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Manager, **WEALTH AND WELFARE,**
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HEALTH.

MALARIA.

THE ANTI-RELAPSE SYSTEM OF TREATMENT.

Adapted from a Recent Article by

SIR RONALD ROSS,

THE GREATEST LIVING

AUTHORITY ON MALARIA.

Simplicity of the treatment.—When Naaman the Syrian was advised to wash seven times in the Jordan in order to be recovered of his leprosy he was angry at the mere simplicity of the prescription, and apparently for the same reason many medical men still refuse to treat their cases with the very simple continuous quinine medication laid down by the malaria prophets in Israel. May I argue the case once more?

The prescription.—The first formula which we suggest or use at the large consultative Tropical Diseases Clinic, which was started by the Ministry of Pensions near Sloane-square on October 1st last, is the following:—

For Mr.—

R. Quinine sulphatis ... gr. 80

Ac. sulph. dil. ... q.s.

Aquam ... zviij.

Solve. Half a sherryglassful (2 table-spoonfuls or one-eighths of the bottleful) every day just before breakfast without fail. The bottle to be refilled once a week for.....more weeks."

This solution is perhaps the most widely used medicine in the world and I quote the prescription merely to make the directions quite clear. It has been employed everywhere in warm countries since Pelletier and Caventou isolated quinine from cinchona bark in 1820.

Method of employment.—1st visit.

—We employ it as follows:—(a) If at his first visit the patient complains of relapses within the last few days or weeks, or looks ill, or is a complicated case, or is apparently not to be trusted to take his medicine, we suggest or prescribe enough quinine for only one or two weeks, after which he must present himself again for examination (whether the parasites be found or not). But (b) if he appears to be trustworthy and not much "out of sorts," we tell him to return after four weeks, and we enter the word "three" before the two last words in the directions, so that he can get his medicine regularly from the chemist without troubling to see his doctor again in the meantime. In both cases, however, the patient is always told that if he does get a relapse in spite of the treatment he should take three doses (instead of one dose) a day just before meals for two days at least, and should see his doctor again as soon as possible.

2nd visit.—The patients are generally found to be much improved at the second visit. They are then given enough quinine for another month (the same prescription), after which they must report again.

3rd visit.—At the third visit they generally admit having remained quite free from relapses since the second visit, and look still better; but it is advisable to continue the medicine for yet another month, if possible, making 9 to 12 weeks of treatment with 10 grains of quinine daily. The men, who soon recognise the benefit of the daily dosage, are usually quite willing to continue it for this period.

4th visit.—At the fourth visit I am now stopping the quinine, as a rule, or reducing it to 5 grains a day for another month; but I explain to the patient that this may possibly involve a relapse; after which the whole treatment must be commenced again; and I request him to report immediately if such a relapse threatens. I infer from 40 years' general experience that when once a case is restored to ordinary health and vigour his infection will either be cured, or he will possibly suffer only from an occasional relapse after long intervals of six months, or a year, or more. When I myself was infected during my malaria investigations in 1897, I took quinine precisely as prescribed above for four months (except, of course, that I took larger doses at first), and I have never had a relapse.

Form of quinine and time of dose.

—We employ the sulphate of quinine for economical reasons. It agrees with the large majority of the cases. I prefer the dosage just before breakfast in consequence of large personal and general experience, partly because the first mouthful of the meal removes the taste, and partly because I think the drug is most effective when given at that time and in that manner. Several patients who complained that it made them sick were, I found, taking it half-an-hour or more before the meal—quite another matter. When it really does not agree (as with dyspeptics) I allow half the dose before an evening meal or substitute the hydrochloride. The single dose before breakfast is more convenient for working men than two or three smaller doses during the day. A dose of 30 grains twice a week would probably be as effective, though not more so, but the men would not take it.

Relapses.—Relapses occur during the first two or three weeks of this daily dosage, or very rarely after longer periods; but the large majority of the men improve greatly under it in a month. If, therefore, a case fails to improve within a month, it is most probable either that he is not taking his medicine or that he is suffering from something else than malaria.

Cause of relapses.—On first visits most of the men have been taking quinine only when they "get fever" in doses from 5 to 30 grains and omitting it entirely between the relapses for which reason the said relapses occur. The thing is to persuade them to take it daily. We employ several kinds of pleasant peaceful persuasion and the great majority of our patients are good honest men who wish to get rid of their

malaria. Thus I point out to them that it is bad military tactics to shell their enemies, the "germs" only when these are attacking them during a relapse; we should go on shelling them after they have been driven back to their trenches in order to exterminate the lot before they can bring up reinforcements. Another pleasantness of mine is to say, "Please give my compliments to your wife and beg her to make you take your medicine every day whether you like it or not." They appreciate the situation; the wife gets the message, and the patient comes back smiling a month later a better man.

Treatment after relapses.—For a month or a fortnight after relapses 15 grains daily are perhaps better than 10 grains, but the latter probably suffices for the remainder of the three months' course. I doubt whether less than 10 grains a day is sufficient. We tried no quinine between the relapses in two hospitals in 1917 with very bad results. A course of quinine is sometimes advised as a precaution, even though no signs of malaria may remain. A fortnight's rest may be enjoined after a serious relapse, but the patient should gradually return to full work as he improves—idleness is the worst thing possible in chronic malaria, in hospital or out of it. Tonics, fruit, laxatives, etc., are to be employed at discretion.

