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HEALTH.

AIDS TO AILMENTS.

There is a wise saying from one of the world's greatest Professors, Voltaire, that "Doctors pour medicines of which they know little, into bodies of which they know less." Regime in diet is better than medicine. Eat moderately what you know by experience you can digest, for only that which you can digest is good for the body. What is the medicine which makes you digest?—Exercise.

What will repair your energy?—Sleep.

What will lessen incurable ills?—Patience.

What can change a bad constitution?—Nothing.

These wise words are as true to-day as in the olden days, in spite of the rapid advances in medicine.

We are often able to prevent sickness and the prevention of disease is surely the great means of prolonging life. Environments have much to do. Those who live in crowded cities and are obliged to be in small ill-ventilated rooms with many others easily fall victims to infective disease or sooner become decrepit. The progress in Public Hygiene will minimise such risks, but at the same time, one must in his own case endeavour to avoid exposure to disease and infection.

During sleep, the maintenance of the balance between storage and discharge of energy under varying conditions largely depends upon the constitution or the natural defences of the body against noxious agents from without. This inborn disposition is strengthened by a healthy regular mode of life, and freedom from anxiety and worry which by hindering digestion, assimilation and nutrition, and by causing sleeplessness, prevents storage and recuperation of energy. "Self-indulgence leads mostly to failure and unhappiness, self-control to success and happiness."

To prevent early decay and to keep the circulatory system in a healthy condition, the best means are the different forms of exercise. Muscular exercise is one of the means of preventing arterio-sclerosis, the great enemy to longevity. The best natural form of exercise is walking. By walking the action of the heart and the breathing are increased, "more blood is passed into the blood-vessels of the body, which are obliged to contract more vigorously and carry it with greater energy to the different organs and tissues, nourish the latter and become themselves nourished by the work. At the same time the number and depth of inspirations are increased, more oxygen is taken up and more carbonic acid is given out and the metabolism of the whole body is promoted." "Many think that walking exercise is quite unnecessary and they suffer in later years." The organisation

of man, the large lower extremities with which he is provided, show that they are destined for active use." Walking must be regular and must not be extended to the feeling of distress. This has a beneficial influence on the mind and mental faculties as well.

There is another wise saying that "where the Sun does not enter, the Doctor goes." The sun's rays are the source of all vital energy; they are the great vital Tonic. Rickets, a common disease in this country is not only due to improper feeding of infants, lack of fat soluble vitamins, but chiefly due to overcrowded dwellings where the sunlight hardly enters. Plenty of sunshine and fresh pure air is essential for health. Professor Kach proved to us the great sensibility of "tubercle bacilli" to sunlight. The freedom of air from micro-organisms largely depends upon sunshine. Good air in and out of doors are therefore the best means to maintain health and prolong life. At least two to three hours must be spent by every one every day in the open air, especially by those who live in crowded cities and by those who work in factories and at other industrials.

Faith, hope and patience play a very important part in our life. These promote digestion, assimilation and nutrition, and also natural sleep. Impatience, discontent, anxiety, nervousness, depression, and unrefreshing sleep disturbed by dreams, occur where faith and hope are absent. Depressing drugs taken to produce sleep and rest always lower the store of Vital energy. Sense of discipline, moral and self-respect are essentials for success. Long-lived persons had a jovial disposition and did their work cheerfully. The value of occupation and amusement is always a means of strengthening the natural defences. Music always is a means of producing a "jois de vivre."

Another saying is "Hunger is the best sauce". Enjoyment of food promotes contentment. "It is not only the quality and quantity of food which we take, but also the manner in which it is taken, on which health depends. Food ought not to be taken when the mind or body is exhausted by over work; rest ought to precede the meal under such conditions; further, if possible, food ought not to be taken while the mind is in a state of anger or violent exhaustion". Food must not be too hot or cold but much depends on the nature of the food and the personal condition of the person. Provide appetising food—wholesome food made appetising by its savour and flavour, has a psychic effect, starting a flow of the digestive juices before the food enters the mouth. This leads to enjoyment of food which produces contentment of mind. Sir Fredrick Scott says "nothing is more conducive to discontent than when unappetising food it made more unappetising by monotony and when the daily unappetising diet

becomes a subject of contemplation." The palate is a very good guide and experience tells one what is good and what can be digested.

"One plan does not suit all
Each must try how he fares best"
or "what is fit for A is not fit for B
Let every one to his own course see."

The aim of food should be to maintain health and promote healthy long life, to prevent disease and increase the resisting power against disease. "An unnecessarily large amount of food, especially flesh food, often, by developing disease of the minute blood-vessels, impedes the flow of blood to the tissues, and causes, in fact, their starvation, while a limited, but sufficient amount which is often erroneously called "Starvation diet," improves and maintains their nutrition. Super-abundance of food leads, in fact, more frequently in the course of time to starvation of tissues than what is often misnamed "Starvation diet" which helps to maintain them in a healthy condition." Water and milk are the best beverage. Water is preferable to even aerated waters as these are apt in many persons to cause distension of the stomach by the development of gas. The same rule of moderation applies to coffee, tea or cocoa. Neither of these is necessary for life. Few people realize how little food is required to maintain health especially in advanced life. It must be remembered that the circumstances in which persons live, the earning power of the family, the environment temperature and the amount of the wind and mist must all be considered; and also it should be noted that the same food value can be got at different prices.

Sleep is a normal condition of health. In sleep there is a lessening of vital activity of all the organs of the body. The body lies quiet with muscles relaxed, the pulse-rate diminished, respiration rate-less, secretions are less active intestinal peristalsis diminished, pupils contracted, lessening of the nervous activity resulting in greater or less degree of unconsciousness. All these are due to a diminution of oxidation. Throughout organic nature there is association between functional activity and sunlight. The oxidation processes are fundamental to time activity and discharge of energy from external stimuli resulting in the production of fatigue products and a degree of exhaustion of potential energy which is capable of recuperation by rest. During night time there is a lowering of oxidation processes in response to absence of environmental stimuli, there is a store of potential energy. When there is a fall in the potential energy at the end of the day there is a desire for sleep as shown by an inability to keep the eyes open and there is a feeling of fatigue in the eyelids which tends to droop and shut out the light. The sense of fatigue and the desire for sleep is regarded as the protective and the instinctive guardians of the reserve of nervous energy. A regular

habit of sleeping from six to seven hours at night must be cultivated; otherwise a neurasthenic condition with insomnia results which may lead to permanent mental irritability and lack of mental energy. Darkness, stillness of body and silence favours sleep by removing the cause of wakefulness and activity of the mind. Habit fortunately permits sleep even under the most unfavourable conditions. Imperfect sleep may be due to a late supper or heavy meal or an injudicious article of food or coffee, or tea at a late hour; in others insufficient bodily exercise; again, in others exciting mental work or correspondence or conversation at late hours. Sleep during the day is necessary only for infants, ought not to be indulged by healthy persons in middle life and only moderately by old men. It is bad to transform the night into day and all long-lived persons rose early and went to bed early.

