

wealth and welfare

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15th July, 1927.

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For God
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Chief Editor:
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(DEVOTED TO ECONOMIC AND WELFARE PROBLEMS)

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HEALTH.

The second method consists in the erection on the hillside of a platform with a hole in it. The stool is passed through the hole and lands further down the hill. If the bit of land below is not used at all, is not trodden on and does not drain after rain on to soil which is walked upon, there could be no possibility of hookworm infection; but the smell which surrounds these places forms a very suggestive indication to the passerby of the disgusting possibilities of coprophagia, and of consequent infection, whether by means of flies or of dust, with *Ascaris* ova or the infective agents of one of the dysenteries. This method of disposal prevents the acquiring of hookworm infection at the time of going to stool; but there is infective material below, and the manurial value of the feces is lost unless the infected patch is cultivated, and in that case infection will take place as surely as if the stool had been passed in the ordinary way in the tea.

This part of the lecture was written before the figures given in the table were compiled. The figures for this garden show a coprophagia percentage of 88, the highest figure obtained for any garden throughout the research, and a hookworm percentage of 71 against an average for all gardens of 67.3, so that the conclusions deduced above are entirely justified.

The third method consists in the digging of a pit beside each coolie hut, the pit being about 6 feet deep and covered by a platform with a hole through which the night-soil drops into the pit, the platform in turn being covered by a shelter. When the pit is filled it is closed and another built at a spot close by. When I first saw these privies in use I was of opinion that in all probability here was the simplest method of dealing with the hookworm problem. I have to acknowledge however that I was mistaken and that increased knowledge and experience have shown this to be the case. I have said that the percentage of hookworm infection on gardens in over 10,000 persons examined works out at 67.3. In the garden provided with these privies it is 67.42. These figures are for practical purposes identical, that is to say these privies have made no difference in the hookworm infection. They have not prevented it. I take it that the climbing powers of the larvæ are sufficiently great, aided no doubt by the really extraordinary climbing powers of flies,* to reach the platform of the privy and infect those who use it.

In the matter of coprophagia recent American work has shown that although in a town provided partly with waterclosets and partly with privies, unconscious coprophagia is greater among the dwellers in those houses which are provided with privies than among those which have a sewer connection; yet every privy has a "radius of action" and influences the

houses all round it, so that it produces unconscious coprophagia in the inhabitants of the neighbouring houses, even when these are provided with waterclosets. The point is of course that any method of disposal of night-soil which allows of the possibility of the dissemination of faecal matter affects, or may affect, every person who comes within its radius of action, so that the disposal of the stools of his labour force has for the manager a personal as well as a business aspect. As regards the evidence of, actual coprophagia which is to be found in the garden where this type of latrine or privy is in existence, this amounts to 71.6 per cent. as against an average in all gardens of 76.5 per cent. The extent to which coprophagia is lessened by these latrines is therefore of the slightest, and the manurial value of the night-soil is lost.

There is then no type of latrine in existence on any garden of which I have knowledge which in any sense fulfils the conditions at which I have suggested you ought to aim.

We must then fall back on the experience of others and cannot do better than turn to that of the southern of the United States of America, who have exactly the same problem to face, as I think the following quotation from a paper by Stiles on "The Economic Aspects of Hookworm Disease in the United States" will show. He says:—"In our infected districts we have many different points of view regarding religion, politics, economics and various other matters, but I believe there is at least one conclusion upon which we can all agree, namely that there is a scarcity of efficient labour, both on our farms and in our factories. Since it has been demonstrated that hookworm disease is present and even common both on the farms and in the factories in many portions of a number of different States; since further hookworm disease lowers the condition of the blood and hence the efficiency of infected persons, it is not unreasonable to conclude that hookworm disease is one of the important factors in the scarcity of efficient labour. One word as to the relation of hookworm disease to the subject of immigration. If we improve our sanitary conditions and thereby reduce our diseases and deaths, the natural increase in our own people combined with the increased efficiency resulting from better health will meet the labour demand. We do not need more immigrants half so much as we need more privies to prevent the spread of hookworm disease and of other soil-pollution infections."

In these southern States, where the problem is obviously so exactly that with which you yourselves are faced, the Americans are pushing a type of latrine which has many advantages. It consists of (i) a watertight barrel or other container to receive and liquify the excreta, (ii) a covered watertight barrel, pan, or other

vessel to receive the effluent, (iii) a connecting pipe between the two so screened that it will prevent solid matter from passing over with the effluent.

Since hookworm larvæ cannot swim and since the eggs of all animal parasites sink in water, the effluent from one of these latrines, provided it is a clear effluent and without faecal matter, may be safely run on to the soil without risk of infecting it with animal parasites. Such a latrine does not require a large amount of water. It has been used hitherto by Europeans who use no water after defecation, and it is under those conditions that it has worked so satisfactorily. It is for practical purposes a septic tank. Septic tanks in this country are designed to deal with a large amount of water in addition to that passed in the urine, and so of course are septic tanks which deal with the effluent from waterclosets, but the American experience shows that this is not an essential for the working of these latrines.

This method of disposal of night-soil is one which does away with the possibility of infection with animal parasites. That it also allows of the use of manurial value of the night-soil is evident from the following quotation from Clemesha's book on Septic Tanks. Speaking of passing the effluent over land he says:—"Another distinct advantage of this method is that with careful management a very considerable profit can be made from the crops produced on the ground; European vegetables, "herial" grass, oats, potatoes, can be grown very satisfactorily on sewage farms."

The point which is untried in this matter is as to whether the effluent from such tanks will be equally satisfactory for the tea bush as for other crops. Since the crude night-soil is excellent for tea, there is every reason to suppose that the effluent from such a latrine will be equally so, but there is no reason why I should ask you to take this for granted and no reason why you should accept the suggestion if I did.

Recognising this I propose to erect one or two small latrines of this kind as an experiment, Mr. Bald having placed me under another obligation by kindly consenting to give me facilities for the erection of one of them and to keep an eye on it in its working. Mr. Bransby Williams, the Sanitary Engineer, has also very kindly promised to go with me into the question and favour me with his advice as to the best structural design for one of these simple latrines. With established data as to the cost of erection and maintenance, and the return in leaf which you will be justified in expecting, it ought to be possible to give you a definite basis for future calculations.

There are unquestionably certain difficulties to be got over. While there is no doubt but that one of these tanks, if it is fairly treated, will work for several years and will not in that time require

* Maggots have been buried at the bottom of a vertical tube filled with 6 feet of sterilized sand, and yet the flies have emerged at the top.

cleaning out, since the liquefaction of the nightsoil keeps pace with the amount of solid matter which enters the tank, yet this last cannot be filled up with the sticks and stones used by the hill people for cleaning themselves after defecation, and yet work properly. The whole principle of such latrines is that, for the best working, there must be a definite relationship between the capacity of the tank and the amount of material with which it has to deal; and if the capacity of the tank is reduced, as for practical purposes it is, if it is filled up with stones, its proper working must be interfered with. To prevent this it has to be cleaned out at much more frequent intervals than if it were not so misused. That means an increased expense in maintenance owing to the wages which have to be paid to sweepers. I mention this to you now in order to give you an idea of the different aspects of the problem which is before you in this matter.

