities. But temperance has failed. "In common parlance temperance means moderation and in that sense moderate drinking may appear to be permissible. But drinking is such an insidious vice that small beginnings often lead to great excesses. It has, therefore, been found necessary to hold the temperance standard aloft as signifying total abstinence". Thus has prohibition come to replace temperance, now-a-days.

Now, what was the position of India in days of yore, in regard to drink habit. That India was a civilized country in the hoary past, none can deny. During the Vedic period, we have read about the drinking of the juice of the Soma plant. According to Manu, spirituous liquors were of three sorts: that made of sugar (molasses), of ground rice and of the flowers of the honey tree. The first two are rum and arrack and the other is a sweet drink from the flowers of a certain tree--so says a commentator. Manu had formulated drastic laws aiming at prohibition. Here are some of them.

1. "He who has food enough to support his dependents for three years or more has a right to drink soma"—M. Lec. XI—7.

2. "The twice-born man who drinks Soma when his wealth is much less than this amount does not get the reward that belongs to it and even (if) he has drunk Soma before".—M. Lec. XI—12.

(Soma was drunk only at the first sacrifice and should not be repeated afterwards.)

3. "Spirituos liquor (is) indeed said to be the defilement of food and defilement is said to be sin and therefore the Brahman, Kshatriya and Vaisya should not drink spirituous liquors.—M. Lec. XI—94.

4. "A twice born man having foolishly drunk spirituous liquor should drink (the same sort of) spirituous liquor (heated) red-hot; after his body has been burned down by it, he is released from that sin," M. Lec. XI—92.

5. "Or he may drink till he die red-hot cow's urine, water alone (thus heated), milk, ghee or again the juice of cow dung (thus heated)—M. Lec. XI—93.

These penalties may seem horrible to the modern legislators but in an age when religion and superstition reigned supreme, one or two test cases sufficed to infuse fear into the minds of the ignorant masses and wean them from their bad habits. If to-day, India could boast of total abstinence among a fairly large number of her countrymen, the credit must certainly go to Manu's Draconian laws.

Not only did the Hindu religion preach and enforce prohibition, other religions too—the Christian, the Muhammadan and the Buddhist—did the same. The Muhammadan Emperor, Feroz Shah, it was said, prohibited drinking of wine. Prohibition is no new thing for India and so, we hope, that under Mahatmaji's guidance and during the Congress regime, India would become dry within the stipulated time and demonstrate to the world that, while the greatest politicians of America have failed, the 'naked Fakir' of India and his faithful followers have succeeded.

COMMON COLD —

IT is one of those common complaints that human flesh is heir to, which have so far baffled all attempts at prevention and cure. It is no respecter of age or sex, position or person. It is a constant companion of some and an occasional visitor-at-ease with others. He or she would be a bold person who can say that he or she had no attack of common cold during the course of a year. It is often a bolt from the blue. You may be in tolerably good health and gone to bed with all the satisfaction of a good hearty meal. It is all

By Dr. Parma Nand Ahuja, M.B., B.S.,
Karachi

changed over night and you wake up in the morning with a sneeze and a running nose, and feeling out-of-sorts from top to toe. The baby in the mother's lap and humped man with a stick are all greeted by this unwelcome visitor in all seasons and in all climes, in all countries and in all lands. It is as much the despair of the quack as of the qualified doctor, of the village hakim or the Vaid.

Cause of Cold and its Course

A drop of the nasal discharge duly

» [HEALTH

"filmed and stained" will reveal the catarrhal germs under the high power of the microscope, which according to the verdict of the Scientific doctor, cause these attacks of cold. They swarm in the nose chambers, throat and upper respiratory passages and flare up into acute activity at the touch, so to say, of the magic wand, flooding the nasal passages and drenching the kerchief sheets of the unhappy victims after a premonitory period of plugging and stuffing of the nose. The discharge is at first thin and serous but gradually becomes thick and purile and in an ordinary course of the malady, after the third or the fourth day, the individual practically feels normal, the flood having dried up leaving a parched feeling on the 'soil'. In some cases the course of events is not so simple. The germs finding a congenial and comfortable host, prolong their sojourn to his or her great discomfort and distress. The thick tenacious yellow discharge continues with general malaise and feeling of lassitude. In other cases primary attack may pass away after a few days; but the uninvited guests make their visitations frank and frequent to the great chagrin of the host. As a matter of fact, in these latter cases, the germs do not leave the tempting table of the host entirely but linger and lurk in the respiratory passages and stir up into activity every now and then on the slightest pretext. These constitute cases of chronic cold and catarrh which insidiously undermine the health of the individual and lead to several complications if untreated.

Contributing Causes

These catarrhal germs are what are called the causal factors. But there

are contributing or predisposing factors which facilitate the invasion by these germs. The low vitality and poor resisting power of the individual come first. Any person in a run down condition of health, after prolonged sickness, fatigue, worry etc. would fall an easy victim. Again unhealthy and unhygienic surroundings, congested and crowded dwellings, inhalations of expired air from an infected person, careless spitting and nose blowing in schools, public places, cinemas and private homes would be powerful factors in disseminating the infection. Unwholesome personal habits and customs, overclothing, living indoors with shutters and windows closed, lack of exercise, over indulgence in stimulating and intoxicant food and drinks and fermented liquors etc. muffling up of little children and even adults, sudden exposure to extremes of temperature, all predispose the susceptible to bouts of cold and catarrh and make his skin



Children with adenoids are liable to catch cold often.

and mucous membranes over-sensitive to the onslaughts of these germs. When all is said and done, there are certain persons in which physical defects in the nose, and enlarged tonsils and adenoids in little babies and children, favour the secret and safe lodgement of these mischief-mongers. From these entrenched positions of power and help, they let off bullets now and then and victimise the individual.

