

There was no perineal tear and no post-partum bleeding. The weight of the babies were:—

1st Female	...	...	4lbs, 4 ozs.
2nd Male	...	...	4 „ 2 „
3rd Male	...	...	4 „ 0 „

All are alive and doing very well.

The mother complained of very severe after-pains for which drugs were necessary for the first 36 hours after delivery. She has a slight rise of temperature in the evenings to about 101° —but the pulse rate is keeping steady at 90 and 92 per minute. The babies are all being fed on breast-milk, the bulk of which is gladly contributed by the other patients in the ward, all of which are intensely interested in the welfare of "Mary, Peter and Paul".

Ponnamma is the third wife of her husband who is a gardener by trade. There are 6 children belonging to the first and second wives and the arrival of the triplets made four for Ponnamma—in all a family of ten.

D. CHADWICK.

DIETETICS

Protein and the Indian Diet

The diet on which India largely subsists is made up of cereals, dhal, ghee, vegetables and possibly fruit at certain seasons. The more fortunate children and adults have milk and some form of milk products in addition.

On such a dietary the source of protein is from the vegetable kingdom almost entirely, except where milk is added.

All protein foods are not of equal value for structural and repair requirements. The nutritional value of a protein food depends upon the number of amino-acids it contains in its composition. A complete protein which meets all nutritional needs consists of eighteen amino-acids.

In considering protein as related to the Indian diet, let us recall that protein, to fully meet the structural needs of the body, must consist of the full complement of amino-acids as these are the units of which protein is built. It may be of animal or vegetable origin, the essential matter being that whatever source of protein is preferred it must be of the complete variety containing all of the amino-acids, and if it contains less than eighteen, it is classed as incomplete protein.

Proteins are found in milk, curds, cheese, eggs, green leafy vegetables, sprouting seeds and meats. All other foods, so far as India is concerned, contain less than eighteen amino-acids and are, therefore, incomplete proteins.

One of the biggest problems of the Indian dietary is that very often it lacks in complete protein, and therefore results in physical and mental deficiencies. A child fed on a diet providing only incomplete protein foods as,—atta flour, rice, dhal, gram, potatoes, and other tuber vegetables, sweets, ghee, vegetable oils,

will be poorly developed in both body and mind, lack vigour, and become an easy prey to lung trouble and other infectious diseases. An adult deprived of suitable protein is like a house going into decay for want of necessary repairs. There will be a progressive lowering of fitness. This picture, both as to child and adult life in India, is far too familiar.

To alter such a condition or to prevent its development the one essential factor is to provide a complete protein, or to convert an incomplete protein ration into a complete and suitable protein nutrition.

This can be done without altering the general nature of the diet, by adding a sufficient quantity of milk, or by adding green leafy vegetables. Under circumstances where milk cannot be included it is well to know that green leafy vegetables added to an ordinary diet will add the necessary amino-acids to make a complete protein out of an otherwise quite incomplete protein ration. However, milk and green leafy vegetables together are the saving protein factors in the dietary of India. These need to be far more freely provided and used.

McCarrison says:—"A diet consisting of any staple grain with milk, milk products and green leafy vegetables contains not only the right kind and amount of proteins but everything else the body needs for health, strength and well being."

The chief factor in balancing an Indian diet is providing milk and green leafy vegetables. With these added, it matters not what the other staple articles may be—wheat, rice, maize, or barley. This offers an easier solution to a difficult problem.

H. C. MENKEL, M. D.,
Simla.

Spin Cheerfully

Spin cheerfully,
Not tearfully,
Though wearily you plod;
Spin carefully,
Spin prayerfully
But leave the thread with God.

The shuttles of His purpose move
To carry out His own design;
Seek not too soon to disapprove
His work, nor yet assign
Dark motives when with silent dread
You view each sombre fold;
For lo, within each darker thread
There twines a thread of gold.

Spin cheerfully,
Not tearfully,
He knows the way you plod;
Spin carefully,
Spin prayerfully
But leave the thread with God.