

# IN-NAHLA

T A

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BIEX TGHALLEM U TIDDEFENDI IL POPLU.

Omne tulit punctum qui miscuit utile dulci.

Gieba zewg dac li gharaf hallat il helu mal mehtieg.

IL POETA LATIN ORAZIU.

189 (10)

IR-RABA SENA

SOLD BISS

DIRETTUR-PROPRIETARIU  
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ABBONAW ghand il Prof. Levanzin, f'Unione Tipografica Maltese, 28, Str. Cristoforo u fil Libreria Tritiens, Str. Reale, il Belt.  
HLAS—Erba xelini cull tnejn u hamsin numru; zewg xelin cull sitta u għaxrin numru; xelin cull tlittax in-numru, bil kud diem, posta berrania. Tistghu tibaghta bhala hlas bolli tat-tlieta

### IT-TE' U IL CAFE'

Dan l'ahhar ircevejt xi tuzzana ittri fuk it-tè u il caffè biex icunu yafu yecc yamlux hsara fis-sahha yewle. Yena gia ghibt xi haga fuk dan f'numru tan-NAHLA ma ilux izda billi l'articolu chien quasi collu bl'inglis dawc li yakraw bil malti biss ma fehmuhx u dawc li yafu yakraw bl'inglis actarx ma fehmuhx sewwa billi chien mictub b'mod tecnicu u xientificu hafna.

Alecc yena illum seyer nicteb xi hag'a actar ciara u semplici u bil malti mux tecnicu chemm yista yecn halli il karreya tighi yitallmu xi hag'a ta feyda fuk dana is-soggett tant important as-sahha u al but ucoll.

Yena ma irridx li tahsbu li yena fanaticu fuk dina l'affari tal ichel u tax-xorb, le, izda wara li yena tait il biccia il cbira ta hayti 'almenu al l'ahhar oxrin sena nistudia din il question tad-dieta biex tghallim xi hag'a sewwa fuka bl'esperienza u minn and l'ahyar auturi, yena ma nistax nirraccomandacom li tusaw it-tè u il caffè meta yena convint tassew li it-tneyn uma hziema hafna as-sahha.

Yena hrig't in-NAHLA mux biex namel hafna hbieb billi nincoraggiom fid-drawiet hziema tahhom u billi nirded bil chitba tighi il kerk u is-sanghisughiar tahhom minn fuk dahar il poplu, le, izda biex nghallem il verita' chif nafa u chif naraha meggyun mid-dawl ta snin twal ta studiu u ta pratica u ucoll minn hafna dietologisti akwa minni u ta cull nazioni civilizzata.

Nixtiek hafna li chemm il bniedem awn fid-dinya yecn habib tighi u tal kalb, nixtiek li cull ma tieclu u cull ma tixorbu u cull ma tamlu u cull ma tghidu nista nfahru u nirraccomandah halli ma toboghdunix u idduru contra tighi billi yen il habib li tassew ihobbcom u dac li ma giex awn hlief biex yamilcom il gid mil ahjar li yista u yaf; izda gia la darba scond il fehma mux biss tighi izda tal ahjar imhuh tad-dinya il biccia il cbira ta dac li tieclu, li tixorbu, li tamlu i hazina ma inix seyer. a qualunque sacrificiu dolorus chemm u, inkarrak u nidhak bicom biex nacquista il popolarita' ta min ma yafx bizzeyed u biex nirdghilcom fluscom bl'ingann u biz-zeghil.

Le, il mission tighi i wisk diversa minn tas-sanghisughi karrexin u minn ta dawc li yindehsu magh-

com u ymellsucom u yincoraggiucom fid-drawiet hziema taghcom al finiet egoistici tahhom u biex verdghulcom demmcom actar facilment. Yena geyt inxerred il chelma tal verita' u tal hakk, u yecc dira iz-zerrigha issib hafna blat illum u ma tinbetx coll'a, nitma li l'awn u l'emm issib rokgha xghira izda ta hamria tayba biex tinbet u ixerred ftit zerrigha tayba az-zminiet li geya li ser icunu wisk actar kliel u horox minn taghna.

Cull min fid-dinya approva yamel il gid tassew u yxerred il veru dawl deyem l'ewel chien wahdu u ipperseguitat minn cullhadd billi mar contra il current tal cotra u contra id-drawiet hziema tal generazion li ghix fiha, izda wara li ciarcjar demmu yew katta omru il habs li spiritu tighu inspira il xi ftit li yimxu fuk il passi tighu sa ma id-dawl aleb id-dlam, u is-sewwa aleb il kerk, u ic-civilizzazion taghna mil barbarismu primitiv, selvagg' u crudil, waslet fis-semi-barbarismu tal lum.

Mela cull pass il kuddiem deyem sar billi iz-zarbun ghodos f'ghadira demm u billi xi wihed minn dawc li "Mgienen" Sublimi li taw hayitcm u cull ma chellom al umanita' ippreferixxa il forza u il huggieg'a tan-nar f'loc is-siggju tal bellus u it-tnellis karrieki tal mibiyuh u tal iniorant.

Dil priedca emm bzonna anche biex nitchellmu fuk it-te u il caffè, billi xeyn ma yiswa yecc infehimcom yecc umiex taybin yew hziema as-sahha yecc ma ycollcomx bizzeyed fiducia fia biex temmnuni u biex tamlu al gid taghcom stess dac li mwiddibcom.

Wihed aref hafna darba kal li l'infern u icciangat bl'intenzioni taybin; u alecc, fid-dinya xeyn ma yiswa li nitallmu hafna hweyeg' sbih u ta feyda yecc ma namluomx. Il haya ma tintisegx bil cliem u bl'idei izda bil fatti, bil amel; u l'idei ma yservux hlief bhala pianta u bhala stimolu all azioni coll'a taghna.

Xtakt li chelli wisa bizzeyed biex naticom miet ta opinioni tal akwa xienziati tad-dinya contra it-tè u il caffè izda li spaziu tan-NAHLA u limitat wisk ad li ked nittef hafna flus billi ma inix ked incahal avvisi bhal ma tant talbuni. Chiecu il Maltin apprezzawha bizzeyed u ghinuni biex nohrog'a cull yum chif xtakt yena, chiecu chien icollna hafna wisa actar at-tghallim ta feyda, izda... il poplu malti yippreferixxi ix-xechic chiesah u indigest u

il hmeriet tal ghayura u ta makrusin, u max-xewkat tal poplu ma tistax teħoda chif gie gie ax deyem idur b'rasc.

Biss irrid nassicuracom li fost chemm cotba u rivisti tax-xienza li yena krayt fl'ahhar hamsa u erbghin sena u bis-sitt lingui li naf tayeb, yena katt ma krayt articolu wihed biss li fahhar l'usu tat-tè u tal caffè yew irracomandahom seriamment, hlief minn xi wihed li ybihom yew tant marid u iddegenerat li ma yistax yaktahom billi yusahom bhala *dope*, bhala velenu, bhal droga biex yifrosta in-nervi sfiniti tighu.

It-tè u wisk aghar mil caffè billi mux biss fih dawc il hweyeg' dannusi coll'a li fih il caffè izda ohrayn ucoll, specialment meta it-tè tghalluh al zmien twil sa ysir carc hafna bhal ma yixorbuh x'uhud.

Tant it-tè chemm ucoll il caffè fihom hafna acidu uricu, dac il mishut acidu li yohlok ir-reumatismu, il gotta (podagra), l'artrite (inflammazion tal articolazioni specialment ta li rcoppa u tal ghaksiet tas-swaba), tan-nevralgia, u ta tant mardiet ohra dolorosi. Alecc u sball chir al min ibati b'dawn il mardiet li yusa tè yew caffè f'loc tazza cieweyra bil halib tal moghza, billi ic-cieweyra mux biss ma fihex dan l'acidu uricu li yamel tant hsara fil gisem u fil but ucoll billi tridu thallsu hafna contiet yebsin lit-tobba u lil li spiziaru biex ticcuraw il mardiet li yitnisslu minnu, izda fiha ucoll hafna elementi li yamlu il gid, specialment il potassiu li u alcalin, u alecc isaffi id-demm billi yirneutralizza l'acidità dannusa tighu.

It-tè fih quasi id-dcippiu acidu ta uricu milli fih il caffè, ad li dana f'Malta ma yfisser quasi xeyn billi ftit awn fostna min yixrob it-tè u min yixorbu generalment yixorbu hafif, izda quasi cullhadd yixrob hafna caffè cull yum u quasi cullhadd ihobbu carc chemm yista yean biex actar ihoss l'effett ta li stimolu tighu.

Izda il hag'a li l'actar tamel hsara as-sahha fil caffè u fit-tè uma l'"alcaloidi", il veleni li fion: il "cafeina" fil caffè u it-"teina" fit-tè. Dawna uma zewg' veleni mil aghar specialment tal muscolu tal kalb, u alecc min andu kalbu deboli u magtura meta yehu chiccra caffè carc ihossa tirfdu billi tistimola il muscolu tal kalb u is-sistem nervus halli yiddefendu rthhom minnu u die l'energya coll'a li tintilef f'din ir-reazion dannusa min yixrob il caffè yahsiba sahha yew gid.

