

rarefied air contains, comparatively less oxygen, the intake of oxygen with the inspiration and the output of CO₂ with the expiration is also lessened. This diminished excretion of carbonaceous products is compensated by the increased functional activity of the liver, skin, bowels, and spleen. On the whole the general effect is that of diminished vital activity: the heart is weakened with slowing of the pulse, digestion is impaired, appetite lessened, and nutrition interfered with, as evidenced by loss of weight and diminished bodily activity. Apart from diseases, caused by parasites, microbes, and other unhealthy conditions, nervous disorders and internal congestion may be traced to the climatic conditions of the tropics: thus, the effect of heat on the system may be either direct or indirect. Directly it may cause diseases like sunstroke or fever, or may interfere with or suspend some of the most important and natural functions of the body. Indirectly it may produce heat, syncope, or asphyxia, deterioration of the blood and congestive disorders affecting the liver and bowels.

Effects of cold on health—The effects of cold are opposite to that of heat, whatever may be the temperature or thermometric readings, cold and its ill-effects are not uncommon in India. The cold season in Calcutta is very pleasant and invigorating to those enjoying sound health, but to many, at least at its beginning, it gives rise to chill and internal congestion, of all the vicissitudes to which the climate of India is liable, none interfere with health so seriously as the rapid transition of its temperature do. The common ill-effects of the sudden transition of temperature are acute hepatitis, colics, acute diarrhoea, or dysentery. When a person in the hot season leaves the plains for the hills, when the ascent is sudden, a rise of a few hundred feet accelerates the heart's action, checks perspiration, and causes profuse diuresis, or he may get a sharp attack of diarrhoea indicating that the liver and intestinal mucous membranes are acting vicariously for the skin.

EXERCISE.

Taken from "A Treatise on Hygiene and Public Health, p. 241. by B. N. Ghosh, F.R.F.P.S. (Glasg.) and J. L. Das, L.M.S. (Cal. Univ.).

THE necessity of exercise for the preservation of health cannot be over-estimated, yet perhaps few realise the importance of the changes it involves. Exercise is essential for the different organs of the body to work easily and effectively. It is also necessary to excite the demand for oxygen required for utilization of food and to promote the repair and formation of tissues. It is extremely important for old age not to lapse into habits of inactivity; there is the temptation of a man well on in years to give up walking to a great extent, to ride in carriages and to sit in the house a great deal. What has been learnt about the heart in recent years shows very clearly that unless it gets a certain definite amount of exercise it does not do its work as well as it otherwise would. According to Parkes a man takes about 8½ ounces more of oxygen on a "work day" than on a "rest day." Exercise should

therefore be taken in the open air to allow a free supply of oxygen for the demands of nature. Physiological exercises are useful in the following ways* :—

- (1) To develop the weakly and the overgrown.
- (2) To restore those convalescent, whether generally as from illness, or locally as from injury.
- (3) To correct during youth various deformities.
- (4) To relieve certain conditions—as debility and obesity.
- (5) To relieve local conditions after certain lung diseases.
- (6) To preserve the healthy tone of the body of those who by necessity or habit, virtue or vice, cannot do so in their ordinary life.
- (7) To enable the body to counteract the baneful effects of educational efforts focussed on the mind.
- (8) As an educational measure for the mentally deficient.

WOMEN IN COUNCIL.

WORLD'S PROBLEMS DISCUSSED.

ONCE every five years the International Council of Women has a general conference, but twice in the intervening period there is a smaller conference of the Executive Committee and the ten standing International Committees, and it is such a smaller Conference which has just taken place at The Hague. Even in ordinary circumstances a greater interest attaches to the smaller number, because "Everybody is somebody!" That may not be strictly true, but much interest and curiosity has been excited as to the achievements and history of the hundred and fifty women who crowded the rooms of the Vrouwen Club Gebouw, in the Vyverberg, during the past week.

There were women members of the parliaments of their respective countries, from Norway, Germany, and Denmark; London County Councillors and candidates for Parliament from Great Britain; women nominated to Committees of the League of Nations, writers like Johanna Naber, President of the Dutch National Council of Women and Helene Vacaresco from Rumania; women known in their own countries and far outside for work for other women, like Mdme. Avril de St. Croix; educationists from places as far apart as Smyrna and Switzerland, Finland and South Africa. It is typical of the high level of intelligence and education that in such a gathering, with its three official languages, where every one must speak either French, German or English, and may speak any one of the three, it is seldom necessary to ask for interpretation. Sometimes there is misunderstanding, and then to best linguist present clears up the difficulty, but as a rule, that is unnecessary.

One Committee at which I was present, says a correspondent of *The Times*, was a lesson on the management of international business. Some

* Albrett's *System of Medicine*, vol. I.