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An
All-India
Weekly.

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

(DEVOTED TO ECONOMIC AND WELFARE PROBLEMS)

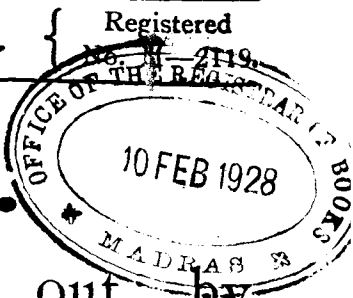
WEALTH & WELFARE

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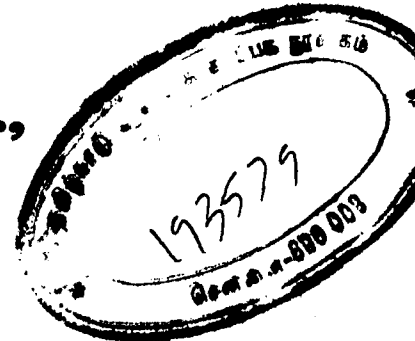
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HEALTH.

FAMILY HEALTH ARCHIVES.

[DR. PANCHANAN BOSE, M. D. (BERLIN)]

By family health archives we mean a book in which a balance-sheet is made of the healthy or unhealthy condition of each individual member of the family, from his birth to his death. It is a sort of chronological history of the physical condition and state of health of each individual person of the house-hold. In many aristocratic families genealogical trees and important family events like marriage, birth, death and succession are carefully recorded and preserved through successive generations. These histories are kept to proclaim to the world the honourable lineage of a family. In India also we find many families amongst the higher classes who try to trace their descent from important Brahmin, Kshatriya, and Vaisya classes amongst the Hindus, and from the ancient Persian, and Arabic immigrants amongst the Muhamedans. These traditions have been the cause of social and religious strifes. But if we look at the health of these so-called high-class families who claim noble lineage and who want to rule the social life of the people, we find that most of them are physical wrecks and degenerates. They can neither boast of a virile manhood nor of a strong womanhood, and their weak progenies who show more and more signs of disease, and degeneration as the generation advances.

Individuals do not live more than 40 years of age, it does not take long for a big family to be extinct within a few generations. Any one who knows of the ravages of diseases like Malaria, Kala-azar, Cholera, tuberculosis and Syphilis, (this latter disease is unfortunately getting very much extended amongst the rich and so-called *badrak* class) can easily testify to the annihilation of big and well-to-do families within three or four generations. So, if these high and middle-class families, instead of wasting their energy in law-suits and claims of heritage, turn their attention to look after the physical well-being of their members by proper prophylactic and curative measures then they have got a chance of survival and regeneration.

UTILITY OF HEALTH ARCHIVES.

By keeping a proper family health archives, the head of the family, be it the father or the mother, will have a constant supervision, not only of their own health but also of their children and dependants. If the development and growth of a child is not as it should be or if the child shows a tendency to repeated attack of illnesses then he should be medically examined and if any symptoms of diseases like rickets or congenital syphilis or tuberculosis are detected then they may be treated in the earliest stages and the catastrophic manifestations of these diseases are prevented.

From the records of health or disease of an individual child, the parents will be able to decide about the age at

which the child should be sent to school. An ailing and sickly child should never be put to school at an early age. And whenever the physical condition of the child demands it the parents would be wiser to lessen the burden of mental training and to send the child for a holiday in a healthy place. In this way many a weak child can grow up into strong manhood and play the role of an important economic unit in the family, if his growth and development are stimulated by offering him the healthiest conditions of living.

The supervision of the health of the adult is equally important. The adult man is the wage earner and the adult woman is the care-taker of the family. How often one comes across the sudden death of an important wage earner of the family from sudden heart-failure or a stroke in the head or from uraemia due to kidney disease. The seeds of these diseases are laid earlier in a man's life. Only they are not detected because we give very little attention to minor physical symptoms which are the precursors of grave accidents. If the family health archives is kept, as I am going to indicate below, then many of these diseases will be detected early and by strictly regulating the diet and the mode of life one can expect to prolong the longevity of the particular individual.

Apart from aiding in the prevention of disease, the family health archives will serve an important role in helping the attending doctor to make his diagnosis in any particular case of illness. In all cases of illness where medical help is necessary, the previous history of a person gives a good deal of light into the diagnosis of the present illness. As human mind is apt to forget, a recorded history of the case is very useful to the doctor. Many little illnesses which were passed unnoticed without being properly interpreted, may in the light of a great illness, be cleared up and may either corroborate the diagnosis of the present illness or may go against it.

HOW IS THE HEALTH ARCHIVES, TO BE KEPT.

It is best to keep it on the loose leaf system, that is to say, each individual member of the family should have a file in which any number of sheets may be added as required. Any decent paper with good margin and two holes punched in the margin for the purpose of filing, will do.

The Health Archives should consist of two parts:—

1. The *history or the narrative part*, which is to be filled up by any intelligent and educated member of the family. In this part the chronology of the individual with regard to the scheme given below, should be noted.

2. The *Examination Part*—This part is to be filled up by the family doctor or by the attending physician during any illness.

The history part is to be filled up whenever something happens to the individual. For example, for the baby, when it begins to walk or cut its teeth; or when any one is ill.

