

1413

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An
 All-India
 Weekly.

Chief Editor :
Mrs. M. R. JANAKI
 B. A. (Madras), L. T. (B. H. U.)
 M. R. A. S. (Lond.)

(DEVOTED TO ECONOMIC AND WELFARE PROBLEMS)

WEALTH & WELFARE

Office: Lucknow

VOL. III No. 22 }
 12 pages.

Lucknow, Friday, 20th May 1927.

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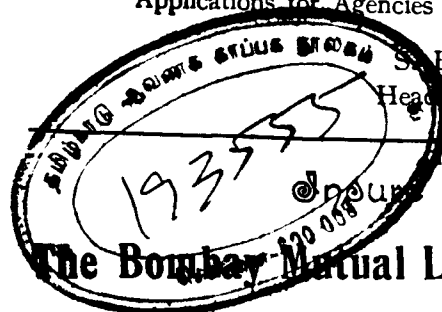
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HEALTH.

THE ATHLETE'S DIET.

By

SIR W. ARBUTHNOT LANE, BART., C.B.

(President of the New Health Society.)

Perhaps the most athletic and healthy people in the whole world were the Zulus before they were contaminated, physically and morally, by contact with the white man.

Because of careful selection and the most rigid rules, the Zulu was, perhaps, the most perfect human animal that has ever existed. His diet and habits were of the simplest.

The former consisted of meals cooked in the plainest manner. As to his indomitable courage, the British soldier and the Boer have ample proof. He can run for more than fifty miles without fatigue, and, in some cases, as much as seventy or eighty miles. His freedom from all the acquired diseases of civilisation was generally recognised.

He represents a type of human animal which can be duplicated in many parts of the world. Living on the products of the soil, and pursuing habits common to him and all animals in a natural state, he retains a splendid physique, a vigorous and robust health, and a freedom from the diseases which are inseparably associated with our present state of civilisation.

Many similar examples of perfect physique, athleticism, and endurance may be quoted from the hilltribes of India and elsewhere. Their diet is also of the simplest and is produced from the soil, on the spot, by the labours of their hands.

Contrast these conditions with the physique accompanying the fatness and inactivity of over-civilised man, whose unhealthy bulk exhibits him as a pole apart from the despised savage living a natural and vigorous existence.

From a consideration of these few facts it is obvious that to be an efficient athlete it is essential that the body perform its functions in a perfectly normal manner, and that any suspicion of digestive trouble must necessarily impair the efficiency of the nerve and muscular systems of the body.

COLDS AND THEIR RELATION TO CONSUMPTION.

THE CURATIVE POWER OF DEEP BREATHING.

By

FRED FRENCH, ORTHOPAEDIC EXPERT.

Many people have asked me what is the cause of the very prevalent chest weakness amongst all classes to-day. In reply, I would state, that one of the main reasons is that in our civilisation, with its rush, bustle and excitement, we have largely lost the habit of correct breathing.

The King's Physician, speaking the other day at a meeting of health students, used

these words: "If the people would learn to breathe properly most of the afflictions of adult life could be prevented."

Correct breathing was brought to a fine art and was used as a means of health and prevention of lung disease by the Greeks, Romans, Persians, and Indians thousands of years ago. Coming nearer to our own time two celebrated English Physicians, Sydenham and Fuller, a little under two hundred years ago urged the need for correct respiration for the prevention of disease.

It is therefore an extraordinary thing that this extremely important matter has been almost entirely neglected by the majority of the medical profession.

Frequent colds are very serious and are often the forerunner of consumption. A person contracts one cold after another and in time the complaint becomes chronic. When the mucous membrane of the lungs gets into a chronic state of congestion it contains considerably more lymph fluid than normally, which provides a fertile soil for the tubercle germ.

Considering that more than two-thirds of our total mortality is the result of chest diseases, few reforms are more urgently needed than systematic chest development in childhood and adolescence.

Systematic deep-breathing exercises carried out regularly daily are a certain cure for colds if persevered with. I have seen well over two thousand children cured by this method.

A FOOD CATECHISM.

DOES YOUR CHILD FUSS ABOUT HIS FOOD?

National Committee for Mental Hygiene,
New York City.

I. MAY BE, WITHOUT KNOWING
IT, YOU HAVE STARTED THE
HABIT.

1. Do you fret about what he eats and whether he is getting enough?

If so, very likely at every meal-time you make him the star actor in a little drama, and every child likes to be the centre of attention.

2. Do you talk about his eating habits to other people in his presence?

If so, any child would feel important and want to keep up being different.

3. Do you insist on feeding him after he is old enough to feed himself, just because it is easier than to teach him?

Better let him spill a little till he learns than allow him to become dependent and, hence, often fretful.

4. Is someone else in the family very particular about eating?

Of course, a child likes to imitate what other people do.

II. MAY BE YOU HAVE NOT FED HIM WISELY.

1. Do you choose plain, nourishing, easily-digested foods and cook them well?

2. Have you let your child taste everything that grown people have?

A child used to having tea, coffee, and highly-seasoned foods or too many sweets has lost a healthy appetite.

3. Do you serve food as attractively as you can and in not too large quantities?

Children hate to eat things that do not look well, and are sometimes discouraged by too much.

4. Do you feed your child regularly?

A child cannot go too long without food, while eating between meals means that his little stomach is over-worked.

III. MAY BE THIS IS A WARNING THAT YOUR CHILD'S NERVOUS SYSTEM IS NOT WORKING IN A HEALTHY WAY.

1. Do you find that he sleeps poorly, is irritable, or has violent tempers or strange fears?

If so, not only his eating, but other habits of his life are probably disarranged.

IV. MAY BE YOU HAVE NOT REALISED WHAT AN EFFECT EMOTION HAS ON THE TAKING OF FOOD.

1. Do you know that a child who is angry or fearful or worried cannot digest food properly?

If, then, he refuses food at such times, do not try to make him eat, but overcome the emotion first by a more healthy attitude of mind. Good cheer is a splendid appetiser.

2. Do you ever create an unpleasant scene in an effort to make a child eat?

In this way you arouse emotions that make eating impossible at the time and arouse distaste for that food ever after.

3. Do you create jealousy by denying to one child what another has?

If it is not wise to give all the children the same foods, the child who is refused ought to know why, and not be allowed to feel that he is treated unfairly.

4. Do you try to show your authority by making a child eat a thing just because you say so?

This only creates anger and obstinacy, which mean inability to digest food, and what have you gained?

Is it not better to show him that you are reasonable and expect him to be; that you consult his preferences when you can but if a food is needed for health, he must try to learn to like it?

5. Do you suggest to the child your own doubt whether he is going to eat or not?

A child is quick to refuse if he senses that you expect him to refuse and as quick to eat what is offered without question.

6. Are you so afraid of your child's missing a meal that when he refuses what you give him, you provide something else?

The child knows by your attitude that you are afraid, and that he can get what he wants if he persists. Missing a meal will not hurt him. Leave the food twenty or thirty minutes, and then take it away and give nothing else till the next meal. In this way the child soon learns to eat what is offered at regular times.—*Maternity and Child Welfare.*

ORANGE-JUICE.