The brain also requires both physical and mental exercise and this is especially so towards the evening of life. Many men retire too early from business or are made to retire by State rules. These people soon give up all occupation and active habits. Sleep often by day, remain longer in bed, smoke immoderately and eat much, in consequence sickness results and also a premature decay of the brain functions. Such men must find some occupation and keep up regular habits. Some hobby they must cultivate.

To promote a healthy condition of the skin, body and brain—early baths, not too cold is absolutely essential.

I conclude by quoting Shakespeare in "As you Like It" Act II Scene, 3.

"Though I look old, yet I am strong and lusty;

For in my youth I never did apply
Hot and rebellious spirits in my blood
Nor did not with unashful forehead

The means of weakness and debility,
Therefore my age is as a lusty winter,
Frosty, but kindly".

—Hindu Nesan.

HEALTH IN A NUTSHELL.

No fruit has of late years come into such universal recognition on account of its food value as the nut. No longer is the nut considered as a tasty extra after a meal; it has come to form an integral part of the meal. It has taken a long time for this fruit to gain the credit for its nutritive qualities which it now enjoys. These qualities will become apparent by a few simple figures. Take the peanut. One pound of peanuts contains nearly half a pound of fat and a quarter of a pound of protein, besides being rich in vitamins. This likewise applies to walnuts, almonds and hazelnuts. The heat-giving qualities of peanuts appear from the fact that one pound of peanuts provides more than three times as many calories as a pound of beef-steak and more than five times the amount of a pound of eggs.

Consequent on the discovery of the nut as a valuable article of food there has sprung up the manufacture of a variety of

products which contain nuts as their main ingredient. And as the fruit easily combines with other elements into savoury dishes, the number of delicacies prepared with nuts from which one can make a choice is now almost legion.—*Health and Strength.*

WHITE BREAD VERSUS BROWN.

With a courage more nearly akin to hardihood the Deputy Medical Officer of Health for Bermondsey has entered the lists to break a lance in defence of the popular "instinct" for white bread as a sound one and to attack the craze for brown bread as a "fad." The *ipse dixit* of this gentleman, who sets himself against all recent students of dietetics, would be of small importance if it were not liable to encourage thoughtless people in following their gastronomic preferences to the injury of their constitution. That our commercialised, devitalised and chemicalised white flour has a minimum of nutritive value, while real wholemeal bread is rich in vitamin content, is no longer a matter of opinion, but a fact well known and admitted by well-nigh every serious writer on the subject. And when a cheery paragraphist in the *Morning Post* expresses the view that it is "perhaps as well" that "only a small fraction of humanity takes any notice of medical advice with regard to diet," he must allow us to say that this "eat-what-you-like-and-it-will-do-you-good" attitude is hopelessly out of date.—*Health and Efficiency.*

A TALK ON SMALL-POX TO MOTHERS.

What is more precious to you than the baby in your arms? When your infant opens its eyes and looks into yours, when its lips form themselves into a smile, when its tiny hands beat the air or strike against your bosom, as you hold it in your arms, does it not send a thrill of joy through your whole being? Would you let a hair of this dear one be harmed? Would you allow a cry of pain to mar the sweetness of that face? No, for is not the little one dearer to you than your own self?

But you have wronged it, young mother, and that grievously; and yet you know not how. For, was it not but yesterday that the vaccinator came to the village and you, like the rest, were called upon to produce your child for him to vaccinate? You were, however, led away by the foolish words of your neighbours and turned a deaf ear to the entreaties of the vaccinator, who came to your very door. He travels from village to village like a tramp, but you have not realised that he has in his gift the highest blessing that a man can confer on a new-born child? For he can protect your child against small-pox.

Was it not only the other day that Muthan died in your village and left a widow and three children. His face was so disfigured that his own children ran from him in fear and nobody would go near him. Do you want that smiling little face, with the dimples on its cheeks, to be so disfigured that you, its mother, would

not recognise it? Do you want those smiling eyes, which peep into yours, to be closed in blindness for life? Do you want to see those limbs, which are being now full of the very joy of life, writhing in agony? Do you want that little flame of life which has come out of your own body, to be put out like a candle flame? No, young mother, you did not know the danger of what you did yesterday.

Small-pox is, like fire, too dangerous to play with. Its poison floats about in the air and attacks those, who are unprotected by vaccination: especially infants and children. It is truly a visitation of the Goddess, for she punishes those who refuse to take the remedy she has offered, namely, vaccination. And after all, what is it? Just a prick in four places, a few days' discomfort and four tiny eruptions, which dry up soon. Is this anything when compared with Small-pox? Have you not suffered the pangs of childbirth so that you may enjoy the sweets of motherhood? Is it not better for the baby to undergo the slight discomfort of vaccination so that it may escape the horrors of small-pox.

Will your baby girl forgive you when she becomes a grown-up girl to find her face scarred and ugly, because you, her mother, failed to protect her in early childhood? What will that little boy of yours do, when he becomes a man, if he loses both his eyes through his mother's neglect.

Young mother, you acted very foolishly when you failed to pay heed to the vaccinator's words.

Next time he comes to the village, take your children quickly to him and get them vaccinated. Also tell your neighbours of the dangers of small-pox and of the benefits of vaccination.—*The Madras Health Council.*

DISEASES OF CHILDHOOD SCROFULA AND TUBERCLE

Scrofula is now an obsolete word used only in such terms as the "Scrofulous child conjunctivitis, keratitis, or scrofuloderma," and a survival of the ancient conception that constitution explains the presence or cause of disease. It has always been closely associated with tuberculous glands or lungs. It has been traced through history the doctrine of the relation of scrofula and tubercle to constitution, and it should be seen whether there is any reason for its existence in modern medical thought. Scrofula (the King's Evil) for 800 years was treated by the touch of the kings of England and France. Not till Browne's writings in 1864 did superstition give way to a return to that spirit of inquiry earlier taught by Hippocrates and Galen, Cullen of Edinburgh in 1778, and Laennec about 1820, marked a great advance in the recognition of the cause of scrofula, phthisis and tubercle. Fifty years later two new words, scrofulosis and tuberculosis, came into use. However, there still remained the idea that some

constitutional factor was the underlying basis.

