



"BE PREPARED"

Reg. No. M 1560.

THE SOUTH INDIA BOY SCOUT



The Official Organ of the Boy Scout Association
Madras Province

Editorial Board:—

Mr. P. S. Narayanswamy, B.A., L.T. (*Managing Editor.*)

Dr. F. H. Gravely, D. Sc.

Mr. K. Sanjiva Kamath, B.A., B.L.

„ V. S. Rathnasabhpathy, B. T. (Nat.)

Vol. V.]

FEBRUARY, 1925.

[No. 5.]

CONTENTS.

Ourselves

Thought for the Month

Cubs' Corner

Elders' Point of View

Round the Camp Fire

Our Serial Story: Pratab Singh

Our Short Story: Little Bisu

Patrol Leaders' Corner: Patrol Animals—The Owl

NEWS: from various quarters

Our Heroes: Akbar the great

Special Article: Contraction and relaxation of Muscles in Physical culture.

Hobbies: Envelopes and how to make them

Science in Practical Life: X-rays & Electricity and the Govt. X-Ray Institute, Madras.

Books and Periodicals received and reviewed

Rovers' Section

Our Vernacular Page

Competition, Head Quarters Notices etc.

Copy As. 2-6. Annual Subscription Rs. 2/-

178587

COUNCIL ROCK.



COUNCIL ROCK.

February Moon.

My Dear Cubbers,

By the time this reaches you I expect all the news about the Cub Rally which is to be held during this moon, will be in your hands. so I won't say anything about it except to ask you to be sure to be there. It is going to be great fun and we want every pack in District to do something.

By the way, in my first letter which appeared three or four moons ago in the first number of this volume I asked you if you would write to me about difficulties and problems or if you have any valuable suggestion to put forward with regard to Cubbing. As there has been no response I can only draw the conclusion that you are in the happy position of having no difficulties or problems and that Cubbing comes so naturally to you that you think that every one is in the same fortunate state and will therefore not benefit by any suggestion you may put forward.

I am quite sure, though, that you must have many difficulties at times. No Pack can make any headway unless it comes up against them at times, and the funny thing about difficulties is that they have a nasty habit of looming up large and black when you keep them to yourself while as soon as they are brought out into the open and discussed they diminish considerably. It is rather like the first jump in a Paperchase

on horseback in the early morning. When you first appear on the scene by yourself, there it stands in the mist looking at least 10 feet high and you wonder if you will ever get over it, but when you line up with a dozen or so other keen fellows and charge down upon it, you sail over it and are surprised to find how easy it is. I do not wish to pose as a magician with power to smooth away all difficulties but I do want us all to bring our difficulties to the open forum so to speak so that all may benefit.

I suppose you have all experienced rotten times when the Pack seems to be going to pieces, when Cubs won't give in to the Old Wolf and show every day how they are giving in to themselves. You get disheartened and wonder if you are really fit to run a Pack and if you haven't got much back-bone, begin to think of giving it up altogether.

Afterwards you are thankful that you didn't, because in a short time everything is going quite well again and you realise that it was just at that time that you were needed most and that if you had given into yourself you would have let your Pack & the Brotherhood down very badly.

My own particular Pack went through such a phase recently and it was particularly annoying because we were just then getting on very well with our star work. A few were all as keen as mustard to get on with skipping, knots, and somersaults but a few of the others were completely demoralising the Pack by lack of discipline. You can't get up and slate them on such an occasion. They are only little chaps and don't understand. Besides you don't want to give your Pack meetings an atmosphere of school. Cubbing is not a pastime for Cubbers but a great educative game for Cubs.

So, in our case there was only one thing to do and that was to drop everything for the time being and try something fresh. we enlisted the sympathies of a friend and she came along to a meeting and started a little class for making pin cushions with the Fl g worked in as a design on the top. It had the required effect—order was restored and in a short time we shall be able to go back to Star work with an added zest.

There are three advantages in getting an outsider in to help. First it brings someone who is not directly connected with the Move-

ment into close touch with Cubbing which, as propaganda work is invaluable. Secondly, it gives the over-worked Cubber a breathing space and an opportunity to get down to it with one or two of the more backward Cubs. Thirdly it offers a fresh point of view to the Cubs themselves and an entirely new activity. You know how keen and active they are, but being quite small, they cannot keep up an absorbed interest in any one thing for long. It is exceedingly gratifying and very desirable to have a Pack full of Two Star Cubs but it is not the slightest use driving them to it. They must learn in their own good time—unhurried & with real keenness. We must think of them before everything else.

You may ask why I didn't carry on Star work with the keen ones and let the others join the sewing class. Well, it struck me that the really keen ones would be ready at any time to go back to Star work and that it would be all to the good of the Pack to mix up both sorts in this new activity. Anyway, what do you think?

Ever yours on the trail,

LIMMERSHIN.

The Lair by the Big Light,
February Moon.

My dear Cubs,

The old wolves are putting their heads together and are arranging a big rally of all the Cubs in Madras to take place sometime during this moon. Are you coming? What was that you said.....? Well, I suppose it is all right, but it was such a big yell that it was difficult to make out what you said.

It is going to be great fun and will be a chance for each pack to show to all the others what it can do. We shall have a big Council circle and probably a 'normous Red Flower at the end. We shall meet lots of old friends there and I shouldn't be surprised if our old enemy Shere Khan didn't put in an appearance. But we won't stand any nonsense from him. He's only the "lungri-wallah" anyway.

At least we shall be all right so long as we keep together as a Pack. It is when Cubs wander away from the Pack saying to themselves that they don't see why they should give into the old Wolf and "why shouldn't they do as they like"—it is then that they

meet old Shere Khan who smiles upon them and flatters them and tells them what fine fellows they are, and they believe him until one day they find themselves left completely out in the cold with no leader.

So keep your eyes fixed on the Old Wolf, Cubs. He is your leader and he won't lead you astray.

Cheerio for the present.

I'm hoping to meet you all at the Rally.

