

herald of health

OCTOBER 1976





We hear and read much about exercise these days. This is all well and good, for in most of our lives, sedentary society machines are doing work muscles were designed to do. But there is another component of a healthful lifestyle that must not be forgotten, and that is rest. All activity requires the expenditure of energy and the utilization of fuel or resources. Following activity there is a period of recuperation and rest.

The living machine, whether enzyme or cell or organ, must be prepared to act again. Prolonged periods of activity require prolonged periods of rest. For ideal functioning or health, every system of the body must be appropriately exercised and adequately rested. And this applies to our digestive system as well.

Try to repeat my observations and see if I am not correct. In the corridors of the schools and colleges, on the sidewalks of our cities, in stores, in parks, in airway terminals, at recreational and other social events, at work breaks, people are snacking and food is consumed at every whim or wish. The stomach and intestines and the associated digestive organs, like other structures of the body,

REST

Mervyn G. Hardinge, M.D.

require, for their efficient functioning, periods of exercise and rest. Take, for instance, the salivary glands. If the cells making up these tiny organs were appropriately stained and examined under a microscope, the cells would be found to be filled with tiny enzyme granules before meals. When food is eaten, water is extracted from the blood vessels and carries these enzymes in solution into the mouth to be mixed with the food as it is chewed and later swallowed. These same cells examined at the end of a meal have few, if any enzyme granules. Examined again, three or four hours later, the cells have been refilled with enzymes that are ready to go to work.

The liver cells produce bile, an emulsifying and digestive liquid. Between meals the bile is shunted to the gall bladder where it is concentrated five to tenfold. As food leaves the stomach and enters

the upper small intestine, or duodenum, nervous and chemical reflexes stimulate the gall bladder to contract, and this concentrated bile is now mixed with the food where its emulsifying properties aid in the digestion and assimilation of fats.

The digestion or disassembly of food is normally carried out in an orderly manner. In the mouth the food is crushed and pulverized into small particles, thus increasing the surface area of these food particles that are to be attacked by the chemicals or digestive enzymes found in the saliva, the stomach juices, and intestinal secretions, aided by those from the pancreas and liver. From three to five hours are usually required for the stomach's processing of the foods we eat. If new food is added while previously eaten food is being digested, the process is interrupted. Slowdowns occur, producing indigestion, fermentation, and stomach upsets. The all-gone feeling that we commonly interpret as hunger is more often the result of fatigue. What the stomach and intestines need is not food but rest. Any manufacturing firm would go out of business if new materials to be processed were frequently being introduced into their production lines. Your digestive system is no different. If you provide it with raw materials, or food, at appropriate intervals, it will do its work well, if rested and prepared. Irregular eating, eating between meals, and eating at too frequent intervals will produce inefficiency, upset, waste, and, what is worse, excessive wear and tear and breakdown. And don't forget that eating before you go to bed keeps your digestive system working when it, too, should be having a good night's rest. Eat several hours before retiring, and both you and your stomach will sleep better.

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SUBSCRIPTION RATES:

1 year Rs. 18.50
2 years Rs. 36.20
3 years Rs. 54.00

Foreign Rates:

Sri Lanka: In Sri Lanka currency
One Year Rs. 29.60
Two Years Rs. 58.20
Three Years Rs. 86.80

Bangladesh: Indian rate in Indian currency.
Address all correspondence regarding subscription orders and complaints for non-receipt in India to:

National Home and Health Service,
Post Bag 129,
Poona 411001.

For Sri Lanka:
Sri Lanka Union,
7 Alfred House Gardens,
Colpetty, Colombo 3.

Bangladesh:
Bangladesh Section;
P.O. Box 80, Dacca 2.

A SEVENTH-DAY ADVENTIST PUBLICATION issued monthly and owned by the Oriental Watchman Publishing House, Post Box 35, Poona 411 001, and printed and published by V. Raju at and for the Oriental Watchman Publishing House, Post Box 35, Poona 411001—1349-76.

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Vol. 53 No. 10

October 1976

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Cover colour transparency by Brahm Dev

Just briefly...

How to Make Life Beautiful for Yourself and Others

1. Speak to people; there's nothing as nice as a cheerful word or greeting.
2. Smile at people. It takes 72 muscles to frown—only 16 to smile.
3. Call people by name; the sweetest music to anybody's ear is the sound of their own name.
4. Be sincerely cordial; speak and act as if it were a genuine pleasure.
5. Be considerate of the feelings of others; no one likes to be rebuffed.
6. Be thoughtful of the opinions of others; there are three sides to a controversy—yours—the other man's—and the right side.
7. Be genuinely interested in people; you can like everybody if you try.
8. Be generous with praise; praise uplifts—criticism lowers.
9. Be alert to render service; above all, what counts in life is what we do for others.
10. Be fair in your criticism; remember your opinion is personal with you and that doesn't make it always correct.



Making a House a Home

by C. R. Anderson, M.D.

Termites have been known to chew through lead shielding and as much as five inches of concrete to reach wood.

* * *

The backs of a cat's eyes are coated with tiny particles called guanin, whose metallic lustre makes them appear to glow in the dark. The dimmest light striking these particles is amplified and brightened, giving the cat a clear picture.

* * *

Some three trillion barrels of oil—nearly three times as much as has been discovered in the world to date—lie beneath the sea. By the end of this century, up to half of the world's oil supplies may come from off shore wells.

* * *

Despite gloomy predictions of obsolescence, camels are still serving as reliable desert freighters in many Arab lands. Camels give the tribes motility, and they supply hair for ropes and wool for clothing. Above all, each female with young gives as much as four litres of milk daily for 11 months.

* * *

Since the beginning of Nasa's Technology Utilization programme 11 years ago, more than 30,000 examples have been reported of space-developed innovations and techniques available for transfer to the civilian community.

Nothing can equal the joy of living in a happy home. This is the unspoken wish of every child who comes into the world. Yet many a home is only a house where the biting winds outside are more than matched by the cold criticisms that reign within. There is no more uncomfortable place to live than in a house where people are always miserable and unhappy. The strain of having to live there will soon make even the most rugged individual sick and unhappy. Much of the illness we see today comes from broken homes. The bitterness and misunderstandings found there bring on tensions that even result in serious disease. Therefore, anything that can be done to alleviate this suffering is worthy of our thought and study.

Divorce is thought to be a solution to many problems, but it often raises more questions than it solves. Problems arise to plague the family for the rest of its life. Before taking such a step it is well to weigh the consequences with great care. This may not be

the answer to a family's troubles. Rather it may be an admission that they have failed to make a sensible adjustment to life.

What is a broken home? There is no simple answer to this question, since there are several ways in which a home may be broken. Naturally the death of one of the parents may break up a home, but not always. Sometimes such a strong bond is left behind that the home remains almost intact. Sad as such a home may be for a while, it is often the easiest to repair. Although no one can fully take the place of the loved one who has gone, those who are left usually manage to carry on despite their loss.

It is not always the loss of a parent that is the most tragic event in the life of a child. Many of the world's most successful people have started out as orphans. They rose above their handicaps to meet their problems bravely. Although they may always feel the loss of that loved one, the memory of a happy past helps to carry them on to



success.

Often the most tragic situation of all is the broken home where the parents are continually quarrelling but have decided to stay together "for the sake of the children." Such parents are usually living completely separate lives, with no interest in what the other is trying to accomplish. Each is equally determined to raise the children according to his or her ideas, and often these ideas are diametrically opposed. As a result the children grow up in an atmosphere of constant friction and argument. They never know exactly where they stand on any issue. Obviously they can never please both parents. This constant stress is bound to have a deep effect upon their young minds and often on their bodies as well.

Such children tend to be more sensitive than others, and if they are intelligent, they are more easily upset. Consequently, they are often misunderstood. They may fail at school because much of their nervous energy is constantly being used up trying to straighten out the mess at home. They come to school tired and irritable, perhaps suffering from indigestion because of a poor diet. Some of them may be grossly overweight. They are so starved for affection at home that they eat too heartily attempting to satisfy their inner longing for real companionship. Others are thin and weak. They have no appetite and no desire to eat, and they often fail to grow normally.

Parents of such children may bring them to the doctor,

thinking that a series of injections or some special vitamins are what they need. But for these children the most important medicine comes not from a bottle or a syringe, but from within, from a contented spirit, from a feeling of being wanted and loved at home.

Too many parents are shirking their responsibilities toward their children, while leaving others to carry on for them. In some cases there may be no other choice, for not everyone is capable of becoming a good parent. Some who are not parents can often do a much better job than some who are. A good school-teacher may sometimes help to make up for the deficiency of a parent who has neglected his or her responsibilities to a child. Grandparents and other relatives may also come to the rescue of a child who has been neglected, providing the love and understanding that is needed during his growing years.

But the ideal home is one where both parents assume the responsibility of caring for the child as he fully deserves, training him to meet the problems of life and giving him a chance to make good in the world. Yet there are too many homes where the children's lives have been darkened by constant bickering and frustration.

Children who live in broken

homes are often expected to spend their young years trying to bring their quarrelling parents together. They rarely, if ever, succeed. Sometimes their lives are brightened by a faint glimmer of hope, only to be greatly disappointed—times without number. Then again, some children in order to get their own way learn to play one parent against the other. They become experts in the art of subterfuge and clever deceit. But this never brings real happiness or satisfaction. Parents should realize that they must solve their own problems, rather than expecting the children to find solutions. Adult problems are always beyond the mind of a child, and children should never be subjected to such an ordeal. They are not ready for this.

If parents are constantly quarrelling and their differences cannot be reconciled, it may be better for them to go their separate ways. A child who is allowed to grow up in relative peace with one parent may be far better off than one who lives in a house where there is plenty of money but no love. There is no substitute for true affection. But every attempt should be made to solve the problems and keep the home intact, if at all possible.