L'istess inghid mit-"teina" tat-tè, u mit-"teobromina" tal cacao; uma coll'a veleni sottili, coll'a dakkiet ta siek u ta frosta lill gisem deboli u maghtur biex yistimolawh bhal ma yamel l'alcool ghad li dawna il hafna stimoli dannusi yesawrixxu is-sistem nervus f'loc li yamlulu gid.

It-tè fih ucoll hafna acidu tannicu, dac l'istess acidu li bih yicconzaw il g'rud, u alecc billi u astringent igharrak il hniec billi yixrobom u b'ecce is-snien yinchixfu actar u yidru itwal u billi ygharrak il mucosa, il gilda fina li ticsi li stoncu u b'ecce tibda l'indigestion sa tasal fil cancru yew fl'ulcera ta li stoncu.

Tant fil caffè, chemm fit-tè chemm ucoll fil cacao u fic-cioccolata mux biss ma emm l'ebda nutriment, l'ebda sostanza li tibni li gisem yew li tista tamel xi gid lid-demm yew lin-nervi izda uma coll'a hela ta flus biex tixtri veleni kawia ad li sottili biex tgharrak sahhtec u tirvina il but.

Iz-zoccor li thallat mahhom u dannus hafna ucoll billi yzid l'acidità tad-demm mal acidu uricu li fion il caffè, it-tè, u il cacao ad li mux daks l'ewel tneyn, specialment yecc icun zoccor tal bitravi u mux tal cannamiela.

Il ftit halib li izzidu mahhom, fil hanut tal caffè yean imgholli u alecc irvinat u bil vitamini mekruda u alecc mil caffè, mit-tè u mil cacao collu li tixorbu u mic-cioccolata li tieclu ma iddahhlux f'gisimcom hlief hafna veleni, hafna stimolanti, hafna edewa ta ruhcom, ta gisimcom u ta butcom il ma yamlulcomx hlief hafna hsara u l'ebda katra gid.

Izda x'yiswa li ncomplu il priedca? Xeyn! "Che vale il predicar se il popolo è sordo!" X'yiswa li wihed yipredica yecc il populu u trux! kal darba predicatur famus. U ecc u. Dawc coll'a li yakraw din it-tbezbiza naf sgur li l'ewel darba li yiltaku mighi fil caffè feyn nidhol nixrob il limonata gasosa tighi ax ma nsib xeyn ahyar yoffruli nixrob caffè mahhom u uma yixorbu tahhom kud-diemi bli sfacciatagini coll'a u bosta drabi yegghluni biex ma nohrog'x ta *piacer*, ta hanzir, inhallasulom ucoll.

Biex tifdi populu rail ghama u mil yasar ta seculi

tad-drawiet hzienu tighu trid altru mirn nigghieza tax-xewca tan-NAHLA ta Levanzin così detto il Fanaticu u il Mig'nun. L'americanati tighi certament ma umiex bizzeyed biex yix-shock-yaw u ybeghdu il Maltin mid-drawiet hzienu u dannusi tahhom ad li f'paisi ohra, actar imdawlin u iccivilizzati minn taghna gew apprezzati hafna u amlu bosta gid.

Imma xi trid tamel? Il giornalismo sincier u al veru gid tal poplu u bhal die il marda chera tad-"dipsomania" (eccess tal alcool) li biha wihed mux cuntent kabel yisvoita flixcun whisky u yidgherbeb it-tarag', u yamel gundalla meta ma yfarracx rasu, u li yibbocsia il fanal u il cantuniera u yasal id-dar fuk catalett yew l'ambrazzetta mal poliziott. Ahna niscru cull yum bl'idei li namlu il gid u li nsalvaw l'umanità mil vizi tahha u alecc namlu hafna gundalli u il polizia tiehu hsiebna cull tant ucoll b'xi libell.

## IL MEETINGS FIL BERAH

(Icomplu minn-numru 188)

Fil Meeting tal Hamrun tchellimt fuk il Progett Ebeyer u il Haddiem u specialment fuk il bzonn chir li awn li yitkankal ftit tax-xoghol sewwa halli yinhyew daksxeyn dawc coll'a li uma kieghdin.

Fil Piazza San Paul nefah rih ecc chiesah u ng'azzat li gherrex hafna nies, izda a dispett ta dana u tal meeting li amel contra tighi il Labor f'Rahal G'did chien emm rokgha nies g'miela u li tghodd hafna, billi, barra minn eccezion ta ftit li gew apposta biex ifixclu il Conferenza, chieniu coll'a haddiema intelligenti u serii tassew li gew biex yitghallmu u yifmu ahyar il questioni tal pais u tal classi tahhom u mux biex iservu ta *scabs* ta shabom u yifxlulom il veru gid tahhom yew al fanatismu yew al vili interest.

Yena fehimtom ciar li tighi ma chienetx question li irrid nihi il Progett Ebeyer minn taht ideyn il Labor u lankas li ridt immexxih yena izda biss li ridt namel zewg' hweyeg' al gid tal haddiem u tal fkir, li inchesches il Labor halli ma yorkodx actar fuk il Progett u li yapproffita ruhu mil posizion favorevoli u eccezional li andu halli yinfluenza il Gvern biex yamel dac collu li emm bzonn halli yitkankal ix-xoghol, u biex para nistax inghel il Ebeyer li yuri publicament il Progett x'inu halli cullhadd icun yaf yecc ux tayeb yew le, u biex ma yicleb actar al hamsa fil mia li tant hambak aliom, halli il progett, yecc tayeb, ighaddi actar malayr u bla tfixchil il kuddiem.

U ballec, irnexxieli nottieni, f'kasir zmien, dac li ctibt u hambakt alih. Billi il Labor tkankal bix-xewca tan-NAHLA il Gvern tchellem fuk dal progett u ariena ciar li u holma yecc mux hrafa li ghad li sabiha ma tistax issir facilment u li ma andiex issir chif gie u lahak billi, ghad li tassew tkankal ix-xoghol, teun lussu al pais u ma emmx flus bizzeyed aliha. Rayna ucoll li il condizioni li kighed il Gvern lil Ebeyer uma giusti hafna u li Ebeyer yehtieg'lu yokod aliom yecc irid li il Gvern ighinu chif yixtiek u ilu yitlob hafna.

Nistageb bil Commision tal Labor li dan collu ma ratux u ma icconsideratux kabel u biss fahhret il progett u irraccomandatu hafna, ad li naf ben tayeb li x'uhud mil membri tal Labor, bhal ma u it-Tabib Boffa, intebhu li ma ux il hag'a tal ghageb li cullhadd haseb ad li ma nakbelx mighu meta kal li u hmeria aliex bhala holma il progett andu hafna punti sbih.

Yena mux tassew li ridt narresta il hadd fil meeting ax staksa xi domandi. Yena gey mil America u nirrispetta hafna il liberta ta cullhadd; izda xi partiti baghtu apposta il min ifixchel u dana ma staytx nippermettih al zmien twil u tlabt biss l'ispettur Borg li ysiectu. Dan dehirlu li andu ywarribu ucoll fost id-dahk u iz-zuffiett ta cullhadd li yena bdeyt biex nihdu ftit bic-ciait chif chien hakku. Fil conferenzi hadd ma ghandu id-dritt yit-terrompi u il mistoksiet andom isiru wara li yispic'ca il conferenzier.

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Fil meeting ta Rahal G'did yena quasi ghidt li stess ad li tchellimt actar fit-tul fuk il condizion tal pais u specialment tal poplu. Awn ucoll xi hadd baghat il min

ichesches u ifixchel u yiddispiacini li chienu haddiema u ma fehmu li dac li cont ked inghid u namel chien collu al gid tahhom u mux contra tahhom yew contra il partit tahhom.

Il poplu andu yifem darba al deyem li il persuni ma yiformawx il partit izda il principii u il programm biss, u li f'coll partit emm persuni li dakka yamlu it-tayeb u dakk'ohra il hazin u alecc ma andniex nehduom b'infal-libili u nadurawom fanaticament bhala idoli.

Yena cont noffendi u ninsulta ruhi seriament chiecu xi hadd minn ta ma dwari yibda yabsibni yew ighodni b'xi Salamun infallibili u li katt ma namel sball yew inghid keyn hazin. Dina i assurdità hoxna billi ahna ilcoll bniedmin anche meta ncunu nafu chemm nafu, u li alecc spiss nizolku fin-niexef u niehdu hafna sbalii li il publicu yimissu yifthilna ayneyna fukhom u mux yinsultana yew yiblahhom fanaticament bhalli chiecu chienu hieryin minn halk xi hadd li ma ux immissel minn Adam u Eva.

