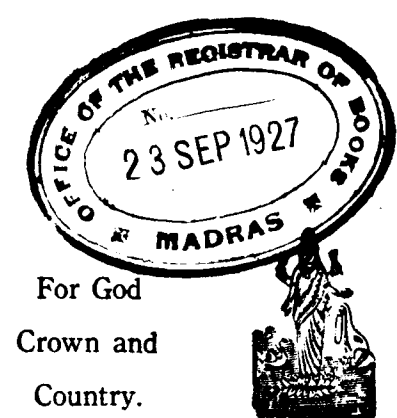


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B.A. (Madras), L.T., (B.H.U)
M. R. A. S. (Lond.)

(DEVOTED TO ECONOMIC AND WELFARE PROBLEMS)

WEALTH & WELFARE

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HEALTH.**WHY SLEEP IS NECESSARY?**

The cause of sleep is not yet quite clearly made out. Some investigators hold it to be anæmic condition of the brain; others say it is the result of an increased quantity of carbonic acid in the blood. Either of these would bring about a sleepy state, but it is argued that they are both consequences, rather than the cause of sleep.

The question of prime importance to us, however, is to realise the necessity for sound sleep and abundance of it. Without a good night's rest, one cannot be fresh and fit for either work or enjoyment the following day. After a bad night, instead of feeling vigorous and cheerful, a man is irritable or depressed, his mind is not as clear as it should be, and his work is badly done.

It is surprising how little most people think of the importance of having sufficient, really restful sleep every night and how neglectful they are of the factors which conduce to it. People who are extremely careful about their food, exercise, clothing, and the other essentials of health, will spend the night in a stuffy room, submit to disturbance by cats and dogs, lie on a bed that has become lumpy and uncomfortable from long use, and in other ways make really refreshing sleep impossible.

What sleep does for the body:—While sleeping, the body is in a state of rest, and the heart is greatly relieved both by the recumbent posture and restful state of the muscles. The breathing is shallower, giving the lungs and chest muscles time for renovation. The kidneys are less active, the liver manufactures less bile, digestion goes on more slowly, the skin is flushed with blood, thus reducing the action of all other parts. As a result of these factors, anabolism—that is, the building up of muscle nerve and other tissues goes on more rapidly than katabolism, or the breaking-down process. This is the converse of what happens during the day, so that sleep has been described as the recharging of life's battery.

How much sleep:—There is a popular belief that eight hours' sleep suffices for everybody. This may prove a dangerous fallacy, for the time taken by the body to restore its vigour depends on the constitution of any particular individual, his age, the amount and nature of his work, and many other qualifying conditions. A man may habituate himself to doing with less sleep than is needed to keep him in the best health, or, on the other hand, he may get into a habit of sleeping more than is necessary. The proper rule to follow is to sleep until Nature is satisfied. Thus, if anyone has to be awakened every morning at say, eight o'clock, or if he awakes spontaneously from habit at that hour, without feeling fresh and ready for work,

he should go to bed earlier. He is not getting quite enough sleep. Many people are not fully awake until they have been roused by a cold bath or a cup of tea. Probably in most, though not in all, such cases, the reason is an insufficiency of sleep. For the majority of people above the age of twenty-eight or thirty, eight hours is about sufficient. But some can do with less, while others require more. Each individual should find out by experiment what amount of sleep leaves him in the freshest and most vigorous condition in the morning, and try to get that amount.

While the body is growing, an abundance of sleep is absolutely essential. It has been clearly shown that children who get enough sleep increase in height and weight to a greater extent than those who do not get enough. Moreover, they make more progress in their studies, and the development of their intellect is more rapid.

Old people usually require less sleep than in the prime of life, but they should lie longer in bed, for their heart, kidneys, and other organs are not so strong, and recuperation of the vital powers enfeebled during the day is slower. When old people do not rest sufficiently in bed they are apt to be testy and irritable during the day.

The following may be taken as the average amount of sleep required at different ages:—
The first few weeks of life, an infant sleeps nearly all the time.

At 2 months old, it sleeps about 20 hours.

Up to 4 years a sleep at midday is necessary.

At 4 years the child requires about 13 hrs.

At	6	...	12 hrs.
"	7	...	11½ "
"	8-9	...	11 "
"	10-11	...	10½ "
"	12-15	...	10 "
"	16-17	...	9½ "
"	18-21	...	9 "
"	28 and upwards	...	8½ "

These are rough averages, and it should be remembered that while some can get along with less, others require more. If there is any lassitude early in the day, very likely the sleep has been insufficient. In winter about half an hour more is required, especially for children than in summer.

Women are said to need more sleep than men, although the reason is not obvious; but half an hour in the afternoon is very invigorating in their case particularly when there are any traces of neurasthenia.

Sleep for children:—With regard to children, to whom sleep is as valuable as food, they should have no lessons to do for at least an hour and a half before going to bed, nor should

they be allowed to indulge in exciting play. As bed time approaches, efforts should be made to quiet them down. They should, for the last hour out of bed, have some quiet and soothing amusement. Storytelling or reading a bright story aloud are very good soporifics. But nothing should be told or read that might fill the child's imagination with frightening images or unpleasant thoughts. Unfortunately, a large proportion of children's stories are designed to raise feelings of pity for suffering, indignation at cruelty, and other unhealthy emotions. The story told or read at night should not be of this sort, but something bright and pleasant.

Children should be trained to go to sleep in the dark. But this rule does not apply to all. There are some nervous children to whom darkness means fear and misery. Bedtime for them is full of horror. In such cases, a common-sense mother will see that to send the child to bed in the dark is not only cruel, but most injurious to the child's health. A night-light in the room will cost very little, and it will save the child from very real and great suffering. It should be placed in such a position that it will throw no black shadows where they can be seen from the child's bed. In the case of extremely nervous children, the mother or nurse should stay in the room until sleep comes. A very good plan is to sit beside the bed, refuse to talk, close the eyes, and make believe to be asleep. This usually sends the child off quickly. When children sit up late at parties, they should be allowed to sleep late next day. Otherwise, it will be a day lost in the development of body and mind.

Children should have a quiet room if they are to get full value from their sleep. In cities a certain amount of noise is unavoidable, but measures should be taken to stop all unnecessary noises in the house. Of course, they will sleep in spite of noise, but the sleep is not so invigorating, and when a child is naturally nervous or delicate his disability is increased.

Infants' sleep is often disturbed by hunger, indigestion, cold feet, and very often by too warm bed-clothing. Older children may remain awake for the same causes, or from too late study or excitement. When all the best conditions for sleep are secured and the child lies awake notwithstanding, a doctor's advice should be sought.

The sleeping room:—This should be large and well ventilated. Many people keep their best rooms for occasional use during the day, and sleep in rooms which are far too small for good health. The vitiated air leaves them dull next day, and favours cold and other infectious diseases. Women who have the regulating of this matter should remember that nothing is so likely to produce a muddy complexion as sleeping in a small or over-crowded room. No room should be used for sleeping that has not a good system of ventilation.

Some people leave the door open as a substitute for window ventilation, but this is not good plan, as the house air is seldom pure at night. When this mode of ventilating the bedroom is adopted, all or most of the doors and windows of the house should be opened for ten to fifteen minutes before bedtime.