The scientific basis of the treatment.—This treatment has been employed under various forms since cinchona was first introduced. In military practice in India before the war six weeks was the official duration. I have always advocated four months (see my "Prevention of Malaria," Murray). "Two months from date of the last relapse" was ordered in the Provisional Instructions for the Treatment of Malaria (War Office, August, 1917). But the most striking example—in fact, I think the most brilliant piece of malaria work during the war—was the case of two Salonika divisions in France. They arrived so "rotten with malaria" that they shed a third of their men in way-side hospitals between Marseilles and Dieppe, and 100 men or more were coming to hospital every morning out of each depleted battalion. In three months almost the entire two divisions (which had gathered up their men again) were in the front firing line in France—a result due to the vigour and ability of Lieutenant-Colonel J. Dalrymple, C.M.G., O.B.E., acting under the orders of General Sir C. Burtchell. It therefore now remains for civilian medical practitioners to apply the same methods of treatment.

No other method so good.—But can we not cure the cases outright by some *therapia magna sterilisans*? I wish we could. We tried intravenous and intramuscular injections, heroic doses, kharsivan, and almost everything we could think of. Up to the present the daily dosage described above remains the best, as it is the oldest used. If I had malaria to-day

I should not dream of allowing any other "cure" to be practised on me.

Much is being written just now on treatment, but most of it applies only to the treatment of relapses. In the great majority of cases, if a relapse occurs we may be sure that the patient has not been taking his quinine, either in sufficient doses or sufficiently frequently, or both. Almost any reasonable quinine therapy reduces the relapse in a day or two; but our present point is that relapses **ought not to be allowed to occur at all.**

(Lancet. Jan. 3rd, 1920).

INFLUENZA.

1. The golden rule is to keep fit, and avoid infection as much as possible.

2. Keep fit by cultivating healthy and regular habits; eat good food; avoid fatigue, chill, and alcohol. Healthy living makes a patient better able to avoid an attack and withstand the complications which kill.

3. The early symptoms of influenza are usually those of a severe feverish cold. The disease is rapid in onset; is most infectious in its early stages; is spread by discharges from the mouth and nose; and kills mainly by its complications. Every person suffering from the disease, no matter how mild the form, is a danger to others.

4. It is not always possible to avoid infection, but the risks can be greatly lessened by—

- (a) healthy living;
- (b) working and sleeping in well-ventilated rooms;
- (c) avoiding crowded gatherings and close, ill-ventilated rooms;
- (d) wearing suitable clothing;
- (e) gargling the throat and washing out the nostrils;*
- (f) by wearing a mask† and glasses when nursing or in attendance on a person suffering from influenza.

5. Do not waste money on drugs in the false hope of preventing infection.

6. Avoid all gatherings of people in closed halls, rooms, theatres, and so forth. The risk of infection is greater in enclosed places than in the open air.

7. Those attacked, even slightly, should, on no account, join assemblages of people for at least ten days after the commencement of their illness.

8. Those attacked should—

- (a) go home, go to bed, and keep warm;
- (b) call in a doctor;
- (c) occupy, if possible, a separate bedroom or a bed that is screened off from the rest of the room;

(d) when coughing or sneezing hold a handkerchief in front of the mouth; the handkerchief should be boiled, or burnt, if of paper;

(e) use a gargle and nasal wash as described;

(f) be very careful during convalescence so as to avoid relapses or complications;

(g) avoid meetings and places of entertainment for at least one week after the temperature has become normal.

Prevention of Influenza Pneumonia

AND PNEUMONIC PLAGUE FACE MASKS.

An efficient face mask may be improvised by folding a paper napkin. Face masks may be used either by the sick for the protection of others or by attendants on the sick for their own safe-guarding. They are of more value against the moist droplets expelled from the respiratory passages of the sick than against dust. If they are soiled and contain dried sputum, they may be harmful. If cloth masks are used, it may be remembered that two layers of muslin are as effective as ten of coarse gauze.

RESPIRATORY DISEASE CATECHISM.

Q.—Name some forms of colds?

A.—(1) Catarrh or cold in the head, (2) influenza and (3) pneumonia.

Q.—What is the cause of a cold?

A.—Disease germs which can be seen and measured under the microscope. There are several kinds of these germs, some of which are more poisonous than others; but in the case of a strong person, the most poisonous may produce only a mild cold whereas they may speedily kill a weak person.

Q.—Where do these germs grow?

A.—In the noses and throats of persons.

Q.—Who are likely to have these germs?

A.—Four classes of persons—

- (1) the sick, even the mildest cases;
- (2) those about to be sick;
- (3) those who have been sick and have recently got well;
- (4) "carriers," or those in whose mouths or noses the germs grow without producing sickness. The germs in carriers do not grow in the flesh, but on the surface of the lining of the mouth and nose, and in the spit and mucus.

Q.—From what source does a person get the germs?

A.—From some one who has the germs in the nose or mouth.

Q.—How are the germs given off from the body?

A.—With anything that comes from the nose or mouth, such as saliva, spit, phlegm or liquid from the nose.