We all know, says Melvin in his article in the *California and Western Medicine* (March 1926), that there are many factors influencing the growth and development of a child besides the food it eats, and the physicians throughout the country have accumulated much material bearing on the subject, as well as upon the questions of the influence of impaired or faulty nourishment upon the physical and mental development of the child in its future adolescence and maturity.

We may accept the statement of Heubner that "persistent malnutrition where the primary causes, e.g., physical defects, insufficient food and faulty food habits, are removed, is characterized by the incapacity of the digestive organs adequately to utilize, in relation to their requirements, the energy assimilated with the food taken."

We find ourselves searching for some accessory food that will remedy that condition by its influence on digestion, and this search has led to the advocacy of various erratic dietary panaceas which have had a longer or shorter vogue in both popular and medical circles in past years. In this connection our attention has again recently been called to the evidence of the value of orange-juice as such accessory food, but the relation of cause and effect has been questioned by many on the ground of failure to have identical controls with the class experimented with.

The last four years' experience at the Kaweah Kiddie Camp for Under-nourished Children may be of some value in this connection, because each year it was held under identical conditions. Approximately 100 children, 50 boys and 50 girls, were under observation for one month preceding the camp, were in the camp one month each, and were checked up by the nurses for two months afterward.

These children were under direct medical supervision, with a trained nurse in charge, and an experienced physical director as superintendent. A scientific dietary was worked out for every meal for the entire time, and each year was identical with the other, except that in 1924, through private generosity, we had at our disposal forty-eight boxes of oranges, and each child received 2 ounces of orange juice with each meal.

These children, from 6 to 12 years old, were selected from all parts of the country, from among those in greatest need of improved nutrition and hygienic surroundings. All needed physical defects were removed before the children were admitted

to the camp. The improvement in digestion and appetite, and complete absence of constipation among the children who received orange-juice was noticeable from the first, and their weekly weights showed a steady and uniform gain above those of preceding camps, where orange-juice was omitted. The total gain per hundred children being about 20 per cent. greater than the gain at any preceding camp, and the average gain for each individual amounted to nearly five pounds per month.

The following is a comparative summary of the four years:

Summary	1921	1922	1923	1924
Total children	112	96	126	96
Number who lost weight	3	2	7	0
Average amount lost	1.33	1.5	2	0
Number, no loss or gain	10	8	10	6
Number who gained	99	80	109	90
Average gain, pounds	4	3.4	3.5	4
				15/18

Although recognizing that on the average children usually do gain more rapidly during vacation time than they do in school, and the advantages of camp life with its strict hygienic drill and instruction, and realizing the absence of control groups of children under other conditions for comparison, I nevertheless feel that this experiment indicates that the regular administration of orange-juice with children's meals is an important factor in their improved health, demonstrating at least that greater gain in weight is shown under conditions which were as nearly identical as possible with those of other similar groups cared for in the same camp during preceding years.

DOGS AS A SOURCE OF INFECTION

Several writers have called attention to the dog as a source of infection, particularly Cameron in England and Hall, Joannides and Riley in this country. The two last-named doctors recently conducted a series of experiments from which much valuable information has been gained. These investigators find that dogs communicate disease in two ways:

1. By contracting a disease and communicating it to human beings or acting as the intermediate host of some parasitic disease.

2. By coming in contact with an infected animal or article and carrying the infection into the home.

Dogs associate more intimately with human beings than does any other animal. They sit or lie upon the floor, even upon sofas, chairs and beds; they lick the hands and sometimes the faces of children and adults and thus may either communicate or receive infection.

Recent researches show that dogs nearly always carry about with them intestinal parasites, usually a variety of such parasites. Besides, dogs are frequently infected with lice, ticks, fleas and

other skin parasites. The dog is known to be the host of the embryo of tapeworm, known as the echinococcus. Dogs also sometimes suffer from pulmonary tuberculosis, although less frequently than do sheep and cattle. Dogs may also carry the germs of tuberculosis on their hair or paws. The germs of scarlet fever, measles, diphtheria and even small-pox can likewise be carried by dogs from infected persons with whom they may come in contact.

These recent investigators suggest that if dogs are to live in such intimate contact with human beings as is frequently the case they should be taught better habits. For example, dogs should be trained not to lick the baby's face or to take food from the table. When a house or its occupants are quarantined, dogs should be quarantined with the rest. Dogs should be given at frequent intervals the treatment necessary to rid them of parasites, both external and internal. It is recommended that dogs should be castrated so as to keep them at home and, in general, that dogs should be treated as dogs and not as human beings.

The importance of these suggestions will be recognized when it is remembered that several types of round-worms found in dogs are also found in human beings. Dog fleas also carry a parasite which may affect human beings as well as dogs.

MEDICAL SUPERVISION.

In the early days of school medical inspection, attention was paid solely to matters concerning the building, class-room furniture and so on. At the present time the school doctor's duty is primarily the supervision of the children from a health point of view. The methods employed are those used in hospitals; treatment includes, as an adjunct, inquiry into the social aspect of each case, the economic position of the parents, etc.

The establishment of universal standards throughout the country, which would of uniform preventive and therapeutic measures, is scarcely possible owing to the great diversity of local conditions.

The school doctor has no authority to prescribe treatment to the children who have been found ailing. The latter are sent to private practitioners and specialists, or to children's clinics and dispensaries.

The majority of German school-children are subjected to careful medical examination once a year; cases of constitutional ailment and debility are called before the doctor at more frequent intervals.

Many towns have school dental clinics in charge of an expert staff.

The other duties of the school doctor include the supervision of holiday camps, open-air treatment, and the advising of young people in the proper choice of employment (vocational guidance). He is also called upon to give instruction and advice in matters of personal hygiene, on the dangers of alcohol, tobacco, on sexual questions, and so on.

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major provinces of India, though the dreams of a complete reformation are to be materialised at no distant date. U. P. is a province with a population of about forty-five millions and there are only 1,58,719 members of primary societies, which must be considered as insignificant. During the year 1925-26, 238 societies were added and 151 societies were dissolved. The membership of societies increased by 3449 and their working capital by about eight lakhs of rupees. By pursuing a more progressive policy better results could have been achieved. The total capital involved in the movement rose Rs. 4.3 lakhs to Rs. 1.17 crores and the proportion of the capital owned by the movement to the total amount further went up from 52.2 per cent to 54.2 per cent. The percentage of arrears to outstanding both in Central Banks and Primaries fell slightly, but the amount of arrears due to agricultural credit societies from their members increased by nearly Rs. 70,000. The outside indebtedness of members was reduced by over Rs. 3.6 lakhs, and they were able to redeem their mortgaged property and to purchase new lands of the total value of about Rs. 93,000, being able to secure better produce by adoption of improved seeds and implements. The accounts of as many as 1009 societies could not be audited on account of inadequacy of staff. It is highly unsatisfactory that the U. P. Government should have allowed such a large number of societies to be without their accounts being audited. This shows that the Govt. of U. P. have not taken much active interest in the working of the movement. The attitude of the public of U. P. towards the movement continues to be one of practical indifference so far as constructive work is concerned, though the attitude of the District Officers towards the movement was on the whole not an unhappy one. Many of them have not taken much active interest in the working of the movement. A few societies have been registered for the consolidation of agricultural holdings. The total number of plots consolidated or their area is not large. The Registrar says that the outlook in this respect is certainly very promising on the whole. We do not believe that among the forty-five million inhabitants of U. P. there does not exist a supply of potentially valuable material sufficient to provide competent Indians in much larger numbers than are at present available and that the movement is not being properly backed. Better results would certainly have been achieved if a more progressive policy had been pursued. The Government of U. P. are negligent in administering this trust-Co-operative movement entrusted to their care. It is high that the Honourable Minister in charge should see that the Co-operative movement makes a rapid and marked improvement in the economic condition of its clientele.