The room should be darkened; or at least, no light from the window should fall on the eyes of the sleeper. Light is very stimulating, and interferes with recuperating sleep. The best plan is to use venetian blinds, which let the air pass while keeping out the light.

If the room is very cold, sleep is interfered with in two ways: first cold air on the face is disturbing and may cause tooth-ache or neuralgia; second, heavy bed clothes must be used, and they oppress the breathing.

The bed should not be close to the wall but have a space all round for the sake of free ventilation. The mattress should not sag in the middle. A feather bed is now admitted to be the most unwholesome of all, and should not be used by any-one except the old and feeble. The bed should have no curtains, unless they are heeded to prevent a draught. The bed-clothes should be just sufficient to keep the body comfortably warm, and no more.

To get sound sleep:—Everyone should form the habit of going to bed to sleep, not to think of the day's events or to make plans for the morrow; and, above all, not to build castles in the air. There are many who drop off quickly and easily, but others feel wakeful, for a long time, and consequently do not get full value out of their eight or nine hours in bed. If these latter arise, at a fixed hour every morning, they seldom obtain sufficient sleep. Moreover, the disordered activity of the mind which commonly occurs when one lies awake at night greatly exhausts the brain. The habit recommended may take some time to form, but it will repay preserving effort.

Regular hours should be kept as far as possible. If a person goes to bed at the same hour every night, his brain soon gets into the way of expecting rest and falling into the drowsy state that favours sleep. The ideal arrangement for the best health would be to go to bed at the same hour every night, and get up in the morning when one awakes refreshed, not sooner. For most people, of course, this is not practicable. Bedtime should therefore be fixed so as to give a good margin in the morning; that is to say, it should be early enough to allow the sleeper to awake without being called and to feel that he has had enough sleep.

No anxious thoughts should be carried to bed, no business or domestic worries, no depressing or exciting emotions, such as grief, anger, etc. One should, for some time before, try to get into a placid and contented mood, to put all disturbing thoughts out of the mind, and took at the bright side of things.

Study or any kind of mental work should be given up at least one hour before bed time. If the brain is kept active until the last moment sleep will be

delayed, and it will be difficult to give attention to work next day.

Other points calling for attention are the following:—

Do not go to bed with either a full or an empty stomach. If a heavy meal is eaten, it should not be less than two hours before bedtime. There are people of fine digestion, however, who do not need to observe this rule. If the last good meal has been taken more than three hours before going to bed, something light is necessary to soothe the stomach. This may consist of a glass of warm milk, bread-and-milk, thick soup, gruel, sago or tapioca prepared with milk. A glass of hot lemonade (made with fresh lemons) will be useful; it brings the food from the brain and internal organs to the surface, and supplies blood-purifying acids, of which most people do not get enough.

Have the window and the fireplace open; do not wear unnecessarily heavy bed-clothes, use as low a pillow as is compatible with comfort, keep the mouth closed; and do not cover the head with bed-clothes.

Various remedies for sleeplessness have been described in the literature on Insomnia. In addition to these, the following may be mentioned as often being efficacious:—

Take a gentle stroll in the open air, preferably with a companion, for about twenty minutes before retiring. Read some drowsy book for a short time before or after going to bed. Keep a peaceful, soothing scene in the memory, and recall it immediately on lying down. Count the ticking of the pendulum clock. Try the Chinese plan of getting up and rinsing the mouth with cold water. Get up, sit on a chair, and try to keep the eyes open. This must be done in a dark room. Put the feet in warm water; or better still, take a warm bath before going to bed. Cold feet are inimical to sleep, and anyone subject to them should wear bed-socks or use a hot-water bottle.—Health.

HAIR.

The hair, like the nails, is an appendage of the skin, and the hair of the head demands as much attention as any other part of the body. A luxuriant growth of hair on the head is the pride of women, especially Indian women, and Indian sentiment is so strong in this matter that a girl who has a thin growth of hair on the head is looked upon as one decidedly wanting in feminine charms. One who minds having the hair must have it in good condition, and to have it in good condition, it should be well combed and dressed every day. An undressed, dishevelled, untidy hair, is at best a sign of slovenly habits, though Susruta, the great ancient Hindu physician, would go to the length of viewing it as a sign of insanity. If the hair is thin and falls out frequently it indicates some sort of ill-health.

Oil is the natural food of hair and nature itself has provided for the secretion of a kind of oil in the scalp for nurturing the hair. Some condemn the frequent application of oil to the hair, a custom so common among Indian ladies, because it mats the hair together and gives room for

dirt and offensive smell. The fact, however, remains that the want of sufficient grease or food for the hair is often the cause of baldness and therefore as bad as, if not worse than, an excess of it. Whether the hair should be oiled frequently or occasionally is a matter that should be decided with reference to individual requirements, and cannot admit of a hard and fast rule. But the guiding principle that the hair should have sufficient nutrition and be kept clean and tidy cannot be overlooked with immunity from nasty diseases like dandruff, itch, ringworm &c. For one who cannot keep his hair tidy the only alternative is to have it cropped close. The hair is a bad conductor of heat—Health.

NAILS.

Cleanliness of the hands and nails is a matter of great importance in India, where people eat with their hands, and are not accustomed to use spoons and forks. If the nails are allowed to grow, they harbour dirt and germs of diseases, and these get into the mouth when food is taken. More over dirty nails betray one's dirty habits. The nails therefore, should be cut clean and cut short too. The habit of biting the nails is a nasty one and should be avoided, because the dirt and germs may get into the mouth. The nails on the toes should also be cut short from time to time and kept clean.—Health.

SHAVE.

A clean shave and tidy hair not only produce a feeling of relief, and comfort, but also add to the good appearance of young men. In cities and large towns, where ideas of personal appearance and cleanliness are fast improving and the bonds of orthodoxy are being gradually broken without any audible remonstrance on the part of the enfeebled priesthood, a large majority of Hindus, especially of the younger generations, have a shave at least twice a week, if not oftener. But the unfortunate part of it is that they depend almost entirely upon the barber, the handicraftsman who stands in passive defiance of all the advance which science has made since the mediæval times. Having no conception of cleanliness, whether of his own body or dress or of the instruments which he handles, the self-sufficient barber shaves some scores of faces;—heads and arm-pits every day with one and the same razor and thus spreads infection, should unfortunately there be any, from face to face and head to head. It is rather strange that even educated persons resignedly submit themselves to what is practically a process of dissemination of infection. Many of them have their own razors, brushes and soaps and some even shave themselves, but few can dispense with the barber. The hair-cutting saloons which have of late sprung up here and there in the city of Madras and elsewhere may possibly remove what at present is a standing evil, provided the men employed for the service are taught to observe all possible precautions against the spread of infection. Young men may practise self-shaving and thus minimise the chances of catching infection.—Health

(Continued on Page 9.)

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For God, Crown and Country.

Wealth & Welfare.

Lucknow, Friday, 26th August, 1927.

EDITORIAL.

TRAVANCORE AFFAIRS.

