

Wealth and welfare.

III.

No. 23.

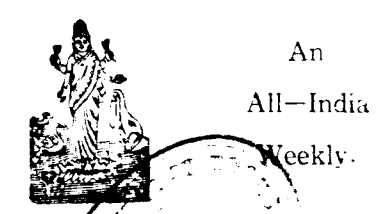
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(DEVOTED TO ECONOMIC AND WELFARE PROBLEMS)

WEALTH & WELFARE

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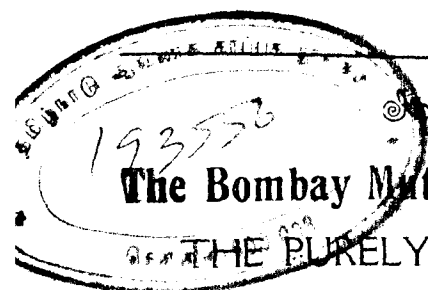
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HEALTH.

EFFECTS OF ALCOHOL.

The poisonous effects of alcohol have been well-shown by the striking experiments of Doctor Stockard, of the Cornell Medical College, to determine the hereditary effects of alcohol. It was found that in the case of guinea pigs, if one parent was of normal heredity and the other from grandparents to which alcohol had been given, numerous defective offspring resulted. The descendants of inebriate guinea pigs were found to be dwarfed, weakly, mal-formed, sterile, and few survived more than a few days.

Dr. Raymond Pearl, of Johns Hopkins University, conducted experiments to determine the effects of alcohol upon domestic fowls. He found that alcoholized fowls produced only one-half as many fertile eggs as the non-alcoholized. Doctor Pearl concluded that alcohol has a destructive effect upon the germ cells of fowls, as well as upon guinea pigs.

The facts clearly show the inevitable result of alcohol habits upon a community or a nation, and leave no room to doubt that inebriety is one of the powerful and insidious forces that is dragging humanity down through race degeneracy. Any influence which depreciates the germ plasma is a race poison, and hence a race menace. —Good Health.

PURIFYING WATER.

Impure water is unquestionably one of the most common causes of acute disease, especially intestinal disorders. In travelling, especially in rural districts and in foreign countries, it is generally more or less dangerous to make use of water without the employment of some means of purification or disinfection. Boiling for five minutes is, of course, one of the most dependable methods, but this is not always convenient.

Another means is the addition of three drops of tincture of iodine to the quart. If the water is turbid the quantity of tincture of iodine should be twice as great. The slightly brown color and unpleasant taste may be removed by the addition of a pinch of hyposulphite of sodium. The addition of a little sugar or fruit-juice will also help to disguise the iodine flavour.

Hypochlorite of soda is one of the best of all means of disinfecting water. The preparation should be fresh and should be known to contain at least four or five per cent. of chlorine. This disinfectant is very active. Three or four drops of a fresh solution of hypochlorite added to a gallon of water will render it safe after standing thirty minutes.

UNCOOKED FOOD BEST.

Says the *Journal of the American Medical Association*.

"A considerable economy could be obtained.....if more uncooked food were eaten, such as salads, fruit, nuts, and

cheese, and if those foods which must be cooked were cooked for a shorter time..... Civilised man is losing the taste for natural flavours, and demands that his palate be tickled by various artificial flavours and condiments. These are not only expensive, but harmful. Not only are they irritants to the gastro-intestinal mucosa, but they lead to over-eating, for which they are largely responsible. Excessive cooking softens food to an extent which leaves little or nothing to be done in the way of mastication; and, unless sufficient uncooked food is eaten, an inadequate demand is made on the teeth and jaws. As a consequence we have dental caries, mal-development of the palate and lower jaw, adenoids and the impaired digestion of food. This applies more particularly to children, and indeed, our chief anxiety and concern in the whole question of dietary lies with the growing child. The seeds of future gastro-intestinal disease are sown in early childhood, rickets and the whole crop of toxæmic manifestations are the harvest."

This statement would be endorsed by many of our leading medical men, as recent discussions have shown.

RICKETS: A DISABLING DISEASE OF CHILDHOOD; HOW IT IS CAUSED AND HOW IT CAN BE PREVENTED.

CAUSES.

1. Errors in diet, e.g., too much starchy food, saps, tea biscuits, etc.
2. Not enough of cow's milk, eggs, meat, butter.
3. Too little fresh air and sun-shine.
4. Prolongation of breast-feeding after the 10th month.

Early signs may be looked for from the 9th to 12th month.

These are:-

1. Crying when handled, as the bones are tender to the touch.
2. Restlessness at night, and rolling of head from side to side.
3. Excessive sweating of head and forehead, especially during sleep.
4. Delay in cutting teeth.

LATE SIGNS.

1. Walking is delayed beyond the 1st year.
2. Bow-legs or knock-knees appear when child begins to walk.
3. Thickening of bones at wrists, together with deformity of chest.
4. Forehead bulges forward, and opening in skull is larger than it should be.
5. Bronchitis, pneumonia and convulsions are common, because of the child's lowered resistance to disease.

PREVENTION.

1. Wean the baby not later than the 10th month, thereafter give pure cow's milk, meat gravy, fresh eggs, oat-flour porridge and so forth.
2. Give bottle-fed babies no saps or tea biscuits until 8 months-old.
3. Take baby out each fine day and let him have as much sun-shine as possible. Avoid close, over-crowded places, e.g., Picture Houses.
4. Keep windows open night and day.
5. If early signs appear, consult your own doctor, or apply to the nearest child welfare clinic.—*National Health*.

GONORRHOEA.

FACTS TO REMEMBER.

Gonorrhoea is one of the most prevalent of all diseases.

It affects all ages and all classes of society.

It is responsible for many cases of blindness in the United States.

It is the cause of most blindness of the newborn.

It is the cause of many surgical operations on the female generative organs.

It may cause sterility in both men and women.

It is the cause of some chronic diseases of the joints, bladder, and generative organs.

It greatly decreases one's earning capacity.

It is the underlying cause of much suffering and misery in the home.

It affects practically all prostitutes, public and clandestine.

It is a preventable disease.

SYPHILIS.

FACTS TO REMEMBER.

Syphilis is one of the greatest killing diseases, affects all ages and classes of society.

It is responsible for the birth of many diseased children, most of whom die.

It is the cause of an important percentage of all insanity.

It is one of the causes of mentally defective children.

It is the main cause of locomotor ataxia.

It is the main cause of paresis or softening of the brain.

It may cause apoplectic and paralytic strokes before middle life.

It is the cause of many abortions and miscarriages.

It is the cause of a large proportion of diseases of the heart, blood vessels, and other vital organs.

It decreases the length of life.

It greatly decreases one's earning capacity.

It is a preventable disease.

DIETETIC RULES

The following items of advice may prove useful.

Eat in moderation what you can best digest.

More illness results from an excess of starch and sugar than from an excess of animal food.

