

HERALD OF
health

YOUR TEEN - AGERS

FRIENDS



NOVEMBER 1974





MONKEY

SEE

MONKEY DO

by ARTHUR B. DANIELS



Mark Twain once said, "I sometimes wonder if God didn't create the monkey because of His disappointment in man." Man is the only animal who wilfully destroys himself.

You've heard that truth can make men free—that is, of course, if people will listen to the truth. But truth does no good if people close their minds to it. We need to open our minds to truth. So let's talk about the truth of narcotics. Especially let's consider the future adults of our world, the youth.

Let's talk about LSD. Here's a drug that has become the hallmark of a new society. LSD is colourless, tasteless, and odourless and is difficult to detect. It belongs to a group of drugs known as hallucinogens, so-called because they cause a person to hallucinate, or imagine things that aren't really there.

Long medical names have been given to hallucinogens. But chronic users call them "psychedelics," which means "mind-manifesting." Just how mind-manifesting are these drugs?

A student, after hearing a lecture on the mind-expanding effects of LSD, decided to try it. His mind-expanding adventure took him out of an apartment window to his rendezvous with death.

LSD creates a drugged state. It enables young people to avoid dealing with feelings of aggression and sexuality. It allows them to avoid getting angry, having to experience sexual feelings, and having to get involved with ego games of society. For these reasons they like it. Unfortunately, many of the young people who continue to use LSD become increasingly withdrawn.

Recent research, although not yet conclusive, points toward an

association of leukaemia . . . and in deformed offspring. Indications are that even one dose COULD produce these changes."

"Scientists suspect that LSD produces its greatest impact on that part of the brain which decodes and interprets sensory impulses. As these sensory signals are paralysed or scrambled, the patterns in the brain become flamboyant, twisted, and unreal."

Sometimes the user thinks he can smell or taste the sound of music. He can look at a crack in the footpath and shrink back as though it were the Grand Canyon. Or he may look down from the top of a skyscraper and have the feeling that it is barely inches to the ground.

Dr. Timothy Leary said that the lessons he learned from over three hundred LSD sessions can be stated in six syllables: "Turn on, tune in, and drop out."

Tell me who is the greater monkey, the monkey or some men?

A lovely girl, cherished by parents who sought to give her every advantage, spent two years in one of the famous art schools of Paris. When she returned they noticed a difference in her behaviour. She seemed to have become withdrawn. On the fourth of July, 1967, she stepped up to one of the service pumps of the petrol station, turned the hose over herself and struck a match. She became a living torch.

Her stricken father reported that she confessed to having taken LSD all during her two years abroad and that the idea of suicide steadily grew. He said, "If one young person can be prevented from taking this terrible LSD, by what has happened to my daughter, I want it told."

Have you heard of STP? Drug users call it "speed." It's for the

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HERALD OF health

Vol. 51. No. 11

November 1974

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A SEVENTH-DAY ADVENTIST PUBLICATION issued monthly by the ORIENTAL WATCHMAN PUBLISHING HOUSE, P. O. Box 35, Poona 411001, India.

SUBSCRIPTION RATES: 1 yr. Rs. 15.25; 2 yrs. Rs. 29.85; 3 yrs. Rs. 44.00; 5 yrs. Rs. 73.00; Foreign postage, Rs. 4.20 per year.

Foreign: Malaysia, 1 yr. \$19.00; Sri Lanka, 1 yr. Rs. 24.00.

SUBSCRIPTION PAYMENTS: Our representatives are authorized to receive cash or cheques and to issue official receipts for same. For orders sent to publishers, make cheque or money order payable to Oriental Watchman Publishing House, Salisbury Park Poona 411001.

REGIONAL OFFICES: Goa, Kerala, Karnataka, Pondicherry, Tamil Nadu—13 Cunningham Road, Bangalore 560052; Andhra, Gujarat, Maharashtra, Orissa—16 Maratha Mandir Marg, Bombay 400008; Bihar, Jammu & Kashmir, Delhi, Harayana, Himachal Pradesh, Madhya Pradesh, Punjab, Rajasthan, Uttar Pradesh, West Bengal—11 Hailey Road, New Delhi 110001; Assam and adjacent states—Nongthymmai, Shillong; Bangladesh—P.O. Box 80, Dacca 2; Sri Lanka—7 Alfred House Gardens, Colpetty, Colombo 3; Pakistan—Oriental Watchman Publishing House, 57 Multan Road, Lahore; Burma—Book & Bible House, 68 U Wisara Road, Rangoon.

CHANGE OF ADDRESS: Send new address with wrapper from magazine, or reference number on wrapper to indicate old address.

NON-RECEIPT OF MAGAZINE: Inquire at local post office before informing us. If possible, send magazine wrapper when writing regarding non-receipt.

EXPIRY NOTICE: X on wrapper of magazine indicates subscription has expired.

Owned by the Oriental Watchman Publishing House, Post Box 35, Poona 411001, and printed and published by V. Raju at and for the Oriental Watchman Publishing House, Post Box 35, Poona 411001.—3412-74.

PICTURE CREDITS

Cover: Colour Transparency by N. S. Olaniya, 2, 10, 17, 18—V. S. Powar; 6—G. T. Zachariah; 8—Tara Jauhar; 11—J. M. Fowler; 13—Colour Studio; 14—WHO; 20—J. S. Moses.

Just briefly...

CHILDREN LEARN WHAT THEY LIVE

If a child lives with criticism, He learns to condemn.	If a child lives with praise, He learns to appreciate.
If a child lives with hostility, He learns to fight.	If a child lives with fairness, He learns justice.
If a child lives with ridicule, He learns to be shy.	If a child lives with security, He learns to have faith.
If a child lives with jealousy, He learns to feel guilty.	If a child lives with approval, He learns to like himself.
If a child lives with tolerance, He learns to be patient.	If a child lives with acceptance and friendship, He finds love in the world.
If a child lives with encouragement, He learns to have confidence.	—Author unknown

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CHILDREN'S DAY

Children's day highlights the month of November. The day is a happy one, not meant for morchas, strikes, or protests. It is a special day when we can count ourselves fortunate that we have the little people with us.

Sad and silent are the homes that have never heard the merry trilling of laughter from children at play. Some officials say that between 7-10 per cent of all homes are childless. We wish that this situation could be remedied for there are many homes where there are too many children. This too is sad for these little ones do not get the adequate care and attention which is their due.

Many parents think that their "children are a heritage from the Lord," others are just as certain that they "are a curse from the devil." We would like to remind all parents that your children are but an extension of you!

Parents, how do you treat your children? Do you pamper them, ignore them or neglect them? Do they get that human warmth so necessary for development into well rounded personalities? What legacy do you give your child as he prepares to take his place in the world?

If monkeys offer any clue, part of the current wave of antisocial behaviour in adolescents may spring from a lack of warm parent-child contact in infancy.

To learn what characteristics of mothers make babies love them, Dr. H.F. Harlow and his associates at the University of Wisconsin, U.S.A., separated baby monkeys from their mothers at birth and replaced the parent animal with several different kinds of artificial "mothers." Most of these substitute "mothers" did not look like monkeys, except for their proportion. Some were warm and soft, made of padded wood covered with terry cloth. Others were made only of wire mesh. Some had hidden in their bodies a nursing bottle. Some terry mothers were warmed; others were chilled. Some were motorized so that they could sway

back and forth, while others lacked motion. Some mothers were firm or rough, covered with vinyl or sandpaper.

Dr. Harlow learned that the response of baby monkeys did not depend on the shape or physical attractiveness of the artificial mothers. In fact, the artificial mother did not even have a head! If it was warm and soft, the babies loved it. If it gave milk and was warm and soft, they loved it more. If it moved, their affection was greater still.

The baby monkeys did not like the wire mothers. If they were given a choice between a wire mother having milk and a soft cloth mother without milk, they preferred the soft mother. The babies spent only an hour a day clinging to the wire mother, despite the fact that it was the only source of food, but spent 15 hours a day clinging to the soft yielding mother.

One little fellow, after four weeks with a cloth mother which was heated to 7 degrees F. above room temperature, loved it with a great deal of affection. But when a cold mother kept at 5 degrees F. below room temperature replaced his beloved warm mother, the baby would have nothing to do with it. Another little simian avoided his cold mother with which he was reared and never learned to love it. Later he was unable to love even a warm mother.