Q.—Where are the living germs likely to be found outside the body?

A.—On anything which a person soils with saliva, spit, or phlegm. For example, they are found on a floor on which a person with a cold has spit, and on a towel on which he has wiped his face, and on a pillow on which he has slept. Any dirt that comes from a person with a cold may contain the disease germs.

Q.—What are the principal means by which the germs are naturally killed?

A.—Sunlight, drying and cleanliness.

Q.—How long will the germs of colds live outside the body?

A.—Only an hour or two or a few minutes in places which are light, sunny, dry and clean, but many hours and even many days in places which are dark, damp and dirty.

Q.—When are the germs of colds likely to be found on floors, bedding, dishes and other things?

A.—When these things are dirty and damp. The germs cannot live on things which are clean and dry and have lain in the sunlight.

Q.—Why are dishes and table utensils likely to spread colds?

A.—Because they are soiled with saliva and spit when a person eats from them. If they are washed in boiling water the germs are killed and the dishes are clean.

Q.—When does the air contain the germs of colds?

A.—(1) When dust floats in it.

(2) When an infected person coughs or spits or blows germs in to it.

The outdoor air is nearly always relatively free from disease germs.

Q.—What kind of dust contains living germs of colds?

A.—That rising from floors and things which are soiled with spit and phlegm. The living germs will be found in the air of rooms in which persons spit on the floor.

Q.—When will the air near a diseased person contain disease germs?

A.—When that diseased person sneezes, coughs, spits, or laughs or talks loudly, because at these times he blows tiny drops of spit and phlegm into the air.

Q.—How far will the germs float in the air?

A.—Only two or three feet. The drops soon fall to the ground and you are safe if you remain three or four feet or more from a diseased person.

(Continued on page 9.)

*The following may be used as a gargle:—A solution of common salt (one teaspoonful to a pint of warm water) to which a few crystals of potassium permanganate are added—enough to make the solution pink. If preferred, a small crystal of thymol may be added to the salt solution in place of potassium permanganate.

†The mask, which may be made either of Japanese paper (2 layers) or of gauze (6 layers) or muslin (3 layers), should cover the mouth and nose. To protect the eyes, it is advisable to wear goggles.

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For God, Crown and Country.

Wealth & Welfare.

Lucknow, Friday, 17th June, 1927.

EDITORIAL.

INDIAN LIVE-STOCK.

The recent live-stock statistics published by the Government of India showed a gradual decrease in the number of milch and agricultural animals and the cattle have deteriorated in quality also. India is an agricultural country and the improvement in the quality and the quantity of her livestock is one of her most vital questions demanding early action. Improvement in the breed of the livestock is the only possible remedy for strengthening the hands of the Indian cultivator today. It is an acknowledged fact that the causes responsible for the draining of the country of its best livestock are 1: Want of Good breeding bulls; 2: want of grazing grounds; 3: indiscriminate slaughter; and 4 Export of cattle. The ancient system of breeding by Brahmani bulls has died out, carrying with it the facilities of breeding in cities and villages. The drain on the existing breeding centres has become so severe that the price of cattle is eating seriously into the profits of such cultivators as rely exclusively upon them. The question of supply of bulls, regulation of breeding and advising as to rearing etc., require immediate attention. It is incumbent on Government to

encourage and foster the cattle breeding industry with vigour, increase the number of cattle breeding stations, maintain indigenous breeds of cattle of value and preserve the purity of these breeds, open and preserve breeding tracts and distribute good stock from the farms. Everything should be done to encourage keeping of good bulls specially for stud purposes. Breeding farms at selected big cities are not sufficient and every effort should be made to improve the breed of cattle of villages which are true source of cattle in big cities. Breeding bulls should be distributed amongst the villagers to enable the villagers to improve breeding. It is also essential to prohibit improper breeding by private weak bulls until the general breed of the village cattle has satisfactorily improved. All breeds of cattle in India have deteriorated greatly owing to the attempts to breed from English and Australian Breeds. Such intermixture with surrounding breeds have been mostly failures. The local breeds should be improved by working with the best selected indigenous cattle stock and not by cross-breeding or introducing foreign blood. The Burman cattle are of thoroughly good qualities, because the Burman scrupulously avoids cross-breeding. Cross-breeding does more harm than good, and introducing foreign blood endangers the economic independence of the country. Facilities for breeding include the system of grazing animals under most natural conditions. To preserve cattle in all seasons, pasture lands are necessary. The grazing grounds for use of cattle in India are inadequate since almost all pastures have been converted into cultivable land under the pretext of economic gain. The following table will show the comparative pasture lands all over the world.

Pasture lands all over the World.

(Figures given in million acres)

Name of country.	Total area.	Area of grazing grounds.	Ratio of total area to grazing ground.
United Kingdom	775	23	3:1
England	32.5	10	3:1
Germany	133	21.4	6:1
New Zealand	6.7	27	3:1
United States of America	1903	117	16:1
Japan	105.6	17.6	6:1
India	960	35	27:1

With the reduction of the pasture land, the country's cattle-rearing industry has suffered the most. The advent of the mill industry in India has induced farmers to rear cotton and neglect the sowing of seasonal food-stuffs leaving them in times of famine at the mercy of squeezing capitalists. Cotton plantation has destroyed the old useful system of growing crops according to various seasons (Fodder plantations) which served the double purpose of giving food both to the human and animal kingdom. So, growing of food stuffs should again be encouraged according to different seasons of the year which will go to decrease the cultivable land and enable pasture lands being set apart as grazing grounds. Further, the outturn of crops has been poor with increase in cultivation as the following table will show:—

Table Showing Decrease In Out-Turn of Crops with Increase in Cultivation.