Let the bulk of farinaceous food be taken in the form of well-baked crusty bread made of sound flour. This should be thoroughly chewed. It may be taken with butter alone or this and grated cheese.

Such soft foods as porridge and puddings have the disadvantage that they do not stimulate the jaws, teeth and salivary glands, and, owing to the facility with which they are swallowed, are apt to be consumed in excess.

Eat some raw vegetable food (salad or fruit) every day.

Don't begin a meal when tired or emotionally perturbed.

Rest half an hour after every meal.

Rinse the mouth out after every meal.

The most important use of the tooth-brush (which should be soft) is to remove the food from the pits on the grinding surface of the molars:—*The Medical Press.*

DECAYED TEETH.

Efforts to prevent poor teeth should be exercised long before the seventh year, as the second teeth are forming in the jaws at birth. However, there are certain foods that help to build strong teeth; among them are all of the fresh vegetables, such as lettuce, spinach, beets, corn and cabbage; the fresh fruits, such as oranges and apples; the coarse breads, such as rye, entire wheat and bran; and, of course, plenty of milk.

1. Children should be trained into the habit of brushing their gums and teeth, using the up and down motion.

2. The child needs his temporary teeth to chew his food properly and to keep his mouth the proper shape to insure straight, sound permanent teeth.

3. Cavities should be cared for promptly in both sets of teeth; they are breeding places for disease germs.

4. Abscesses, even in temporary teeth, should be treated because the infection endangers the child's health and the permanent tooth in process of formation.

5. The first permanent molars are the most important teeth and should have the best of care.

6. As these first molars often decay soon after they appear, they should be examined every three months until the child is 9 years old.

The foregoing rules are recommended by the public service committee of the Chicago Dental Society.

Lime water included in the diet after infancy does not do much good. Cod-liver oil given during the winter months has been found to be of some value. The boy should be put in the hands of a good dentist.—*Hygeia.*

TEN COMMANDMENTS FOR THE MOTHER.

1. Thou shalt not deprive the baby of breast milk, unless it is absolutely necessary.

2. Thou shalt not give the baby soothing syrup or sleeping powder.

3. Thou shalt not take the advice of well-meaning friends and neighbors in feeding the baby as no two need just the same food.

4. Thou shalt not allow the baby to sleep in the same bed with anyone else.

5. Thou shalt not be afraid of free-flowing air. (Just protect the baby from a direct line of draught by a screen.)

6. Thou shalt not treat the baby as a plaything—don't show him off.

7. Thou shalt not kiss the baby on the mouth.

8. Thou shalt not scold or grumble, particularly just before meals. Food is more readily digested and tastes better if we serve with it liberal amounts of pleasant thoughts, smiles and laughter.

9. Thou shalt not spoil the baby by humoring him.

10. Thou shalt not expose the baby to colds or other contagious diseases.

The way to save pains is to take pains.—*Chicago's Health.*

FOODS SHOULD ATTRACT.

In planning healthful diets, the texture, flavor and color of foods must be considered, according to a recent report from the U. S. Department of Agriculture. People are more likely to eat the proper foods when they are pleasing to eye, nose and tongue.

A crisp, juicy apple or a salad with a lunch of soft sandwiches, and cheese with crackers, rather than bread, are combinations that are popular. Pronounced flavors, like cabbage, are usually better when toned down by potatoes or something equally mild. Some delicate flavors must be eaten alone, however.

Fresh salmon with green peas or ripe tomatoes and cream cheese are attractive to the eye, and that is why they are well-liked. The careful housewife can plan her meals so that the simplest foods will please. Cleaned plates and pleasant comments will reward her for the extra time spent in preparation.—*Hygeia.*

TUBERCULOSIS.

(CONSUMPTION.)

Consumption is caused by minute germs. These germs may cause deformities like hunch-back, and result in glands in the neck, chronic ulcers in the face or chronic diarrhoea.

These germs are present in millions in the sputum of consumptives. When the sputum dries up, the germs are carried into the air with dust. When healthy persons breathe this dusty air, the germs get into the body and may cause disease.

HOW TO AVOID CONSUMPTION.

Live in well-ventilated and lighted rooms. Sleep with windows open. Remember that darkness is an ally of consumption.

Spend as much time as possible in sunshine and open air.

Avoid crowded and dusty places.

Eat clean nourishing food. Keep food covered to exclude flies.

Do not live with persons suffering from consumption.

WHAT A CONSUMPTIVE SHOULD DO.

Should spend most of the time in the sunshine and open air.

Should sleep in a room by himself.

Should never spit in public places.

Should spit in a rag or paper which should be burnt immediately.

Should consult a doctor or go to a hospital such as those at Madras or Madanapalle.—*The Madras Health Council.*

MALARIA.

1.—The Discovery of the Cause.

Malaria is no new disease. It has been known to exist for thousands of years, but it is only recently that the cause has been discovered. The word "malaria" means "bad air"; because it was believed formerly that it arose from a poison generated in damp ground and spread abroad by the mists that rose from it. People observed that it was prevalent in swampy places, that people who exposed themselves after sunset were liable to attacks, that it was less prevalent on high ground and in windy weather and that even in swamps it was less when they had been well flooded than when they were half drained. They noticed too that building operations or the construction of roads and railways often preceded an outbreak of malaria and therefore they supposed that freshly turned soil released the poisonous air, as if it were escaping from an exploded gas-shell. But in recent years certain discoveries were made which threw fresh light not only on the source of the disease but on the precautions and the remedies employed.

1. In 1880, a French army surgeon named Alphonse Laveran discovered in the blood of a malaria patient a parasite, which he had never seen before. He read before the French Academy of Medicine a

(Continued on page 9.)

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For God, Crown and Country.

Wealth & Welfare.

Lucknow, Friday, 27th May, 1927.

EDITORIAL.

INDIAN RAILWAYS.

The Railways—Lock. Stock and barrel—belong to the Government of India. The people of India have borne all burdens and liabilities on account of the railways, and the companies that manage the railways have never taken the least risk though they are the masters of the State Property practically. Special care was taken to give lucrative appointments on their

railways to non-Indians keeping deliberately Indians out of such offices. The Capital of the Railway Companies is guaranteed, together with half-yearly payments of interest thereon, out of the general revenues of India, as in the case of Public Debt of Government, over and above a share of supposed profits. The interests of Indians and of Indian Railway servants are adversely affected by the company management in very many cases. The statistics of subordinate staff published for the first time in the Railway Board's Administration Report for the year 1923–24 show that the Indians are appointed to the lowest posts, given lower salaries and wages, slow promotion, insufficient privileges of leave, house accommodation, free passes, hours of duty as compared with others. Europeans and Anglo-Indians were 11.42 per cent among the total population of literates in English Language in India, and they held 75.68 per cent of the appointments in 1924 and 73.46 per cent of the appointments in 1925. The Muslims and Non-Muslims were 88.57 per cent in the same population of literates in English but had only 24.32 and 26.54 per cent of these appointments respectively in the two years. The statistics of the Upper Subordinate Staff drawing Rs. 250 per month and over on the State Railways on the 31st March of the years 1924–25 exhibited the following :—

	1924		1925	
	No.	P. C.	No.	P. C.
Europeans	2818	38.06.	2810	35.85.
Anglo-Indians	2786	37.62.	2949	37.61.
	5604	75.68.	5759	73.46.
Muslims	216	2.92.	259	3.30.
Non-Muslims	1584	21.40.	1822	23.24.
Total	7404	100.00.	7840	100.00.