PREVENTION OF CHOLERA.

For God, Crown and Country.

Wealth & Welfare.

Lucknow, Friday, 20th May, 1927.

EDITORIAL.

CO-OPERATION IN U. P.

The present anaemic condition of the Co-operative Department of U. P. is due to starvation. The Government did not allot to it sufficient funds for the expansion of its beneficent activities. The Registrar thinks that the future is hopeful since the department is expected to receive more financial assistance and its staff has been strengthened. With increased support from Government the department is likely to be able to make up the leeway and soon be on a line with the other advanced

Cholera is a deadly disease and occurs in epidemic form in most of the districts year after year and carries off a large number of persons. Every one is afraid of the disease because it is so sudden in its onset and ends fatally within a few hours. The reason why this disease visits some of the places year after year is because the villagers are careless as regards the water they drink and the food they eat. Water is usually contaminated by clothing soiled with the discharges-faeces and vomit of cholera patients, and food by flies. As polluted water is a source of great danger it is absolutely necessary that there should be wells or tanks especially reserved for drinking purposes and any one found polluting them should be treated as a murderer and punished as such. All discharges of a cholera patient therefore require to be promptly disinfected with a strong solution made by putting about ½ seer of bleaching powder in a kerosine tin of water, and all soiled linen should be thoroughly boiled or burnt and not thrown about the house as is the usual practice with the villagers. All dead bodies should be properly disposed of and not thrown in the river or on its bank to rot. The part played by flies in the spread of cholera is perhaps not known to all. Flies breed in all sorts of filth, such as cowdung, horse litter, decomposing rubbish, etc. All such heaps should therefore be promptly burnt or buried. If every house-holder takes a little trouble in keeping his house and its surrounding clean

then he unconsciously acts the part of saviour of many a life. Whenever cholera occurs in a village one should invariably take great care about food and drink and lose no time in reporting the fact to the Civil Surgeon who will make available medical aid and medicine for the treatment of the sick, and also arrange for the prompt disinfection of wells infected or suspected to have been infected with the germs of cholera. Water should be

boiled before drinking as boiling destroys the germs of cholera. Food-stuffs should be kept covered to prevent flies and dust settling on them and bazaar sweets should be avoided. During an epidemic no case of diarrhoea, however slight it may be, should be neglected and people should eat only simple and easily digestible foods.

ON THE LINE.

CO-OPERATION IN HYDERABAD STATE

The Administration Report of the Hyderabad Co-operative Credit Societies Department for the year 1925-26 gives an account of the Department in its tenth year of existence. Five years ago—after Mr. Abdul Basith Khan, the present Registrar assumed office—a policy of consolidation was substituted for one of numerical expansion, and the present position is by no means discouraging. There were in the year under report 1,708 societies with a working capital of Rs. 111 lakhs. It is interesting to note that in their tenth year of life the Madras and the Bombay Co-operative Departments had, respectively, 1,333 societies with a working capital of Rs. 123 lakhs, and 689 societies with Rs. 66 lakhs working capital. Compared to the previous year the societies in Hyderabad rose by 152, while the working capital rose by Rs. 11·92 lakhs. Of the working capital 33·87 per cent. was owned; this shows that the movement has gained in self-reliance and stability. The Hyderabad Central Bank is the best of the Central Banks of the State, being free from all indebtedness and having paid out in full all the Government financial assistance, and in addition has earned a net profit of Rs. 50,239 after meeting all expenditure. Albeit, the need for an Act similar in scope to the Act of 1912 in British India and taking into account the main recommendations of the MacLagan Committee. Report, is a great need waiting to be handled effectively and quickly by the new Director-General of Industries and Commerce and Agriculture and Co-operation. In some districts, utter failure of rain hampered the free development of the movement. Non-credit societies have yet to show satisfactory progress; the Department does not yet seem to have had time to look at that aspect of the problem.

CULTIVATE EVERY INCH OF LAND.

At a meeting of the villagers held to form agricultural associations Mr. G. S. Dutt, district magistrate of Howrah, said; 'Every inch of land should be cultivated and nothing should be left uncared for. Agriculture means culture of land, so land must be cultured, by any means, whether for the raising of crops or for flower garden. Mother earth should be respected. What is meant by *Bande Mataram*? We must worship our mother earth by cultivating every square inch of land. It is a fundamental work for the country. We are already a dying race. By agriculture we may save our country by increasing its prosperity and by putting a check to malaria and other diseases. We must

learn the dignity of labour and work ourselves for agriculture. This is the vital thing in every village. There should be a playground. Associations should be formed in every village for the improvement of agriculture and for other works of public good.

RELAXING RULES—AGE LIMIT.

An order from the Government of Bombay permits of the relaxation of the rules regarding the age limit of candidates for admission to the provincial services. It is now laid down that suitable candidates for admission to the provincial services from the educationally backward classes, including Mahomedans, may be recommended to Government provided that their ages do not exceed the described age limit by more than three years. This concession will not adversely affect the concession admissible to those classes for recruitment to the provincial engineering service.

GIRLS' EDUCATION IN BENGAL.

On the 31st of March, 1926, the number of girls at school in Bengal were 332,099. Of this total 137,050 were Hindus and 187,977 Muhammadans; the rest came from other communities. The Muhammadan pupils outnumbered the Hindu by 50,927. Unrecognised schools for girls, which numbered 254 during the year under review, had an enrolment of 6,588 pupils—2,876 being Hindus, 3,412 Muhammadans and 300 belonging to other communities. The number of Muhammadan pupils increased by 5½ per cent; that of the Hindu pupils by 3½ per cent. Hindu parents and guardians are not doing their duty to their daughters and girl wards properly.

ROAD MAKING A NEW PROCESS.