Yours ever,

AKELA.

"The Elders' Point of view"

By M. R. Ry., R. Srinivasa Iyengar Ayl.,
B. A., L. T., Headmaster and Correspondent,
Victoria High School, Papanasam

His Excellency Lord Reading, the Chief Scout for India said a year ago that Madras leads other provinces in scouting. It gives us some satisfaction to learn that Madras is not, at any rate, so far as scouting is concerned, the benighted province that it is said to be, rightly or wrongly, in other respects.

However, everyone would admit that scouting has not made the headway that it ought to have. The one feeling that stands uppermost in my mind when I think about the Scout Movement is that scouting in India is not what it should be. It is painful that the blessings of the Movement are not understood even by those who, by virtue of their profession at least, ought to be active participators in it. If the Scout Movement is really considered to possess the potentialities of a citizen-making movement, it is but proper to expect that in these days of democracy or of equal citizenship for every person, every boy is a boy-scout and every girl, a girl-guide. Leaving out of account those who have not been so fortunate as even to enter the elementary or the primary school, at least all children attending schools should receive the benefits of Scout training. The fact is that it is not the case.

The name "Scouting" is unheard of in 99% of elementary schools. The number of secondary schools that feel sceptic about the usefulness of the movement is not small. The schools that can boast of their sympathy

The 'South India Boy Scout' Magazine

CONTRACT ADVERTISEMET RATES

Minimum period of contract, three months. Charges payable in advance.

Space.	CHARGES FOR ORDINARY POSITION			
	One Month	Three Months	Six Months	One Year
	Rs. A. P.	Rs. A. P.	Rs. A. P.	Rs. A. P.
Full page, 2 cols. 8"×6" ...	10 0 0	27 8 0	52 8 0	100 0 0
Half page, 1 col. 8"×3" ...	6 0 0	17 8 0	32 8 0	60 0 0
Quarter page, ½ col. 4"×3" ...	3 8 0	10 0 0	18 0 0	35 0 0

ORDINARY POSITION— After reading matter including page 3 of cover.

SPECIAL POSITION.	Pages 2 and 4 of cover ...	50%	} extra on Tariff Rates.
	Between pages 3 and 4 ...	25%	
	" pages 7 and 8 ...	15%	
	" pages 11 and 12 ...	10%	

A TRIUMPH OVER PAIN

Little's Oriental Balm

Quickly Relieves and Permanently Cures

**Rheumatism, Neuralgia, Headaches,
Bronchitis, Colds in Chest, Coughs,
Sprains, Lumbago, Sciatica and All
Aches and Pains**

THE SOUTH INDIA BOY SCOUT

Vol. V.

FEBRUARY, 1925.

No. 5.

Ourselves.

The outlook is very bright and hopeful and with the shifting of the Provincial Head Quarters to the Lady Wellock Park in the Marina, the South India Boy Scout enters its new home for the future. The Provincial Commissioner, the Honble Mr. C. P. Ramaswami Aiyar, spared no pains to get the new buildings for the Association and the Association should be eternally grateful to him. May this change in Head Quarters be the fore-runner of many good things to come! The Association was till now housed in the Joo-nus Buildings for a nominal rent, thanks to the public spirit of the proprietor and his son Mr. Yusuf Sait.

We are progressing splendidly towards Brotherhood and the enthusiastic band of Mysore Scouters who came to the Cub Camp at Albany have given us a chance of knowing the real heart of Mysore intimately. His Highness the Yuvaraj of Mysore said sometime ago, "We are near neighbours and we must get to know each other more intimately". Exactly, we should; and we hope to be more closely associated with Mysore very soon in the Jamboree to be held in Christmas.

"The Jamboree"—It reminds us of the glorious times we had when the Chief visited Madras in 1921. We must better that show

this time. Scouts! it is up to you to do it. Let us here is your chance! We hope to have a grand time if you will only make up your mind to give us that grand time. This is already beginning to take shape. All you Scouters and Scouters and helpful suggestions? Remember! It is your show.

Camps? Yes! We are having one. One will be for Scouters in Easter. Refresher camp. All Scouters are invited. One for Cub Scouts at the same time. All Cub Scouts are invited. Please come and give us the benefit of your experience. Further particulars as to time and place will be announced very soon.

THOUGHT FOR THE MONTH

JOIN UP NOW.

Don't stand there out in the cold.
Join up now—You're not cold.
Come along and play the game.
Of Scouting. Nothing's like the same.
Scouting's splendid; Scouting's grand;
As a sport it "beats the band."
Scouting makes boys into men;
Makes you feel as good as ten!

Only slackers stay outside;
Pass remarks, and sneer, and deride;
Clean straight fellows come along;
Won't you join the happy throng?
Nothing matters if you are keen;
And you are, if once you've seen
What the game of Scouting's like.
Join up now, the front's not STRIKE!

(Sohu Saude...)

We offer our congratulations to Mr. A. R. Krishna Menon on the distinction conferred on him. See Head Quarters Notice.

We invite your attention to the article on Government N—Ray Institute in this number in the "Science in Practical life" page. There will be more of such every month.

Readers! What have you done to get more subscribers to the Magazine? May we depend on you to

Dyb! Dyb!! Dyb!!!?

The Government X-Ray Institute, Madras.

The medical service of this presidency has been using X-Rays as a valuable aid to its work for the past quarter of a century, but, its real value and usefulness in Madras have come to be fully understood only after the new buildings, with complete equipment, were available from the year 1922. The services of Captain T. W. Barnard were luckily secured in 1920 and it is owing to him that many thousands of people have been able to get the full benefit of the work of such an Institute. Scouts and Scouters know the Captain not as the Govt. Radiologist, but as the Honorary Treasurer of the Madras Provincial Boy Scouts Association.