However, many a broken home can be mended, provided both parents are willing to take the necessary steps

toward a complete reconciliation. Both must be willing and anxious to do this. One can never do it alone. There must be a spirit of confidence in each other and a desire on the part of both to forgive and forget. Constantly mulling over that which is past will never solve the problem, nor will nagging and backbiting. It is so easy to criticize, but it never helps to mend a broken home. The only way is to forget the past—bad as it may be—and begin to live for the future.

Most marital tangles arise from selfishness on the part of one or both of the parents. The community may be deceived for a time, but the children usually know where the faults lie. For their sake it is important to try to reconcile these differences if at all possible. There is no way through such tangles unless both parties are willing to begin all over again, as though nothing had marred their happiness. This is not easy, but it is worth all that it may cost. Remember, in every family quarrel there is never any completely innocent party. One may be more guilty than the other, but often both are deeply involved. But whatever the degree of guilt, the only real way to reconcile such differences is to face up to the situation bravely and make the necessary adjustments.

The best way to mend a

broken home is to recognize that the break exists, and then do something about it. Denying that the problem exists will never solve it. This only prolongs the situation and increases the strain. There is no disgrace in having differences of opinion within the family, for this is only natural. The disgrace comes when the differing viewpoints cause people to go their individual ways without doing anything to solve their problems. Personal pride may be the greatest obstacle to a happy solution. It is better to forget pride and make adjustments in a sensible way.

Mending a broken home is never easy. The mending cannot be accomplished in a day, or week, or even a month. There are many things that will need to be discussed. There is need for mutual understanding on the part of all concerned. Mistakes may occur again, and the situation may become a bit strained. But if the attitude of forgiveness is present, the clouds of trouble will eventually roll away and the sunshine of happiness will break through again.

Learn to forgive and forget, remembering only that which is good in the other person. Pray for the guidance of God in all that you do. How true it is that "the family that prays together stays together." There is no finer way of mending a broken home than this. ***

THE PANCREAS can be a tiger in your tummy or a peaceful, purring pal. This double-duty mystery gland is vital to your digestion and to your body's use of sugar. Its activity is the reason a fat person can eat a three-pound box of candy at a sitting.

This little gland is always working away deep in the abdomen. It secretes juices to digest the food, helps regulate the blood sugar at a healthy level, and controls the appetite. This mystery gland, only recently appreciated by physicians and surgeons, is vital to health.

If your pancreas should suddenly stop functioning, serious disease would follow, ranging from serious abdominal pain (pancreatitis) to diabetes, mellitus, with extremely high blood sugar. A look at some of the services this gland quietly renders each day will help you appreciate the wonderful body you have.

The pancreas serves as an organ of digestion by secreting vital enzymes into the duodenum (the upper small intestine) and at the same time it is an endocrine gland, which means that it secretes its hormone, insulin, directly into the blood stream.

Insulin is vital to the metabolizing of sugar by the body. As sugar and starch are absorbed by the intestines, insulin aids the up-take of glucose by the body cells, especially of the muscles, during exercise.

Whether you are a typical man, woman or child, your pancreas performs an important function in digesting these foods and making the sugar quickly useful to your body cells.

Among the digestive enzymes secreted by the pancreas is trypsin, a protein digestant, which breaks meat and other protein foods down into their component amino acids. These acids can then be absorbed by the small intestine and transported by the blood stream to the liver.

Lipase (*lipid*, meaning "fat") is the fat digesting enzyme, which helps to break down fried foods, pastry, fat meat, cheese, milk, butter, and oil into fatty acids. Amylopsin is a pancreatic enzyme that converts starchy foods into sugar.

The real power packed by your pancreas lies in its endocrine function—secreting insulin. Insulin is the automatic regulator of sugar in the blood. It is vital to more than the function of the muscles



THAT TIGER IN YOUR TUMMY

by J. DeWitt Fox, M.D.

and glands. The alertness of the brain depends on the correct amount of glucose (blood sugar) circulating at any given moment.

Because insulin is one of the most powerful appetite stimulants known, it is sometimes used by physicians to spark the lagging appetite of the thin and wan elderly patient.

Insulin can be a friend or foe. To the fat person sitting up of an evening with a good book and a dish of sweets, it can be almost lethal. It is insulin that spurs him to eat the entire dish of sweets before he goes to bed. Sugar is actually the culprit, but let us take a look inside to see how this happens.

As the sweets and sugar are eaten and pass into the small intestine, the pancreas pours out lipase to digest the sweets. Amylopsin and other sugar-splitting enzymes go to work on the sugar. The sugar eventually is absorbed and it passes into the blood stream.

The blood-sugar level rises rapidly to a high point. Normal blood sugar is 70 to 120 milligrammes per cent. After digestion of sweets, it may rise above 200.

Once the blood-sugar level rises this high, the pancreas is triggered to pour insulin into the blood stream to help route the sugar into liver and muscles for storage. Insulin makes sugar usable by body and brain. As this high level of sugar circulates through the brain in the region of the pituitary gland, the hypothalamus, it contracts a little nerve mechanism that has been called the appetite centre. For our purposes we will call it the *appetstat*. It is a regulator of appetite, and it functions at the prodding of a low blood-sugar level—below 80 milligrammes per cent.

This explanation may sound a little complex, but we will try to help you visualize this body function. As the sugar level rises, insulin pours out in great quantities to bring it back to normal. In so doing, it drops the level quite low, in fact below the normal 70 to 80 milligrammes per cent point.

At that moment a message goes to the *appetstat* to tell you that you are hungry and need more sugar or food. At this point our fat person is acutely hungry, and this feeling calls for another sweet with its many calories. This up and down stimulus to the pancreas to put out insulin and to the *appetstat* to eat more sugar may continue until, the dish of sweets is consumed, and the 3,500 calories add a full pound to the already

heavy body. That is what a tiger in your tummy (through sugar and other sweets) can do as an appetite stimulant.

On the other hand, we can co-operate with our pancreas and actually give it a day or two of rest. Then the insulin is as quiet as a purring kitten. In fact the best way to depress your appetite is not always with medicine. You can let nature do it for you by shutting down your insulin factory.

Let us say you are ten pounds overweight. You would like to lose it sensibly and with a reasonable amount of speed. Here is how: Eliminate all carbohydrates from your diet. This regimen means that you must go on practically a total fast. Once you stop putting starch and sugar into your blood stream, the pancreas rests, the insulin is not stimulated, and—most pleasant of all—neither is your appetite.

Now you are not hungry. You can go for as long as a week on a total fast and not have hunger pangs. Why not? Because you have splintered your pancreas, it is a welcome joy to your *appetstat* and to you personally. After two days even the gnawing peristalsis of the stomach will cease. Actually, it can be relieved by a glass of water.

With this knowledge, the reducer may play tricks on his pancreas. He can shut down the appetite stimulation of insulin and give his pancreas a happy rest. He may even prevent diabetes if he is on the border line or developing it.

This fact is undoubtedly the reason many an overweight diabetic who must take oral medication or insulin by injection can throw away his pills or needles when he reduces and stops putting the added strain on his little islet cells of Langerhans, which are secreting insulin.

By giving your pancreas a rest and a better health quotient you will put your mind at rest also. By using your powers of will you make life enjoyable.

If you are a diabetic, by all means drop your weight to normal or slightly below normal, exercise a regular amount daily, and remain under your physician's constant care. Also give your pancreas a rest periodically by reducing almost all carbohydrate foods.

May your pancreas ever be peaceful, and may it serve as your potent purveyor of pleasant digestive juices and be the joyous stimulus to a healthy but not ravenous appetite. By all means play fair with your mysterious little pancreas, and it will serve you well for life. ***

WHILE I WAS overseas some-time ago, I saw a woman walking with noticeable grace and beauty. She was smoothly gliding along, while carrying unsupported on her head a large vessel of water. Her posture muscles, strong and in perfect balance, held her body erect against the ever-present tug of gravity. It was most unlikely that her lithe body was suffering from chronic tension, fatigue, or low back pain. Undoubtedly she worked hard to earn a living.

Why should you be concerned about your posture? For two main reasons. First, posture affects your appearance. It influences how others feel about you, and how you feel about yourself. How you look and the manner in which you move about may either work for you or against you. Your posture is often the basis on which others form their first opinion about you and make instant judgments of your personality. "A slumping figure betrays advancing age, and nothing signals to us that someone is a 'loser' more surely than a defeated slouch. By the same token, nothing more effectively rolls the years or creates an aura that a person is one of life's 'winners' than a well poised body, a head held high."

A second reason is that posture affects your health. Dr. Arthur A. Michele believes that "The primary

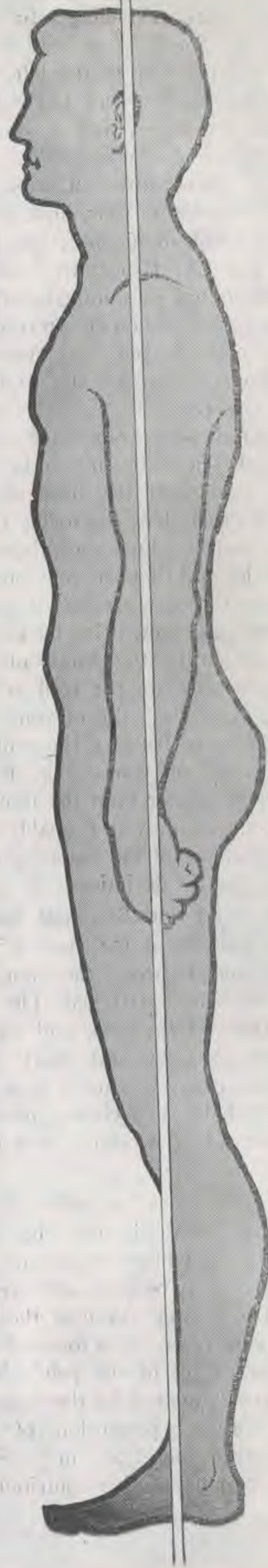
cause of many pains—from aching backs and sore feet to pains in the hips, neck and shoulders—is bad posture." The major weight-bearing joints of the body in the low back, hips, knees, and ankles are directly influenced by poor body alignment. Prolonged strain may cause arthritic changes, which are likely to produce pain and even incapacity.