The examination part is to be periodically written up. Of course when there is an illness requiring medical attendance then it is better to have it written at once by the doctor. But when the individual is keeping apparently healthy it is advisable, to have an annual medical examination, to find out, if everything is going on all right. I cannot lay enough stress on these annual medical examinations. Many defects or tendencies to diseases may be discovered in this way and easily cured. People may think these medical examinations to be waste of money. But they are often much more useful than calling in the doctor, when the disease has manifested itself in its rude and advanced form. To mention a few of such instances, one can speak of phthisis in advanced stage, syphilitic disease of the blood-vessels, arterio-sclerosis with high blood-pressure and haemorrhage in the brain; advanced cases of heart disease etc.

Scheme of writing out the history part.

Name—
Age— Sex—
Name and age of father—
Name and age of mother—
Hour and Date of Birth—
Place of Birth—
Health of the mother during pregnancy—
or before—
Any illness of the father—
History of tuberculosis or syphilis or alcohol habit in the family—

Infancy Up to first year of life:

1. Weight of the child at birth—
2. Any abnormality noticed during the first few days of its life—
3. Full-term child or born earlier—
4. Nourishment—
(a) Mother's breast— Months
(b) Mixed nourishment—
(c) Artificial feeding—
Any troubles during Artificial nourishment e.g., vomiting, diarrhoea

5. Note if there were any troubles like running of the nose, bronchitis, skin eruptions or irritability or infantile convulsions, rickets, etc.

6. Primary dentition at what month,—
7. When did the child learn to sit up or stand.

Childhood up to 12 years.

1. When did the child learn to walk—
2. Note the history of the following diseases—
(i) Rickets.
(ii) Measles.
(iii) Hooping Cough.
(iv) Diphtheria.
(v) Frequent tonsillitis or nasal catarrh.

- (vi) Bronchitis or pneumonia.
- (vii) Influenza, (viii) Malaria.
- (ix) Diarrhoea or Dysentery.

3. Weight—

Height—

Measurement of Chest—

(a) Normal

(b) after complete expiration

(c) after complete inspiration

These are to be taken at regular intervals of six months to one year.

4. Secondary Dentition

at what age—

condition of the teeth—

5. At what age commenced school-education—Regularity or irregularity in attendance—whether over worked at school—

The result of the school examinations—Any special inclination of the child should be noted.

6. Any troubles with

Ear

Nose

Throat

7. Irregularities of digestive functions—

Adolescence and Adult Period In case of females

1. Menstrual history—

2. Marriage.

3. Pregnancies.

4. Discharges.

5. Diseases.

In case of males.

1. Any abnormal symptoms after attainment of puberty like too frequent night pollutions.

For both men and women.

1. History of syphilis and gonorrhoea treatment adopted. Whether declared cured or not.

2. History of illnesses like—

Malaria.

Kala-azar.

Dysentery.

Repeated Bronchitis and Asthma.

Dyspepsia—(nature of pain; disagreement with particular food; flatulence, constipation or diarrhoea etc.

In case of any other disease, note—the diagnosis if any made by the doctor at the time; duration of illness and character of symptoms as far as possible.

Middle and Old Age.

After the age of forty, special attention is to be given to the following symptoms—

(i) repeated bad headaches

(ii) attacks of giddiness

(iii) breathlessness on exertions

(iv) great frequency of urination

(v) abnormal hunger or thirst

(vi) temporary attacks of paralysis

(vii) Palpitation or pain in the region of the heart

(viii) Failing eyesight.

If any of the above symptoms are noticed then it is worth while to have the urine analysed and to seek the advice of the doctor to find out the commencement of diseases like, arterio-sclerosis with high blood-pressure, Bright's disease, Diabetes etc.

N. B.—In filling up the histories, no suggestive questions are to be made. And if any abnormal symptoms are noticed no fuss is to be made in the family about it. The constant preoccupation of the parents who are afraid of their child's health, may render a child neurasthenic. Great tact is to be exercised in handling delicate children.

Examination Part.

It is difficult to lay down any hard and fast rule for the doctor in any particular case. We leave it entirely at the discretion of the medical attendant who has to carry out the necessary examinations after consulting the history of the case.

We give below the scheme of examination for an apparently healthy person.

For a child of school-going age.

1. General condition { weight height

Parents are not to be frightened by the simple appearance of positive pirquet test.

2. Condition of nutrition.

3. Muscular development.

4. Bony development.

(a) vertebral column: presence of deviations.

(b) flat foot or any other deformity

5. Thorax—

(a) form

(b) mobility

(c) measurements

6. Lymphatic glands—

submaxillary, cervical,

inguinal, tracheo-bronchial.

7. Examination of—

heart

pulse

lungs

abdomen

liver, spleen

genital organs

skin

8. Examination of special organs:

(i) Eyes—any inflammations; acuity of vision and errors of refraction

(ii) Ear—inflammations; acuity of hearing

(iii) Nose and throat—any inflammations; hypertrophy of tonsils; adenoids

(iv) Cavity of the mouth

Tongue

Teeth

Gums.

9. Special Examinations.

(i) Examination of the blood—

(a) For haemoglobin

(b) More complete examination to be done to distinguish between Malaria and Kala-azar in cases of enlarged spleen

(c) Where there is suspicion of congenital syphilis, blood is to be examined for Wasserman's reaction.

(d) Where there is history of the child coming in contact with tubercular cases, Pirquet's test is to be done to find out if the child has been infected. A positive test without any clinical manifestations like under-development or loss of weight, anaemia or slight temperatures or glandular inflammations or repeated attacks of cough and cold or night sweats, should not be paid much attention to. If however any of these symptoms narrated above is present it is advisable to do an X-Ray examination of the chest.

In case of the Adult.

