

## Dr. H. V. Tilak

F.R.C.S. (E), M.B.B.S., (Bom. & Lond.), B.Sc., F.C.P.S. K-I-H

Date of Birth : 01-09-1891

Date of Demise : 24-03-1975



Dr H. V. Tilak

Dr. Tilak was born at Pen, Dist: Kolaba, on 1st September 1891. He passed his final M.B.B.S. from Grant Medical College in 1918. He studied for M.B.B.S. London along with his work in pharmacology and passed the examination early in 1922. He studied for F.R.C.S. (Edn.) with Gynaecology as his second subject and passed the examination in 1922.

He returned to India early in 1923 and opened his private Maternity and Surgical Hospital in Girgaum area in partnership with the late Dr. V. M. Kaikini, F.R.C.S. (E). He joined the National Medical College and Nair Hospital in 1925 as Professor and Hon. Surgeon in Obstetrics and Gynaecology. He was Hon. Superintendent of the hospital till 1948. The late Mr. G.K. Deodhar urged him to join him as Jt. Hon. Secretary of the Baby and Health Week Association, Bombay. He took the main part in organising Maternal Care and Health Exhibition every year in different labour areas of Bombay and in the principal towns in then a Bombay State. Dr. Tilak noticed a good deal of malnutrition and anemia in labour classes which was largely due to their rice diet. Col. Maccarrison of Pasteur Institute, Conoor had shown in his book "Food" that this diet could be improved and balanced as regards proteins and vitamins at little extra cost by adding them from cheap sources. He undertook in 1928 a study on this diet on behalf of this Association, with a grant from Indian

Research Fund Association and Sir Dorabji Tata Trust. 250 boys of the David Sassoon Reformatory were kept on diet which included skim milk powder, ground nut cake and green leafy vegetables added to the Reformatory diet and another batch of 250 boys on the usual Reformatory diet served as controls. After 4 years of study, a significant difference in height, weight and general health was observed in the boys, on this balanced diet. Dr. Tilak published a pamphlet on "Balanced Diet" in 1932 and then Government of Bombay reprinted the same in Marathi, Gujarati and English for wider circulation.

About this time the Baby Week Association was converted into Bombay Mothers and Children Welfare Society and Dr. Tilak continued to be its Jt. Hon. Secretary. Dr. Tilak was awarded Kaiser-E-Hind Gold Medal by the Government of India in 1933.

In 1948 he conducted a research in the causes of late abortions (from 16th to 28th week) with a grant for two years from the Indian Medical Council. He expired on 24-3-1975.