Finally, with Virchow, the terms constitution and diathesis appeared to mark the change in the conception of disease from a humoral to cellular theory. Inoculation experiments and the discovery of the bacillus in human tuberculous tissue proved the identical cause of scrofulous glands and the phthisical lung. The theory of the existence of tuberculous constitution has with difficulty been excluded from modern belief, although the transmission of bovine tubercle by milk, the universal presence of the bacillus, and the rarity of congenital tuberculosis in infants have shown that there is no need for a hypothetical constitution derived from tuberculous parents.

The scrofulous constitution is still regarded by some as existent. Mc. Neil, discusses the scrofulous child, the strumous conjunctivitis and keratitis, the exudative diathesis, and other scrofulous lesions, from the stand point of their historic significance and the justification for the use of the terms "scrofulous constitution." Instead of the traditional idea of abnormal constitution in children in which there was supposed to exist a quality which produced the disease, instead of the later conception of a diathesis, disposition, or tendency to the disease. Mc. Neil proposes a third meaning for abnormal constitution, namely an "abnormal general state of body which alters the character or type not merely of tuberculosis but of any and all diseases," this being a chance in the general body chemistry affecting the body functions

but when present may coexist with diseases, though the diseases are not dependent on it. Scrofula is a suitable term for glandular tuberculosis, but that it should not give the idea of abnormal constitution. Tuberculous parents do not bestow any predisposition or tendency to tuberculous disease. The "scrofulous diathesis," may be present or absent in tuberculosis, or may occur in some nontuberculous children. The tuberculin reaction in the skin may be severe in local tuberculous diseases, and there may be a coexistence of status lymphaticus a condition which is sometimes found with fulminant types of other infectious diseases. Thyrolymphoid hyperplasia is present in many of the cases of status lymphaticus due to an abnormal condition of metabolism, or in other words, as abnormal constitution.

PARALYSIS.

Attention should be given to the treatment by baths, movements and massage in the spinal type as soon as the patient is admitted to the hospital, not waiting for the temperature to drop to normal or for the pain to disappear. There are no ill effects from this early treatment of these patients; in fact the patients recover from the paralysis sooner than those in whom no treatment had been instituted until all the pain and tenderness had disappeared and the temperature had become normal.

CONVULSIONS IN INFANCY AND CHILDHOOD.

Convulsions of infancy and childhood are classified as being due to organic functional and acute infectious diseases. A child born with abnormal conditions of the brain should be considered in their respective order. A spinal puncture should be made. Convulsions occurring within the first few days of life and at 8 months, are usually due to congenital malformations of the brain or skull and acute infections. Most of the convulsions occurring between the ages of 8 months and 3 years are functional, due to spasmodophilia. Acute infections, including encephalitis, are next in frequency and are usually accompanied by an obvious history. Epilepsy, brain tumor and congenital malformations must always be kept in mind, more especially in older children from 3 to 15 years of age.

Recurring convulsions, absence of fever and general symptoms are suggestive.

INSENSIBLE PERSPIRATIONS.

Benedict and Root's excellent discussion on insensible perspiration (*Arch. Int. Med.* July 1926.) is recommended to the reader. Their conclusions are briefly summarized here. Two methods were employed for studying the insensible perspiration. With platform scales, sensitive to 10 Gm. the insensible loss was determined over night during a period of nine or ten hours, thus enabling the calculation of the hourly loss with an accuracy of approximately 5 per cent. An extremely sensitive balance, capable of weighing 100 kg. with an accuracy of Gm. has also been used for measuring this loss in successive periods of from ten to

fifteen minutes' duration. Measurements by these two methods indicate that in general the larger individual has the larger insensible perspiration. Refinement in the method of measurement brought out sharply the influence of body size, ingestion of food and exercise on the insensible loss. Since these factors likewise affect the metabolism, it is evident that there is a relationship between the insensible loss and the metabolism. Thyroid patients, whose metabolism is high, were found to have a large insensible loss, and diabetic patients, whose metabolism is low were found to have a small loss. The relationship between the insensible perspiration and the metabolism of these two types of pathologic cases was such that when the data for the hourly insensible perspiration were plotted with reference to the twentyfour hour heat production, a straight line curve indicated the general trend of the metabolism. The ideal condition for measuring the insensible perspiration so that the data may be used for comparative purposes require that the body should be warm and comfortable, and that the extremities, particularly in the case of women, should be well protected. This fact was brought out when it was noted that the environmental temperature, which profoundly affects the skin temperature, plays a decided role in the insensible loss. When the insensible perspiration of either pathologic patients or normal subjects was measured under these ideal conditions and the metabolism was determined at essentially the same time, it was demonstrated that the straight line curve based on the data for diabetic and thyroid patients may serve as an excellent index of the metabolism obtaining at the time of measurement of the insensible perspiration, even with normal subjects.

THE CARE OF THE PREMATURE INFANT.

The term, premature infant, refers to those infants whose gestation period was 260 days or less. A fetus of six months is not viable. The longer the intra-uterine life of the infant, the greater its chances of survival. Measures should be instituted to sustain the body temperature and the infant should be disturbed as little as possible. If possible, the infant should be placed temporarily in some form of incubator. How a nursery basket may be converted into an incubator should be learnt. The nurse in these cases should be competent, interested and should realise her responsibility. It is necessary to push the feeding to the limit of digestive capacity. Tolerance for sugar appears to be greater than for fats and proteins. The nourishment should be given by a dropper or the Breck feeder, and if this method proves impracticable the baby may be fed by gavage through the nose or mouth. Few premature infants show a normal desire for food. While at first the baby may show a tendency to nurse, as it becomes weaker it sleeps incessantly and refuses to swallow. These infants should not receive their first feeding before a bowel evacuation has occurred. The presence of disease in the mother producing faulty nutrition in the fetus are

detrimental to ultimate survival. The majority of premature infants without birth injuries show a normal mental development, except that they are slower in walking and in talking.

IONIC MEDICATION.

It was decided to follow up those patients with chronic suppuration in the middle ear who were treated by Zinc ionization at the Royal Infirmary, Edinburgh. Most of these patients had been treated previously by the ordinary syringing and administration of spirit drops. The method of zinc ionization was, first to syringe the ear with compound solution of cresol and then with zinc sulphate. The patient was placed on the side, with the ear to be treated on the upper side, and the canal was then filled with zinc solution. The zinc electrode was fixed to a vulcanite speculum and was attached to the positive pole of the battery. The negative pole was applied to the forearm over a thick pad of lint soaked in warm saline solution. A current of from 2 to 4 milliamperes was used for from ten to fifteen minutes (longer in the post-operative cases). This treatment was carried out weekly four or five times, spirit drops being used daily during that time without syringing. The treatment was not used on children under 5 years of age. Of thirty-eight patients treated, in thirteen the ears were found to be dry; in five the ears were improved and in three the improvement was only temporary. Twenty patients showed no improvement. The cases are classified as to causation, the site of the perforation, the presence of granulations and as to whether a radical mastoid operation has been performed. The best results were obtained in the patients in whom the cause was other than scarlet fever, diphtheria or measles, when the perforation was posteromarginal, and when there were no granulations present. In this series 25 per cent were cured and 11.8 per cent were improved.

