

HEALTH.

"DIETETICS AND ITS VALUE"

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One touch of nature makes all the world kin. Among many such touches is the well-known craving for food. For the purpose of this discourse, then, all humanity may be assembled on the "Clarion Call" of hunger and its appeasement.

2. There are however two postulates on which we have to solve the problem of food. The first is that "we eat to live". Happily this has never been questioned. The second is that "we live to serve" not ourselves alone, but "common humanity". The 2nd principle is gaining universal recognition now, as the world is speeding to its well-appointed millennium. It follows from the two postulates that we should feed only on things which promote healthy life and increase our fitness for service to humanity, and then, only just enough and not more. It would then appear that eating (among our human race specially blessed for service) can and ought to be raised to the dignity of a true "fine-art". This science of right-eating so necessary to right-living and serviceability, is "Dietetics."

3. There is an old saying that there are "none so blind as those that will not see". These in relation to Dietetics fall under three types. Viz. the Kaya Karma, the Epicure, and the Gourmand. The first thinks to subdue the senses by starving the body. He annihilates the instrument through which the senses have to express themselves for the service of humanity. Such a man easily loses more than he bargained for. The Epicure installs Mr. "Tongue" at the head of the table, and that estimable personage rules out everything "not to taste" whatever be the fare presented; and food—value is no criterion to him. The Gourmand, however, is the one who has the defect of his quality if by that expression is meant his belief in swallowing impartially at any time and in any quantity any kind of food.

4. The error of their ways is however proved by the well-known lines in the Baghavat—Geetha—Chapter VI, Verses 16 and 17 translated as follows:—

"Verily Yoga is not for him who eateth too much, nor who abstaineth to excess, nor who is too much addicted to sleep, nor even to wakefulness, O. Arjuna". (16)

"Yoga Killeth out all pain for him who is regulated in eating and amusement, regulated in performing actions regulated in sleeping and waking". (17).

That being so, the three types can be left with a prayer for better mental illumination.

5. But the main detractors of the science of "Dietetics" even in the abstract are to be found chiefly in the two "Schools of Thought" who bear on their escutcheons two conflicting mottos: "One man's meat is another's poison" and "What is food

for the goose is food for the gander". I have no desire to entangle this discourse in the meshes of their plausible half-truths and dangerous conclusions. For it is obvious that with due allowances for age, occupation, climate, and individual physical conditions and peculiarities the foods necessary to sustain efficient human life must largely agree in ingredients or active principles, if not in physical kind. It is to "Dietetics" that we must look to give us here in Southern India with its recurring famines and alarming death-rates the message we so much need to-day; Viz., "Real Food" and "How to eat it". Progressive Dietetics alone can assue us a menu within reach of ordinary masses which is sufficient to build up good physique, strong vitality and resistive power.

6. So, the foundations of this growing science must be "well and truly laid" in an exhaustive research and tabulation of true foods and food-values. It is unfortunate that to a matter of such vital importance sufficient attention has not been paid generally speaking by the educated classes who most put themselves at fault with "Dietetics" and they pay most dearly for their transgression alike ignorant or inevitable as intentional; for, the Code of Dietetics takes no account of "mens-rea". Thanks to the Pioneer work of The Hon'ble Justice, M. R. Ry., Veppa Ramesam Pantulu Garu, a strong impetus has been given in this Presidency to serious reflections, organised co-operative research and co-ordination of results obtained on this all important subject. The main justification of the National Health Week Committee must be their active continuous functioning in this sine-quanon of National Health. For to investigate and publish Dietetic-truths from time to time is without claiming more to help us all to live up to them and to add to the richness and beauty of life for ourselves and others.

(To be continued.)

WELFARE CENTRES

For the Use of Health Visitors, Teachers,
Social Workers and Mothers

BY

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FOOD.

Q. What is the purpose of food?

A. (1) To supply energy or the power to do work; (2) to build up the tissues and to repair the waste that is continually going on in the body.

Q. How can food be compared to fuel?

A. As coal or petrol is the fuel required to do the work of an engine, so in the same way food is the fuel required to keep the human engine going.

Q. What materials in food is the body able to convert into energy?

A. (1) Sugars and starches; (2) fats; (3) flesh-forming constituents (called proteids).

Q. What are the properties of food?

A. (1) To build up the body and repair waste; (2) to supply heat and energy; (3) to supply salts; (4) to supply water; (5) to supply vitamins to the system.

Q. Name the foods which contain body-building and repairing materials.

A. Meat, fish, milk, cheese, eggs, peas, beans, lentils, nuts, oatmeal, wheat, maize, macaroni.

Q. What foods contain energy and heat-giving properties?

A. (1) Fats, such as butter, margarine, suet, dripping, oils; (2) sugars and honey; (3) starches, such as rice, potatoes, tapioca, cornflour, &c.

Q. Where are the salts required by the body supplied from?

A. Vegetables and fruits.

Q. How much of the body-weight is composed of water?

A. Two-thirds—hence, the necessity for a good and pure water supply.

Q. What are vitamins?

A. Vitamins are properties contained in certain foods which are necessary for the growth of the body and to prevent deficiency diseases.

Q. Name some foods which contain vitamins?

A. Eggs, milk, cod-liver oil, butter, beef-suet, oatmeal, fresh green vegetables, raw fruits.

Q. When are vitamins especially necessary?

A. During the growth of the body, as in children and in malnutrition.

Q. Name ten rules which should be observed in eating.

A. (1) Take three meals a day; (2) have the meals at the same time each day; (3) vary the diet daily; (4) make the meal appetising by good cooking and proper preparation of the table; (5) wash the hands before eating; (6) eat slowly and chew well; (7) drink at the end of a meal and don't wash every bite down; (8) take a tooth cleansing food at the end of a meal such as raw vegetable or fruit; (9) rinse the mouth after eating; (10) rest after a meal.

Q. What foods should not be given to children?

A. Pickles, seasoned foods, spices and tea or coffee, under ten years of age.

Q. What is the best time for children to have sweets?

A. Only with a meal, before the tooth-cleansing fruit, and not between meals nor in the evening.

Q. What should children not be given between meals?

A. "Pieces," bread and jam, cakes, sweets, chocolates, biscuits milk or any other food.

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Q. Should water be taken between meals?

A. Yes; a pint a day should be taken.

Q. Why is mastication or chewing the food a most important part in eating?

A. Efficient chewing is necessary to exercise the jaws and preserve the teeth, to grind the food and to prepare it for stomach digestion, to get the most value out of the food, and to make digestion easier, and so to prevent indigestion and constipation.

Q. Are hard foods necessary for children?

A. Yes, because they give the teeth exercise and keep them in good condition, develop the growth of the jaws and tend to prevent adenoids and mouth breathing.