"Roads in our big cities have been considerably improved within the last ten or twelve years. Our principal thoroughfares are now asphalted and present a fairly smooth appearance and help considerably to deaden the noise of wheels; especially after the rains they present a clean and neat appearance. But the condition of roads in most of the smaller cities outside the Presidency towns, not to speak of roads in rural parts, are the very reverse of what obtain in cities. Apart from their miry condition which is an eyesore and a danger to pedestrians they are a source of danger to wheeled traffic, especially fast moving traffic. Motor-cars that are now greatly in evidence here often skid on such roads and in very many cases result in injury to passengers. No doubt these roads will be done up in good time. Just now it is of interest to learn that a Huddersfield firm have perfected a system

of road surfacing which is claimed to be non-slippery and non-skidding in even very wet weather, both for horse and motor traffic. The material used for covering the road is granite in powder form—we have long been familiar with the Mac Adam method—and it can be laid in three ways. The material can be made in sett form to take the place of granite; it can be laid in carpet form 2 inches thick on concrete; and a 3 in. surface can be laid on lagged foundation. The new method costs just a third of the granite sett method and weight for weight the new material covers a large road surface. The composition is granite, pitch and a trace of bitumen. It is claimed that this is the hardest road material that has been so far invented. It may be many years before roads in India are made on this method but it is worth knowing what attention the question has attracted in England."

CURRENCY DIFFICULTIES.

DR. GILBERT SLATER, late professor of Indian economics in Madras University evidently has not much faith in the wisdom or the soundness of views of currency experts in relation to Indian money. For in an article he recently contributed to the *Daily News* he writes:—

Since 1878, it may be said broadly that the currency difficulties of India have mainly arisen from its doing, or trying to do, what the various expert committees and commissions said it must do, and its successes from adopting measures which these same committees and commissions have emphatically condemned. And in this country, at any rate, there is some apprehension that history will repeat itself with regard to this latest report.

STUDENT STRIKERS RECANT.

Good sense has prevailed amongst the students of the Government Technological Institute, Cawnpore. Five first-year students who had gone on strike have realized that they were mistaken in doing so. They have applied for readmission and have undertaken to work in accordance with orders and rules. The principal adheres to his former decision of cancelling the order regarding fines, which was confirmed after due enquiry by the director of industries, but this will only be done if the students will give a better account of themselves during the remaining period of the engineering training at Lucknow.

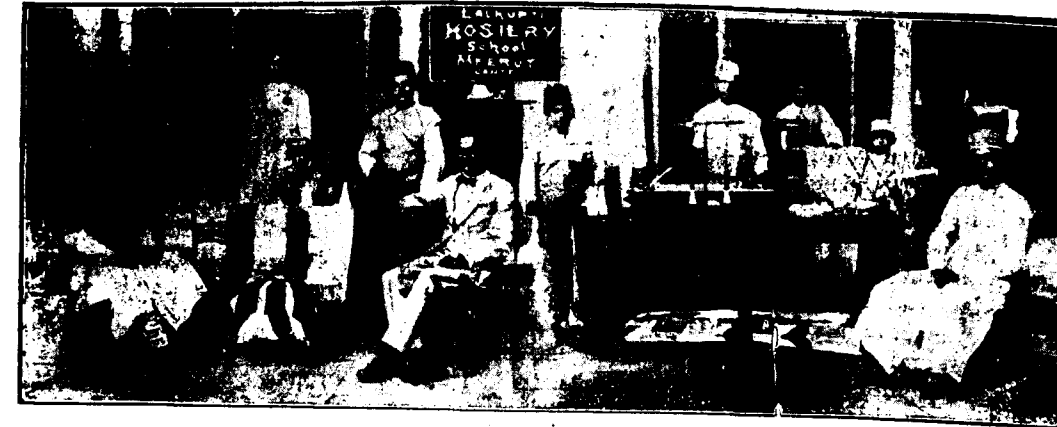
LUCKNOW CHRISTIAN COLLEGE JUBILEE.

The Lucknow Christian College, Lucknow, is celebrating its jubilee this year. It is proposed to raise Rs. 50,000 from

the ex-students and friends of the institution during the current year, and the fund is to be known as the Jubilee Fund of the

Lucknow Christian College. The Raja of Payagpur, an ex-student of the college, has sent to the principal a cheque for Rs.

1,000 towards this fund. This is the first donation and it is hoped that others will follow suit.



Aided Lal Kurti Hosiery School, Meerut.

WIFE DIPLOMA IN PUBLIC HEALTH.

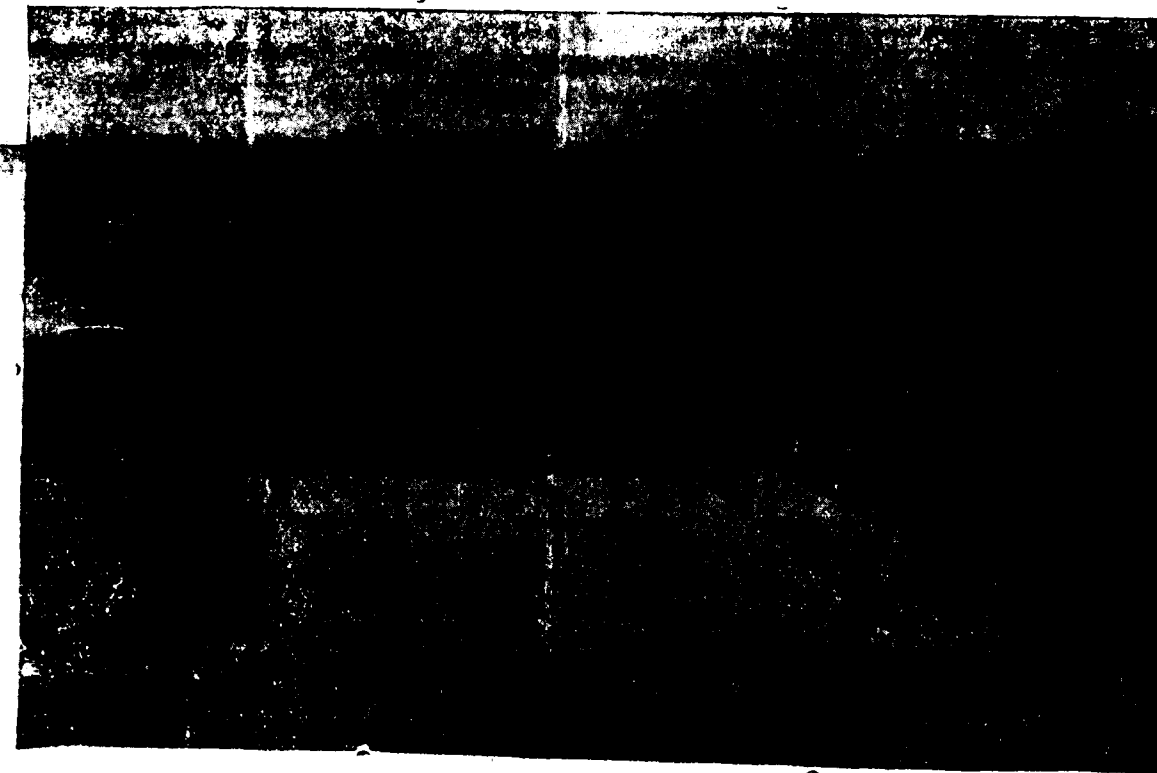
The Government of Bihar and Orissa in the Ministry of Education have sanctioned the incorporation of regulations providing for an examination and award of a diploma in public health in the Patna University regulations. The examination for the diploma in public health shall consist of two parts and shall be held twice in each

year in Patna. The course of study for the diploma shall extend for a period of not less than 12 months.