As I see your problem it amounts to this:—

Labour is restricted in this as in other tea districts, so that the question of an increased output of work will soon, if it has not already done so, resolve itself into the possibility of getting more work out of the labour at your disposal. Your labour is infected with hookworms to the extent of from 60 to 80 per cent. It has been demonstrated that this infection, in other parts of the world, reduced the bodily energy and capacity for work. It will certainly be found to do so here, but in order to prove this I ask those managers in whose gardens work has been done to help me, as far as they can, with figures illustrating this matter. It may then be taken as certain that the freeing of your labour force from hookworms will increase its capacity for work. To free it from hookworms is not a difficult matter, but to keep it free is a far more complicated problem. This can only be effected by so disposing of the night-soil that the soil cannot be further infected. The provision and use of latrines of the septic tank type offer the best prospects in this direction, and at the same time will probably repay part at least of their cost by the fertilising effect of their effluent on tea. Although very probable, this is not proved, so far as I know, and in order to do so I hope very shortly to set up some tank latrines, with the hope of obtaining definite information on this point.

In my opinion, in considering the question of setting up latrines it is essential that you should have figures showing on the one hand the increased value of labour as the result of its being free from hookworms, and the value in leaf which you can get from the night-soil derived from them, after it has been rendered innocuous; and on the other hand the cost of providing and maintaining the cheapest form of latrine which will keep the force free from hookworm infection. If I have been and can be of use in helping you to a solution of this problem I shall be more than satisfied.

TRANSMISSION OF DISEASES.

By

RAI HARI NATH GHOSH BAHADUR, M.D.

After describing the life-history of germs in general and the characteristic criteria which help a layman to form some idea about the occurrence of infection by some of the commoner ones among them, the lecturer emphasised the importance of the so-called "carriers of diseases" showing that they were responsible for many a murder without wilfully committing any. He also laid stress on the importance of certain intermediate hosts or carriers of the microbes causing some of the commoner murders—diseases like cholera, typhoid, dysentery, malaria, kala-azar, plague and certain other fevers—and pointed out in the same connection the particular role played by pests like the mosquito, the flea, the bed-bug, the tick, the fly, the cockroach etc., continuing as follows:—

2. Now I would take you a step further in enlightening you a little more about the so-called carriers of diseases as they occur amongst us and around us, in order that the idea of practical sanitation and the idea of what to do practically to avoid them may be clear before us. Before telling you anything else, I have to draw your attention to some important facts to which I have once before made a reference incidentally.

3. The first is that there are only some important localities and systems of the body to which at least the chief symptoms of germ-borne diseases are related. These principle localities or tracts are the respiratory tract, the digestive tract, the blood vascular system, and the skin. And we have accordingly only a few classes of carriers to consider—

(1) Carriers of disease of the respiratory tract (all air-borne diseases, since air is the usual contact of the tract), such as pneumonia, diphtheria, whooping cough, influenza, common cold, etc.

(2) Carriers of diseases of the digestive tract (all food-and drink-borne diseases, since food and drink are the usual contacts of this tract), such as cholera, dysentery, and typhoid fever too in a certain sense.

(3) Carriers of diseases due to certain parasites living in the blood vessels, e.g., the parasites of malaria, kalaazar or elephantiasis.

(4) Carriers of diseases showing lesions of the skin e.g., small-pox, measles, etc.

4. Now I am going to give you something about the features, peculiarities and, what is my particular point, give you some sanitary hints appertaining to the carriers Nos. (1) to (4) as they occur around about us.

(1) Carriers of diseases of the respiratory tract—These people are often regular coughers. The diphtheria carrier may not be a cougher. The phthisical, however, is usually a chronic, persistent cougher and brings up sputum reeking with the deadly germ called the tubercle bacillus. These bacilli are easily killed when exposed to direct sunlight, but in the shade, and inside rooms, and in the dried sputum they

remain alive for a very very long time, even up to 100 years or more, and rise up with the dust to infect others. The microbes of the other diseases, though not so tenacious of vitality, exert their virulence when present in concentration, due to overcrowding and ill ventilation and indiscriminate spitting on the floors of rooms, walls, etc. The danger of indiscriminate spitting is specially manifest when it is a case of pulmonary phthisis or diphtheria or influenza. To speak of pulmonary phthisis, I can say that unless the habit of spitting on the floor or walls or staircases, etc., of houses is corrected, one can never expect the same to be free from the danger of giving phthisis to all the occupants. From the knowledge I have been able to gather personally, I can say that I think if an examination is made of the many rented houses in the congested quarters of the town as to the presence of the tubercle bacillus, I would not be surprised if the result be 100 per cent. positive.

Phlegm, I may point out, is as much an excretion as faeces. The last is abominable on account of its stink, but the first is no less abominable without it, and I can assure my audience that so far as disease-producing capacity is concerned the spit might be as dangerous as faeces, and is in fact creative of a fatal danger when proceeding from the phthisical or from a case of diphtheria or pneumonic plague.

Besides the germ of pulmonary phthisis, most other germs of phlegm readily lose their vitality when exposed to direct sunlight, and to a great extent in fresh air too. Besides direct sunlight, transmitted light will also kill many germs, and blue light is said to be a better bactericidal agent than other coloured lights. Hence will be seen the advisability of spitting in the open, outside the built structure of the house—I mean preferably—and safest of all, as much as possible, in proper spittoons with fly—preventive antiseptics in them. (I must add, by the by, that the same must necessarily be the rule for pulmonary phthisis or diphtheria or influenza or plague cases.) Hence will be seen the necessity of free ventilation and light, i.e., of rooms and enclosures under the roof of the house. I cannot close this particular topic without making a reference to some interesting bacteriological tests by two doctors—Winslow and Robinson—who reported their observations in a journal called the "Journal of Infectious Diseases." They found that in ordinary speaking even, bacteria or germs present in the mouth are sprayed out to as long a distance as 26 feet from the speaker speaking in a room where the air is still. Coughing and sneezing make the range still longer. No doubt the coarse rain of spray as it comes out of the mouth first, might tend to settle near the speaker, but then the overhanging dust of the air catches some of the floating bacteria and thus they are carried further. At any rate this observation and the behaviour of germs in dried sputum, as I have shortly before mentioned, impress us with some easy inferences: No (1), the avoidance of

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For God, Crown and Country.

Wealth & Welfare.

Lucknow, Friday, 15th July, 1927.

EDITORIAL.