Thorough clinical examination is to be made. Besides special examinations are to be made as follows—

(1) Blood Pressure—

systolic and diastolic.

(2) Examination of urine.

(3) Ophthalmoscopic Examination is to be made in cases complaining of defective vision.

One cannot give a complete scheme of examination in a particular case. The methods of examination may have to be altered or augmented according to the history of different cases. In our country, where periodical health examination from the State or from organised societies does not exist, personal initiative and interest in the health of the family members should make people seek the advice of the doctor occasionally. More frequent examination will be necessary in those cases in which any signs and symptoms of abnormal growth or failing health are noticed. But when a person is apparently healthy, we should advise that a thorough examination is done

(1) before entering school

(2) before entering university life

(3) before marriage

(4) after the age of 40

(5) after retirement from active service.

These medical examinations will serve the purpose of prolonging and making happier our human existence.—(H. & H.)

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For God, Crown and Country.
Wealth & Welfare.
Lucknow, Friday, 16th December, 1927.

EDITORIAL

CULTURE AND CRAFT.

Factor in the life of man or woman, culture is a very important factor in the education of youths, but to give a greater prominence to craftsmanship instead of culture is suicidal to all real education. The problem as to what is the right sort of education for girls is as old as Adam, and yet a correct solution has not been found to this most simple of problems. That famous writer Ruskin in his masterly lectures on *Sesame and Lilies* which deserve very careful perusal has very successfully attempted an answer. In the course of his second lecture on *Lilies* or *Queen's gardens* he lays down as a dictum that the education of a girl should be as nearly as possible allied to the education of a boy, that it should fit her to be a real companion to her husband, able to sympathise with him in all his activities and offer him such counsel as would stand him in good stead in his walk of life. All great writers from Chaucer downwards have elaborated on the work of good women, and Shakespeare has no heroes but only heroines in all his plays. The inherent virtue of good women, their characteristic affection for their lords and masters, and the steady influence they exerted on men have been the means of saving many a man from the brink of ruin and disaster. It is therefore not a matter for surprise that we should for ever seek to study the welfare of our girls, and see what kind of education is most suited to them in the rapidly transforming conditions of human society. The first All-India Women's Conference met at Poona last year, and the second conference is to meet at Delhi in the new year, and the beautiful state of Travancore where the number of educated women is certainly larger than any where else held a conference quite recently and discussed problems relating to the education of women. The junior Maharani of Travancore opened the conference and made a very characteristic speech "Make sure", she says, "that our girls are getting not merely education, but the right kind of education." The italics are ours.—What then is the right sort of education for our girls? Should their education be confined only to domestic science and cooking, and domestic arts and crafts and real culture neglected or kept in the back ground? Would craftsmanship by itself however valuable, take the place of real

culture in a woman? Would that by itself enable her to become a worthy companion and spouse, making her home beautiful, and atmosphere refined? The cultured junior Maharani answers the question with an emphatic No and emphasises the need for an all embracing scheme of education for our girls. There are several spheres of activity for women in India, and no limitations of whatever kind ought to be placed on the opportunities available for their advancement in life. The professions of teaching and medicine require absolutely a larger number of women, and if women are trained for these professions they can do a lot of good to the country at large. In their experience of several years, the Presidents of the District Educational Councils have found very often that the spread of female education was retarded in a great measure in view of the fact that qualified women were not available in large numbers to fill the offices of Inspectresses or sub assistant Inspectresses. The field on medicine is wide, and women who have had the necessary culture, and professional training can serve their sisters, in several useful capacities and be a source of blessing to suffering humanity. Let us therefore not attempt to limit the course of the education of our girls. Their mission in life is quite as similar as that of men; their rights and privileges are nearly uniformly the same as those of men. Each functions in different spheres of activity the goal to attain their ends is the same. Let them have the best of the culture which our Universities can provide them with, and at the same time let us impart to them a bit of such education as will enable them to render their homes beautiful, and the surroundings and atmosphere refined. Let us not undervalue education in crafts, but let us not set much store by it to the detriment of all real culture.

CO-ORDINATION

The following are some of the ways in which the Agriculture department can be of assistance towards agricultural improvement.
The main lines on which this assistance can be given are :—

- (1) Supply of pure seeds for propagation and distribution.
- (2) Supply of implements for sale or hire by societies to cultivators.
- (3) Supply of manures.
- (4) Supply of pedigree bulls for breeding purposes.
- (5) Pamphlets and information on agricultural subjects.

Taking the supply of seed first. The object of the co-operative societies should be the propagation as well as distribution of pure and improved seed, and not merely to act as distributing agencies for departmental seed, as it is manifestly not possible for more than a very small proportion of the total requirements of seed for sowing for each Province to be grown by the agency of the Agricultural department. This can be effected by starting seed stores at suitable centres with a supply of pure seed purchased from the Agricultural department as a nucleus. This original supply should be given out to selected co-operators of agricultural castes, who can be relied upon to grow the crop with the attention it deserves, either on the *Sawai* basis or on a system of cash payment or credit. The *Sawai* system, i. e. distribution in kind on the basis of 1½ maunds seed being realized for every maund given out has been found both popular and effective and the standard forms of bond can be supplied to any society together with the standard set of books kept at all Government seed stores. As regards the running of seed stores, requests from societies for the supply of seed at preferential rates, will be received and it will be said that it is not possible for the Agricultural department to supply co-operative societies with seed either at preferential rates or on credit. The reason for this is that the best seed is grown on Government seed and Demonstration Farms and as these are now on a strictly business basis and must pay their way, all produce are sold at market rates. It is of the utmost importance that any seed store where seed is being distributed on *Sawai* should exercise the greatest care that the seed given back by co-operators at harvest time is not inferior to that given out, otherwise the whole stock will rapidly deteriorate and the