Bombay Presidency & Bengal.

Years	1910-11	1913-14	1902-03	1904-05
Cropped area (in acres)	30,742,000	30,845,000	59,314,000	61,034,000
Out-turn of crops, in lbs. per acre.	540	501	26,377,197	24,676,435

This shows that the conversion of grazing grounds into cultivated areas does not help raising of crops for human

The following is the Statement showing the work accomplished by the Hindu Religious Endowments Board.

1. Compilation of lists of temples and maths.	Lists were compiled for 236 taluks out of 251 taluks in the Presidency.	
2. Application of the Act	(1) Number of institutions that applied for exemption ...	13
	(2) Number of institutions declared by the Board to be outside the scope of the Act (Act I of 1925) ...	366
	(3) Number of institutions in respect of which disputes under section 80 were disposed of by the Board ...	79
	(4) Number of temples specially brought under the Act though the income is less than Rs. 250 ...	552
3. Maintenance of Register of Religious Endowments.	Number of institutions to which memos. calling for returns under section 34 were issued ...	13,144 temples and 425 maths.
	Number of replies received ...	1,413 temples and 38 maths.
	Number examined and accepted ...	226 temples and 3 maths.
4. Budgets of temples and maths.	Number of institutions to which memos. were issued calling for budget estimates ...	1,089 temples and 36 maths.
5. General superintendence, exercised by the Board.	Number of enquiries about the resumption of service inams ...	27
	Number of enquiries about management, passing of administrative orders, as appointment of trustees, directions for the maintenance of accounts, etc. ...	1,263
6. Appointment of interim trustees under section 38.		4
7. Settlement of schemes under sections 53 and 59.		85 temples and 2 maths.
8. Sanctions to file suits under section 69.	Number of applications received ...	23
	Number of cases in which sanction was accorded ...	15
9. Control over alienation of property, under section 72.		5 cases.
10. Number of appeals against orders of punishments of temple servants disposed of under section 39.		5 cases.
11. Number of appeals from trustees against the orders of temple committees disposed of under section 49 (3).		11 cases.

N.B.—The Act and sections referred to in the above statement are Act I of 1925 and the sections of this Act.

TECHNICAL EDUCATION IN U. P.

Persons interested in the advancement of the cause of technical education in these provinces will be glad to hear that the Government of U. P. have sanctioned the scheme of opening a technical school in

connection with the Model Industries, Dayal Bagh, Agra, which has been doing very useful and practical work for the last several years by manufacturing cheap and durable articles of daily use like pads and towels bolts, cutlery, spears, motor tyres,

apothecaries' balances and has supplied metal and letho button to the military during the Great War. The scheme for the opening of such a school had been before the Dayal Bagh people for the last several years and the Government was approached several times through the Department of Industries but it is to the credit of the present director of Industries Khan Bahadur Chowdhri Wajid Husain, that the scheme has been given a practical shape. The Government has been pleased to sanction a recurring grant of Rs 6,000 annually for the school with the condition that the Dayal Bagh Model Industries are to contribute an equal sum from their own funds in addition to placing their machine shop worth over four lakhs of rupees at the disposal of the school. This school will be a unique institution in as much as in the-e provinces it will have an efficient running workshop attached to it. The students will have ample opportunities of acquiring a thorough practical knowledge and working experience of modern machines and on leaving the school will be capable of handling machines with thorough confidence. The Government and the Dayal Bagh people are to be congratulated for their large heartedness. It is to be hoped the latter will spare no pains to make this new venture also as successful as their Intermediate College and the boarding house.

INDIAN CENTRAL COTTON COMMITTEE.

The rules made by the Governor-General in Council under the Cotton Pressing Factories Act require every bale of cotton to bear on the central hoop of the bale the special mark allotted to the press (which consists of a number and the letter, denoting the province) and two numerals being the last two integers of the calendar year in which the cotton year commenced. Except in the Madras Presidency, the cotton year commences on the 1st September and ends on the 31st August and hence the numerals on any bale of cotton pressed between January 1st and August 31st, 1927, should be '26'. It has been brought to the notice of the Indian Central Cotton Committee that this rule has been misunderstood by a certain number of press owners and that the numerals 27 are being placed on bales which are being pressed at present. This is incorrect and is a breach of the rules under the Act. Except in the Madras Presidency (where the correct mark is 27 from February 1st 1927), the numerals 27 may not be used until September 1st, 1927. The cotton year running from September 1st to August 31st has been recognised by the Bombay cotton trade for many years and was deliberately adopted, in preference to the calendar year, for the purpose of the Cotton Ginning and Pressing Factories Act, in order to avoid the confusion between 'new crop' and 'old-crop' cotton, which would have been inevitable had the calendar year been adopted. The attention of owners of cotton-pressing factories in all provinces except Madras is invited to the fact that in order to comply with the law they must put the numerals 26 on all bales pressed before September 1st 1927.