Q. What is the objection to pap feeding and soft food?

A. It is less nourishing than hard and crisp food, and it is bad for the teeth and the growth of the jaws.

Q. How should vegetables be cooked?

A. In as little water as possible and not over-cooked. They should be stewed or steamed in their own juices. The water contains valuable salts and should be used for soups and sauces.

Q. How should potatoes be cooked?

A. In their skins, as they are more nutritious, and it is the more economical way to cook them.

Q. Should raw salads be given to children?

A. Yes, they contain valuable vitamins. More green vegetables should be used.

Q. Are nuts and fruits valuable foods?

A. Yes, because they contain valuable salts and vitamins, and have a cleansing effect on the teeth.

Q. Is barley water a good drink?

A. Yes, barley-water with or without lemon-juice is wholesome, nourishing, refreshing and cheap. It is a good drink in warm weather.

Q. What precautions should be observed with regard to tea?

A. Tea should be only taken freshly-made and not strong. It should not be allowed to stand on the leaves, as it becomes poisonous and sets up indigestion. It should not be taken with meats, and children under ten should not be given tea.

HOME NURSING.

Q. What attention does the sick room require?

A. It should be well-ventilated, warm, quiet, scrupulously clean and free from dust.

Q. What cubic space should the patient have?

A. 1,000 cubic feet. To find the cubic capacity of a room, measure the length, width and height of the room in feet, and multiply length by width by height.

Q. What furniture is required?

A. As little as possible; everything should be removed that is not essential.

Q. How should it be kept free from dust?

A. By dusting twice a day, first using a damp duster, then polishing with a dry one.

Q. Should visitors be allowed?

A. Not in an infectious case, and only according to doctor's orders in other cases.

Q. What should the temperature of the room be?

A. 65° Fahrenheit.

Q. How should the room be ventilated?

A. By means of open windows and a fire in the grate, avoiding draughts and chilling of the patient.

Q. What should be observed in preparing the patient's bed?

A. Cleanliness, the patient's comfort, neatness and not overclothing the patient.

Q. How should a patient's bed be made?

A. (1) Spread a single blanket on the mattress, tuck in, beginning at the head; (2) spread the sheet and tuck in, avoiding creases; (3) place the upper sheet over the lower sheet, allowing sufficient at the head to turn back; (4) place the blankets over the sheet, tuck in at foot and side, turn down the upper sheet over the head of the blankets; (5) the bolster and pillow in case-covers should be well-shaken.

Q. Describe how to remove a soiled lower sheet.

A. (1) Turn the patient on the right side towards the right side of the bed; (2) roll up the soiled sheet from the left side; (3) place the clean sheet well-aired and half-rolled lengthwise, next the soiled sheet; (4) turn the patient over on the left side on the clean sheet; (5) roll off the soiled sheet and complete unrolling of the clean sheet and tuck in. This should be done under the covering blanket.

Q. What is a draw-sheet?

A. A mackintosh sheet is placed on the bed and covered with a folded sheet to reach from the bolster to the patient's knees. As the draw-sheet becomes soiled, the spare end is unfolded and the soiled part drawn from under the patient and rolled on the other side.

Q. How should a patient be washed in bed?

A. (1) First have everything in readiness and the room warm; (2) place the mackintosh, covered with a dry, warm towel, under the patient; (3) first sponge the face and neck and then dry, sponge and dry each arm in turn, next the chest, then the abdomen (under covering blanket), then each leg in turn. Turn the patient on one side and sponge from above downwards, taking one part at a time and drying off each before proceeding. Keep the patient covered as you sponge; (4) special attention should be given to cleaning the ears, teeth, nails and feet.

Q. When the skin is tender and red what should be done?

A. The parts should be dabbed with methylated spirit, and dusting powder applied.

Q. How should an enema be given?

A. (1) Prepare the enema; (2) turn the patient on the left side with knees drawn up and buttocks projecting over the edge of the bed; (3) place a mackintosh sheet under the buttocks; (4) oil the nozzle of the syringe, pass it gently into the bowel (avoiding force) and inject the contents slowly.

Q. How should a linseed poultice be prepared?

A. (1) Pour boiling water into a bowl, continue to sprinkle linseed meal into the water while stirring until the thick mixture comes clean from the edge of the bowl; (2) spread quickly on linen or tow to one inch thick; (3) test the heat of the poultice on the back of the hand; (4) apply, cover with a thick layer of cotton-wool, and fix with a bandage.

Q. How would you prepare a fomentation?

A. Place a piece of thick flannel in a bowl, pour on boiling water, wring out in a towel and apply comfortably hot, cover with jacksonet and wool and fix with a bandage.

Q. What precautions should be observed in giving a medicine?

A. (1) Read the directions on the label; (2) give at the time stated; (3) measure the dose accurately.

Q. How would you feed a helpless patient?

A. Put the liquid food into a feeding-cup, fix a towel under the chin, place on arm under the pillow and gently raise the head slightly, give the nourishment slowly and wipe the mouth after feeding.

Q. How should a bed-pan be used?

A. Warm the pan, raise the patient's buttocks, place the pan under the buttocks with knees bent (under the bed-clothes). After use, cover the bed-pan with a cloth and remove it from the room immediately.

Q. What principles must be observed in nursing an infectious patient?

A. (1) Isolation; (2) disinfection.

Q. What is the best room to isolate a patient in?

A. A room at the top of the house.

Q. Should the door be kept closed?

A. Yes, with a sheet moistened in disinfectant fluid hung up outside the door.

Q. How should fresh air be admitted?

A. Through open windows. A fire in the grate draws the air up the chimney and keeps the patient sufficiently warm.

Q. What should be done with all excreta from the patient?

A. Spit, vomit, urine and motions should be received in vessels containing disinfectant fluid and emptied down the closet. Rags used for wiping the nose and mouth should be burnt.

Q. How should food utensils be dealt with?

A. All cups, glasses, spoons and so on should be placed in disinfectant fluid, then washed in hot water, and kept entirely for the patient's use in the room.

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For God, Crown and Country.

Wealth & Welfare.

London, Friday, 6th May, 1927.

EDITORIAL.

THE ECONOMIC CONFERENCE.