A WELCOME EXCLUSION.

It is said that what is called "The Dance-Ban" in Edinburgh has caused more mental disturbance at 'Home' than in India and numerous persons highly placed have taken a hand in bringing the proprietors of the Dance Hall to reason. Though

we do not like the suggestion of a ban against any race within the British Empire we are sure the parents of young Indians studying in Great Britain would rather welcome the exclusion of their sons from these Dance Halls. Let us not be though censorious kill-joys or critics of the young. We are not one of those who believe that there can be no aids to nature and it is well not only for young women but for young men to take care of themselves. Some of the discontent of married life of such young men is due to their carelessly letting themselves grow bad and such people suffer for it matrimonially later on. It is time that Artifice was sent back to her bed room and not allowed to stride shamelessly in the Dance Halls frequented by youngmen. Morality is valued not for its intrinsic worth but for what is supposed to be its commercial success! Morality is an affair of rewards and punishments, and reward occupies a prominent place in morality. The Dance Halls, the stage, cinemas and the cheap popular literature of the day teach that self-indulgence—the gratification of our animal impulses—is the highest expression of manhood and the mark of true freedom. Youth, fed on such stuff, is incapable of mental discipline, or of any earnest effort. The disease that is eating into the vitals of our youth is there. These are the facts known to every observant Indian. Let the guardians of our students know who the real enemies of our boys are. Youth has a wonderful capacity for expansion and self-reform, if only we can make an appeal to it in the proper time and way and guide its efforts. If a youth is told his special defect very early he can try to improve himself. Reform is easy at the initial stage, before one's particular defect has been hardened into incurability by years of neglect and ignorance of the defect. But, if the opportunity of early reform is lost the incentive to greater exertion is never kindled.

Mercenary Colleges and Universities keep our youths in the dark about their own merits and demerits and fail to rouse them to superior exertions. The worst enemies of our youths are some of our political leaders. After all national hate is as a rule a peculiar thing. At the lowest stages of culture, we will always find it most strongly and keenly developed. Yet, there is a stage at which it entirely disappears when one stands in a certain sense above the nations so that one is affected by the good or bad fortune of a neighbouring people just as though it had happened to ones own. One of this illusions is that the present hour is not the critical decisive hour. A disturbed condition of things often affords an opportunity to politicians and publicists of a certain school of thought to lecture on the unwisdom of surrendering to colour and political glamour. To be prejudiced is always to be weak. We all decry prejudice, yet are all prejudiced. We would rather be defeated in a cause that shall finally triumph than triumph in a cause that shall finally be defeated, owing to the moral degradation. India would not resent if the colour bar raised by Scotch Dance Halls had been kept up—since morality is valued for its commercial success. All men are not on the same level of spirituality and the highest form of morality will never satisfy those who are on a lower level or have been trained to remain so. It would have been better, in the interests of all, if the proprietors of the Scotch Dance Halls had been able to forbid the Indians entirely from attending the Dance Halls.

ON THE LINE.

CO-OPERATIVE SOCIETIES FOR ADULT EDUCATION.

The first thing to be done is to find a good teacher of a primary school in a place where a co-operative society exists and flourishes. The Registrar should organize a co-operative education society in that place, either by starting a new society for the purpose or by amending the byelaws of an existing society to allow of the establishment of an adult education school as one of its objects. The members of the co-operative society should contribute on account of the school to the society twice a year at harvest time, according to the means of each member, such contribution to the value of not less than eight annas per head. The funds of the society available for the school shall be utilized for the purchase of books for the society's library and for such other educational objects as the society shall determine. The school should meet as frequently as possible in the chaupal, school room, or the chabutra or other convenient place, not less than twice a week, save at seasons when this is not possible, e. g., harvest time. The initial cost of starting the school should be met by the Registrar, Co-operative Societies, who should also provide funds for contingent expenses. The teacher's duty will not merely be to give instruction in the arts of reading and writing and arithmetic, but to read and expound to the villagers from interesting books, to give lectures aided by maps on geography, to give talks on history and on any other subject in which villagers are interested. The school will be more likely to be a success if it is in the neighbourhood of a middle school to which a library is, or could be attached, from which the teacher could obtain books. It would, of course, be better if the school is not too far from the headquarters of a district or tahsil whence the deputy inspector, sub-deputy inspector or the co-operative societies inspector could visit it. The Education inspector could furnish the Registrar, department should furnish the Registrar, Co-operative Societies, with a list of suitable books, out of which the schoolmaster will read and expound to the villagers. As soon as the Registrar informs the Department of Public Instruction starting such a school, the Chairman of the Board and the Divisional Inspector of Schools should be addressed to give the school every assistance in his power. The Deputy Inspector of Schools may arrange with the Chairman of the Board for the District Board Officer of the Public Health and

other District Board Officers to give lectures on health, sanitation and other subject. The Education department may ask Agriculture, Forest, Veterinary and Public Health departments whether they could arrange for one of their officers to lecture to the school members Education department could address Agriculture, Veterinary, Forest and Public Health departments to send copies of pamphlets and books they may issue. Education department would then recommend to the Registrar, Co-operative Societies, what suitable pamphlets and books should be supplied to the school concerned. The teacher could, with the consent of the District Board, be sent to the training College, to be trained in the use of the magic lantern. The Lantern Lecture Committee could probably arrange to lend lantern slides and lectures. It must be remembered that the folk we want in the first instance to attend these schools are not the *Vidayarathis* nor the poorest of the villagers, but the respectable adult cultivator who is the backbone of the material prosperity of these provinces. No definite action can be taken until the required sum is voted and included in the Education Budget.

PROHIBITION FOR MYSORE.

'Total Prohibition' is in the good books of the Representative Assembly of Mysore. Total abstention from Liquor by Mysoreans is not a difficult job in spite of the difficulty of preventing smuggling from the adjoining British territory. This difficulty can be overcome by the Mysorean provided the Hindu Ruler and the Musalman Dewan true to their religions, will secede from imitating the British Ruled India in this matter as well. This would make reform easy.

DISFRANCHISING COMMUNITIES.

The introduction of communal representation in service only encourages communal feeling leading to communal quarrels and inefficiency. The time has come to speak plainly when we are confronted with responsible government action resulting in disfranchising the smaller minorities. Measures giving any community preference either on the grounds of race or religion should be opposed.

In a muslim weekly appears an advertisement with the following headlines:—

'Government of Bengal

Department of Industries.

Minister-in-charge: The

Hon'ble Hadji Mr. A. K. Guznavi'

The advertisement announces the award of an annual scholarship and the following is added:—

'This scholarship will be awarded to Muhammadan and Hindu students alternately.' Are all other communities to be disfranchised? Are matters such as fitness, intellectual and otherwise, and the fundamental principles of religious neutrality sacrificed? It would be good that in the long run that all communities should insist upon their entering all public services only by the door of open competition. Government should not encourage communal mentality and no special qualifying test is needed for some communities.