Mela dal conferenzi emm bzonn li ysiru bis-serietà u bir-rispett collu u mux bl'insulti u bil pastasati u bit-tcheschis; u ftacru li f'pais verament icivilizzat cullhadd andu id-dritt li yesprimi l'opinioni tighu, teun xi teun, kuddiem cullhadd; u li cullhadd andu id-dritt li yiecriticah uli ma yakbelx mighu izda bir-rispett u bil gentilezza coll'a u mux bhal ma yamlu il Gharab fanatici meta ymorru il Mecca ar-Ramadan.

Dal conferenzi andom isiru ucoll mux biex cull min irid yisfoga il passion ta odiu u ta gheyra li ycollu karsa fuk li stoncu marid tighu yew biex yattacca viliaccament u personalment il xi hadd li ma yahmelx. Fil conferenzi andom yig'ux discussi biss principii u idej u mux persuni halli ma yinheliex zmien prezios u halli wihead isalva id-diniità tat-tribuna u halli dawc li yattendu il conferenza yehdu mahhom ftit idej ta feyda giocda u mux il hafna pastasati u viltà u ghideb ta xi lablaba ghayurin.

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Il meeting li amel Levanzin n'ar il Hadd li adda fil Piazza ta Rahal G'did chien success cbir tassew u chien risposta chif tmiss lil l'edewa tighu li telghu biex ifixclu il meeting u ycantaw il "God Save" kabel ma Levanzin yitlak al collox minn Malta talli ittrattawh ecc hazin. Izda fuk l'elf u hames mitt ruh chienu presenti u applawdewh u chien emm min sa bieslu idu meta spicc'a u coll'a rieduh yibka awn u li ycompli yohrog' in-NAHLA halli ycompli yamel dac li ma amel katt hadd kablu f'Malta li iallem fil berah il poplu u specialment il haddiem fuk hweyeg' ta xienza u ta feyda li lankas it-tobba stess ta awn ma yafu. Levanzin irid yifdi il poplu mis-sanghisughi li redghulu demmu bl'iereh billi hallewh fi dlam l'actar cbir biex sfruttawh ahyar u alecc seyer yibda fil berah Università Popolar bhal dawc li emm Barra al poplu u li fion iallmu li stess professuri tal Università b'xejn. Levanzin wighed li dina l'Università ma ycolla l'ebda culur politicu u alecc fil conferenzi li seyer yibda yati n'ar il Hadd li gey ma yig'ux discussi soggetti politici u ta partiti u lankas ta religion izda ta xienza pratica al poplu biss.

Levanzin fil conferenza kal li ua sata yirrispondi al cull attacc personal tal edewa tighu izda ua ma riedx yehu il hin tal poplu al dal hmeriet u pastazati u lankas ma ried yamel dal conferenzi istruttivi al gid tal poplu f'taghyir tac-c'neccer u tal mandragg, izda yrid izomm dal conferenzi fil berah bli stess rispettu u diniità daks li chiecu chienu kedin isiru f'Aula tal Università. Levanzin sfida l'edewa tighu li ysibu l'ankas tebgha fil carattru tighu u l'ankas haga' important contra il condotta tighu publica u privata. Spiega chif minn mindu hareg' l'ewel giornal f'Malta at-tghallim u id-difisa tal haddiem—IS-SENGHA—fuk l'erbghein sena ilu sal-lum ua deyem chellu programm u partit wihead—dac tal imhabba leyn il haddiem—u sfida l'edewa tighu li yipprovaw yecc Levanzin kattx f'erbghein sena shah kal yew amel xi hag'a contra il veru interess tal popolin yew tal haddiem u hadd ma sata ywieg'bu billi Levanzin, mil krib u mil boghod, meta chien yahdem it-Tarzna yew meta chien iallem fx'uhud mil akwa Scheyel tal Medicina tal America, meta chien f'kir u meta amel il flus, deyem habb u hadem al programm wihead dac favur tal haddiem u tal popolin. Spiega chif cull min ma yahdimx al haddiem u al popolin anzi yahkru u yisfruttah isir il ghadu ta Levanzin, u li allura Levanzin

yiccumbattih u yattaccah icun min icun u ta liema partit u culur icun. Spiega chif ua ma ux yiccumbatti yew yattacca il Partit tal Labor izda il xi leaders biss li ua yidirlu li dahlu fil partit biss biex yisfruttawh al vili panniotta u billi uma li scart ta partiti ohra. Levanzin, yecc il haddiema inaddfu iz-zibel li emm fil partit tal-Labor collu u yhallu biss il-leaders onesti u sinciera yzomm mahhom u yamel chemm yiflah biex isalva il partit minn naufragiu li yinsab fih; izda ma zibel u ma sanghisughi ma yithallatx. L'edewa li chien emm ma chellomx biex yiccumbattuh hlief bi hmeriet tal vavi u meta wihead minnom u minn dawc li kiedin yerdghu li stevedores u il tal faham u yakilghu hafna liri cull yum minn fukom biss ax tant ihobbu il haddiem li yindehsu tant mighu ried isib fiex yattacca il Levanzin u ma sabx u wara li dana stiednu al bosta drabi biex yersak il kuddiem halli yirrispondih billi dan il coraggios chien baka fil boghod, infoscat f'demmu kal lil Levanzin: "ara andec il buttuna mif-tuha, akfila!" Levanzin d'onec t'bissem yidhak u kalli b'vuci ironica: "Ersak, ersak, la tibzax..." u l'elf u hames mitt ruh li chien emm barra xi sitta coll'a xcattaw f'dahka immensa u f'applaus cbir. B'dawc l'armi tal vavi yridu yiccumbattu il Levanzin l'edewa msejncin tighu, u uma tassew boloh li bil gwerra viliacca li amlulu iprovocaw trionf spontanew u sincier li katt bhalu billi Levanzin katt ma yonfok sold wihead biss biex yixtri in-nies halli yapplawduh bhal bosta ohrayn. Ad li l'edewa amlulu guerra contra in-NAHLA biex ma timbihx ua ked ikassam u yibka ykassam l'eluf b'xejn halli il poplu yakra il verità fiha contra li sfruttaturi tighu coll'a.

Levanzin irringrazia l'edewa talli dawru il poplu favur tighu u ottenewlu das-success cbir. Li ma chienx Levanzin chiecu l'edewa tighu chienu ymorru li sptar f'loc id-dar. Min ried yamel rambagg' baka f'wicc'u.

### L'Università Popolar

Billi taht il Gvern li andna u li tala emm fuk u ked yiecol salarii cbar bil voti tal popolin u specialment tal haddiem, lill veru habib u sincier tal popolin u tal haddiem, Levanzin, ma hallewhx yati conferenza f'Università taghna li i' mizmuma mit-taxxi tal poplu, anzi bosta studenti li giornata ad icunu bhal professionisti l'ohra is-sanghisughi parassiti tal poplu insultawh u amlu rambagg fuku b'ghayb cbir tahhom u ta l'imseychen paisom, Levanzin sabiex ighallem u yiftah ayneyn il poplu seyer yinaugura n'ar il Hadd li gey, fl'4 ta wara nofs-inar, l'Università Popolar fil berah, fil Piazza ta Rahal G'did, b'conferenza fuk "Is-Sahha tal Haddiem" li fiha Levanzin seyer yusa li stess cotba u li stess stampi li chien yusa f'Università u fli Scheyel tal Medicina tal America. Levanzin yipprometti li ma yiddiscutix f'dal conferenzi u la religion u lankas politica izda soggetti ta xienza, letteratura, snaya, etc. biss. Wara cull conferenza yirrispondi al mistoksiet li ysiru bil mictub. Levanzin yixtiek li il haddiema specialment ta cull partit ma yonksux u li ygibu lin-nisa mahhom halli yitghallmu b'xejn chif irabbu l'uliedom b'sahhitom u ahyar. Incoraggixxu din l'Università billi ma tonksux u billi igzibu il hbieb macom.

### I N - N A H L A

seyra targ'a pass l'ura u tibca tohrog', bhal kabel, darba fil gimgha, al issa, n'ar t'Erbgha f'nofs in'ar, billi wihead mil composituri ma giex, u billi yena adni ma sibtx wihead sewwa biex ighini u billi andi ideya mimlia bil chitba u bil hafna correzioni u affariet privati ohra, u billi ked inkatta hafna zmien fil Krati mhabba fil persecuzion u il kalb yebsa tal edewa tighi. Mela hudu ftit tal pacenzia sa tghaddi dil burraxca u malli yisfa it-temp targ'u tarawni actar spiss macom.

AUGUSTIN LEVANZIN.



## X'INU' ID-DIABETE ?

—o—

It-Tabib Debono fil prefazju tal librett tighu li semmeyna kabel ighid li dana gie mictub mux biex il pazient yiccura ruhu b'ideyh stess izda biss biex yiccoopera ruhu mat-tabib curanti: *its object is not to encourage self-treatment, but to explain as simply as possible those facts with which every diabetic must be acquainted in order to be able to cooperate with his physician.*

Dina chienet teun lag'a sewwa hafna u ta gid ghall pazienti chiecu amel dac li wighed izda yece takraw tayeb chif amilt yena dana il-librett tintebhu malayr li minn dac li wighed ma amel quasi xeyn bhal ma seyrin naraw mil lum il kuddiem.