In addition to the Central X-Ray Institute in the Government General Hospital, Madras, which ranks as probably the first in point of equipment and efficiency throughout India and the East, there are small X-Ray departments at the Government Royapuram Hospital and the Government Royapettah Hospital and in some mofussil Hospitals, one being in the Government Hospital, Ootacamund, one in Vizagapatam and another in Madura, the apparatus in the latter having been provided by the generosity of some local mill owners. Messrs. Harvey, at a cost of over Rs. 16,000 a good turn in a noble cause and an example worthy to be followed by others in the Presidency. Plans have been prepared and other hospital centres will be supplied with X-Ray departments as soon as funds permit. Assistant Surgeons are trained for the work at the Central Institute and the apparatus is standardised as far as possible so that spare parts can be supplied to the various departments without delay in the case of a breakdown.

Many people are ignorant of the good work that is being done at the Central Institute at Madras and this article is intended for Scouts and Scouters, so that they may be prepared to direct any one who may have to be treated by Electricity for some ailment, to the General Hospital.

The Institute has the following Departments:—

1. *Ionic Medication department.*—Where the Electric current is used for introducing drugs into the body in the region where the complaint is situated. Rheumatism, stiff joints after some injury,

chronic ulcers etc., are relieved and there are appliances for Muscle testing. Cautery, Electric massage etc., many patients can be treated at the same time here and this department is always very busy.

2. *X Ray treatment department*—is the place where X-Rays are used for treatment of diseases by exposure to the rays. The rays stimulate some forms of life and destroy others. The work is dangerous to the operator and to the patient if protective measures are not adopted. Such cases as tuberculosis glands, cancer, enlarged spleen, ring-worm etc., yield to this treatment. Care is taken that the rays treat the affected portions of the body only. The patient is put in a special, enclosed, lead-lined cubicle and all the healthy skin of the patient is covered by sheet lead-rubber, while filters of Aluminium are placed between the X-Ray tube and the patient, so that the healthy portions of the body may not be injured by the rays. The operator controls the apparatus from outside and a special clock is set to advise the time when the treatment is complete. Patients may find relief at one sitting or the treatment may have to extend to some months, in serious cases.

3. *Fluoroscopic or Screening Department.*—is the place where patients are examined for internal troubles by the X-Rays. The apparatus employed is very ingenious and some of the instruments in this room were designed by Captain Barnard and Major Shorten, I.M.S. The rays are invisible but they cause a screen coated with Barium Platino Cyanide to glow when they fall on it. If the patient is placed between the X-Ray tube and the screen, and the current switched on, a shadow of the patient falls on the screen showing details of the internal organs in the form of the lightest to darkest shadow in gradations. The movement of the internal organs can also be studied. People suffering from heart, lung, stomach and intestinal troubles may be examined in this department. Such an examination with Radiographs, would show the doctor very clearly whether a dangerous operation was necessary or not and save a lot of anxiety and trouble. As mentioned above, continual exposure to X-Rays is productive of great harm and so the protective measures adopted in this department are very elaborate and perfect.

to examine the floor carefully. A cry of triumph and satisfaction broke from the lips of Kalasing when he discovered a small slab of stone loosely fixed on the floor. The two ruffians removed it easily and soon exposed a shallow pit stuffed with dead leaves and earth. Kalasing raked up the rubbish in great excitement and as he took out a dark tin box from the pit, he could not help shouting in great exultation.

"I have outwitted you at last, my friend," he cried. "I have got it at last." "The fool probably thought that nobody would be able to find it out," observed his companion Meera, "It is getting late already. It is time we left the place."

Kalasingh secured the tin box safely hiding it in his dress, and both the robbers left the hut in great joy. The chieftain called his men together and told them of the success of the search. The party then left the place in a body. They had not gone a few hundred yards, when Kalasing stopped short and making a grimace of vengeance, bade his companions continue their journey while he would go back to the hut and set it on fire to satisfy his spirit of vengeance and destruction.

Meanwhile, the three boys and their aged father were returning from their labour. They were within four hundred yards of the hut, but Kalasingh did not see them. He was busy making fire with flint and steel. After some attempts he succeeded in getting a good spark on to the dry leaves which soon blazed up. The wind helped the flames and very soon the fire spread all around the hut. Kalasing stood a few yards away from the hut gloating over the deed of vengeance. The crackling of the burning timber and the smoke were observed by the old man and his sons and they ran in a body towards their burning home. The next minute they were face to face with Kala. A cry of surprise broke from both the parties; but the next moment Kala turned round and casting a look of triumph and satisfied malice, bounded away from the place. Quite involuntarily the three boys ran after him with cries of vengeance. They had no other weapons except the scythe which they had taken with them to cut wood in the jungle. Pratap found that Kala was too swift for him, and so taking careful

aim, hurled his scythe at him. It missed the mark but struck the robber on the right leg inflicting a nasty wound. The robber stumbled for a moment but recovered himself and limped away rapidly and disappeared in the bushes near by.

(To be continued.)

Our Short Story.

Little Bisu.

There was a naughty Boy,
A naughty boy was he,
He would not stop at home,
He could not quiet be.

That was Little Bisu. He was the author of many a mischief in a day, the unbridled colt of his class, the bully who had his enemies in the school, and the despair of his masters in discipline. Even his parents had almost given up hopes of his betterment.

One evening he joined the wolf-cubs at play quite by accident. The game of "Bandicoots and Squirrels" was gaily going on, and Bisu exclaimed at the close of it "Oh, why has time been so short?" An idea suddenly struck him and he asked the S. M. a question. "Well, Sir, why don't people play all day and night?"

S. M.—"All day and night!—Why, I would like it very much indeed!—But, won't you get tired my boy?"

B.—"Get tired! who says I will? I tired of play! I should like to know the boy who will be!"

The S. M. just lifted his brows, patted the boy on his back and with an intent sympathetic look held the following parley:—

S. M.—"Well! Do you think so? Then why don't you play?"

B.—"May I? Do you think I may?"

S. M.—"Why not? What prevents you? Who says that you shouldn't?"

B.—"Why! If only I could! There is the school and my studies and there's the master at school and parents at home to see that I didn't. In the midst of such a world where's the time for play?"