RAILWAY DEVELOPMENT IN INDIA.

The *Financial Times*, in an editorial, dwells on the value of the investment field offered by the stocks of those Indian railway companies at least whose capital is in

sterling and which are still legally domiciled in London. It points out that in no country in the world is more meticulous care taken than in India to work out in advance the traffic obtainable from a particular line and territory, and nowhere has it been done more successfully, and in very few countries has a railway shown itself more capable of 'making traffic.'



Mirzapur carpets which had to face severe foreign competition in 1925-26 (The photograph shows one carpet 60' x 30' and two carpets 71' x 9½' made for His Highness The Nawab of Rampur by Hill & Co., Ltd.)

RAILWAY EXTENSION IN PUNJAB.

In opening the Verka-Dera Baba Nanak section of the Amritsar-Narowal branch of the North-Western Railway to-day, the Governor of the Punjab made some interesting observations on the value of rail and road communications to villagers and rural businessmen. 'There can be no area where the opening of a line does not improve, by some annas per maund, the value of agricultural produce,' said his Excellency. 'There can be no place where it does not work for the economic independence of

the cultivator' by offering him, whether for selling, for buying or for borrowing, the free market of the town for the restricted market of the village and above all, it offers to the dweller in the country side that intercourse with the outer world which is in itself an education, and exerts an influence at least as potent as that which our schools or colleges can boast of for securing that equal and harmonious advance of the whole population which is our ambition and our aim.'

Referring to the new line which he was opening, his Excellency said: 'It was the first stage of a line of no little importance, giving direct connection between Amritsar and Sialkot and bringing the railway to Dera Baba Nanak.' 'Well might we fancy the amazement of that simple ascetic, Guru, Nanak, if he could return to see to-day's proceedings. His was a lifetime of travel to the Brahmaputra on the east, to Ceylon on the south, and, if the story be true, to Baghdad on the west before he and the faithful minstrel, Mardana, pursued their

WEALTH AND WELFARE.

20th May, 1927.

careless wanderings before they came to Kertapur to die. But if he were to feel lamentation at the changes which our mechanical age has wrought, even more, I think, would he feel regret at another feature of our life to-day. He who wore at once the hat of a Qalandar and the saffron mark of the Hindu ascetic and who taught that there should be no Muslim and Hindu but only worshippers of one God, would find after all these centuries a world still divided into bitter animosities by the sectional dogmas against which he preached. It may be that we have, after all, found in the progress of communication the means of reconciliation of which saints and sages could not dream and that the cure for these evils lie in the sanity and sound sense which is bred of freer intercourse and better knowledge of our fellowmen. If so, then we are to-day assisting towards a mental process infinitely more vital to our progress than any material gain in which it may result.

MATCH INDUSTRY.

The match industry of Madras Presidency is slowly but surely progressing. The Government think that the Industry could be fostered best by the department working in close cooperation with the Forest Department, to furnish information as to the timbers likely to prove suitable, their quality and distribution and placing inquirers in touch with the manufacturers of up-to-date machinery and chemicals. A number of industrialists who have started, or contemplate starting, small factories do not appear adequately to have appreciated the vital necessity of selecting a suitable site for their operations and of ascertaining beforehand whether suitable match woods can be delivered at the factory site, at a price which will admit of manufacture at a profit. Instances have occurred where small concerns have come to grief owing to the failure of their proprietors to make the essential preliminary inquiries. In the case of a small factory which has been started in the Cauvery Delta near Tanjore, there is reason to apprehend that difficulty will be experienced in obtaining the timber required for the manufacture of splints and veneers, at a price which will make commercial manufacture possible.

A match factory at Olavakot in Malabar applied for permission to instal and work, at their own cost, machinery for cutting splints and veneers in conjunction with the Forest department saw mill at Olavakot. The Forest department were unable to allow the concern to work in their mills; for not only had they insufficient power to run their own machines, but they could not spare space for the machines which the match concern wished to set up. Finally, the concern was informed that if they could instal their own engine and machinery in proximity to the mill and could utilize timber available at Olavakot, the Forest department would be willing to guarantee a supply of timber at a relatively low rate. The match industry is carried on in

Japan largely on cottage industry lines, and the possibility of developing the industry in the Madras Presidency, at least partly on these lines, is under investigation by the department. In any case, if progress in this direction is found practicable, it will certainly lie not in the installation in cottages of the inferior match making machines manufactured in Bengal, which appear to be cheap and indifferent imitations of German machinery, and which have not yielded satisfactory results in practice, but by the setting up of a central factory equipped with modern machinery for the manufacture of boxes and splints and their distribution to cottage workers for 'finishing' the matches as a home industry. A scheme on these lines is being worked out by a prominent citizen of Madras who has been attracted by the idea. Under this scheme the function of the workers will be to dip the splints into the chemical solution, which they will be instructed how to prepare, fill the boxes and paste the printed labels thereon and return them to the factory. The department is watching with interest further development in this direction and the applications for aid under the provisions of the State Aid to Industries Act, which it is understood the promoters intend to prefer, will doubtless receive sympathetic consideration of the Board of Industries.

COMMUNIQUE.

In connexion with the pilgrimage to the temple of Badrinath during the hot weather of 1927, a report has been received that a heavy fall of snow has recently damaged three log bridges between Pandukeshar and Badrinath and that it is probable that the three bridges over the Vishnuganga and the other log bridges near Badrinath have also been damaged.

The actual damage sustained by these bridges cannot at once be ascertained as they are covered with some 80 feet of snow.

2. There will be no difficulty in arranging for the passage of pilgrims where log bridges are damaged, but it will be difficult for them to cross the Vishnuganga should any of the bridges over it be seriously damaged. The temple at Badrinath will open on May 13, 1927, and this gives very little time for the snow to melt and the necessary repairs to be taken in hand. Intending pilgrims are therefore warned to delay their departure for Badrinath as much as possible. They may otherwise suffer great discomfort and inconvenience.

RESPONSIBILITY OF COMMON CARRIERS.

The signing of the railway risk note by a consignor before goods are accepted for transit by a railway company has been, in practice, found to absolve the railway management from being made liable to damages for any material injury or destruction caused to the goods. But in a recent case decided in the Court of the Additional Judicial Commissioner of the Central Provinces, the point arose

whether G.I.P. Railway Company was responsible to the consignor or to the consignee as the express or implied agent of the former, for damage caused by decrease in bulk of the consignment during the transit. The Judicial Commissioner held that as the railway was entitled to weigh the consignment before accepting delivery, the consignee had also the right to compel the company to reweigh the consignment before he in turn took delivery. The question decided seems to be of practical importance to the trading public and sets, at rest, a moot point in the law of responsibility of common carriers, for the safety of the goods which they accept for transit from one place to another. (D.E.)

MISSION OF CO-OPERATIVE MOVEMENT.