The Railway Board have since then changed the classification of servants and the Red Book for 1925-26 showing the statistics for 31st March 1925 exhibit the following :—

	1925		1926	
	No.	P. C.	No.	P. C.
Europeans	2412	38.8	2134	26.1
Statutory Indians—				
(a) Hindus	1482	18.9	1593	19.5
(b) Muslims	239	3.1	247	3.0
(c) Other Classes	3689	47.2	4207	51.4
(d) Total	5410	69.2	6047	73.9
Grand Total	7822	100.0	8181	100.0

It appears that the numbers of Parsis, sikhs etc., which were included previously under Non-Muslims have been merged into the total for Anglo-Indians whose exact numbers have not been given. The figures for each community included under "Other Classes" should be separately shown. We stand for Justice and Impartial Treatment to all. We have no bias against any community. Members of all communities residing permanently in India have an equal right of employment in the service of the State; but Indians who have borne all the burdens on account of the Indian Railways do have a preferential right for employment in the Railway Service. Indians now feel humiliated and kept down, while non-Indians are said to have been favoured and allowed preference with money taken from Indians themselves. Our muslim brethren who are under the impression that Hindus are in an advantageous position in the Service of the Government must note that both the Hindus and Muslims have not had their due shares in the Railway Services on the population basis, and that both of them have a common complaint. 83 per cent of the Gazetted appointments and 73½ per cent of the Upper Subordinates' posts were held by Europeans including Anglo-Indians in 1924–25 while 17 and 26½ per cent were occupied by Indians including Hindus, Muslims, Sikhs, Parsees, etc. This demands that Indians, instead of quarrelling among themselves, should unite to secure their just dues.

The details of the Gazetted Officers on 31st March 1926 on the State Railways are given as follows:—

	No.	Percentage.
(1) Europeans	1509	73.4
(2) Statutory Indians:—		
(a) Hindus	294	14.3
(b) Muslims	56	2.7
(c) Other classes	190	9.6
(d) Total	548	26.6
(3) Grand total	2057	100.0

The total number of Railway servants of all grades on all Railways in India in 1924-25 compared with 1925-26 as follows:—

	1924-25.	1925-26
1. Europeans	5,567	4,986
2. Statutory Indians:—		
Hindus	5,42,450	5,34,474
Muslims	1,64,389	1,66,365
Other classes	32,830	36,035
3. Total	7,39,649	7,36,874
Grand Total	7,45,216	7,41,860

From 1924-25 (revised figures) the classification has changed and Anglo-Indians have been merged into the total for Indians. The total salaries and wages per month or for the year are not given against each race or community. Separate statistics of servants on salaries between Rs. 100 and Rs. 249 have not been given. The Financial Commissioner, Railways, furnished the following annual bill for Labour affecting the Railway Budget in his Memo dated 18th February 1927:—

	Crores.
(1) Up to Rs. 40 per mensem	12.50
(2) Rs. 41 to 100 "	7.17
(3) Rs. 101 to 250 "	1.90
(4) Over Rs. 250 "	4.21
(5) Gazetted officers (excluding overseas pay)	2.46
Total	31.10

ON THE LINE.

BLOSSOM SHOWERS FOR COFFEE.

[By—A. S. Rao, Mangalore.]

Apart from the fertility of the soil, climatic conditions and other natural causes that effect the growth of the Coffee plant in the various plantations, the crops depend mostly if not wholly on the 'Blossom showers' which as a rule are expected about the end of March and the beginning of April. Planters are naturally extremely anxious at this time as the very prospect of reaping a good crop and earning a fair profit depends on these timely showers. Rains during the flowering period are considered unfavourable but a shower or two after the berries have set proves very beneficial, as these showers are above human control and are entirely in the gift of Heaven. Various devices are experimented upon with a view to supply by artificial means what nature at times withholds. Mr. Cameron in his report 'Visits to Coffee Districts Coorg rightly observed'. The application of proper manures in correct quantity and at the most serviceable time, are things which should be assiduously learned from practical experience.

It is therefore in the interests of every planter to bestow his attention to the

results of the Scientific world around and see and select the best plantfood that would overcome the ravages of nature and make the plant productive to its best capacity.

Of all plantfoods Nitrogen has stood the test experiments and is considered undoubtedly to be the best plantfood which contributes largely to the growth, development and vitality of the plants and of all the plants coffee plant needs more Nitrogen and less potash and Phos. acid. In fact it has been found out that one year's coffee crop sucks from the soil 21 lbs. of Nitrogen and only 4 lbs. of Phos. acid per acre and Mr. H. B. Evans in his planting opinion of 1900 advocates that 'Nitrogen hunger is one of the chief maladies of the Coffee plant. He seems to have assumed that the Nitrogen of the soil of the manures do not exist in an assimilable form. This creates the necessity of searching for fertilizers that hold Nitrogen in the required form i.e. in the Nitrate form in which form alone they can be of use to the plant creation.

Nitrate of Potash and Nitrate of Soda are the best Nitrogenous manures which contain their Nitrogen in the immediate

The prevailing unemployment in the country and the consequent economic distress among the masses drive men to accept—in their frantic efforts to live—whatever is offered to them. Such men are compelled to live in semi-starvation as they accept "Half a loaf to no bread at all." The statistics of diet and clothing allowed in the Army will reveal to the Government of India the actual cost of living and the minimum living wage required. The physical condition of the men is deteriorating succumbing to the least attack of disease. They cannot make efficient servants and they will only be driven to desperation, leading to serious economic crisis in the country. It cannot be denied the establishment in the Indian Railways is top-heavy. The argument of "Supply and Demand" and that Indian Employees are offering themselves on semi-starvation wages will not hold water. The proportion of the minimum salary of the lowest employee to the maximum salary of the highest official per annum on the State Railways is 1:444 in 1927 in India, whereas in Norway it was 1:7, in Japan 1:22, Germany (1911) 1:11, in France 1:22, Sweden, 1:15, Belgium 1:8, China 1:32, Italy 1:6, and Denmark 1:5; and in some of the Continental countries it is as high as 1:5. Does this not show that higher officials are paid unconscionably high salaries while the lowest staff on the Indian Railways are kept down on starving wages? Does not this affect the life and death of over seven lakhs of Indian Railway Employees? Unless Indians are employed at the top of the services in the Railway Board and in the Administrative Departments all sorts of obstacles to the Indianisation and to the improvement of salaries are bound to be thrown and the strong will beat the weak and an utter disregard to the voice of India is bound to be shown. It is a matter of regret that while employers of labour are specially represented in the Legislatures, Labour remains unrepresented there. We have now only to impress upon the employees the great importance of their co-operating with each other in a just cause of humanity. The scales of salary should apply equally to Europeans as well as Indians. There should be no preferential treatment to any class, creed or race. Co-operation is the Law of God and for their own good they must unite and co-operate working for their just cause.

available form but as the former is too costly on account of its limited produce and heavy demand for explosives the latter can be safely and profitably used. Further Nitrate of Soda has the property of releasing Potash from the soil and making it available to the plants.