S. M.—"Well, Bisu! What would you like to play with?—a ball! Would'n't you get tired very soon?"

B.—"Oh! Say, that won't do. We want a number of games. Not one; and a number of things to play with—"

S. M.—"Yes, I agree. But can you play alone?"

B.—"Surely not. I want play mates of course, to win over. Else, where's the joy? what I yearn for is to be with my playmates always and everywhere."

S. M.—"Yes, you must have them. But is it not difficult to find mates all exactly of your age and all who know your games?"

B.—"I don't say that it must all be so. I want all to play and to play all games. I know only a few games and I should certainly be glad to learn and play other games also."

S. M.—"Do you think that all games are guided by the same rules? The point is,—I want to know what kind of games you would like to play."

B.—"Oh! any game! I won't worry about the nature of any game. I can enjoy any game."

S. M.—"Well, Bisu! have you no play mates in your class? Have you not got your brothers and sisters at home? Do you not have your parents and masters who have your welfare at heart? why not make them your play mates?"

B.—"Yes Sir! what you say is true. My mates are so different in the class. They are one thing in the class. Quite the opposite outside. They are not free and companionable. Most of them put on side. My brothers and sisters at home—my parents will not allow them to play with me. You see they are afraid that I may do some harm to them. You know that my masters at School keep themselves aloof and think that School boys should be kept in check and at a distance always. I see that you are an exception to the rule. You play with such young kids."

S. M.—"You see, Bisu that it is possible for any one to be happy and to play every where. But there seems to be something wrong in your case. Why not you try and mend matters and make every one your play mate? The Scouts and Wolf Cubs are out for that very purpose—Why not you be one of them?"

B.—"I would be very glad sir, if you think I can be one."

S. M.—"Certainly! You can be. It is a noble cause and a grand game."

(More, next month.)

Patrol Leaders' Corner

PATROL ANIMALS: THE OWL.

PATROL COLORS: LIGHT BLUE.



"Do at least one good turn to somebody every day," is what the Chief says. The Owl follows it to the letter. Its daily occupation is that of destroying mice, worms and such other garden pests and this is a splendid good turn. But how many gardeners and farmers really recognize the services done? Probably none. Does Dame Owl expect any reward for the good turn she does? No. She does the good turn without anybody's knowledge and avoids the lime-light of public appreciation. Her recompense is unfortunately violent treatment at the hands of the gardener who thinks she is an enemy.

Of the two score kinds or so of Owls found in India, ranging in size from a sparrow to a vulture, the Indian Spotted Owlet is the commonest. Though nocturnal in her habits, she may be seen moving about even before sun set until long after sunrise. She is not a shy bird and does not fly away even if any one goes very near her.

As compared with other birds her appearance is peculiar. Her two big eyes set in front of her face (the only bird that has her eyes in front like man) glow with phosphoric gleam in the dark and are so made as to take in the faintest ray of light. Indeed her sight is so keen in the dark that with her sharp eyes she is able to spot out a small worm from afar. Scouts should by practice and careful observance of health rules, preserve and cultivate a sharp eye sight, if they would like to become expert Scouts.

Her flight is absolutely noiseless and some famous naturalists have said that she can fly past a man almost touching him and yet the man may not be able to hear the swish of her wings. This is of great use to her in hunting field mice and such other small animals which can move rapidly. Night Scouting is the art of carrying on scouting practices in



Albany Cubber's Camp.



Tinnevelly Refreshers' Camp.

Mahabalipuram : From Shore
Pagoda.

Round the Camp Fire.

The *I. Royapettah*, familiarly known as the Christ Church Troop had a delightful 4 days' camp at Albany, Nungambakkam. 31 members of the troop turned up at 6 p.m. on the 29th December. Thanks to the generosity of several kind friends, the financial success of the camp was assured. There were five Patrols and these were housed in 5 huts arranged in a semi-circle, each about 20 yards apart, with the Scout Master's and stores huts in the centre. The Duty Patrol, besides being prepared to do odd jobs, had to rouse all the others in the morning, fill the washing buckets, prepare and hoist the flag, supervise cleanliness of Latrines and washing places, to see that there was always a plentiful supply of clean boiled water for drinking, to lower the flag at sunset, to prepare for the campfire and arrange a programme for the sing song. From "Rouse" at 6-15 A.M. to "Lights out" at 9-45 P.M. there was never an idle moment, except at the compulsory rest period in the middle of the day during which a sketch had to be made. To emphasize the importance of the Patrol system, cooking by Patrols was enforced. The Programme included swimming, hockey, cricket when the rest of the Patrol were cooking. The boys went to Capt. Guthrie's house one afternoon for competitions of a scouty nature. The afternoon the boys spent beyond the Railway line between Chetput and Kodambakkam, in that country in a game of Flag Raiding is the most memorable event of this camp. As usual, the camp fire was a great feature and considerable new talent was found which will prove useful on future occasions. On the last evening a combined camp

the cubbers of the adjacent camp was held. The party broke camp on the 2nd morning, after tasting the delights of the country.

The *I Egmore (C. O. A.) Troop*: Those of the Scouts who remained in Madras during Christmas were afforded all the joys of camping, by being invited by their S. M. to spend a few days in camp in his compound at Chetput. One afternoon was spent at Minambakkam and one evening the Scouts joined the Christ Church Troop in the camp fire sing-song.

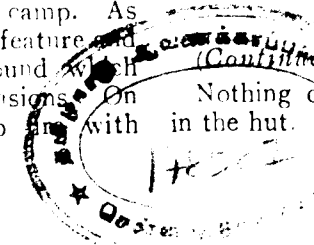
The Bheeshma Scouts of Ganapathy H.S., Mangalore and the Rovers of the place, went out on a camping expedition on 28th Dec. 1924 to a village 17 miles from the town. The party, 20 in number travelled by boats. Soon after arrival at the village, a varied programme of Scout items was gone through and the camp fire in the night was thoroughly enjoyed. The District Scout Secretary gave a yarn on Scouting ideals. The next day, they went to the Narahari Hill (700 ft. high) on the top of which there is a temple which is said to have been erected by the Pandava Princes about 3500 B. C. The temple is a famous place of pilgrimage. People in the surrounding villages say that cobras are a common sight in and around the temple, but they are quite harmless. After games in the evening, and an early supper, the party returned to Mangalore.