Yibda biex yusa il chelma *metabolismu* bla ma yispiegaha bhalli chiecu il pazienti tighu li yakraw dan il librett yafu xi tfisser! Yena naf xi tobba maltin li lankas andom idea ciara ta din il chelma u ta dana il process fisiologicu, u mur ara il pazienti maltin li katt ma habblu rasom bil cotba tal fisiologya! Milli mar chiteb ua stess lankas ma yaf sewwa x'inu' dan l'imbierec *metabolismu* bhal ma ser infehimcom ciar illum, u li usa dil chelma difficili u *out-of-the-way*, rari, biex yibda yghaggeb il pazienti u yimpressionaom bil gherf medicu cbir li gieb minn Barra.

Dan it-tabib yiccek:— *Some knowledge of the normal processes of digestion and assimilation is necessary in order to understand the nature of diabetes and the principles upon which its treatment is based.* Bravu! U mux some biss izda hafna billi id-diabete ma ux hlief marda li i actarx iccagionata mil ichel u xorb sbaliat u dannus u li alecc thassar u tkalleb il process digestiv collu. Izda ghamlu?

Billi id-Dr. Debono usa il chelma *digestion* mal chelma *assimilation* yuri ciar li usaha fis-sens ristrett tad-digestion fit-tubu alimentar u mux fis-sens general biex icopri il processi coll'a tal *metabolismu*.

Issa bhal ma emm u u important hafna il process tal assimilazion ecc ucoll emm il process tal eliminazion u dana ma ysemnih xeyn. Bhal ma emm l'*anabolismu* igifieri chif il gisem mina nutriment li yidhol fih yibni u yirripara ruhu ecc ucoll emm il *catabolismu* li per mezz tighu il gisem yiddistruggi ic-celluli xyuh yew meyta u ychecci dawc ir-residui dawc il by-products li yifdal u li yece yibkghu fil gisem ma yamlux hlief hsara cbira.

Il *metabolismu* u ccompost minn dawna iz-zewg' processi: tal *anabolismu*, tal bini, costruzion u tar-riparazion, u tal *catabolismu*, tal hatt u tar-rimi tar-residui, tossini, acidi, urea, escrement, gharak, etc. Meta issemmi id-digestion u l'assimilazion biss teun semmeyt parti biss, wicc' wighed tal modalia tal *metabolismu*, u teun hal'eyt barra il wicc' l'ihor li ma u xeyn ankas important tal *catabolismu* u tal eliminazion billi yew ma andeex idea ciara bizzeyed x'inu' il *metabolismu* yew forsi ghax harbixt il librett bil ghag'la halli tfittex tbighu biex tfittex per mezz ta dana bih takbad il clientela billi hsibt li dawn coll'a ma yifmux bizzeyed u li ma awn hadd f'Malta li yista yiccorreggie mil ewel chelriet tal librett famus stess.

Certament id-diabete u marda, disturb tal *metabolismu* u alecc emm bzonni li nifnu dal processi ciar u tayeb u li nispiiegawom ahjar halli il pazienti yecnu yistghu yiccuraw irwihhom u yfiku bla tabib u bla medicini xeyn, bhal ma ked yamlu l'eluf Barra u specialment f'America, u halli ma ysegwix id-dieta sbaliata u dannusa li irraccomandait li i quasi deyem il causa principal ta dina il marda stess billi tiddisturba il *metabolismu*.

*For purposes of illustration our body can be compared to an engine and our food to the fuel that makes it go.* Dina hoxna tassew, tabib, u biha turi li inti studjait biss il fisiologya ta oxrin sena ilu. Dina chienet it-teorya antica meta il fisiologya chien ada fil benniena izda illum bosta mil ahjar fisiologi l'actar imdawlin scartaw ghal collox din it-teorya u kieghdin yispiegaw il *metabolismu* b'teorii wisk ahjar, actar logici u solidi li yena ma nistax imhabba fit-tul u fil linguagg tecnicu u fil hafna xienza necessaria biex infehimom lill karrey bil malti niddescrivi.

Izda yece int yew xi tabib ihor Malti irid yistudia din il question sewwa u profondament halli yecnu ftit up-to-date fil conizjoni xientifici tighu nirraccomandalcom mux

li takraw izda li tistudjiaw sewwa il hafna opri famusi mad-dinya coll'a tal habib ghaziz tighi Dr. Rabagliati, bin esiliat talian u li yokghod f'Inghilterra, biex ticconvinciu irwihcom completament bhal ma amilt snin ilu yena li it-teorya tal *engine* u tal *fuel* i bicc'a anticalya u bicc'a imaginazion ta min ma chienx yaf ahjar.

Yece imbaghad trid takra xi hag'a tassew colossal fuk das-soggett tant important li fuku i basata il cura tad-diabete u tal mardiet l'ohra coll'a, akra l'opera famusa ta xi 700 pagina tal habib azis l'ihor tighi, il Prof. Dr. Hereward Carrington, ta New York u li gia semmeyt f'NAHLA, imseyha: "*Nutrition, Vitality and Fasting*", u emm tara chif yesplodi manificament it-teorya rac'anc' tal *engine* u tal *fuel* li geytna biha, Sur Dottur, mil Inghilterra.

U yece int u shabec tridu tifmu ftit il processi tal haya u tal *metabolismu* u tal mardiet, hweyeg' li uma ta htieg'a assoluta at-tobba biex yifmu sewwa il mard u yiccuraw ahjar, nirraccomandalcom tistudjiaw l'operi famusi mad-dinya coll'a ta wihed mil eghzez professuri tighi f'America, il Cbir Dr. Crile, l'autur tal famusa teorya tal *Anoci-Association*, u specialment l'ahhar opera colossal tighu fuk it-teorya elettro-dinamica tal haya u alecc tal *metabolismu*, li kalghet tifhir u applausi l'actar cbar mid-dinya xientifica coll'a u li forsi billi beyn l'America u l'Inghilterra u Malta awn hafna bahar id-diwi tahhom ma wasalx sa awn.

Yece trid takra xi hag'a actar popolar, actar semplici, actar adattata ghal l'intelligenza u li studjii dghayfin tal fisiologya tighecc nirraccomandalec il ctieb, li gia andu bosta edizioni, mseyah "*Healthology*" tat-tabib famus ta Chicago, Dr. Eales, dac li f'dan il ctieb chiteb fuk is-sawma tighi bosta u bosta pagini u li sahanitra gieb fih il corrisponenza xientifica li addiet beynietna fuk is-sawma tighi.

Insomma yece trid tibda tistudia halli tibda tifem xi hag'a fuk il *metabolismu* u il fisiologya up-to-date kabel tizzattat tghallimom, dawn il cotba yakduc tassew u yservuc hafna at-tieni edizion tal opera colossal tighecc.

*"The food we eat is oxidized or burned in much the same way as coal is,...* Din wahda hoxna tassew, tabib, u chiecu chellec l'ankas idea tal fisiologya moderna u tal chimica biologica u specialment tal vitaminologya u tal endocrinologya ma contx ticteb hmeria guappa bhal din, biss forsi ax taf li lankas il colleggi illustri tighecc ma yintebhu biha. Certament biex nispiiegalec u nghallmec ftit feyn andec sball yihu wisa wisk u min yakra yrid icollu preparazion xientifica u specialment biochimica actar milli andom anche l'ahjar fost il karreya tan-NAHLA, u alecc nirraccomandalec li tiffamiliarizza ruhecc ftit mal ahjar opri tal biochimica moderna specialment ma dic ta McLeod, il Professur famus tal Universita ta Toronto, u li mad-Dr. Best, alliev tighu, scoprew l'insulina li int ticteb actar il kuddiem fuka b'tant leggerezza biss biex turi li ma tafx adec il vera natura u il veri effetti, bosta drabi disastrusi, tahha.

Chiecu chellec l'ankas idea tat-teorya elettronica li aliha hadu bosta premii Nobel tant fisicisti cbar ma cont katt u katt ticteb hmeria bhal din, billi cont tighallem li l'elementi chimici coll'a u alecc dawc li yicomponu il gisem u l'alimenti ucoll ma umiex hlief condensazioni ta elettricità u alecc f'loc dac li dari connarsayhula ossidazione alla Lavoisier illum inseyhula trasformazion ta ener-gya alla Helmholtz, alla Crookes, alla Ledge, alla Baer, alla Soddy, alla Michelson u specialment alla Millikan, il cbir fisicista ta Pasadena, California li al ctieb famus tighu fuk l'"*Electron*" ha il premiu Nobel. Xtakt chelli il wisa u iz-zmien bizzeyed halli nghallmec mneyn tista ticcopya hafna paragrafi u idej ahjar biex at-tieni edizion int teun tista darb'ohra tohrog' librett wisk actar up-to-date u suret-in-nies. L'acbar pregiu li fih il librett tighecc u li stampa tassew nitida u il carta tayba li fuka l'Istitut ta San Giusepp tal Hamrun stampalec bihom u fuka il librett, u li al dana ix-xoghol nitidu hakku cull tifhir u incoraggiment.