We have before us the Proceedings of the Government of Her Highness the Maharanee Regent of Travancore on the Administration of the Police Department for the year 1101

M. E. Mr. R. K. Krishna Pillai was the Acting Commissioner of Police when Mr. Pitt proceeded on Furlough. The Ag. Commissioner observes that "inspite of repeated requests year after year there has been no inclination on the part of the Magistracy to follow the spirit of the High Court Circular" regarding the award of compensation to Policemen in cases where the complaints against them are found to be frivolous or vexatious. We also draw the attention of the Magistracy to this observation and at the same time must point out that this Ag. Commissioner himself was one of the worst offenders in the matter of being frivolous and vexatious and hasty in directing even the respectable officers under him to ill-treat loyal and law-abiding British Subjects. The State should be congratulated on this officer being retired from the post of the Commissioner of Police giving room to the able permanent officer. 6 Policemen were departmentally prosecuted against 5 in 1100 but the number convicted was 1 against 3 in 1100. 66 Policemen concerned in 58 cases were prosecuted by the public during the year against 73 men in 67 cases in the previous year. Of these 40 Policemen were discharged and the cases against the remaining 26 were under trial at the close of the year. The statistics of Crime show some improvement, there being a fall in the number of offences of the graver kind reported, from 1,348 in 1100 to 1,187 in 1101. The decrease was mostly under murder, burglary and theft. There was however a slight increase in the number falling under the class of culpable homicide, dacoity and robbery. Of the number reported, the percentage of cases detected, was 44 against 51 in the previous year. The figures are not reliable owing to the failure of the Courts in many instances to communicate to the District Superintendents of Police the results of the cases as required by the High Court's Circular. There were two cases of counterfeiting coins but no new cases of manufacturing counterfeit notes. It is gratifying to observe that the percentage of stolen property recovered rose from 39.4 in 1100 to 48.5 in 1101 which compares very favourably with the percentage in the adjacent British Districts of Madras, Tinnevely etc., for the year 1925. The average time taken by the Magistrates generally for the disposal of cases charged before them by the Police was much higher than in 1100. The chief feature of criminal administration during the year 1101. M. E. was the large increase in the number of offences charged under the Penal Code and under Special and Local Laws, there being 1179 cases more under the former and 1320 more under the latter. The number of juveniles convicted in the year fell from 21 to 13. The number of female offenders convicted during the year was 2247 as against 1155 in the year previous, the largest number of convictions against females being under the Municipal Regulation. The number of public servants prosecuted during the year was 111 against 126 in 1100; but while no public servant was convicted in 1100, 5 public servants were convicted during the year under review, 3 on prosecutions started by departmental heads and 2 on those by private individuals. The cases instituted in the Bench Courts rose from 9743 to 11208. Inclusive of arrears and the cases received by remand transfer etc., the total number for disposal was 14313 against 10354 in the year previous. The disposals rose from 7419 to 13021. The arrears at the end of the year fell from 2935 cases to 1292 cases. We are glad to observe that there has been considerable improvement in the work of these Courts. With no Division Assistant at Peermade only 11 Magistrates exercised appellate powers during the year against 12 in 1100. There was a fall in the number of appeals disposed of in the Courts of the superior Magistrates. As regards preliminary enquiries and trials in the Courts of the superior and subordinate Magistrates it is observed that notwithstanding an appreciable increase in the number of cases disposed of, the arrears left at the end of the year showed an increase owing mainly to the larger number of cases that came up for disposal. The quality of the work of the subordinate and superior Magistrates had alike improved. In G. O. Dis. No. 39/25/ Judicial dated the 7th January 1925, the High Court were requested to inspect some of the Stipendiary Magistrates' Courts without previous intimation. It is not clear from the report whether such surprise inspections were made during the year under review. The statistics show an appreciable improvement in the period of detention of witnesses in the Bench Courts and the Sessions Courts beyond the day prescribed for their examination, but the figures for the stipendiary Magistrates Courts call for comment, 1210 witnesses having been

detained for more than one day against 820 in 1100. The amount of fines outstanding recovery in the Courts of the Bench Magistrates, Stipendiary Magistrates and Sessions Judges continues to be heavy. The District Magistrates should take prompt steps for the early recovery of the arrears in the Courts under their control. Regarding the fines in the Sessions Courts, the Trivandrum and the Kottayam Courts are heavily, in arrears. The arrears should be promptly realised by the Sessions Judges concerned. We are glad to note that the health of the prisoners was satisfactory during the year, 1101 M. E. There was a slight fall in the percentage of the average sick to the average strength from '29 in 1100 to '26 in 1101 and of the daily average sick from 1'27 to '97. The number of deaths during the year was only 3 as against 6 during 1100. The number of jail offences recorded and punishments inflicted was 98, against 100 in 1100. There was only one case of whipping during the year, which was inflicted under very exceptional circumstances where stern disciplinary action was necessary. There were during the year two releases from the jail on Medical grounds, as against one in the previous year. One was a totally blind female convict. It is satisfactory to note that the income from the jail manufactures showed an increase, the receipts from sales amounting to Rs. 17,518, as against Rs. 11,103 of the previous year. The major portion of this was for supplies made to Government departments, cash sales to the public having amounted only to Rs. 1,597 or about 12 per cent. of the total sales. The consuming departments of Government should resort more to the jail manufactory for the purchase of their supplies.

HOUSE PLANNING.

(P.H.D.—U.P.)

The housing problem for villagers is of great importance, as it deals with present sanitary defects which are causing a high mortality among them. The sanitary defects may be broadly divided into the following different groups:

1. Sanitary defects in areas, dense aggregation, inadequate open spaces about dwellings, insufficient light and air.
2. Overcrowding in houses and rooms, insanitary methods of storage of grain etc., defective, arrangements for cattle and their fodder.
3. What of drainage or defective drainage leading to pollution of soil.
4. Defective means for the removal of excreta, polluted matter sweepings and domestic refuse.
5. Impure water supply.
6. Insufficient accommodation and unsuitable areas reserved for market places.

The houses in villages are now-a-days built in any manner and anywhere, as the villagers have little or no knowledge of health requirements. The houses are situated in such close proximity that the provision for air, light and space is reduced to an amount much below the standard required to maintain health. There is no special provision for cattle or the storage of fodder.

The poor class of people, who generally form the bulk of the population of villages live at present in huts. The floors of such huts are commonly of earth, and consequently they are often damp. The walls are either of unburnt bricks, mud or bamboo matting plastered over with mud. The roofs are made generally of thatch, straw, palm leaves etc. There is only one door leading into these huts, and consequently they are very dark, im-
properly ventilated and consequently unhealthy. It is important that all these huts should have an open space or court-yard into which each room should open, and provided with adequate openings for the access of fresh air and they should be built in a continuous line. There cannot be much improvement in the present type of huts; but for the amelioration of the present conditions prevailing in rural areas the following plan should be observed:—

Each room should have at least two windows 2 ft. square opposite each other and in the case of one window, it should be one yard square. The mud walls should be white-washed at

least twice a year. The windows and door should be left open morning and evening for free ventilation. Dirty water, waste food and domestic refuse should not be thrown in the vicinity. The people in the villages generally go to open field to attend to the calls of nature. This practice is far from satisfactory and attended with great risk of infection through flies etc. The use of latrines is by far the most desirable thing, but seems impracticable in the case of existing huts; and the only plan is to have an area allotted for this purpose. It should be situated at a suitable distance from habitations, and arrangements made for covering all excreta with earth every day. For better class people who live in houses, the following rules should be observed. The houses should have an open space or verandah into which the living rooms should open. The rooms should be provided with windows and doors facing each other for free ventilation. The floor of the rooms should be made of some impervious material. The zenana room also should be made on the same principle and a separate entrance or "deorhi" should be made for entering the court-yard. The rear portion of the house should be separate from the living rooms, and such part of it as is necessary should be reserved for the accommodation of cattle and for the storage of fodder leaving the rest to be utilized as latrine, which should have an impervious floor, and which should be easily accessible from the back to the sweeper. It must be cleaned daily and should have the door and window large enough to allow plenty of fresh air and sunlight. In a separate portion of the courtyard well away from the latrine a kitchen should be made. It should be provided with windows for the escape of smoke, and it should be kept clean; the food should always be kept covered so that it may not be accessible to flies. There should be a separate room for the storage of grain. The floor of this room should be pucca and proof against rats.