Our Serial Story.

"PRATAP SING"

(Continued from last month's issue.)

Nothing could be found among the things in the hut. So he and his companions began



the dark; and requires among other things, surefootedness, keen eyesight and absolutely noiseless movement. The owl is the master night-scout and the best practice in night scouting is, trying to study the owl in her period of activity.

She makes her nests, quite snug and spacious, on big trees, temple gopurams, minarets and such other lonely heights. Her coloration is in complete agreement with the surroundings; when she sits on a dry-barked branch of a tree even the keenest eyed observer would find it hard to spot her out. This teaches a valuable lesson to Scouts.—That they should dress up in clothing which harmonises with the surroundings—Khaki color is judged to be the best in that respect.—She sits alone on her perch or sometimes some of her Owl friends come to visit her and then she is very noisy and cheerful, particularly so in the evening and the morning. Her supper is usually followed by a burst of noise—"probably her way of thanking Him that gave her the supper," as a famous naturalist says. Her appearance is one which frightens other creatures and the strength of her claws and beaks and her noiseless night-flight are all eminently fitted for a bird of prey and in spite of the fact that her eyes face directly in front, she can without turning her body, easily turn her neck round so that she can see as well behind her back as she can in front. She need fear no enemy as she is nocturnal in her habits and it is said that some owls can also catch fish. Unlike other birds, except the Parrot, she is known to enjoy a shower bath and she likes a drenching in the rain.

When an enemy is near, she does not attempt to fly away, but crouches low and hisses fiercely. But when attacked and cornered, she throws herself on her back and defends herself vigorously by means of her beak and claws. But it must be said that the Owl is never on the offensive. She does not get into a quarrel, but if she has to be in, she acts so that the offender may beware of her. Scouts should never take the offensive.

The Owl has from time immemorial, been considered a bird of wisdom in some countries. In South India, especially in the Southern districts, rightly or wrongly, she has been considered to be a bird of ill omen.

Many hearts flutter when at dead of night, a sudden blood-curdling hoot or a series of long drawn out wailings issue from a coconut tree or a house-top. People believe that such an occurrence is one of ill omen. But this is a matter on which opinions are divided and we as Scouts are not concerned with it very much.

There is a thing or two we should bear in mind and that is—that the Owl is a friend to the hard working peasant and we should thank her for it; and she teaches us some splendid scouting practices and so deserves a Thanks Badge for her voluntary and honorary services to the Movement.

(M. V. V. R.)

NEWS.



The First Koilpati Rover Troop.

In connection with the National Health and Baby Week celebrations, Koilpati, a Scout Rally of the 1st Koilpati Government Training School Troop was held on the 17th January 1925. A large number of leading officials and teachers of the various schools in the place and a vast crowd of town and village people had assembled to see what the Boy Scouts would do, as it is happened to be the very first occasion of their public appearance in this town.

A very interesting program was gone through. As soon as the Rally call was sounded, the Scouts who were in Patrols—the Crows and the Rams—rushed forth from their hiding places



FETCHING WATER.
(By Courtesy of 'The Young Citizen'.)



BOATING.
(By Courtesy of 'The Young Citizen'.)

with their respective patrol cries. The flag was hoisted and saluted. After troop inspection the scouts broke off to put up tents. Shortly after, an apparently natural cycle accident occurred. The danger signal was given and the scouts ran to the spot and warded off the crowd by forming a cordon round the patient. Then first aid was administered to the injured. This part of the display was well appreciated as the scouts acquitted themselves satisfactorily in bandaging the fractures of the patient, in constructing a stretcher with the simple materials they had, and then carrying the stretcher to the Hospital. A number of games were played to the immense satisfaction of the assembled populace.

The function came to a close at about 11 a. m. and the people returned home after having thoroughly enjoyed themselves and noting the usefulness of the Scouts.

Govt. Training	V. SANKARAN.
School, Koilpati	R. M. RAMS,
21-1-25.	1st Koilpati Rovers.

Bharatha Rovers, Entertainment

The Bharatha Club, Egmore enacted 'Mayavathi' a puranic Tamil play on Sunday the 18th January at Soundarya Mahal. The play was written by Varakvai Thiru A. Subramanya Bharathi and it was staged under the kind patronage and immediate presence of Dewan Bahadur Salla Guruswamy Chetty Garu, B.A., B.L.

The play began punctually at 5-30 P. M. and the hall was fairly crowded with respectable people from all parts of Madras. The opening song 'Jana Gana' was sung by Wolf Cubs of the Bharatha Troop. Though this was the maiden attempt of the club, yet it was a grand success. Thanks are due to Mr. K. R. Sarma, the conductor, for the pains he had taken in making the play a success. The play came to an end at 8-30 p.m.

A sum of nearly Rs. 180 was realised by the sale of tickets. The expenses amounted to Rs. 110 and thus a net profit of Rs. 70 was got. The profit realised was added to the Bharatha Troop Fund.

Fifty Russian children with their school teachers, have settled on the Prairie by the banks of the Volga, the great river which

runs across Russia, and have created a self-supporting community of their own.

The Government of Moscow turned these boys and girls of 14 years of age out into the world about a year ago, making over to them the buildings and land formerly belonging to an ancient Monastery. The old wooden houses were falling into ruin, the orchard was neglected and land fit for cultivation was five miles distant. The Bolsheviks gave these children food to carry with them but not enough to last till the next harvest; lent them horses for ploughing and gave them seed. They gave them 10 adult instructors, including a blacksmith, a shoemaker and a carpenter.