It would seem that close, warm, loving physical contact of a mother with her infant during the early months and years of life could pay rich dividends in a later relationship of love and fellowship. These experiments also suggest that toys and "things" cannot replace the loss of close contact with a loving mother. Might not all this have a bearing on working mothers, ayahs and older children taking care of the younger?

May this special day again remind us of the priceless treasures that children are and give us moments of self-evaluation and criticism concerning our relationships to them.

Have a happy children's day!

—E. A. H.

CLIPPINGS AND COMMENTS



One of the oldest periodicals in continuous existence in the United States is the American Bible Society Record. It appeared first in 1818, two years after the American Bible Society was organized.

Only eight elements make up ninety-nine per cent of the earth's crust: aluminium, iron, calcium, sodium, potassium, magnesium, oxygen, and silicon. The last two account for seventy-four per cent.

Large Japanese firms are offering to send their employees to temples for a long week-end of Zen training. The volunteers receive instruction, clean the temple grounds (Zen teaches "No work, no food"), and purge the mind by sitting in meditation. Zen, a Buddhist sect, came to Japan from China, "Shunning dogma, developing self-reliance, fusing thought and unhesitating style of life."

A report to the Japan Mental and Physical Medicine Congress disclosed that the rise in heart disease among Japanese women in the last decade has closely paralleled the improvement in their social status, change of diet to Western-type food, and increased employment in stressful occupations.

Britons are moving out of the big cities. London, the greatest city, had a drop in population of 600,000 in ten years. Rural areas are growing the fastest, an indication that Britain is becoming a nation of commuters.



Of the various times of life when friends are meaningful, it is during the teens that they play the most important role. Earlier a child can rely on the members of his family for companionship and personal recognition. During the twenties and thirties friends are important, but the pattern of individuality has been determined and in many cases friends must take second place to the urgent demands of home making and breadwinning. In later life it is the established friendships, many of them dating back to the teens, that make life interesting and rewarding.

During the teens friends are more than a luxury, they are a necessity. Although a teen-ager is inexperienced and unaware of some of the reasons that friends are so vital to his development, he senses that companionship with people of his own age is important. Some teen-agers have a natural gift of friendliness, and are well received by their peers. Others find it difficult to give and take in a way that enables them to fit in well.

The reason friends are so important to a teen-ager is that they help to cushion the shock of his emancipation from his childhood home. He has come to realize that he is an in-

dividual in his own right. He must shape the features of his personality for the future. He is not to be a carbon copy of his father or his mother. If he were, his teen years would require only that he learn to imitate. But he is a budding individual with characteristics that are unique, and he is the one who must choose the components of his self for the future.

A teen-ager's choice of friends and his relationships to them depend on his home background. If he has been reared in a home where there has been a cordial bond of affection, where the father and mother have been appreciative of each other, where he has found sympathetic understanding when he has had problems, and where integrity and fair dealings were practised consistently, he will want to perpetuate these qualities in his relations with those who compose his enlarging sphere of associates.

Under such favourable circumstances a teen-ager is drawn to others of his age who have similar attitudes and perspectives. They will be the kind of people who feel at ease when they visit in his parents' home and who comply naturally with its traditions. They, too, will be exploring life's possibilities as

Do You Approve of

Your Teen-Ager's Friends?

by HAROLD SHRYOCK, M.D.

they find their way into adulthood, but they will be doing it in the setting of honourable conduct. They will not be rebellious, for they have no desire to embarrass their parents or experiment with the world's evil practices. To them, emancipation from their childhood homes consists of assuming responsibility as they become mature.

This kind of wholesome friendship with others of his age provides the teen-ager with opportunities for free discussion of the best ways in which he can use his talents and skills in tomorrow's world. It furnishes counterbalances by which he can judge whether his ideas and ambitions are realistic. It gives opportunity to compare personality traits as decisions are made on "the kind of person I would like to be." And, importantly, it contributes to his mental image, as it develops, of the kind of person he would like to have for a life partner when he arrives at the age for courtship and marriage.

Thus far we have described the ideal. But in many cases the ideal is not realized, and parents become distraught because their teen-ager selects for his friends people whose influence draws him away from the family's traditions and contributes

to his rebellion against his home, his religion, and his community. What is the cause?

Circumstances develop in some homes that have the effect of producing pressure of conflict within the minds of the children. Perhaps it is indifference on the part of the parents to their children's needs and desires. Perhaps there is lack of communication because the parents are preoccupied with their own interests. Perhaps there are quarrels between the parents, with the attendant insecurity quarrelling imposes on the children. Perhaps there are religious differences between father and mother, which cause confusion in the children over what is right or wrong. Perhaps one or both parents pretend to be what they are not, with the children recognizing the inconsistency of trying to live a double life.

In any event, the child who approaches his teens after living under such destructive circumstances lacks a sense of loyalty to his parents. He often is confused as to the means he should use to plan his life. He knows he wants something different from what his childhood home provided, and so he attaches great importance to the friendships he is able to make outside the home.

The child who is insecure at home grasps readily at the opportunity for a close friendship with some sympathetic soul. Too often this rebound friendship is with someone who has similar problems, so that rather than being of help to each other they only compound the problems of each other. Frequently such a friendship, if with someone of the other sex, leads quickly to infatuation and premature marriage.

The teen-ager who has never experienced true love and affection in his parents' home may go to great lengths to find friends who will provide what he craves. He desires to be well received, and in his effort to become popular he tries desperately to please those whose friendship he is cultivating.

He will sacrifice his individuality as he tries to become the kind of person his friends will recognize. Many times the kind of person who will return his attention is unscrupulous, and will use the friendship to further unholy design. Rather than displease his new-found friend, the teen-ager will follow his lead into questionable conduct. Thus he becomes an easy victim of tobacco, liquor, and drugs and a candidate for social irregularity. ***



by JEANNE O. YINGST

Talking. Talk to your baby. From the time he is born talk as much as you can to him. Verbalize your actions with him; for example, "I am sure you'd like a nice dry nappy. Let's lay you here and mommy will change you. We'll pull the rubber pants off and undo one pin—now the other pin. There, the nappy's off. Isn't that better? Go ahead and kick. That's fun, isn't it? We'll put the nappy in the pail and wash the baby. Now here's some powder—we'll rub it all over. Mmmm, smells so good."

Sounds silly? Just remember the more loving talk he hears, the more he will understand and the faster he will learn. Cuddling always goes well with talking, and it need not end after infancy.

When baby begins to talk, help him when he wants help. Have you noticed a toddler repeating something insistently to a parent? He merely wants his parents to respond to his words so that he knows the parents are listening and understanding, also as a self check on his pronunciation.

Toys. Good toys for toddlers include large blocks, beads to string, stuffed animals, containers of graduated sizes, sand, water, climbing toys, containers with lids (regular cookpots are perfect, noise included), pull and push toys, little toy animals (children like to arrange

things in order), windup musical toys, large soft balls; small riding toys such as a creative coaster wagon, a rocking horse, trucks and cars. Be sure to show the child how the toy works before it is given to him for play. Beware of eye-catching expensive toys with gimmicks that break easily.

Records and books are especially good for all ages. It's never too soon to begin reading to your child. The infant enjoys the voice and rhythmic pattern even before he enjoys the picture. I recently heard of a young mother who reads nursing manuals aloud to her infant. The baby loves the attention. Records build auditory memory, appreciation for music, and a sense of rhythm. Records sung in a childlike voice are especially easy for a mimic. Both records and books give hours of pleasure and are appreciated far beyond the preschool years.

Trips. Trips are good for all ages—trips to the store, to visit people, for educational reasons (such as to a zoo, an aquarium, a planetarium), and walking around the neighbourhood. Toddlers need not be confined to a stroller on pleasure trips. They like to take their time, play with stones, experiment on different walking surfaces, or stare at a kitten or a dog. Go a short distance and let your toddler set the pace. Encourage him to be aware of what

is going on around him as he walks. Point out the flowers, smell them, and feel them, and compare their sizes and shapes. Listen for aeroplanes, horns, sirens, children playing, and cars approaching.

The Two-year-old "Worker." By age two the child should already have the habit of putting away toys with help and the concept that he is mother's helper and quite necessary as an aid in her daily routine. A toddler carrying pillows around while mother makes the bed, is actually beginning to learn to make a bed himself. The two-year-old should participate and receive instruction in such simple tasks as dusting, washing, and folding clothes. This suggestion means more work for mother, but the later rewards are well worth it.

At age two the child is old enough to carry out errands and small jobs, such as emptying wastebaskets and putting serviettes on the table. The four-year-old can make his bed and set the table. The six-year-old can dust and clean his own room. As the child grows in years he should grow in responsibility. Regular jobs develop dependability, family cooperation, and responsibility.