Influenza.—Continued from page 4.

Q.—What are the most common means of spreading disease germs?

- A.—(1) By means of droplets of spit and phlegm.
(2) By means of soiled toilet articles.
(3) By means of soiled hands.

Q.—What are the principal means of keeping disease germs from spreading?

- A.—(1) Isolation or segregation of the sick.
(2) The taking of personal precautions by the healthy.
(3) Cleanliness.

Q.—Why are sick persons isolated?

A.—To keep them and everything they have used away from other persons.

Q.—Why may isolation of cases of disease fail to stop its spread?

A.—Because mild cases of disease often pass unrecognized and go without treatment and so serve to spread infection.

Q.—Is there any danger from those who have only slight colds?

A.—Yes. The germ that causes a slight cold in one person may give rise to a deadly pneumonia in the next person infected.

Q.—What can you do to keep from catching cold?

- A.—(1) Keep away from crowds.
(2) Keep your face three feet or more away from the face of another person, especially if sick.
(3) Cover your mouth and nose when you cough or sneeze.
(4) Do not sneeze or cough or talk loudly into the face of another person.

Q.—Do not use any which have been used by another person. Wear a nose and mouth protector if you have to mix with the sick. The rules of good manners and politeness in respect to coughing, sneezing and spitting are a great safeguard against the spread of colds and influenza.

Q.—What parts of the body must you keep clean in order to avoid catching cold?

A.—The hands, the mouth and the nose.

Q.—Why must the hands be washed?

A.—(1) Disease germs may stick to them when you touch your mouth or nose.
(2) If they are dirty you may carry disease germs into your mouth when you eat. Be sure to wash your hands before you eat or handle food.

Q.—Why is cleanliness of the mouth and nose necessary?

A.—(1) To remove the germs which may be growing there.

(2) To remove disease germs which may have been inhaled before they have time to multiply and cause disease.

Q.—How can you cleanse your mouth?

A.—Brush the teeth morning and night, rinse out the mouth and so wash the tongue and palate. A gargle may also be useful.

Q.—How can you cleanse your nose?

A.—By blowing it. Close one nostril and blow through the other. Do this with each nostril. Do not try to blow both nostrils at the same time.

If you cannot blow air through a nostril it shows that it is stopped up and as a result germs may be retained in the nose and give rise to disease.

Q.—Can this condition be remedied?
A.—Yes, a doctor can treat this condition and enable a "mouth breather" to breathe naturally. This will improve his health and reduce his liability to colds.

INFLUENZA.

During 1918 a peculiar and exceptionally widespread epidemic of Influenza appeared, which affected the inhabitants of practically every continent. This epidemic not only caused, directly or indirectly, a very large number of deaths which in India alone were computed to exceed five millions, but left behind it a legacy of minor ailments with consequent national debility. The economic effect through the disorganization of trade cannot be estimated but must have been very great.

2. Although previously severe and world-wide epidemics have been known to occur, in none were the spread and mortality so alarming as in the epidemic of 1918. So far as it affected India, the epidemic of the summer months assumed a mild form of the disease. After an apparent departure, it re-appeared in a virulent and very fatal form during the autumn months and then seemingly disappeared at the end of the year. In fact this was not so, as small localized epidemics have occurred and sporadic cases have continued throughout the present year. As the experience of epidemics in England and elsewhere has been that recrudescences at intervals are liable to occur, it is highly desirable to be prepared for such an event in India.

3. With this object in view, this memorandum has been prepared, which sets forth various measures for the prevention of influenza, made during the 1918 pandemic and contained in the world's medical literature, and which furnishes in the abstract a list of the preventive measures that promise to give the best results in India. It is not possible to say that even with the adoption of the suggested measures it will be possible to prevent the disease becoming epidemic, but it can safely be asserted that the observance of these rules will diminish the incidence of the infection.

4. The organism responsible for the epidemic of influenza has not been definitely identified. The weight of evidence still points, however, to the bacillus, called the bacillus of Pfeiffer being the cause: at all events it is intimately associated with the disease. Judging from clinical and epidemiological standpoints, the disease which appeared in India was identical with the last great pandemic of influenza which occurred in 1890-91. In the absence, however of definite proof of the casual organism, this statement is a surmise although a probable one.

5. Influenza is a disease which exhibits an intense infectivity and an incubation period which is relatively very short, i.e., from 6 to 48 hours. It is commonly believed that the disease is spread by the infected secretions of the throat and nose of infected persons finding lodgment in the nose and throat of uninfected people. The commonest means by which this occurs is by coughing and sneezing, especially in confined spaces. Methods of prevention, then, will consist of preventing communication of infection by these channels.

These measures may be considered from two standpoints.

1:—Procedure recommended for Military, Municipal, and other Administrative Bodies.

It is realized that no legislative measures can be adopted in most communities and moreover since the limitation of an epidemic of this nature depends more upon individual than upon legal enactments, the following general recommendations are made.

A.—Education of the public with regard to such facts as the following:

(1) The golden rule is to keep fit and avoid infection as much as possible.