Very soon the young people began to prove their worth. First of all they set about sowing a harvest of grain, not for their own needs alone, but for 200 people, so that more children might join them. Though the land was 5 miles way, it did not damp their spirits. Then they learned all they could from their instructors, and gradually as the months went by, sent them away one after another, as they grew more confident that they could manage themselves.

Today, after a little more than a year, these children have created out of the wilderness, a self-supporting colony free of the hardships and wretchedness, that are to be found in so many parts of unhappy Russia.

(Children's News Paper.)

Our Heroes.

Akbar the Great.

(A true Scout of ancient times.)

The name "King" in one sense means a man who makes all people happy and who is a well wisher of his subjects.

Akbar the Great even when he was young, was always calm with a smiling face. He listened to the words of all, young and old, poor and rich. He was never seen to be angry. He was always gentle. He never spent his time idly, but utilized it to the best purpose—self-improvement. He was tolerant towards all religions because he realised that every religion was striving to reach God the Universal Father.

He judged within himself about his doings, words and thoughts and did right always. He was extremely kind to animals and was

a careful observer of their habits. He was very thrifty in his habits, never dressed gaudily and hated pomp and show.

He helped his subjects in every way. The welfare of his people was foremost in his minds. He was always easily accessible and any one could take his petition to him direct and be sure of getting a patient hearing and a wise judgment.

He was pure in thought word and deed and many people thought that he was a person endowed with remarkable powers. Many people used to bring their sick to be healed by him and went away satisfied. Such remarkable faith they had in their King!

In every way his life is an example to Scouts and it is the duty of every Scout to try and follow in the great monarch's footsteps. (Adapted from the "Indian Scout.")

Special Article.

Contraction and Relaxation of Muscles in Physical culture.

Physical culture is one of the ancient arts by which one's body is kept in perfect health. Rational Exercise accompanied by mental concentration on the muscles to be exercised aids the body not only in obtaining its nourishment but develops also will power. The development of the brain without the muscular power is as empty and formal as the development of the muscular power without mental progress. Among college students we find only a very few interested in sports; rarer still are those who devote their time to Scientific Physical culture. Brutal Exercise not only checks the improvement of the muscles but stunts the growth of the brain. Readers! How many of our Indian Pailvans are endowed with brain power? There are innumerable cases of Physical culturists who have suddenly died of heart failure. Besides, violent exercise with mechanical movements neither increases bulk nor strength beyond a certain degree. Take the case of a washerman who uses his arms always. Why is it his arm and deltoid development is so small in comparison with that of the rest of his body? considering the nature of his work it is just these parts which should be the most developed.

To secure full benefit it is essential that the mind be concentrated on the muscles and

not on the work performed. In this connection it should be noted that the mind after a certain limit is fatigued and is not able to concentrate on any one particular object. The muscles seem to stick and their development is hindered. Why! It is a well-known fact that when one group of muscles are being exercised other muscles are also acted upon and they, by their resistance hinder the free action of the 1st group. In order to put forth the utmost energy to the muscles that are exercised it is absolutely necessary that the other muscles do not hinder their action—i. e., they must be in complete relaxation. Relaxation and contraction go hand in hand. The one without the other is useless.

At this juncture I may suggest exercises for the complete relaxation and contraction of the muscles.

Lie down flat on your back. Relax as thoroughly as you can, letting go all the muscles. Let your mind wander over the body from the head down to the toes. In doing this certain tense muscles here and there will be relaxed. Think all the time you are a very heavy log of wood.

For contracting the muscles, stand with heels together, take a deep breath and contract every muscle as hard as you can, thinking of the muscles from head to toe.

When you have fully gained control over your muscles by this exercise you can attempt to contract and relax the various muscles of the body one by one. This method of Scientific Rational Exercise will not only develop the muscles but also increase the brain power.

Egmore. } M. VARADARAJULU, B.A.,
Bharata Rover Troop.

SCOUT YELLS. (2)

Booma—Chicka—Boom

Booma—Chicka—Boom

Booma—Chicka

Recka—Chicka

Recka—Chicka—Boom

Cis—Boom—Ba

Cis—Boom—Ba

Boy Scouts! Boy Scouts!

Rah! Rah!! Rah!!!

Hobbies.

We use envelopes so very often, but perhaps none of us have ever tried to make one. They are so simple to make and give us so little trouble that we may attempt to make some. If neatly done they will replenish the troop stationery or better still, the troop funds.

To begin with, we must manage to get hold of an envelope of the size we want (It is essential that none of the sides should be torn or removed. If it is held for a while in front of the spout of a steaming kettle, the glue that sticks the sides together, will soften and you can remove the flaps. The sides will now lie flat and we have a large piece with disjointed sides. The ends must first be rounded with a pair of scissors if it is not already done so. We must procure a piece of block tin and laying it over the paper cut it out according to the shape of the opened envelope. Another piece of tin cut out to the shape of the rectangle in the middle of the paper, will complete the first part of our task.

Any stationer will supply us with unglazed foolscap paper. The first piece of tin that we have cut out forms the pattern for the sheets of paper. We lay it over the sheets of foolscap paper and with the aid of a pair of scissors, cut very carefully through the sheets so as to make them all the same size as the tin piece. Then, one sheet must be taken and laid flat; another is placed over this so that on one side a little of the first sheet shows. In the same way, three more sheets can be placed one above the other, always leaving a little of the edge of each sheet showing. We next brush some thick gum over the edges. The other sides are also similarly gummed placing one above the other with a little of the edges showing. In this way five or six sheets can be gummed at the same time and very neatly. Placing the smaller rectangular tin-piece in the middle, the sides of sheets are folded over the tin piece, one by one and when this is done, the gummed edges must be stuck together and dried.

L & L Cros.

Science and its application in practical life.

X-Ray and Electricity :

Their use in relieving human suffering at The Government X-Ray Institute, Madras.

