

"My people cannot stand the expense if I 'loaf' at home; they cannot stand the expense of my taking treatment that would cure me. They cannot afford to let me die.

"I must work to live; and if I work I die.

"For God's sake, Gentlemen, what am I to do?"

MORAL DRAWN FROM THE ABOVE.

"What did you do? He's dead now; his family is infected from him; some of his comrades at work are infected too; certainly one or more persons will follow him down that same sunless path of suffering, poverty and death, because he died—neglected.

"What will you do about others still living? Nothing, as you did about him? No. This thing must stop; stop it now."

INSULIN.

As long ago as 1889, it was shown experimentally that diabetic symptom followed extirpation of the pancreas in the dog. Later work indicated that these symptoms were due to the absence of an internal secretion, necessary for normal carbohydrate metabolism, which is constantly secreted into the blood of the healthy subject, and that this secretion appears to be produced by the collections of specialised tissue contained in the pancreas and known as the Islets of Langerhans. As a result it is now very generally accepted that diabetes mellitus arises from a degenerative condition of these islets, with a consequent deficiency of their secretions, and many attempts have been made to isolate the active principle concerned, with a view to its employment in the treatment of diabetes.

In 1922 it was announced that workers in the University of Toronto had succeeded in producing a preparation containing this active principle—to which the name Insulin was given—in a form suitable for therapeutic use, and that satisfactory results had followed its injection in cases of diabetes mellitus. The aim of the Insulin treatment is to supply the patient with sufficient of the active principle to make up for the deficiency of his natural supply, and so to enable him to metabolise an adequate quantity of carbohydrates. Control of the manufacture of Insulin in the British Isles is vested in the British Medical Research Council. By them a licence for its preparation has been granted to Burroughs Wellcome & Co., who now supply Insulin of their own manufacture under the "Wellcome" Brand.

CHILDREN AND LIFE.

BY DR. R. MACDONALD LADELL.

Health.

"Baby is too young to notice" is a dangerous formula which should never be heard.

Baby is never too young to notice. Long before he can ask questions he is absorbing impressions and turning things over in his little brain. He is constructing for himself an imaginary world from his own limited standpoint. Later on he will have to adjust his impressions to correspond with reality. In this process he will ask questions, some of which will be answered, others

ignored, or replied to by fables. Take care what you reply to the little chap. The measure of his success in after life will depend upon the extent to which he has succeeded in adapting all his instincts to the world of reality. If you place barriers in the path of his striving after knowledge you drive him back on himself. The things he wants to know and the ideas he connects with it form, as it were, an undeveloped patch at the back of his mind.

You think that the knowledge which comes in after life will cure this, but it does not always. If the barrier which he has built round this patch in his mind is sufficiently strong, then he becomes unable to see things as they are. Later knowledge seems to him the fantasy and his childish imaginings have for him the force of reality, so that at any crisis in his life he will be guided by his deep unconscious feelings rather than by the light of consciously acquired knowledge.

A further important point in the training of the child is to remember the influence of suggestion. Suggestion in this connection means not only the spoken word, but the effect on the child of the social atmosphere. Children are extraordinarily sensitive to environment, and a display of bad temper on the part of the elders has a markedly deleterious effect on the growing mind. This is one of the reasons why children of alcoholic parentage are particularly liable to the development of nervous disorders in after life.

Over-anxiety may result in wrong suggestion. To say to a child, "You won't be afraid to sleep in the dark, will you?" suggests to the child that he ought to be afraid, and afraid he is accordingly.

"I wonder if the train journey will make James ill," says the mother, and James, overhearing this, will not forget so favourable an opportunity of drawing attention to himself. A child always aims at being the centre of attraction, and if the refusal of a certain kind of food, or a rebellious attitude of any kind, results in fussy coaxings, he will certainly try and repeat the situation.

A matter-of-fact attitude which takes everything for granted and ignores every attempt to break the routine is the best one to adopt. Much harm is caused in after life by excessive emotional reaction on the part of the guardians towards certain bad habits which almost every child indulges in at some time. A natural instinct leads children to find pleasure in their own bodies, and this should be dealt with with the same evenness of rebuke which is used to inculcate correct habits of feeding and similar things. Over-emphasis on the part of the parent or nurse will lead to a furtive repetition of the act accompanied by a morbid sense of wrong-doing. Mental analysis is constantly showing the immense part played by this latter attitude in laying the foundations of future neuroses. The result may be a nervousness and hesitancy which shows itself in all his dealings, or he may adapt himself well until some extra stress brings about a nervous breakdown. Such undeveloped patches, or complexes, are particularly liable to occur in connection with the subjects of birth and death, but once formed they are liable to react upon every phase of social life.

The remedy is to answer your child's questions frankly, but not necessarily fully. Tell him what he wants to know and he will be content and cease to occupy his mind with such wonderings.

Some scientists hold that fairy stories should be banished from the nursery. This is very questionable. The child's imagination must have food; his mind will not grow on a diet of facts. He will easily learn to distinguish between life as it is and life as depicted between the covers of his fairy tale book, provided the adults take care themselves to keep the two worlds apart. To meet his demand for facts by fables is to lay the seeds of future trouble. At the best it shakes his confidence in adult infallibility, and only too often it may prove the starting-point of nervous instability.

HEALTH VISITORS' LEAGUE PAGE.

DEAR FELLOW MEMBERS,

I hear from Miss Olliver that she has started a Baby Welcome at Titaghar and that she has a good attendance. The mothers are interested and bring their babies, so it should very soon increase.

Miss Olliver is attached to the Titaghar Jute Mills and has scope for splendid work. This is a new venture and on its success depends the future of the Health Visitor in industrial concerns.

Every mill and factory, where women are employed, should have a Health Visitor or Welfare Supervisor to look after the women; they do not care to go to a dispensary where a man doctor is in charge, but if there is a Health Visitor, they will go to her.

There is room for a good deal of preventive work in mills and factories, the Health Visitor would see that the women obtained medical advice when necessary and slight ailments would be attended to; in this way long illnesses would be prevented. This would improve the efficiency of the workers.

A crèche should be opened in every factory for the little children, where they could be looked after in suitable surroundings while their mothers were at work. We hope that in the future, the Health Visitor and the crèche will be as much a part of the mills as the machinery.

Mrs. Duncan-White writes as follows from Gulzarbagh:—

"In the June magazine we were invited to mention our difficulties and trials, for many reasons. So I will say a little about the 'Trades Union,' if I may call it so, of the dais in Patna.

"All the dais belong to the Chamar caste and the dai is called the 'Chamarin.' All mohallas are divided up among the dais; three or four to each mohalla. Every dai has her 'turn' for a case, should she be out, the next in turn takes her place and has to hand over the fees to the one whose