A little room or space near the kitchen should be made into a pucca chabutra for washing utensils etc., which can also be used for bathing purposes.

IMPURE WATER-SUPPLY.

In villages the water-supply is almost always scanty and people generally have recourse to any available source of water, and hence the pollution of tank, river, or stream is a matter of consequence. The villagers generally depend on their water-supply either on tanks, shallow wells or small streams. Tanks are mostly irregular and left unsupervised; drinking water is often obtained from those tanks which are used for washing, bathing and for watering cattle. The risk attending this practice is considerable. The shallow wells are far from satisfactory. They draw mainly from the ground water, which percolates into them from the surrounding superficial soil and generally is contaminated by the impurities from the surface of the soil, and when once animal impurities find their way into these wells, they become dangerous. Filthy, small, unused tanks existing in close proximity of villages should be filled up. One or two big tanks according to the needs of the villagers should be reserved for the use of cattle. If possible and supervised there should be a fence made round these tanks and no one should be allowed to use the water for drinking purposes. Washing may be permitted. One or two of the existing wells can be made fairly satisfactory by taking the following measures:—

The steining of the well should be made of some impervious material. The area surrounding the well should be made pucca so as to form an impervious platform which should be sloping all round and provided with an open drain leading to a pucca drain to carry away the spilled water. The well should be at a distance of 60 or 70 yards from human habitation, and 50 ft. away from any source of pollution. The water from such wells only should be used for drinking and cooking purposes. The well should be protected by a cover provided with holes or free ventilation.

METHODS OF REMOVAL OF REFUSE.

At present the villagers collect their refuse in front of their house. They do not like to part with it as a manurial value is attached to this refuse. This practice is very unsatisfactory and dangerous. It will be a good plan if a separate area is reserved for the collection of refuse. This area should have its

boundary and demarcated and it should be at a fairly good distance from dwelling houses. The villagers should be induced to throw their refuse in this area. They should not be allowed to collect rubbish in open places close to their houses, but they should have separate covered baskets for the collection of refuse which should ultimately be emptied into the area set aside for this purpose outside the village limits. In view of the manurial value of refuse, the only other plan possible is to induce the villagers to take all refuse from their houses for use into their own fields.

MARKET PLACES.

In nearly all the villages one or two days in a week are fixed for marketing. When people from the neighbouring village collect to sell and buy, various articles of daily use. In most of the villages the market place is an open field without any, protection from rain, etc., and with no provision for drinking water. The people generally drink water from whatever source available, and this often leads to the spread of cholera from an infected village to other neighbouring places. Besides the place itself is very dirty and filthy. It is necessary that a good pucca well should be built near the market place which should be kept clean, and provided with shed. A few special latrines should be built near the market place.

DRAINAGE.

The Drainage system of most of the villages is often very faulty and therefore dangerous to the community. The waste

ON THE LINE.

PRICES OF FOOD-GRAINS.

Economic conditions in the Presidency of Madras judged by the cost of the staple foodgrains, may therefore be considered fairly satisfactory as compared with the two previous years, but are still unsatisfactory in comparison with the average figures for the last 15 years. Signs are not wanting that conditions may become more acute, consequent on the general failure of the north-east monsoon.

Prices of the staple food-grains were more favourable than those of 1925. The subjoined statement gives details:—

Grain.	Seers available per rupee in	Percentage rise in price above average in				
		1926	1925	Average*	1926	1925
Rice	5'6	5'2	6'6	11'5	18'0	32'7
Ragi	10'0	9'3	11'5	10'8	15'0	28'0
Cholam	9'7	8'6	10'8	10'7	11'3	30'2
Cumbu	9'0	8'5	10'7	10'7	18'9	29'4

As compared with 1925 every district except Salem, showed a decrease. The decrease was marked in South Kanara (—41'85), Madras (—35'44), Chingleput (—29'41) and Nellore (—26'24). Malabar registered the highest increase (+4'88), and Madras the highest decrease (—18'17), as compared with the average. The average district rainfall recorded in the inter-monsoon period was 6'62 inches against 7'58 inches in 1925 and an average of 5'32. Twelve districts recorded an increased rainfall over that of 1925 and in 20 the average was exceeded. The largest increase as compared with 1925 was returned by Ganjam (+2'25). Marked decreases occurred in South Kanara (—10'76), Madras (—6'97) and Malabar (—6'69). The south-west monsoon was generally weak, the average district rainfall being 0'77 inch less than that of the previous year and 0'71 inch below the average. Thirteen districts recorded an increased rainfall over that of 1925 and 6 over the average, the largest increase being returned by Malabar. The north-east monsoon was on the whole a failure, the average rainfall during the period being 8'63 inches against 20'17 inches in 1925

* For fifteen years ending 1925.

RAINFALL.

The average district rainfall of the Presidency during 1926 amounted to 38'75 inches against 52'02 in 1925 and 48'51 in 1924. The distribution was as follows:—

		INCHES.	
Inter-monsoon period, January to May	...	6'62	...
South-west monsoon, June to September	...	23'50	...
North-east monsoon, October to December	...	8'63	...
Total	...	38'75	...

and an average of 14'84. In every district the figures compared unfavourably with the average. In Nellore, Chingleput, Madras, Tinnevely, Guntur and Kistna marked decreases of (—11'10), (—10'09), (—9'47), (—8'85), (—8'42), (—8'28) inches respectively were recorded as compared with the average, and defects of (—27'87), (—22'42), (—26'53), (—24'22), (—11'78), (—9'02), respectively, as compared with 1925.

PROFIT OF 49 LAKHS

The Postal Department alone had made a profit of Rs. 49 lakhs in 1925—26, but this amount was shown as reduced because of losses over Telegraph and Telephone branches. Mr. Joshi contends that the surplus should be devoted to the establishment of a Reserve Fund with a view eventually to reduce the postal rates. He pressed for an extension of the postal facilities and he was told that this was the aim of the Department and it was being carried out at the lowest cost to the consumer.