whole object of the work will be negated. This deterioration of stock can best be prevented by keeping strictly to the terms of the bond, which contains certain clauses to prevent inferior seed being returned and by only giving seed out to reliable cultivators who will make good use of it. Though profits are not the object of these seed distribution operations as carried on by the Agricultural department, nevertheless, fair profits can be made specially when the business is run on a cash basis, i.e. buying seed at harvest time and selling at sowing time owing to the fact that there is usually an appreciable margin between the price of seed at these two seasons. As for the supply of implements and manure for sale arrangements, should be made with makers for the supply at a reduced rate of certain Agricultural implements such as ploughs, chaff cutters and kibblers. Exact rates of discount and details of the arrangements should be supplied by the Director of Agriculture also the current prices of manures. The intending purchasers should be put in touch with firms who carry such stocks. The same holds good here as in the case of implements, the larger the amount purchased, the cheaper the rate obtainable. With regard to the supply of pedigree bulls for breeding purposes and enquiries regarding dairying, application should be made to the Director, in charge of cattle breeding operations from whom full particulars can be obtained. Pamphlets in English, and Vernaculars dealing with various agricultural subjects should be supplied free of cost from Cawnpore and also general information on agricultural subjects. The district staff should always visit the place itself where any difficulty arises and advise on the spot. The agriculturists should be induced to visit, the very interesting series of exhibits presented by the Agricultural departments at several exhibitions. They should be well worth a visit to anyone interested in agriculture and they should find assistants in charge ready to explain all about them and give them all detailed information on the spot.

CO-OPERATION AND PUBLIC HEALTH.

The promotion of public health by means of co-operation is not a new idea in India. The progress that has already been achieved in this line in some provinces of India is considerable. It is a solid achievement of which any province may well feel proud. In Bengal, these societies are chiefly organised for fighting malaria and kala-azar which are devastating the villages, by improving the drainage and the water-supply, by destroying the breeding grounds of mosquitoes, by clearing jungles, filling up insanitary cesspools and ditches, by kerosin-jungles, filling up stagnant pools of water, by disinfecting tanks and ing all stagnant pools of water, by supplying medical aid to villages in times of epidemics and by supplying medical aid to poor people at a very cheap cost at all times of the year. The number of villages joining the movement has grown rapidly and enormously as shown below:—

1917	...	...	...	3
1918	...	...	...	8
1920	...	...	...	26
1922	...	...	...	32
1923	...	...	...	82
1924	...	...	...	360
1926	...	...	...	433

The above represents the number of villages that have joined the Anti-Malarial Movement by co-operation in Bengal. Such a rapid growth of the movement has been a great aid in the work of sanitary reform in the province. The effect of the movement has been wonderful. It has improved the health of the people. It has increased the joys of life and reduced its

miseries. It has given a better body to the man and with it has also come a better mind. It has improved education in the village schools. For instance, one society reports the improvement in school attendance as follows:—

1920-1	...	...	55 per cent.
1921-2	...	...	70 "
1922-3	...	...	73 "
1923-4	...	...	75 "

It has greatly improved the moral tone of the village. There is new hope in every face. There is a new inspiration in every mind. It is a new world they are creating in the villages. With better health there is less waste of productive energy and greater output of material wealth. The work of these societies has appealed to the imagination of the people. The health brigades which the societies have created are the best friends of the people. The sanitary conscience of the people can best be appealed to during the course of an epidemic and the societies make the fullest use of them. They carry on a vigorous public health propaganda, they hold meetings, they deliver lectures, award medals, prizes and certificates to its best workers, they hold cinema shows and magic-lantern lectures concerts and theatres for inculcating lessons of health. They have produced health films relating to malaria, cholera, kala-azar, etc., they publish famous pamphlets and booklets which all help to propagate lessons of health and sanitation to the illiterate people of the village, they re-excavate old tanks which have deteriorated and have become the breeding grounds of mosquitoes, cleaness-pools, kerosine old tanks, clear the jungles, keep fever index, distribute medicines and improve the drainage of the village. A society with such limitless possibilities of human welfare needs the best support of all co-operators. If the maximisation of human joy and human welfare is an ideal worth striving for, we can really find no better way to do it than by promoting such co-operative societies. The problem no doubt is difficult but does human history give any instance of a great ideal that was free from serious difficulties? It is a human problem and like all such questions, it presents us with difficulties, but let not the difficulties frighten us in the least. Difficulties and disappointments constitute nine-tenths of human life. God give us and all men who can live above the fog and can take long and courageous views. The issues at stake are too great, the interests involved are overwhelming. The nation's health is the nation's capital. It is the nation's best asset. It is a gold mine vastly richer and infinitely more important than all the gold mines of the world. The people minus its health would be equal to zero. Rural life is in decay throughout the country. There is a deadly mildew on it. Shadows are coming long and deep on our rural life and these shadows are long in lifting. In this vital national problem, we cannot, we dare not disavow our responsibility. We cannot neglect the real man of flesh and blood and deal with an unreal abstraction—the tiny man-unit in the census and other official reports. This form of co-operation gives us the best opportunities of human service. The people of India have in all ages and at all times based their ideals, their culture, their faith and their homage on love and service. Let us therefore be true to our culture, to our tradition and to our faith. We must and therefore we can. We want money, no doubt, for the purpose—but much more than money, we want men—men who would be profound in vision, clear in understanding, lofty in ideals and courageous in achievement. The greater the difficulties, louder we will sing. The greater our trials the louder we will whistle for courage. The way to do a great deal is to keep on doing a little. Let us do our best for it. He who recreates our rural life will recreate India.