It is a peculiarity in the case of Coffee plants bursting into a blaze of flowers all on a sudden. This means that there is a tremendous drain upon the strength of the plant in order to produce this mass of flowers and consequently its vitality must be necessarily low. At this stage and while in this condition an application of Nitrate of Soda will act as a tonic and stimulate the plant into renewed vigour to successfully continue the work of propagating its species through the production of berries. A dressing of Nitrate of Soda at the rate of one to one and half cwt. per acre at this critical time will ensure the setting of a very much larger number of berries than could otherwise be expected. (T. C.)

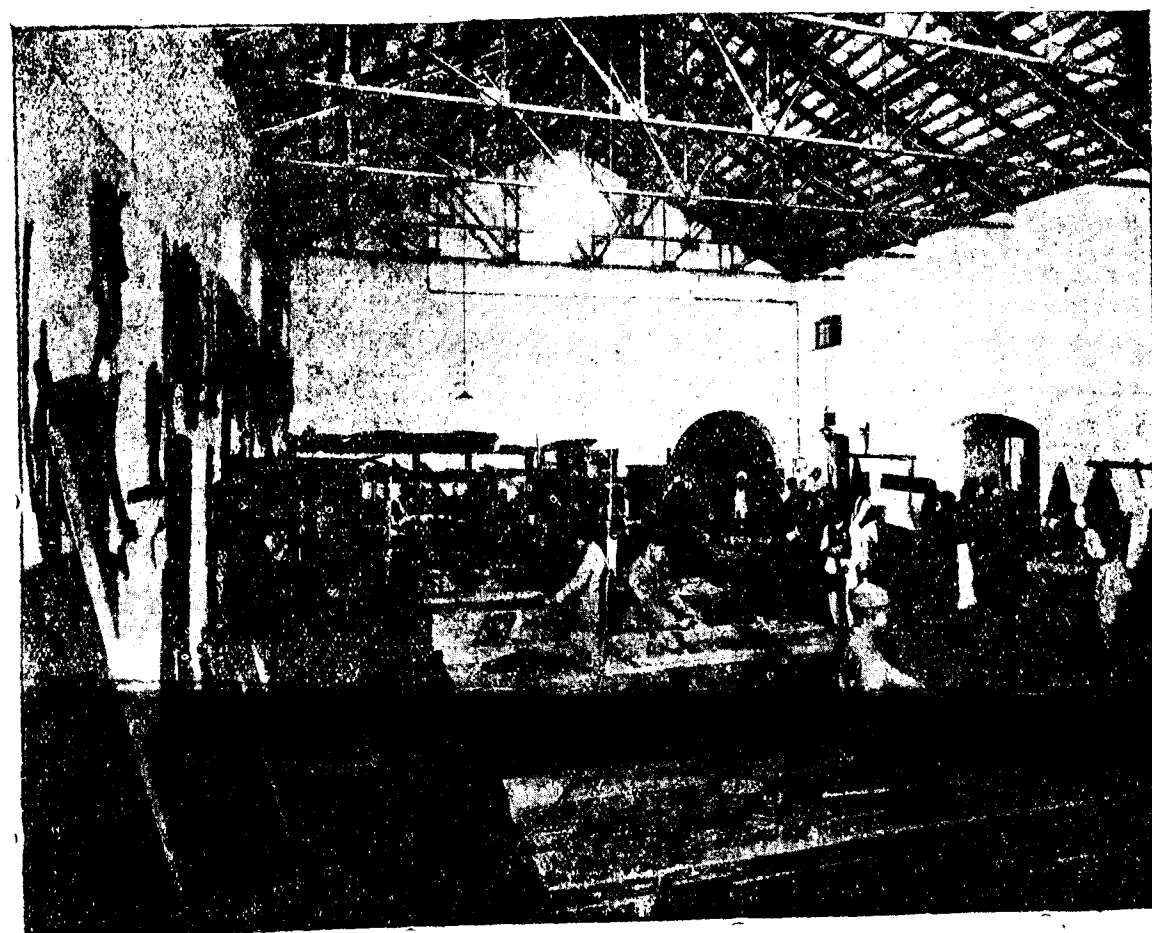
COMMUNAL MYOPIA.

Divided we fall, United we rise. The country has had enough of sickening, senseless, and suicidal strife. No one has benefitted by the mischief which the

separate electorates have caused in stimulating a communal outlook and in impeding the growth of a healthy national feeling except those who are against the economic interests of India. Those who have for so long been the advocates of the separate electorates should carefully reconsider their position, make a special effort to rise above narrow prejudices and communal allegiances. They should envisage the political, economic and social problems of the country in a broad statesmanlike spirit. The separate electorates have been responsible for the increasing tension and distrust

among the communities. They placed a premium on intolerance, fanaticism and aggressive communalism. A careful analysis and close observation will reveal that the present strained communal relations—both from a communal and national point of view—are injurious to the majority and minority communities whose economic, political and social interests cannot be separated. The further fighting among communalists even for eternity will never promote the real interests of any except only to perpetuate the existing extremely unsatisfactory political and economic

conditions. In Unity and Good-Will alone lie the best interests of all the communities. Those who deny this community of interest and argue that the several communalists have distinct interest are suffering from a very bad type of communal myopia. Anything calculated to promote Unity and Good-Will should be welcomed by all well-wishers of the country. We would urge, in the economic interests of India, upon all to make a special effort and facilitate the patriotic task of achieving joint electorates.



1st and 2nd year Senior Cabinet Shop, Government Wood-working Institute, Bareilly.

THE CHIEF COMMISSIONER OF RAILWAYS.

The nearest vacancy in the Railway Board has not even the least chance of attracting the claims of Indians. The post held by Sir Clement Hindley is rumoured to be occupied by Mr. Lloyd Jones, Agent, H. E. H. The Nizam's Guaranteed State Railway.

WIDOWS' CAUSE.