Correct posture benefits every system of your body. It makes it easier to carry your body weight without strain or undue fatigue. The proper alignment of your stomach, liver, and kidneys improves both digestion and elimination of wastes. Your lungs expand more freely, filling with life-giving air. The activity of your brain improves and your outlook on life brightens.

Good posture is the correct relationship of the parts of the body to one another, in standing, walking sitting, or lying.

How can you know whether your posture is good? Ideally, your posture should be evaluated by someone who is trained and who, if necessary, can recommend the kinds of exercises that would be most helpful. You can, however, appraise your own posture, fairly well, if you are honest with yourself, by using the following simple tests:

1. In a bathing suit or in a form-fitting garment stand in your



Improve Your Posture

by Jabbour Semaan, M.P.H.

usual manner facing a full-length mirror. See if your head is tilted to the right or to the left. See if one shoulder or one hip is higher than the other, and if your toes are pointing in or out.

2. Now turn sideways. Are your head, shoulders, hips, and feet in vertical alignment? (See Figure on page 9.) If not, are your head and shoulders slumped forward? Does your abdomen protrude? Is the small of your back swayed or hollow? If you are still in doubt, try this test:

Stand with your back against a wall. Tucking your chin in, touch the wall with the back of your head, shoulders, buttocks, calves, and heels. Tighten your abdominal muscles and those of your buttocks while tilting your pelvis up in front, and down in back. This should bring the small of your back as close to the wall as possible. Place the palm of your hand in the space between the wall and the small of your back. If this space is greater than the thickness of your hand, you probably have one or more of the following common posture deviations.

a. Head and Shoulder Slump:

The muscles at the back of the neck and between the shoulders are weak and stretched. Those at the front of the neck and on the chest are tight and short. This condition may be caused by a prolonged habit of bending forward when reading, working, or watching TV.

b. Swayback: Muscles of the low back and hip may be tight and short, while muscles of the abdomen may be weak and stretched. The normal curve of the low back is increased by a forward and downward tilt of the pelvis. This is also aggravated by the forward and outward protrusion of the abdomen, such as in obesity and pregnancy. Other contributing

factors to swayback are poor muscle tone from habitual use of a soft mattress and upholstered chairs and the wearing of high-heeled shoes. No longer the prerogative of women, many men have now succumbed to this bad practice of high heels.

Dr. John Mennel a physician specializing in physical medicine, emphasizes the adverse effects of high-heeled shoes on the spinal curves. A woman wearing high heels usually stands with knees and hips partially relaxed. Her low back curve is increased. Her shoulders are more round and her head is thrust forward. This alters her centre of gravity, disturbs her



balance, and prevents normal tension in her supporting muscles. Such abnormal posture produces wear and tear in every joint from her neck to her toes. The low back muscles become especially fatigued. The result, in time, is spasm and pain.

You have now appraised your posture and identified your problem. What are you going to do about it? Listed below are a few specific exercises. If you are suffering from any back problem, obtain your physician's approval before beginning. The exercises involve

no special equipment and should be performed in a slow, deliberate manner. The intensity and duration of these corrective exercises should increase gradually within your own tolerance.

1. For head and Shoulder Slump:

a. With your head erect and chin in, clasp your hands lightly behind your head. Keep your elbows horizontal. Press your head against the resistance of your hands. Hold for a slow count of 5. Relax. Repeat 5 times, morning and evening.

b. Stand with your feet slightly apart. Bring your arms forward, up, and back in a circle. Repeat 20 times morning and evening.

2. For Swaybacks:

a. Lie on your back with your knees bent and your feet flat on the floor. Tighten your buttocks and abdominal muscles, while pressing with your neck and small of your back down against the floor. Breathe out as you press hard. Hold for a slow count of 5. Relax. Repeat 5 times, morning and evening.



b. Lie on your back with your knees bent and your feet flat on the floor. Clasp your hands behind your knees and pull them down toward your chest as far as possible. Hold for a slow count of 5. Relax. Repeat 5 times, morning and evening.

c. Lie on your back with your knees bent and your feet flat on the floor. Clasp your hands behind your head. Now bring your face toward your knees as close as possible. Hold for a slow count of 5. Relax. Repeat 5 times, morning and evening.

d. Lie on your back with your knees bent and your feet flat on the floor. From this position, lift and extend one leg forward, keeping about 6 inches off the floor. Hold for a slow count of 5. Return to starting position. Alternate legs. Repeat 5 times, morning and evening.

e. From a normal standing position take a step forward. With your hands on the waist, bend your front knee as far as you can while keeping your back knee straight and back heel planted. Keep your trunk and head erect. Hold for a slow count of 5. Relax. Repeat with other leg 5 times, morning and evening.

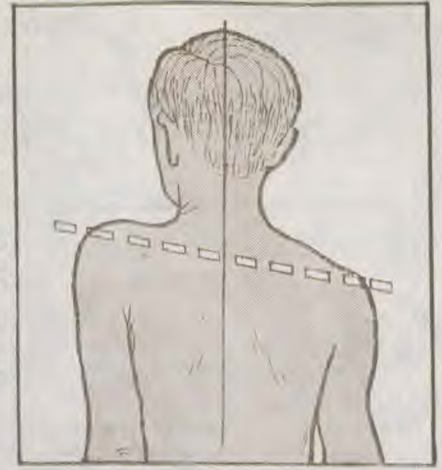
3. For Left Head Tilt:

a. Sitting comfortably with your head erect, tilt your head toward the right shoulder. Hold for a slow count of 5. Relax and repeat 5 times, morning and evening.

b. Place your right hand above your right ear and gently press while resisting with your hand. Hold for a slow count of 5. Relax. Repeat 5 times, morning and evening.

4. For Right Head Tilt:

Reverse the preceding procedure.



6. For Left Shoulder:

Reverse the preceding procedure.

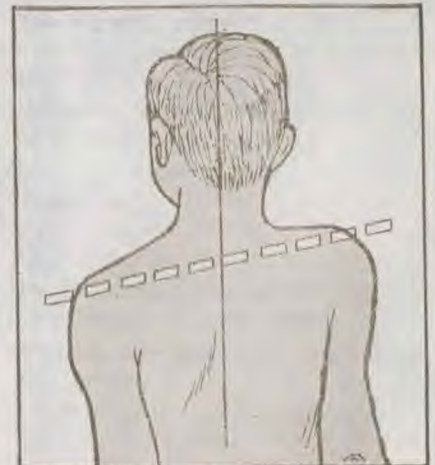
Keep two things in mind as you begin the extremely rewarding adventure of improving your posture. Remember, practise maintaining good posture. Exercise to restore muscle balance by strengthening weak muscles and stretching tight ones. Exercises that improve your general fitness, such as walking, cycling, swimming, and jogging, will increase your general muscle tone.

The fruits of good posture are a younger, more confident, more attractive look leading to a great feeling of success and physical well-being. These are right within your grasp, bringing rich returns for a little investment of time and effort. ***



5. For Depressed Right Shoulder:

a. Sit on a firm seat. Hold about 3 pounds weight (i.e., a book) with the right hand. Raise arm straight from the side over head, bending to the left side from the waist up. Hold for a slow count of 5. Relax. Repeat 5 times, morning and evening.



GOOD FOODS TO CONSIDER

Bananas

BANANAS, is one of the most popular fruits throughout the world. While it is definitely a tropical plant, people all over the world use it either as a fresh fruit or in the various products into which it is made. The plant grows best in hot, damp climate like that of the Philippines, Mexico, Latin America, Hawaiian Islands, and other warm countries. Its original home, however, is said to be Asia.

The nutritional value of banana cannot be underestimated as some people do. It contributes significantly to the energy, vitamin and mineral requirements. The fruit contains approximately 75% water, 22% carbohydrate, 1.3% protein, 0.6% fat, and 0.8% minerals. All bananas contain large amounts of potassium, a mineral essential in the maintenance of the body's electrolyte balance. This makes banana a perfect dietary supplement in replacing potassium loss in cases of diarrhoea and vomiting.

As a fruit, banana serves many purposes in the dietary. It is eaten plain; used in salads and fruit cocktails, in cold drinks combined with other fruits; as flavouring in ice-cream, cakes, cookies, and bread. Ripe bananas are made into some baby food supplements in the form of banana puree and flakes. Cooking bananas are either boiled in the skin or sliced and fried plain or made into fritters. The unripe cooking banana is made into delicious chips and flour. The very ripe eating bananas may

also be frozen and eaten like any other frozen dessert. The procedure requires the simple steps of peeling off the skin, arranging them in a plate side by side and freezing. This makes a delightful summer breakfast fruit.

BANANA BREAD

- 1 cup ripe mashed banana
- 2 cups maida sifted
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ cup shortening (dalda)
- $1\frac{1}{2}$ cups sugar
- 2 eggs unbeaten
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup sour milk
- 1 cup chopped nuts.

1. Sift flour, baking powder, baking soda, and salt together.
2. Cream shortening and sugar until light and fluffy.
3. Add eggs one at a time beating well after each addition. Add vanilla.
4. Add milk and flour mixture alternately with mashed bananas. Mix long enough to blend all ingredients.
5. Add nuts, Mix.
6. Pour in a greased loaf pan and bake at 350°F for 45 minutes to 1 hour.

BANANA FRITTERS

10-12 ripe, cooking bananas, peeled and cut into halves.