ON THE LINE.

STATISTICS OF CRIME.

The failure of the monsoon at the end of the year had a disastrous effect on crops generally; but it is satisfactory to note

that there was a general decrease in crime. This must be attributed to the greater demand for labour. Prices fell slightly as shown by the following comparative statement of the average prices of staple food-grains during the past five years:—

Year.	Rice.	Cholam.	R-gi.	Grave crime (true cases).
1922	5'5	9'0	9'3	35,883
1923	6'0	10'4	9'8	32,955
1924	5'2	8'5	9'0	36,410
1925	5'2	9'4	8'8	33,476
1926	5'6	9'7	10'0	30,631

The following shows the number of true cases of grave crime reported during the three years ending with 1926 in the Presidency of Madras.

Districts.	1924	1925	1926	1924	1925	1926	1924	1925	1926	1924	1925	1926	1924	1925	1926	1924	1925	1926	1924	1925	1926	Districts.	
Murder.	302	303	306	I.P.C.	395	377	398	399	392	393	394	397	449	452	454	455	457	460	I.P.C.				
Dacoity.	402	I.P.C.																					
Robbery.																							
Housebreaking.																							
Theft, ordinary.																							
Cattle theft.																							
Total.																							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Madras City	7	6	9	11	11	11	13	10	7	4	4	4	31	1,792	1,635	1,603	25	16	6	2,245	2,098	2,000	
Gadnam	21	24	18	17	8	3	16	16	17	17	312	268	259	774	687	653	61	44	80	1,052	859	836	
Vizagapatnam	28	19	17	9	1	2	8	5	20	20	196	248	318	1,206	1,194	1,093	72	58	76	1,230	1,041	1,036	
Tanjore	7	14	9	1	1	1	10	5	5	5	118	129	118	1,206	1,194	1,093	66	50	62	1,499	1,068	1,036	
East Godavari	21	30	23	14	14	14	442	327	13	13	442	327	13	1,206	1,194	1,093	97	76	107	1,807	1,596	1,596	
West Godavari	14	12	12	14	14	14	277	277	14	14	277	277	14	1,206	1,194	1,093	67	56	97	1,400	1,091	1,091	
Kistna	27	21	21	33	33	33	56	56	11	11	56	56	11	1,206	1,194	1,093	126	67	80	2,305	1,804	1,804	
Guntur	31	24	22	22	22	22	46	46	39	39	46	46	39	1,206	1,194	1,093	73	65	100	1,316	1,017	1,017	
Nellore	27	24	22	22	22	22	46	46	39	39	46	46	39	1,206	1,194	1,093	73	65	100	1,316	1,017	1,017	
Kurnool	35	34	32	32	32	32	55	55	49	49	55	55	49	1,206	1,194	1,093	85	50	43	1,168	1,090	1,090	
Bellary	30	34	32	32	32	32	55	55	49	49	55	55	49	1,206	1,194	1,093	73	65	100	1,316	1,017	1,017	
Anantapur	43	37	34	34	34	34	63	63	56	56	63	63	56	1,206	1,194	1,093	97	63	50	1,272	986	986	
Chittoor	46	54	50	50	50	50	72	72	63	63	72	72	63	1,206	1,194	1,093	111	110	100	1,592	1,425	1,425	
Chittoor	46	54	50	50	50	50	72	72	63	63	72	72	63	1,206	1,194	1,093	111	110	100	1,592	1,425	1,425	
North Arcot	16	16	19	19	19	19	24	24	24	24	24	24	24	1,206	1,194	1,093	111	110	100	1,592	1,425	1,425	
Chingleput	14	14	19	19	19	19	24	24	24	24	24	24	24	1,206	1,194	1,093	111	110	100	1,592	1,425	1,425	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	
Madura	79	83	81	81	81	81	121	121	104	104	121	121	104	1,206	1,194	1,093	156	142	85	1,569	1,452	1,452	

WATER SUPPLY IN RAILWAYS.

In order to ensure that good drinking water is supplied to railway passengers the Government in 1918, on the recommendation of the Sanitary Commissioner, ordered that the water supplied at seventeen railway stations should be periodically analysed at the King Institute, and in April 1927 they accepted the Surgeon-General's proposals for the examination of the water and from the well near the pumping shed at Waltair showed that the supply was badly polluted. The Agents of the railway administrations concerned are required to have necessary steps taken in order to improve the quality of the water supplied at these stations. In the following columns headed dates and results, first the date of examination is given and then the minimum number of cubic centimeters of water in which lactose fermenters could be found. When these were absent in 60 c.c., the mark > is written before 60 to indicate that the minimum quantity was something greater than 60 c.c.