MIDDLE EAR SUPPURATION IN CHILDREN.

Otitis media is often responsible for much ill health, and may cause many secondary infections, such as gastro-enteritis and pneumonia, from infective material escaping through the eustachian tube. Otitis media is most common during the first two years of life, and more common in children several months old than in young infants. It is believed that the ordinary cold is responsible for more cases of otitis media than are the exanthems. It is pointed out that in latent otitis media the otoscopic observations may not be definite, so that a diagnosis must be made of the general condition. An exploratory paracentesis is advised. When there is acute suppuration in the mastoid and the simple mastoid operation has been performed, the wound should be packed with

bismuth subnitrate, iodoform and paraffin and closed. The results are uniformly good. The causes of chronicity are chiefly neglect of treatment and recurring colds in the head. After any operative interference, the patient should be followed for years. There is a report made of the results of following up 500 cases from the Royal Hospital for Sick Children for the years 1920 to 1924. Of the patients with acute suppurative otitis media treated conservatively 78 per cent were cured, where 75 per cent of the patients with acute mastoiditis with operation were also cured, i. e., there was no discharge or deafness. Therefore, the prognosis with mastoiditis when properly treated is as favorable, except that there were eight deaths from meningitis and sinus thrombosis in the series of patients with mastoiditis. In chronic suppurative otitis media, 57 per cent were cured by conservative treatment. In the patients in whom an operation was performed, 25 per cent of those who had the radical operation were cured, but when the simple mastoid operation was performed 75 per cent were cured; so that in children it is obvious that the simple operation should first be attempted, unless there is marked destruction of the middle ear structures.

There were twenty-two cases of tuberculous otitis media, in all of which the diagnosis was confirmed microscopically. The radical operation was performed on every patient. In only one patient was there a complete cure.

More care should be given to protecting children from the common cold. More care should be given to nasal hygiene, especially in teaching children the proper method of blowing the nose. Infection of the teeth and tonsils should be dealt with and patients with recurrent otitis media should be kept constantly under attention.

TREATMENT OF CHOLERA.

Early diagnosis based on clinical observation is necessary for successful treatment of cholera, since it is usually acute in onset and rapid in course, and it might prove fatal to wait for the laboratory report. Diarrhoea with rice-water stools, vomiting and pain in the abdomen are symptoms of the first state. Ptomaine poisoning and acute bacillary dysentery may be mistaken for cholera. But dehydration is not so rapid or sudden in these diseases. Treatment should be based on a knowledge of degrees of dehydration or collapse. Some recommend transfusions, citing indications for and discontinuance of them. They also outline a diet for patients. Since germs may be harbored from one to six weeks, the patient should be kept in hospital during convalescence as long as he is passing cholera vibrio.

TUBERCULOSIS IN CHILDHOOD.

Pirquet, in a brief article, (Rev. Internat. del'enf., Jan. 1926.) calls attention again to the fact that although consumption has been recognized as a disease of the first magnitude for centuries, it is only about forty years since clinicians accorded it a place in the nosology of childhood. He emphasizes the particular danger of contact in infancy, and the likelihood of recrudescence in arrested cases at the time of puberty. The menace in latent infections excessive fatigue, privation and undernourishment, is stressed. Pirquet recommends that hygienic management be combined with specific treatment and closes his paper with a resume of the anti-tuberculosis work now under way in the United States.

SURGICAL CONVALESCENCE.

This article is a masterpiece of helpful suggestions, useful to every physician, general practitioner and specialists of all kinds as well, not excluding the surgeons. It emphasizes closer co-operation between the surgeon and the physician by whom the patient is referred, looking toward better preoperative preparation and post-operative treatment, in order that the patient may be a better operative risk, mentally as well as physically prepared for the ordeal; made as comfortable as possible immediately after the operation, and given every aid through convalescence, including sufficient time, toward making a complete recovery. In the latter connection, reference is made to the observations of Bridgman in his convalescent camps during the war that both the medical and surgical subjects, after being in the hospital for an average of three weeks, required at least that same additional time of convalescence before being ready for active duty.

Preoperatively, emphasis is laid on attention to local infections, neuromuscular training, diet, sleep and general comfort until under the anesthetic; postoperatively, to the control of the nervous system, nausea and vomiting, first night after operation small pillows, massage, sleep, diet, avoidance of fatigue and building up reserve strength in all of which the physician is most helpful as he best understands the patient's condition.

LEAD POISONING IN NURSING INFANTS.

Two cases of lead poisoning are reported in nursing infants. The lead was obtained from lead nipple shields. None of the manifestations in the classic lead triad were present colic, palsy and lead line. The symptoms consisted of vomiting, general nervousness and anemia.

(To be continued.)

CONTENTS.

	PAGE
Health :—	
Aids to Ailments	3
Health in a Nutshell	4
White Bread Versus Brown	4
A Talk on Small-Pox to Mothers	4
Disease of Childhood	4
Editorial :—	
Manures Natural versus Artificial	7
On the Line :—	
Irrigation Co-operative Societies	8
Railway Police	9
Co-operation in Bombay	9
Excise in Madras	9
Do Scientists Live Longest	10
Agricultural Exhibition	10
A Mangalorean Honoured	10
Co-operative Education	11
Education in U. P.	11
The Oil War	11
Burma Petroleum	12
Miscellaneous :—	
Life Insurance in India	13
On Newspapers	13
Foolish Advice by Doctors	14

Wealth & Welfare.

Lucknow, Friday, 23rd December, 1927.

EDITORIAL

MANURES: NATURAL VERSUS ARTIFICIAL.