We congratulate the Vidva Vivah Sahayic Sabha of Lahore under the supervision of the Sir Gangaram Trust Society on its patriotic efforts and the good work that is being done by it. The Hindu widows not permitted to remarry, not by religion but by custom, deserve and require every sympathy and support from the Hindu community and therefore, the Vidva Vivah Sahayic Sabha should be encouraged by enlightened men in every feasible way.

MUNICIPALITIES IN C. P.

The annual report of the municipal committees of the Central Provinces and Berar for 1925-26 shows that the number of municipalities increased from 61 to 65 and the elections held during the year were contested keenly and that the interest displayed by the electors was encouraging.

The total income of the municipalities, excluding the opening balances and extraordinary and debt heads, was Rs. 59,67,000 as against Rs. 58,70,000 in the previous year. The Government contributed Rs. 1,64,000 for general purposes, Rs. 2,99,000 for education; Rs. 4,400 for plague and Rs. 1,17,000 for sanitary works, making a total of Rs. 5,84,400 as against Rs. 3,70,000 contributed last year. The income of the municipalities was Rs. 53,47,000 against Rs. 54,66,000 in the previous year. The income under taxation decreased from Rs. 3,95,800 to Rs. 38,89,000. Except in a few municipalities no general improvement has so far been effected in the collection of municipal taxes. The expenditure, excluding the extraordinary and debt heads, increased from Rs. 58,76,000 to Rs. 6,18,000 and the closing balance was reduced from Rs. 17,86,000 to Rs. 17,31,000. The expenditure on education increased from Rs. 99,20,000 to Rs. 11,14,000 as the result of an increase in the number of schools, the revision of the pay of teachers and the construction of school buildings. More attention is also being paid to the schemes for compulsory primary education. Although the number of dispensaries transferred to the control

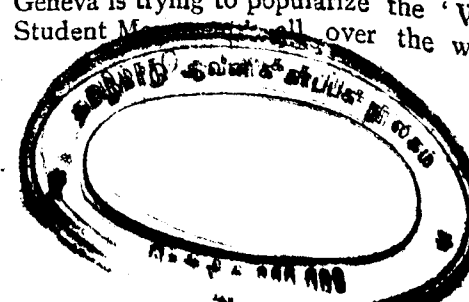
of the committees has increased from 28 to 30, the expenditure under hospitals and dispensaries, has decreased from Rs. 3,00,000 to Rs. 2,67,000. An unwelcome feature of the year was the outbreak of party feeling in certain committees with a resultant decrease in the efficiency of their administration. The relations between the committees and officers of Government continued to be cordial.

ROUND THE EARTH IN 30 HOURS.

"—Recent study of the flying mechanism of the world's speediest creature, a South American fly known as cephemyia, has suggested the possibility that we may eventually triple the present aeroplane speed record of 300 miles an hour. This would make it possible to fly round the earth in just under thirty hours, travelling at a speed of 815 miles an hour. The cephemyia covers 815 miles an hour or nearly 400 yards a second and with tremendous power stored in its light-weight body, moves so swiftly that it can only be seen as a blur."

THE WORK STUDENT MOVEMENT.

The International Student Service of Geneva is trying to popularize the 'Work Student Movement' all over the world.



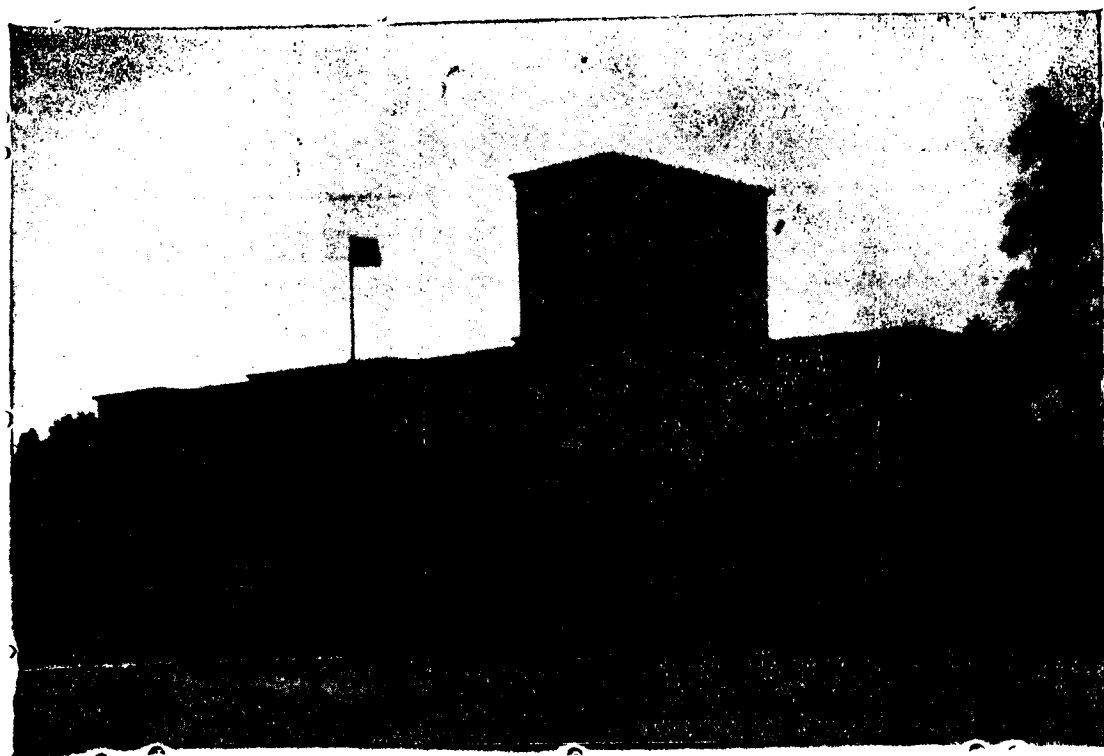
With this object in view, they are holding a training school for students' self-help and cooperative methods in Dresden (Germany) from the 6th to the 18th July this year. The school will provide a forum for exchange of experience and methods. Delegates from all parts of the world have been invited. The organisers have allotted four seats to India and requested Mr. K.T. Paul and Mr. S. C. Ray to make arrangements for sending representatives from this country.

THE BANK DEPOSITS.

The total deposits in all the three classes of banks in India, i.e., Imperial Bank,

exchange banks and joint-stock banks, increased from Rs. 1,14 crores in 1916 to Rs. 2,12 crores in 1925. The aggregate paid up capital and reserves of the eighteen exchange banks doing business in India amounted to £138 millions. It is noteworthy that while their deposits in India increased from £30,148,000 in 1914 to £70,546,000, their cash balance in India increased from £8,394,000 in the former year to £9,416,000 in 1925. There were 74 joint-stock banks having a minimum paid-up capital and reserve of one lakh of

rupees. These banks had over 500 branches scattered throughout India. The aggregate paid-up capital and reserves of these banks amounted in 1925 to Rs. 11,78 lakhs, the deposits to Rs. 57,91 lakhs and cash balances to Rs. 10,78 lakhs. The number of co-operative banks was 108 and their capital and reserve amounted to Rs. 9,87,63,000. Clearing house returns show a slight fall in the activity in banking operations as compared with 1924.