Batter:

- 1 cup flour
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking powder
- 2 tablespoons sugar
- 1 egg unbeaten
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup milk
- 1 tablespoon oil

1. Mix dry ingredients in a bowl.
2. Mix liquid ingredients in another bowl.
3. Add $\frac{1}{3}$ of the liquid into the dry ingredients. Mix. Add the rest of the liquid at two different times, mixing well after each addition.
4. Dip banana halves in batter. Fry 2-4 minutes or until brown.
5. Serve warm with vanilla sauce.

VANILLA SAUCE

- $\frac{1}{2}$ cup sugar
- 1 tablespoon cornstarch
- $\frac{1}{4}$ teaspoon salt
- 1 cup boiling water
- 1 teaspoon butter
- 1 teaspoon vanilla

1. Mix sugar, cornstarch, salt.
2. Add boiling water, stir, and cook until clear; add butter.
3. Add vanilla.

Walnuts

WALNUTS ARE FIRST class energy food, rich in health-promoting oil, and containing almost every vitamin.

Apparently, the derivation of walnut is "foreign nut," from the Old English "Wealh-knutu." This does not stop some from describing the rounded, ovalish, crinkled, brown, hard shelled fruit as the English walnut in marketing.

But although about six species of walnut trees yield nuts, the walnuts we know are the fruits of

the species *Juglans regia* and its forms, originating in Persia and neighbouring countries, from where it spread into European countries, and thence was taken by colonists from English ports to America and Australia.

Walnuts have long been esteemed as articles of food, and rank with the almond and the Brazil nut in this respect. They were well known to the Greeks and Romans and the cultivation of the trees spread northward and is held to have reached Britain in the fifteenth century.

An Uncertain Crop

The walnut tree makes a beautiful specimen of up to 100 feet high, with large compound leaves, and male (catkins) flowers and female flowers appearing separately on the same tree.

Young trees may take ten to fifteen years before flowering and fruiting, and even then fruiting depends upon the male and female flowers opening at the same time. Late spring frosts may damage the flowers and prevent fruiting, so walnuts are an uncertain crop in some areas.

The fruit develops as smooth, green, rounded ovals, almost like a large, hairless and hard gooseberry. Inside the outer green husk, which must be removed at harvest, lies the hard, brown, fissured twin-halved shell enclosing the much convoluted kernel or edible "meat." Both the shell and kernel have invited comparisons to the human skull and brain; and the Roman term was *Jovis glans* or *Juglandes*, the nut of Jove or Jupiter. Hence the botanical name *Juglans* for the genus. The Romans regarded it as superior food to other nuts.

Harvesting

In favourable sunny years, walnuts break free from the husks readily, often just falling to the ground and requiring only to be

harvested. In other years however, the husk may have to be removed mechanically, as otherwise it encourages decay and deterioration. Consequently, walnuts vary somewhat in quality, flavour and nutritional values, according to variety, where grown, and the manner of harvesting for storage.

The crispness and flavour of the freshly gathered kernel are excellent, though the skin is often bitter and best removed. With keeping, this bitterness disappears and the oil content of the kernel tends to increase, and the meat becomes more firmly textured.

Wide Range of Nutrients

Walnuts, like most tree nuts, are highly concentrated packages of a surprisingly wide range of nutrients. Perhaps not so surprising when we remember that they are seeds, and as such represent the quintessence of their living organisms.

An average sample contains 15 per cent body-building protein, 64.4 per cent fat in the form readily digested and assimilated oils, and 15 per cent carbohydrate (starch and sugar) to give sweetness. They are, therefore, first class energy foods, packing 620 to 650 calories to every 100 grammes or 3½oz,—almost equal to the Brazil nut, and equivalent to half a pound of wholemeal bread.

Exceptional among the nuts, walnuts also contain almost every vitamin: 30 International units of skin-vitalizing vitamin A; 0.48 mgms of vitamin B₁, (thiamine); 0.13 mgms of vitamin B₂ (riboflavin); 1.2 mgms of niacin; and 3 mgms of vitamin C (ascorbic acid), with traces of vitamin E, per 100 grammes. There is only vitamin D missing here, so that the vitamin contribution, although not outstanding in any one factor, is an all round one.

Of the important food minerals, walnuts contain roughly 83 mgms of bone-building calcium, 380

mgms, of nerve strengthening phosphates and 2.1 mgms. of iron, per 100 grammes. The iron content alone makes walnuts desirable items in any diet.

Easily Prepared for Special Dishes

Apart from food values, walnuts lend themselves readily to the preparation of balanced meals, and flavoursome dishes.

Freshly grated or milled, they combine well with fruits of all kinds, and can be added to porridges, cereals, soups, and stews with benefit to family nourishment and wellbeing. They are splendid sprinkled on honey-spread bread for sandwiches, and for addition to biscuits, buns, and cakes to augment their nutritional balance.

At one time, walnut oil was used extensively as a cooking oil in France, though it is rather too expensive for that now. Nevertheless, the high oil content means that the finely milled nuts can be salted and worked up into a nut butter and this is highly nutritious and valuable in winter, especially for children inclined to catarrh and disliking dairy butter.

The full, robust flavour can be drawn out by lightly roasting the kernels in the oven and then using them for incorporation with other foods, such as eggs, seasoning, bread-crumbs, and milk, for the making of nut roasts that are superior to meat entrees in nutrient value.

Green walnuts are also prepared as pickles, being gathered when half-formed, usually in summer, pricked with a fork, placed in brine for two to three weeks, then sunned for a day or two before immersing in freshly boiled cider vinegar, and bottled to keep for three to six months before use. As such they provide a tasty accompaniment, appreciated by many, though more in the nature of a piquant adjunct than a serious contribution to nutrition.

Trouble Losing Weight?

Q. Dr. Van Itallie, it seems that new diets are constantly being proposed to help people lose weight. Is there really anything new and useful on the scene?

A. I don't think obesity is a problem that is going to be solved by diet. Otherwise, it would have been solved long ago. It isn't like many other nutritional problems that can be solved simply, like taking vitamin C to cure scurvy.

The answer to obesity lies in focusing on the individual and his environment, rather than simply on dieting. Here, the most exciting new development in treating obesity is in behaviour modification.

Q. Just what is that?

A. This method is based on the concept that the obese individual probably does not suffer from some subtle metabolic disorder, but suffers rather from a disorder of eating-and-exercise behaviour. His life style and his approach to food favour the accumulation of excess calories in the form of fat. What certain scientists have done is analyse the eating behaviour of obese patients very carefully and identify those areas that need correcting. The focus, then, is not on the diet per se but on the patient.

Q. Has a pattern of poor eating behaviour emerged from these studies?

A. When we know more about it, there may be such patterns. At the moment this approach is still in a research stage of development, and the emphasis is on individual patients. Of course, it's an expensive and time-consuming process because changing a person's behaviour is very difficult.

Q. How does controlled eating behaviour differ from dieting?

A. There are some people, let's say, who eat a normal breakfast and lunch but then come home at night and eat an enormous dinner, after which they sit in front of the television and nibble until

midnight. During that time, they've taken in a huge number of calories.

Others will find themselves going on eating binges when they are angry, suffering from anxiety or are depressed. There's excellent evidence that changes in eating behaviour are related to emotional states. They're also related to food cues in the environment.

Q. What are food cues?

A. They may be the sight or smell of food, an advertisement for food, a window display or anything of that sort. Some obese people may be exquisitely responsive to these external cues, but be less responsive to internal cues such as hunger pangs or the sensation of fullness that comes after eating. These individuals tend to be manipulated by the cues in their environment. They're constantly succumbing to temptation.

Q. How does behaviour modification help this problem?

A. Sometimes it helps just to understand yourself. If you know that when you are angry you tend to eat more, you might train yourself to run around the block or do something else other than eat in response to this emotional state.

Experts in behaviour modification may teach very fast eaters, who also tend to overeat, to put their fork down after each mouthful and to eat only at the dinner table—not in front of the TV set.

In extreme cases, the obese patient may give the therapist something he values very much. The therapist will not give it back until the individual has followed his new behaviour programme. In a sense, something is given up as a hostage for the patient's good behaviour.

Q. Doesn't that smack of "Big Brother" treatment—someone manipulating another person's mind?

A. The difference, I think, is that the patient seeks help, and this seems to be an effective way of helping him. Put it like this:



You don't change the individual by changing him. It has taken a long time for scientists interested in obesity to come to this point, but, looking back, it seems to be a logical development.

Q. How can an individual determine whether he's too fat?

A. A good rule of thumb is figuring how much heavier you are now than you were at the age of 22—assuming you were lean at 22. We also can measure body fat by pinching the skin at certain points. But the usual method is to use standard tables based on height, weight and age.

Q. Is Obesity a problem largely confined to middleaged or older people?

A. Not at all. I don't recall the statistics, but certainly there are far too many young people who are obese.

Perhaps this is the time to mention there is growing evidence that there are two major types of obesity: One is the kind that develops during childhood, called "juvenile-onset obesity," and the other type develops in adulthood and is called "adult-onset obesity."

Q. What caused these two kinds of obesity?

A. Both may be caused by excessive food intake, but the implications may be somewhat different. For example, there is good evidence for a genetic factor in obesity. This may express itself in childhood, so that children of obese parents are much more likely to become obese. Whether this is purely genetic or reflects, in part, eating patterns in the home is not established.

Q. Are fat children more likely to grow into fat adults?

A. Yes. The old notion that a plump child is a healthy child is not one that most pediatricians would subscribe to now. Children fed excessive amounts of food at certain critical times in their development may grow not only larger fat cells but a larger number of fat cells. This may make it more difficult for them to control their weight later.