DO JUSTICE TO COOLIES.

The coolies from South India as deck passengers on Board the ships of the B. I. S. N. Co. do expect the Hon'ble Mussalman Member at the heights of Ootacamund to devote a bit of his attention to their unfortunate condition, and the honourable treatment!! meted out to them in the ships during the passage. Our Chief Editor has seen herself what is being done to the coolies on board the company's ships. It is to the interest of the Capitalistic company to see that as many passengers are carried as the deck can hold irrespective of the monsoon weather and the squalls and heavy rains drenching them. It is the duty of the Government to see that the coolies are not looked upon as so much cattle, but protection and fair treatment is accorded to the labourers who are encouraged to go out of their country to earn a living wage. We have heard and we have seen ourselves what is being done to the coolies from South India on board the ships of the B.I.S.N. Company. The Home Member of the Government of Madras in charge of the Emigration must justify the trust imposed on him and look upon the coolies with a sympathetic heart for humanity. This is where every heart feels pinched and where that cannot but express itself, this is where the official mentality is revealed in its worst, where it

denies human sympathies and the very existence of God. It is here that the march of centuries stands unaffected and it is here Indians have to kneel down and thrust their heads between their knees in all shame, humility and helplessness. It is here that the savageness of the middle ages is still traceable in this present civilised age, it is here that the march of centuries stands unaffected. The decision of the Home Member for the present not to improve the condition of the deck passengers is most disappointing not only to the Indian Coolies, but to all the Westerners who treat their animals more decently. Here is an instance to show that India has not achieved any benefit from Indianisation in spite of the fact of her having one of her own sons and at her own expense too at the head of the emigration department. The country has a right to expect him to justify the trust imposed on him and afford labourers the facilities they deserve at the hand of an Indian Member. Every one in India will then owe a debt of gratitude to him.

CIVIL HOSPITALS IN U. P.

During the three years 1923, 1924 and 1925, there was a net increase of only one dispensary and 39 dispensaries were transferred to the Public Health Department. The response to the scheme for encouraging private practitioners to settle in the rural areas has been disappointing. The experiment of inducing qualified doctors to settle in rural areas was tried and failed. A scheme of giving training to Primary school teachers in elementary medicine and surgery on First Aid Lines was introduced. It is not known how far the combination of the healing with the teaching function has interfered with the due discharge of the latter.

MENTAL HOSPITALS IN U. P.

DURING the triennium 1924-26 the total number of admissions to mental hospitals in the United Provinces was 970 of whom 813 were men and 157 women. Of those again 738 were Hindus 210 Muslims and 22 Christians. The largest

number of patients admitted during the period were between the ages of 20 and 40 Classified according to previous occupation, 184 were cultivators, 20 landlords, 104 beggars, 90 labourers 90 public servants, 91 shopkeepers 31 students, 44 domestic servants, 6 priests and 22 artisans. The total jail population in the three mental hospitals at Bareilly, Agra and Benares was 1,561 in 1926 as against 2,037 in 1918. Since 1919 there has been a steady decline in the total number of mental patients. The number of criminal lunatics on Jan. 1, 1926, was 220. The districts which supplied the largest number of patients during the triennium were Benares, Allahabad, Bareilly, and Gorakhpur. The total expenditure in this period was 7,14,066, as compared with Rs. 7,61,289 during the preceding triennium.

IMPERIAL VETERINARY RESEARCH INSTITUTE.

The institute at Muktesar, U. P., yielded for the first time in its history a profit of more than four and a half lakhs rupees, during 1925-26. Anti-rinderpest serum had an unprecedented demand and the number of doses manufactured was 71,41,301 and 5,33,500 doses of highly potent anti-rinderpest serum was manufactured for the Mysore State who undertook the active immunisation of cattle against rinderpest on a large scale. The products of the Institute are sold at such a price as to leave a profit after deducting all expenditure of manufacture and research. The cost of research should not fall on the consumers and the making of the production should be self-supporting without being a great source of profit.

PAPER INDUSTRY.

A communique states:—The Bamboo Paper Industry (Protection) Act, 1925, which added item 155 to the import tariff-schedule (schedule 11 to the Indian Tariff Act 1894) imposed a protective duty of one anna per pound on printing paper (excluding chrome marble, flint poster and stereo) of all kinds containing less than 65

per cent. of mechanical wood pulp. The intention of the Act was to exclude "newsprint" from protective duty and leave it under revenue duty of 15 per cent. ad valorem. "Newsprint" was defined by the Tariff Board for this purpose as "printing paper containing not less than 65 per cent. of mechanical wood pulp."

It has recently been represented to the Central Board of Revenue that item 155 as worded excludes from protective duty not only such paper, but also paper containing no mechanical wood pulp at all.

On a reference from the Board, the Government of India have held that this interpretation of the entry is correct, and that consequently protective duty does not apply to a class of imported paper with which paper manufactured in India particularly competes. To this extent, therefore, the Act fails of its intended purpose.

The Government of India propose, therefore, to amend the Act at the forthcoming session of the Indian Legislature so as to make protection of paper effective in accordance with the intention of the Legislature, and to validate the past administration of the Act.

The proposed amendment will make printing paper containing no mechanical wood pulp liable to a protective duty of one anna per pound, and will have retrospective effect from the 21st September 1925, the date on which the Act became law.

Power will also be taken to recover the difference between protective duty and duty at 15 per cent. ad valorem in the case of all paper containing no mechanical wood pulp on which duty at 15 per cent. ad valorem may have been paid before the proposed amendment becomes law. Meanwhile importers will be given the option of depositing duty at the rate of one anna per pound, and will be allowed interest at the rate of 6 per cent. per annum on so much of the deposit as is in excess of the duty, payable at 15 per cent. ad valorem up to the date when the proposed amendment becomes law. The excess amount so deposited will be refunded if the proposed amendment is not accepted by the Legislature.

CO-OPERATION IN TRAVANCORE

The co-operative movement in Travancore continued to make satisfactory progress during the year. The registrations numbered 334 against 252 in the previous year in the number of societies increased from 1002 to 1,325. Membership rose from 74,076 to 1,15,303, i.e., by 56 per cent. One Society was registered in the Devicolum Taluk; so the Taluk of Peernade alone remains without any society. The Revenue and Income Tax Inspector, Devicolum, has been ordered to be trained in practical co-operative work and put in additional charge of this work in the High Range Division. This, it is expected, would effect the desired improvement. Not-with-standing the increase in the number of societies and in the membership, the movement has effected only 2.8 % of the total population. More intensive propaganda accompanied by the unostentatious but none the less important work of consolidation is necessary to bring a greater proportion of the population under the influence of the movement. The aim of the department should be to devolve gradually on the non-official agency the functions of organisation, supervision and propaganda and to limit its duties to the statutory functions of audit, registration and liquidation. Govt. trust that with the increase of efficient supervising unions and of Honorary Organisers they would be able gradually to withdraw from their present administrative functions. To cope with the increase in the number of Societies, and addition of 4 permanent and 7 temporary Inspectors was sanctioned in the year, raising the number of Inspectors to 20, of whom 19 were in charge of circles and one was attached to the Central Bank. The office staff of the Registrar was also strengthened. The percentage of the cost of administration to the working capital of the societies has come down to 1.7 from 2.2 in the previous year. This is however higher than that in the Madras Presidency where it is 67 per cent.