Children get so involved in their play that they dislike being disturbed as much as an adult does. Respect your child's play, for it is his work and is very important to his development. Children of this age are

YOUR PRE-SCHOOL CHILD AT HOME

very "busy." They want to experiment with anything that looks interesting.

Don't Be Negative with Your Child. Things he does may wear on your nerves, such as piano experimenting, but there is much learning taking place with no real damage. Who knows, your child may become adept at the piano if he has a chance to investigate. Of course, this permissiveness must be within reasonable bounds.

When your child listens to music, point out to him the piano, horns, drums, and other instruments. Encourage him to move his body to the rhythm and to clap his hands. Give him a cookpot and a spoon and let him beat an accompaniment to marches. Play a variety of music, trying to be in tune with his mood or the mood you'd like to encourage. For example, at bedtime a march is hardly suitable. Incidentally, a child can often learn to identify the **1812 Overture** by name as easily as he can remember Humpty Dumpty.

Ages Three to Six. Toys for children ages 3-6 are not easy to choose wisely. Creative building materials such as logs, blocks and pegboards are durable and time consuming. Doll-houses and furnishings, dress-up clothes, trains and furnishings, a small table and chairs, an easel, paints, paper, brushes, crayons,

paints, scissors, sewing cards, a tricycle, a wagon, puzzles and rhythm instruments are good toys for children. This is not a complete list, but it offers guidelines for choosing durable, creative toys.

Cooking. Cooking is an area that offers young children much sensory experiences. What could be more fun than helping mix chappatis with two eager little hands—boys' as well as girls'? Even small tots can mix such things as butter, flour and sugar toppings, and biscuits formed or rolled by hand. A three- or four-year-old can help prepare oatmeal, make biscuits, or boil eggs. Five- and six-year-olds can help make scrambled eggs with assistance. At these ages children enjoy cracking and picking out nuts and helping to measure sugar and flour. Kitchen "work" offers young children almost endless experience in learning such concepts as quantity and fractions, colour and textures, heat and cold, tastes and sounds, and helps increase their motor skills.

Outdoor Experiences. Bicycling offers a good learning experience with children. There are tandem seats for toddlers, and older children can ride their own bicycles. This activity gets the child outside the immediate walking neighbourhood while moving at a slower pace than when riding in a car. It is important to remember that the more

that is pointed out to him, the more he will learn. Also the more you listen to him within reason the greater your mutual understanding. A child learns to listen by example.

Children can be taught to appreciate a clear view of the stars. The sounds of night are easier to hear and identify without the city noises blocking them out. With the absence of home routines when holidaying, a family has more time in the evening for stories, singing, and conversation. One of the most important things to remember when talking with children is to listen carefully to them and appreciate what they have to say. Children will mirror the enthusiasm of the parents. If parents are interested in birds, stars, shells, and animals, a child will become equally or more enthusiastic.

Childhood is a precious and exciting time that passes all too quickly. Enjoy your children; relax with them. Put off dusting occasionally and spend more time with your child, or encourage him to help you with the dusting. Many mothers lament allowing themselves to be too busy during their children's preschool years after it is too late. There are too many homes that are spick-and-span, with children who are far less frequently attended. This opens the communication gap, which is so noticeable in the teen years, but usually has its roots in preschool years. ***



IS LOVELY HAIR

We often receive requests about hair and its care. I feel it's high time we had a discussion on this cosmetically important part of the body.

People are extremely hair-conscious these days.

And doesn't commerce know it! People all over the world spend lakhs a year on tints, dyes, rinses, to say nothing of the colossal expenditure on actual physical procedures at beauty salons, on hair sprays and all that.

It's not only women who worry about their hair, either. Males are entering the ranks at a greater pace than ever before.

What is the reason for all this concern with hair?

I believe that people equate hair appearance with youth. Everyone (it seems) hates the thought of becoming old. Baldness, greying hair, lustreless hair and similar conditions, all seem to indicate advancing years. Therefore, anything that will stem or reverse these processes is something to be desired. Let's start off with the obvious question.

How many hairs are there on an average scalp?

Although I have never counted them there are about 100,000. It's claimed the actual count varies with the shade of the hair, although I'm not sure why.

Is it true you're born with so many hairs, and that's that?

Yes. At birth there are a given number of hair "follicles." No new ones will grow. If any are destroyed, such as by disease or accident, the loss is permanent.

How are hairs formed?

The hair apparatus is called the "follicle." The part below the skin surface is called the "root." This is expanded at the deepest end into the "bulb." The bulb contains the "matrix," the all-important part where hair cells are actually manufactured. It has its independent blood supply, and is capable of amazing production rates.

Where does the colouring system

come in the picture?

That's hidden deep in the matrix. A special row of cells called "melanocytes" produces the colouring matter which characterizes hair.

How come hair often turns grey as years advance?

This is merely because the colouring cells cease to function. It has nothing to do with hair vitality, nor the rate of hair growth. It's just one of those things, and is quite unimportant.

How quickly does hair grow?

Each day, each hair grows about 0.35 millimetres. Translated into simple language, this equals roughly half an inch a month. Because the blood supply to the skin is more active in hot weather, growth rate in summer is more rapid.

Those hair-producing cells really work then?

Do they ever! In fact, their rate of activity exceeds any other part

FOR ME ?



of the system, with the exception perhaps of bone tissue.

What about plucking and other rough-handling effects on the hair?

It is incredible the way the hair root can withstand even the roughest trauma. Even when the bulb is ripped from its moorings on a regular basis for unending years, the cells that are left can regenerate in an astonishing way. What's more, a perfectly normal hair will be formed once again. The follicle, it seems, can withstand the most violent handling by women determined to achieve what they believe is greater beauty.

Is hair growth affected by the hormones of the system?

The answer is very definite "Yes." But it varies curiously, with different parts of the system. For instance, excessive male hormone (called "Testosterone") in the system of males predisposes to premature baldness! The hormone, however, seems to stimulate the growth of beards, and other hair growth which

comes on after puberty (hair in the pubic area, in the armpits, facial and body areas.) However, the hormone doesn't have any effect on the hair of the scalp and eye-lashes unless, as we said before, it's present in higher-than-normal-levels.

Does hair grow continuously?

NO. Scalp hair will grow non-stop from two to six years. Indeed, it may continue unabated for as long as twenty-five years. The fact that many women, in times past, grew hair down to their waist proved this.

What then?

The hair then goes into a "resting phase." New cells are no longer laid down. This may persist for one to six months. At the end of this time, a new hair will start to form, and the old hair is pushed out!

Does that account for the falling hair many people complain about?

Definitely yes. In fact, between five and fifteen per cent of the scalp

hairs are continuously in the resting phase. Fortunately however, these are not all clumped together, but are scattered throughout the scalp and are therefore practically unnoticed. It is quite normal to lose between twenty and 100 hairs a day, every day.

So nobody should worry about losing a few hairs?

Certainly not. But it is amazing how people (especially the younger ones) really get frantic about shedding a small number of hairs each day. They fully believe they are heading for premature baldness. In most cases, of course, nothing could be further from the truth.

What about the eyebrows?

The growing time here is about six months. Then the hairs enter a resting phase for about six months. That is why they are shorter than scalp hair.

Many things can cause excessive hair loss. What are these factors?

Many factors interfere with normal hair growth. The commonest are acute illness. The follicles are terribly vulnerable. The growing phase is suddenly reduced, and a greater-than-normal number of hairs go into the resting phase. So out they drop, in greater numbers than usual.

Signs of thinnings and even baldness can take place. However, the regeneration rate follows, so the situation is only temporary and will rectify itself automatically in due course. But it's pretty hard to convince patients of this prospect.

What are some of the other situations causing this?

There are many. It's common following the rigours of a confinement. Chronic emotional stresses, debilitating disease, excessive malnutrition are all well-known causes. It is also common in babies within the first few months of birth. The chief factor about all this, I repeat, is that it is quite temporary, and without any treatment at all the new hairs will automatically regenerate, given time. The less a person worries the better! Nature is tremendously kind to the human race.

Does illness affect the hair in ways other than causing it to drop out?

Yes, it does. Under these circumstances, the body is more concerned in regaining vitality, so the hair is given scant attention and suffers from neglect. Growth rate may be temporarily slowed down. The hairs may become thinner, more fragile, liable to split more readily, lack lustre and have a scraggy, straggly appearance.