The Economic Conference in Geneva which meets this month will be a world conference with a large and comprehensive membership and all countries of economic importance have been invited to elect members up to a maximum of five. They will not be a spokesman of financial policy, though they are selected by Government. They may be expected to include industrialists, merchants, financiers, officials from Boards of Trade, economists, agriculturists, and the representatives of workers' and consumers' organisations. It is possible that the conference may be a work of great value in gaining the economic movement as it develops on the best lines by stating conditions on which it can be recommended as in the public interest, and perhaps by helping the public-the consumers of the world. The main purpose of the conference will be to serve as a forum of public discussion. Doctrines may be freely exposed without the freedom of discussion being restricted, by any immediate necessity to transform the conclusions of the conference into international agreements. This will provide for general discussion of the principal features and tendencies in the economic situation from the point of view both of the peace and the prosperity of the world. And it also contemplates more specific examinations of the problems of industry, commerce and agriculture and in particular the problems connected with tariffs and commercial policy and with “international industrial agreements”. Its probable character and its probable results will be mainly a forum of public discussion and will not aim at the conclusion of immediate conventions. It can scarcely hope even to reach unanimous

resolutions with much substance of detail in them and the more contentious questions, and without unanimity there can be no resolution but only an expression of opinion carrying such authority as the persons supporting it can give. There is no majority vote, but the conference will educate and influence the public opinion of the world, the conduct of those who direct industry and the policy of governments. The discussions on the relation between economic tendencies and the peace of the world will at least make a beginning towards establishing a code of recognised principles in economic policy. The various forms of trade barriers which mostly impede the world's commerce will be examined. The agreement, if reached, will not find expressions in immediate binding decisions which the conference will have no authority to take. But its essential value will be that it will strengthen those who in each country are trying to modify commercial policy and will facilitate the separate negotiations of commercial agreements. As regards the growth of international industrial agreements and in particular details of all fixation of prices, limitation of output, division of function, and division of markets, many useful principles may be suggested. Agreement between producers may secure very great economies, in facilitating large scale manufacture, in reducing the loss caused by rapid changes in demand, in the elimination of certain wasteful forms of competition, in enabling the removal of certain tariffs, and these advantages will benefit all three parties concerned—the employers in higher and more stable profits, the workers in higher wages and the public in lower prices. It must be stated again that much depends upon the existence of an informed and vigilant public opinion. One of the most valuable results of the conference will be its effect in extending the range, and above all, increasing the motive power, of the normal and permanent work of the economic organisation of the League of Nations, which have been preparing for this Economic Conference for more than a year.

THE APPOINTMENT OF GOVERNORS.

In India Governors of Provinces are appointed without the wishes of the people concerned being consulted. The practice observed in the case of the Dominions is that His Majesty's Government consult the wishes of the people before making an appointment and no Dominion is compelled to accept as Governor any one of whom it objects. The result has been in the main to provide excellent heads of the Government. Because India has no Swaraj and because Indians are neither strong nor united their wishes are not respected. They are also not respected. In the case of the demand for a suitable Governor there is no question of the fitness of the people. Burke said in a memorable speech “Men too much conversant in office are rarely minds of remarkable enlargement...Persons who are nurtured in office do admirably well as long as things go on in their common order, but when the high roads are broken up, and the waters out, when a new and troubled scene is opened, and the file affords no precedent, then it is that a greater knowledge of mankind and far more extensive comprehension of things is requisite than ever office gave or than office can ever give.” In a country where the one supreme object of both the Governors and the governed should be the attainment of responsible government by India, a Governor should be a public man, if possible with parliamentary experience. The class of people who interpret the growth of governing institutions has so much personal loss sustained by them, cannot make good governors. I. C. S. Governors are out of place in democratic constitution and the time has come when in all the minor provinces the head of the Government should be chosen from the ranks of India. Public men are from British Statesmen of Parliamentary experience. In area and population and revenue and in the nature of the problems of government, the United Provinces cannot be dismissed as one of second class importance among the provinces of British India. The salary of the office of the Governor of U. P. is Rs. 1,20,000 a year. A public man from England can be got on that salary as Governor of Bombay, Madras and Bengal. Is it laid down anywhere that the best Indians must be inferior to any Europeans? Are there not Indians of the type of H. H. The Aga Khan who will adorn

any political or diplomatic office? The die has been cast and Sir Alexander Muddiman has been posted to the headship of the United Provinces and Sir Charles Innes to that of Burma. While the powerful objection against the appointment of an I. C. S. remains, the selection for the post of the Governor of U. P. from among the Members of the Viceroy's Executive Council is the best under the circumstances. To Sir Alexander Muddiman, this appointment means a fresh career. The outlook of these two gentlemen has widened considerably through their contact with the non-official opinion in the Assembly. We are sure they go forth to the task with experience and equipment which will enable them to utilise their opportunities to the best advantage of the Provinces. Sir Charles Innes with his industrious habits and devotion to duty will be Burma's asset. The problem with which Sir Charles Innes will probably be most concerned are likely to be of a different character. His task, we expect, will chiefly be to carry on the work of developing the commercial and economic resources of Burma. It has been said by a great political thinker that "Public affections, combined in it manners, are required sometimes as supplements, sometimes as correctives, always as aids to law." What is wanted is substantial justice. A prompt, an ungrudging, a just, even a generous recognition of popular rights as against the pretensions, and the not infrequent high-handedness of the executive, is an indispensable quality in a ruler ambitious of being even a tolerable success towards constitutional reform. Strength in dealing with the officers of the Government, the enthronement of Justice in the place of prestige, a practical recognition of the political and moral truth that the people have the right to govern themselves and the free concession of that right to them in increasing measure from day to day, the abandonment of the trusted tory doctrine of trusteeship with a self-arrogated right to the trustee to do as he wills by the perpetual wards called the people and to prolong his trusteeship till doomsday in the afternoon, respect instead of contempt for public opinion, these are some of the qualities without which

a Governor cannot hope for even fractional success. In many ways the United Provinces are the nerve centre of constitutional development in India. They have been subjected, under the reformed constitution, to tests which have highly tried all parties desirous of honestly working the reforms. In Sir Alexander Muddiman the provinces will have a Governor who has a specially intimate knowledge of the principles which have actuated parliament in launching the great experiment. He should be successful in dissipating the doubts and uncertainties which have clouded the atmosphere in the Province. Sir Charles Innes, the new Governor of Burma, is a good speaker and his experience of legislatures has been so full that those who have clamoured for a Governor of Parliamentary associations in Burma have had their wishes almost met. It is the unanimous verdict of unbiassed observers that the prominent official everywhere is a good servant but a bad master. In the battle between national aspirations and the bureaucracy, the Governor's duty is to throw his whole weight on the popular side in accordance with the spirit of instrument of instructions. The main objection to the appointment of Civilian Governors has been that they cannot bring to bear on the problems coming before them a judicial, unprejudiced mind, open to conviction. It is natural that the political currents at work in the United Provinces demand the appointment of a Governor who can command general confidence. The reluctance of the authorities to depart from the rule of not appointing civilian governors to the three Presidencies of Madras, Bombay and Bengal shows that they recognise the advantages that a non-civilian enjoys in this matter. Then why not extend that benefit to other provinces as well? The responsibilities of ruling a Province of some 46½ million people differing widely among themselves in culture, economic status and political outlook are heavy; and more they are real. We trust that these two governors will discharge that task to the entire satisfaction of the public.