TELEVISION IN INDIA

An interesting development in broadcasting is promised within the next few months, by which listening-in can be combined with television. An apparatus is now being completed which, it is hoped, will enable wireless listeners to see the head and shoulders of the broadcaster as he delivers his programme from the broadcasting station. Announcement is also made of a further development in the beam system of transmitting wireless messages, which points to the substitution in the place of the Morse signals hitherto in use of the highspeed transmission of photographed messages. It is understood that the system will reproduce the actual handwriting of the sender and this will be



transmitted overseas at the rate of three hundred words a minute.

TELEPHONE POLICY

The telephone policy of Government was considered on the remarks of the Accountant-General, respecting the loss over a Telephone branch. It is stated that this branch had, in recent years, been somewhat in the position of a commercial concern tracting its own plant and that now it was waiting for business. With little extra cost, the branch could offer a greatly extended service and earn greatly enhanced receipts. At the same time the trunk telephones between Delhi and Calcutta and Delhi and Bombay would take very long time to pay their way at a commercial rate. Mr. Sams, while admitting that there was a certain amount of window dressing in order to advertise these two trunk lines, emphasised that Government's policy was to develop the telephone habit with a view eventually to make it pay.

SILVER JUBILEE.

THE LEADER WRITES:—

"MYSORE is one of the most progressive states in the country. Its enlightened ruler has been taking a deep and sustained interest in the progress and prosperity of his subjects. The measures adopted for the economic development of the state bear testimony to the beneficent spirit of the administration. Its institutions are fashioned on the model set by British India, and its administrative services are noted for their efficiency. The state has got a civil service of its own whose members enjoy a security of tenure which can be compared to that in British India. No greater practical tribute could have been paid to the administrative efficiency of the state and to the devoted interest which its ruler takes in the welfare of his subjects than by the announcement which His Excellency the Viceroy made at the state banquet regarding the remission of ten and a half lakhs of rupees out of the annual subsidy paid by the state. The decision of the Government of India in the matter should act as a stimulus to the rulers of other states to follow the example set by Mysore. There is no doubt that there would have been no reduction in the subsidy if the Government had not felt assured that the relief given would benefit the people of the state. There are a number of rulers who are fond of spending their time and their subjects' hard earned money in the pursuit of pleasure in Europe. On them the sacred responsibility of their position sits very lightly. To them his Highness the Maharaja of Mysore offers a strong contrast. He has no time to waste in sight-seeing in the fashionable capitals of western countries. The Viceroy's announcement will be widely welcomed in the country, and by no one more than the people of the state themselves. If the generality of Indian states were administered in the same enlightened and liberal spirit as Mysore has been, their existence would not be regarded with hostility or disfavour by any section of the people in British India."

CURE FOR LEPROSY.

We are glad to give prominence to the following editorial note from the *Indian Social Reformer*:—

It is well-known that Dr. A. Row the eminent Bombay doctor, has been engaged for some time past in researches in leprosy. The results of his work have won high appreciation from Brazil where a distinguished medical man has been experimenting with Dr. Row's treatment. In the course of his paper read before the National Academy of Medicine in Brazil, Rio de Janeiro, Dr. J. de Oliveira Botelho spoke of Dr. Row's work as profound and brilliant. 'I consider,' he said, 'the vaccine of Row a truly ideal tuberculin; it is so perfect and so well prepared and its dose well regulated. The day on which the doctors of the world come to know of it as well as I do, it will be the vaccine of preference in all the civilized parts of the world for the treatment of leprosy and tuberculosis.' Again, he observed: I think it is destined to give brilliant results at the hands of all the doctors of the world in the treatment of leprosy and tuberculosis patients when the use of this vaccine has been sufficiently known and widespread.' The Bombay University is adopting measures to promote research. Here at hand is a great work done by one of its own members. We hope Dr. Row will get all the support that he needs from the Bombay Government and University.

WORLD'S, OLDEST MAN.

Zaro Aga of Constantinople, who has just celebrated his 146th birthday, is the oldest man in the world. He has been married ten times and his present wife is just 90 years his junior. He is still working as a clerk in the Constantinople Law Court and is very fond of motor driving.

A PHYSICIAN'S ADVICE.

Most thin people eat from four to six pounds of good solid fat-making food every day and still do not increase in weight one ounce, while, on the other hand, many of the plump, chunky folks eat very lightly and keep gaining all the time. It's all bosh to say that this is the nature of the individual. It isn't nature's way at all. Thin folks stay thin because their powers of assimilation are defective. They just absorb enough of the food they eat to maintain life, and a semblance of health and strength. Stuffing won't help them. A dozen meals a day won't make them gain a single "stay there" pound. All the fat-producing elements of their food just stay in the intestines until they pass from the body as waste. What such people need is something that will prepare these fatty food elements so that their blood can absorb them and deposit them all about the body—something, too, that will multiply their red blood corpuscles and increase their blood's carrying power.

FOREST GRIEVANCES IN BOMBAY.

The nonofficial members of the Forest Grievances Enquiry Committee have arrived at the finding that much of the

discontent prevailing among the ryots with the Forest department was the result of the high-handedness of the Forest department subordinates and of their illegal extortions. The nonofficial members suggest, firstly, that officers of the rank of divisional forest officers be asked to keep a strict watch over their subordinates and to take serious notice of any instance of harassment of people, and, secondly, that district forest committees be formed in all districts with power to hear forest grievances and to report thereon. The official members on the other hand state that there was nothing definite in the complaints of high-handed behaviour brought to their notice upon which action could be taken. The Government in their resolution on the committee's report admit that subordinates of the Forest department as of other departments might at times show a disposition to be high-handed, but they are not prepared to accept the suggestion that villagers in the vicinity of forests are everywhere groaning under a systematic tyranny. Still less do they consider it necessary formally to call on divisional forest officers to keep a strict watch over their subordinates. The Government do not approve of the proposal for the formation of district forest committees, if this means the constitution of wholly nonofficial bodies functioning independently of the local officers of the Forest and Revenue departments. They consider, however, that the constitution of advisory committees somewhat on the lines of the railway advisory committees would be a salutary measure tending to secure free interchange of opinion between the officers and the representatives of the public. The Government have accordingly directed that advisory committees presided over by the collector and composed of a limited number of forest and revenue officers and nonofficial members of the Legislative Council and district local boards be constituted in every district where forests play an important part.

THE PURDAH SYSTEM.

The *pardah* system is more rigidly observed among the Muslims than Hindus. A Muslim paper suggests at least a relaxation of the rigorism of the system, although when one sees how in other countries women are treated and work along side the men in the various fields of public activity one should be able to see the unfairness of the system and its disadvantages, and the great good which would result if women were allowed to contribute their share by active work to the progress of the country. The tank in the Shalimar Gardens of Lahore was the scene of a distressing fatality one noon when a boy of six or seven years was drowned. It was the day of the Sawan fair when only women and children are admitted into the gardens. When the boy fell into the water, the women present made desperate efforts to rescue him but unfortunately without success and the boy was drowned. The *Muslim Outlook* suggests that if the rigour of the *pardah* system were slightly relaxed so that women might be able to lead a comparatively more active life, such tragedies would not occur.

Continued From Page 4.

THE CARE OF THE EXPECTANT MOTHER.