The co-operative movement in the province of the Bihar and Orissa has the necessity of certain urgent reforms in it. As to the progress of the movement during the last two years that has elapsed since the Congress at Siwan, the movement has chronicled further progress, and as against 6,000 primary societies and 58 central banks in 1925 there are now 8,000 primary societies and 64 central banks. Financially also the movement has gained further ground. The working capital has risen from Rs. 3 crores to Rs. 4 crores and the reserve fund from Rs. 20 lakhs to Rs. 30 lakhs. There is now on an average one member per 321.2 millions and one society for every 13 villages. The rate of expansion has been, on an average, at the rate of 1,000 societies a year. This is quite a good progress, but the improvement in the quality of the societies has failed to keep pace with the expansion in number. There are certain disquieting features to which we draw their pointed attention. The first is the decline in the recoveries of loans from members and in the percentage of good societies as is evidenced from the figures for last year. The primary test of the good working of a society is the punctual repayment of loans. We should save the movement from the ravages of corruption and to save it from the danger of being exploited for political purposes, as any attempt to use cooperative institutions for political purposes would defeat the objects for which they stand. We urge the need of educating the members of the societies in cooperative principles and it is our firm belief that in agricultural cooperation, supplemented by individual cooperation, lies the salvation of the teeming millions of India. We value cooperation for the spirit of self reliance which it has created and is creating among the masses. There is not the least doubt that in many villages where societies have been in existence the spirit of the masses has changed from one of utter dependence and helplessness to one of self-confidence and hopefulness. An ounce of moral gain is worth more than tons of pecuniary benefits. It is in this moral side of the movement that there lies the supremacy of the co-operative method to any other method of economic regeneration. All that is wanted is a firm faith in the efficacy of the movement.

Health [Continued from page 4.]

In Germany, school-doctors are employed either as full-time or part-time officials. They are assisted by school nurses, who besides the practical help given in school ensure the outside liaison between doctor, children and the home circle in matters relating to hygiene and social welfare.

The school clinic is located either in the school buildings themselves or in specially arranged consulting-rooms outside.

The lack of uniformity in the organisation of the health service in German schools is, no doubt, a stumbling block to the official administrative spirit, but it is nevertheless a proof that these problems are being universally studied and efforts at progress made on all hands.

School hygiene is only one section of public health, but it is a most important one. For it is one of the most powerful agencies of the moral and physical education of a generation which will be called upon to co-operate in the reconstruction of Europe and of the world.

THE PROSPECTS OF PROHIBITION IN INDIA.

Prohibition notes that

The Imperial Government has not materially changed the policy enunciated in the Legislative Assembly by Sir Basil Blackett, in 1925. This policy had no sympathy whatever for either local option or prohibition. Anxious to prevent in every way any excess of drinking or drug taking it sees no evil in the traffic, and considers the moderate drinker and drug taker has the right to demand facilities for purchase, of these articles. Revenue considerations do not control excise policy although the State benefits considerably from such and real merit and their claims. What one hears of the disgusting morale of the Moghul Court, one can see now in practice everywhere; the unfortunate part being that even the so-called Nationalists are ardent wallowers in the filth. If we are hoping for a new and better state of affairs in India, we must give up all self-deception, acknowledge the truth about ourselves and then proceed to build right from the bottom with a clear conscience; for build we must from the bottom in order to achieve any real and lasting good.

THE "FRIENDLY HANDSHAKE."

According to the *Oriental Watchman*.

The "friendly handshake" is now charged with being very unfriendly. According to Dr. John Sundwall, University of Michigan, this age-old custom spreads diseases, especially respiratory infections, such as influenza. The infectious organisms of this group of diseases, he says, are present in the discharges from the mouth and nose and the average person's hands are always contaminated with these secretions. A man who has the infection and whose hands are contaminated, meets and shakes hands with his

MISTAKEN BELIEFS.

Many young men believe that the reproductive organs are like the muscles—that they will not develop without exercise, and that they will become weak if not used. This is one of those fairy tales which make up the store of misinformation upon which so many boys and men base their sexual knowledge.

The truth is that the sexual power is never lost through abstinence from sexual intercourse. The testicles are glands, not muscles, and like the tear glands, they produce a fluid. The ability to produce this fluid cannot be affected by disuse any more than the ability to weep can be lost through abstaining from weeping.

Loss of sexual power is more often the direct result of venereal diseases than any other one thing.

The most certain preventive of venereal diseases lies in keeping from sexual intercourse before marriage.

Many of the greatest athletes in school, college and professional ranks have gained

and kept their health and physical development by leading clean lives. Others have gone down-hill rapidly because they wouldn't follow the advice of their coach or athletic director to "say in training."

Young men who by thought, word, or act arouse the sex desire until it overcomes them, do so not because of physical strength and courage but because of a lack of mental strength. They are not the strong men but the weaklings.

Those men who try to justify their excesses by saying "you can't change human nature" should remember that self-control has been changing human nature ever since it began. Sexual impulses have a distinct and important place in life. They arise as a perfectly natural consequence of human nature. But they should lead a man to marriage with the woman he wishes to be the mother of his children, rather than to intercourse with prostitutes.

This is not sentiment: It is plain common sense.

SCISSORS.

friend. The friend's hands are contaminated by this contact, and when his fingers go to his mouth shortly after the meeting, the route of transmission of the disease is completed. Persons suffering from respiratory infections frequently use their hand to check a cough or violent sneeze, and almost immediately extend the same hand for a friendly shake with an old acquaintance. In many cases the result of such "shakes" is that the friend is made to suffer. Dr. Sundwall blames this form of greeting for influenza epidemics.

VETERINARY EDUCATION IN INDIA.

Mr. C. J. Fernandes, G. B. V. C., writes in *The Indian Veterinary Journal*:

Veterinary education has been the Cinderella of Government educational departments in India. After forty years of existence, it is still in its infancy and its growth and progress has been retarded by a parsimonious policy. It originated as a half-hearted attempt at imitating the veterinary arrangements of civilized European countries but has remained in its original conception, through lack of encouragement and neglect of the persons responsible for the progress of agricultural welfare in India.

Indeed much elaboration is not needed to prove the immense benefits that accrue to a country through veterinary science. The veterinarian does not merely relieve the sufferings and prolong the existence of our dumb servitors but he helps materially to conserve the vast wealth of the nation, invested in its flocks and herds. Moreover, the benefit to the general public by the State control through its veterinarians, of the chief infectious diseases of animals, some of them communicable to man, cannot be overestimated. Reports from towns and cities, where meat and milk inspection are carried out, show what service is rendered by the veterinarian in safeguarding the health of

the population. Veterinary research has also proved of great benefit to its sister science medicine and the help rendered to medicine by experiments conducted on animals by both medical men and veterinarians is too well-known to need more than passing mention.

India is an enormous country, chiefly agricultural. Agriculture in the main may be said to mean the art of raising plants and animals that are best suited for the supply of food for man. If this is so, then the importance to India of maintaining the health of the live-stock in the country, which is chiefly in the hands of veterinarians, may be appreciated when we consider that the total live-stock in 1924-25 in India was 213 millions.

INDIAN POSTS AND TELEGRAPHS.