The paid-up share capital, working capital, deposits and reserve fund rose to Bh.

Rs. 11,34,234; 23,89,398; 5,96,388 and 1,56,770 respectively from Bh. Rs. 7,01,537; 16,72,659; 4,67,483 and 1,02,560. A noteworthy feature of the year is that the deposits in agricultural societies included those from people who are not members of Co-operative societies. This indicates public confidence in their stability and the Registrar hopes that by this means the societies would ultimately be able to satisfy the banking needs of the rural population. The use by some societies of their reserve fund as working capital is objectionable. The Registrar should insist on the proper investment of these funds. The profit of the Central Bank amounted to Bh. Rs. 8,781; the taluk and urban banks earned Bh. Rs. 5,798 and Bh. Rs. 5,533 respectively. The earnings of agricultural societies amounted to Bh. Rs. 71,899 and those of non-agricultural societies to Bh. Rs. 20,105, while the loss sustained by weak agricultural societies amounted to Bh. Rs. 791 only. The increase in the profit indicates improvement in the collection of dues especially under interest. In agricultural societies, there was however a slight increase of 2 per cent in the arrears under principal. The Registrar attributes this to the dullness of the market for agricultural products except papper. Government hope that the supervising unions will impress upon the members the duty of making punctual repayments. The Registrar and his officers also should devote special attention, to remedying this evil. The proportion of productive to non-productive loans was 11 to 5 as compared with 8 to 3 in the previous year. The fall in the loans for agricultural purposes was due to special causes. 29 per cent of the total amount of the loans advanced was for payment of prior debts. The Registrar observes that the movement will continue to feel the burden of prior debts until it becomes able to command cheap and long term credit. Government hope before long to take up the question of establishing a land mortgage bank which would provide for this need to some extent.

The field of non-credit co-operation remains comparatively undeveloped. The Registrar observes that various societies

are feeling their way in this direction. His attention is drawn to the work done in the Madras Presidency in the matter of cattle insurance and labour societies. It is expected that the arrangement sanctioned to train the Agricultural Inspector of the Cattle Farm in practical co-operative work and to entrust him with the work of organising co-operative dairy societies will meet with success. Including the 4 new registrations there were 19 local supervising unions. The primary societies are increasingly contributing towards the supervision fund. But the financial position of the unions is not yet satisfactory. An annual income of Rs. 600 to 1,000 should suffice to enable a union to carry out its duties properly. This would be available if the aggregate working capital of affiliated societies amounts to a lakh of rupees. Only 7 unions have satisfied this condition as yet. Special attention should be bestowed on these facts by the Registrar in recommending grants to Unions in future. We are glad to note that the department was to some extent able to work in co-ordination with the Agricultural Department. As the linking up of the activities of the various Development Departments will be productive of immense good, we trust that such co-operation will be kept in view and its extent and scope steadily increased.

RAILWAY SERVICE.

The Government of India (Railway Department), have, in consultation with the Public Services Commission, revised the regulations for recruitment in India to the Indian Railway Service of Engineers and the Transportation (Traffic) and Commercial Department of superior revenue establishments of State railways. The annexures to the resolution contain rules which will in future govern recruitment to and training for these services.

Continued from page 4

Indiscriminate spitting; No. (2), the supreme necessity of lighting and ventilation, which would naturally destroy the germs and thus purify the air; and No. (3), the necessity of isolation of the sick. For without these, there will be concentration of the poison and spread of the disease to more and more healthy people.

(2) Now about features and peculiarities of the carrier. No. (2) and sanitary things appertaining thereto:—

The carriers of diseases whose chief symptoms are referable to the digestive tract are often more dangerous than the preceding class, for there are recorded instances where a person at the end of 20 years and even 50 years since he fell ill of the disease was yet a typhoid-carrier, and a person may similarly, for a very long time, be a cholera-carrier or a dysentery carrier. The germs in these diseases are excreted either continually or intermittently in the faeces and, in case of typhoid germs, in the urine too—very largely. And the worst of all is the fact that many of these carriers appear quite healthy people. We wonder how many of our friends and relatives, domestic servants, etc., can be carriers of such diseases. My medical friends might confirm an observation of mine, that I have often seen cases of typhoid fever in persons who gave a history of having taken food from the hands of several strangers on ceremonial occasions in some friend's or relative's house. The question may now be asked: What is ~~then the sanitary~~ remedy in order that we may stand clear of the chances of being infected by these carriers? Well, the answer is quite clear, since we cannot often detect who are carriers and who are not, our only course lies in always observing the sterility of our food and drink. Hence there arises the necessity of proper disposal of faeces and urine, so that flies, who constitute another set of intermediate carriers of these diseases, cannot get access to them and contaminate our food. Hence too, is the necessity of always drinking water that has been boiled or otherwise rendered pure, and hence, too, is the necessity of seeing that our raw food is fresh and clean and our cooked food remains uncontaminated by flies and untouched by the bare hand, and hence also is the necessity of taking food with clean hands—hands that have preferably been washed with soap and water, so that whether we help ourselves with the spoon and fork or directly with our hands, we would not be swallowing germs of diseases from possible carriers. These rules, it will be seen, require to be quite strictly observed when there is an actual incidence of such a disease. And the dejecta of the patient require to be always carefully collected, vigilantly watched against flies, and then speedily sterilised by being mixed with a disinfectant and then disposed of, and infected clothing similarly watched against flies and speedily treated with some disinfectant and subsequently boiled or steamed, as convenient. The nurse, by the by, must scrupulously sterilise his or her hands before taking food.