New building of the Government Leather-working School, Meerut.



Hand Knife Splitting Machine, Leather department, Technological Institute, Cawnpore.

THE ONE ESSENTIAL PROFESSION.

"Our present system of higher education was originally designed to make the young men administrators and officers of the Government. Now, however useful such administrators and officers of the Government may be, they are not the most

essential members of the community. We could do even without them if we really tried. But there is one profession in the country, in all parts of the world, which we cannot do without. It is the profession of agriculture, which produces the food which we all have and without which we

should all be dead. The man who cultivates the ground, gives us food which enables us to live, is the one absolutely essential member of the community. So he should be highly honoured and his work should be considered as among the highest and worthiest of occupations."

HEALTH.—Continued from page 4.

paper on his discovery and soon doctors all over the world were hunting for this parasite in the blood of malaria patients; discovering it, and hunting for the means by which it entered the blood vessels. Some microbes enter by the air, others by water or food, some through cuts and other wounds. But the malaria parasite chose none of these methods of attack. At last seventeen years later, a Scottish army surgeon named Sir Ronald Ross, when examining a mosquito through a microscope found the same microbe in its stomach. And following up this discovery, the mosquito was found to communicate the malarial microbe by its bite. For, when the female mosquito of one particular species, the anopheles, bites an infected person, she sucks his blood into her stomach, she digests the blood and the malarial parasites pass into the walls of the stomach, penetrate it and finally reach her salivary glands. The next time she bites a victim, the microbes pass into his blood. The complete cycle from the first victim of the mosquito's bite to the second one's attack of malaria takes from 12 to 21 days according to the type of the disease.

3. Now let us see how the true history of malaria fits in with the old theories. Our forefathers knew it was prevalent in swampy grounds; these are the favourite haunts of mosquitoes, who breed in the shallow water at the edges of pools. People who exposed themselves at night caught malaria; mosquitoes wake up and come out to feed after sundown. It was found that thick vegetation near a house often meant malaria for the inhabitants; we know that mosquitoes shelter under the foliage during the day and dislike bright sunshine. Freshly turned soil does not release poison gas, but when foundations are dug, or embankments made, there are borrow pits and hollows formed which hold stagnant water, and the smallest quantity is sufficient to encourage the anopheles mosquito to lay her eggs. The higher the land, the less chance of stagnant pools and swamps, therefore fewer mosquitoes. Mosquitoes are delicate creatures and dislike high winds, so a strong breeze which dissipated the mists would also blow the mosquitoes away and destroy many. And finally, a flood of silt-laden water spreading over the land on each side of a river will destroy them too, for they dislike running water, or water laden with silt, and as they only breed where it is shallow, a flood which fills up the smaller pools, combining them into one great lake with a deep centre as far less grass-grown water edge where the breed so freely. But people say sometimes "I have often been in swampy places with clouds of mosquitoes and have been severely bitten and yet I have never had malaria. How do you account for that?" The reason is that all the conditions have not been present.

1st.—The mosquito must be of the anopheles variety and of the female sex.

2nd.—She must have bitten a patient suffering from malaria at the right stage of his illness, when his blood is full of the malaria germs and their spores or seeds.

3rd.—The new victim must have his own powers of resistance to that particular form of attack so far lowered that, when the microbe enters his body, he is defeated in the battle which follows between the powers of his blood and the enemy microbe.

If all these conditions are present, he will have an attack of malaria but not otherwise.

II.—How the Microbe of Malaria Acts.

4. The infected blood that enters the stomach of the mosquito contains two forms of spores or seeds; one large and one small. These unite to form cells called ZYGOTES, which penetrate the wall of the stomach, grow to maturity and then split up into small round bodies, which again divide up into spindle-shaped bodies. These penetrate the salivary glands. These stages last about 10 days. When the mosquito bites, she injects her saliva into the wound, and this fluid causes irritation and swelling. These germs, which have entered with the saliva, proceed to attack the cells in the blood and can be seen through the microscope attached to, or inside, these cells or red corpuscles, as they are called. Then when the right moment comes—from the microbe's point of view—they break up into a number of separate parts called sporules which are discharged into the blood. This of course cannot take place without a great disturbance which affects the nerves in the walls of the blood vessels and this moment corresponds with the violent shivering fit, which heralds the attack of malaria. But in the course of this disturbance, the nerve centre, which regulates the heat of the body, is upset, and the temperature rises. This is the fever stage, and while very uncomfortable for the victim, it is equally uncomfortable for the microbe, and may even destroy it altogether.

In the third stage, the powers of the body conquer for a time and the temperature falls. But fresh spores develop and the cycle is repeated again and again till the microbe has no longer the strength to reproduce itself and the patient recovers. The intervals between the rises of temperature may be two, three or four days and the illness is described as Quotidian, Tertian or Quartan accordingly.

But if the spores are not killed, only temporarily subdued, they may lie dormant for years and then a chill, extra fatigue or anxiety, or the onset of another illness may give them the opportunity for which they were waiting and a fresh attack of malaria reminds the sufferer of all he endured before.

III.—Cure.

5. The most valuable drug we have with which to combat malaria is quinine an alkaloid derived from the bark of the cinchona tree. This was discovered in the 17th century by a Jesuit priest. In those days the science of extracting the essential part of a medicine from the part of the plant containing it was not understood as well as it is now, and the bark was simply ground up, mixed with water and given in enormous doses. Now the quinine is extracted and given as a powder, in tablets or capsules, or dissolved and given in liquid form. The tablets are

on sale in all Bengal post offices at eight annas a phial containing 20 tablets of 4 grains each. Four tablets a day are a dose for a grown man, a phial therefore contains enough for 5 days' treatment. Formerly it was sold so cheaply that patent medicine vendors used to buy it in bulk and make it up into fever medicines which they sold at a high price and taking advantage of the fact that many people declare they "cannot stand quinine," the flavour was disguised and the bottles labelled with a statement that this "fever-cure" contained none. And so people who would not buy it at the Government price paid three or four times as much for it in a bottle under a fancy name. And they do so still though the proprietors do not make quite so much money out of it as they have to buy their quinine in the open market current prices.

IV.—Prevention.

6. Measures for the prevention of malaria divide themselves into sections:—

- (1) Treatment of the mosquito.
- (2) Treatment of its victims.
- (3) Treatment of its haunts.

1.—Treatment of the Mosquito

7. The eggs of the mosquito which, as we have said, are laid in shallow water hatch out into little worm like larvæ, sometimes called "wigglers". These have to come to the surface of the water to breathe. But if the water is covered with a thin layer of oil, it cannot breathe and is suffocated. Therefore the larvæ in accumulations of water that cannot be drained or thrown away are killed by the addition by a sufficient amount of kerosene to cover the surface with a film.