Q. What are these critical states in a child's life in which overfeeding should be particularly avoided?

A. Very early in life, apparently—before the age of 2—and then from the years 10 to 16.

Q. So it may not be a good idea for parents to insist that Junior clean his plate—

A. In some cases, it may be a bad idea, particularly in children who already have a genetic predisposition to obesity.

Q. Do some people put on weight more easily than others, even if they're all on the same diet?

A. They seem to. Evidence indicates the important variable here is energy expenditure—differing levels of physical activity. The concept that some people just can't avoid putting on weight is one that I'm not sympathetic toward at the moment.

Q. Is obesity a disease, or a symptom of something else?

A. It's both. Certainly it's a symptom of chronic caloric imbalance. It also can be a disease, in the sense that there is such a thing as abnormal distribution of fat that seems to exist apart from diet and overweight. Also, marked obesity may be a serious mechanical handicap.

Q. What are the health dangers of prolonged obesity?

A. These are still being debated. I think everyone would agree, however, that the life expectancy of very obese people is significantly reduced. Obesity also may precipitate diabetes in susceptible individuals or aggravate hypertension in people who have high blood pressure.

People who develop obesity in middle life—particularly men—may have a rise in blood triglycerides which may carry with it an increased hazard of heart disease. Fat in the diet and fat stored in the body is almost entirely triglyceride.

There is some association between obesity and heart disease, but it's not entirely clear whether this is because obese people are often more sedentary or because of the increased tendency of obese people to have diabetes, hypertension and so forth.

I'm convinced myself that obesity is undesirable from a health standpoint, but I would acknowledge that there's considerable debates as to how hazardous it is if it's only mild-to-moderate obesity.

Q. Is there a connection between obesity and a high cholesterol or blood-fat level?

A. There is not a strong correlation between obesity and cholesterol concentration. Generally speaking, lean people are as apt to have high cholesterol levels as fat people.

Q. Just what is cholesterol—a fat, similar to triglyceride?

A. No, triglyceride is a fat, but cholesterol is a fat-soluble substance. It's really what is called a "sterol."

Although both cholesterol and triglycerides are members of the "lipid" family, the two do not necessarily behave alike. A person may have elev-

ated triglycerides and normal cholesterol, or the other way around.

Q. There seems to be controversy over whether cholesterol is really related to heart disease—

A. There's no question that there's an association between high cholesterol levels and an increased risk of heart diseases. Males, in particular, should look very carefully at the possible disadvantages of overloading themselves with cholesterol and saturated fats. They should be examined frequently to determine whether they have elevated blood lipids—fatty substances in the bloodstream.

Of course, this is only part of the picture that also includes high blood pressure, heavy cigarette smoking, physical inactivity, undue emotional stress, and so forth.

Q. How does the cholesterol content of the body get too high?

A. There are some people who seem to be genetically predisposed to making more cholesterol. But with most, it is a matter of eating a diet that is high in cholesterol and saturated fats. . . .

Q. Then you recommend a cholesterol-lowering diet?

A. I wouldn't want to recommend a single diet for everybody. Many people do not need cholesterol-lowering diets. I do subscribe to the notion that we should consume less calories, and certainly I don't think it's desirable to stuff ourselves with saturated fats, in view of what we know about elevated blood cholesterol.

I believe in a moderate approach to diet. The important thing is that the diet provide an adequate supply of nutrients.

Q. Getting back to losing weight, Dr. Van Itallie: which is more important—diet or exercise?

A. Both are very important, but diet is essential. The problem is to change your life style so that less calories and more physical activity become normal parts of your life and not just

something you're going to do for a short period of time.

Losing weight is not just a matter of taking weight off, but maintaining one's lean state. That requires eternal vigilance and a change in your habits.

Q. What sort of exercise do you suggest?

A. I would caution against any self-prescribed, sudden and strenuous exercise for middle-aged men. The safest exercise is simply walking. You can control the speed at which you walk, and you can walk on level ground or uphill. The faster you walk, the more calories you expend.

Bicycle riding is another good exercise because you can go at your own rate of speed.

Q. What about jogging?

A. A middle-aged man thinking of jogging should consult his physician first. I don't believe the evidence that exercise is going to prolong life is so good that people should punish themselves.

Q. Is dieting a question of simply eating less, or of avoiding certain foods?

A. Each person has his own dietary problem. Some people are just inherently unwilling or unable to count calories, so they may have to develop certain techniques to restrict their food intake. They may do this by cutting out certain foods, which makes it unnecessary for them to count calories.

If you are accustomed to taking highly concentrated foods, like milk shakes, obviously that's the kind of thing to cut out. Some may have to avoid cake, and others might have to stay away from bread and butter. . . .

Q. How rapidly should a person try to lose weight?

A. For the average person, about one third of a pound a day or 2 pounds a week is a reasonable rate of weight loss. Here I am really talking about loss of body fat.



Now, you may lose weight more slowly as the reduction programmes continue. The body begins to resist further loss in weight somewhat. The thing is: People get discouraged. Their expectations frequently are too high.

When you read advertisements of incredible amounts of weight lost in a short period of time, that cannot be loss of fat. It has to be loss of water from the body, and that is not desirable. . . .

Q. Can some popular diets be dangerous?

A. Yes. Some diets will induce weight loss through excessive loss of water or protein.

Good weight loss is the loss of body fat, primarily, with a minimum loss of body protein and without untoward physical or psychological effects. . . .

Q. Why is it that people never seem to tire of trying new diets, new ways of losing weight?

A. There seems to be a public hunger for any easy solution to problems, and weight is one of them. Besides, a new diet is something to talk about; it helps relieve the monotony of existence.

One expert has put it this way: Most obese people don't seek treatment. Of those who do seek treatment, most do not remain in treatment. Of those who lose weight, most do not lose substantial amounts. And of those who lose substantial amounts, most regain the weight they lose.

Q. Then there is no magic diet to lose weight easily—

A. No, absolutely not. This is clearly demonstrated by the fact that the world has seen innumerable diets. They've come and gone.

The problem, as I said, is not diet; it's the person. ***



Drinks for the Sick Child

BEWILDERED, MRS. BAYLON replaced the telephone receiver on its cradle. Dr. Hizon had said, "Victor's temperature of 101° will need watching, but until other symptoms develop, all we can do is wait. Be sure to force his fluids. And call me back this afternoon."

"What did the doctor mean force fluids?" she mused. "How can I persuade Victor to drink when he refuses water and food?"

Mrs. Baylon's plight is not unusual, for forcing fluids on a sick child is a feat that takes some doing. But it is important to a quick recovery from any illness.

What is the reason for this simple treatment? When an acute illness strikes, the fever usually goes up, and of course the skin loses moisture through perspiration. Other organs of excretion become more active, and more fluid must be taken by the patient to keep up the fight. Scientists are not certain why the temperature rises, but they believe that this process aids the body to destroy the harmful germs.

The very young healthy baby is no particular problem as to diet. Usually the doctor will pres-

cribe his entire schedule, including food and water.

As the child grows and develops, he assumes likes and dislikes for certain foods and drinks. These inclinations are pronounced in illness. Hampered by his lack of appetite, he really needs an incentive to drink.

Variety and surprise aid wonderfully in getting a child to drink. Liquid should always be given frequently in small amounts. In planning a liquid diet for your child, try to keep these basic rules in mind:

1. He should drink at least one quart daily—a large amount is desirable.

2. He will more easily tolerate drinks that are neither sweet nor heavy if he is vomiting or nauseated.

3. Follow normal eating tendencies throughout the day. Offer hot drinks in the early morning. Offer warm drinks before naptime and at bedtime, for they promote rest.

4. Because the temperature usually reaches its highest peak in midafternoon, cold drinks give them comfort.

5. Serve cold drinks warm enough and hot drinks cool enough to allow him to drink

immediately.

Unless the doctor gives a specific list of fluids to offer the child, you may give him all kinds of fruit juices, hot or cold milk drinks, soups, simple fruit ices, cracked ice and water.

You would be wise to make a list for the day in order to be sure of variety. The comfort of the patient, cleverness in presenting fluids, and planned surprises help in making a fluid-forcing campaign successful.

You might try the following hints:

1. Set an alarm clock or a timer to ring at one-hour intervals as a signal for the child to drink. The young child has no conception of time, and following the bell usually delights and interests him. It will remind you, too.

2. Offer liquids in small amounts of about four ounces.

3. Use straws, for they make drinking fun.

4. You may substitute soft drink bottles for glasses at times. Any thing that breaks monotony will give the child more interest in the beverages.

5. Tiny toy cups and tea kettles add lots of fun, for the drink can be poured by the child. If you do not have any small utensils, try a tiny glass accompanied by a cream pitcher to use for pouring.

6. Make the child comfortable for eating. If he is confined to bed, you can quickly transform an old cardboard box into an over bed table. With a knife, cut an arch in each side so that it will fit over his legs—then adjust the height for comfort.

7. Keep a detailed account of the amount of fluids consumed as a record to report to the doctor. The task of forcing fluids is a challenge, but it is an indispensable aid in assisting nature to combat disease. Without a doubt, your sick youngster will be more comfortable if he drinks copiously.

AMONG GOD'S MANY gifts to mankind is the gift of sleep. Sleep is the natural restorer of optimism, good humour, and tolerance. What an afternoon nap does for the toddler who is weary, cross, and unreasonable, a good night's sleep does for the adult, so that he awakens in the morning with zest for living.

Many scientific observations have been made on people deprived of sleep. In extreme cases, where there has been no sleep for several days, there apparently is some subtle deterioration of the brain, from which the person may never completely recover. In milder cases there is temporary irritability, poor judgment, and emotional depression.

Much new information about the nature of sleep comes from the examination of electroencephalographic tracings (brain waves) of sleeping people. These tracings indicate that in normal uninterrupted sleep there is a recurring cycle of five phases of sleep experience. In the average case each cycle lasts sixty to ninety minutes, so that a person usually experiences five to eight of these complete cycles during an ordinary night's sleep.