Birth is not the beginning of life and many an Indian home is steeped in sadness, because this fact is not realised. Many a danger will be avoided, and many a life saved if the young expectant mother is put at once under the care of a doctor or a trained midwife; or if she goes to an ante-natal clinic or centre for consultation. There are at least two good reasons for this. One is her own comfort, many of the minor ailments of the expectant state being easily corrected or prevented by simple means. The other is for her safety, because some of the danger signals of unhealthy conditions in pregnancy require special skill for their detection and treatment.

Pregnancy is a time of stress, but if the young expectant mother follows the skilled advice given her she will not only feel safe herself but she will likewise know that she is doing what is best for her infant. The expectant mother should welcome a thorough medical examination. For example, the early detection of smallness of the birth-passages may enable the doctor to take measures for the prevention of what would otherwise be a very difficult or dangerous confinement. Further, medical supervision may prevent the child coming in a wrong way. Prevention during pregnancy is far easier and safer than attempts at cure after the confinement is in progress.

Early marriage is a great evil in India. The young girl's body, still in the stage of adolescence, is called upon to undertake functions which should not be imposed on any one who has not reached full womanhood, say, twenty-one years of age.

Ten bottle-fed babies die before they are a year old to one that is nursed by its mother.

General.—An expectant mother should live in as clean and healthy a locality as possible. Plenty of fresh air is necessary, as the growing infant draws its supply of oxygen from the blood of the mother. The choice of a suitable home, with due attention to environment, ordinarily receives very little thought. Not only should sleeping accommodation be airy and free from noise, but domestic duties such as cooking should not be carried out in the usual cramped corners one meets with.

PERSONAL.

1. **Exercise.**—The daily duties of house-keeping provide enough exercise indoors, but in addition the expectant mother should walk in the open for at least half an hour every day and also remain out of doors for about two hours each evening. As pregnancy advances she should be careful not to stretch or strain in any way, or lift heavy weights. A common accident is to slip or fall when carrying a heavy pot of water, but such occurrences are dangerous and should be avoided.

2. **Rest.**—The expectant mother should have uninterrupted sleep for at

least eight hours during the night. She should lie down for at least half an hour during the day.

3. **Cleanliness.**—To keep the pores of the skin open and clean, a daily bath is necessary. The private parts should be washed frequently and kept scrupulously clean. Any abrasion, wound or ulcer should be immediately attended to, and the doctor called in if anything more serious results.

4. **Food.**—The food of an expectant mother should be wholesome, nutritious, easily digested and taken at regular intervals. Bulky meals should be avoided, and the diet should always include fresh fruit and vegetables. Milk is particularly suitable, but alcohol and spices should be avoided. The following is a suitable diet for middle class mothers:—

7 A.M.—Rice cakes or ragi porridge. Butter milk or with a little tea or coffee.

11 A.M.—Rice with curry or chap-patties with curry.

Curries should contain meat or dholl; vegetables such as brinjals, tomatoes, onions, cabbages, beans; fresh lime juice and some ghee, cocoanut oil or gingelly oil.

A plantain or preferably an orange.

4 P.M.—Bread and milk.

8 P.M.—Rice with fish curry

Water may be taken freely at any time.

SPECIAL ORGANS.

1. **The mouth.**—Should be kept clean and the teeth brushed twice daily. Everyone ought to pay a periodical visit to the dentist. Inflamed gums and decaying teeth are a sure cause of trouble.

2. **The bowels.**—Should move at least once daily. Constipation is certain to lead to difficulty in pregnancy. Strong purgatives should not be taken. Plenty of fruits and vegetables prevent constipation.

3. **The kidneys.**—If the normal amount of urine is not passed, a doctor should be consulted at once. The urine should be tested once a fortnight from the seventh month onwards.

4. **The breasts.**—Should be washed with warm water frequently during the later months. A retracted nipple should be drawn out so that the baby may be able to suck without any difficulty.

COMPLICATIONS OF PREGNANCY.

An expectant mother should consult a doctor:—

- If she has any loss of blood.
- If she suffers from excessive sickness or headache.
- If she has puffiness of the face or swelling of the legs.
- If she is not passing the normal quantity of water.
- If she has a discharge or sores of any kind.
- If the bowels do not act daily.
- If she has varicose veins.
- If her abdomen is unduly large.

(i) If she suffers from sleeplessness.

Preparations for the arrival of Baby.—It is a common belief in India that preparations forbode evil, but they are of great importance, for although pregnancy and labour are normal conditions, certain safeguards are essential.

For the mother.—She needs a good-sized, well ventilated room away from noise, the doors and windows of which can be left open without affecting privacy. The room itself should be thoroughly clean, all unnecessary furniture being removed. A wooden bed with a mattress or rejan is most suitable. She should supply herself with the following clothing and bed linen:—

6. Sheets large size.
- 4 Towels.
- 4 Sheets small size for use as draw sheets.
- 1 yard of mackintosh.

A good supply of sanitary pads, made of gauze or tow, or old cloth. The pads should be thoroughly boiled for about 20 minutes, then dried in a clean place and put away in a clean basket. They should be burned after use.

For the baby.—

- 4 Cotton wrappers.
- 4 Flannel wrappers.
- 4 Small towels of absorbent towel-ling.
- 12 Small napkins.
- 4 Sheets (about 1 yard square)
- 1 Flannel shawl.
- 1 Ratten basket cradle, so fitted up that a mosquito net can be thrown over it to protect the baby from mosquitoes.

It is very important that all these articles of clothing should be got ready in time as very often the confinement takes place when the mother is quite unprepared.

For the doctor or nurse.—

- 2 Basins.
- 1 Zinc basin.
- 1 Zinc bath.
- Needles and cotton.
- Safety Pins.
- A cake of soap.
- Boric and Zinc powder (Equal parts of Boric Oxide and Zinc Oxide).
- ½ packet of absorbent cotton wool or tow (not to be opened till the nurse arrives.)

The doctor or midwife should be sent for as soon as the pains begin; or if the waters break without any pains or if the mother notices any "show".

After the confinement the mother must stay in bed for at least ten days.

Where private circumstances do not permit her to have her own private doctor or nurse, or to arrange for her confinement at home, the mother should, as early as possible and in any case not later than the seventh month, get into touch with the authorities at the nearest child-welfare centre, maternity hospital or home, and follow the instructions given to her there.—Health.

HOW ABOUT MODERATE SMOKING?

"Doctor, don't you think that after all, smoking is a rather harmless habit, provided, of course, one doesn't smoke to excess?"

"Of course," said the doctor in reply, "it does a man more harm to smoke ten cigars a day than to smoke one or two; but it cannot be said that the habit is harmless, no matter how mild the tobacco used nor how moderate the indulgence. Tobacco is a poison; and a poison is harmful in all doses, large or small. Of course, the dose might be so small that the bad effects could not be measured; but it may be cumulative. Indeed, it has been proved that the effects of nicotine are cumulative."

"Thirty years ago I met a young doctor who was smoking. He was a member of the faculty of a great university and was a very brilliant and a very interesting man. I urged him not to smoke. I felt he had such a splendid career before him that it was too bad for him to injure his prospects by smoking. He said, 'Smoking does not hurt me,' and continued to smoke. Recently, I heard a doctor say that he met this doctor not long ago and the doctor said, 'Doctor Kellogg has been trying to get me to stop smoking for years, but I would not pay any attention to his talk. About four years ago I began to notice tobacco was really injuring me, and I gave it up and I found great benefit in doing so. I am now convinced it was doing me harm all the time.'