No.	Source.	Date of examination and results.		Remarks on supply.
RAILWAY STATIONS.				
1	Bangalore City Tap on the platform	30 June 1926 20 c.c.	18 Nov. 1926 60 c.c.	Excellent.
2	Bangalore Cantonment Tap on the platform	30 June 1926 60 c.c.	18 Nov. 1926. > 60 c.c.	Excellent.
3	Bezwada Tap on the platform	28 Aug. 1926 60 c.c.	24 Feb. 1927. 5 c.c.	Variable.
4	Erode Tap on the platform	6 Sep. 1926 5 c.c.	21 Jan. 1927. 5 c.c.	Indifferent.
5	Guntakal Well near Broad Gauge line Nancherla well Tap on the platform	29 Apr. 1926 5 c.c. 1 c.c. 5 c.c.	26 Oct. 1926. 5 c.c. 1 c.c. 60 c.c.	Indifferent and variable.
6	Jalarpet Tap on the platform Chlorinated	4 May 1926 5 c.c. ...	1 Nov. 1926 5 c.c. 60 c.c.	Indifferent. Chlorinated supply good.
7	Katpadi Tap on the platform	18 Aug. 1926 5 c.c.	18 Jan. 1927. 5 c.c.	Indifferent.
8	Madurai Tap on the platform	16 Apr. 1926 5 c.c.	2 Nov. 1926. 1 c.c.	Poor. Storing Municipal water in a dirty railway reservoir brings about deterioration.
9	Naupada Tap on the platform	16 July 1926 1 c.c.	8 Dec. 1926. 1 c.c.	Indifferent.
10	Pakala Well near Dharmavaram line Well near loco. shed Tap on the platform	6 Sep. 1926 0'1 c.c. 0'1 c.c. 1 c.c.	9 Feb. 1927. 1 c.c. 0'1 c.c. 0'1 c.c.	Bad.
11	Podanur Tap on the platform Chlorinated water	6 Sep 1926 5 c.c. 60 c.c.	26 Jan. 1927. > 60 c.c. ...	Chlorinated supply good.
12	Renigunta Tap on the platform	5 Aug. 1926 1 c.c.	7 Jan. 1927. 20 c.c.	Variable.
13	Samalkota Tap on the platform	8 June 1926 5 c.c.	21 Dec. 1926. 10 c.c.	Variable.
14	Tanjore Old well New well Tap on the platform	3 Sep. 1926 0'1 c.c.	1 Feb. 1927. 0'1 c.c. 0'1 c.c. 0'1 c.c.	Bad.
15	Trichinopoly Tap on the platform	26 July 1926 60 c.c.	1 Feb. 1927. 60 c.c.	Good.
16	Villupuram Tap on the platform Chlorinated water	7 Aug. 1926 5 c.c. ...	10 Jan. 1927. 10 c.c. 20 c.c.	Untreated water uniform and good, Chlorination inefficient.
17	Visianagram Tap on the platform	16 July 1926 10 c.c.	8 Dec. 1926. 10 c.c.	Good.
18	Waltair Well near pumping shed Well away from shed Tap on the platform	9 July 1926 0'1 c.c. 5 c.c. 5 c.c.	3 Dec. 1926. 0'1 c.c. 5 c.c. 10 c.c.	Bad. } Variable and indifferent

MADRAS POLICE—1926.

It is a matter for regret that 5·8 percent of the constables in the Presidency of Madras are illiterate. Sub-Inspectors and Inspectors have not answered the expectations entertained in regard to them both in the matter of detective ability and control over subordinates. Another criticism that has been levelled against Sub-Inspectors is that the officer of this class mingles far too little with the people at large and is inclined to have an exaggerated sense of his position. The solution of the problem depends upon raising the standard of recruitment and training and increasing attention should be paid to this matter. The proportion of cases in which departmental appeals were successful wholly or partially is on the increase. The officers of the department should realise the necessity of rigorously following the Statutory Rules regarding enquiries. Appeals in certain cases had to be allowed mainly or largely because of irregularities in the conduct of enquiries involving in a few instances the omission to follow the definite regulations laid down in the matter of framing charges, recording of evidence in the presence of the delinquent and giving him full opportunity to cross-examine the witnesses and to inspect

documents used against him. The constabulary should be housed in Government quarters especially in factious districts as well as in the City of Madras. The decrease in grave crime and in crime generally to which allusion has been made, is accompanied by a tendency towards the formation of gangs whose members operate in several districts displaying much misdirected ingenuity. In order to check this it is necessary adequately to apply security proceedings against professional criminals and to initiate a regular campaign against criminal gangs. Special District Detective Staffs were sanctioned in September 1926 as an experimental measure, in the districts of Salem and Anantapur. The Collector of Anantapur is not satisfied that the special staff has been properly used. Endeavours should be made to see that the staff develops into a local "Scotland Yard" for cases beyond the capacity of the local constabulary. This would necessitate their receiving specialized training in methods of detection. In some districts the police are inclined to spend time on frivolous cases and an improvement in this matter is very desirable. The reclamation of Kallars in

the Madura and Ramnad districts and the initiation and maintenance of schemes designed to improve their material and moral condition have been proceeding on right lines, and the Special Kallar Officer is to be congratulated on the continued success of the experiment. In this connexion it is noteworthy that the panchayat system has been found to be satisfactory, and as testified to by the Collector of Madura, the panchayatdars have been rendering invaluable assistance to the local police in the detection of cases and the production of "wanted" men. A beginning has been made in coping with the problem of "traffic control" and traffic control in the cities has become a most urgent and important problem. The number of motor accidents not only in the Madras City but also in the mufassal on account of the largely increased bus traffic is a subject which must engage the anxious attention of the Government and the Inspector-General and the Commissioner will have to strictly enjoin on their officers the necessity for strict enforcement of the speed regulations and the intelligent and impartial administration of traffic control rules.

MISCELLANEOUS.

WHAT SCOUTING IS.

(By PT. DINA NATH AGNIHOTRI, B.A., B.T.)
AIM OF EDUCATION.