There seem to be a tremendous number of ideas about hair and hair care. Are these justified?

Many are, but a lot are not. Shaving does not promote the growth of dark, coarse hair. Cutting (or singeing) will not weaken it. Hair does not grow after death. Greying hair is not related to a reduced rate of hair growth. Hair cannot possibly

turn grey overnight. Grey hair will never turn dark again. (Admittedly, in some laboratory animals this has been carried out, but this has never been proved in clinical experience with humans.) We're not talking about hair treated externally with chemicals. (Many preparations are available which temporarily turn light hair dark, but it's purely temporary and only affects the hair above the skin level.)

Are vitamins of value in producing high quality hair?

I'm sorry to debunk popular notions, but no single vitamin has any pronounced beneficial effect on hair growth or vitality. But this does not eliminate the need to eat a sensible high-vitamin diet at all times. Vitamins are always essential for general bodily well-being.

What is hair composed of?

Hair is all protein in nature. For this reason, general high-protein food is needed for lovely hair. But any sensible all-round diet will provide enough. Only in cases of extreme malnutrition will the hair suffer adversely.

What about brushing and massaging, combing and oiling and all these popular procedures?

According to the experts, "none has established value." But this concerns actual hair, its apparent vitality and lustre are definitely improved by these simple procedures.

What is the most important way to care for the scalp and hair?

Cleanliness. Regular washing will keep the scalp in tip-top condition. It will prevent the pores from clogging, and will help eradicate dandruff.

Broken ends to the hair are a never-ending problem. They look horrible. What is the cause, and what is the cure?

It's generally caused by rough handling of the hair. The hair shaft is composed of an outer part called the "Cortex" (which contains a series of microscopic scales), plus an inner portion called the "Medulla." By using combs with the teeth set too closely together, or short-toothed combs, or through excessive combing and teasing, the ends may split. Unless this is quickly attended to, the split can quickly race right up the medulla for considerable lengths. This certainly makes the hair look unattractive.

What's the cure for this?

Simple. First, the cracked ends must be cut off. Then I suggest the use of combs with long teeth that are set widely apart. What's even better is the use of a brush.

Any special sort?

The best type is a pure, pig-bristle brush. Preferably, I advise women to avoid the use of plastic and synthetic brushes. While the pig-bristle type is quite expensive, the payoff is well worth the added cost. It lasts a long time, too.

Apart from normally-falling hair which we've talked about, many women claim that at certain times the rate of their hair fall is excessive.

This is frequently self-inflicted. I suggest they check on the rollers they use often every night. Too-tight rollers, used over a number of hours, can exert a tremendous pressure on the poor bulb. Often it merely gives up. It becomes uprooted from its mooring, and drops out. Or rather, it is mercilessly pulled out!

What about dull, lustreless hair?

This, too, is often self-inflicted. It never ceases to amaze me the way many women flog the life out of their hair. They apply harsh chemicals, expose it to the severest elements, then wonder why it feels like rope! Any chemical will have a deleterious effect on the hair—sprays, bleaches, dyes, rinses. They



are all in the same category. Excessive exposure to wind, rain, sunshine and surf has a similar effect.

How does this occur?

The hair has a fine layer of an oily substance called "sebum" covering it. This intermingles with the microscopic scales we spoke of earlier. It gives the hair its lovely sheen when in good health. Remove the sebum and sheen suddenly disappears. So the hair becomes lifeless and dull-looking and the normal lustre disappears.

What is the answer then?

Simple. Avoid the predisposing causes. If you go for a swim, rinse the hair in salt-free water as soon as possible after coming out. Protect it from excessive exposure to the sunshine (particularly at the beaches where reflection makes the sun's rays so much more powerful and damaging). Be sensible in the use of any chemical on the hair. If you are uncertain, get expert advice. Do not be misled by fancy advertisements making extravagant claims. Bleaches are particularly damaging to lovely hair.

What then?

Go for some of the ideas we've already mentioned. Frequent brushing perks the hair scales up. It makes the sebum covering them more apparent. Then you'll have sparkling, shining hair once more. But if your hair has already been damaged do not expect miracles overnight. Just remember that hair grows at the rate of half an inch a month. Common sense in the meantime is essential.

How often should hair be washed?

If the scalp is not too greasy, once a week is generally adequate.

What about greasy scalps?

Then it is essential to carry this out often—like every two or three nights; but of course this varies a good deal.

What preparations do you recommend for washing the scalp?

I prefer soapless, detergent-based shampoos. Soaps are harsh, and tend to leave a film on the hair shaft. Detergent shampoos usually do

not. They remove the dirt, but leave the sheen which is essential for attractive hair.

What about facial hair, and the general removal of unwanted hair?

Facial hair is best removed by electrolysis if a permanent result is sought. This must be done by a trained expert in the field. Avoid amateurs and "do-it-yourself" kits. Under no circumstances should you try to perform the treatment yourself, irrespective of what the home kit advertisements claim. If you do, you're inviting trouble. Carrying out electrolysis is a very delicate skill.

What about the depilatory preparations and all that?

These are effective for temporarily removing hairs. The hair breaks off at skin level. However, with the rate at which hair grows, within a few days, the stubble can be seen coming through once more, and the procedure must be repeated. It must also be remembered that some people's skins are sensitive to these products. However, depilatory preparations can often perform a function when a quick, temporary effect is sought.

What about unwanted hair in other parts?

On the legs and arms, where hair is probably present in force, the depilatory creams are often used. But the waxes possibly give longer-lasting results. Maybe this is because part of the hair bulb gets ripped out. It's really unmitigated massacre for the hair root, but it's all part of the price of greater beauty! Some women still prefer to use the old-fashioned pumice stone. This may be quite uncomfortable, but frequently it does a reasonable job. ***

If some dirty and depraved stranger came to your door carrying on his body some twenty kinds of other filthy animals and germs that could cause thirty-five serious diseases, would you roll out the welcome mat? Not in your right mind, you wouldn't! Well, if you harbour rats in your house, you do!

Rats are unique animals. They have amazing physical abilities of jumping, swimming, climbing and . . . reproducing. This last trait accounts for much of the difficulty encountered in ridding ourselves of this pest. The average female produces up to twelve litters a year, each made up of ten very hungry young rats! By sheer numbers of individuals, this rodent has been able to overcome the many attempts by man to annihilate him.

A RAT'S LIFE

The life of an average rat is fairly short, usually one year or less. The young mature rapidly, the ones, that is, who survive the haz-

ards that accompany birth. Because of the large litters born only twenty-two days after mating, many are killed and eaten in the confusion of birth. Female rats are not the best mothers! They can, however, produce young almost continuously, being able to mate two days after the birth of a litter.

The young are helpless yet hardy individuals, surviving, even when cold weather may cause their temperature to drop to approximately two degrees above freezing! After the mother rats have cared for the young for several weeks, they begin to follow her from the nest and take solid food. They learn the "way of the rats" by imitating their mother or by simple trial and error experimenting. Apparently the mother rat does little to train them.

At three months the young rats become independent and very active. "Old age" overtakes them at nine months, and their activity slows down. Rats are active at night—at least when food is abundant.



RATS

RA

NATURE'S ACROBATS

Mountain climbers have nothing on the rat, which can climb the verticle walls of brick buildings or any surface allowing a toenail hold. Stucco walls present little difficulty, and vine-covered wall is the rat's cup of tea. Smooth walls are conquered when there is a drain pipe or a corner against which the rat can brace its back. Besides being able to climb ropes and cables tying ships to shore, they have been observed crossing streets on telephone wires.

Rats can jump from a "standing" position nearly two feet into the air. Within reason they can leap a horizontal distance that is almost half of the verticle distance covered. For example, if a rat jumped down from a height twelve feet distance he could cover at least six feet distance outward. These distances can be increased if he gets a running start!

In open water a half mile is not too great a distance for a rat to swim. Even young rats

instinctively take to the water. If trapped in a tank, the rats dive to search the bottom for an exit. They will swim up through floor drains, sewer lines, and even into houses through toilet bowls! Sewer lines are used as regular highways in many large cities.

Generally rats nest in a quiet place near an abundant supply of food and water. This can be between the walls of buildings, under floors, in grainaries or abandoned buildings, rubbish piles, and burrows in the ground.