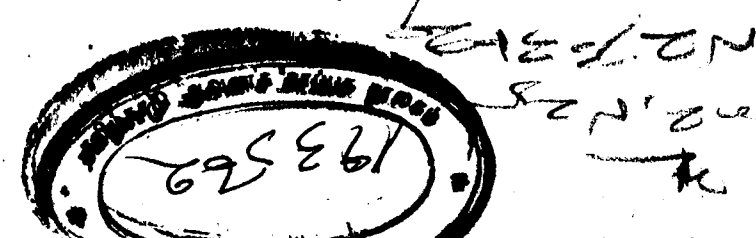
In spite of all that I have said and recommended, I must warn my audience that the ways of food and drink infection are often so curiously and so mysteriously varied, that one must also help himself by seeing that his own physiological or biochemical machinery of protection works well, so that even when one has somehow or other casually swallowed some germs, they might not be productive of harm. Now I must say a few words about the physiological machinery or protection. Normally the food we swallow goes into the stomach, and there, with the aid of a juice called the gastric juice secreted from the walls of the stomach, undergoes a considerable amount of digestion before being passed on to the intestines for further and final digestion. This gastric juice is an acid juice, and there is present in it in health an acid called hydrochloric acid up to the maximum of 5 per cent. in free juice and 2 per cent. in the juice as it stands diluted with food. Now it is a remarkable fact that this particular strength of acid, viz., 2 per cent., is quite an efficient bactericide, and in case we swallow germs with food they are all destroyed, barring a few exceptions. Some remarkable facts have also been found out by an eminent Russian physiologist named Pavlov, by very ingenious experiments on dogs, that the mind has a great influence over the secretion of gastric juice. Pavlov's findings have also been subsequently very largely verified by another observer named Carlson. Pavlov demonstrated that mental feelings largely qualify the strength of the gastric juice. When a person has a good craving for food, the thought of the food, the sight of the food, the smell of the food, the taste of the food—all excite a strong flow of the gastric juice. When, however, the craving is less, the smell or taste bad, the juice becomes correspondingly weaker, and when the subject is working under a mental emotion, say anger or fear, the secretion of the juice falls very low and at times becomes quite suspended. The object of my mentioning these facts is, firstly, the wisdom of taking palatable food and of avoidance of unpalatable dishes, so that we may be secreting a really potent bactericidal juice; and secondly, the wisdom of avoidance of fear during epidemics like that of cholera and therewith the wisdom of taking acids, organic acids represented by lime juice or tamarind or acid milk. These acids are in a way all physiological acids. Dyspeptics generally have a poor appetite and a poor gastric juice, so in these cases these precautions and a very strict purity of food and drink are essential. Living disease germs, when once they escape destruction by the gastric juice, pass on into the bowels and there they speedily multiply to an enormous extent and produce disease. I have mentioned before that the gastric juice kills germs, barring a few exceptions, and a notable exception is the tubercle bacillus. It would thus appear to be safe to rigorously exclude coughers from the kitchen, and it must be the rule always to drink milk that has been boiled. For cows at times get tubercle, which they may thus transmit to

human beings. The gastric juice, I must also add, does not kill the eggs of intestinal worms like the thread-worm or the round-worm. It rather favours the hatching of them. And their prophylaxis is also a matter of ensuring cleanliness of food and drink in the manner suggested and also the expulsion of them from the bowels of infected subjects by the administration of adequate remedies. The peculiar manner of transmission of hook-worms, which I have already described suggests their own prophylaxis too. Summarily speaking it is the collection of night-soil in properly constructed latrines and disposal of the same in such a fashion as to avoid ground infection, and, further the use of shoes. The prophylaxis against tape-worms lies in taking meat or fish always properly cooked.

(3) Now we come to Class (3)—carriers of diseases, whose chief symptoms are referable to the blood vascular organs, diseases like malaria, kala-azar and filariasis, which often make chronic sufferers. In the case of all of them we have seen an intermediate carrier host, which is either a mosquito or a bug or some other kind of biting insect. The carriers of malaria and kala-azar themselves have often very obvious physical signs, like fever, enlargement of spleen and of liver, and, in the case of filariasis, solid swelling of different parts of the body, and are thus easily detected. Our protection against chances of infection lies firstly, in protecting the sick against the bites of the insect pests concerned and segregating them as far as possible, giving them separate bed to sleep on; secondly, in protecting healthy people against the bites of these insects too. Destruction of mosquito larvae, and the provision of mosquito-nets, clean bug-free beds and rooms, and proper covering for the body are thus necessary. But these are not enough in a country like ours, which is infested with malaria and kala-azar. The patients who from the foci of infection of malaria must be adequately treated, whilst healthy people would do best to take periodical doses of quinine, according to medical advice.

A word about kalaazar. This was up till now a deadly disease, and I am glad to reckon my position as one who first obtained a successful result—a complete cure by using a particular preparation of an element called antimony, which was found to be good in this disease, and this particular preparation, called sodium antimony tartarate, is now being used by many doctors all over Bengal and outside with success. Isolation of the sick and protection against bugs, both for the sick and the healthy, are necessary in view of the part played by this pest in transmitting the disease. Well, after all, treatment of infected subjects may be considered, as in the case of malaria, a very important step. Elephantiasis is preventible when one avoids impure water, whether for bath or for drink. Plague in a certain sense may be considered as coming within this category of diseases. Here the prophylaxis is isolation and segregation of the sick, and rat destruction and rat prevention.

(To be continued.)



SCISSORS.

BUDDHIST PRINCIPLE.

Prof. Takakusu states in the *Young East*:
The fourth fundamental principle of Buddhism is the elevation of personal character. Ethics, philosophy and religion have all this as its aim, but this is especially the case with Buddhism. It may even be said that the elevation of personal character is the one and sole aim of Buddhism. In Buddhism there are a certain number of stages of development, through which one must pass in elevating his character. Buddhism teaches us to raise ourselves from the stage of common mortals to that of superhuman personality of a Bodhisattva and even to that of absolute personality or Buddhahood. In this way, from beginning to end, Buddhism keeps in view the principle of the elevation of personal character. In most of other religions man is denied the privilege of making himself a superhuman being, but Buddhism teaches us that all of us can attain Buddhahood without exception. In this respect Buddhism is unique, being the only religion that teaches us to elevate ourselves to the supreme or absolute height.

LIFE BEFORE AND AFTER.

Swami Paramananda writes in *Message of the East*:

We often ask why and wherefore there are certain conditions in life which we are not able to explain, such, for instance, as a child deformed from birth. If we go to a minister, or a priest, or some orthodox teacher, he invariably tells us it is God's Will, but that is a tremendous responsibility we lay upon the Divine Providence, Whom at the same time we call all-loving and all-merciful. Therefore, there must be some way of finding an explanation that is not merely more logical, but more true.

Greek philosophers, and further back, the ancient Hindu sages, did not try to throw upon Divinity the blame for all the miseries and unpleasant experiences in this world of life; they worked out their problems in a definite, systematic way, always finding a cause for every effect, and as a result they have given man a most scientific explanation for the solution of life's difficulties. We find the reflection of their wisdom in the words of many Western philosophers. Lessing writes: "Why should I not come back every time I am capable of acquiring fresh knowledge, fresh experience."

The Indo-Aryans went so far as to say: "As a goldsmith, taking a piece of gold turns it into another newer and more beautiful shape, so does this soul, after having thrown off this body and dispelled all ignorance, make unto itself another newer and more beautiful shape. And as the slough of a snake lies on an anthill, dead and cast away, thus lies this body: but that disembodied immortal Spirit is Self-effulgent and one with the Absolute."