*And during the process of combustion it gives off a certain amount of heat which is subsequently converted into energy.* Ha! ha! ha! Chiecu studjait il fisica fi zmien il Prof. Magro u ma hrig't katt mit-tokba madluma ta Malta

bhal bosta tobbà ta awn, cont niccompatic meta izzarrad eresya xientifica bhal din, izda Int, bin il Prof. Ciccu Debono, hu il gharef Professur u Cbir Chirurgu Pietru Paul tal Università taht il Cbir Masu taghna, Int li adeg gey frisc, frisc bhal warda mil Cbira Inghilterra! X'cont tamel emm tilghab il football yew it-tennis ma xi hafna condiscipoli tighec?

Mela Inti ma tafx li il *heat*, is-shana tal gisem li issemmi, i forma ta energia, bhal ma uma ucoll l'elettricità, il manietismu, etc., u allura chif, yecc yog'boe allimna f'it Sur Futur Professur tal Famusa Università taghna, dina il *heat* tista tittrasforma ruha f'energia meta i energia gia? Fi zmienu is-Sur Reynolds fil Liceo chien ighalimna dan u actar hweyeg' difficili tal fisica, possibili li f'Londra ma allmucx li il *heat* i wahda mil forom tal energia?

X'takt li chiecu chelli il hin bizzeyed biex ingelec iccicci f'hog'or il papà yecc il mamà i meyta halli nim-helec biberun bi f'it ktar fisiologya u fisica u biochimica moderni f'hafna ilma tax-xgheyr biz-zoccor halli yeun helu hafna bhalec, u nzommulec terdghu halli ma tixraxx. U hilec, ya vavu ta habba fil medicina, chellom il wicc' tost li yfahhru sal oghla sema alla Laferla, il Garrison Gazette tal Chronicle u actarx xi tabib igienista tal "Hmar", denn ricettacolu tighu.

*Although there is an infinite variety of food-stuffs, there are only three kinds of food: the carbohydrates, the proteins and the fats.* Dan chien f'antic, u anche dac izmienu chienu yicconsideraw l'oils bhala classi separata, izda illu ighoddu il *mineral salts* bhala parti essenzial u separata tal alimenti u xi uhud il vitamini ucoll bhal Mc Collum tal John Hopkins University feyn certament katt ma studiat Int. U ghala *infinite variety*? Esagezzation.

*These differ from one another in their chemical composition and in the way they are digested and absorbed. The carbohydrates (i.e. the sugars and starches) are broken down by the digestive ferments into a simpler sugar called glucose and are absorbed as such.* Absorbed as such?!! Santa Maria, x'gherf giebh mighu dat-Dottur! Ua il glucosiu yassimila ruhu, yinxtorob mil gisem yew yinharak ehif ighallmu il fisiologi coll'a anche dawc li tistudia Int?

Sa feyn naf yena, u dana tghallimtu fil Harvard Medical School ta Boston, wahda mil akwa tad-dinya, il glucosiu yittrasforma ruhu fi *glicogene* u dana yimmagazzina ruhu fil fwied al meta yeun emm bzonn, u allura minn *glicogene* yittrasforma ruhu fi glucosiu mil g'did, yig'ri mad-demmm al muscoli u emm il bicc'a il cbira minnu tisdoppia ruha bil process tal "ossidazion" halli tiproduci shana u xoghol u yescreta ruhu bhala residuu l'acidu sarcolatticu li yiproduci il gheya. B'dan ma yassorbix ruhu u yecc yimmagazzina ruhu fil fwied yamlu bhala *glicogene* u mux bhala glucosiu. Possibili li inti katt ma krayt il "Fatica" tal Cbir Fisiologu Talian Angelo Mosso yew li studii fuk li stess soggett tal Professur Lee tal Columbia University, New York, yew anche xi ctieb tal fisiologya actar elementari minn dawn biex tifem f'it il metabolismu tal glucosiu? U yecc ma tafx dan x'taf fuk id-diabete? U chif tista katt tizzarg'an bil wicc' tost collu tictieb fuku? Di fatti meta il glucosiu ma yigix ittrasformat fi glicogene imhabba fil funzion glicolitica li teun imhassra, il glucosiu ma yigix assorbit mil gisem izda yohrog mal urina u yatina il glicosuria li Int hawadt mad-diabete pancreaticu. U ghala are f'loc is? meta scond il fehma tighec u il glucosiu li yigi assorbit u mux il carboidrati. Troppa furya biex tfittex tamel furur bil gherf li gibt minn Barra. Ecc ticcra u tistudia il pazienti? Horrox-borrox?

*The proteins (e.g. meat and eggs) are reduced to amino-acids (tghid yifmuc il pazienti tighec?), while the fats are split up into minute globules and are taken up by the white corpuscles of the blood.* U imbaghad x'yig'ri? X'yamlu bihom? U dan feyn kraytu? Allura fil process tassaponificazion tal grassi u taz-zyut li inti katt ma issemmi bhalli chiecu ma umiex alimenti ucoll, dawna yibkghu globuli ta grass yew ta zeyt bla ma yisdoppiaw irwihom l'acidi u fi glicerina? Fehimni f'it, Sur Dottur, ax bil gherf fisiologicu g'did u cbir tighec inhossoc stordeitni! Allura scond il gherf tighec meta wihed yecol il butir, il globuli tighu yibkghu yig'ru fid-demmm fuk ideyn il leucociti (il corpuscoli boyod tad-demmm) bhal meta chienu

ygeru il fanatici il mibchi Sur S. Savona, bil Patri ta San Domincu f'banda u bl'Arcipriet ta San Paul f'ohra, mat-torok tal Belt taghna? Sa feyn tghallimtu yen il grass meta ma yinharaxx collu meta yeun emm wisk minnu actar milli yeun emm bzonn yirricompni ruhu mil elementi primitivi tighu u yiddepsita ruhu fi grass actarx taht iccinturin yew bhal ghalla ta dundyan. Staksi il dac l'ohxon li tant u tant fahhrec bla ma yifem, yew il dawc li fix-xaham ta'l giostra tal Cuccanya yifmu sgur daks habibec l'ohxon u l'ohrayn coll'a. U x'ighidu il famus chirurgu erniariu Dr. B.B.B.B. u l'immunizzatur per-bocca Dr. Sanco fuk dil question tant important? Tghid yamlulna fuk dan xi discorsi guappi bhas-soltu fil Parlament-Sparlament taghna fuk il bzonn li yzidu il £150! *E se non piangi di che pianger suoli?*

*After absorption the glucose, the amino-acids and the fats are carried by the blood-stream to all the cells of the body. Here a small fraction is used to build up new tissue, a considerable portion is oxidised to provide heat and energy, and the remainder is stored up for future use as glycogen and fat.*

Mamma mia x'confusion carnivalesca! Tabib guapp habibec semmieli sal ctieb francis li kalli krayt minnu. Izda possibili li it-tobba francisi, tant bravi, yictbu im-xenghel ecc? Bil fors li ma firatx il francis tighu u amilt kassata bil piselli ta San Ghirgor.

*Here a small fraction is used...* of what, dear Herr Doctor? Tal glucosiu u ta l'amino-acidi u tal grassi chif tghid id-dicitura, il costruzion tal periodu tighec? Yew tal amino-acidi biss chif ighallmu il fisiologi coll'a anche dawc tan-nuna! Il proteini biss ittrasformati ultimament f'amino-acidi yibnu il gisem u yirriparaw il muscoli mecula mix-xoghol, izda sa feyn naf yen u anche dawc li ymorru li scola tan-nuna tal fisiologya anche tal Università taghna yafu li il glucosiu u il grassi u iz-zyut ma yibnu l'ebda frazion tal gisem bil yossidaw irwihom biex yiproduciu is-shana u ix-xoghol. Possibili li lankas taf dana? U ghala ma taytx il manoscritt lil xi hadd minn shabec halli yatih cakka ta ghayn aliex naf sgur li missierec u huc Pietru Paul yafu actar mn'ecce? U dan u il gherf collu li yatina, chelma b'chelma, dan il gharef specialista tad-diabete f'opera classica tighu tant imfahhru mil "Chronicle" u mil "Hmar", ghad li il dan naghdrub billi yammetti b'ismu stess li u hmar tassew u alecc ma yifemx f'dawn l'affari astrusi tax-xienza u billi dawn ma umiex xaradi yew poesii tan-namrati. Imma il "Chronicle" bil Ministru tal Educazion taghna?!

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Dan li chiteb fuk il metabolismu id-Dr. Debono ma ux bizzeyed biex nifmu x'inu id-diabete u alecc seyer nissuplitti yena, f'it f'it, an-nukkas tighu f'dawn l'articoli li ked nicteb al veru dawl tal popolin.

Nidhlu issa fil question l'actar important tan-natura tad-diabete billi yecc marda ma tifemx x'inu ma tista katt ticcuraha yew tfeya u naraw x'kal u x'yaf fuka.