ON THE LINE.

AGENT, MYSORE RAILWAYS.

On the retirement of Mr. C. Dove Wilson, Agent, Mysore Railways, and secretary to the Government for Railways, after 41 years' strenuous service in India, Khan Bahadur Abdul Aziz Khan has been appointed by the Mysore Durbar, with the sanction of the Government of India, to succeed him. This post has been held previously by distinguished European agents like Sir Ernest Bell and Mr. Richards, late members of the Railway Board, and his Highness the Maharaja of Mysore and his advisers are to be congratulated on selecting an Indian Officer of Mr. Khan's service and promise. Mr. Khan is at present the only Indian agent of Railways in India.

BURMA RAILWAYS CO-OPERATIVE.

The Burma Railways Co-operative Society has, on the result of the past year's working, declared a dividend of 10 per cent. as against 10 per cent. in the previous year, the profits for the year, which totalled Rs. 52,629, being apportioned as follows:—to dividend, 10 per cent., Rs. 50,857; award of honoraria to society's auditors Rs. 350; balance carried forward, Rs. 1,422. The most satisfactory feature of the year was the increase in the assets of the society as against advances outstanding in loans. The assets with the profits at the end of the year stood at Rs. 5,84,000, as against Rs. 4,00,000 outstanding in loans. This meant that members as a whole had saved over Rs. 1,84,000. It may be said therefore, that one of the main objects of

the society, to encourage thrift, has been fulfilled. Members should however beware that this is perhaps the last year when a 10 per cent. dividend could be paid. The management has invested the surplus funds as follows:—Rs. 65,000 in the Upper Burma Provincial Bank at 7 per cent.; Rs. 7,750 in Post Office Cash Certificates; Rs. 60,000 in British War Loan Stock at 5 per cent. free of income-tax. The maximum limit of indebtedness in respect of borrowings for the current year has been fixed at Rs. 50,000. (C)

RAILWAY AGENTS' CONFERENCE.

A conference was recently held at Delhi of the agents of the several railway companies in the country. Colonel Rothera, the agent of the South Indian Railway, was in attendance. He has also consulted the Railway Board on certain matters relating to the South Indian Railway. We understand that he has been instructed to investigate in detail the possibility of electrifying the several sections of the South Indian Railway, barring the Trichinopoly-Madura section, which has been investigated thoroughly. The railway company will shortly construct a broad gauge line from Salem to Mettur in connection with the Mettur project. The agent is awaiting sanction for the construction of the chord line from Trichinopoly-Karakudi-Manamadura, which is essential for reducing the journey from Madras to Colombo to 24 hours. The laying of the chord line from Arantangi to Karakudi has, unfortunately,

been held up on account of the attitude taken up by the Tanjore District Board. The South Indian Railway authorities are also negotiating with the Madras Electric Supply Corporation for the supply of current for the electrification of the suburban lines. (C)

STATE RAILWAY REVENUE.

With the incoming of the returns of the gross earnings of all State-owned railways for the 12 days ending March 31, 1927, it is found that the total approximate gross earnings for the year just ended were 98.61 crores, or 153 lakhs less than the actual figures for the previous year. All railways, except the Assam-Bengal, Eastern Bengal and South Indian Railways, show a decrease in the earnings compared with the previous year. During the year the number of wagons loaded on both the broad and metre gauges, decreased as compared with 1925-26, the former by 26,038 and the latter by 1,145 wagons.

During the financial year that closed on March 31 last, the State railways in India earned Rs. 361 lakhs, being less by two lakhs than the figure for the corresponding period of the previous year. Comparison can now be made of total approximate earnings for the year ending March 31, 1927, with that of the previous year. The position disclosed is that in the year just ended earnings went down to Rs. 98.61 Crores or by 153 lakhs as compared with the actual figures for 1925 to 1926. This comparison, spread over the principal

State-owned railways, shows that the Assam-Bengal, Eastern Bengal and South Indian Railways alone record an improvement on the previous year's earnings of Rs. 11.46 and one lakh respectively. All over railways show a falling off in earnings as follows:—B.-N. Railway, 21 lakhs, B.-B. and C. I. 93 lakhs; Burma 37; E. I. one lakh; G. I. P. 34; M. and S. M. 9 and N.-W. Railway 22 lakhs.

The total approximate gross earnings of all State-owned railways for the nine days ended April 9 amount to Rs. 258 lakhs, or Rs. 10 lakhs more than the figures for the corresponding nine days of the previous year. Compared with the figures of the corresponding nine days of 1926, the A.-B., B.-N., E. B., B. I., and Burma Railways show increases in their approximate gross earnings, while the B.-B., and C. I., G. I. P., M. and S. M., N.-W., and S. I., Railways show decreases. The principal increases were on the E. I. Railway, Rs. 4½ lakhs, due to the Kumbh Mela at Hardwar and larger booking of general merchandise and coal, the E. B. Railway, Rs. 4 lakhs, due to larger booking of passengers on account of the Baruni and Brahmaputra Jog Melas. In the corresponding period of last year, due to the riots in Calcutta, the B.-N. Railway showed an increase of 2½ lakhs due to increased coaching traffic and to larger bookings of coal, manganese ore, rice, jute, sugar, oil-seeds and cotton. On class I. railways during the nine days ended April 9, 105,825 wagons were loaded on the broad gauge (6,657 more than in the corresponding period of 1926) and 63,571 on the metre gauge (2,879 less than in 1926).

POST OFFICE INSURANCE.

The Post Office Insurance Fund was instituted by the Government of India in 1883 for the benefit of the postal employees but gradually admission to it has been thrown open to almost all classes of government servants who are employed on civil duties. The limit of assurance permissible under the rules of the fund which was previously Rs. 4,000 has been raised to Rs. 10,000. The fund is exempted from the provisions of the Life Act. It however, submits its revenue accounts and certain other connected statements solely for statistical purposes. On March 31, 1925, there were 46,011 policies in force assuring a total sum of over Rs. 8,63,00,000 including bonus additions. The total income during the year was over Rs. 40,00,000 and the life assurance fund at the close of the year stood at over Rs. 2,42,00,000. The latest valuation disclosed a surplus of over Rs. 20,00,000 of which Rs. 11,30,400 was utilised in payment to the policyholders of reversionary bonus of 11/5 and 4/5 per cent. per annum for whole life and endowment assurance, respectively. (C.)

INDIAN CO-OPERATIVE BANKS.