In order to understand life in its entirety we have to connect up two loose ends, the past and the future. This present life of ours, if it is to become complete and comprehensive, must be joined with these two ends,—the one which lies before us,

and the other which we have left behind.

A MEDICAL RARITY.

Twin Brothers Born Two Days after Sister.

'Such a case is almost unknown in medical science,' remarked Nurse Trundle, who is looking after Mrs. G. E. Price, of Adelaide Road, Brockley Park, and her three babies, who were born in three days. Jean, weighing 6½lb., came into the world on April 27. Two days later George Edward and Reginald Ernest, each weighing 7½lb., made their appearance. Neither the doctor nor myself has treated a similar case,' the nurse added. It is a much rarer occurrence than the birth of triplets or quadruplets.'

'I myself was a twin,' the mother, Mrs. Price, explained. 'Curiously enough, my home is at Deptford, where quadruplets were born to a woman last week. When George and Reginald were born they were so absurdly alike that I pinned a safety pin to George's nightgown to distinguish him from his brother. The babies are perfectly healthy and normal, and I am very proud of them.'

Mr. Price is an official of the Ministry of Labour, and served in France and Palestine during the war and was once wounded. The Prices have two other children, a girl of seven and a boy of four.

'LONG FELLOWS'

Society for Protection of Tall Men.

The National Society of Long Fellows, organized recently in Topeka, Kansas, is growing by leaps and bounds.

Nearly every State in the Union has shown a marked interest in this organization, which is composed of men who are six feet one inch or more in height. The society was founded for the purpose of informing the world that the United States has 50,000 or more men far above the average in stature who are suffering disabilities due to their height, but who are entitled to fair play.

The society takes pride in the fact that some of the ablest and greatest men of America have been 'Long Fellows,' the chief of whom were George Washington and Abraham Lincoln.

A declaration of purposes drawn up when the society was founded in Topeka, indicates King Fashion:—

He has refused us the privilege of a comfortable night's rest in a bed of ample length.

He has given us the alternative of walking or doubling up jackknife fashion if we would perambulate in a motor-car.

He requires us to hold the table on our knees while we partake of nourishment.

He requires us on occasion to wear top hats, but refuses to reimburse us when wrecked by contact with the signs and awanings overhead.

He builds play houses for children, then seduces us therein by calling them theatres.

Approximately twenty-five Kansas M. P.'s who are eligible to membership are joining the strange society.

"NO SMOKE WITHOUT FIRE"

Mr. Ronald Melville exclaims in the *Theosophical Path*:—

How often has this sophism served to shield a slanderer while confirming the infamy that he launches under cover of a false analogy: for the implication is that no evil tale is wholly false, no character above reproach! What then? Is slander justifiable? How can that be?

Smoke is allied to fire as slander is to truth. Smoke is a refuse; it owes its foulness to the quality of the fuel, not to the purifying fire. Bad thought is the fuel: truth is the purifying flame. Bad thought makes foul smoke when burned. Does smoke owe its foulness to the purifying fire? Let us beware of this analogy; for there are many kinds of fire. Indeed, fire was a different manifestation on every plane of the universe.

The flame that burns up the unclean fuel of the slanderer's foul thoughts is perhaps the same as that which inspires the hero in some deed of god-like mercy: but who would recognise it in that guise?

INDIAN PERIODICALS.

SOME INDIANS AND EUROPEAN WOMEN

Many Indians returned from Europe (I do not mean just England) after years of study here, as well as many who have not even seen Europe seem to have one idea which they continually perpetrate upon the Indian people through their letters to the press and through articles and private speech. It is that "all European women are immoral." Some add to this the statement that "European women are butterflies." And I know of one Indian woman who paid a flying visit to Europe with her husband, who met rigidly moral, professional women, but who returned to India and wrote the same old story—"European women are immoral." Then I once met a Muslim missionary who, after a month in Germany, said to me, "All European women are prostitutes."

She records other similar false slanders of European women in general, and observes:—

I can think of a number of Indians who have studied in Europe who have known other than "women of loose characters." There is a group connected with the National Muslim University of Delhi. There are men from Madras and from the State of Hyderabad. There are some from Bengal. They have come into the same city and same environment as other Indians—but they seem to have chosen different kinds of women as their friends, than did so many others who poison the Indian public with their accumulated "wisdom" from Europe.

If loose men come to Europe looking for "loose women," they will find them. If there were but one in all Europe, they would find her. But that is no reflection upon Europe, and none upon the woman,—it is a reflection upon the man to whom this is the goal of seeking.—Madame Agnes Smedley in *Welfare*:—

LIVE LONG AND WELL.

In vain did the Spaniards of old search for a mythical fountain whose waters would give them perpetual youth.

But we have since learned that the key to a long and healthy life lies in following a few simple rules.

Fresh, cool, moving air is the greatest necessity of life. Let us enjoy it wherever we are.

It is movement which makes the difference between stagnant, scum-laden water and the sparkling brook.

In air, too, the difference is just as great, even though we cannot see it.

Out-door air and sunshine are best of all.

The health value of sunshine is recognized by a leading children's hospital.

Sleep—the great restorer—is most beneficial in well ventilated rooms. Eight to ten hours is the amount we need.

Breathing deeply and slowly through the nose gives our bodies the oxygen they need and puts every part of our lungs to work.

Tight clothing prevents our skins from getting needed air and often causes headaches—and crippled feet, too.

The best thing to remember about food is: Eat to Live; Don't Live to Eat.

Science has recently discovered nutritive values in food which it calls vitamins. Persistent absence of any vitamins in the diet results in certain marked physical tendencies.

This condition of general weakness would have been prevented and will be corrected by presence of Vitamine A in the diet.

Certain forms of paralysis would have been prevented and will be corrected by presence of Vitamine B in the diet.

Scurvy can be corrected and will be corrected by presence of Vitamine C in the diet.

Presence of Vitamine D in the diet plus sunshine will prevent and correct that common children's disease—rickets.

Digestion is seriously disturbed by violent emotion or by too rapid eating. Let us take our time and be cheerful.

Six glasses of pure water daily is the best tonic in the whole, wide world.

The habit of sitting and walking right makes us look and feel better.

There are more ways than one of poisoning ourselves.

There is nothing like a bath for cleanness, freshness, vigor—and health!

The teeth should be cleaned at least twice daily.

Vaccination, which does not hurt even the baby, will help safeguard his health.

A thorough physical examination on your birthday is the best present you can ever give yourself.

The thorough examination does not end here, but goes on to the laboratory.

Food should always be cleaned before it is eaten.

Disease and the public drinking cup go hand in hand. It is easy to remove the need for the cup.