The Remedy

The remedy consists in removal of the cause both contributing and causal. But it is more easily said than done. All physical defects and disabilities in the nose and throat should be removed. Enlarged tonsils and adenoids in children should be attended to. Healthy ways of life and living should be included, overclothing and specially muffling up of head and face is to be avoided to make the skin and mucous membranes strong and resisting to all kinds of exposures. Moderation in food and drink is necessary though food should be simple and nourishing. All causes which undermine vitality and reduce resisting power are to be eschewed. Crowded and congested places are to be shunned and plenty of open-door-exercise short of fatigue, is to be taken daily. Bodies of children and even adults should have free play of sunlight, especially in morning hours and before sunset, to generate califerol (Vitamin D) under the skin to augment defensive forces in the organism against infection.

As for specific remedies, they are as many as there are people suffering from cold. Every one has his own 'tip' to abort or cure a cold. Some abort it by drinking iced water, others by taking hot water with a pinch of salt added to it. Others again employ a dose of brandy and hot water or spirit camphor on a lump of sugar as the first

line of defence the moment they feel the premonitory signs of the approaching enemy. Local application of 'opium paste', 'tamarind paste', camphor, menthol on the nose and forehead are favourite fancies with many. All these 'tips' have their uses, in simple cases, in aborting the attack. In addition, mouth and throat should be scrupulously kept clean. Simple salt gargles (warm), especially when retiring at night and douching of the nose from the palm of the hand, is very serviceable; after douching some oily drops made with almond oil or paraffin liquid, and oil: Eucalyptus in the ratio of 4: 1 may be put into the nostrils to the great ease and comfort of the sufferer. They may be sniffed high up to reach the back part of the nose, throat and larynx which are often sore and irritable. This oily coating protects the mucous membrane from the irritating germs which find their movements arrested in these "oily swamps".

Those susceptible to cold attacks, besides these local measures, should make every effort to build up their body resistance by suitable diet and living regime and appropriate remedies prescribed by their doctors.

The sequelæ and complications consequent on chronic cold and their remedial measures are clearly out of the scope of this article.

Dangerous Dan M'crobe.

A bunch of germs were hitting it up.
In the bronchial saloon;
Two bugs in the edge of the larynx
Were jazzing a ragtime tune.
Back in the teeth, in a solo game,
Sat dangerous Ack-Kerchoo;
And watching his pulse was his light of love,
The lady who's known as Flu.

—*Illinois Med. Journal.*

INFLUENZA

General.

INFLUENZA remains unsurpassed for the explosive violence with which it attacks a large proportion of the population within a brief space of time, producing though temporarily, a paralysing effect upon community life. The disease may break out in "Pandemic" (world-wide Epidemic) or "Epidemic" waves or only in a sporadic form. The last world-wide Pandemic of Influenza that occurred during the years 1918—1919 caused over 200 million attacks and more than 10 million deaths. The disease levied a toll of about 7 million lives in India alone. Such Pandemic outbreaks of Influenza are seen to recur at irregular intervals of a generation or thereabouts. These Pandemics affect about 40% of the population and last from 6 to 8 weeks. As signified by the name "Influenza", the various manifestations of the disease in its "Pandemic", "Epidemic" and "Sporadic" forms present a baffling phenomena due to some hidden "Influences".

Cause.

The disease is associated with various micro-organisms. A minute variety of germ is considered to be the probable cause for the disease. It has not yet been possible to find out the exact organism responsible for "Influenza". The so-called "Influenza Bacillus" is however seen in intimate association with the disease. Pneumonia germs and the like are also found to play a similar or accessory role.

Mode of Infection.

"Influenza" exhibits an intense infectivity. Infection is transmitted

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Travancore.

from the sick to the healthy by direct or indirect contact with the former. It is through the patient's secretions of the throat and nose that infection spreads. The respiratory passages



A patient coughing and spreading it to children and fellow passengers in a Railway Compartment.

serve as the route of infection. An "Influenza" patient coughing, sneezing and spitting in confined and public places is a danger to others.

The incubation period for the disease is so short as 6 to 48 hours. The disease owes its explosive character to its brief period of incubation; high degree of communicability, and the fact that many who have the disease do not go to bed but continue to mingle with others.

Symptoms.

The disease manifests itself in an extraordinarily complex manner. For want of a definite criterion to recognise the disease, it is often confused with common cold, brief attacks of fever of unknown origin, and similar ailments. Influenza, pure and simple, is not a particularly dangerous disease

but renders the patient extremely susceptible to Pneumonia. When an epidemic of Influenza occurs, about one-fifth of the cases usually develop a Pneumonic course, one-third of these ending fatally.

The chief characteristics of an attack of Influenza are sudden onset (hence the disease is known also as "Grip"); shivering; fever and its concomitants such as headache and general pains in the limbs and joints; slight redness of the eyes and pain in the eye-balls; profound prostration out of all proportion to the fever; sore-throat; distressing cough and other symptoms affecting mainly the respiratory, circulatory, digestive and nervous systems. The disease has a special tendency to Bronchial and Pneumonic complications. This should be suspected if the fever is prolonged over a week.