Questions were put in the House of Commons a few weeks ago asking for information as to the extent to which co-operative banks had been established with government assistance in the villages of India; whether they were confined to any particular area; if they had been a success; and whether it was contemplated to establish such banks on a larger scale. In the course of his reply Earl Winterton stated that the statistics for 1924-25,

which are the last available, show 555 banks and 59,951 agricultural credit societies. The answer to the second part of the question is in the negative, and to the third in the affirmative. As the report on the moral and material progress and condition of India shows, there has been a great increase in co-operative activities in the last ten years. As regards the last part of the question, the subject of co-operative societies is transferred to provincial governors acting with their ministers, but the methods by which agricultural operations are financed and credit afforded to agriculturists are within the terms of reference to the Royal Commission on Agriculture in India. (C)

THE BANKS OF INDIA.

At the commencement of the present century there were in India, in addition to the three Presidency Banks, eight joint-stock banks with their head offices in this country. In 1901 the Presidency Banks had deposits amounting to 18,037,208 tens of rupees, and the other banks 8,847,983 tens of rupees. The Post Office Savings Banks had a total of 866,693 depositors, of whom 786,626 were Indians, and the total deposits amounted to 10,682,123 tens of rupees. The banking method on the English system had made a good start in the previous century and was going strong. In 1917, however, the number of banks of any appreciable size or importance, registered in India, was not more than thirty-five; but their paid-up capital and reserves amounted approximately to Rs. 11,50,00,000, their available resources being Rs. 25,00,00,000. The paid-up capital and reserves of the three Presidency Banks of Bengal, Bombay and Madras amounted at that time to Rs. 7,33,00,000, and their available resources were Rs. 57,20,83,000. They therefore absorbed considerably more of the banking business of the country than all the other local banks put together. (C)

PRESS COMMUNIQUE.

A communique says:—His Majesty the King-Emperor has been pleased to approve the appointment of the Hon. Sir Alexander Muddiman, Kt., K.C.S.I., K. C. I. E., member of the Executive Council of the Governor-General, to be Governor of the United Provinces in succession to his Excellency Sir William Marris, K. C. S. I., K. C. I. E., when the latter vacates office.

His Majesty the King-Emperor has been pleased to approve the appointment of Sir Charles Innes, K.C.S.I., C. I. E., late member of the Executive Council of the Governor-General, to be Governor of Burma in succession to his Excellency Sir Harcourt Butler, G. C. I. E., K. C. S. I., when the latter vacates office.

[Alexander Phillips Muddiman (Sir) was born on Feb. 14, 1875; received his education at Wimborne School and University College, London, entered the Indian Civil Service after the examination of 1897, and arrived in India in February, 1899; served in Bihar in different capacities till he became under-secretary to the Government of Bengal in 1903; became registrar of the Calcutta High Court in January, 1905, and deputy secretary to the Government of India (Legislative department) in April,

1910; was made a C. I. E. in June 1913; was nominated member of the Imperial Legislative Council in July, 1913; worked as secretary to the Government of India (Legislative department) from 1915 to 1921; was made a C. S. I. in 1920, and was knighted in 1922; officiated for some time as Law Member of the Government of India in 1920; was the first President of the Council of State & from January, 1921 to April 1924; succeeded Sir Malcolm Hailey as Home Member of the Government of India in April, 1924; was president of the departmental committee appointed to enquire into the working on the Reforms and later on of the larger Reforms Inquiry Committee which submitted its report in December 1924.]

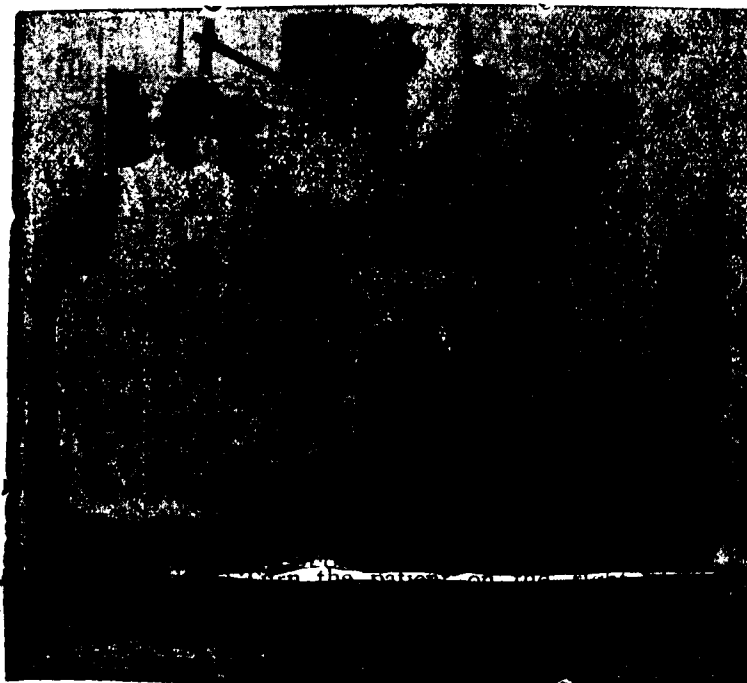
[Charles Alexander Innes (Sir) was born on Oct. 27, 1874; received his education at Merchant Taylor's School, London, and St. John's College, Oxford; joined the Indian Civil Service in 1898; was assistant settlement officer, Malabar, 1901-1905; under-secretary to Government of India, 1907-1910; collector, of Malabar, 1911-1915; director of industries and controller of munitions, Madras, 1916-19; foodstuffs commissioner, Government of India, 1919; made a C. I. E. in 1919 and K. C. S. I. in 1924; secretary, Commerce department, 1920-1921; and later became Member (Commerce and Railways) of the Governor-General's Council.]

OBITUARY.