II. THE NATURE OF DIABETES. *Diabetes is a disease (tassew?) in which the assimilation of food (why not sugar?) is defective.* Igiferi scond il fehma u il gherf ta dana id-Dottur meta teun marid bid-diabete l'assimilazion tal alimenti coll'a in general i difettusa. Dana cul Midilca ta habba yaf li ma ux veru, cullhadd yaf li l'assimilazion tal proteini u tal grassi u tas-sali organici u tal vitamini i generalment normali u li l'assimilazion tal glucosiu biss i difettusa fid-diabete. Cullhadd anzi yaf li it-tobba ykieghdu il marid fuk dieta carnea ta laham, hut, bayd, etc. u li dawn, meta ma umiex usati b'ecess, uma digeriti perfettament mid-diabetici. Tassew li xi dakkiet l'assimilazion tal ichel collu i difettusa fid-diabeticu izda dana yeun gey mil catarru general li generalment icollu id-diabeticu avanzat u li yservi bhal sodda ad-diabete, izda dan biss ma yiccionax dil marda ad li yista u actarx yiccionax mardiet ohra, u biss l'assimilazion disturbata tal glucosiu i il cagiuu principal tal marda dovuta yew ad-degenerazion tal "gzever ta Langerhans" fid-diabete mellit veru u gravi yew ad disturbu tal funzion glicolitica tal fwied fil casi tal glicosuria semplici. Certament fid-diabete gravi u veru emm il glicosuria (zoccor f'urina) ucoll u xi dakkiet fi quantita li twahhax.

*The primary fault is in the carbohydrate metabolism.*

but the proteins and the fats are also affected. Certament billi id-diabete veru ù marda tant gravi u li tcun ila ti-sviluppa ruha al tant snin twal li ycun emm catarru general tal istoncu u tal imsaren b'mod tali li id-digestion u l'assimilazion tal proteini u tal grassi tithawad ucoll, izda dan biss ma yifformax il quadru tad-diabete u alecc ma andux wisk x'yaksam man-natura tighu. Il proteini uma digeriti mil istoncu u mil imsaren u dawna yistghu ycunu adom f'condizion tayba hafna meta il pancreas u il fwied icunu f'degenerazion l'actar avanzata b'mod li yisviluppa ruhu diabete bil fiocchi li yekred il pazient i'kasir zmien bhal ma yig'ri f'bosta casi.

F'loc primary chien imissu kal essential ax bla id-disturb tal assimilazion tal glucosiu ma emm katt u ma yista icun emm katt id-diabete mellit dac li ahna nseyhu comunement "diabete".

*The condition is due to a more or less widespread degeneration of certain groups of pancreatic cells, known as the islands of Langerhans.*

Billi id-Dr. Debone kaka ghaddey dritt bhal express-train bla ma kaghad ihabbel rasu xeyn yecc il pazienti tighu yafux x'inuma dal gzever ta Langerhans, u feyn uma u chif inuma u x'funzion andom u ala yiproduciu id-diabete u x'inù il pancreas u ala yimrad, etc. yew lè, emm bzonn li nikaf yena sewwa u infehimcom mil ahyar li nista dan collu bla linguagg tecnicu u mux bhal ma yamel ua kabel ma nista naddi actar il kuddiem fil critica tal librett tighu. Xtakt li whed chien yista yaticom illustrazion anche schematica biex tcunu tistghu tifmu dan li ser inghidu ahyar, izda gia la darba ua, fi ctieb ta ffit folii u fuk carta tayba u li ykum xelin ma chienx generus bizzeyed li yamlu, yena fin-NAHLA ta sold tighi li fiha actar material u ahyar mil librett tighu ma nhossx li yena andi namlu u dana ù il ctieb famus li xi hadd issuggerixxa li il Gvern imissu yittraduci u yistampa b'xeyn al gid u id-dawl tal poplu!

Mela fin-numru li gey nictbilcom fuk il pancreas u il gzever ta Langerhans.

(Yissocta)

## The Crime of Vaccination.

(Continued from No. 188)

### SMALLPOX AND VACCINATION IN THE PHILIPPINES.

Dr. McVail devotes a passing paragraph to the staggering outbreak of smallpox which occurred in the Philippines during the years 1918-1920, but he does not quote the actual figures as given in the Philippine Health Service Reports, viz. :—

SMALLPOX IN THE PHILIPPINES (population about 10,000,000).

From the time when the American authorities took over the islands, in 1898, until this outbreak, smallpox had been more or less quiescent, and that fact had been held up to the admiration of the world as an illustration of the benefits of the systematic and compulsory vaccination service instituted by the American officials. Here are two specimen eulogies from many others which could be quoted.

An article on the subject in a Public Health Report, issued by the United States Public Health Service on March 10th, 1911, opened as follows:—

"At probably no time in the world's history has the efficiency of vaccination as a preventive for smallpox been so conclusively and effectively demonstrated as in the Philippine Island since the American occupation."

In the Report of the Pennsylvania State Vaccination Commission, issued in March, 1913, it was stated in para. 93 :

"If the United States had accomplished nothing else than stay the scourge of smallpox that has ravaged the people of the Philippine Island from time immemorial, her occupation of the island would have been, at least from a humanitarian viewpoint, more than justified."

After the grotesque failure of the charm in the years 1918-1920, it was then (and only then) discovered (pace Dr. McVail) that much of the vaccine was worthless, that the native vaccinators were untrustworthy, that they threw away the vaccine and made false returns, that the vaccinations were not inspected, and so on and so forth.

It is impossible to argue against these belated pretexts. If the pre-epidemic eulogies of the vaccination service were true, then the later excuses are false, and *vice versa*. The arguments destroy each other.

#### "(4) IN CLASSES AMONG WHICH THERE IS MUCH VACCINATION AND RE-VACCINATION THERE IS LITTLE SMALLPOX"—(DR. McVAIL).

"SMALLPOX NURSES—It is no doubt true that smallpox nurses suffer less from smallpox than one would, on first thought, imagine. But there are reasons for doubting whether their vaccinated condition affords them any aid beyond the psychological aid which may accompany the wearing of a charm of any kind. Nurses as a class are "select" lives. Only women of sound constitution and good health usually undertake such duties. Their training and hygienic knowledge prompt them to take precautions to avoid contagion, and make them more fearless of it if and when exposed. The fact that they are also engaged in work to which they have devoted their lives gives them a psychological confidence of no small value. Small wonder, therefore, that they enjoy a greater immunity than ordinary people, notwithstanding their greater risks. Their immunity is, however, by no means as great as is commonly supposed. It seems to be so only because the cases to the contrary are not always reported in the Press, and elsewhere, or because no one has taken the trouble to compile a complete list of the cases that have been so reported.\*

Smallpox is never very prevalent in this country without some doctor, or nurse, or hospital official being attacked. Here are one or two of the most recent cases which happen to have been made public:—

The Medical Officer's Supplement to the Forty-eight Annual Report of the Local Government Board contains particulars of 201 cases of smallpox reported in the first half of 1919, which include two doctors (one at Amersham and one at Croydon), a smallpox hospital nurse at Wisbech also a ward-maid (who died), and two nurses at the Southampton Isolation Hospital. The Wisbech nurse was vaccinated before taking up her duties in connection with a case of smallpox she was called in to nurse, and the ward-maid at Southampton had been re-vaccinated unsuccessfully in November, 1918.

In the outbreak at Poplar Poor Law Institution in October, 1922 (referred to by Dr. McVail on p. 17 of the "Facts" pamphlet), one of the District Medical Officers, "who was also a Public Vaccinator of the Union," and said not to have been re-vaccinated, contracted smallpox from a patient. (See Annual Report of the Chief Medical Officer of the Ministry of Health for the year 1922, p. 53.)

"Vaccinated Infants in Smallpox Hospitals".—Dr. McVail gives some particulars of one or two infants who had been taken into smallpox hospitals along with their mothers, but were vaccinated before admission and for that reason (as he thinks) escaped infection. These infants were, no doubt, vaccinated "after" exposure to smallpox, and had they contracted the disease we should have been told that the operation had been done too late. Of what use was it, therefore, in any case? Moreover, if Dr. McVail will refer to Dr. Hope's Report on the Liverpool Smallpox Epidemic of 1902-3, he will find twenty-three cases of concurrent vaccination and smallpox recorded in infants under one year of age, "nine of which were fatal", a fatality rate of 39 per cent. ! When so large a percentage proved fatal, it is fair to assume that the infants who were fortunate enough to recover from the double assault did so in spite of, and not because of, their vaccinal "protection".

Moreover, if vaccination saved the infants referred to by Dr. McVail, why did it not also save the much larger number of children referred to in the under-mentioned smallpox outbreaks:—

In the epidemic of 1870-72 the following cases of smallpox amongst "vaccinated children" were recorded in the London Smallpox Hospitals of the Metropolitan Asylums Board:—

— \* Particulars of numerous cases amongst both doctors and nurses will be found in the pamphlet entitled *The Legend of the Hospital Nurses*, issued by the Anti-Vaccination League.