The different forms of Influenza are explained below:—

1. *Simple Influenza*.—This is the mild and common form of the disease. After 4 or 5 days of irregular fever which is also accompanied by shivering, headache, sore-throat, general aching, severe cough and weakness, the patient gradually recovers within a week.

2. *Pneumonic Influenza*.—This represents a severe form of the disease. Starting with symptoms like those of simple Influenza, the illness becomes rapidly grave. Inflammation occurs in the lungs. High fever, irritating cough and a toxic appearance supervene. A rapid development of heart-failure has to be apprehended. The patient may die within a week. In cases of recovery, the convalescence is prolonged. This type of Influenza is particularly infectious and danger-

ous to those who attend upon the patients.

3. *Gastro-intestinal Influenza*.—This is also a severe type of the disease which attacks the stomach and the bowels. With the onset of the fever, there may be nausea and vomiting, abdominal pain, profuse diarrhoea and collapse. In some instances, Jaundice occurs as a complication. Severe cases may simulate Typhoid Fever. The Gastro-intestinal form of Influenza often proves fatal in a few days.

An important characteristic of Influenza is that it produces severe complications and after-effects. Adverse results upon the lungs, the heart and the nervous system may follow an attack of influenza.

Treatment.

1. As soon as an attack of the disease occurs, the patient should go to bed. It is advisable that the patient remains in bed till the fever completely ceases and to be on the safe side for not less than five days thereafter. This precaution is essential for avoiding complications and relapses, the latter being common and more dangerous than the original attack. The patient is to keep himself warm and to occupy a separate well-ventilated bed-room. Fresh air is one of the most valuable aids to recovery.

2. Good and careful nursing should be afforded. Light nourishing diet such as milk, conjee, eggs, broth, etc. may be given. Proper medical aid conducive to keep up the patients' strength and to remedy the complications is an important requirement.

3. The patient must not return to work until fever and cough have completely ceased and convalescence is well-established. During the stage of

convalescence, he must be careful to avoid chills, which may bring on a relapse or other complications. Sudden exertion in convalescence has proved fatal in many cases. Places of entertainment and meetings should be avoided for at least a week after the temperature has become normal.

4 The patient should protect others from infection by taking care to cough or sneeze only into handkerchiefs or rags which should be burnt or disinfected. He should not cough, spit, or sneeze in crowded or public places. Those attending on the patient should keep their nose and mouth covered with a face-mask. Articles such as clothing contaminated by the patient's discharges should be disinfected. The patient's room and furniture should be disinfected, washed and cleaned before being used again.

Prevention

The main preventive measure against Influenza is to avoid contact with patients and their infective materials.

2. The risk of infection is to be avoided by :—

(1) Not sleeping in the same room with an Influenza patient.

(2) Not going near the patient and

conversing with him. If one has to go near the patient, one should cover one's mouth and nose with a handkerchief.

(3) Not using or handling the patient's towels, bedding and clothing.

3. The following personal precautions should be observed when Influenza is prevalent :—

(1) Gargle the throat and wash out the nostrils twice or thrice daily with a solution of common salt (Mix one teaspoonful of salt in a pint of warm water). This helps you to get rid of any infection you may have contracted.

(2) If exposed to infection use good inhalants, *e.g.*, Eucalyptus oil.

(3) Use well-ventilated rooms for work and sleep. Avoid crowded theatres and gatherings and close ill-ventilated buildings.

(4) Keep yourself warm and avoid exposure to chills.

(5) Keep fit by means of good exercise, proper diet, adequate sleep and healthy and regular habits.

4. Though a vaccine is available for preventive inoculation against Influenza, its efficacy is doubtful.

Iodine to Make Water Safe.

Persons living in or travelling to flood areas where the water supply may be polluted temporarily can assure themselves of a safe drink of water by adding a drop of iodine to each glass of water. The ordinary tincture of iodine does the trick of destroying typhoid fever or other harmful germs. A drop will make as much as a quart of water safe for drinking.

The value of iodine for this purpose was discovered by Major A. P. Hitchens of the U. S. Army Medical School.—*Od. Quarterly*.

A Dialogue—Welfare Worker and Villager

Foods :— Rice.

Villager.—We heard your discourse on 'paddy made into Rice by the wooden grinder'. Is it your idea that we should go back from the civilised method of milling our rice which is so cheap, easy and the rice itself so fine to look at?

Welfare Worker.—Civilization, if real, should not bring about physical deterioration of the race. As mills are responsible for such a change you have to avoid them. The difference in the physique in successive generations is so well marked that if allowed unchecked the danger is alarming.

Villager.—We have become so used to the mills. How to avoid them?

Welfare Worker.—50 years back there were no mills and people were better. When once it is conceded that milled rice is harmful, it is a moral sin to use such rice. Feeding growing children and nursing or expectant mothers on this stuff enhances the gravity of the offence. It is nothing short of a systematic racial suicide though only slow.

Villager.—Why not Government legislate for the abolition of the mills?

Welfare Worker.—It may not be so simple as it concerns vested interests. But still we can hope for it if there is sufficient pressure from the general public. If our representatives in the Councils are made to realise their responsibility in this direction the required legislation may come preventing any more new mills and insisting

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District Health Officer, East Godavary.