Researches conducted recently have proved that fields manured with organic manures get fertilized slowly and retain their fertility for two or three crops because of the organic manures dissolving and fertilizing them slowly and gradually unlike the artificial or inorganic manures which will produce little effect on soils deficient in humus, and which are quickly acting manures, leaving land comparatively poor after a crop has been raised by the application of one of them. Organic or natural manures will tend to improve the fertility of the soil, whether it contains humus or not, and they do more permanent good to the soil, as they contain all the ingredients the plant requires and they have no special power of dissolving the soil and rendering its constituents too readily available as plantfood. Experiments have shown that the seed obtained from the lands manured with farmyard manure and other organic manures gives a very much better crop than that from the lands manured with artificials; the seed losing its power of producing good plants and a good crop, unless it is produced on soil manured with organic manures. Experiments with the grain produced from the plots at Coimbatore, have shown that while the grain from the plot manured with farmyard manure was quite a good normal food, the grain from the plot manured with artificials only lacked growth and development vitamins and animals fed

with it failed to develop and soon died, and that in this respect, it is as bad as, and in some cases even worse than, the grain produced from the plot which received no manure at all. So we see that if we replace our organic manure by artificials, we shall be not only reducing the inherent cropping power of our seed so that our future crops will get worse and worse, but also we shall be producing a food for our people lacking in development vitamins, with a deleterious effect upon future generations of the race. The enormous significance of these researches cannot be over emphasized. It has been proved, that given plenty of organic manure, the new strains of paddy, which are being evolved by the Paddy Specialist are capable of yielding 5,000 lbs. of grain to the acre, which is the average obtained in Italy and Spain, while, 7000 lbs. have been actually obtained. It is therefore imperative that we must have recourse to more and more of organic manures than artificials. The principal organic phosphatic manures are crushed bones and bonemeal. Oilcakes come next. But there is a steady drain of indigenous forms of organic and phosphatic manures from the country in thousands of tons per annum. Madras exported 7,492 tons of bones and 39,569 tons of oilcakes in 1925 and in 1924, 9,603 tons of bones and 30,048 tons of oilcakes. What an amount of drain of the potential wealth of the country! The Government should adopt protective measures irrespective of the opposition from vested interests.

Cattle manure is the best, but however carefully we improve its quality and preserve it, we can never get enough of it. Meanwhile we are exporting the materials which might take its place. The question of utilization of bonemeal in the country as a manure for local crops is a most difficult subject because one goes round a vicious circle in this matter. There is a big export demand for Ceylon and European countries which are able to pay higher prices for this manure than the Indian ryots, because they use this to raise crops of a much higher market value than our paddy. Some suggest the use of synthetic farm yard manure and activated sludge. These are still in the experimental stage at least in this country and the method of activated sludge cannot be adopted in the form of a manure by our rural people.

Co-operation, then, must come to our aid as in Germany, Denmark and Ireland where agricultural co-operation is in an advanced stage. Great men have come to the conclusion that if India is to improve economically, we must begin our Reconstruction work in the villages. This is no doubt true in the case of our organic manures also, especially in the case of bones. Foreign firms are now exploiting the bones of our villages for the export trade and these are engaging middlemen to collect these bones. The actual collection of these bones is done mostly by the depressed class people who get only a comparatively low value for the bones they supply. It is the middlemen who knock off the major portion of the profits. Any movement that will cut out the middlemen is in the right direction and we can think of no other better agency than Co-operation in this direction which will produce the desired effect. For example let us take the Tanjore District co-operative Manure Society. During the nine years ending with 30th June 1927, this society has purchased 89 tons, 13 cwt. and 43 lbs. of bones at a cost of Rs. 3146-4-0 or roughly an average of 10 tons per annum at an average cost of Rs. 35 per ton. According to the Indian Trade Journal 29,557 tons of bonemeal have been exported from all ports of India during the period January to August of 1927. This gives us an idea of the extent of India's wealth that is being drained away year after year in spite of the fact of the proverbial poverty of the Indian ryot and in the light of experiments that have proved the absolute necessity of our using organic manures and the enormous significance of the fact of substituting artificials, to the detriment of future cropping power of our seeds as well as the serious effect upon future generations of the race regarding the food lacking in development vitamins. Annually about 500 tons of bones are exported from the Tanjore District. Out of this, the manure Society, which is the only one of its kind in this district, purchasing bones and converting them into bonemeal for the use of its members, is able to restrict the export of 10 tons of bones or 2 per cent of the total export from this district. All those interested in the improvement of the Indian ryot should come forward and help

in this piece of Rural Reconstruction work. Let Societies of this type be multiplied throughout India and let them buy the bones directly from the depressed classes without the intervention of the middlemen within a radius of about 10 miles from each Society centre and use them for their members' lands. Then we shall be able not only to restrict the export of bones tangibly, not only solve our manurial problem to a certain extent, but also be providing our Depressed classes with work in the off season and paying well for their work because we shall be able by encouraging them to collect and buying direct from them to pay a better price than the middlemen.

A welcome feature of the activity of the Tanjore manure Society is that a few individual and society members began collecting bones, and offered them to the society for disintegration and return of bonemeal for use on their own holdings. One member of this Tanjore Society sent 518.5 lbs. of bones in the first week of a particular month and Rs. 6-8-0 towards hire charges. The hire for 518.5 lbs. came to Rs. 6-12-6. He had to bear a sum of 1-11-6 towards incidental charges, such as cartage on the bones he sent from his Ry. Station to the office store and cartage on the bonemeal that was returned to him etc. etc. The Society thus had a claim on him for Rs. 8-8-0 or Rs. 2 extra over and above what he actually sent viz. Rs. 6-8-0. The society gave in return for 100 lbs. of bones 85 lbs. of bonemeal which is the actual product, after disintegration in the mill; thus deducting bonemeal to the value of Rs. 2 he was supplied with 3 cwt. and 57½ lbs. of bonemeal worth Rs. 16 11-2 @ Rs. 95 per ton which was the then selling price of bonemeal by the society. The cost of bones purchased from the member worked out to Rs. 11-14-8 whereas the said member incurred only about Rs. 7 for the bones inclusive of cartage to his nearest railway station, freight paid to the railway for the bones and other incidental charges such as postage, M. O. commission etc. This practically proves how the cost of bonemeal can be reduced essentially if our people would collect the bones in their respective villages instead of their allowing to be sold by the poor depressed classes to the middlemen engaged by the exporters to export, causing them to knock away the major part of the profit and allowing the outsiders to exploit the indigenous resources of our country. The manure bill is tangibly reduced because the middlemen's profit is now shared by either the societies and the depressed classes or the ryots and the depressed classes who collect the bones in their respective villages. As a result of repeated experiments, carried out on their agricultural stations, the agricultural department have been able to show that when used in conjunction with green leaf, an application of 300 lbs. of bonemeal per

acre, results in an average increase of 289 lbs. of paddy while an application of 500 lbs. results in an average increase of 455 lbs. of paddy per acre. Now with bonemeal at Rs. 95 per ton and the price of paddy reasonably good; this is a paying proposition for the ryot.