Prof. Rontgen of Bavaria made his wonderful discovery of "X-Rays", as he named them, in the autumn of 1895. These rays are also known by the name of "Rontgen Rays". They are generated when an electric current of high voltage is discharged between two metal terminals in a sealed glass tube from which air has been largely withdrawn. Though invisible to the eye, these rays possess the wonderful property of passing easily through objects such as wood, card-board, some metals and other solids, which do not allow ordinary light rays to penetrate. X-Rays pass easily through the human body, the portions which are of denser structure, such as the bones, being comparatively opaque while the muscles and skin are transparent. Later on it was found that a photographic plate was affected by these rays and it was only another step to devise apparatus to take X-Ray photographs of the human skeleton. In an X-Ray picture you will see that the bones cast a dark shadow, the muscles a lighter shadow and the skin a still lighter shadow. The joints of the bones are very clearly visible. The medical world at once realised that this property of the X-Rays was an invaluable aid in diagnosing diseases and adopted it. Medically, Electricity is not only used for producing X-Rays but also for purposes of treatment in many diseases, and to-day, X-Rays and various forms of Electricity are some of the most important aids in medical and surgical science, while in the commercial world X-Rays are being used more every year.

X-Rays are used chiefly for :—

1. Diagnosis of diseases in the body, the location of foreign bodies in the human frame, and the examination of bones and joints in cases of accidents.
2. Medical treatment—for killing germs of disease by exposure to the rays.
3. Commercially—locating pearls in oysters, identifying natural from artificial gems, detection of flaws in metal structures and castings, detection of contraband and in various other industrial processes.

(A special article on No. 3 will appear shortly.)

The Government X-Ray Institute, Madras.

The medical service of this presidency has been using X-Rays as a valuable aid to its work for the past quarter of a century, but, its real value and usefulness in Madras have come to be fully understood only after the new buildings, with complete equipment, were available from the year 1922. The services of Captain T. W. Barnard were luckily secured in 1920 and it is owing to him that many thousands of people have been able to get the full benefit of the work of such an Institute. Scouts and Scouters know the Captain not as the Govt. Radiologist, but as the Honorary Treasurer of the Madras Provincial Boy Scouts Association.

In addition to the Central X-Ray Institute in the Government General Hospital, Madras, which ranks as probably the first in point of equipment and efficiency throughout India and the East, there are small X-Ray departments at the Government Royapuram Hospital and the Government Royapettah Hospital and in some mofussil Hospitals, one being in the Government Hospital, Ootacamund, one in Vizagapatam and another in Madurai, the apparatus in the latter having been provided by the generosity of some local mill owners. Messrs. Harvey, at a cost of over Rs. 16,000 a good turn in a noble cause and an example worthy to be followed by others in the Presidency. Plans have been prepared and other hospital centres will be supplied with X-Ray departments as soon as funds permit. Assistant Surgeons are trained for the work at the Central Institute and the apparatus is standardised as far as possible so that spare parts can be supplied to the various departments without delay in the case of a breakdown.

Many people are ignorant of the good work that is being done at the Central Institute at Madras and this article is intended for Scouts and Scouters, so that they may be prepared to direct any one who may have to be treated by Electricity for some ailment, to the General Hospital.

The Institute has the following Departments:—

1. *Ionic Medication department.*—Where the Electric current is used for introducing drugs into the body in the region where the complaint is situated. Rheumatism, stiff joints after some injury,

chronic ulcers etc., are relieved and there are appliances for Muscle testing. Cautery, Electric massage etc., many patients can be treated at the same time here and this department is always very busy.

2. *X Ray treatment department*—is the place where X-Rays are used for treatment of diseases by exposure to the rays. The rays stimulate some forms of life and destroy others. The work is dangerous to the operator and to the patient if protective measures are not adopted. Such cases as tuberculosis glands, cancer, enlarged spleen, ring-worm etc., yield to this treatment. Care is taken that the rays treat the affected portions of the body only. The patient is put in a special, enclosed, lead-lined cubicle and all the healthy skin of the patient is covered by sheet lead-rubber, while filters of Aluminium are placed between the X-Ray tube and the patient, so that the healthy portions of the body may not be injured by the rays. The operator controls the apparatus from outside and a special clock is set to advise the time when the treatment is complete. Patients may find relief at one sitting or the treatment may have to extend to some months, in serious cases.

3. *Fluoroscopic or Screening Department.*—is the place where patients are examined for internal troubles by the X-Rays. The apparatus employed is very ingenious and some of the instruments in this room were designed by Captain Barnard and Major Shorten, I.M.S. The rays are invisible but they cause a screen coated with Barium Platino Cyanide to glow when they fall on it. If the patient is placed between the X-Ray tube and the screen, and the current switched on, a shadow of the patient falls on the screen showing details of the internal organs in the form of the lightest to darkest shadow in gradations. The movement of the internal organs can also be studied. People suffering from heart, lung, stomach and intestinal troubles may be examined in this department. Such an examination with Radiographs, would show the doctor very clearly whether a dangerous operation was necessary or not and save a lot of anxiety and trouble. As mentioned above, continual exposure to X-Rays is productive of great harm and so the protective measures adopted in this department are very elaborate and perfect.

4. *X-Ray photography.*—This department is intended for taking X-Ray photographs, which are obtained in the following manner:—

An X-Ray plate (different from an ordinary photographic plate in that it is coated with a thicker emulsion and has a larger quantity of silver salts on it) in a light-tight envelope is placed on the couch and on this, as closely touching it as possible, is arranged that part of the body to be photographed. The X-Ray tube is brought in position and the current is switched on for the time necessary for the exposure. The plate is then developed and fixed in the usual manner. The Radiograph, as it is called, shows details (internal of the body, with any abnormalities. These plates are arranged in wall cabinets in the viewing lobby, with descriptive details in each case, and the Medical Officers come daily, with their students, to study the condition of the patients under examination.