Cocanada.

on the closure of the existing ones in a couple of years. This is in one sense a more urgently needed PROHIBITION. You should not wait for that turn of events. Temptation to use the mill must be resisted for moral and material considerations.

Villager.—Is not pounded rice as good?

Welfare Worker.—It is certainly not half so good. For one thing no standard could be fixed; some samples of over-pounded rice compare unfavourably even with milled stuff. Even when carefully done every growing point or embryo is broken and lost. Most of the bran is removed, and is even entirely lost by a bit of overdoing.

Villager.—Could this be demonstrated or is it merely to be accepted?

Welfare Worker.—Aid of laboratory experiments and animal experiments is needed to prove the above statements. Roughly you can experiment thus. Add dilute tincture iodine to a little of each of the samples of milled, ~~pounded~~ and ground varieties of the rice. The first two are charred, the first quicker than the second while the third is hardly affected even after the lapse of some time. The seedling or the sprouting part is visible even to the naked eye on almost every grain in the ground variety while it is rarely

* An article on 'A few observations on Rice as our staple diet' by the author, has appeared in the April '37 issue of Health. This is a continuation of the same subject in a dialogue form.

found on any in the other two samples of rice.

Villager.—You yourself said that before the advent of mills people were eating only pounded rice and still were better. Why grinding now?

Welfare Worker.—True; but then rice was not exclusively the only staple diet. People had to subsist partly at least on some other stuff like Ragi or Cholam which are certainly better food stuffs—as rice was then not grown in such plenty. Second and short crops of rice were not known then. These factors have made reform of our diet absolutely essential.

Villager.—You know that our cattle are as important to us or even more and their welfare demands that we feed them with bran. If grinding merely dehusks giving only husk, how are the cattle to be fed? The husk is useless for any purpose too.

Welfare Worker.—It is the most commonly asked question. I will try to answer.

- (1) Rice is the staple food of man and not of cattle. By a little more care and attention special fodder crops can be grown and even preserved green for the use of cattle all through the year.
- (2) Eating of rice from which these vital parts are removed is detrimental to man's health and to purchase the well-being of cattle at the expense of human beings is neither economy, humanity nor common sense.
- (3) In regard to the out-put of rice the process of grinding gives an excess of nearly 2 kunchams per bag of 24 over that given by pounding or milling. This excess of 2 kunchams of rice is

equivalent to double the quantity of paddy, which can be broken into pieces and given to cattle as is done to horses. This is a way to benefit both man and cattle. The husk got by grinding can be utilised as fuel or for making bricks.

Villager.—You condemn milled rice as the cause of illness; but you do not see every one of us ill.

Welfare Worker.—It is indeed a misfortune that the effect is not so direct or immediate. It is like a secret enemy. Were it so potent, realising its danger, people would have long avoided the mills. It is as slow but steady as the progressive deterioration of the race that is taking place now. The working capacity of the individual is gradually diminished as also the span of his life. The resistance to disease is lowered. With any other superimposed illness or infection he falls an easy prey and even succumbs. It is the milled rice that is generally stored; and wanting in the protective layer, is invaded by some extraneous fungus-like growths. Impoverished rice when damaged thus is probably responsible for diseases like Beriberi and Epidemic Dropsy.

Villager.—Whatever you may say the milled rice is more easily digestible and agreeable to look. Is it not so?

Welfare Worker.—Regarding easy digestibility, it is a partial truth only. Being merely stuff, though easier to digest, one has to eat a larger quantity of the same stuff to derive the required nourishment, has to overtax his digestive economy which in the long run does not stand the trial imposed and may break down. Dyspepsia and other digestive disorders in adults are only too common. Nature provides in all

natural foods some factors which aid digestive processes and such of these are contained in the aleurone layer and the embryo. The attractive appearance is superficial only as in other cases. The tongue can find better taste in the pounded rice and still far greater taste in the ground rice.

Villager.—The ground rice when cooked, is not soft, causes indigestion and may give other troubles. Is it not?

Welfare Worker.—I will take the two objections separately. First factor is eliminated by proper cooking. Ground rice if soaked in water for 2 or 3 hours before actual cooking will render it soft. It must also be understood that this rice absorbs more water while being cooked, and occupies also more space. A slow fire instead of flames and a thick vessel or a pot improve the cooking considerably.

Regarding indigestibility, it is due to a little want in adjusting when changing from one variety of food to another. Being overtaxed with quantity, the stomach is rather dilated and when changing to a superior food a little precaution is necessary to reduce the usual quantity. In a few days, the stomach returns to its normal size. The quantity required and that which can be taken get adjusted.

Villager.—With grinder it is not possible to dehusk large quantities of paddy and store the rice.

Welfare Worker.—It was already pointed out that storage of rice damages it even to a greater extent than milling. Rice is not fit for storage and milled rice is particularly unfit for it. In damp weather the danger is greater. So it is another favourable point that generally, only a bag of

paddy can be done on a grinder per day by a single person.

This pernicious habit is very much prevalent in our villages which have to send their rice for milling to some distance, not having mills in the village itself. As pounding of paddy has to be done only by professional people who are becoming rarer, people are also obliged to resort to mills. This grinder solves this difficulty too.

Villager.—It is not quite a relevant question but still what is to become of our rice mills?