Value of increased crop at 16.2 lbs. per Rupee		Cost of bonemeal at Rs. 95 per ton		Profit	
	Rs. a. p.		Rs. a. p.		Rs. a. p.
At 300 lbs. } an acre	17 13 0		12 11 7		5 1 5
At 500 lbs. }	28 0 0		21 3 3		6 12 9

Value of increased crop at 16.2 lbs. per Re		Cost of bonemeal at Rs. 70 per ton		Profit	
	Rs. a. p.		Rs. a. p.		Rs. a. p.
At 300 lbs. } an acre	17 13 0		9 6 0		8 7 0
At 500 lbs. }	28 0 0		15 10 0		12 6 0

Now it is clear that with an application of 300 lbs of bonemeal per acre the profit ranges from Rs. 5-1-5 to Rs. 8-7-0 according as the price is 95 or 70 per ton, and with an application of 500 lbs of bonemeal the profit ranges from Rs. 6-12-9 to Rs. 12-6-0 according as the price is Rs. 95 or 70 per ton. According to the collection of bones, as suggested above in every village by societies organised for this purpose or by individual ryots where societies do not exist, the price of bonemeal can be reduced to Rs. 70 per ton and the ryot enable to reap the higher profit by the application of this manure. The Indian ryot should without further delay realize, fully, the high manurial value of bones badly necessary for their fields and see that not even a bit of bone is sold in their respective villages but collected and purchased by them or by societies formed out of them to be newly organised as soon as possible and converted into bonemeal for the use of their own holdings. It is not possible to invest the ryot's money on machinery to grind these bones at the very outset. There are at present a number of Oil Engines and Rice Mills which have no work, because of the heavy numbers installed without regard to the actual needs of the locality. Enthusiastic mirasdars who are interested in the welfare of the country and who own such machines can be induced to install some small disintegrators to grind these bones on the hire system in the off-seasons. The manure society itself can be developed to a much greater extent, only if the members awake to the real position of the affairs and continue to work whole-heartedly in the economic uplift of India.

ON THE LINE.

IRRIGATION CO-OPERATIVE SOCIETIES.

The Government have had under consideration for some time past the question of the assistance that the State should render to co-operative irrigation societies to enable them to sink wells and instal power pumps to lift water for irrigation purposes. They have now decided to provide loans to these societies and a provision of Rs 10,000 has been made in the budget of 1927-28. The grant of these loans and the recovery thereof will be subject to the rules annexed to these proceedings. The following are the Rules for the Grant of State Loans to Co-operative Irrigation Societies.

1. Only societies which are registered under the Co-operative Societies Act and have for their object lifting water by power pumps for irrigation purposes will be eligible for loans from Government under these rules. The decision of the Registrar of Co-operative Societies as to

whether a particular society is eligible or not for a loan under these rules shall be final.

2. No society shall be given a loan exceeding twenty times its paid-up share capital and reserve fund.

3. A loan taken from Government under these rules shall be utilized in erecting a pumping installation, which will include the purchase or taking on lease of a site or sites, the digging of wells and waterways, constructing embankments or bunds and carrying out improvements to lands in connection with the use of pumping machinery or plant. The plans and estimates shall before the loan is sanctioned be approved by the Registrar of Co-operative Societies.

4. The total cost of execution of the pumping installation as described in rule 3 above may be distributed among the members to be benefited as loans secured on lands to be irrigated and when this security is considered insufficient on other unencumbered

immovable property in addition. The value of the land thus taken as security from a member shall be twice the amount of the loan given. Where the members of a society have no immovable property of their own to offer as security, the society may accept, with the previous approval of Government, the joint and several responsibility of the borrower and one or more members who stand surety for him.

5. A loan given by Government to a society under these rules shall ordinarily be disbursed in instalments as the work of construction progresses.

6. The rate of interest charged by Government on all loans granted to irrigation societies shall be 6½ per cent per annum. A penal rate of ten per cent will be charged on all overdue instalments of principal or interest from the due date to the date of repayment.

7. The period within which a society must repay a loan given by Government shall not ordinarily exceed ten years or

the probable period of life of the plant to be erected, whichever is less.

8. A society taking a loan from Government shall offer as security the plant or machinery purchased and the well or other works constructed out of the Government loan and shall also transfer to Government its interest in the mortgages obtained from its members under rule 4 where such mortgages exist. Any loan made by the Government to the society shall be a first charge on the society's assets.

9. A society which has taken a loan from Government shall repay the amount with interest due thereon by equated annual instalments or at its option in annual instalments together with interest due on the amount outstanding from time to time. After exercising its option a society shall not ordinarily be allowed to change its method of repayment. Nothing shall prevent or debar a society from paying a larger sum than the annual instalment or from discharging the whole loan in a single payment.

10. If a society fails to fulfil any of the conditions on which the loan from Government was given, the Registrar will be at liberty to foreclose the loan and recover the whole amount outstanding and the interest accrued thereon without reference to the period for which the loan was given.

11. The Government shall have power to enter upon and inspect the property of the society whenever it shall consider such inspection desirable.

RAILWAY POLICE

The jurisdiction of the Madras Railway Police district was increased by 1½ miles owing to the transfer of half a mile beyond the outer signals of each of Arkonam, Katpadi and Jalarpet stations from the Trichinopoly Railway Police district, the jurisdiction of which was also extended by 17.75 miles consequent on the opening of the Mayavaram-Tranquebar branch railway line.

Thefts, the principal form of crime on the railways, decreased from 1,689 to 1,475, a reduction of 214 cases (65 in the Madras Railway Police district and 149 in the Trichinopoly Railway Police district.)

The following table shows the different forms of thefts occurring in the Railway Police districts:—

Classification of thefts	1925.	1926.
1. Thefts in running passenger trains.		
(a) thefts from passengers	244	238
(b) thefts from mail and luggage vans	26	21
2. Thefts in running goods trains	135	119
3. Thefts from stationary wagons, goods sheds and yards	218	191
4. Thefts from platforms and passenger sheds	404	361
5. Thefts of railway materials	589	459
6. Other thefts	73	86
Total ...	1,689	1,475

CO-OPERATION IN BOMBAY

Nine new co-operative societies were registered in the Bombay presidency during October last. Five were struck off the registers. The totals in each division of Bombay now are:—Bombay division, 363; Poona division, 591; Belgaum division, 557; Dharwar division 979; Northern division, 790; Khandesh division, 1,036; and Sind division 912.

EXCISE IN MADRAS.

TODDY.