(2) The way to keep fit is to cultivate healthy and regular habits, take regular exercise, to eat good food, and to avoid fatigue, chill and alcoholism. Healthy living does not of itself ensure against attack, but it makes the patient better able to withstand the complications which may kill.

(3) The earliest symptoms of influenza are usually those of a severe feverish cold: it is most infectious in the earliest stages; it is spread by discharges from the mouth and nose; it kills mainly by its complications and every person suffering from the disease, no matter of how mild a form, is a danger to others. For these reasons coughing, sneezing, spitting and hawking in public places are dangerous.

(4) It is not always possible to avoid infection, but the risks can be lessened by—

- (a) healthy living;
(b) working and sleeping in well-ventilated rooms;
(c) avoiding crowded gatherings and close fit-ventilated buildings, or carriages;
(d) wearing warm clothing;
(e) irrigating the nose with saline solution (see later);
(f) wearing in certain instances a mask of prescribed pattern (see later)

(5) Do not lay too much emphasis upon drugs in the hope of preventing infection.

(6) Those attacked should—

- (a) go to hospital or go home, go to bed and keep warm;
(b) call in doctor, where possible;
(c) occupy, if possible, a separate bedroom or a bed that is screened off from the rest of the room;

(d) when coughing or sneezing hold a handkerchief in front of the mouth, the handkerchief should be boiled or sterilized in antiseptics, or burnt if of paper. Similar attention should be paid to linen, etc., soiled by discharges, by persons suffering from common cold or catarrh, as it is undoubted that in apparently healthy communities the infective agents of influenza are frequently present in such persons.

(e) Do not return to work, through a sense of duty, until convalescence is well established, and during convalescence be extremely careful to avoid chill which may induce a relapse or complications;

(f) avoid meetings and places of entertainment for at least one week after the temperature has become normal.

Such education we believe should be made compulsory in all schools and colleges; the press might aid by giving publicity to such measures as are recommended for adoption.

(To be Continued)

SCISSORS.

CHILD-MARRIAGE OF GIRLS.

The most important resolution in the group (a) was about prohibition of early marriages. There was a certain section in the Conference which was not in favour of any legislation being passed on the subject. It was pointed out that early marriage, apart from being a social evil, is a great factor in hindering the progress of education. As soon as a girl gets married she is generally taken away from school. Primary education after all is very elementary, a mere smattering of knowledge. With such poor equipment, a girl would not be able to make life a success. Unless the minimum age of marriage is fixed, it would not be possible to chalk out any further programme of education for girls. There have been social conferences in the past which have been urging parents to stop this evil custom without any marked effect. Where persuasion fails, legislation becomes an absolute necessity. In almost all countries, reforms, whether social, or otherwise, have been brought about by wise legislation. There is no reason why the same method may not be resorted to on this very vital question which affects not only women, but the future generation, the men and women who are to mould the future of this country. As a corollary to this, the Conference demanded that the age of consent should be raised to 16. Once that the age of marriage is fixed at 16 the age of consent within marriage automatically rises to 16. (Hansa Mehta, *Social Service Quarterly*.)

THE VEDAS.

Our ancient ancestors were a united people, without any division into numerous castes, as at present, and without any restriction as regards intermarriage and inter-dining.

Woman should be looked upon as an equal of man, possessing equal rights and privileges. The status of the Aryan woman in the Vedic age was high. She was never married in her infancy, and allowed to grow up into youthful womanhood in her father's home, and to make a suitable choice of her husband. She was the mistress of her own house, having complete control over the domestic servants, performed the worship of Fire and of the Devas with her husband, and was honoured and respected by her husband, children and relations. Ladies could become Risis, and Ghosa, Lopamudra and Visvavara composed Vedic hymns, and performed the duties of a Hotri also at a sacrifice.

Our ancient ancestors were a people with domestic instincts free from the domination of Autocrats, Plutocrats or Priestcrafts and framed their own constitution, elected their own king, willingly paid taxes for the maintenance of the Government presided over by the king and his representative councils, withheld the payment of their taxes, if the Government failed to discharge its duties properly, and even deposed the king when he proved to be tyrannical or oppressive.

We can build a Greater India and spread Aryan culture all over the world as our ancient ancestors did in the Vedic times, uplifting the human race, and as was done by the Buddhist missionaries going abroad from India in still later times. The Rigvedic Panis, Vaniks or Aryan merchants visited the then known world in their merchant-ships, which the Rigveda makes frequent mention of bringing wealth into our country from abroad and spreading Aryan culture in the Deccan, Mesopotamia, Phoenicia and Egypt.

We have got to know ourselves and realise Brahman in our souls, and through Brahman, the unity of human race, and thus to effect our emancipation from the bonds of superstitions that serve only to retard our spiritual progress and prevent us from living up to the highest ideals of true manhood. We should learn to see God in everything and everything in God. Our love of God should be as wide as the Universe itself, comprising within its vast compass, not only humanity as a whole, without any distinction of race, caste or creed, but also life in every shape and form; and our mind and soul should be saturated with a world-wide good-will and compassion for all living creatures, such as the great Buddha felt and taught to mankind, and such as our Risis and Sanyasis sacrificed and are still sacrificing everything to cultivate and realise.