RAVENOUS RODENTS

In order to eat at least twenty kilos of food in a year the rat must have a good set of teeth—and he comes well equipped! His insisor teeth are effective cutting tools. They may grow up to six inches a year, being kept at a respectable length by the top and bottom incisors grinding on each other. And they gnaw on almost everything. Any food meets their fancy, unless, that is, it is poison. Some rats have learned to let one member of a pack eat a new food. If he dies immediately they will ignore the food.

Because of available food supplies perhaps half of all rats live on farms. One rat, it is estimated, can cost the farmer almost Rs. 200 a year in grain and property damage. If he has several hundred rats, this can be a significant loss. Because of his unclean habits a rat may spoil ten times more than he eats! This collective eating and spoiling amounts to almost 350 lakh tons of cereal each year. Even in the suburbs and finest neighbourhoods the rats find homes to their liking.

Rats steal eggs, kill young farm animals such as lambs, and even nibble the feet of a lazy elephant. They may bite a man in anger or lunch on an infant when hungry. Many lepers are disfigured by such ravenous activity—they cannot feel when a rat bites a finger or toe.

It is thought that twenty five per cent of all fires of undetermined origin are caused by

RATS



rats. They gnaw lead pipes and floors of houses. Artificial ponds and embankments are ruined by their burrowing. Foundations and piers are damaged. In short, the rat has become the worst mammalian pest among us. Even if not responsible for human diseases, the destruction of food, crops, merchandise, and property by rats is so great that this alone would justify active measures of suppression.

DANGERS TO MAN

Just what are the health dangers from rats? Let's take a look at some of the more common and important ones:

1. Plague—the "black death" of the Middle Ages—is the result of a bacterium carried by the rat flea, whereby death has spread to millions of unsuspecting individuals. Here in India as recently as the beginning of this century more than six million people died from plague in a ten-year period. Although few cases are reported today, there is always the danger of a disastrous outbreak if we neglect our vigilance.

2. Murine typhus fever—tiny microorganisms (*rickettsiae*) that are carried in the rat louse or flea cause this fever-producing (*febrile*) disease of man.

3. Ratbite fever—the rat may be infected with a couple of microorganisms that are passed on to man when he is bitten. Although not fatal to man, the fever and repeating inflammation at the site of the wound may continue until treated.

4. Salmonellosis—a food poisoning resulting from bacterial contamination by rat droppings on the food we eat. Most rats suffer from intestinal infections caused by these or-

ganisms which they harbour.

5. Leptospirosis or Weil's disease—rats are common carriers of a protozoan which causes a severe human liver ailment. Headache, fever, tissues bleeding, and yellowing of the skin are typical symptoms. Rat urine, carrying the microorganism, may contaminate man's food or water supplies.

6. Trichinosis—a disease caused by a small worm which reaches man from the rat through the pig. The pigs eat the rats; the man eats the pig, which may be insufficiently cooked, and gets the live worm!

7. Tapeworm—another worm disease of man which he receives by eating food contaminated by rat droppings containing tapeworm eggs.

CONTROLLING THE RATS

By now you probably agree that we need to eliminate this pest from our lives, but how to go about the task? Here are a few simple rules which will go a long way toward banishing the rat from our land:

1. Starve them! Eliminate the source of free handouts.

2. Improve housing conditions to eliminate poor sanitary practices.

3. Ratproof buildings with concrete or metal materials.

4. Trap the varmints! Simple snap traps are effective.

5. Use some of the newer and effective poisons. Select poisons that are fatal to rats but not to household pets or friendly animals.

You can do your part by understanding the habits of rats and countering their natural practices with proper sanitation. ***

The Beginnings

by E. H. ATCHLEY



It all began in 776 B.C. at the city of Olympia in the small Greek state of Elis. At first there was only one event, a 202-yard dash, held every four years at the time of the full moon in the month of Apollonius, under the auspices of the chief god of the Greeks, Zeus. From the date of the first contest at Olympia the Greeks dated their calendar by "Olympiads," the four-year spans between the celebrations of the games.

Competition was limited to freemen of Hellenic descent—but it is the competitors' additional qualifications which is the substance of our story.

The youthful Greek athletes with dreams of Olympic glory were required to have lives more substantial than mere dreams. If personal blemish could be found in their character, athletes were disqualified from Olympic competition. The Greeks believed that moral excellence gave substance and meaning to physical exploits.

The Greek people were divided into geographic units. Every

athlete was carefully screened by responsible men from his own area. Qualifying races were held throughout the city-states, with the winners of the many local races meeting in other races, which might be thought of as quarter-finals, semi finals, and district finals. The winners of the district finals were then considered potential participants in the Olympic race, the 202-yard dash.

The training programme, before and after the district finals, continued about ten months. During this time the athletes were carefully supervised, with a goal of maximum physical fitness.

Approximately five weeks before the race, the winners of the district finals were escorted with high honours to the city of Olympia. They were housed in training facilities especially prepared for the thirty-day programme which was to follow.

Officially the programme started on the night beginning the last month. The athletes' initial duty was to march in cadence to martial music to the Temple of

Zeus for evening devotions. It was a most solemn occasion, and after sacrifices and appropriate music, the athletes were commanded to approach and kneel at the shrine, thus signifying their solemn pledge to keep all the rules of the special thirty-day training programme before they heard them. It is not often in life that one is willing to sign a blank cheque regarding his personal behaviour, but the prospect of Olympic glory was so highly prized at that time that young men were willing to give the ultimate in personal sacrifice and commitment.

The first requirement was that the athlete could not speak for thirty days and nights, the full extent of their final Olympic training. If an athlete deliberately or accidentally violated the silence ban, he was immediately disqualified. Second, during the entire thirty days of training the athletes could receive no communication from the outside world. They were there for one purpose—to pre-

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HYPERTENSION

AND IT'S

TREATMENT

Clifford R. Anderson, M.D.

Hypertension, or high blood pressure, is one of the greatest killers of the human race today. It is second only to heart disease as a cause of death.

High blood pressure is not really a disease in itself. It is more often a symptom of some underlying disorder, the true cause of which in most cases is not known.

Now let us suppose that your doctor has just examined you and found that you have high blood pressure. What does this actually mean? Several questions naturally arise in your mind. Is high blood pressure serious? Will it go away? And if not, can it be cured?

It is true that there are certain types of high blood pressure that can be cured by simply removing the underlying cause of the disease. Special tests have now been devised for this purpose, such as the renogram, using radioactive materials similar to those found in the atom bomb.

The actual number of people who can be helped by surgery is not very great. The majority of those who are troubled with high blood pressure must rely on the special medicines which are available to us today. Among these is the drug called Diuril, which not only helps to lower the pressure, but also removes any surplus water that may have gathered in the tissues. In fact, the removal of this fluid, plus the sodium that may have collected in the body, is one good way of lowering the pres-

sure and bringing it down again to normal.

Most people with high blood pressure are going about their regular work, living active, normal lives. The sensible person will do all in his power to preserve himself from undue hypertension, for this can be a lethal condition, especially to men.

Now just what do we mean by the term "high blood pressure"? Why is the blood under pressure, and how important is this? To understand the problem a little better let us talk about your circulation for a few moments. Within your body there is a constant circulation of the blood going on all the time. The main pump that keeps the blood moving is your heart. The pipelines are your blood vessels.

Your heart is a very efficient pump, similar in many ways to a fire engine. It forces the blood through all parts of the body, and provides nourishment for every living cell. Day and night, year after year, your heart creates enough pressure to drive the blood through many miles of tiny vessels.

But there is a difference between your heart and a fire engine, or any other type of pump. The fluid pumped by your heart is not wasted or lost. It is constantly returned to your heart, over a hundred thousand times a day. In other words, your blood re-circulates.

To keep the blood in constant motion it must be pumped under pressure. This is

brought about by changes which occur in the size and shape of the blood vessels. Special controls have been built into the body to regulate the diameter of the blood vessels, so that the right pressure will be maintained at all times. Certain blood vessels may become widened or dilated. These controls also govern the rate at which the heart beats, and they regulate the amount of blood that is pumped through the vessels at any one moment.

Your blood pressure varies with different times of the day, and of course, it changes dramatically when you are emotionally disturbed. If a person is exercising vigorously, his face becomes flushed. This means that more blood is in circulation. When he rests, the flush disappears.

Whenever a person becomes excited his blood pressure will rise. This reaction occurs because the body requires a large flow of blood at that instant. At the same time, certain arteries in other parts of the body may become narrowed or constricted, because the organs they serve don't need to function during that period of excitement. All of this is perfectly normal, but with the patient with hypertension, the situation is very different. In his case, the smaller vessels will remain constricted over a prolonged period of time, and this raises the pressure and keeps it high long after the original cause of the excitement has passed.