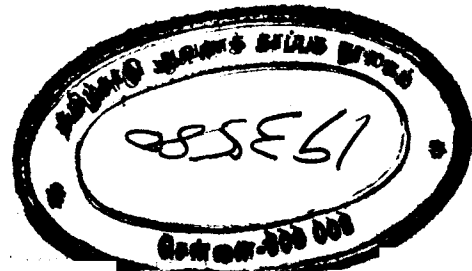
The total revenue derived during the official year amounted to Rs. 2,30,97,753 (2,22,75,709), composed of Rs. 1,25,81,884 (1,19,35,274) under rentals, Rs. 1,04,80,331 (1,03,03,244) under tree-tax, Rs. 35,488 (37,191) from transport duty on toddy transported from Hyderabad, and Rs. 50 (nil) from occasional licences. The increase in the rentals is generally attributed to competition among bidders at the time of sales due to the favourable character of the season and the profits earned by the renters in the previous year. The rentals realized for the toddy year commencing from 1st October 1926 also show an increase, the figures being Rs. 1,30,07,569 (1,21,76,184) (revised figures).

There was no change in the rates of tree-tax during the lease 1926-27. The following rates were in force:—

Districts.	Cocconuts palms for each half-year.	Sago palms for each half-year.	Palmyra or date palms for the whole year.	Dadasa for the whole year.
East Godavari, West Godavari, Krishna, Guntur, Nellore, Madras, Chingleput, Tinnevely and Ramanthapur.	Rs. A. P.	Rs. A. P.	Rs. A. P.	Rs. A. P.
Ganjam, Vizagapatnam and certain Agency tracts.	5 10 0	11 4 0	3 13 0	..
Certain Agency tracts of Vizagapatnam district.	3 12 0	7 8 0	2 8 0	..
Certain Agency tracts of East Godavari.	0 12 0	1 8 0	0 8 0	..
All other districts.	2 13 0	6 10 0	1 14 0	..
	4 8 0	9 0 0	3 0 0	1 0 0

Ten thousand three hundred and fifty-five shops (10,434) were sold for the lease 1926-27. The following comparative statement shows the number of trees licensed:—

Reduced to terms of cocoanuts by the application of the formula 2 cocoanuts=3 palmyras=3 dates=1 sago, the consumption for the toddy year 1925-26 is represented by the figure 2,117,066 (2,155,679) and that for the first ten months of the toddy year 1926-27 by 2,149,195 (2,111,272). The number of trees allowed to be tapped for domestic consumption was 47,695 (52,427), of which 41,389 (44,375) trees were marked for the Koyas in the Agency tracts. The decrease occurred mainly in the East Godavari district and was due to the refusal of the concession to tappers who had abused the privilege in previous years. The quantity of toddy transported from Hyderabad from 1st October 1926 to 30th June 1927 was 131,970 (146,424) gallons. (Revised figures) The decrease is reported to be due to the fact that some of the Bellary town shops ceased to obtain their supplies from Hyderabad. The total quantity of toddy transported from Hyderabad during the toddy lease 1925-26 was 193,407 (192,751) gallons. The number of trees tapped in British territory for toddy shops in Mysore and Pudukkottai States was 21,882 (23,898). Eight thousand one hundred and twenty-three (6,694) trees were tapped in these States for shops in British territory.



FOREIGN LIQUOR.

The following is to comparative statement showing the consumption of foreign liquor and beer.

	Gallons.	Gallons.	Gallons.
	1912-13.	1925-26.	1926-27.
Wines (ex-medicated wines) ...	27,265	20,858	22,457
Spirits ...	1,46,044	1,26,811	1,24,705
Beer ...	5,81,465	5,62,119	7,00,889
Denatured spirits ...	19,557	23,390	24,140

There was an increase in the consumption of beer during the year. The immediate cause of the increase is reported to be the failure of the yield of toddy in toddy-yielding trees on account of drought in certain districts. The increase occurred both under imported and locally-made beer. The total consumption of beer in the Presidency stood at about 698,000 gallons in the years 1920-21, 1921-22 and 1923-24; there was a fall in the next two years, and in this year the consumption has risen to its previous level. The reduction of duty on locally-made foreign liquor to Rs. 17-8-0 per proof gallon since 1924-25 has not resulted in an increase in the total consumption of foreign liquor but has enabled the locally-made article to compete on more equal terms with cheap brands of imported spirits. The consumption of locally-made liquor alone in 1926-27 amounted to 26,518 gallons, against 23,499 gallons in 1925-26, 21,074 gallons in 1924-25, 34,116 gallons in 1920-21 and 47,442 gallons in 1919-20. In denatured spirits there is an increase of 750 gallons during 1926-27 as compared with the previous year. This is due to growing demand for lighting purposes and for the manufacture of paints and pigments. The issues of beer from the two breweries in the Presidency showed an increase, the quantity being 492,817 (393,642) gallons and a quantity of 7,559 (5,505) gallons was exported to places outside the Presidency. The quantity issued to shops in this Presidency from the Bangalore brewery decreased from 84,499 to 79,160 gallons. There was a further increase during this year in the quantity of foreign liquor imported by sea, the quantity being 506,696 (439,039) gallons. The chief increases occurred in ale, beer, porter and cider 300,318 (252,108) gallons, gin 15,153 (12,108) gallons wines 42,072 (32,849) gallons, spirits in drugs, medicines, and chemicals, 15,034 (9,744) gallons and denatured spirits 18,258 (13,951) gallons. Imports of whisky however fell from 52,688 to 44,700 gallons. The fall occurred mainly in British imports and is attributed partly to the substitution of cheap country spirits and inferior continental spirits and partly to the considerable stock remaining unsold at the end of 1925-26. There was a slight increase in the imports of Colombo arrack 5,375 (4,576). Imports of denatured

spirits continued to increase 15,258 (13,951) gallons but those of rectified and other spirits showed little variation 17,792 (17,327). The Pharmaceutical laboratory opened at Madras by Messrs. Spencer & Co. for the manufacture of spirituous medicinal preparations continued to work during the year. The duty realized on spirits contained in the medicinal preparations removed from the laboratory was Rs. 9,345 (8,000). Imports of spirituous medicinal preparations from the Mysore Pharmaceuticals, Limited, Bangalore, showed a slight decrease and the duty realized from such imports amounted to Rs. 5,573 (5,615); the duty realized on imports from Bengal rose to Rs 13,068 from Rs. 8,490.

The following is a comparative statement showing the revenue derived under the main heads of foreign liquor.

	1.	2.	3.	Total.
	Excise duty	Rentals	Fixed fees	
	Locally made foreign liquor	Foreign liquor	Other foreign liquor	
	Country beer	beers and	licences	
	Rs.	Rs.	Rs.	
1925-26.	1,88,758	4,54,396	88,928	10,53,143
1926-27.	2,29,553	4,73,523	97,399	11,66,227

DO SCIENTISTS LIVE LONGEST?