Welfare Worker.—Just as man's talents can be used for good and bad purposes, so also can mills be used. There are lots of other uses harmless and even good to which the machinery in the mills can be put to. We are merely against this particular aspect of mills viz: that they are devitalizing our staple food.

Villager.—It is not easy to get the Wooden Grinder?

Welfare Worker.—The reason is that there is not yet sufficient demand for the same. Any village carpenter can make them provided a sample is shown. Each village can be self-dependent for the need—this incidentally provides occupation for one of our village craftsmen. It is made of babul wood and should not cost more than rupees three or four. Every family should have one and thereby you aid and encourage a very useful, if not the most useful, cottage industry.

In most cases the housewife can herself do it as part of her domestic business while the affording can hire labour and get it done. Any person could do it.

Villager.—It is said that the grooves on the grinder wear out quickly by

use and services of a carpenter are needed often?

Welfare Worker.—If well seasoned babul wood is used they require regrooving only after 15 or 20 bags are ground. Other improvements may be introduced in course of time to minimise this trouble by experimenting on other woods or by suitable modifications. One such is that each block is cut into three parts by two transverse cuts.

Each of these slices is grooved on either surface. Thus the upper block is made into 3 with six surfaces. So also the lower block. The three pieces of each block is united into one block by two vertically driven bolts with nuts. When the operating grooved surface is worn out a fresh grooved surface can be brought into operation easily. The carpenter's service can thus be put off for six times the usual period.

Villager.—Is not even three rupees a prohibitive price for most of us?

Welfare Worker.—It is so, unfortunately. Increased demand may reduce the price by mass production. Machine labour may also further cheapen it. Local bodies and co-operative societies may get these made to supply the demand locally, supply these to all houses at cost price and in the case of poor families recover the cost in 6 or 8 instalments. This is a cause where the individual, the society and the state should unite to do the right thing.

Villager.—If the embryo in every seed of rice is so important how is it that it has not been stressed till now.

Welfare Worker.—Neither the grinder is new to us nor the importance of the vital parts in the seed. Only we have forgotten. In every religious

function the sacred rice that is used "akshitalu" means only seed with end unbroken. For worship of Gods only such full seeds are selected with care. This indicates that it is fit for Gods and therefore more beneficial to man.

Villager.—Any other benefits by using this rice?

Welfare Worker.—Deficiency diseases like rickets, adenoids, granular lids etc. will become rare.

Villager.—Do not medicines cure the above?

Welfare Worker.—By medicines cure is doubtful while proper diet certainly prevents these. Moreover several of the medicines used are mere extracts of the valuable stuff we ignorantly throw away from our foodstuffs or destroy by over and improper cooking. Here is a double loss to us.

Villager.—Does it mean that all the deficiency diseases are attributable to bad rice only?

Welfare Worker.—Most of these are, as rice is the main factor of our diet. To make the diet complete there are a few more.

Villager.—What are they, why are they not mentioned?

Welfare Worker.—I will only briefly touch them and not deal exhaustively. Some kinds of dal, milk, ghee, fruit and vegetables are all factors in a well balanced diet.

Villager.—The cost will again be in the way of most of us having a complete and balanced diet. Is it not?

Welfare Worker.—Not at all. Most of our requisites are cheap and easy to obtain too. The papaya, the lemon and the tomato can be cited as examples of very cheap, easily available and at the same time the best of good things for our diet, even of the poor.

Buttermilk will have to satisfy where milk and ghee cannot be had. Here again is the value of whole rice in that this compensates largely in the poor man's diet, any other wants.

Germinating gram is better than ordinary dal* and only half the quantity will suffice. Even a poor man can make his diet cheap as well as wholesome and complete.

How to Keep our Hairs Black

It is not necessary that only the aged people should suffer from hoariness, but now-a-days you will find so many young people suffering from it, especially those who do mostly their mental work at all hours. On the other hand the persons who do the work with proportioned capacity do not suffer from hoariness but they are found with black hairs up till sixty years of their age. The distinction between the two kinds of people is that one can create energy as much as he spends by exercise and good food but the other can't and only spends his energy in mental work in which he loses much of iron, instead of creating it. Thus their hairs become white due to lack of iron.

One other cause of hoariness is that young folk usually destroy their youth with their own hands.

Come to know, my readers, how to keep your hairs black. By preventives, it does not mean by drugs but by the right use of the natural functions of the head *i.e.*, by Sheesh Ashan (To stand headlong).

Sheesh Ashan has been known and practised in olden days by Yogins who had beautiful black hairs and good mental power in their old age. All this is known to the public but still people neglect it.

The man who does "Sheesh Ashan" for the first time should not be astonished by its first effects as it strengthens the brain after six or seven days by the circulation of blood in larger quantities.

Dr. Dhalip Chand Sharma, L.S.M.H.,

Kot Mehatab (Amritsar).

Firstly, it depresses all the organs, afterwards it helps to develop the cerebro-system and pilo-motor-system, objective senciens and subjective senciens. By circulation of blood the pilomotor takes much of iron from the blood and so fills the deficiency of iron caused by studies or hard mental work. If we take as much iron as we use, then the blackness of the hairs remains as before. So "Sheesh Ashan" is the best remedy for hoariness.

"Sheesh Ashan" should be exercised early in the morning after clearing the bowels and before any kind of exercise is done.