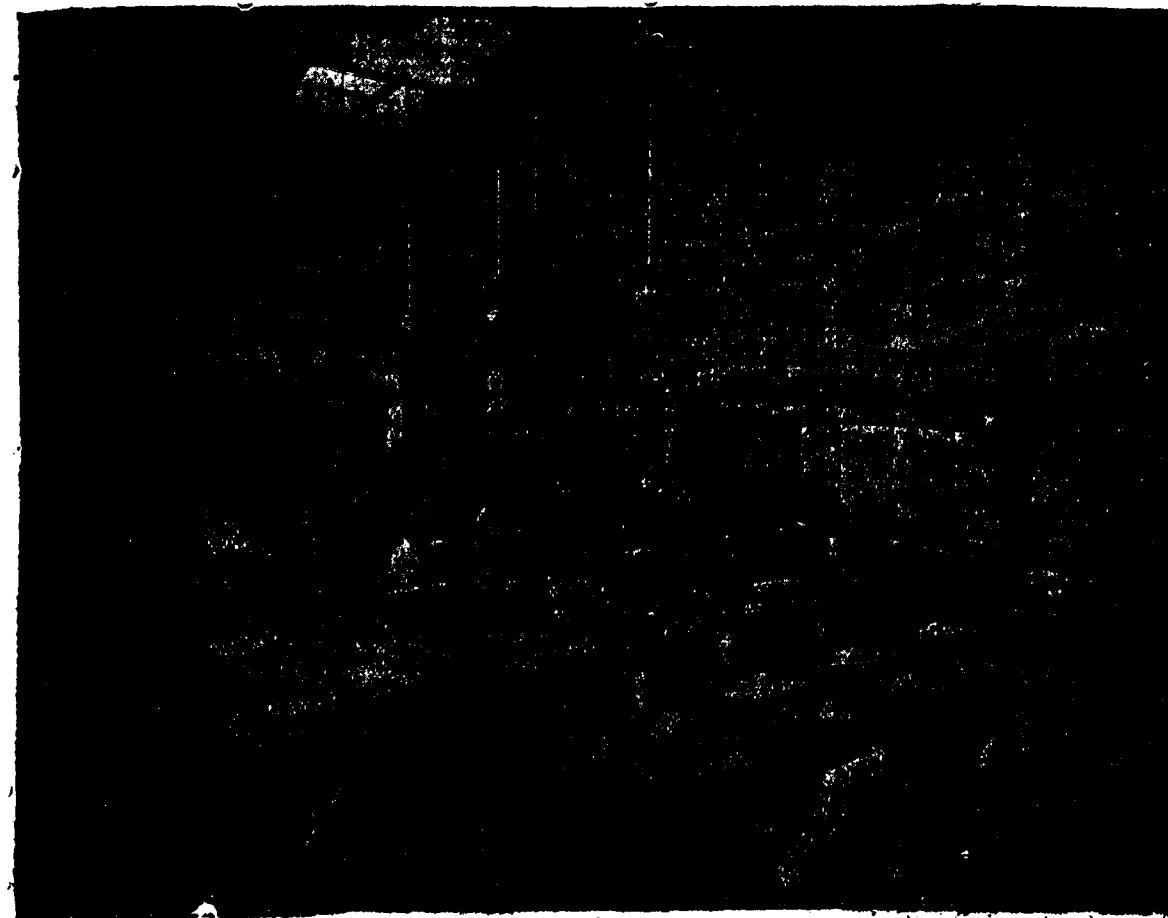
We regret the death, at Lahore at the age of 52, of Mr. M. Srinivasa Iyengar, assistant editor of the *Tribune*. He had been ill for years. It had been thought that his complaint was enlargement of the spleen and he had been treated for it. But he grew worse and it was not until after nearly ten years, when his condition became very serious that the illness was recognized to be dropsy. Mr. Iyengar belonged to Mysore where he owned and edited a paper. His conduct of the paper displeased the Government of the state. But he was too independent to alter what he considered was the right course, with the result that he had to give up his paper. He then went over to Lahore where his elder brother, Mr. Gopalengar, who had been manager and acting joint editor of the *LEADER*, was editor of the *Tribune*. First, the late Mr. Srinivasa Iyengar served on the staff of the *Panjabee*, and afterwards joined the *Tribune* about 17 years ago. He contributed in no small measure to the success of the paper. His death is a loss to the *Tribune*, and a greater loss to the community. He was a man of high character, condoned defects in others and was unusually generous and hospitable. Almost none who had gone to him for help came back disappointed. Mr. Iyengar was a man of progressive views and a practical social reformer. One of his daughters is a graduate of the Punjab University and a second has just appeared for the B. A. degree examination. He kept them unmarried in spite of opposition and odium. He leaves behind him an aged mother, a wife who, too, is, we are sorry to learn, ill, three daughters, and an elder brother. Our sincere condolences to the bereaved family. May his soul rest in peace!



The Hewett Weaving School, Bara Banki, which was inspected by His Excellency Sir William Marris.



Airograph printing at the Government School of Dyeing and Printing, Cawnpore.



Drawing class, Wood-working Institute, Bareilly.

HEALTH. Continued from Page 4.

Q. What precautions should the person nursing the patient take?

A. (1) Wear a washable overall when in the room; (2) avoid breathing the patient's breath; (3) wash the hands in disinfectant after tending the patient; (4) gargle the throat with Condy's fluid.

Q. Should visitors be allowed in the room?

A. No person must enter the room except the person nursing the patient and the doctor.

Q. Name two very dangerous infectious diseases in children.

A. Measles and whooping-cough. They are dangerous because of the complications which are liable to arise.

Q. What complications may occur?

A. They may be followed by pneumonia, bronchitis and tuberculosis; convulsions may occur and lead to fatal results. Inflammation of the ears and eyes may occur in measles.

Q. How should you act if a child takes measles or whooping-cough or other infectious disease?

A. Always get a doctor at once, and follow out the instructions in nursing an infectious case.

Q. Is it important to protect younger children?

A. Yes, because the earlier these diseases are contracted the more serious they are.—*Maternity and Child Welfare.*

SCISSORS.

Men must endure

Their going hence even as their coming
thither;

Ripeness as all.

The man who all his profit counts in
more financial gain,

Has missed the finest of rewards and
lived his life in vain.

The wealth that really is worth while,
the profits that endure,

Though not so tangible as gold are
vastly more secure.

In altruistic leadership and service freely
spent

Are greatest compensations found, and
well deserved content.

The moments spared from busy lives to
lead our fellow-men.

To new achievements that yet are quite
beyond their ken,

Are moments fraught with happiness
and pleasures that outweigh,

All treasures golden wealth can buy, or
selfish dreams portray. VIVIAN.

Being an eminently practical people, the English endeavour to retard a movement which they cannot stop. They are past masters in irrigation, and they regulate economic and social revolutions as they would dam a stream. The stream when dammed and trained, becomes a useful instrument of cultivation, and revolutions may be similarly guided into beneficial evolution. What would have been an immediate agent of destruction becomes in course of time, an element of transformation and progress.—M. JOSEPH CHATSEY.

I am behind no man in appreciating to the full the splendid services the members of the I. C. S. have, from time to time, done to this country. But one need not, therefore, be blind to its defects, nor rest satisfied with the blissful impression that it is the best of all blessings attainable under the sun.—MR. J. N. TATA.

A gentle, loving, merciful, honest, truthful mind is Satvic; a clever, emulating and scheming mind is Rajasic; a wrathful, passionate, foolish and jealous mind is Tamasic. A pure, soft and ethereal body would be Satvic; a bloody, energetic and strong body would be Rajasic, and a dirty and slothful body would be Tamasic. One mind of one body may exhibit these three conditions at different times.

In silence mighty things are wrought;
Silently builded, thought on thought.
Truth's temple greets the sky;
And like a citadel with towers
Is strengthened silently.—T. T. LYNCH.

Washing dirty linen in public is proverbially a dirty business. But political dirty linen is never washed unless it is washed in public.—DR. NORMAN LEYS.

Every thought you entertain is a force that goes out, and every thought comes back laden with its kind. This is an immutable law.—RALPH WALDO TRINE.