"The important aim of education in schools must be the training of character, the training of children to rejoice in hobbies and pursuits of various kinds and the cultivation of intelligence particularly on the practical side".

The mere theoretical knowledge that is imparted to boys in schools cannot fulfil the true aim of education. With a view to supplement the system of education that prevails at present in the Indian schools, and to fill in certain gaps that are found in the ordinary school curriculum, and to develop the boys' character, health and to fill in the boys' spare time with learning handicrafts which are useful to themselves and to the nation and which enable them to earn their living with ease and comfort, scouting has been introduced in schools.

WHAT IS SCOUTING?

Scouting is learning a while playing. It is to teach the boys "a system of games and practices which meets their desires and instinct, and is at the same time educative." It is to develop in boys those qualities of head and heart which make them the true and useful sons of their mother country. It is to cultivate in boys the true spirit of chivalry and leadership.

Scouting is not a new institution as it is supposed to be, but it is as old as the

earth is. In every clime and country there have been men who were born leaders of the people. The history of India is replete with such noble examples. The story of Shri Ramchandra fills one with the greatest admiration for his noblest character, obedience, resourcefulness, chivalry and true leadership in the affairs of men so much so that the admiration has developed into worship. The Pandavas living in forest for eleven years and in incognito for one year and their hard struggle for justice aided by the grand and noble personality of Sri Krishna instills a true patriotic spirit in the dead bones of the present Indians. The sacrifice of the Rajputs and the Sikh Gurus for Truth, the bravery of Sevaji to save the people from the aggressions of the mighty Moguls, and the love for nature depicted in the beautiful gardens and architecture of the great Moguls, cannot but arouse those feelings of joy and pride which a man entertains for the great men of his own country.

The same condition we find in the history of England. Such thoughts are put into words by the historians and the poets and those who handle the old tales, so that we learn good temper and endurance from the legends of Alfred, the lion-hearted courage from Richard Coeur de Lion and chivalry and wisdom from Chaucer's "very Parfait gentil knight." But most of all we learn the knightly

virtues from the tales of old Sir Thomas Melory which Tennyson so beautifully interpreted.

CHIVALRY.

You will say that when we see a boy scout troop marching by we probably do not see in them the Knights of King Arthur's Round Table; but if you carefully realise the spirit is the same.

The stories of old Britain which Tennyson wove into the Idylls of the King about the men who were bound into brotherhood to ride about redressing wrongs, speaking no evil, loving truth and kindly courtesy what are they but the thoughts of the good Boy Scout.

The Idylls of the King, though they hold high adventure in great esteem teach a gentle creed. In them is the desire of fame, but it is wedded to love and amiable words and courtliness.

And is it not best of all that these legends, though they hold up to every boy the ideals he might follow to become a man, can never inspire conceit, because they show how in the greatest knights dwelt weakness side by side with strength. No body will ever suppose that any boy scout will believe himself to be a great knight performing noble deeds, his creed is to do kindly things and not to speak of them. Nevertheless he must have in him something of the spirit (Chivalry).

SYMPATHY.

Do a good turn Daily.

Some people think that careless people invite accidents to befall them and that accidents do not happen to careful people. As an accident is due to carelessness on the part of the man to whom it happens, so it is a rightful punishment to him for his neglect, hence it needs no special attention on the part of another man to do anything for the injured man.

Had the man been a little careful, he could easily have avoided that injury. The suffering has come from Heavens, why should a man interfere in the dispensation of God's justice? To think in this way might be good, but to save the life of a man by putting a stop to bleeding or to give him relief by simply taking a thorn out of his feet or attend him and administer medicine to him when he is laid up with high fever is a greater good. A grit in the eye may cause immense pain. A small cut may cripple a man for life. Is it not the duty of a human being to feel sympathy with and do his best to avoid pain and remove suffering among his fellow beings?

It is a useful notion that accidents need not happen and of a truth, if there were not so many careless people in the world accidents would be fewer. But there are accidents and we are quite sure that while accidents are bad things others are delightful things. For example the accidental meeting of two people who become friends.

To be sure, by rule may be fairly safe but surely it may also be monotonous. He is the wise man who is careful, how he lives and how he behaves, but who keeps his eyes open for happy accidents whose heart is always ready to welcome a fairy gift with gratitude. Such a man may find himself the victim of bad accidents; he may be run into by a motorist or catch a cold in missing a carriage or fall downstairs in avoiding a cat or lose his fortune in a trade slump, but none of these will overwhelm him because he is fully convinced that accidents do happen in the best regulated families. He will keep his eyes open for something pleasant to befall him.

Having a firm conviction that there is a limit to human prudence we should never stand back whenever there is chance for us for doing a good turn to any and every man who may need our help. As a true scout we should never spare time and labour even though in giving that timely help we may be in danger of losing our own lives. God will surely bless us for our noble actions.

BROTHERHOOD.

The aim of scouting in all countries is to serve humanity and to produce good citizens, where as in India it is a great unifying force which tends to bring people of all castes and creeds together to form members of a great brotherhood and at present when the communal tension has reached the highest pitch, scouting will prove a very effective weapon to kill it. "The progress of India towards full nationhood and complete mastery of her own destiny is being seriously hampered

and delayed by short-sighted and puerile jealousies and dissensions and this must continue to be the case until the prevailing attitude of suspicion and strife gives place to a spirit of tolerance." This is only possible through scouting. Every boy on being invested as a scout gives a threefold promise to do his duty to God, King and country, to help other people at all times and to obey the Scout Law and in the presence of his officers gives an undertaking, that he will keep up his promise. Every scout by the Scout Law is bound to treat all men as his friends and scouts as brothers no matter to what social class they might belong.