When a person has high blood pressure he is in real danger. The walls of his smaller arteries and arterioles tend to become permanently thickened. This narrowing reduces the amount of blood that can flow through to the tissues. To compensate for this partial obstruction, the body automatically raises the blood pressure so that more blood can be forced through the narrowed vessels. This increases the work of the heart.

Now high blood pressure is not necessarily a disease in itself. It is rather a warning signal from nature, telling a person to stop, look, and listen, and then to re-evaluate his whole way of living.

It is no accident that the medical term for high blood pressure is hypertension. In most cases the blood pressure first begins to rise because of emotional tensions in the patient. In fact, any unreasonable stress can raise the blood pressure.

We are all familiar with pressure cookers that have built-in safety valves. These valves relieve the pressure when it rises too high. And so it is with the body. Healthy outlets are needed to relieve our tension, if the body is to survive. Failure to relieve the tension may result in high blood pressure.

Another factor that often contributes to hypertension is over-weight. All those extra pounds place an added strain upon the heart. The fat person uses up as much energy as an athlete carrying an extra weight in a pack.

There's an important difference. The athlete can rest when he wants to, but the overweight person can never lay his burden down. In time his blood pressure may rise, and his heart may fail to cope with all that extra load. It certainly pays to avoid over-weight and undue tension for both of these contribute to elevate blood pressure.

Now this doesn't mean that one has to give up all his interests. The intelligent thing to do is to learn where to draw the line between moderation and excess, and then to stay on the safe side of moderation.

Many people fail to take enough exercise in the open air. Hypertensive patients would do well to take up hiking and other suitable outdoor activities. A quiet walk in the open air will do much to relieve tensions, provided a person does this sort of thing in moderation.

So if you wish to remain strong and healthy, there are certain steps that you must take. The first of these is sufficient rest. One should go to bed and go to sleep, and learn to relax thoroughly.

Another step, is proper diet. Too many people are trying to live on an in-

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The Beginnings

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pare mentally, physically and spiritually for the moment of destiny.

The daily schedule began at sunrise. The athletes were awakened and promptly began morning calisthenics. Following this warm-up they marched in cadence to martial music to the Temple of Zeus for morning devotions. The high point of the devotional service was the command to approach and kneel at the shrine, thus signifying fulfilment of training rules.

Considerable time had now elapsed since the athletes had so vigorously begun their day. By this time they could discern that something was missing—food. They marched, again in cadence to martial music, to the athletic training table where they partook of their morning repast—water and curd. Following this breakfast, the athletes returned to their training quarters for a brief rest period. The remainder of the morning was taken up in physical condition exercises, such as long-distance running and specific muscle group exercises.

At midday the athletes marched again in cadence to martial music to the place of physical nourishment. There, in silence, they ate curd and water. The afternoon followed the same schedule as the morning—distance running, sprints, and other special exercises. At the appropriate hour they marched once again in cadence to martial music to the food facility. This time their meal was again comprised of water and curd. The only change in this menu for thirty days was an occasional addition of fresh fruit.

The training programme increased in tempo during the thirty days. On the final night before

the race the athletes marched for the last time to the Temple of Zeus. This was the most solemn religious exercise. The athletes then returned to their quarters charged for the next day's drama.

The morning arrives, and at the appropriate moment the athletes march in cadence to the stadium where forty to fifty thousand spectators wait for the race. The names of the athletes are placed in a container and are drawn out four at a time. After the names are drawn, they will



run in heats of four. Obviously, each time a race is run, three of the athletes are eliminated. The winners' names are returned to the container, and drawn out again, four at a time. This procedure is continued until only four remain. These men are the finalists. They have run from five to eight 202-yard dashes within a couple of hours, but their rigorous training has been designed to carry them through this strenuous test.

The starter gives final instructions—an ominous silence falls

over the stadium. At last they are given the starting signal. One of the athletes, through superior discipline, ability and determination, projects himself across the line in front of the others. He is the winner of the Olympic Games!

Suddenly the stadium explodes into excitement and noise. Everyone is on his feet shouting and cheering. Amidst trumpet fanfares the king of Olympia stands and removes his outer robe of purple and the olive leaf cluster adorning his head. These insignia of royalty are delivered to the hero in the king's own chariot. He is given a royal ride around and around the track of the stadium. Next follows a victory parade through the streets of Olympia.

If this moment of glory was all the winner received, he and other athletes would have accepted the price of self-discipline and sacrifice.

However, dignitaries from his city-state attending the games return home and call the city fathers into solemn assembly. Certain measures are voted. The hero does not return directly to his city; rather he takes a route through other cities, each giving him a special welcome—a victory parade. Finally, the word is received to bring the conquering hero home on a certain day. This day is to be a holiday for as long as the city remains.

In the distance are seen chariots. Finally there can be clearly seen the lead chariot in which rides the Olympic winner, and it proceeds toward the open city gate. As it is about to enter, the gate is closed. This action heightens the drama. The lead chariot starts around the wall, perhaps going half or two-thirds of the way until it reaches a place that soldiers have guarded from the moment the city fathers voted. Their

initial action was that the conqueror should enter the city in a way completely unique. Implements of war have been used to batter a hole in the wall, which has been continuously guarded from defilement. Our hero steps down from the chariot and identifies himself to the captain of the guard, who gives the order to his men. They step aside, and the conquering hero enters the city in a way completely singular. Immediately the guard resumes its duty until the wall is repaired. The city, which has been silent, erupts in excitement and noise. The city hero is escorted to the place of public assembly where leading citizens announce additional honours.

He will be exempt from taxes for the rest of his life. Second, he will be exempt from military service except as a volunteer. In his honour the most famous poet of the realm has composed an ode, which is read with musical background. The area's most famous sculptor has created a masterpiece, a statue of him; it is now unveiled and set up in the public place. He receives a medallion, inscribed with his name and the year of his victory in the Olympic race. Now, wherever he travels in the empire, he will be given a place of honour and recognition. Finally the city state has taken up a cash purse, the amount of which might reach 5,000 silver drachmas.

Originally, the Olympic Games comprised only one event. Obviously, there could be but one winner every four years. The odds against an athlete winning the Olympic Games were incredible. This makes more significant the motivation and willingness of the athletes to sacrifice, to pay any price, for the opportunity to participate. ***

HOW TO MAKE A DELINQUENT

1. Begin from infancy to give the child everything he wants. He will then grow up to believe the world owes him a living.

2. When he picks up bad words, laugh at him. He will think he is cute. It will encourage him to think up "cuter" words and phrases that will blow off the top of your head later.

3. Never give him any spiritual training. When he is twenty-one, let him decide for himself what he wants to be. (Don't be surprised if he decides to be "nothing.")

4. Avoid the word *wrong*. It might develop a guilt complex. A few years later, when he is arrested for stealing a car, he will feel that society is against him and that he is being persecuted.

5. Pick up after him. This means wet towels, shoes, and clothing. Do everything for him. He will then become experienced in evading responsibility and incapable of finishing any task.

6. Let him see everything, hear everything, and read everything smutty he can get his hands on. Make sure the silverware and drinking glasses are sterilized, but let his mind feed on garbage.

7. If you have a serious conflict in opinion with your spouse, fight it out in front of the children. It's good for youngsters to view their parents as human beings who express themselves freely and openly. Later, if you get divorced, they'll know what caused it.

8. Give your children all the spending money they want. After all, one of the reasons you have worked so hard all your life is to make life easier for your children. Why should they have it as rough as you did?

9. Satisfy his every craving for food, drink and comfort. See that his every desire is satisfied. Denial might lead to harmful frustrations.

10. Take your child's part against neighbours, teachers, and friends. This will prepare you to take his part against the police.

11. When he gets into serious trouble, apologize for yourself by saying, "I can't understand why he turned out like this. We gave him everything."

12. Prepare for a life of grief. You are apt to have it.

The Doctor Advises



This counselling service is open to regular subscribers only. In reply to questions, no attempt will be made to treat disease or to take the place of a regular physician. Questions to which personal answers are desired must be accompanied by self-addressed and stamped envelopes. Anonymous questions will not be attended to. Address all correspondence to: The Doctor Advises, Post Box 35, Poona 411001.

ASTHMA

Would you please tell me if there is any cure for asthma? I am particularly troubled with wheezing during the winter months. I live on a chicken farm and often have to work out in the rain. My mother had asthma when I was young. At that time we lived in a dry climate. None of my brothers or sisters has had asthma. I worked for five years in a cold storage job until I developed bronchitis and had to quit.