The first four phases of the cycle consist of progressively deeper levels of sleep. In phase one the sleeper can be awakened easily. In phase four his state of unconsciousness is so deep that it is difficult to awaken him. In this fourth phase all bodily activity is moving at a much slower pace than during wakefulness. After the fourth phase, a sleeping person moves into a phase of relatively shallow sleep, in which his eyes move rapidly even though the eyelids are closed. It is during this fifth phase of rapid eye movement that dreaming takes place.

Spontaneous waking up usually comes at the end of phase five. Many times, instead

Guide to

Healthful

Living



SLEEP

of waking up at the end of phase five, a person merely turns over and begins phase one of a new cycle.

After a short sleep the person's reaction to his nap depends on the phase of sleep at the time he awakens. If he was in the first phase (as in a short nap), he feels rested and optimistic when he awakens. If he awakens after the fourth phase (as in a long nap) he probably feels drowsy and morose for many minutes.

Sleep requirement is an individual matter, some people requiring more than others. Eight hours is the accepted average, but if you require more than eight hours you should sleep more.

If your tendency to sleepiness has developed recently, I urge you to see a physician and have him check the possibility of some endocrine disorder.

During periods of stress or of recovery from illness or accident a person needs more sleep than usual. The person who has been working beyond his reasonable limit for many weeks or months or who has carried a heavy load of anxiety usually comes to a letdown experience, during which he demands more sleep than usual while he is replenishing the nervous energy he overspent.

A person's desire for sleep often is influenced by his habits and attitudes. There are some people who use sleepiness as an excuse for getting out of things they do not wish to do.

Some people suppose that

when they have slept all they care to they should feel full of energy the moment they awaken. The fact is that there are many people who awaken slowly and do not feel alert until an hour or so after they have ended their sleep. The best way to know how much sleep you need is not to trust your feelings but to observe the manner in which you are able to carry on your day's activities.

The usual signs of insufficient sleep are mental haziness, forgetfulness, irritability, and depression.

Too often we think of sleep as being like an anaesthetic that causes us to lose consciousness for about eight hours. We are thinking in reverse when we consider sleep to be some active influence that knocks a person out.

Wakefulness, not sleep, is the active force in our experience. Nervous energy is required to keep us awake, not to cause us to go to sleep. The brain has to be activated by a stream of nervous impulses for a person to remain conscious.

In a normal day the number of impulses that keep the brain active gradually decreases until by late evening there are not enough impulses to maintain consciousness. A person usually aids in this process of stopping the impulses that keep him awake by choosing a quiet room, turning off the light, and reducing his mental activity.

Help Your Child Study

Here are a few suggestions for the insomniac which will be helpful. First, rearrange your evening programme so that you slow down mentally and physically near bedtime. During these two hours prior to bedtime make yourself comfortable in quiet surroundings and engage in some pleasant and mild activity, such as listening to relaxing music or reading something enjoyable but not exciting. This plan will allow your mental processes time to slow down in preparation for sleep. Spend the last half hour before going to bed in a tub bath with the water of neutral temperature.

On getting into bed take a mental inventory of the various muscles of your body, making sure that each group is relaxed and that each part of your body is comfortable. For example, make sure that the muscles of your feet are not under tension to support the blanket. Notice whether the muscles of your legs are completely relaxed, making sure that the full weight of your legs and thighs is borne by the bed rather than by the muscles. Do the same thing with the muscles of your hands, arms, shoulders, and neck.

Once you are in a comfortable position, with all muscles relaxed, allow your thoughts to take whatever course comes naturally. Train yourself to reason that complete relaxation in bed is the equivalent of sleep, so that you do not become concerned though you lie awake for two or three hours.

When morning comes, rise at the usual time whether or not you think you have had a full night's sleep. Thus you establish habit patterns that over a period of a few weeks will enable you to fall asleep when the time comes to go to sleep but that will spare you worry even though for a night or two you may not sleep as many hours as you desire.

IN THESE DAYS of overcrowded schools, underpaid teachers, and retarded reading habits through possibly poor teaching methods, the responsibility of our children's success in school and their mental growth lies with the parents.

The average boy or girl spends 25 hours a week in the classroom for 36 weeks a year, or a total of 900 hours. During the year he spends 3,285 hours in bed. There is a total of 4,475 hours in the year when parents have the major responsibility for a child's learning—a far greater portion of time than the 900 hours he spends in school.

Regardless of the time proportion, the home atmosphere can make or break the learning habits of all but the strongest students. Home is where a child's desire to accomplish a goal can be cultivated. The livelier the interest he takes in his studies, the more he will learn.

Here are a few things you can do to help him.

1. Encourage regular study habits. If your child gets in the habit of studying every day from 3:30 to 5:30 pm., he will not easily be tempted to wander off to some diversion until his homework is done.

2. Give him pride of accomplishment. If his grade report is outstanding, congratulate him. Your praise when deserved can be a tremendous motivating force. If you have a typewriter, let him use it. He will feel important to be operating such a machine.

3. Teach him to concentrate. There is a time for study and a time for play. The two do not mix. Make sure he has a quiet place to study, free from distraction. The sound of playing in the street, music, even the rattling of pans when you prepare dinner in the kitchen, dis-

tract from learning.

4. Study space for the elementary school or high school student is often a problem in the home. The dining or kitchen table is the most frequently used spot, although poor light and bad location amid the main stream of his traffic make them highly undesirable.

The preferred arrangement is a desk in each child's room. If a student's desk is not available, an old table sawed to the proper height or an easily built drop shelf will solve the problem.

Whether the desk is a miniature executive desk or a handmade corner built-in, there are certain standards that should be met. As a guide to the proper size and equipment of children's desks, experts have assembled the following specifications:

Desk tops should be at least 2 by 4 feet in area and 25 to 30 inches from the floor, depending on the size and age of the child. The chair, straight backed, should be high enough to bring his eyes fourteen inches above the desk top.

Don't put his desk in front of a window. The best location is against a wall, with good artificial light provided, for most studying is done at night.

Illumination should get special attention, because of eyestrain danger in growing children. Lamps should be about two feet high, with semidirect lighting, a high-wattage bulb, and a good-sized shade. If a table lamp is used it should be placed to the left, slightly forward from the back of the desk so as not to direct glare into the eyes. Wall lamps should be high enough to make sure the bottom of the shade is at eye level. Student lamps placed in back centre of the desk should be of the long fluorescent tube variety.

by Raymond Schuessler

Avoid a shiny surface on the desk top. Use a large pastel-coloured blotter to reduce glare (and protect the finish). Pens, pencils, erasers, paper and reference books should have special compartments or shelves, to serve orderliness and convenience.

5. Show him how to save time. Proper preparation for study helps to make good use of time. Before sitting down with his homework he should have his pencils sharpened, books all in one place, and light properly adjusted. His dictionary and globe should be right at hand. He should do everything possible to avoid having to get up in the midst of his studying.

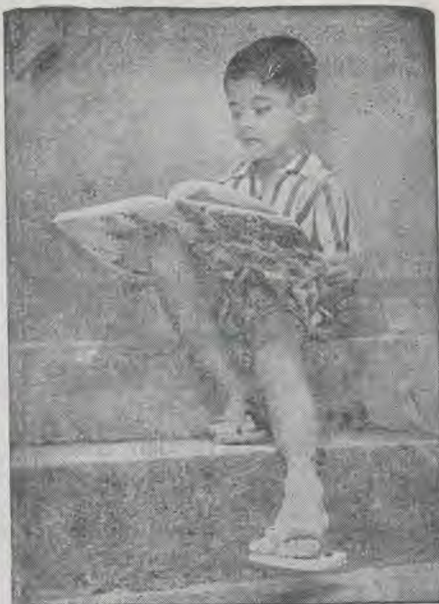
6. Don't help him too much. When you do his homework you don't help him; he needs the practice. Have a chat with the teacher. Cooperate with her. She will be able to advise you on the amount and kind of help you should give. If she asks you not to help in certain subjects, follow her advice.

7. Never force him to study. He won't learn much by merely holding a book in front of his nose, and force may set up a mental block against study that could hinder him for years. Gain his interest and arouse his desire to accomplish.

8. In penmanship lessons encourage him to write with careful spacing and straight lines. In his maths urge him to check his work.

9. Teach him to concentrate on words and sentences after he has the individual letters. Thinking in terms of words and sentences is an aid to correct spelling and good composition.

10. The most receptive time for learning is in the elementary school years. Children between nine and twelve have been equipped with



the basic elements of language, and their ability to learn new concepts and words is keen. Educators agree that no single factor in a child's growth is more important than vocabulary building. It is through words that children learn about life.

A parent can help a child's growing word power in many ways. The most important way is to use words beyond his ordinary vocabulary and be willing to explain and discuss them. Once his natural curiosity is aroused, a single word can open a whole new subject. The rewards are many for a parent who says, "Let's look it up," and is willing to help him explore.

Whenever his questions lead to related subjects, take time to plan a trip to the zoo, a museum, or a firehouse, with each new experience his knowledge grows. Once he realizes he can learn more about his favourite subjects — aeroplanes, snakes, whatever—in books and dictionaries, he needs no prodding to do his own research.

To encourage his learning process at home, parents should have books available that are written for his age. Most families cannot afford large libraries of children's books, but a public library can supply many.

Educators have advised that parents can best help their children's growth by not letting their interest burn too brightly. If you

worry too much out loud about his progress, you may upset him and set back his learning effectiveness. Children learn at different rates. A parent's job is to provide opportunity, not just discipline, not over-protectiveness, and never anxiety.

Parents who exhibit genuine affection and interest in their children's growth, who use no objectionable language in their own speech, and who demonstrate good reading and dictionary habits are leading the way to well-educated and well-adjusted children.

11. Above all, impress on your child the fact that learning is important. Explain to him why it is important and what it will mean to him in the years ahead. If he wants to be an engineer or a businessman, show him how important arithmetic will be to him.