OBEDIENCE.

"To obey is better than sacrifice" said the Prophet Samuel to King Saul when the latter disobeyed a command God had given him. A boy cannot be a Scout unless he resigns his will to the superior will of his parents, Patrol leader or Scoutmaster. He must yield obedience also to those who are placed over him, to guide, strengthen and help him. He must be ever prepared to obey and do according to the wishes of his Scoutmaster for the good of his Patrol or Troop. He should merge his own individuality, his own interests and his all into the welfare of his patrol. He must do with pleasure the work that is assigned to him and he must never do it half heartedly. A willing cheerful, unquestioning obedience is much more valuable than obedience which is sulky and forced.

Obedience is the best preparation a person can have for holding one of these superior positions in which it is for him to command and for others to obey, for, as Emerson says, "obedience alone gives the right to command" no person can properly command who has not learnt to obey. He must remember that duty has been the keynote of many a great life. If he aspires to be a great man, he must stick to duty.

CLEANLINESS.

Cleanliness is next to godliness. A Scout must be clean in all his actions. He must not dream of doing a base action. He must keep his head straight and face the world with his broad chest and high shoulders. A neat and clean dress should decorate his body. Within it there must be a clean mind with noble aspiration and high ideals. Every man who may come in contact with him must not fail to catch his smiling spirit and be ennobled in thought and deed. No harsh word should even mar the beauty of his speech. His gentle word should be a joy for all. Every boy who wishes to be a Scout must try to be dependable, trustworthy and truthful and one who is a joy for his parents, a pride of his teachers and a friend of friends.

WHAT SCOUTING IS NOT.

If a boy has put on the Khaki dress simply because it gives him a neat and smart look, because it gives him a little authority over other chaps, because it enables him to join the guard of Honour when a Governor visits a place and to participate in displays at the big rallies and jambories

and because it enables him to join the band which is invited at all ceremonial functions, and because he can share many concessions and if he has joined the movement with other selfish motives, he is a disgrace to the boyhood of the country to which he belongs.

SCOUTING IS A SPARE TIME ACTIVITY.

Every boy has some spare time. It is the time which he at present wastes in idle talk. During vacation he finds more such time. It does him no good to pass that time in mere sleep or doing no work. It harms him all the more. Life is already too short. In order to tackle the problem of life, a boy needs more preparation and better understanding than we generally find in him in these days. The present school curriculum provides no such activity as to enable the boy to make proper use of his spare time. Here scouting steps in. It teaches the boy how to make a good use of his spare time. It provides for him some handicrafts which not only keep the boy busy but enable him at the same time to be of some help to his parents. At present the boys at school are a burden to their parents. At home they do no work. They seldom assist their parents in their daily routine. If water is to be drawn from the well or wood is to be fetched from the jungle or cows are to be milked, they generally think that parents expect too much from them, because such menial work is below their dignity. On the other hand scouting teaches the boy to learn the dignity of labour and to be ever prepared to do any service that his superiors may expect from him. A scout takes delight in helping his mother in cooking, washing, cleaning, needle work and spinning and in assisting his father in gardening, mending articles of house-hold furniture and making baskets and ropes which are of daily use. He feels a pride when he has to wash the wounds of a sick man and help little children and old women on the way side. He has in short no time to idle away. His motto is "Be Prepared".

Every scout is a ring of the strong chain of brotherhood. The strength of the chain depends upon the soundness of each ring. If you wish the brotherhood to be sound and healthy, then make yourself sound and healthy.

The scouts of today will be the citizens of tomorrow. They are the hopes of the nation. It is the duty of each Boy Scout to cultivate the habits of punctuality, obedience, truthfulness, honesty, painstaking patience, kindness to others, thrift and develop the sense of self-respect, justice, will power and learn the dignity of labour and patriotism and above all he should form CHARACTER which should stand out like a rock under all the frowning vicissitudes of life.

In the words of Charles Kingley, a scout should

"Be good, and let who will be clever
Do noble things, not dream them
all day long,

And so make life, Death
and that Vast For Ever,
One grand sweet song."

H. & H.)



DONGRE'S BALAMRIT

The Children's Tonic



டோங்ரே
பாலம்ருதம்
குழந்தைகளுக்கு

சஞ்சீவியப் போன்றது.

- (1) குழந்தைகளுக்குப் பல் முளைக்கிற தருணத்தில் ஏற் படும் கோளாறுகளை பாலம்ருதம் நிவர்த்திக்கிறது.
- (2) எலும்புகள் வலுவடையக்கூடிய சத்து இதிலிருக் கின்றது.
- (3) இது மிகுந்த சுகத்தையும் வளர்ச்சியையும் கொடுக் கக் கூடியதாகும்.
- (4) மதராசுமிகுப்பதினில், குழந்தைகள் இதனை விரும்பு புடன் சாப்பிடுகின்றார்கள்.
- (5) இது ஜீரணசக்தியைக் கொடுக்கின்றது.
- (6) இது பலத்தைக் கொடுத்து தேக ஆரோக்கியத்தை விரந்தி செய்கிறது.

GIRGAUM, BOMBAY.

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9 yds. x 44" with gold embroidered borders and front	...	Rs. 120/- to 200/-	75/- to 150/-
8 yds. x 44"	do	Rs. 75/- to 150/-	50/- to 120/-
6 or 5 yds. x 44"	do	Rs. 40/- to 75/-	30/- to 50/-

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