

**FOR DIABETES MELLITUS**

Protein and Fat Portion=One Line Ration

**Protein and Fat Portions** **$7\frac{1}{2}$  gm. Protein and 15 gm. Fat (or 9 gm. Fat)**

|                                                                             |                     |
|-----------------------------------------------------------------------------|---------------------|
| One Egg and Fat $\frac{1}{4}$ oz. ...                                       | (0) oz.             |
| Bacon 1 oz. ...                                                             | (lean only)         |
| Ham 1 oz. and Fat $\frac{1}{4}$ oz. ...                                     | (0) oz.             |
| Kipper $1\frac{1}{4}$ oz. and Fat $\frac{1}{2}$ oz. ...                     | ( $\frac{1}{4}$ ) " |
| Herring 1 oz. and Fat $\frac{1}{2}$ oz. ...                                 | ( $\frac{1}{4}$ ) " |
| Lean Beef or Mutton 1 oz. and Fat $\frac{1}{2}$ oz. ...                     | ( $\frac{1}{4}$ ) " |
| Lean Lamb or Veal 1 oz. and Fat $\frac{1}{2}$ oz. ...                       | ( $\frac{1}{4}$ ) " |
| Lean Pork 1 oz. and Fat $\frac{1}{2}$ oz. ...                               | ( $\frac{1}{4}$ ) " |
| Chicken or Duck 1 oz. and Fat $\frac{1}{2}$ oz. ...                         | ( $\frac{1}{4}$ ) " |
| Tongue (tinned or fresh) 1 oz. and Fat $\frac{1}{4}$ oz. ...                | (0) "               |
| Liver 1 oz. and Fat $\frac{1}{2}$ oz. ...                                   | ( $\frac{1}{4}$ ) " |
| Kidney or Tripe $1\frac{1}{4}$ oz. and Fat $\frac{1}{2}$ oz. ...            | ( $\frac{1}{4}$ ) " |
| Rabbit or Hare $\frac{1}{2}$ oz. and Fat $\frac{1}{2}$ oz. ...              | ( $\frac{1}{4}$ ) " |
| Cheese $\frac{3}{4}$ oz. and Fat $\frac{1}{4}$ oz. ...                      | (0) "               |
| White Fish or Sweetbreads $1\frac{1}{4}$ oz. and Fat $\frac{1}{2}$ oz. ...  | ( $\frac{1}{4}$ ) " |
| Sardines 1 oz. and Fat $\frac{1}{4}$ oz. ...                                | (0) "               |
| Salmon 1 oz. and Fat $\frac{1}{2}$ oz. ...                                  | ( $\frac{1}{4}$ ) " |
| Crab or Lobster $1\frac{1}{2}$ oz. and Fat $\frac{1}{2}$ oz. ...            | ( $\frac{1}{4}$ ) " |
| Pheasant, Grouse, Partridge $\frac{3}{4}$ oz. and Fat $\frac{1}{2}$ oz. ... | ( $\frac{1}{4}$ ) " |

**Fats** are Meat Fats, Suet, Dripping, Butter, Margarine, Olive Oil; Thick Cream in twice the amount stated for other fats.

### **PIONEER TUBERCULOSIS ENQUIRY: INVESTIGATIONS AMONGST JUTE MILL OPERATIVES: DANGER TO CHILDREN IN OVERCROWDED HOUSES**

*By Courtesy of Indian Red Cross Society.*

A pioneer tuberculosis enquiry undertaken by the All India Institute of Hygiene and Public Health, Calcutta, is in progress at the Angus Jute Mills, 23 miles from Calcutta, which employ 5,000 labourers from various parts of India. It is fortunate for the investigation that the mill possesses a good laboratory and a useful X-ray plant.

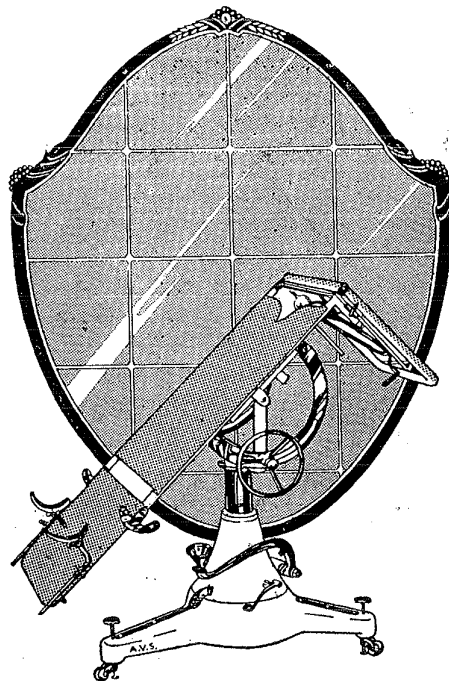
Two hundred and sixty three workers have been selected as samples from various departments of the mill (ten in number) and put to a thorough examination including physical, sputum and blood tests and chest skiagraphy. The previous life of the worker, the details of industrial life with age at entry, duration and nature of work, his financial status, housing and other relative points have been recorded.

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About 1.9 per cent of the workers were labelled as "definite" cases of pulmonary tuberculosis, 5.3 per cent as "possible" cases and 59 per cent as "arrested" or healed lesions.

The "batching", "preparing" and "spinning" departments have been taken up first, and so far 1,360 workers have been tested and examined. Physical findings suggestive of pulmonary tuberculosis have been found in 48 cases. Both exaggerated tuberculosis reaction and suspicious physical findings have been detected in twelve. Bronchitis has been detected in 224, jute-eczema in 126 and catarrh in 49 persons.

#### **Overcrowded Dwellings**

Investigations, including a survey of the house and its surroundings, the social customs and habits, income, general mortality and tuberculosis morbidity and mortality, have been carried out in about 500 dwellings in barracks.

It has been generally noticed that rooms, which have seldom cross ventilation, are overcrowded, general sanitation is bad, and many customs prevail which are likely to favour spread of infection, while the diet is inadequate and badly balanced.

The different processes through which the jute-fibre passes to be finally baled emit a large amount of dust. In order to determine the size and concentration of suspended dust particles, 144 samples from various departments have been examined. A majority of the dust particles were below five microns in size.

#### **Examination of Children**

About 221 children below 15 years have been examined and followed up since last year, bringing the total to 838. Owing to the difficulty of a home survey of scattered houses and of bringing the contacts for X-ray and other investigations and to certain unavoidable difficulties about X-ray service in the hospital, the progress has not been as rapid as was expected.

It is proposed to examine completely 1,000 cases before final deductions are drawn. As soon as the tubercular homes are surveyed, a study will also be made of a certain number of non-tubercular homes, if possible, for purposes of comparison.

In all, 110 tubercular homes, containing 319 children, have been surveyed, of which 94 contained "open" pulmonary tuberculosis cases. Sanitary condition was bad in 56 per cent of the houses, and 39 per cent of the houses were one-room tenements. About 49 per cent of the houses contained inmates with a low economic status, the average monthly income per head being less than five rupees. Nearly 56.7 per cent of the contact children lived in houses with bad hygienic conditions and 36.6 per cent in one-room tenements.

Out of 319 children, 196 slept in the same room with the patient who was the source of contagion. As the majority of cases belonged to the poor classes, no significant correlation could be found between the incidence of infection, morbidity rate and economic status.

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