In *Labour* Sriji Tarapada Mukherjee gives the following comparative statements of expenses of the Indian Postal and Telegraph Departments:

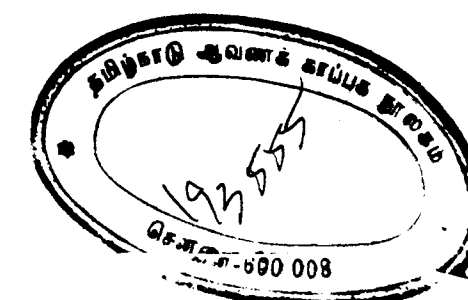
1. Postal Expenses:

- (a) Expenditure for—
1924-25 ... Rs. 5,56,95,903
- (b) Do Estimated for—
1927-28 ... Rs. 6,00,31,000
- An increase of ... Rs. 43,35,097
or a little over 9 per cent

2. Telegraph Traffic Expenses:

- (a) Expenditure for—
1924-25 ... Rs. 1,22,56,030
- (b) Do Estimated—
1927-28 ... Rs. 1,48,42,000
- An increase of ... Rs. 25,85,970
or over 20 percent

The expenditure of the Telegraph Traffic Department has increased by over 20 percent while the expenditure of the Post office has increased by only 9 per cent during the same period. The Telegraph Department is working at a loss and in the



For 1927-28 the loss estimated is Rs. 27,00,000 on the Telegraph side and Rs. 4,74,000 on the telephone side. On the other hand a net surplus of Rs. 24,57,000 is estimated in the Post office department.

The Hon'ble Member is probably aware that since 1924-25 the telegraph traffic has not increased in the same rates as the post office work. It was naturally to be expected that there should be a higher percentage of increase of expenditure in the Post office department than in the Telegraph, department specially when Post office services in the subordinate ranks are so much underpaid. But quite the reverse is the case. The Telegraph service has received increases at rates more than double that of the Post office service. We do not grudge our brother workers in the Telegraph department. We congratulate them on their good luck. But what we lament is that the poor hard worked Post office men should not receive at least equal consideration from such a sympathetic officer as Sir Bhupendra Nath Mitra. There is a surplus shown in the Post office Budget and money is therefore not wanting to do justice to the subordinate staff in the Post office. If the Hon'ble Member could manage to secure for the Telegraph service an increase of over 20 percent in the expenditure when the department is working at a loss, why could he not do likewise with the Post office service when, the Post office department is showing surplus year after year?

Mr. D. N. Dikshit observes in the same issue of the same magazine:—

My contention is that Government have no moral right to annex for general financial purposes any surplus of Postal revenue. Indeed, the Government of India, since the days of the East India Company, are committed to the principle that the Postal Department is to be administered without any consideration for the general revenue interests. In 1866, the Right Hon'ble Mr. Massey, the then Finance Member of the Government of India, went so far as to declare that "the Post Office was so potent an engine of civilisation that no potent an engine of civilisation that no Government would be justified in allowing

fiscal considerations to stand in the way of any improvement." The only consideration that seemed to weigh with him whether or not the postal rates did act as a check on correspondence, and if they did, they must be made liberal no matter what the financial effect was. And Sir Malcolm Halley was out to demolish the generous principles established by this broad-minded predecessor of his. I maintain that the Post office need not always be even self-supporting. The Post Office is a public utility department, and any check on its usefulness must be condemned. The recent increase in Postal rates has already resulted in a great shrinkage in the volume of correspondence. A similar circumstance was considered sufficient to justify a reduction in the rates in the British Isles in Sir Robert Horne's budget, though it involves the imposition of the financial burden on the general tax payer. The rates for carrying a letter to London is two annas while that of London to India is 1½ annas. Does any body look to this anomaly?

THE AGE OF CONSENT.

In the opinion of Mr. N. Sri Ram, as expressed in *The Bharata Dharma*

The Madras public deserves to be most heartily congratulated for the meeting held in Gokhale Hall on March 23, at which the following resolution was passed with but one dissentient: "This meeting is in favour of marriages taking place only after sixteen years for girls and eighteen for boys; it is in favour of the Age of Consent being raised to fourteen years as an immediate step towards the prevention of child motherhood, and wholeheartedly supports Sir Hari Singh Gour's Bill to raise the Age of Consent for married girls from thirteen to fourteen." It will be noticed that Sir Hari Singh's modest proposal, which he is bringing up for the second time before the Assembly, has not only the very strong support of public spirited citizens, who have emphatically voiced their opinion in other places also, besides Madras, but falls considerably short of the proper age acceptable to them. There can be no reasonable doubt whatever that if the women of the country were allowed to

settle the question, it would be decided at once in accordance with the demand of the Reformers. It is because they have not yet come to their own and are still in many ways like dumb driven cattle, that man-made law continues to exercise its brightful ascendancy.

FAULT-FINDING

In the Calcutta *Presidency College Magazine*, Mr. J. C. Ghosh humorously lays down the definition:

Faults are what one finds in others; that is why fault-finding has ever been a highly fascinating pursuit. As a characteristic intellectual attitude it is the recognised privilege of all civilised men and women, and can be engaged in with considerable impunity. Laughter, which according to its most modern and brilliant analyst is purely critical, corrective and devoid of feeling, is the gesture of highly sophisticated societies. The wit, the humourist, the satirist and caricaturist find their natural quarry in the follies and foibles of men and women, and we unloosen our purse-strings in order to view ourselves in the distorting mirror of their art. We enjoy being guyed and bullied by them, and call those great who really pull our ears while apparently pulling our legs. Even personal jealousy, malice and spleen may run into many editions, and in the hands of a master achieve immortality.

The sun and the moon would not be what they are if they did not have spots. It is at least some fun to discover that votive offerings are too often poured at feet that are of clay, and that the ample mantle hides shoulders that are too narrow. Men are, of course, great not because of their failings, but in spite of them. But no picture is complete without the necessary shade. The dark spots are not only so many foils setting off by contrast the general brilliance; they also supply the requisite human touch, for it is the way of all flesh to err. Frailty is a necessary human quality, and nothing would be more faulty than faultlessness even if it were possible—vapid, drab and inhuman.

MISCELLANEOUS.

COOPERATION IN UNITED PROVINCES.

MEETING OF STANDING COMMITTEE OF COOPERATORS.

Coordination of Activities of Agricultural and Cooperative Departments.

The 18th meeting of the standing committee of cooperators, United Provinces, was held at Lucknow in the office of the registrar of cooperative societies, United Provinces, on April 5, under the presidency of Mr. P. M. Kharegat, I. C. S., deputy registrar of cooperative societies, United Provinces.