Fans should be installed wherever possible, as mosquitoes greatly dislike a strong wind, and fumigation of the room before retiring for the night drives the mosquitoes away or stupefies them, but these are of course only temporary measures.

Bats and many kinds of birds prey upon the mature mosquito while certain fish feed on the larvæ. These should be encouraged or introduced in all malarious districts.

2.—Treatment of the Mosquito's Victims

8. We have already spoken of quinine as a cure for malaria: it can also be taken as a preventive when in malarious districts. Five grains a day should be taken for this purpose as it destroys the germ in the blood before it has a chance of doing any mischief. A plentiful supply of nourishing food, suitable clothing to protect the body and limbs, the use of mosquito nets at night, and the screening of doors and windows with fine gauze are all excellent prophylactic measures which should be taken wherever possible.

3.—Treatment of Mosquito's Haunts.

9. We have pointed out that the larvæ can be killed where they are hatched by the use of kerosene, but wherever possible, the breeding places should be abolished; pools filled up or drained, ditches cleared of vegetation, and the outfall arranged so as to carry off water

quickly. All cisterns and water-butts should be covered, and the ground round stand-pipes and drinking troughs and wells cemented and drained. Remember too that the mosquito does not need a large quantity of water in which to lay her eggs; a few spoonfuls at the bottom of an old kerosene tin or a pot or a broken pitcher is quite sufficient for her purpose. Therefore special care should be taken in the rainy season that none of these lies about.

Bonification.

10. But all these measures, valuable as they are where their application is possible, cannot be carried out on a sufficiently large scale to stamp out malaria in the districts where it is most prevalent. Much has already been done by the Co-operative Anti-malarial Societies recently initiated by Rai Bahadur Dr. Gopal Chandra Chatterji, 1-5, Fremchand Baral Street, Calcutta, and fresh branches should be founded wherever possible. But measures on a larger scale must be sought, which, by increasing the material prosperity of a district and of its inhabitants, will provide a source of revenue to recoup the State for the original outlay: measures too which will not only destroy the anopheles mosquito in its haunts but will increase the individual powers of resistance to the

disease. Such measures are known collectively as measures of "Bonification."

11. We have already seen that where embankments are made for any purpose the hollows from which the soil has been taken liable to form stagnant pools in which the anopheles mosquito breeds. But other results also follow in deltaic areas which are normally flooded at certain periods of the year. Where the embankment runs across the direction the water takes, the free flow is checked, the land on the further side is deprived of the silt-laden water which formerly irrigated and fertilised the fields, while on the nearer side the current is disorganised and instead of forming stagnant pools may rush along the side of the embankment with such velocity as to wash away the soil while it seeks an outlet. And the valuable silt instead of being gently deposited on the land is washed away too, leaving only the coarse sand which was in suspension, utterly destroying the fertility of the soil where this occurs. Thus, where the natural irrigating forces are destroyed or impaired, certain results follow:—

- (1) The fertility of the land is injured or destroyed.
- (2) The inhabitants are impoverished and therefore less able to afford

measures of protection against mosquitoes.

- (3) Their vitality is lowered, rendering them more vulnerable to the attack of the malaria microbe.
- (4) The mosquitoes finding more breeding places and fewer destructive agencies become more numerous.

12. The work of Bonification is, therefore, a four-fold task for the sanitarian, the agriculturist, the social economist, and the engineer; each of whom must understand enough of the other's aims and methods to enable them to work together in intelligent sympathy. For the engineer must make embankments and dams, clear out choked water-courses and make new ones, all with due regard to the life of the land and its agricultural necessities. These must be defined by the practical agriculturist and the economist, while the sanitarian's knowledge of the human body and the influences which affect it favourably or adversely enable him to point out the direction which their efforts should take. Only by such intelligent co-operation can the work of Bonification be carried out successfully.

SCISSORS.

THE CAVES OF INDIA

Roughly speaking, says Dr. K. N. Sitar in *Shama's*,

The cave districts in India comprise about fifty different and distinct groups though the majority of them are to be found within the limits of the Presidency of Bombay. All told, the caves, both those which were only natural formation ones, and those specially hewed from out of the sides of the living mountains or detached rocks big enough for the same purpose, number easily more than a thousand, although some of these are no bigger than mere manholes, which house some of the slum population in the least sanitary parts of the City of Bombay, while others, like those of the chaitya Halls that lend dignity and charm to Karla, Kanheri, Ajanta, Bedsa and Bhaja, and structural excavations of whose 'Tour d'force' any nation in the world might be proud of.

There are others which were Viharas once, and housed either a college or only a community of meditating monks, which though secondarily for architecture, but still primarily are now invaluable for the students as well as connoisseurs of art, throughout the world, because of the precious fragments of frescoes which still adhere to their walls, ceilings and pillars, in some of which the colours are still as fresh as when they left the hands of their masters nearly two thousand years ago.

If the caves in the Ramgarh Hills can claim priority because of their antiquity, and as the earliest to delineate in colour the joy in life which the ancient Indian felt, then the caves of Sittanavasal, twelve miles from Pudukottah, near Trichinopoly, contain some of the loveliest cave paintings which the hands of the Jain masters of the brush has as yet given to us. Ajanta contains the largest number of paintings executed in glorification of the Mahayana from of the Buddhist Faith, though some of the paintings are far from being either religious or Buddhist. One may say that the paintings of Bagh (Gwalior) are more or less contemporary with the latest of the wall paintings at Ajanta, even though from the point of technical achievement and the colour scheme, some of them may be said to be superior and gayer even to those at Ajanta, especially the scenes in the Rangamahar which depict Indian dancing.

VALUE OF HISTORICAL TRAINING

Mr. G. A. Naidu observes in *Morris College Magazine*:

A historical training teaches one to be critical in his study of the various aspects of human affairs. "The student is to read history actively and not passively," says Emerson, "to esteem his own life, the text, and books, the commentary. Thus compelled, the Muse of History will utter oracles." "A sound historical morality,"

(or training) says Goldwin Smith, "will sanction strong measures in evil times: selfish ambition, treachery, murder or perjury, it will never sanction in the worst of times, for these are the things that make times evil." "If you wish to profit by your reading," says Lord Bryce in one of his addresses, "do not forget to scrutinise each maxim delivered, to see if it be justified by facts. Sound criticism (or historical training) seeks rather to discover and appreciate merits than to note faults." In short, true historical training teaches to judge of events, correctly. It fosters right thinking, and favours the formation of a wholesome public opinion. "Let my son of ten read and reflect on history; this is the only true philosophy," were Napoleon's last instructions for the King of Rome and it is this habit of reflection, which a sound historical training aims at cultivating in the average citizen, for a right understanding and proper guidance of the affairs of the society, and of the country in which he lives.