AGES	CASES	DEATHS	FATALITY RATE
Under 5 years	195	38	19.5
5-10	786	60	7.6

The following table gives similar figures in respect of vaccinated children who contracted smallpox in Berlin during the same epidemic:—

AGES	CASES	DEATHS	FATALITY RATE
0-1	259	136	52.5
2-5	1,244	437	35.1
6-10	737	163	22.1

Dr. Barry's Report on the Sheffield epidemic of 1887-8 also contains particulars of seven vaccinated infants, under twelve months of age, who contracted smallpox from a fortnight to seven or eight months after vaccination of the most correct type. Altogether were about 450 vaccinated cases under ten years of age in that outbreak.

In Dr. Bruce-Low's Blue Book on "The Incidence of Smallpox throughout the World in Recent Years" published in 1918, particulars are given of Smallpox in Germany during the years 1896 to 1910, which include the following cases amongst vaccinated and re-vaccinated persons under twenty years of age:—

VACCINATED CASES			
Ages	Cases	Deaths	Fatality Rate
Under 1	7	1	14.3
1-2	37	5	13.5
3-10	393	11	2.8

RE-VACCINATED CASES			
Ages	Cases	Deaths	Fatality Rate
3-10	2	0	0
11-20	122	5	4.1

It is not denied, of course, that the reports which quote in the above figures also quote other figures showing a much larger number of cases and deaths amongst "unvaccinated children". Reasons for doubting the validity of the latter figures will be found set out in a latter section.

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THE NATIONAL ANTI-VACCINATION LEAGUE

(To be continued)

IT-TILKIM TAL GIDRI

Fil "Hmar" tad-29 ta Frar 1928 deher articolett iffirmat mit-Tabib P.P. Agius, P.Ch., B.A., M.D., fuk it-Tilkim li fih semma ismi u alecc inhoss li andi nrispondih specialment billi yen stedintu ucoll yohrog' fid-dawl tax-xemx u imexxieli nohorg'u kuddiem il publicu a visiera alzata halli yiddefendi il vaccinazion yecc andu il hila u il fatti favur tighu u halli il polemica timxi bla personalità u bis-serenità u is-serenità coll'a possibili.

Izda polemica mat-Tabib Agius anche fuk xienza i hag'a difficili hafna billi yen ili nafu tayeb, *intus et in cute* al hamsa u oxrin sena yew actar. U'alecc il polemica mighu emm bzonn li timxi taht certi regolamenti li nif-issaw at-tneyn halli nottienu risultati sodisfacenti.

Per esempiu: li cull isem li yemmi yati l'indirizz yew indicazioni sufficienti halli wihed icun yista yicteb u yivverifica dac li kal l'autur u feyn u meta u ala kalu. Yecc icita autur yati l'isem tal ctieb yew giornal biex wihed yista yivverifica u li yati il "quotation" in full, bla ma ynakkas yew izid xeyn. Yibda per esempiu minn dac id-Dr. L. E. Holt li semma halli yena niverifica collox billi nictiblu u allura nati ir-risultat fin-NAHLA tal investigazion tighi.

It-tneyn nistghu nhawdu ismiet frasma, it-tneyn nistghu ngibu "quotations" taht ismiet strambi. Darba wahda Professor famus tal Università taghna chien sar celebri tassew bil hafna ismiet strambi u rari li holom u li mhabba fihom cullhadd hasbu arca ta xienza;

it-tneyn nistghu niccitaw il "quotation" chif yakbliha yew li nimmutilawha yew li nzidu li yakbliha yew li ma ingibux tal istess autur, dac li u contra taghna. *Let us be fair* u niccombattu battalya ad-dawl u al progress bl'onestà, bis-sincerità u bis-serenità u il pulitizza possibili coll'a, billi ma emmx fin-nofs l'interess personal izda il gid tal pais u ta cullhadd. Mela ibda biex tiq-quota il Dr. Holt esatt u tini l'indicazioni tighu esatti halli nictieb lill Anti-Vaccination League ta New York halli nara x'yirrisponduni fuku. Yena naf it-tobba cbar coll'a Americani li chitbu fuk il Vaccinazion billi iccumbatteit yew mahhom yew contra tahhcm. B'dan ma smayt katt, izda forsi ser nitghallem xi hag'a minnec g'dida fuk l'America.

Mela ibda biex issegwi dir-regola; yen gia segweyta fl'articoli bl'inglis fuk it-Tilkim fin-NAHLA.

Dana ctibtulec mux ax niddubita mil onestà tighec izda biex collox yimxi harir u kil *fair play*. Yen bdeyt nictieb fuk it-Tilkim mela inti ibda irribatti dac collu li ctibt yena u dac li kalu l'autorità li semmeyt u la tkankalx punti giodda kabel nicdecidu dawn.

AUGUSTIN LEVANZIN.

NIXTIEKU NAFU !

1. Yecc ux tassew li il Procuratur Legali Tua baghat lira lill Istitut Fra Diego bhal ma kal u ftahar ix-Xecchee u yecc yurinix ta ragel onest u galantom ir-ricevuta biex nistampawha fin-NAHLA ?

2. X'relazion sewwa andom lahwa Muscat Azzopardi ma li stevedores u ma tal faham. X'servizz yirrendulhom? X'yakilghu cull yum ta dana? Xi privilegg kalghu minn and il Gvern? Yecc iridux yistampaw dal fatti fin-NAHLA yew yippreferixxu yistampawhom fix-Xecchee? Insomma yecc iridux yatu lill publicu spiegazion dettaliata sewwa ta dal fatti halli dana yifem ciar u tond dina l'affari li i interpretata differentement minn bosta ?

FRAC U TLAKKIT

—Il "Malta" attaccat bl'icreh il Strickland talli ked yamel l'inchiesta tal Polizia. Il "Malta" anda tort biex tbih u nistageb chif tista katt onestament tattacca bniedem li yrid inaddaf il pais mil hafna kziez ta immoralità l'actar cherha u mokzieza li il Gzira ila hafna tghum fih. L'odiu politicu tal "Malta" icur anche contra il veru interess tal pais u tal moralità tighu basta yisfoga ruhu deyem contra dal bniedem li f'bosta hweyeg irid u kihed yamel gid il pais. Strickland u ta min ifahhru tassew al dan il pass li ha u nitma hafna fl'onestà tighu ta veru gintlom li yibka yhaffer sal kieh sa ykankel il hama ta corruzion li tkazzes li awn fil pais coll'a u li ynad-dafa tazza chif emm bzonn u yixrak. Darba Ercole ecc amel scond il favola tal mitologya meta naddaf li stalel ta Augia u nitma li Strickland icun Ercole ihor alina f'din l'affari.

Yena cont ili nircievi ittri u lghemghim hafna biex nictieb fuk dana il kziez u chelli articulu twil u kawi hafna biex ingharghax il Strickland halli yifttex ikankal din l'inchiesta mil actar fis, izda il bomba fakkat kabel ma lhakt stampaitu.

Strickland hakku min ifahhru hafna ucoll billi mar azel mighu fil commission zewg' gintlomi u galantomi li ma yharsu leyn xeyn u leyn hadd izda li yibkghu mexyin dritt fit-triek tad-dmir tahhom sa yakdu coxienziosament dac li yistenna minnom il poplu.

Dina il guerra harxa contra Strickland f'cull ma yamel, anche meta yamel dac li u sewwa u xierak, i ingiusta u baxxa. Bhal ma andna nicriticawh meta yamel il hazin ecc ucoll andna nfahhruh u nam-lulu il kalb meta yamel it-tayeb u il gid. In-NAHLA onesta, sinciera u verament indipendent, takdi dmira billi tfahhru ucoll meta hakku. Prosit.

—Tal Labor u li Stricklandiani dan l'ahhar amluli guerra feroci biex iwakkuli il beyh tan-NAHLA talli ked tiftah ayneyn il haddiem fuk xi leaders tahhom. Nakksuli ftit il beyh, izda irrid infehimom li ked yahlu hafna energya preziosa inutilment billi al cull mia beyh li iwakku inxerred elf b'xeyn u b'xeyn f'Malta quasi yehoda cullhadd.

— Yiddispiacini hafna li it-Tabib Boffa, bniedem tal profession u graduat tal Università taghna, yiccumbattini b'dal modi li ma uma xeyn ta educat li sahanisitra yakra ittri privati fil publicu li bghattlu bla permess tighi, u li yzattat hweyeg' privati meta yena ked niccum-battih biss politicament u professionalment, zewg' hweyeg' li tippermettili il ligi li namel. Chiecu irrid nattacla l'edewa tighi cont nista nictab volum shih u nixtiek li yatuni il permess li naghmlu bla ma yiprocedu contra tighi legalment ghaliex nista nassicuracom li il haya politica tahhom i wisk u wisk u wisk actar interessant minn tighi! Izda yena irrid nusa il conferenzi u in-NAHLA ghall istruzion u id-difesa tal poplu u mux ghall attacchi personal u ghall csuhat u il pastasati ta xi grazius.