(Dr. Abinash Chandra Das, *Magazine*)

MISCELLANEOUS.

AUDIT AND APPROPRIATION ACCOUNTS

The change combining Audit and Appropriation Accounts which was introduced in respect of the Central Government's expenditure from accounts for 1924-25 has now been introduced for Railway accounts and the first combined report has been just issued by Mr. Hartley, Accountant-General for Railways. The report, being the first of its kind, is a little belated and deals with the year 1925-26. Mr. Hartley makes it clear that the report does not possess the same degree of authority or finality as the report presented to the Assembly by the Public Accounts Committee as the critical review, though based on the best information available and after communication with the executive in the majority of cases, is prepared before departmental witnesses have been examined. The Report also brings to light a number of regularities and frauds.

LUMP SUM DEDUCTIONS IN ESTIMATES.

Mention is made of the decision of the Railway Board to make lump sum deductions in estimates prepared by Railway Administrations which were generally too optimistic and though steps were taken to prevent over-allotment to individual railways the actual expenditure rather fell short of grants. The procedure adopted to prevent over-allotment is interesting. Auditors of individual railways watch the progress of total expenditure

as compared with the Assembly's grant and monthly statements showing the actual expenditure plus further anticipated expenditure are obtained from different auditors and whenever comparison made by Mr. Hartley's office reveals possibility of an excess over voted grants the Railway Board is advised of the same for the necessary action. And, as hitherto estimates proposed by Railway Administrations have been excessive, a special officer was appointed to report on the system of preparing estimates by State-worked Railways. The result of his investigation is awaited.

SEPARATION OF AUDIT FROM ACCOUNT.

Referring to the experimental scheme sanctioned by the Assembly separating Audit from Account on E. I. R., Mr. Hartley says that the scheme has worked for too short a period to allow of an opinion but the weakness of internal audit under Company's management has been established and evidence so far was in favour of the separation of audit from accounts.

ESTABLISHMENT OF CLEARANCE HOUSE.

Referring to the establishment of a Clearing House the report pays a tribute to the excellent work of Mr. Scott in this connection for having discovered a system which will in no way affect the existing tariff rates on various Railways and will give exactly the same results to each Railway as it obtains under methods

hitherto in existence. There will be a considerable saving in revenue expenditure as a result of the establishment of the Clearing House and this saving will increase should the Company-worked lines elect to join. One Company-worked line is already inclined to join and Mr. Hartley has no doubt others will follow. The intention is to bring the Clearing House to Delhi as the scheme progresses.

EXTENDED AUDIT.

The scheme of extended audit was carried on during the year and reports detailing the results of the scheme have been received and may reveal a number of irregularities caused by the weakness of audit.

LOSS OF CASH IN TRANSIT.

The suggestion of the Public Accounts Committee to prevent cases of loss of cash in transit was considered by the Railway Board and though the matter is still under further examination, Railway Administrations have been requested to pay cash into treasuries and reduce the movement of cash.

FINANCES FOR THE YEAR.

Reviewing the finances for the year, Mr. Hartley remarks that variations between the actuals and the budget estimates were considerable on practically all Railways except the South Indian. The earnings from passenger traffic as compared with those for 1924-25 show an increase on all

Railways except the East Indian and the increase was due to lower class passengers. There was, however, on the whole, a slight falling off in the average distance each passenger was carried. Earnings from goods traffic increased on Burma, S.I., and M. S. M. Railways and fell in the case of N.W.R., G.I.P. and E.I.R. On the whole the gross traffic receipts fell by 134 lakhs.

GENERAL ADMINISTRATION.

Reviewing the General Administration the Report records general increase in the ratio of working expenses to train mileage, the principal reasons being the credit received during 1924-25 on account of customs duty and the Lee concessions. Steps taken to improve the earnings included reductions in rates and fares. For instance week-end return tickets introduced at Calcutta proved very popular and busy season rates in respect of jute were extended over the whole year.

ECONOMICS EFFECTED.

Instances are next given of economics effected and revenue realized at the instance of Audit. For instance, on the E. B. Railway wharfage rates have been doubled, and though some officers of Locomotive and Carriage and Wagon Departments did not occupy the bungalows specially constructed for them, the recovery of the prescribed rent for those bungalows was enforced by Audit from officers responsible.

CHANGES IN FORM.

Dealing with changes in form and classification Mr. Hartley mentions that introduction of reforms in the accounts of

haying made arrangements with the adjoining railway for haying cargo. A special train could not however be provided for failure of the E. I. R. to send stock for the train. The marriage party was therefore accommodated in the ordinary train and reached destination after some delay. The firm claimed Rs. 50,000 as damages and the matter was settled for Rs. 5,000 on the advice of the Legal Remembrancer with the sanction of the Railway Board. The question of introducing measures to protect Railways from liability when it is impossible to provide a special train owing to extraordinary unforeseen circumstances is to be considered. In the instance quoted the Delhi junction staff were to blame but they were then under E. I. R. and owing to the subsequent transfer of Delhi to N. W. R. it has been impossible to ascertain who were to blame and to take the necessary action. Another case where a shortage of Natal coal occurred at Karachi has led to the issue of instructions that payments should not be made on the mere Bill of Lading before weighing or before a complete survey was made both before and after discharge.