We must give, but not from the desire to be called a benefactor. We must pray, but not with the obtrusiveness that seeks to be observed. We must fast, but not with the intention of winning the secret adulation of pity. In brief, we must live in such forgetfulness of ourselves that we shall be at peace with God and man and set free with the glorious liberty of the sons of God.—VAN DYKE.

Whenever we find, in the immensity of the human mind the prototype of something which we hold most precious in ourselves, we should rejoice. The pride of special possession can cling only to that which has merely a market value.—RAHINDRANATH TAGORE.

It is well worth living to say kind, encouraging words each day of your life; to make some despondent being feel that you have a brotherly regard for him; to discountenance, and if possible suppress, any cruel innuendo; to be conscious of making some effort to extend the recognition of human brotherhood, and of resisting some temptation to serve pure self-interest that regards not the consequences to other people.—CHARLES ROPER.

People have no more right to be ill than they have to be criminals.—SIR W. ARBUTHNOT LANE.

For most people the daily paper is a daily disappointment—to which they are drawn by habit and against which habit forbids them to rebel.—H. G. WELLS.

A room may be clean—and yet empty; and it is not enough that our hearts be swept, unless they be garnished; or that we lay aside, our pride, our luxury, our covetousness, unless humility, temperance

INDIAN CUSTOMS REVENUE.

According to returns received in the Department of Commercial Intelligence and Statistics, the grand total of gross Indian sea and land customs revenue (excluding salt revenue) during the month of February, 1927, amounted to Rs. 4,01 lakhs, as against Rs. 4,25 lakhs in the preceding month and Rs. 4,02 lakhs in February, 1926. The total revenue realised in the eleven months, April, 1926, to February 1927, was Rs. 43,87 lakhs, against Rs. 44,03 lakhs in the corresponding period of the preceding year. Import duties contributed Rs. 36,46 lakhs, export duties Rs. 5,25 lakhs, excise duties on kerosene Rs. 96 lakhs and on motor spirit Rs. 86 lakhs, and land customs and miscellaneous Rs. 34 lakhs. Increases were

notable in import duties on sugar, wool and coloured cotton piece-goods, tobacco, yarn and textile fabrics (other than cotton and silk), liquors, cutlery and hardware, motor cars and cycles, and iron and steel, in export duties on jute (raw and manufactured) and tea; and in excise duties on motor spirit and kerosene. On the other hand, import duties on cotton yarn and grey piece-goods, mineral oils, matches and match splints and veneers, railway plant, metals other than iron and steel, pneumatic rubber tyres, machinery and silk piece-goods, and export duties on rice and raw hides and skins showed decreases. The protective special duties collected on private imports during the eleven months April, 1926, to February, 1927, aggregated Rs. 2,74 lakhs. The duties on government stores, inclusive of protective duties, amounted to nearly Rs. 84 lakhs, as compared with Rs. 86 lakhs in the eleven months ended February, 1926. (C)

The general end of poetry is to instruct delightfully.—DRYDEN.

To make oneself believed is the only justifiable design of eloquence.—CLARENDON.

I'm a very lazy fellow; when I have a thing in hand, I can stick to it like wax; but I'm naturally lazy.—PARNEED.

The wisest of our race often reserve the average stock of folly to all expended upon some one flagrant absurdity.—SCOTT.

We should learn to look at one another with steady fast eye, marching with steady step along the paths we choose.—LORD MORLEY.

Liberty, when it begins to take root, is a plant of rapid growth.—GEORGE WASHINGTON.

Discipline is more powerful than numbers, and discipline, that is, perfect co-operation, is an attribute of civilization.—J. S. MILL.

There is no such thing as patriotic art or patriotic science. Both art and science belong, like all else that is great and good, to the whole world, and can only be promoted by a free and universal interchange of ideas among contemporaries, with constant reference to that which we have inherited and learnt from the past.—
GOETHE.

I believe that the lesson of all experience is this: to expect littleto sow abundantly, and to be satisfied with a very small harvest.—F. W. ROBERTSON.

the cheaper and farther from God is our own character shown to be.

8. Learn mind control. What we do not think we cannot speak. If we control thought the axe is laid to the root of the tree. If Truth seems to compel us to see what we term "faults" we can at least realize that what we see is only part of the truth. (Kalpaka.)

Man is a phantom without God's grace. He is appearing and disappearing in the cosmic ocean of ceaseless evolution. His vision is blinded and distorted by elusive phenomena, tempting him and leading him astray from the pathway of Light, from the walks of Wisdom leading to realisation of Eternal Truths.—of Brahm and its Power.

Like a child in a toy-shop which clutches and grasps at every new toy it comes across and derives a momentary pleasure till its relentless nurse drags it away out of the shop, man sets his affections on every new phenomena in the Cinema screen of world's theatre until the cruel hand of death snatches him away from his fleeting enjoyments. God's grace assures us the haven of freedom, where there is no more of the miseries of life, where man's scope for progressive

(By A. R. WEAVER.)

1. Cultivate charity in *thought* and you will find a growing distaste for gossip and intolerance spring up strong enough to deter listening.

2. Read and think in every line and degree possible. Make an effort to become evenly developed. The more you know the more readily can you see motives underlying the actions of others and therefore understand, and where there is understanding there can be no criticism in the nature of things. It is ignorance that *always* produces intolerance. Viewing both sides is the cure. Gossip is but a form of intolerance and therefore ignorance also.

3. Keep poised and peaceful yourself—you can then control a conversation, but if the heat of partisanship overcomes you, you also will be drawn in to the malestorm. If you “keep your head” you can forgive the gossip and pass by the thing spoken of, but if fervor of argument possesses you are lost. All partisanship is of personality.

4. Gossip needs *two* to thrive. Cultivate a general reticence. Where no encouragement is given the gossipy impulse lags. The encouragement is subtle and is felt

Knowing a truth, has no meaning unless it is assimilated and fully identified with in spirit and essence, and reflected in conduct.

Conduct reflects the measure of assimilation of a truth. Lines of conduct should be sought from a Master who has assimilated the Divine essence, and who is in Eternal communion with God.

To submit oneself to the Guidance of a Master, who has no personal ends to achieve, who criticizes one's actions, thoughts, impulses, and emotions, forcibly, suggestively and sympathetically with a view to one's rectification and elevation is a real step in the march of progress, a decisive stroke in the achievement of Perfection.

Conforming to the Divine ways implies absolute self-surrender which implies a due recognition of the Omnipotence of God and the insignificance of man which recognition leads one, on the progressive course of conduct, of devotion, love, and gratitude, and elevates him to an appreciation of Wisdom and the Divine plan of action, ultimately fixing him in the abode of Eternal Freedom and Bliss.

With Love and devotion one should approach God for grace.