If your daughter insists that marriage will take up her life, explain how she can make a better marriage through education and culture.

Let your youngster know that learning is his responsibility, not yours or the teacher's. Let him know he has a job to do, just as adults have, and that you are interested in seeing how well he does his job.

If you follow these steps carefully and give your child all the friendly help, patience, encouragement, and understanding that only a parent can give, you will be doing as much as any parent possibly could do to help him to better grades and a good adjustment to life. ***

Answers from page 22 puzzle

amble, bounce, bound, dawdle, gallop, gambol, glide, hesitate, hike, hobble, hop, jog, jump, limp, linger, loiter, march, mince, pace, parade, patter, plod, promenade, prowl, race, ramble, reel, roam, rush, saunter, scuff, shamble, shuffle, skip, skulk, slide, slink, slip, slouch, sneak, sprint, stalk, stomp, stride, stroll, strut, stumble, swagger, sway, teeter, tiptoe, toddle, totter, traipse, tramp, tread, trip, troop, trot, trudge, waddle, wander, waver, weave, wobble

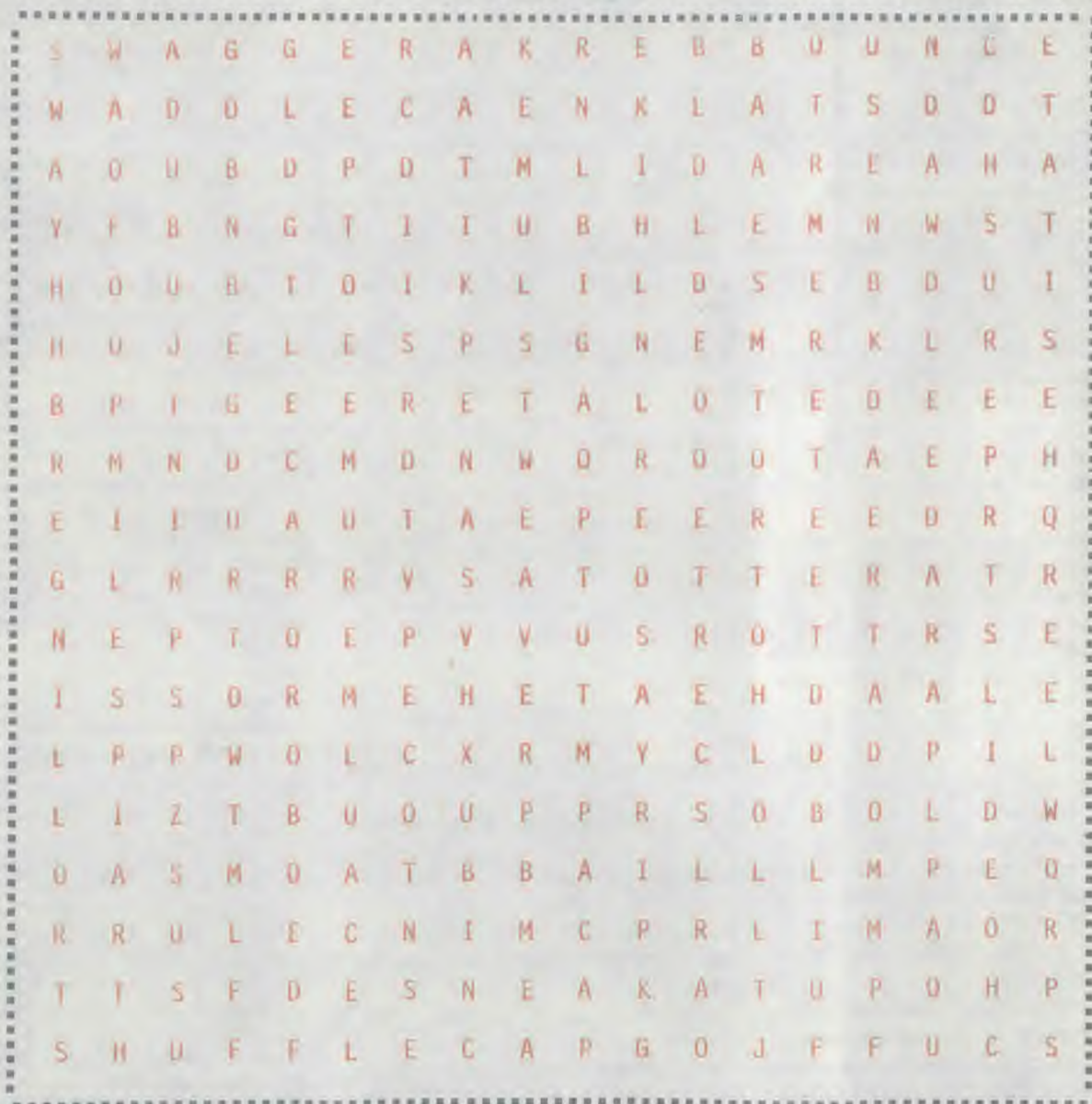


FOR JUNIORS

Ever notice
how people walk?

Hidden among the letters below are at least 65 words describing the various ways that people walk. Words may be read forward, backward, up, down, or diagonally. Draw a line around each word as you find it.

Answers on page 21.



ALCOHOL

A threat to your sexual potential

by Ted Alexander

DRINKING CAN CAUSE sexual impotence. It's as simple as that!

Don't bluff yourself into supposing that beer or an occasional cocktail encourages the sex performance or conception itself. Modern research has established conclusively that alcohol reverses normal physical and mental functions of the human body.

Of concern to all young people contemplating marriage, of every married couple desiring children, as well as those persons considering the possibility of marriage and children in their future, is the effect of alcoholic beverages relative to the sex act and of childbearing itself.

Research teams in government medical centres at Bethesda, Maryland, as well as at Pittsburgh, U.S.A. have made extensive tests that offer conclusive evidence that a man who uses alcoholic beverages of any kind over a considerable length of time, may become hopelessly impotent.

Four different studies conducted at both of these medical centres further indicate that the use of alcohol causes brain damage as well.

According to these medical scientists, drinking seriously affects the pituitary and hypothalamus glands. It is these two glands that enable the testicles to produce sperm, as well as testosterone, the male sex hormone.

From the time of Hippocrates, the father of medicine, alcoholic beverages have been suspect, blamed for the impotent male and the sterile female. In fact, Teutonic tribes dissolved a marriage made fruitless by alcohol. Shakespeare, in two well-known plays, expresses the Elizabethan view toward wine and impotency. Law today follows closely the laws of ancient Rome that permitted a man to divorce himself from a wine-drinking and therefore unproductive wife.

It has been estimated that each year more than a hundred thousand drinkers become alcoholics, with more and more of them women. These same figures indicate that more young people are drinking, in greater quantity, at an earlier age.

The issuance of such facts has caused great

concern among medical men. They point out that alcohol damages the neurogenic reflex, and the damage may become total with prolonged drinking. These young people, the doctors say may be taking themselves for a quick and final ride into sexual impotency.

Dr. Kinsey made extensive findings in the field of sexual impotency. He discovered that many young people were sexually incapable, that most men suffer such impotency on occasion, and that the "occasion" is usually during or after a bout with booze.

Leading medical and psychiatric doctors hold out very little hope for a complete recovery from nerve damage caused by alcohol. Once the nerve centres of any part of the body are damaged, most neurosurgeons seem to agree that repair possibilities are dim. Many of the organs of the body are repairable and can even repair themselves, but not the parts of the nervous system, although outstanding research is being done in this direction.

Masters and Johnson, medical scientists in the field of sexual behaviour, have found that sexual impotence is mostly attributable to alcoholism and drug abuse, as pointed out in their book *Human Sexual Inadequacy*. However, there are some diseases, such as diabetes, that may cause a man to be impotent.

An insurance company in one western country has recently made public the results of extensive research to determine what drinking is doing to modern man. Not only are alcoholic beverages making him impotent, they are killing him!

For example, according to their report, more nonwhite males died from alcoholic liver cirrhosis last year than ever before. A survey of deaths from this disease in those over twenty shows an increase of 48 per cent. The alcohol death rate among white women has increased 55 per cent, while it has leaped to 103 per cent among nonwhite women.

This current increase in drinking by women causes concern in respect to sexual behaviour also. Alcohol may affect the female as much as the male by damaging her natural defenses and inhibitions and attacking her nervous system.

Scientific research concludes that the sexual failure of the alcoholic is not necessarily psychological or brought about by any particular hormone deficiency. Rather, it is directly attributable to a nervous system damaged by the very use of alcoholic beverages.

There appears to be no assured cure at this time for this problem. For the most part, the damage seems permanent. Nor is it likely that sudden abstin-

ence from alcoholic beverages by the drinker will solve the problem.

According to these findings, sexual impotence should not be blamed solely upon any known psychological factors, such as childhood-based inhibitions or other feelings of guilt. Instead, sexual relations can become impossible with the prolonged use of alcohol. ***

Did You Know?

LOSSES OR GAINS in weight can be related to how long and how well you sleep, say two London psychiatrists.

In a recent study of patients suffering from depression, Dr. Edward Stonehill and Dr. A. H. Crisp say they discovered that patients who sleep fitfully for six and a half hours or less and wake before 6:30 a.m. generally lose weight.

Patients who sleep seven and a half hours or more without interruption and awake after 7:30 a.m. usually gain weight.

YOUR PERSONALITY may determine whether or not you get cancer.

We all know people who smoke heavily all their lives and never suffer from lung cancer, yet some nonsmokers contract it at a relatively early age.

Dr. Harold M. Voth, a senior psychiatrist with the Menninger Foundation in Topeka, Kansas (U.S.A.), believes that personality can account for the difference.