Excess payments of Rs. 43,000 and Rs. 1,18,000 to the Tirhoot and Mysore Railways on account of faulty procedure have been detected and are now under reference with the Railway Board.

A case is mentioned in which on the B. B. C. I. Ry. an Executive Engineer was responsible for an irregular action which has led the Agent to issue instructions that payments should be made for approved and completed work and not for materials.

Discretionary Committee.

The question whether remission of wages and collected should also be subject to the vote of the Assembly was referred to the Legislative Department who have decided that the vote of the Assembly is not required.

COMMENTS ON INDIVIDUAL ACCOUNTS.

Mr. Hartley's report next makes important comments on individual accounts and draws attention to irregularities and frauds and the action taken in various cases. The wrong action of an officer who was transferred from E. B. Railway to N. W. R. was brought to the notice of the Agent and order has been issued that whenever Travelling Allowance is claimed by an officer on transfer he must give a certificate that no passes for journey or for luggage were issued or used. The question of disciplinary action against the officer concerned is still under reference. A case where payments were made to labour workmen but were not supported by vouchers and the services of Assistant Engineer on whom suspicion rested were terminated.

Payment by oversight to a contractor for his bill endorsed to a third party involved the railway in a legal proceeding and loss with the result that instructions have been issued that all bills endorsed in favour of a third party be sent to Chief Auditor.

An interesting case is recorded where a firm of Bankers sued the N. W. R. for failure to run a special train for a marriage party to which the Railway had agreed

haying made arrangements with the adjoining railway for haying cargo. A special train could not however be provided for failure of the E. I. R. to send stock for the train. The marriage party was therefore accommodated in the ordinary train and reached destination after some delay. The firm claimed Rs. 50,000 as damages and the matter was settled for Rs. 5,000 on the advice of the Legal Remembrancer with the sanction of the Railway Board.

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Another case of financial irregularity is reported in that about a lakh and half are looked up in a quarry siding through want of precautions in ensuring that the quarry owner would work the quarry and not abandon the idea after the railways had invested Rs. 1,40,000. The case, according to Mr. Hartley, reveals an unfortunate lack of regard for the financial interests of the B. N. Railway. A case of over indenting on the B. B. C. I. made the railway suffer loss of about seventy thousand and the Agent has been asked what disciplinary action he has taken.

TRAVELLING WITHOUT TICKETS.

Writing on the subject of travelling without tickets Mr. Hartley hopes that under the crew system now under experiment on the E. I. R. it will be possible to analyse the collections and locate the places where passengers are in the habit of travelling without tickets. The conditions of booking entrance to platforms and trains, etc., could then be examined to affect improvement. It is mentioned that a surprise check on 15th March, 1926, at Belghuriah station revealed no less than fifteen first class, eleven second class thirty inter and 160 third class passengers without tickets. Out of these 27

inter and third class passengers were detected under Railway Act.

FRAUDS BY BOOKING STAFF.

Frauds by the railway booking staff are next dealt with and an ingenious move is brought to light. It was discovered that a large number of third class tickets issued between two adjacent stations by morning trains were found to be usually missing in collection at destination but systematically came to collection by subsequent trains the same day. Travelling Auditors are now instructed to keep this in view.

Loss of a little over a lakh occurred in delay of four years in raising debts against a Branch Line Company over the M. S. M. Railway territory and this was due to oversight on the part of the Chief Auditor. The Branch line repudiated the claim and considered it barred. Mr. Hartley does not consider the explanation for failure to detect is convincing and thinks there was lack of supervision on the part of gazetted officers as well.

ACTION TAKEN ON LAST REPORT.

Finally Mr. Hartley details the action taken on the last Audit and Appropriation Report. He mentions that the Government of India is considering the question whether action could not be taken against a Government servant even when he retired by reducing his pension or otherwise in case where loss occurred through the irregular or fraudulent action of such servant. He adds that majority of railway employees are however, holding non-pensionable posts and their dues are finally settled up at the moment of retirement. The officer who assists G. I. R. in reducing pension is now employed on similar duties of the E. I. R., and will be employed on the other State Railways as well. Instructions have been issued to the various Railway Administrations that no contracts containing any unusual conditions be entered into or material modifications made in a contract without the previous approval of the Finance Department.

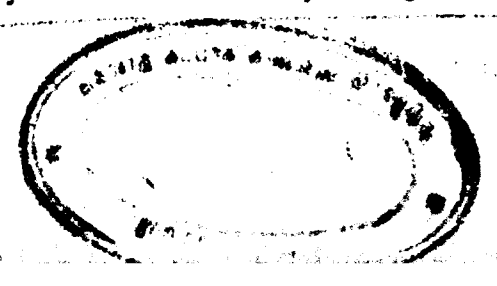
Mr. Hartley claims on the whole that the statements received from the Audit Officers of the different Railways show a substantial reduction in the amount of outstanding objections in audit and that the percentage of expenditure placed under objection during the year also continued to show a steady improvement. The Attention of Government has, however, been drawn to certain items outstanding since 1922-23 and the previous years and necessity for their very early clearance is urged.

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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 liquor men 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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