If we do it after exercise, the blood pressure will effect as depressent on the cerebro-system, subjective senciens and objective senciens. Being a depressent on the nervous system, we will suffer from dementia, Asthenopea, deafness, loss of odour, loss of taste and touch. Otherwise, it helps to cure all the diseases including cerebral anæmia etc., If any one should suffer from spermatorrhoea he should walk early in the morning in fresh air barefooted and do "Sheesh Ashan" regularly for twenty minutes daily and he will have a sure cure from this disease.

In the end, I again emphasise that "Sheesh Ashan" should be done before any kind of exercise and after clearing bowels in fresh air, "early in the morning."

Constipation—Its Simple and Easy Treatment

CONSTIPATION may be due to various causes such as, liver, deficient secretion of the intestinal tract, pancreas, hasty eating and irregular meals. Sometimes constipation results from the diseases of the liver, spine and of their lining membranes. Constipation is only a symptom of several disorders and not essentially an illness itself. Liver complaint, piles and several other stomach diseases are some of the results of this disease. Usually the bowels should be moved once or twice a day. So long as there is health, the bowels should not be relieved by taking any purgatives. Only in the case of constipated bowels it is advisable to take enemata of glycerine or soap water. Some people do not like to adopt this measure. In that case internal purgatives may be given. The following may help to remove disorders of constipation.

1. Take one to one and a half tolas each of senna leaves and aniseed, a quarter tola of dry ginger, one ounce of sugarcandy placed in a cup into which about $\frac{1}{2}$ seer of boiling water should be poured and the cup kept covered with a plate for at least 10 minutes. Then strain the contents of the cup and sip warm at bed time.

2. When medicines are used, it is advisable to combine aloes with some tonic. Iron preparations are also useful when added to a purgative. The following prescription is advisable for constipation especially for women.

— By Dr. B. Mohanarangam, —
Physician and Surgeon, Trichinopoly.

R Extract of Hyoscyamus 20 grs.
Extract of Nux Vomica 5 grs.
Extract of Aloes ... $\frac{1}{2}$ dram
Powder of Ipecacuanha 1 gr.

Make into 20 pills one to be taken at night.

Purgatives should not be given too frequently when the patient is weak. In that case injection of glycerine may be given.

3. Equal parts of Ext. of cascara sagrada and glycerine are also recommended, especially for adults. Strong purgatives should not be taken regularly for constipation. The regulations of the diet and hygienic rules must be followed in simple form of constipation. Fresh vegetables, fruits and brown bread are indicated. Free motion and exercise are perfectly necessary for good health. There should be regular hours for evacuation; probably that will remove the real cause and nature will help and look after. Meals should be taken at punctual hours. Cold water should be used freely after a full meal, as it is essential. Tea, Coffee and liquors are injurious to health, so they should be avoided. Most of the purgative preparations now in the market are not curative; so proper care should be taken in the selection of a useful purgative medicine for constipation.

“Prevention is better than cure” is an old saying; so no one can enjoy perfect health and happiness without following hygienic measures as well as Nature.

● Topics of Interest from Health Periodicals ●

Marriage in Soviet Russia.—Soviet students at the universities and higher technical schools are encouraged to marry by the provision of facilities for the care of their children. The largest of the students' communities in Moscow, "Dorogomilov City," contains some 6,000 students at the mining and other faculties. The single men and women are accommodated in separate dormitories, two or three to the room. When two students marry they are given a separate room. Dorogomilov city has some 500 rooms for married students. In the daytime the children are taken care of in the communal nurseries. In the evening the parents either take them to their own rooms or leave them at the nurseries for the night, as they desire. Expectant mothers in these student communities are under careful medical supervision.—*Mother and Child*.

Cholera.—Cholera is a dangerous communicable disease. Its important features are:—Violent vomiting and purging accompanied by cramps, stoppage of urination and terminating in a large majority of cases in death.

Cholera is caused by an organism called the Comma bacillus which gains entrance into the body through contaminated food and drink. This organism is discharged in large numbers by the sick person in his vomit and motions.

After infection, the disease may develop within a few hours to five days. The first sign of the disease is looseness of bowels. Very soon, the frequency of motions increases. The motions become rice-water-like in colour and consistency. Later, the

patient ceases to pass water. Vomiting also increases in frequency and the patient is prostrated and takes to bed. His eyes become sunken, cheeks drawn in, causing a pinched-up expression of the face. The tongue is dry. Cramps develop in the muscles, especially in the abdomen and calves due to excessive loss of fluids from the body.

The chief modes of spread of Cholera are:—

1. *Water*—that has been contaminated with cholera germs. Sudden and severe outbreaks of cholera in a community are often traced to a contaminated public water supply.

2. *Contaminated food, milk and other drinks*—Contamination occurs when persons attending on cholera patients carelessly handle articles of food without washing their hands that are soiled with the vomit and motions of the patient.

3. *Flies*—These sit on the vomit and excreta of the cholera patient carry the filth on their wings, legs and body and deposit it on the articles of food on which they alight.

Cholera is a preventable disease, provided the following rules are observed:—

1. Report early all suspicious cases to the health authorities.

2. Keep the patient in a separate room and prevent other members of the family from coming into contact with the patient.

3. Keep apart a set of utensils exclusively for the use of the patient.

4. Collect the vomit and motions of the patient in a receptacle, put some straw into it, pour a little kerosene oil and burn it.

5. Do not wash the clothes and utensils used by the cholera patient in a tank, river or pond or any source of water-supply.