Unfortunately we still do not know the true cause of asthma. Many different factors enter into this distressing condition. Some people are allergic to feathers, others to hair, dandruff, wool, house dust, and numerous other substances. Still others have asthma only when the pollen season is bad, such as during the late summer. Each case has to be handled entirely on an individual basis. Some patients benefit by moving to a different climate. Others who cannot do so must depend upon various types of medicines, particularly those that dilate or open up the smaller bronchial tubes. There are a number of fine products available today. Some asthmatics benefit by the use of inhalers. In a few cases the cortisone derivatives help. These drugs must only be taken when the patient is under the direction of a qualified physician.

THE PROSTAGLANDINS

I have been reading about some new medical discovery in which chemical substances called prostaglandins are said to have remarkable effects on the human body. What are prostaglandins and for what are they useful?

It is too early to give a final satisfactory answer to your question, for the prostaglandins and their effects are still being investigated by medical researchers. Thus far it is known that the prostaglandins are a group of closely related chemical substances classed as "modified unsaturated fatty acids" which function in living tissues very much like hormones and have the ability to influence metabolic processes within the body's cells. They are produced naturally in small amounts in various tissues throughout the body.

At this point we must not raise our hopes too high. However, it is possible that when the prostaglandins become available to physicians, they may be useful in the treatment of high blood pressure and, possibly, arthritis. Also they effect the muscle in the wall of the uterus and may prove to be useful in certain conditions relating to pregnancy.

CEREBRAL PALSY

A specialist tells us that our two-year-old boy has cerebral palsy. He doesn't hold out much hope for a cure. Is there nothing that can be done?

Cerebral palsy occurs as a result of damage to the brain of a young child. The damage may have occurred before birth, at the time of birth, or soon after birth. It may be related to a defect of development, it may come from chemical or mechanical injury, or it may be caused by an infection.

Such damage, occurring in the brain as it does, cannot be repaired. That is, the basic defect cannot be cured. Your goal should be to help your boy have a happy childhood and become as well adjusted in adult life as the limits of his capabilities permit. There is a great deal you can do for the boy by way of appropriate therapy and training. Your

specialist will be able to advise you how to arrange for the boy's special care.

CONGENITAL SYPHILIS

Would it be possible for a child born of a V. D. diseased parent, to leave the hospital without the disease being detected and treated? Would it be possible for such a child to reach puberty without the disease being detected?

It is certainly possible for a baby to be affected with syphilis and to leave the hospital without any signs of the disease if the condition had not been diagnosed in the mother. This usually occurs when infection in the mother has been present for a considerable time, since in the early stages of infection the effect on the foetus is likely to be severe. The manifestations of prenatal syphilis are usually seen within the first two years of life, but sometimes only the late effects of syphilis (that is, those on the nervous system) are evident, and these are seen in the second decade of life.

PERNICIOUS ANEMIA

What is pernicious anemia? Can it be prevented? Why does a person with this disease have to take vitamin B₁₂ by shot rather than in pills?

In pernicious anemia, the stomach has lost the ability to make an essential body chemical called Intrinsic Factor, which combines with the vitamin B₁₂ in our food and aids in its absorption. When this factor is absent very little if any of the B₁₂ in the food is absorbed, and pernicious anemia results. This is why vitamin B₁₂ is given by shot—then it bypasses the intestine and enters the body directly. Large doses of B₁₂ taken by mouth may sometimes force absorption of enough to meet one's needs,

but this should be directed by a physician. We do not know, at the present time, of any way to prevent pernicious anemia. A person who has this disease must be certain to take his B₁₂ as prescribed by his physician, because he cannot live without the vitamin B₁₂.

ELDERLY DIABETICS AND HARDENING OF THE ARTERIES

Recently I was told by a nurse who works with aged individuals, that it is common for diabetic people, when they become older, to have temporary memory losses, and would, therefore, become more cantankerous and quarrelsome than normal. Can you tell me if this is true or only a myth? Also, regarding the first question, does this remain true for someone who is only a potential diabetic, such as a person who takes no medication, but has to watch his diet carefully?

It is very common for elderly diabetic people to have temporary memory losses, and permanent memory losses, for that matter. When people become older they develop hardening of the arteries, including hardening of the arteries of the brain. When this happens the blood cannot circulate freely, thus preventing proper functioning of the brain. This leads to "cantankerous" behaviour in some, and very mild, passive behaviour in others.

Diabetes hastens hardening of the arteries in many people. Therefore people who are diabetics, particularly those whose diabetes has not been adequately controlled, are inclined to have hardening of the arteries at an earlier age than others who do not have diabetes.

A potential diabetic who maintains an appropriate blood-sugar level without medication and eats and exercises properly should not have a greater problem than the person who does not have this tendency.



Vacuum Flask

The juice of a lemon, mixed with cut-up pith and rind, will remove stains from the inside of a vacuum flask. Put the mixture in the flask, and shake gently till the stains disappear.

Save Those Seeds!

Are seeds going to waste in your home? Save every seed, however unlikely. Put them all in a tin as you go, and every now and then set the seeds haphazard in a compost heap (made of grass cuttings and vegetable peelings, etc.). You will be surprised how many seeds germinate. To name a few—marrows particularly germinate and pumpkins, and peas and beans, even orange and lemon pips. If you see any potatoes going to seed, cut this part off and place in water. In a few

days you will have quite a number of potato seedlings to plant carefully in a prepared place.

Is My Dress Ruined?

Sometimes the colours in a floral dress will run after the first wash. You are no doubt greatly disappointed, and feel that your dress is ruined. However, if you dissolve a packet of epsom salts in one litre of water, and soak your dress in this overnight you will find that the colours that have run will have disappeared.

MONKEY SEE MONKEY DO.

From page 2

"fast guys." In hippie terminology it stands for, "Serenity, Tranquility, and Peace."

"Make marijuana legal, make marijuana legal!" This is the chant of many young people. If only they knew the truth!

Marijuana is known by many names: Jives, mary janes, weed, pot, bush, and tea. Put them together and they spell—emotional trouble.

Marijuana disrupts and destroys normal thinking. Users become vegetables. They develop an emotional craving to return to the weed whenever life gets a little tough. It is said that marijuana is not addictive. Yet the marijuana smoker is on a one-way street to narcotics addiction. If he thinks so much of marijuana that he wants to use it over and over for its effects, he is a first-class candidate for heroin.

Soon afterward, the youth who once proclaimed: "Only squares get hooked, this couldn't happen to me," is himself hooked. He is an addict. An addict who keeps existing—not living, but existing.

Life is an everlasting torment as long as he exists.

He finds that he must keep taking the drug in order to satisfy the monkey on his back.

Let's talk about this monkey. *Listen* magazine says: "An addict soon discovers that if he is to receive any effect from the drug he must take increasingly larger doses. Doctors call this peculiar reaction, 'tolerance.' The addict doesn't have the guts to kick the habit so he continues taking the drug. Doctors call this 'dependence.' The third part of this monkey is what doctors call 'obsession,' a persistent preoccupation with the idea of taking drugs."

An ex-hippie twenty years old who wanted to give up the monkey, but couldn't, wrote:

King Heroin is my shepherd
I shall always want.
He maketh me to lie down in
the gutters,
He leadeth me beside troubled
waters,
He destroyeth my soul.
He leadeth me in the paths of
wickedness of the effort's
sake.

Yea, I shall walk through the valley of poverty and will fear all evil.

For thou, Heroin, art with me. Thy needle and capsule try to comfort me;

Thou strippest the table of groceries in the presence of my family;

Thou robbest my head of reason;

My cup of sorrow runneth over. Surely heroin addiction shall stalk me all the days of my life,

And I will dwell in the house of the damned forever.

Did she know the truth? Did the other victims know the truth? Do the people out there know the truth? *No!* But you do—you know the truth. Now that you have the truth, what are you going to do with it?

Don't keep it to yourself. Spread it around. And if someone should tell you that taking drugs is great, or that smoking pot and pushing dope, besides smoking regular cigarettes, is the life, tell them how it is. Give the truth to them straight. No one wants a monkey on his back—for long!

YOUTH SHOULD KNOW

By Andrew C. Ivy, Ph.D., D.Sc., LL.D.

* Every young person should know that at the present time we cannot tell which person, when he begins to drink, is susceptible to becoming an alcoholic, and that alcohol addicts come from all sections of society—the educated, the ignorant, the rich, the poor, the clergy, and the church members, as well as from the criminal classes.