U il haddiema specialment tal Labor Club ta Rahal G'did li amiltiom gia tant gid u li chien bi hsiebi namlilom tant actar b'ir-gratitudini ebira biex ma nghidx aghar imorru yapplawdu u yiddiehu minn fuk spalleya meta yena assenti. Dghayin verament denii tal miserya u tal inioranza u tal għama li ninsabu fih! Xeyn ma yimporta, yena ma nhallasx bin-n'ar ta Sibit u iz-zniet ghad yiltaka maz-zniet!

— Ghala fil famus meeting tal Labor it-Tabib Boffa ma fehimcomx li billi ma yafx chif ighix biologica-ment chellu ymur li Sptar biex nehheflu l'appendici b'operazion, hag'a li i rarissima anche fost il poplu illum tal America billi dana i organu prezius hafna u billi l'appendicite tista tiffeyak malayr u bla tobba u medicini ta xeyn bhal ma ad infehimcom ma ndumx?

Ghala it-Tabib Boffa katt ma hahsieb il poplu tad-distrett tighu biex ighallmu xi hag'a fuk is-sahha u contra id-drawiet hziema tax-xorb u l'ichel izzeyed, li u wiwed mir-ryus tad-daubiet il meyta? Forsi ghax ma riedx jurta is-sentimenti tal clienti u tal hbieb? Harsu harsa leyn l'anemia leyn li stat li fih yinsabu u tintebhu malayr li dana id-Dottur famus tal Università forca-tal-poplu taghna laikas yaf yiccura lilu in-nifsu u il morda tighu bhal ma yena pront nippruvalu publicament kuddiem nies li yifnu. Dac li ctibtlu f'ittra li wera fil meeting u li ridt nixtri dic l'art li emm feyn il-loggia ta Rahal G'did u nibni Sanatoriu famus ghan-Nature-Cure-Methods u nimlih cull xitwa bl'americani siniuri u lilu inkieghdu b'cuperc legali billi yena ma andix *warrant* ta tabib biex nesercita. B'dana yena cont nohlok f'Malta dac li emm bzonnu u li yixrak ghall clima taghna, u cont nig'bed awn hafna dollari shan shan li in-nies ta Rahal G'did nahseb li andom hafna bzonnom u cont nohlok scola b'dan ta dawn il metodi tant imfittxa u usati f'America u cont namel Rahal G'did centru ta turisti u ta coltura straniera b'dac il gid collu li iggib mahha, hotels, restaurants, etc. u cont ucoll inchisser hafna xebbiet maltin intelligenti bhala *expert nurses* u hafna zghazah bhala *Druggless Physicians* li chientu yistghu giornata ymorru l'America, yesercitaw bla *warrant* ta tabib bhal ma amilt yena u forsi yamlu minn dan fortuna zghira bhal ma amilt yena.

X'em m hazin f'dan li yena ridt namel u nati lil Rahal G'did li yena tant inhobb u li nixtiek tant nibka nghix fih meta yen tant krib il Fabs u ic-Cimiteru ghall cumdità meta yigi il bzonnu? X'amel yew x'katt holom yamel bhal dan it-Tabib Boffa tal Labor Party ghad-distrett tighu? Balli u xorb u ichele u divertimenti sassahteyn ta bil-leyl f'Rahal G'did yaghmluhom bosta li ymissom yeducaw il poplu, u mbaghad kuddies ghall Papa u smih tal kuddies u ghaynuna tal kuddies ucoll f'post ghayb ghar-raham u ghal Malta, izda Sanatoria li ygibu id-dollari shan shan, u centru turisticu li yista yisviluppa onestament Rahal G'did il genra tal art u tar-risk ta Malta, u conferenzi ghat-tghallim u ghal li svilup tal poplu xeyn, u xeyn u xeyn, biss is-salarii tas-600 u tal 150 u dac collu li ygibu mahhom, u botteghini u mweyed tal-loghob u sfin u he'a ta fus u kerk bil poplu moghmi u dahk fil wicc' bil hafna bziezak voita li yifformaw il Cumitati specialment tal Clubs.

Lankas ma giebulna biss servizz dirett ghall Belt tax-charabancs u ghal dan chellu yindahal daca is-Senatur celebri tac-celeberrimi 'miserabili', veru titolu li hakku medalia tad-deheb ghalit.

Mil edewa l'ohra ghad nitchellem fit-tul fin-NAHLA tighi chif yixirkilom, biss allum irrid nistaksi il Cumitat Esecutiv tal Labor u il haddiema membri ta dana

il partit li yena katt ma attaccayt yew offendeit anzi deyem fittixt il gid tahhom, yecce dac li ked yamel *dat-trinum asinorum* tal Labor ux bl'approvazion tal partit u yecce dawna umiex yirrepresentawh officialment yew le halli neun naf chif andi nictab u nimxi il kuddiem

— Ked nihi piacir hafna meta nara li billi in-NAHLA niggzet il Labor fuk il Progett Ebeyer dan il Labor kames u mar ghand Strickland u geghlu yehu passi decisivi. Li ma chienetx in-NAHLA il Labor chien yibka yninni g'mielu bhal kabel. Izda illum nafu li dana il Progett ma ux die il warda tful li kalet il Commission tal Labor bil fomm tas-Sur Orlando. Mela ghala fahhrub u irraccomandawh dan collu? Forsi biex yillusingaw il haddiem u il magheus ghall voti biex taparsi kabzu ghalih?

— Scond il "Progress" l'Iskof il g'did tal Ungheria ircleiva ordniet mil Papa biex yapplica f'dac il pais severament ir-regoli tad-Dritt Canonicu riguard id-dhul tal Kassisin fil Parlament u fil politica. Id-Dritt Canonicu yiproibixxi in general li il Kassisin icollom impieghi li ibeghduhom yew inchella itellfulom iz-zmien mil mission spiritual tahhom. Dana yistghu yaghmluh biss bil permess tal Papa u f'circostanzi straordinarii biss. Nahseb li dawc is-sacerdoti li emm fil Parlament u fis-Senat taghna kalghu dana il permess mil Papa u li anche dawc li chien emm kabel bhal Bugelli u Ferris chellom dal permess ucoll. Certament il politica iggib mibeghda leyn il membri tal Cleru li yidhlu fih u yecce yitbeghdu minna ma yamlu xeyn hazin.

— Il Gvern irid yibghat rappresentant l'Australia biex yirrang'a l'affariet ahyar emm tal emigranti maltin! Yakaw xi hadd andu xi karib yew xi bazuzlu lest ihor ghal din il caramella? L'emigrant malti andu bzonnu *training* tecnica sewwa u carattru u il pioneering spirit!

— Biex il Biblioteca ycolla collezion shiha tan-NAHLA yonksu in-numri 108, 150, 161 u 179. Yista xi hadd ighinna halli nacquistawom anche bil flus?

#### IFTHU GHAYNEYCOM!

Il medicini patentati coll'a chemm uma ma umiex hlief kerk schifus u serk sfacciat. Dawn actar igharrku is-sahha milli yfeyku, billi izidu il veleni u il kziez fil gisem marid. Min yistampa ir-reclam tahhom fil gazzetta tighu, min yakla flus billi yinnegoziahom, min yipprescrivihom, min yirraccomandahom u min ibihom ma ux onest u habib tal poplu ghax yafu coll'a li dan u negoziu fraudulent biex yaprofitaw irwihom legalment mil inioranza tal poplu halli yhaxenu but il frustier, dac il frustier li tant hadem contra Strickland u shabu u il Compact u sahanisitra, chif ighidu, ha sehem fil porcheria Terinu.

Tecunux boloh! Thallux min yerdghilcom demmcom biex tahyu il frustieri u l'ghedewa taghcom!

#### STENBAH YA POPLU!

u berrak ghayneyc halli tintebah chif, specialment is-Sanghisug Barrani, ked yerdaghelec demmec u yislohloc flusec u yekridlec haytec u hayet uliedec kabel il hin, billi yavvelenalec gismec, billi yirvinalec ruhec, billi yadah-dahlec mohhoc, billi yhawadlec kalbec, billi ygiedec ma martec, ma uliedec, ma hbiebec, ma minn ihaddmec u ykallghec il flus, bid-Demonii tax-Xorb, tal Cafè, tat-Tè, tal Helu, bid-degenerazion u il veleno tan-nicotina tattipyip, bil medicini li ma umiex hlief veleni, bil halib tal bott, li ma ux hlief kziez imrang'at bil vitamini u is-sali organici necessarii ghas-sahha u il haya mekruda, bl'estratti tal-laham, bil *canned foods*, etc.; u dil hsara u kerk u serk fil wicc' collu biss biex thaxcnu but il Ghadu Barrani! Ya Boloh stenbhu!

#### LILL AVUCAT C. MIFSUD BONNICI

narg'a ntennilu li sfida li ghamiltu fin-numru 180 biex johrog ta ragel u jipprovali il verità tal attacchi tighu contra tighi fil "Patria" u nibka jaghmilielu f'cull numru sa chemm jew jipprova jew niddichiara ta onest u galantom li ma kalx il verità.

Jecc thobbu lil xi hadd atuh "IN-NAHLA."