6. Keep the articles of food in vessels properly covered, so that flies cannot get access to them.

7. Eat hot food. Never fail to boil the water and milk before use.

8. Keep the house and its surroundings clean. Burn all rubbish. Remove and bury manure.

9. Wash your hands well before taking food.

10. Do not eat sweetmeats, cut fruits and other things kept exposed in the shops.

11. Get all the people in the house inoculated with anti-cholera vaccine. Inoculation affords protection against cholera for at least six months.—*The Mysore Arogya*.

Food and Drink in Cholera.—

During the acute stage :—

Green coconut water—in liberal amounts, wherever available is a very soothing drink.

Thin barley water with lemon juice, adding to the alkalinity of the system, with common-salt, is good.

The intense thirst often prompts the patient to drink a lot of water at a time, only to be vomited out. So it is advisable to give all fluids in sips and in small portions, at frequent intervals, otherwise the patient will eject them out.

Liberal amounts of *alkaline saline with glucose* should be given, whenever the patient can retain it orally.

Plain *glucose water* or *glucose in water*, with or without lemon juice, sometimes *sugar candy water* or *sugar cane juice*, may be allowed in suitable cases.

Small bits of ice is sucked by the cholera patient with gratification of the thirst, though often temporarily.

*During Convalescence :—*Reversion to solid dietary should be somewhat cautious, and very gradual, specially in view of the ravenous appetite of the cholera convalescent; one should stop things in dietary which disagree.

*Butter Milk :—*Skimmed milk, or peptonised or citrated milk or diluted milk may be given according to the suitability of the case.

Decoctions made out of beaten paddy—(Chira or chipitok) with either sugar or lemon juice and salt, may be liked by the patient.

Gradually one adds to the diet of the convalescent soft boiled rice with buttermilk; then soft rice and simple curries without spices and fats. Thus coming gradually and by steps to the normal food of the individual.—*Indian Medical Review*.

Colour and Health.—Temperament especially can be altered by the use of colour, in morbid and unhappy cases.

In cases of neurasthenia the trouble is largely caused by the mind acting on the body, and the first step should be to surround the patient with colours suggesting life. This can be done by the use of yellow, which is the *seat of light*, and suggestive of sunlight; blue, vibrations of the firmament; and blue and yellow blended, producing green.

A blue ceiling is beneficial in all cases, for it helps the patient to concentrate. It also gives him the sense of space, and combined with the sunlight yellow of the walls does away with the feeling of confinement between them. Blue is found to be

oothing, especially in combination with violet. Yellow is a strong mental and stimulating colour, acting through the mind on the body.

The combination of blue and violet has been found beneficial for nerves, especially in cases of insomnia, where sleep is induced by the aid of these colours rather than drugs, having the advantage over the latter in that the patient on awaking finds that his mental system is not clouded.

Headaches and insomnia can be dealt with by blues, violets, and mauves. In neurasthenia, however, red is unnecessary, except in combination with blue, producing purple, a method which is not so violent.

In cases of the mentally strong but physically unfit, mauve is the most beneficial colour. It is a powerful curative colour as well as a mental sedative. Yellow and mauve are very helpful in treating nervous headaches.

Firmament blue is magnetic and astringent. It is also soothing, especially in cases of nerve trouble. *Blue* also, helps us to concentrate. From the mental side it is recuperative in its effect. *Sunlight yellow* is a strong mental stimulant often disliked at first on account of its brilliancy, but tests have proved that, after a time, most patients find it beneficial. *Sunlight primrose* is less brilliant than the last named, but is often used in conjunction with it. This also is a stimulant. *Spring green* is a combination of purest blue and yellow, producing by proportion the green of the early spring bud. It is a mental sedative. *Anemone mauve* is a mental sedative and is used in conjunction with firmament blue in cases of insomnia and nervous headache, and the combination has proved beneficial in cases of malaria. *Violet* is a powerful chemical curative, and its use is often desirable for curtains as it excludes heat. *Cardinal red* may be used in extreme cases of mental dep-

ression, where red is desirable to increase the activity of the blood.

Red has been used in the rooms of lazy children, and by athletes about to run a race.

Rose-colour is a mental recuperative. Hitherto it has always been regarded as a feminine colour, but it is required by the most normal of both sexes.

The way in which colour can be used as a stimulant or a sedative has proved a very interesting study. Yellow will stimulate without exciting and in conjunction with violet is beneficial in cases of depression, the one colour being the complement of the other. When we mentally lose colour we gradually become negative, and this is the case with most neurasthenics.

Colour is now treated more as a science and less in a haphazard way, not only in the hospitals but also in all homes.—*Health for All*.

Sun as Source of Life.—Ever since the dawn of the race the sun has been regarded as the source of life. No wonder its worship developed into a religion as the author and finisher of our being. For without sunlight there can be no production of organic plant growth. Without plant food animal and human life are impossible.

Only in recent years has it been realized that certain unseen rays from the sun are especially essential to man's continued well being. Treatment with light rays, especially with those invisible rays from the ultraviolet region beyond the visible spectrum, is now accepted and well recognized.

Mankind's normal source of vitamin D should be from the sun. With primitive man it was, and doubtless he got quite enough in this way. But modern civilization has largely robbed man of his birthright. It has dressed him in a garb to protect his body against climatic changes, which shuts

out the effect of the sun on the skin. The primitive savage falls a ready victim to disease when swathed in the garb of civilization.