"Of course it was, the reason the doctor did not realize that tobacco was doing him harm thirty years ago was because he had a large vital reserve. Smoking consumes that vital reserve. But vital reserve is necessary. The more we possess the better. It is this reserve which causes a boy to grow. It is vital reserve that

carries a man through an attack of typhoid or pneumonia. It is vital reserve that enables a man to defy Old Father Time into the 80's or 90's when people with little reserve have long since gone to the cemetery."

"By consuming vital reserve and giving nothing in return, tobacco stunts growth, lessens efficiency and resistance to disease, and shortens life."

"You say, 'Well, that is all true for boys, but after a man gets his growth he can smoke and then it won't hurt him because it cannot stop a man's growth after he has got his growth.'"

"That is no proof, however, that it does not hurt him. When a man has attained his development he has gone through one cycle of his life. He has completed his growth. But he has another thing to complete. That is longevity. First he grows in height; he attains his maximum length of body. The next thing is to attain the maximum length of life and maximum efficiency during his life. Large and carefully economized vital reserve is needed for this. The same things which interfere with the full development of stature interfere with the full development of longevity."

"Life insurance experts are convinced that tobacco shortens life. I asked the medical director of a great life insurance company his opinion of the effects of tobacco on health and longevity. This is what he said in reply after having made a careful study of the question during many years while he, himself, was a smoker, though since an abstainer, because, convinced of the pernicious effects of the habit: 'If there were in a community one thousand who smoked and another thousand who did not smoke living under the same conditions, when a hundred non-smokers died,

one hundred and ten smokers would die'. —Good Health."

TEN HEALTH COMMANDMENTS.
The Reverend Doctor Henry Hugh Procter in a sermon at the Nazarene Congregational Church, Brooklyn, N. Y., in urging yearly physical examinations as an important part of insurance against disease, gave ten commandments for health, which, as stated in the *New York Times* of May 31, 1926, were as follows: 1.—"Honor your parents by having a thorough physical examination every birthday; for an ounce of prevention is worth a ton of cure." 2.—"Honor your friends by taking a daily bath; for cleanliness is a part of godliness." 3.—"Honor your family by having your life insured; for life insurance guarantees the co-operation of the insurer in the prolongation of the life of the insured." 4.—"Honor your physicians by avoiding patent medicines; for most of these nostrums are humbugs." 5.—"Honor your stomach by having your teeth carefully examined by a dentist at regular intervals; for bad teeth are an abomination to the system." 6.—"Honor your digestion by being careful of your diet; for many a man digs his grave with his teeth." 7.—"Honor your lungs by breathing fresh air; for ventilation is a means of grace." 8.—"Honor your nerves by taking plenty of rest in sleep; for they who work all day and play all night promote the brevity of their lives by burning the candle at both ends." 9.—"Honor your country by obeying the law; for it is a mark of good citizenship to obey a law, whether he liked it or not." 10.—"Honor your God by chastity in word, thought and deed; for the race that wishes eternity must exalt maternity." —*Clinical Medicine*.

SCISSORS.

SCIENCE FOR PRACTICAL PURPOSES.

Of scientific inventors of the present day M. Claude, the distinguished Frenchman, is undoubtedly one of the most prolific and successful. He is perhaps best known by the process which towards the end of the war he devised and elaborated for the production of synthetic ammonia and its subsequent transformation into an efficient fertiliser, and he has also more recently acquired fame as the inventor of the Neon lamp which is now extensively used in advertising signs. There are, however, many other brilliant conceptions in connexion with the utilization of science for practical purposes with which his name is associated, and so fertile is his imagination that no sooner has one of his ideas emerged from the experimental to the factory stage than he has already started work on something new.

According to an article in the June number of the *Scientific American*, the latest problem which he set himself to solve is that of using the thermic energy of the sea for the production of motive power. With this object in view, the achievement of which he believes, so it is stated, will be the crowning work of his career, he is now collaborating with Paul Boucherot, an eminent French electrical

engineer. The principle on which their researches are based is simple enough, being nothing else than that the difference in temperature between the surface water of the ocean in the tropics and that a thousand metres deep represents an amount of potential energy amply sufficient to provide ordinary motive power on a commercial scale. The temperatures here referred to are respectively about 28 degrees and four degrees centigrade, and if the waters at these temperatures are brought together, steam could be produced in a partial vacuum, and the resultant work would theoretically be equivalent, so it is stated, to that of a waterfall 300 feet high. Not only, moreover, could motive power be obtained in this way at much the same price as that derived from the most favoured waterfalls, but at the same time cold could be supplied at a low cost to take the place of artificial ice. Thus, according to M. Claude, it will be possible completely to transform living conditions in the tropics. As the writer in the *Scientific American* remarks, this is a somewhat fantastic idea, but so many of M. Claude's ideas have, he adds, turned out trumps that it would be well to await the results of his further experiments before dismissing the present project as unworthy of serious consideration.

PRAYERS FROM GITANJALI.

I
Life of my life, I shall ever try to keep my body pure, knowing that thy living touch is upon all my limbs.

I shall ever try to keep all untruths out from my thoughts, knowing that thou art that truth which has kindled the light of reason in my mind.

I shall ever try to drive all evils away from heart and keep my love in flower, knowing that thou hast thy seat in the inmost shrine of my heart.

And it shall be my endeavour to reveal thee in my actions, knowing it is thy power gives me strength to act.

II

This is my prayer to thee, my lord—strike, strike at the root of penury in my heart.

Give me the strength lightly to bear my joys and sorrows.

Give me the strength to make my love fruitful in service.

Give me the strength never to disown the poor or bend my knees before insolent might.

Give me the strength to raise my mind high above daily trifles.

And give me the strength to surrender my stranger to my will with love.

MISCELLANEOUS.

SWARAJ PRINCIPLES.

Swaraj, as they all knew, he said meant responsible government—government by an executive which was responsible to and removable by the Legislature, which in its turn was responsible to and removable by the constituency. These were the bed-rock principles of Swaraj. It followed that unless they had an intelligent, politically conscious and honest electorate they could never have real Swaraj. Education of the electorate must, therefore, be the primary duty of all those who cared to build up a national life.

The present Government of India Act had many defects no doubt, but everyone who had any political intuition fully acknowledged the value of the Act as a means of political education. It had given them 60 millions of Indian electors. If they could organize them, concentrate the forces that were in them, and apply them against the Government, the latter would find it difficult to resist their demand.

A national democracy could only be built up on the foundation of local self-government, and if they were to build up a true Swaraj in India they must take care of local bodies. Unless they had a physically strong, mentally intelligent and morally pure body of men, they could never have a true national life. Their first problem of nationbuilding was, therefore, that of the health of their population. How often had their leaders lamented the physical weakness of the people? In the country were malaria, kala-azar, small-pox, cholera, plague and a number of other pestilences which had been practically banished from modern Europe.

WORK IN VILLAGES.