The committee decided that in order to give effect to the scheme for the separation of finance from supervision, the supervising staff of banks should be placed under a provincial cooperative committee. The committee would be the present

standing committee enlarged by the addition of ten representatives elected by primary societies from amongst their own members, of one representative elected by industrial societies and of the second deputy registrar, so that it would have 40 members instead of 28. This committee would have full rights of appointment, transfer, punishment and dismissal over the supervising staff, but would ordinarily act on the recommendations of the local banks. It would elect a small executive committee from amongst its own members for the purpose. The banks would remain as purely financing agencies and would employ no staff for supervision purposes; supervision by honorary workers would, however, be encouraged. The committee would obtain its funds partly by levying a

contribution of 1-8th of the accrued interest from banks; and partly from a grant by Government, of an amount not less than the contribution obtained from banks. This would enable the committee to entertain an adequate number of supervisors, on an approximate scale of 30 to 40 societies for each supervisor. The scheme would be put in force in the case of those banks which accept it. It was also resolved that instead of the present system of appointing supervisors as sub-agents of banks in distant places for the collection and distribution of loans the services of a local director or other respectable person of the neighbourhood should be obtained to act as sub-treasurer under the direction of the bank; and failing that transactions would be carried out by money order or R. T. R.

The committee also adopted a scheme for co-ordinating the activities of the Agricultural and Cooperative departments by inducing cooperative societies to take improved seed and improved implements recommended by the Agricultural department; it suggested that the latter might issue detailed instructions with each kind of seed as regards its time for sowing, watering manure and other precautions to be taken, and might send its inspectors wherever possible with officers of the Cooperative department to give practical demonstration as well; it suggested that improved implements, when no longer required by members for their own use, might be hired out to non-members also.

ADULT EDUCATION.

The committee next considered a scheme for adult education and accepted the idea that for the present it should not be free and recommended that a beginning might be made in the neighbourhood of suitable schools with the co-operation of the department of Education. It was also suggested that the surplus money of liquidated societies might in certain cases be used for spreading adult education, as co-operation is education.

It was recommended that in order to deal satisfactorily with the question of surplus money with banks, it would be advisable to lower the rates of interest on deposits wherever practicable and that for purposes of interlending banks should be content with a lower rate than what they demand at present.

Lastly, it was decided to accept the invitation of the Aligarh Bank and hold the next session of the provincial conference at Aligarh if possible.

BAROMETER OF LOVE

Invention of a Machine Can Reveal Secrets and the Objects of Affection

CAPABLE OF DOING UNCANNY THINGS

Are you in love? There is now no use trying to disguise the fact. The scientist, to whom nothing is sacred, has invented a machine which will reveal the secret and the object of your affections. It will do many other uncanny things, but this is one of the uses to which it can be put, as Professor A. V. Hill told his juvenile audience during the course of his lecture on nerves and muscles at the Royal Institution a few weeks ago.

A description of the apparatus would be a very technical affair; it is the result that matters. Scientists have discovered that emotion of whatever nature, sets up electrical disturbance, and they have proceeded to measure it. All that the subject has to do is to place his or her hands in bowls of salt water and the machine does the rest. Professor Hill gave a demonstration with it, when one of his assistants, as well as his little daughter, provided themselves for experiment. By means of a spot of light thrown on the screen the audience were able to follow the result. A sudden bang disturbed the emotions of the subjects and immediately the

spectators could see the spot of light moving in response to the electricity developed by the sensation.

Secrets of the Heart Disclosed

With such an instrument, Professor Hill said, all sorts of secrets could be got out of people. For instance, he said, if a young man placed his hands in the water and his friends read over to him a list of ladies' names they could discover which he was in love with, as the machine would indisputably show his emotion on hearing his enamoured mentioned. And with such a cold and calculating eye does the scientist in the professor view the sacred flame, that he remarked quite casually, that he could not imagine a nicer game. Depths of affection can now be translated into cold figures. Further to add to the dread which the scientist is introducing into life, the fact was emphasised that the machine cannot lie, nor can the subject fail to react to emotions, whether of fear, favour, or ill-will, however much he or she tries to the contrary.

The Theory Explained.

In order to demonstrate how muscles carry out the orders given them by the nerves, Professor Hill showed moving pictures of a dancer, and of a cat turning over and alighting on its feet when falling. The pictures were shown at one-tenth the speed at which they were taken, so that the audience could follow every movement with ease. The actions of the dancer in slow time appeared to be even more graceful than when seen on the stage. The act was seen being held upside down and dropped a distance of 3 ft. The time taken to fall was half a second, but in one-fifth of a second a pussy was seen to have turned over in the air and landed quietly on her feet. The movement, Professor Hill said, was an extraordinary skilful one, depending upon all kinds of play and interplay between nerves and muscles. He also told his audience how it comes that we are able to tell how one thing is hotter or colder than another. It is a recent discovery, and it amounts to this: The more extreme the temperature the greater is the number of messages which the nerves affected send to the brain.—I.D.M.

MOSLEM ORIGINS IN DIFFERENT PROVINCES.

According to the Census of India, 1921, the Muhammadans number nearly 69 millions and form about one-fifth of the population of India. More than one-third of the community were enumerated in Bengal and rather less than one-fifth in the Punjab. In each of these provinces they form over half of the population. In the North-West Frontier Province and Baluchistan about 90 per cent. of the population are Muhammadans, in Kashmir over three-fourths, in Sindh less than three-fourths and in Assam between one-fourth and one-third. Elsewhere the Muhammadans form only a small minority of the provincial population. "While the Muhammadans of the eastern tracts and of Madras were almost entirely descendants of converts from Hinduism, by no

means a large proportion even of the Punjab are really of foreign blood, the estimate of the Punjab Superintendent being about 15 percent. The proportion advances of course as one proceeds further north-west." (*Census of India, 1921, Vol. i, part i, p. 116*.) In a recent speech, delivered in the Calcutta Albert Hall, Lala Lajpat Rai said that the large proportion of Muhammadans in Bengal showed the existence of Hindu-Moslem conflict in the province, thus proving that such a conflict was not imported into it by upcountrymen. It is true so far as his interpretation of the facts go. And in that sense there has been Hindu-Moslem conflict in the Punjab also. Considering that, according to the official estimates 85 per cent. of the Punjabi Musalmans are descendants of Hindu converts, it has perhaps to be admitted with regret by Hindus that, as in Bengal so in the Punjab, the Hindus came out second best in the conflict.

Draper has stated in one of his works that one of the means by which the number of Musalmans increased in North Africa and some other regions was "the confiscation of women", by which is meant abduction and the like. That in India Islam gained many converts by the life and character of some of its saints, is undoubted. What proportion of converts was made by force, and what additions were due to the abduction of Hindu women and indirectly to outrages on Hindu women who were outcasted by unrighteous and shortsighted orthodox, it is difficult to say. But it is probable that all the processes and means of conversion have been at work, more or less, all over India, particularly in those provinces where the Moslems are in a majority.

The Turks have found, in spite of their independence and martial valor, that the oppression of women (Armenian and other) and the subjection of women do not in the long run pay. It is for the enslaved Hindus of Bengal, Sindh, the Punjab, etc., to convince the enslaved Musalmans of India that under British subjection, too, it does not pay. That it is unrighteous and inhuman is, of course, a truism. But even truisms may not be understood, realized and recognised by some people without some appropriate help.

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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 Bright's 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.

Printed by F. B. Clothey, and Published by K. R. Swami at the A. A. M. Press, Saidapet,
for the Chief Editor Mrs. M. R. JANAKI, B.A.L.T., M.R.A. S. (LOND), Lucknow