Just as high blood pressure, obesity, and high cholesterol combine with the so-called hard-driving A-type personality to make people vulnerable to heart disease, so smoking, air pollution, viruses, and exposure to X rays may combine with a melancholy disposition to make someone more vulnerable to cancer.

"The finding keeps cropping up in the life histories of cancer victims that a significant emotional loss occurred prior to the onset of the disease," Dr. Voth explains. "They lose their parents or spouse, or children that have been close leave home."

What makes losses and grief so much heavier for one person than for others?

Grief gets frozen within them. Then losses later in life reawaken painful memories, and the person is confronted with a double loss.

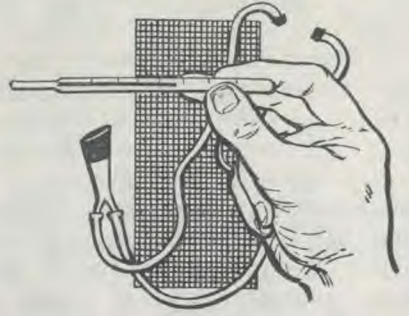
Loss produces depression. Depression has been linked to physical changes such as slowing down of body functions and a lowering of resistance to disease. If a person is exposed to a cancer-producing agent, the effect is greater than if he were not depressed.

WOMEN GET DRUNK more quickly than men, and not just because they're smaller, according to a University of (Norman) Oklahoma psychiatrist and alcohol researcher. Ben Morgan Jones, M.D., told the International Institute on the Prevention and Treatment of Alcoholism that identical amounts of alcohol given over the same time period to men and women of the same weight produced significantly higher levels of alcohol in the women's blood. The standard laboratory drink usually raised men's alcohol levels to .06 per cent, but women showed levels of .075 to .08.

Dr. Jones attributed the difference to the fact that women's bodies have less water per ounce of body weight, allowing for less dilution of alcohol. In addition, women's alcohol tolerance varies with their menstrual cycle: Drinking hits them hardest just before menstruation and mid-cycle. They hold their liquor best during the menstrual period itself, he said.

COFFEE WITH THE CAFFEINE removed may be no more soothing to the ulcer patient than a regular blend, a surprising University of Pennsylvania study has shown. Comparing regular and decaffeinated brands, Sidney Cohen, M.D. of the Philadelphia University and Glenn H. Booth, Jr., M.D., of the General Foods Corporation Technical Centre, found that regular coffee, as expected, increased stomach acid secretion—but so, unexpectedly, did the decaffeinated brand. "Responses to regular coffee and decaffeinated coffee were remarkably similar," investigators wrote in *The New England Journal of Medicine*, but added that acid secretion was lower when caffeine alone was given in amounts equivalent to that in coffee—an indication that some other, unknown ingredient in coffee may be responsible for the ulcer patients' increased acid levels.

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 envelope. Anonymous questions will not be attended to. Address all correspondence to: The Doctor Advises, Post Box 35, Poona 411001.

BURNING SENSATION

I am having a burning sensation of both hands and feet. Can you tell me the cause of this and the remedy.

In most cases, the cause of burning of the hands and feet is due to a lack of vitamin B₁, otherwise known as thiamin. This is a common complaint when white polished rice is largely eaten.

To alleviate this complaint, it may take at least a month if your problem is due to a lack of this vitamin; so a change in your diet will be necessary. Substitute rice with soy and other kinds of beans, dahls and foods containing wheat. Rice polishings are a rich source of vitamin B₁, and you can make your own vitamin brew.

If possible, get the rice polishings from a rice mill. Pour one pint (2 cups) of boiling water over one cup of rice polishings. Let it stand for three hours; strain and bring again to a boil and cool. Flavour with lemon or orange juice and a little salt. Drink a glass of this daily.

Or you can speed up your cure by taking Brewers' Yeast, three or four tablets with each meal.

If your symptoms are not relieved within two or three weeks, it is doubtful that your problem is due to this vitamin deficiency and you should consult a competent doctor for further tests and examination.

CRAMPS

I have been having cramps in my toes and ankles and around my fingers. I am past sixty-five and have been troubled with these cramps for the past year, especially when I do a little extra physical work and when I wake up in the morning.

When cramps like these occur in a person of sixty or thereabouts they are commonly due to the condition of the circulation. Blood vessels frequently become narrowed about this time of life,

reducing the flow of blood to the muscles, and bringing on the cramps.

If the cramps occur at work reduce your muscular activity. If they come during rest, warming or rubbing the cramped portion of the body before going to sleep may help. On awakening at night, repeat the process, thus avoiding further cramps.

NOCTURNAL EMISSIONS

I have a serious problem of frequent discharges, sometimes even 2-3 times a week, and it always takes place at night without my knowledge. As a result, I have become very lean and pale and always feel tired and rundown.

Would it be advisable to get a sterilization? I am a young man 22 years of age and not married as yet. I may get married after about 3-4 years, but then I believe that sterilization operation can also be reversed with another small operation. Kindly advise.

"Night discharges" or nocturnal emission is normal for young men. When old secretions accumulate this is a way to eliminate it and make way for new secretions. The frequency varies from person to person. Up to once or twice a week can be considered normal. If frequency is more, then you will have to be examined by a doctor.

There is a common belief that the discharge of semen weakens a person. This is not always correct. More often weakness comes from worrying.

Sterilization will not stop nocturnal emissions, so do not be foolish enough to rush for this operation since you are young and not married yet. After sterilization there is an operation to reverse it but it is only 50% successful.

The first portion of your urine should be examined. If this is abnormal, then further tests will be necessary.

IS PUNISHMENT NECESSARY?

Please tell me how I may go about helping my four-year-old daughter to overcome selfishness. I have been conscious of this fault in her for some time and have done what I could by punishment and scolding to lead her in the right direction. I am becoming discouraged, however, for it seems that her selfishness becomes worse rather than better. She persists in the attitude that I want the most, I want the best, I want to be first. I am beginning to wonder whether she will ever make a good social adjustment.

Punishment for punishment's sake is not a good policy. A child needs to be taught an entire way of life. He needs to be shown what to do rather than be punished for what he has not done or for what he has done incorrectly. Punishment has its place, but only when matters come to a crisis.

Let us now review the four reasons some parents offer for using punishment and notice how, in each case, punishment may be carried to extreme and may do more harm than good.

1. In using punishment to make the child behaviour-conscious, there is danger of forcing his compliance through fear rather than by the magnetic influence of love. The child who is well-behaved because he is afraid to misbehave is not properly prepared to face adulthood. The motive of fear wears thin as a guide to conduct when a child is out of sight of the parent who threatens him with punishment.

2. Using punishment to guide the child in developing his conscience sounds like a justifiable reason, and punishment may help when used wisely. However, doing so provides a negative rather than a positive influence for the child. Sometimes the negative approach becomes necessary, but under normal circumstances it is more effective to commend and reward the child when his conscience directs him in the right way than to penalize him by punishment when he makes a mistake.

3. Punishment is supposed to teach respect for the rights of others, but if used to excess it may stifle a child's initiative by focusing so much attention on the danger of displeasing people that he fails to undertake the worth-while endeavours that contribute to his success in life.

4. Punishment is purported to instill respect for proper authority. It is important for a child to learn that he cannot succeed in life without being respectful of authority. This understanding has its roots in home life, for the child who learns to respect his parents finds it easy to relate himself properly to authority in other phases of life.

However, the prime reason for respecting authority is not to escape a penalty but to receive a reward. The reason a child should respect his parents is that by so doing he helps make home life a pleasant, satisfying experience. The reason for respecting his teacher at school and her authority, is that this attitude enables her to guide him in his educational progress. The reason for respecting the laws of the land is that this compliance permits citizens to enjoy the advantage of living in orderly communities. The reason for respecting the authority of God is not merely to avoid the penalty for wickedness but, more important, to reap the rewards, both temporal and spiritual, that come out of a person as a consequence of following the pattern of living which God has outlined.

Is punishment necessary? Yes, it is necessary on occasion, when children become indifferent to the direction and guidance their parents provide. More times than not, however, the circumstances that bring parent-child relationships to such a crisis that punishment is indicated reflect more on the parents than on the child. When they fail to make their wishes plain, when they do not set an example worthy of being followed, when they are prompted more by emotion than by reason, children become confused and fall into the kind of conduct that demands some form of punishment.

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medicine today

NEW USE FOR THE LASER

A team working at the Central Stomatological Research Institute are using a quick and absolutely painless method of drilling decayed teeth by laser beam.

The helium-neon device is also used to reveal, in a way that X rays cannot, the blood pattern to the teeth and jaws, and tooth defects which could previously be identified with difficulty or not at all. Another advantage of the laser method is that the gums fill out and heal more quickly than with orthodox dental treatment.

—Soviet News

TREATMENT FOR CIRRHOSIS

When an entire batch of alcoholic rats showed sudden signs of improvement, research scientists at the Addiction Research Foundation in Toronto, Canada, felt sure they had at last found a simple and inexpensive treatment for alcoholic cirrhosis of the liver. Experiments were continued, on monkeys, with the same encouraging results. The Health department approved another series of tests, on human patients.

The treatment involves the use of propylthiouracil (PTU), an antithyroid drug. It dampens a sufferer's liver activity by reducing the amount of thyroid generated as a result of excessive drinking. The research team leader, Dr. Harold Kalant explains that a heavy, constant intake of alcohol causes the liver to increase its metabolic activities in an attempt to cope with it. This leads to cirrhosis damage.

—Life and Health (British)

EQUESTRIAN THERAPY WORKS WONDERS FOR SPASTICS

Riding is acknowledged to be extremely useful therapy for the handicapped and three towns in

Baden-Wurttemberg, Federal Republic of Germany, boast therapeutic stables.

Take a 21-year-old spastic who has been wheelchair-bound since birth. After weekly sessions on horseback, he has taken the first few steps in his life. The boost to self-confidence is what matters most. Therapy cannot start early enough.

—German Features





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