Young people should know the chance they are taking of becoming an alcoholic when they take a social drink. That chance today, according to estimates, is one in nine. If the present rate of production of heavy or addicted drinkers and chronic alcoholics continues to increase, that chance will be one in five.

Young people should also know that the really dangerous driver is the moderate drinker, the driver

who has had only one or two drinks, one or two beers, or one or two cocktails. Also, they should know that if they take one drink, or if they have only a trace of alcohol in their blood, up to .05 per cent, they increase their accident proneness by 3½ times. According to surveys, only 50 per cent of high school students and college students know this fact. Only 50 per cent know that taking alcohol interferes with one's ability to drive a car.

Young people should know that a drink or two increases sexual promiscuity, illegitimate births, venereal disease, divorce, family difficulties, vice and crime, and mortality from many diseases.

They should be told—and this is what they are frequently not told, this is a point where the whole truth is not stated—that the only cure for alcoholism is total abstinence, and the only certain and known way to prevent the evil consequences of consumption of alcoholic beverages is abstinence. ***



FOR JUNIORS

The Lollipop Secret

by SUSAN HARRIS

"Mother! Mother!" Lila called as she dashed up the front steps and into the house. "Suresh and Sheela and Nita and everybody's going to the empty lot down the street to fly kites. May I go and watch?"

"Of course you may," Mother smiled, putting on her apron, "But remember to be back in time for dinner. I'm having a special surprise for you."

"How nice!" Lila squealed and disappeared out the front door.

As Lila ran down the street toward the lot, she felt as if she were flying. The wind pushed against her back so hard that she barely had to put forth any effort to keep her legs moving.

By the time she arrived the lot was full of children, each trying to see whose kite would fly the highest. Some kites looked like huge birds, others like airplanes, and still others like large floating boxes.

"Hi, Lila," waved Nita, Lila's next door neighbour. "Come help me fly my kite."

"Can I really?" Lila asked.

"Sure," Nita nodded. "Just hold the ball of string real tight, and when the kite gives a tug, let the string unwind a little bit at a time."

Nita's big blue kite pulled and tugged on the string as if it were trying to fly away from the girls.

"Want some candy?" Nita asked, picking up a little brown paper bag she had brought

from home. "Mother said I could share these with my friends."

"Lollipops! All colours of lollipops. What colour would you like to have?"

"Ummm—" Lila said thoughtfully, "do you have a red one?"

"Yes," replied Nita, handing her a big red lollipop.

As Lila started taking the wrapper off the lollipop, she remembered what mother had said about not eating between meals. "Save your candy until after dinner," Mother always said.

"But I'm so hungry," Lila thought. "Besides, if I eat it now mother will never know." Quickly she finished unwrapping the lollipop and stuck it into her mouth. If she ate it fast, it would be all gone by the time she got home for dinner.

"I think we'd better start pulling the kite in now," Nita suggested. "It's almost time for me to go home."

"Me too," agreed Lila, still sucking on the large red lollipop.

By the time they had the string all wound into a ball again, Lila had finished her lollipop, and the two girls started toward their homes. The closer Lila got to her home, however, the more uneasy she began to feel about having eaten the candy. What if mother found out? Her lips were still sticky from the lollipop, and she wondered if mother would notice. "I know,"

thought Lila, "I'll hold my hand over my mouth and pretend that I am yawning when I walk into the house. Then I'll go straight to the bathroom and wash my face."

Entering the house, Lila pretended to give a big yawn and, placing her hand over the mouth, walked hurriedly toward the bathroom. Mother glancing up from her work in the kitchen, did not see the pretended yawn and saw only Lila hurrying into the bathroom with her hand over her mouth.

"Lila, are you all right?" Mother called.

"Yes, Mother," answered Lila, trying to sound as natural as possible. "I was just yawning."

Mother came into the bathroom. Lila frantically scrubbed off the sticky red candy smudges around her mouth.

"Lila!" Mother exclaimed. "Haven't I asked you not to eat any candy before meals?"

"Yes," replied Lila, hanging her head in embarrassment.

"For dinner we have ice cream, but you have already eaten your dessert, and so you won't be able to have any."

"Oh, Mommy, I'm so sorry." Lila began to cry. "I promise I'll never eat candy before meals again. Please let me have some ice cream," she begged.

"No," said Mother firmly. "Little girls who disobey their mothers don't deserve any treats."

At dinner Lila watched the rest of the family enjoying ice cream, her very favourite dessert. She decided that the next time she was offered candy between meals she would save it until mealtime. ***

HYPERTENSION

From page 19

sufficient diet, one that is not well balanced.

The third step, of course, is reasonable living. Don't try to drive yourself to accomplish too much. Life can be made wonderful if we only follow sensible ways of living.

And the fourth step is equally impor-

tant, and that is regular care by your own physician. This is particularly important with patients who have high blood pressure. Don't be dismayed if he suggests a reducing diet. You can lose those unwanted pounds provided you plan wisely, and at the same time make your meals well balanced and appetizing.

Leave the choice of medicines to your doctor. He knows what is best in your case. Of course, you should take your medicine regularly, just as your doctor has directed.

If he suggests further tests, by all means have them done. The more carefully you cooperate with your doctor, the sooner you will be on the road to good health again.

High blood pressure is not a simple condition that will disappear overnight. You must be patient. But if you are faithful in your treatment programme, you will not only lower your blood pressure, but you will have discovered the real joy of living. ***

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### STOP MIGRAINE BY WARMING THE HANDS

Migraine, one of the most crippling of headaches, can be alleviated by patients who have been trained to make their migraines go away by concentrating on rushing blood to their hands, reports Joseph Sargent, M.D., of the Menninger Clinic in Topeka, Kansas, (U.S.A.). Basically, it works this way, explains Dr. Sargent: Each person uses a **temperature trainer**, a sensor attached to his index finger that leads to a thermometer. The person then repeats certain phrases, such as "My body feels relaxed," to help him concentrate passively, and other phrases, such as "My hands are getting warm," to focus on moving blood. Some ninety per cent of migraine volunteers given this "bio-feedback" training improved, Dr. Sargent says, and in some patients migraine attacks have gone away for longer periods of time. The technique does not seem effective for tension headaches, however.

—Today's Health

### DILATATION MAY LEAD TO LATER MISCARRIAGES

Vaginal termination of pregnancy accompanied by dilatation of the cervix may increase the risk of a spontaneous miscarriage during the second trimester of a subsequent pregnancy by as much as tenfold, according to a statistical study by Charles S. W. Wright, Stuart Campbell and John Beasely, all M.D.s, of the Institute of Obstetrics and Gynaecology at Queen Charlotte's Maternity Hospital, London, England. They checked antenatally all 3,314 patients who attended the hospital and had deliveries during 1971. Specific questions were asked concerning all previous miscarriages and abortions. One group was composed of 91 patients who immediately preceding pregnancy had had an earlier pregnancy terminated vaginally. There was another group of 91 control patients. Eight of the first group had spontaneous second trimester miscarriages,

while one of the control group miscarried in the second trimester. The investigators wrote in **The Lancet**: "There was a statistically significant increase in the number of second-trimester abortions."

—Today's Health

### HARDENING OF THE ARTERIES IN BABIES

Hardening of the arteries, high blood pressure, diabetes, the tendency to overweight, and even a disposition to smoking and to a sedentary way of life may begin during infancy.

Many adult diseases begin in infancy and progress during childhood. This is especially true of narrowing and obstruction of the arteries that supply blood to the heart and the brain.

Deposits of fatty substances that eventually lead to hardening of the arteries may be observed in the blood of children by the age of three to five years. Children may inherit such a tendency, but habits involving lack of exercise in the life and a liking for a diet high in cholesterol are also formed in early years and lead to abnormalities of blood fats and blood pressure—two of the big factors in heart disease.

Limiting the salt content of baby foods and of children's diets helps reduce the tendency to high blood pressure in the young. To avoid hardening of the arteries and future heart disease, emphasize a diet low in saturated fats, refined foods containing cholesterol and excess calories. That means candies, pastries, egg yolks, animal fats (including dairy fats), and organ meats are to be used judiciously—if at all—even for infants and children.

Discourage overeating and overfeeding. But encourage your youngsters to be physically active, which will set a pattern for a life of regular exercise in adulthood. Remember that overweight is generally the result of eating too much and exercising too little.

—Life and Health

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