Another way in which a historical training is of practical value to the average citizen is that it enables him to make a fairly correct estimate of the future from the study of the past. "History," says Sir John Seeley, "ought surely in some degree, if it is worth anything, to anticipate the lessons of time. We shall all no doubt be wise after the event: we study history, that we may be wise before the event."

"TO THE YOUTH OF INDIA"

Through the medium of *The Scholar* Miss M. A. Tata, M. Sc., Barrister-at-Law, addresses the following words to the Youth of India:—

From times immemorial poets have sung of Youth. It is the most wonderful period in one's life. The youths are to a country what the spring is to the year. They feel the joy of being alive; vital forces are pulsating, throbbing through them, striving for expression like the flowers which burst forth in spring from the cold barren earth. It is those vital forces which give courage, vision and adventuresomeness to youth, nay, which are its sole prerogatives. It is a time when sympathy is rich and wide, the world, has not been broken into fragments by narrow domestic walls", and the mind is not fossilised in terms of dogma and tradition. Buoyancy and hope are characteristics of youth, for, were it not so, progress would not be possible in the world. It is this capacity of youth to dare, to be, which is the motive force of all progress. Life is the greatest of adventures which faces us all; if we shrink from it, if we do not face it, then surely something is wrong with us somewhere, for it is not in the nature of youth to doubt and hesitate, but to dare and hope.

Practical Idealists:

This is a time when dreams are dreamt and ideals are formed. But now-a-days, it is not enough merely to dream great dreams; this is an era pre-eminently of action, at no time in history was there so much need for right and decisive action as to-day. This is an era big international movements. We, who have learnt the value of combination and organisation in business and in politics, why should not we, the youths of a nation, unite and form an association of practical idealists—for that is what we hope to be.

IMPROVEMENT OF THIRD CLASS CARRIAGES

The Indian Railways observes:

In our opinion more accommodation should be provided with a view to avoid overcrowding and the benches should be wider to get rid of the present punishments. All carriages should be securely walled with wood and glasses and present narrow gauge open-trucks should be permanently damaged. In local trains also there should be privy arrangements, as nobody can check the call of nature and in view of sanitation this is bad. A cook room will serve a party well, but average Indians will not heartily support the idea. Water must there invariably be in all carriages and to this point all attention is respectfully drawn. There should be iron nails set in E. B. Ry. carriages as are found in the E. I. R. ones, in addition to the hanging benches. The same case applies to the *Inter Class* carriages. Overcrowding there is very great. People pay much but do not get suitable room to their ill-luck. Like third more *Inter Class* carriages should be attached with every train to avoid discomforts and disquietudes. We request the Railway authorities to be mindful to our hearty requests and sincere entreaties made above.

TEACHING OF ECONOMICS IN SCHOOL.

We read in *The Garland*:

The importance of the study of a true National system of Economics to the growing citizens of a country can in no sense be overrated and the lamentable lack of knowledge in this subject even in several of our so-called educated men is one of the most regrettable shortcomings in the system of education prevalent in this country. That the subject of economics has not been given the proper place it deserves in our present curricula of studies prescribed for schools and colleges goes without saying and a chat with an average individual passing for an educated man on such a topic as India's international trade or tariff or currency problems, gives you ample room, I do not know, whether to say for regret or for laughter. I have often been wondering how seriously inadequate that education must be which does not impart to its recipient some knowledge regarding the production and distribution of wealth in his country, the monetary standard and the banking systems prevalent, the principle and practice of the tax system or systems in vogue etc. If the teaching of the elements of economics in general and of Indian economics in particular were more widespread than it is now, there would have been no possibility of men of some education betraying colossal ignorance on such a topic of discussion as say the suitability or otherwise of state aid to some industry during some specific period of its growth.

As things stand few outside the small circle of college and University Professors of Economics, seem to take any great interest in the discussion of Economic problem. Even several of the newspapers try carefully to avoid the subject, and even when occasional editorials on economic questions appear, the average reader seems to slur over it for the simple reason that he does not understand it or thinks so. The proceedings of economic conferences do not often get the publicity they deserve and even if published appear almost as Greek and Latin to the vast majority of readers.

It will therefore be certainly an excellent thing, if the educational authorities see their way to make an elementary study of Indian economics compulsory in our High School classes throughout the Presidency.

AN INGENIOUS ESSAY ON THE COW.

An Exquisite Schoolboy Howler.

The following gem was presented at a banquet recently given by the Holstein Friesian Association of Canada:—

The cow is a female quadruped with an alto-voice and a countenance in which there is no guile. She collaborates with the pump in the production of a liquid called milk, provides the filler for hash, and at last is skinned by those she has benefited, as mortals commonly are.

The young cow is called a calf, and is used in the manufacture of chicken salad.

The cow's tail is mounted aft and has a universal joint. It is used to disturb marauding flies, and the tassels on the end has unique educational value. Persons who milk cows and who come often in contact with the tassel have vocabularies of peculiar and impressive force.

The cow has two stomachs. The one on the ground floor is used as warehouse and has no other function. When this one is filled, the cow retires to a quiet place where her hill manners will occasion no comment and devotes herself to belching. The raw material thus conveyed for the second time to the interior of her face is pulverized and delivered to the auxiliary stomach, where it is converted into cow. (?)

The cow has no upper palate. All of her teeth are parked in the lower part of her face. This arrangement was perfected by an efficiency expert to keep her from gumming things up. As a result, she bites up and gums down.

The male cow is called a bull and is lassoed along the Colorado, fought south of the Rio Grande, and shot in about the south-eastern extremity of the U.S.A.

A slice of cow is worth eight cents, in the cow, fourteen cents, in the hands of packers, and two dollars forty cents, in a restaurant that specializes in atmosphere. *Live Stock Bulletin*, May 1926 (Australia).

Once the reality of the fact is recognized that progress is the exception rather than the rule in the history of human societies, the chief difficulty is eliminated that was responsible for the doctrine of independent evolution.—DR. E. SMITH.

The Lord of people sees through both the forms:
He makes distinction between truth and untruth.
He has set a part incredulity for untruth.

And faith for truth.

YAJUR VEDA.

The leader who with goal ahead leads on to his ideal.
Submerging his own selfishness to serve the common weal,
More nearly reaches that ideal than any that he leads,
And thus unconsciously becomes the man his country needs.

VIVIAN.

A sense of humour will always stand the political asperant in good stead and be of considerable assistance to him in achieving success.

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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.

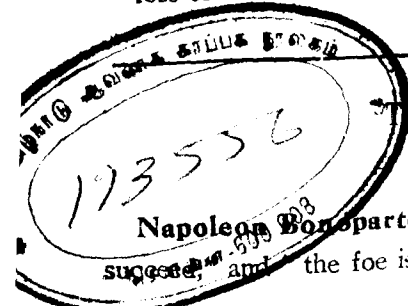
Alcohol affects the heart.

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 suggest, 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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