City dwellers are denied most of the effects of the life giving orb. Tenement dwellers in city slums, or those living in richly equipped apartment buildings are alike shut off from the direct rays of the sun. The Gold Coast, or Park Avenue dweller, is no better off than the inmate of the East Side, for a pall of smoke, soot, dust and grime hangs almost constantly over our large urban communities.

Many think that if they let the sunshine into their homes through an abundance of window glass, they are getting all the benefits of light. While this is true with visible light, window glass, plate or otherwise, is as impenetrable to the invisible ultraviolet ray as a brick wall. Hospitals install expensive quartz windows in their solaria at enormous cost, but such a procedure is beyond the reach of even the well-to-do.

• Taken all in all, man's birthright, which Nature originally made available to him, has in a large measure been lost through the refinements and development of modern civilization.—*Archives of Physical Therapy, X-ray, Radium.*

The Treatment and Cure of Bed-wetting in Children.—Every morning the lumbo-sacral region is washed with a sponge wrung out of cold water, and on the first day the sponge is also applied along the spinal column from the hair of the head to the buttocks. On the second day this is done twice, and so on, to 12 times on the twelfth day, and it is then continued for some weeks. After two or three weeks the bed wetting as a rule ceases, and no further trouble occurs.

The sponging should be to a breadth of about 10-15 cm. of the skin on either side of the spinous processes, in order to stimulate the posterior branches of the cerebrospinal nerves. The lateral cutaneous rami of the intercostal nerves should not be implicated.

After the sponging the skin is quickly rubbed.—*B. Poelchen. Deut. med. Welt, No. 18, 1936.—Medical World.*

Youth in the Cultural Centers in Cities.—*M. Friedlander, Zycie Dziecka 4:1 (Jan.) 1935.*

Present culture is in reality the culture of big cities. The life of youth in the cultural centers in big cities reflects on smaller towns and provinces through radios, newspapers, automobiles, sports and politics. These cultural centers are great agencies for the development of youth physically, morally and spiritually. However, they are very often associated with selfish motives. Often they take advantage of youth for the promotion either of religious ideals or of public, financial or political ends. Such abuses of youth are found to a greater extent in countries like Russia, Italy and Germany. Poland, however, wants to profit by the mistakes of other countries and develop the cultural centers along unselfish lines.

Much has been accomplished in Poland, but much has to be done in the future.—*American Journal of Diseases of Children.*

Life in the house is adverse to longevity.—They are long-lived, for the most part that live abroad in the open air, than they that live in houses, and it is certain that the morning air is more lively and refreshing than the evening air.—*Lord Bacon.*

● Health Tit-Bits ● ● ●

Tomatoes absorb odors more easily than any other fruit.—*From Science News-Letter.*

* * *

Mother—"Now we're ready for your castor oil. How do you prefer to take it, Jimmy?"

Jimmy—"With a fork, Ma."—*Ars Medici.*

* * *

"A Crusade against syphilis would be much more reasonable than the crusades that have been undertaken in the past against Saladin and othersOne must consider humanity first before one's own interests..."—*Voltaire.*

* * *

A Health Rule.—Do not worry—eat three square meals a day—say your prayers—be courteous to your creditors—keep your digestion good—exercise—go slow and easy. May be there are some other things that your special case requires to make you happy, but say, friend, these I reckon will give you a good lift—*Abraham Lincoln.*

* * *

Senator Sheppard Arraigns Alcohol as a Criminal.—Because of its nature and of its effect I arraign beverage alcohol before the thought and judgment of America.

I arraign it as a narcotic poison.

I arraign it as a poison side by side with morphin, opium, and cocain.

I arraign it as a false and pretended stimulant

I arraign it as an assailant of the higher centers of the brain and of the normal reflexes and reactions.

I arraign it as a habit-forming drug.

I arraign it as a destroyer of life, reason, self-control, endurance, skill, and moral fibre.

I arraign it as a source of crime and waste and human degradation.

I arraign it as an executioner of

soul and body.

I arraign it as a promoter of disease.

I arraign it as a barrier to thrift.

I arraign it as a threat to life and limb.

I arraign it as a producer of insanity.

I arraign it as the enemy of youth.

I arraign it as a wrecker of homes.

I arraign it as a defiler of motherhood and virtue.

I arraign it as a blight upon the happiness and the progress of mankind.

* * *

The Secretion of Milk with Abortion and Pregnancy.—Schultze states that both clinical observations and animal experiments show that the secretion of milk is a sure sign of death of the foetus. The living placenta hinders the formation of milk. In twin pregnancy milk never comes until the birth of the second child or until after the placenta is separated. An abdominal pregnancy was delivered by abdominal section but the placenta being firmly adherent to the intestines was left alone and in this case the secretion of milk did not set in till the 46th day after the operation when probably the resorption of the placental tissues was complete. It is recognised by animal breeders that a sudden swelling of the udder in a pregnant cow means the death of the foetus. In abortion the presence of milk denotes that it is no longer a case of an "abortus imminens" but of a dead foetus, the removal of which is imperative. The absence of milk, on the other hand, should not be taken as a sign indicating the presence of a living foetus, for the presence of a very small amount of living placenta may hinder milk secretion in spite of the foetus being dead.—*Schultze, Ztbl. f. Gyn., No. 16, 1936.—Medical World.*