Good health is largely a question of moderation in all things. There are always extremes to be avoided. In work.....

And in play.....

The golden medium.

When we smile, we make life worth-while.

If you will do these things, life is yours and everything that's in it. You will live long in health.

And that is the source of great happiness.

UTILIZATION.

The power of the educational motion picture is purely potential, depending entirely upon the intelligence of its use.

The most effective film ever conceived, unused or ill-used, is a long strip of emulsion covered celluloid. And nothing more.

Within each well-conceived film rests a vast, immeasurable power for accomplishment. But it is you who must release that power, who must direct its force along all possible channels.

USE YOUR FILMS MORE AND
USE THEM WISELY.

MISCELLANEOUS.

THE CARE OF THE PATIENT.—(Continued.)

Patient Who Have "Nothing The Matter With Them."

But if teachers and students are liable to take a limited point of view even toward interesting cases of organic disease they fall into much more serious error in their attitude toward a large group of patients who do not show objective, organic pathologic conditions, and who are generally spoken of as having "nothing the matter with them." Up to a certain point, as long as they are regarded as diagnostic problems, they command attention; but as soon as a physician has assured himself that they do not have organic disease, he passes them over lightly.

Take the case of a young woman for instance, when entered the hospital with a history of nausea and discomfort in the upper part of the abdomen after eating Mrs. Brown, had "suffered many things of many physicians." Each of them gave her a tonic and limited her diet. She stopped eating everything that any of her physicians advised her to omit, and is now living on a little milk with a few crackers; but her symptoms persist. The history suggests a possible gastric ulcer or gallstones, and with a proper desire to study the case thoroughly she is given a test meal, gastric analysis and duodenal intubation and Rontgen-ray examinations are made of the gastro-intestinal tract and gall bladder. All of these diagnostic methods give negative results; that is, they do not show evidence of any structural change. The case is immediately much less interesting than if it had turned out to be a gastric ulcer with a typical symptoms. The visiting physician walks by and says "Well, there's nothing the matter with her." The clinical clerk says "I did an awful lot of work on that case and it turned out to be nothing at all." The intern, who wants to clear out the ward so as to make room for some interesting cases, says "Mrs. Brown you can send for your clothes and go home tomorrow. There really is nothing the matter with you and fortunately you have not got any of the serious troubles we suspected. We have used all the most modern and scientific methods and we find that there is no reason why should not eat anything you want to. I will give you a tonic to take when you go home. Same story, same colored medicine! Mrs. Brown goes home, somewhat better for her rest in new surroundings, thinking that nurses are kind and physicians are pleasant, but that they do not seem to know much about the sort of medicine that will touch her trouble. She takes up her life and the symptoms return—and then she tries chiropractic, or perhaps it is Christian Science.

It is rather fashionable to say that the modern physician has become "too scientific." Now, was it too scientific, with all the stomach tubes and blood counts and Rontgen-ray examinations?

Not at all. Mrs. Brown's symptoms might have been due to a gastric ulcer or to gallstones, and after such a long course it was only proper to use every method that might help to clear the diagnosis. Was it, perhaps, not scientific enough? The popular conception of a scientist as a man who works in a laboratory and who uses instruments of precision is as inaccurate as it is superficial, for a scientist is known, not by his technical processes, but by his intellectual processes and the success of the scientific method of thought is that it proceeds in an orderly manner toward the establishment of a truth. Now the chief criticism to be made of the way Mrs. Brown's case was handled is that the staff was contented with a half truth. The investigation of the patient was decidedly unscientific in that it stopped short of even an attempt to determine the real cause of the symptoms. As soon as organic disease could be excluded the whole problem was given up, but the symptoms persisted. Speaking candidly, the case was a medical failure in spite of the fact that the patient went home with the assurance that there was "nothing the matter" with her.

A good many "Mrs. Browns," male and female, come to hospitals, and a great many more go to the private physicians. They are all characterized by the presence of symptoms that cannot be accounted for by organic disease and they are all liable to be told that they have "nothing the matter," with them. Now my own experience as a hospital physician has been rather long and varied, and I have always found that, from my point of view, hospitals are particularly interesting and cheerful places; but I am fairly certain that, except for a few low grade morons and some poor wretches who want to get in out of cold, there are not many people who become hospital patients unless there is something the matter with them. And, by the same token, I doubt, whether there are many people, except for those stupid creatures who would rather go to the physicians than go to the theatre, who spend their money on visiting private physicians unless there is something the matter with them. In hospital and in private practice, however, one finds this same type of patient and many physicians whom I have questioned agree in saying that, excluding cases of acute infection, approximately half of their patients complained of symptoms for which an adequate organic cause could not be discovered. Numerically then these patients constitute a large group, and their fees go a long way toward spreading butter on the physician's bread. Medically speaking, they are not serious cases as regards prospective death, but they are often extremely serious as regards prospective life. Their symptoms will rarely prove fatal, but their lives will be long and miserable, and they may end by nearly exhausting their families and friends. Death is not the worst thing in the world,

and to help a man to a happy and useful career may be more of a service than the saving of life.

Physiologic Disturbances from Emotional Reactions.

What is the matter with all these patients? Technically, most of them come under the broad heading of the "psychoneuroses," but for practical purposes many of them may be regarded as patients whose subjective symptoms are due to disturbances of the physiologic activity of one or more organs or systems. These symptoms may depend on an increase or a decrease of a normal function on an abnormality of function or merely on subjects becoming conscious of a wholly normal function that normally goes on unnoticed; and this last conception indicates that there is a close relation between the appearance of the symptoms and the threshold of the patient's nervous reactions. The ultimate causes of these disturbances are to be found, not in any gross structural changes in the organs involved, but rather in nervous influences emanating from the emotional or intellectual life, which, directly or indirectly, affect in one way or another organs that are under either voluntary or involuntary control.

Every one has had experiences that have brought home the way in which emotional reactions affect organic functions. Some have been nauseated while anxiously waiting for an important examination to begin, and a few may even have vomitted, others have been seized by an attack of diarrhoea under the same circumstances. Some have had polyuria before making a speech, and others have felt thumping extra systoles or a pounding tachycardia before a football game. Some have noticed rapid shallow breathing when listening to a piece of bad news, and others know the type of occipital headache, with pain down the muscles of the back of the neck, that comes from nervous anxiety and fatigue.

(To be Continued.)

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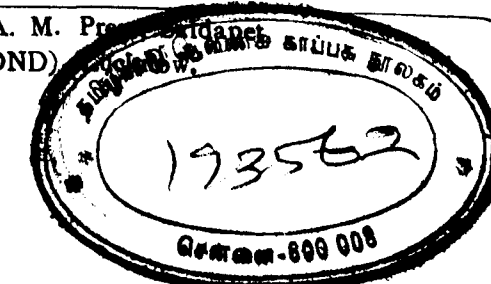
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