5. *Electrical treatment department and Studio.*—Most up-to-date apparatus is housed in this room; one is for controlling heart beats by means of muscular contractions, stimulated by Electricity and cases of diabetes, kidney troubles, stomach and intestinal troubles are attended to with great success. Stout persons can get rid of superfluous fat here and become thin without any injurious after-effects.

There is an apparatus for producing "Penetrating Heat," the practical utility of which both in medicine and surgery has been realised during recent years. Medically these Heat rays have been used with remarkably successful results in the treatment of nerve and joint troubles, Sciatica, Lumbago, Neuralgia, Asthma, Pleurisy, heart troubles etc. Surgeons claim, among other things, that "Penetrating Heat" or Diathermy as it is called, can be used with great advantage in some operations. Blood becomes clotted when heated, the blood vessels seal themselves up in consequence and thus loss of blood and consequent shock to the system are prevented, while in Cancer cases, the coagulation prevents the germs getting into the blood stream. Regions of the body which cannot be reached by the surgeon's knife can be reached easily by the penetrating Heat, as for example—Cancer of the bones of the face, etc.

Attached to this department are a splendidly fitted up studio and dark room, patients are photographed during the course of treatment and photographic records of cases of scientific interest made.

In addition to the above departments the institute has a Light treatment department, Radiant Heat department and Orthopaedic Exercises department, while a new department for treatment of Cancer by means of very penetrating X-Rays, where the high-tension current is brought up to the enormous voltage of 3,00,000 volts, is to be opened shortly.

That the Institute is doing splendid and useful work and that its popularity is very rapidly increasing is evident from the following figures:—

Year.	No. of cases of all sorts attended to.
1918	2,354
1921	7,315
1922 (new quarters taken over)	11,757
1924	27,000

These notes have been extracted from a small book written by Captain Barnard. He is prepared to arrange for parties of Scouts to be shown over the Institute by himself or by his able assistants Dr. Santanakrishna Pillay or Dr. Bartley. Scout masters desiring to take advantage of this offer should write to Captain Barnard direct at the X-Ray Institute, Govt. General Hospital.

It is one of the triumphs of modern scientific spirit that every new discovery in any branch of science has been adapted to human needs, but surely the noblest achievement of human ingenuity is to make use of these discoveries to alleviate human suffering and bring relief to the wretched sufferers. It is these achievements that bring out the God in Man.

(OWL 3)

Scouts & Scouters!

Remember the 22nd of February

It is the Chief Scout's Birthday
us all unite together in praying
long life and prosperity, and many
returns of the day!

The Books and Periodicals received and reviewed.

"*Tamil Scout*" by Mr. Krishnaswami Pavalar. (Published by Messrs: R. Venkatachalam & Co., Triplicane.) A useful publication for Scouts who cannot read books on Scouting in English and understand them. Has many illustrations and gives a general idea of the Scouting Organisation and its aims to the layman.

The following periodicals have been received at the S. I. B. S. office, with thanks: The "Scout Pie" (Ceylon Scout Annual), "Mysore School and Scout Magazine" (for November, December and January); Scout Brother, Meerut (October and November), C. P. and Berar Scouts (December 1924); the Gosri Scout: Cochin (December 1924). The "Health" (December 1924) The Scouter (December 1924); the Bombay Scout Gazette, Christmas number (December 1924) The "Young Citizen" (January 1925). The "Troop Organ of the 1st Papanasam Scout Troop" (Vol. I.)

"*The Health*", Edited by Dr. U. Rama Rao, M. L. C., a magazine eminently suited for disseminating health knowledge to all. The December number is specially interesting and instructive and has a splendid article on the care of the Eye and one on the evils of tobacco: articles specially interesting to Scouts. The price is so low as to suit all pockets. The Tamil and Kanarese editions are specially valuable and fill up the long felt want of such useful health literature. We recommend it heartily to all Scouts and Scouters throughout the Presidency.

"The Papanasam Troop Organ": A splendidly conducted Troop manuscript magazine. Evidently, literary and artistic talent is much in evidence in the Troop. We congratulate the Editor.

Editorial Notices:—

All contributions should be written briefly on one side of the paper only and must be accompanied with the signature and address of the sender, addressed to the Editor, S. I. B. S. 4/19, Adiyappa Mudali Street, Vepery, Madras. Contributions should reach the Editor on or before the 5th of each Month.

Introd business communications should be registered to the Manager, S. I. B. S., Lady Rhenck Park South Beach Road, Madras.

Rovers' Section.

ROVERS!

It is recognised everywhere that the future progress of the Movement and the future welfare of the Motherland are in the hands of young men who have been trained in Scout Principles. You have three responsibilities:—

- (1) To the Nation as the future citizens.
- (2) To the public whom you have vowed to serve.
- (3) To your younger brothers who are your special charge.

This section is kept open for you for exchange of opinions and experiences.

Will you do the S. I. B. S. a good turn by helping it to become really useful to all, especially to yourselves? "Self help is the best help" you know. Contributions to this section will be received with thanks.

Editor.

Competitions.

The "South India Boy Scout" will be sent free for one year to the troop which secures the largest number of subscribers.

The Editor reserves the right to fix the minimum number of Subscribers required to qualify for winning.

All that the Troop has to do is to secure the orders for the Magazine in the form enclosed in this number and send them through its Scout master to the Editor S. I. B. S., 4/19, Adiyappa Mudali Street, Vepery, Madras. Envelopes should be marked "Competition" on the top left hand corner.

A COVER DESIGN is required for the "South India Boy Scout." Scouts and Rovers are eligible to compete & all drawings should be neatly made on drawing paper in Indian ink (size—14" by 18"). All designs should be sent carefully rolled and packed not folded, to the Editor S. I. B. S., before the 28th February 1925. The designs should be certified by the Scout masters of the troops to which the Scout or Rover belongs. A competitor can send in any number of drawings, but each drawing should be accompanied with the coupon printed on cover, filled up in proper form. The approved drawing will be the property of the Provincial Boy Scouts Association, Madras and the winner will get a suitable prize. Unaccepted designs cannot be returned unless postage is prepaid.