Scientific experiments had proved that these were preventable diseases, and if they could organize and popularize the preventive measures, they would secure immunity to their people from those maladies. If they could provide for sufficient food and health for their rural population, they would be able to help the people in the realization of the physical ideal of life, namely, health and longevity.

The interest of the villagers, he declared, must be created in the work of nationbuilding. In the village unions they had the foundation of a national state. In Bengal there were 14,000 members elected to village unions. If they could educate these men and their constituencies they would be able to advance the cause of nationbuilding far more effectively than anything else. Then there were the local and District Boards and the Municipalities. If they could create a sufficiently large and intelligent interest among these bodies in the work of nationbuilding, they would achieve their end much sooner. A nation which had not attained a Swaraj mentality could never build up a Swaraj Government.

Another problem of nation-building, added Mr. Pal, was the communal question.

So long as these sentiments were exploited for personal gain the problem could not be solved, but the moment they applied themselves to constructive work in the villages, these would at once solve or dissolve themselves.

FOREIGN TRADE OF BRITISH INDIA.

IN MAY, 1927.

Treasure.—Imports of treasure (private) were valued at Rs. 333 1-2 lakhs in May, 1927, as compared with Rs. 504 1-2 lakhs in the same month last year. The exports on private account amounted to nearly Rs. 18 lakhs in the month under report, as against about Rs. 19 lakhs in May, 1926.

Imports.—As compared with May 1926 the value of food, drink and the tobacco in May, 1927, showed a decrease of Rs. 14 lakhs, and amounted to Rs. 215 lakhs due mainly to a decrease in the imports of sugar partly set off by an increase in the imports of wheat. Raw materials and articles mainly unmanufactured increased by Rs. 76 lakhs, to Rs. 253 lakhs due mainly to larger imports of raw cotton; Articles wholly or mainly manufactured, amounting to Rs. 15.35 lakhs, showed a decrease of Rs. 20 lakhs due mainly to lower values of the imports of cotton manufactures; and hardware; Living animals fell from nearly, Rs. 5 lakhs to Rs. 1 lakh; and postal articles rose by Rs. 3 lakhs to Rs. 30 lakhs.

Exports.—As compared with May, 1926 the exports of food, drink, and tobacco in May 1927, increased by Rs. 46 lakhs to Rs. 7.07 lakhs due to an increase in the exports of cotton manufactures and sugar. The exports of raw cotton, oilseeds which were partly set off by an increase in raw jute. Articles wholly or mainly manufactured increased by Rs. 66 lakhs to Rs. 7.10 lakhs, due chiefly to increases in the value of jute, gunne cloth, opium and cotton piecegoods.

Trade in two months, April and May 1927.—During the two months ended May 1927, the value of the imports increased by Rs. 2 crores or 5 per cent to about Rs. 42 crores as compared with the corresponding period of 1926, while the total exports including re-exports fell by Rs. 166 lakhs or 3 per cent, to nearly Rs. 51 crores. The exports of Indian merchandise showed a decrease of Rs. 1.74 lakhs, or 3 per cent, and re-exports showed an increase of Rs. 8 lakhs, or 6 per cent. The grand total of imports, exports and re-exports amounted to Rs. 93 crores, the same as in the previous year.

Imports of treasure (private and Government) increased by Rs. 10.98 lakhs to Rs. 19.88 lakhs. Gold bullion fell by Rs. 2.38 lakhs to Rs. 1.70 lakhs, sovereigns and other British gold coin by Rs. 14 lakhs to Rs. 97 lakhs, and other coined gold by Rs. 8 lakhs to 6 lakhs. On the other hand, the value of silver imported rose by Rs. 1.08 lakhs, to Rs. 4.60 lakhs and that of currency notes by Rs. 12.50 lakhs to Rs. 12.55 lakhs. Exports of treasure declined by Rs. 8 lakhs to Rs. 22 lakhs.

CRIME IN AMERICA.

EFFECT OF LIFE SENTENCES.

The prison population of the United States has increased 27 per cent. in the past four years, according to a statistical

compilation recently made. Criminologists point out, however, that this does not mean a corresponding increase in crime during the same period. Their general view is that the so-called "crime wave" is far less serious than is popularly supposed. It is, in this respect, like the recent "epidemic" of student suicides. The sensational press gave great prominence to a few remarkable instances of suicides by adolescents, and produced the impression that a new phenomenon was being witnessed, although, in fact, the number of deaths in this category has been declining steadily for many years.

The increase in prison population is chiefly due to the imposition of longer sentences than were formerly given for the same offence. Several States have recently strengthened their penal laws, on the theory that such action discourages criminals. New York State has gone far in this direction. It has recently enacted a set of statutes known as the Baumes Laws, of which the most important is one providing that any person previously convicted of three crimes must receive a life sentence for the final offence. This law is mandatory upon judges and juries, who are allowed no discretion under it, and has been approved by the higher Courts of the State. Several judges have protested strongly against its terms, and on more than one occasion juries have pronounced men innocent, even though they were undoubtedly guilty of the minor offences with which they were charged, rather than inflict live imprisonment.

DISPROPORTION TO OFFENCE.

Not all juries have been so kind, however, and several pathetic instances have occurred in recent months of persons, some of them obviously of weak mentality, who have suffered penalties disproportionate to their offences. One such individual has been sentenced for becoming intoxicated and stealing automobiles. As soon as the effect of the liquor passes off, it has been his habit to restore the stolen property and give himself up to the police. On previous occasions he has been given a few days in prison, but having committed his fourth offence since the new laws were passed, he is now serving a life term.

Another individual has suffered the same punishment for turning a door-knob in a New York hotel a few days ago. He entered a bed-room and was apprehended by detectives. Under the laws of the municipality turning the door-knob constituted an offence serious enough, in connection with his previous record of burglary, to give him a life sentence. Another recent case had to do with a young man who had passed four forged cheques for a few dollars each.

The police report that habitual petty criminals now resist arrest much more violently than in the past, if they have them. Rather than confront the virtual certainty of a life sentence, they do not hesitate to shoot to kill.

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2. It should not contain Silicate of soda, Sodium carbonate, Chunam, Clay and such loading materials.
3. It should have not less than 62% of fatty (soapy) matter.
4. It should not contain excess of moisture.

See the following table of analysis of soaps and judge for yourself which soap is good and which bad.

Name of Soap.	Percentage of fatty acids.	Percentage of Silicate of soda.
(a) BORAX SOAP (IMPORTED.)	47.3	26
(b) do. do.	46.0	27
(c) BORAX (Indian Make)	56.6	nil
(d) VEGETOL	62.0	nil
(e) KERALA ROSE	83 to 84	nil
(f) KERALA SANDALWOOD	83 to 84	nil

(a) and (b) are positively injurious to the skin. (d), (e) and (f) are the best.

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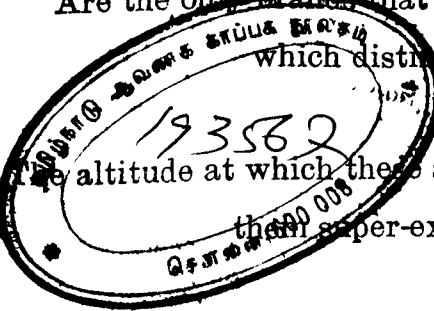
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