Love and devotion never springs up so long as the enemy Vanity is not burnt.

Vanity is the act of giving way to vain pursuits without any reference to the end and aim of man.

All worldly pursuits of preservation of life, or propagation of species or seeking social elevation are products of vanity, as all these pursuits end in nothingness, besides being the hot-bed of misery. If

Physical Control.

The faculty of physical control intends to secure and retain perfectly harmonious action throughout the physical organism. That seems to be the innate intention of this faculty. Its purpose is to keep the body perfect.

The faculty is the correlation between physiology and psychology. It is the physiological response to the mind's attitude toward the body. The same law which governs the involuntary forces of the body, governs the voluntary action. With a perfect understanding of the subjective forces there would be no involuntary powers within the body. They would all be voluntary.

This faculty exists within our bodies and is the one power that must be evoked if the patient is to be healed through suggestive therapeutics.

The office of the faculty of physical control: It controls digestion, distribution, assimilation, appropriation and absorption. The products of these four processes are growth, recuperation and healing. The process of elimination has four avenues. They are the skin, lungs, kidneys and the bowels.

When we act upon the auto-suggestion that we will depend upon this faculty of ours to carry on the processes of the physical organism in a perfectly normal manner we will get health as the result of such an auto-suggestion.

The method of determining the proper action: In all systems of healing the healer should have a knowledge of the condition of a person in health and know whether the person is diseased or whether he is well. The general method of determining this is the temperature of the body.

There are many ways of determining whether or not this faculty is acting perfectly. When it is acting properly the body is said to be in a state of perfection. I have seen every indication of a normal condition in a human body and yet had the person contend he was sick. Of course, the sickness in that case is simply a hypochondriac condition, but it might become a real condition later on; that is, it might become physiological.

Q. 57-600008

The impelling force of the faculty of physical control is mind.

The guiding force the of faculty of physical control is thought and thought is a movement of the mind and it is either constructive or destructive. If this movement of mind is in harmony with natural law then the thought is constructive. It is constantly adding to or eliminating from the body those elements which will keep it in a state of perfection, and it is complete. Every constructive thought is complete; it has a beginning and an end. It has a purpose that must be carried to completion.

Every destructive thought is one out of harmony with natural law and is fragmentary, is incomplete. This is not consistent with the general idea that disease is positive, but it is consistent with what investigation shows to be true, that all disease thoughts, or destructive thoughts are fragmentary; there is no completeness about them. They are simply inharmonious movements breaking in upon the general plan of harmony.

Both constructive and destructive thoughts may be directed and intensified by a conscious volition.

The action of the faculty of physical control is affected by thought activity, right or wrong. We know what right thought activity is. It is a movement of the mind that is in harmony with natural law or with universal mind or Infinite mind and with man's highest purpose; that is to say, the images with which it deals are normal. Wrong thought activity is just simply thinking out of harmony with nature.

The faculty of physical control is the most important to the mental healer. The most important thing to be known about it is that it is perfect in its action and always receptive to anything you offer to the mind to help it to accomplish its purpose. It keeps life in the body and had it no other office than this, it would be important.

Mind is that which produces everything, controls everything, directs everything and is intelligence of existence. Scientific researchers have discovered that whatever accomplishes anything must have a purpose which is general, and that which is unchanging must have all of its elements of the same nature; everything about it is unchanging. (Kalpaka)

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ENEMIES OF HEALTH.

ALCOHOL.

Alcohol is a Poison.
Even a moderate use of this is harmful.
Alcohol is injurious even to the next generation.
It has a favouring influence upon venereal disease.
It aggravates the evils of famine.
It is useless as a preventive of any disease.
Alcohol lowers the resisting power against the parasites of any disease.

Alcohol predisposes to heat-stroke in hot weather.
Alcohol produces defective vision.
Alcohol tends to age men prematurely.
Alcohol impairs digestion.
Alcohol has a very injurious effect on the liver and kidneys.
Alcohol produces 'Hob-nailed liver'.
Alcohol produces chronic nephritis.
Alcohol produces Brights Disease.
Alcohol affects the heart.
Alcohol produces 'alcoholic heart'.
Alcohol causes the hardening of the arteries and 'arteriosclerosis'.
Alcohol makes its victims susceptible to diabetes, gout, pneumonia and typhoid.
Alcohol causes much damage to the property, accidents, fires and loss of lives.

TESTIMONIALS.

Napoleon Bonaparte :—"It is only a sober army that can succeed," and "the foe is less to be feared than wine."

Field Marshal Lord Roberts :—"Alcohol confuses prompt judgment...hastens fatigue, lessens resistance to disease and exposure."

Mr. Lloyd George :—"We are fighting Germany, Austria and Drink, and as far as I can see the greatest of these three deadly foes is Drink. Drink is doing us more damage in the war than all the German submarines put together."

Theodore Roosevelt of U. S. A. :—"The liquor business tends to produce criminality in the population at large, and law-breaking among the saloon-keepers themselves. When the liquormen are allowed to do so as they wish they are sure to debauch not only the body social, but the body politic also."

Alcohol users have much less chance of recovery than others in pneumonia and typhoid.

Alcohol does more harm than good.

TOBACCO.

Smoking affects the power of endurance, control, precision, marksmanship, the heart the throat, the lungs,

Smoking causes paralysis, acid dyspepsia, tremor, increase of blood-pressure, cancer of the mouth, Bright's Disease, loss of taste and loss of smell, loss of memory, acuteness of vision, colour blindness, apoplexy, insomnia.

Smoking poisons the air of others reduces longevity, stunts growth, hardens the arteries a positive sign of the beginning of the old age, weakens the resistance to any disease, produces criminals, predisposes to drunkenness, ruins the nerves, wastes money and injures the mind, the character and the disposition of the user.

Smoking causes fires resulting in extensive damage to property and loss of life.

Smoking adds to a man's nervous troubles, subtracts from his physical energy, multiplies his aches and pains, and divides his mental forces, takes interest from his work and discounts his chance of success.

Napoleon Bonaparte :—"Tobacco smoking is a habit fit to amuse sluggards."

Dr. Sims Woodhead :—"Cigarette smoking in the case of boys, partially paralyses the nerve cells at the base of the brain, and this interferes with the function of the eye, of the heart, and of the kidneys. Tobacco smoking interferes with the development of the boy."

Dr. Forbes Winslow :—"I should put the causes of insanity in the following order: Drink, cigarette-smoking, heredity."

Chancellor of Leland Stanford University :—"Cigarette-smoking boys are like wormy apples—they drop long before harvest time."

Chairmen of the Union Pacific Railway :—"Cigarette smokers are unsafe. I would just as soon get railroad men out of the insane asylum as to employ cigarette-smokers."

Alcohol and Tobacco are Enemies of Health :—Don't Use Them.

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