Do scientists live to a greater age than members of other professions? The question is raised by the remarkable ages attained by ten well-known scientists whose deaths have been recently reported in one week.

Their ages are as follows:—

Mr. B. Lewis Rice, archaeologist.	89
Mr. John Macleod, mathematician.	86
Mr. J. H. Reynolds, technologist.	85
Mr. Charles Ford, botanist.	83
Mr. W. S. Valiant, geologist.	81
Prof. Mittag-Leffler, mathematician	81
Prof. C. W. Hargitt, zoologist	75
Mr. Hudson Maxim, inventor	74
Prof. A. Kossel, physiologist	73
Mr. G. B. Sudworth, dendrologist	63

The probable reason for their great ages, suggested Sir Richard Gregory, the distinguished scientist, to a London pressman, is that as scientists they have known

how to conserve their energies. "I should suggest that a group of scientific workers would live longer than a group of workers taken from any other profession for the reason that scientists know how to take proper care of their physical system.

"Then they lead a less hectic life than actors, musicians and writers, so it is to be expected that they would live longer." Indian review.

AGRICULTURAL EXHIBITION.

An All-India Agricultural, Industrial, Khaddar and Arts Exhibition will be held at Madras during the Christmas week in connection with the 42nd. Indian National Congress.

The object of the Exhibition is to show the present state of Agriculture, Art and Science, in India, to take stock of the various impediments in the way of their advancement and to provide an opportunity for the exchange of ideas relating to trade, Agriculture, Industries, Education, Public health, and various other subjects between people from various parts of India.

Accommodation for exhibits will be provided for in the stalls, but machinery, looms, scientific and other apparatus to be used for demonstration purposes will have to be installed in separate places, which will be provided for in the Exhibition grounds.

The Committee appeals to general public inclusive of firms to make liberal donations towards the general funds of the Exhibition and to firms to take up stalls and exhibit articles largely.

A MANGALOREAN HONOURED.

According to news received His Holiness the Pope has been pleased to confer the Knighthood of St. Gregory the Great on Mr. S. L. Mathias, a leading Coffee and Tea Planter owning several Estates in Mysore. He is also a large land holder in South Kanara. This unique and rare honour was not by the way, conferred on a South Kanara Catholic for the last 60 years. Mr. Mathias, who received the Public Service Medal of the First Class from H. H. the Maharaja of Mysore at the last Dusrah Festivities, is well known in Mysore and South Kanara for his charities and public services. He is the only Indian Catholic Member of the Mysore Planters' Association and takes a keen interest in the agricultural advancement and local industries of his native district as also of Mysore. Till a few years ago he served as an active member on both Taluk and District Boards and also as an Honorary Magistrate. His public benefactions in his native benefactions in his native district as well as in Mysore etc. are estimated at over several lakhs of rupees. He has established an agricultural demonstration farm at Sural. He was the recipient of a Certificate at the Coronation Durbar of 1911 along with a Coronation Durbar Medal. We wish him a long life of prosperity.

CO-OPERATIVE EDUCATION.

India is a vast country, agriculture is her foremost industry and about 78 per cent. of the people live by it. Agriculture is a seasonal industry and as it depends very largely on rainfall—which is a very uncertain factor in its life—it is more or less a precarious industry. Consequently, it is always an advantage that those who are engaged in agriculture should have a supplementary occupation—particularly for the slack seasons—so that it will prevent the extreme dependence of the people on one industry only. Such an extremely one-sided development of the economic life of the people is open to grave objections and diversification of industries is a vital point in the healthy economic life of a country. Consequently, the development of cottage industries is urgently needed in our national interest. Rural reconstruction without increased development of cottage industries would be impossible. Unfortunately, our cottage industries are more dead than alive and if we want to revive them, we must make real efforts and we must adopt vigorous and effective methods—such as those adopted in the West—which alone can help our cottage industries to face the strenuous competition of machine industries of the West. The rehabilitation of cottage industries is possible only through co-operation. It has produced wonderful results in Ireland, Denmark, Japan and other countries. The co-operative movement is still in its infancy in India as compared with the West. In Europe the movement, after passing through many stages, has now taken firm root. It has passed through the stages of days which sooner or later reappear in India. The co-operative movement in India is one-sided, ill-balanced and unstable in equilibrium. We have over-done co-operative credit while we have neglected the other forms of co-operation. For all these defects, expert knowledge and training is needed. By a proper study of co-operation in the West, we will benefit by their experience, avoid their mistakes and can thereby guide our movement along safe and proper lines. The Western countries offer splendid opportunities for the advanced study of co-operation. The Manchester Co-operative College at Holyoake House, under the control of the Co-operative Union, is an institution for advanced study of co-operation. The other countries of Europe offer great opportunities for a study of their co-operative movement. It would be a great advantage if we can occasionally send some members of the department for advanced studies in co-operation abroad so that they can give expert advice and guidance in the development of the co-operative movement in India.

EDUCATION IN U. P.

The Board of High School and intermediate education, United Provinces finally passed the courses of study for the High School, Intermediate, Commercial Diploma and Agricultural Diploma Examinations of 1930 and the revised curriculum for 1928-29 for the middle section of Anglo-Vernacular Boys' and Girls' Schools.

Mr. Narayan Das, Principal, Radhaswami Educational Institute, Agra, was elected as a member of the Text-book Committee, vice Mr. M. L. Zutshi. The Board finally passed the draft regulations which had been published in Part IV of the *United Provinces Government Gazette* of March 19, 1927. The recommendation of the Committee of Courses in Physics to institute courses for the training of teachers of Physics was accepted by the Board.

The following new institutions were provisionally recognized by the Board:—

Balika Vidyalaya, Cawnpore, as a High School and Madhava College, Ujjain (Gwalior State), as an Intermediate College. The Board appointed examiners for the examinations of 1928. April 2, 1928 was fixed as the date on which the examinations of 1928 should commence. The Board has decided that a candidate for the High School Examination may answer questions in English in one or more subjects and in Hindi or Urdu in the remaining subjects in which a vernacular medium is permitted. The Board has further decided that the option of using a vernacular medium of examination be extended to the following subjects with effect from the High School Examination of 1929:—

Mathematics—through the medium of English, Hindi or Urdu.

Domestic Science—through the medium of English, Hindi or Urdu.

The Board has definitely limited the vernacular medium of examination to Hindi and Urdu for the High School Examination. The Board has decided that an examination in Music may be held at the end of the High School stage if at least six institutions provide instruction and apply for permission to send up candidates for the examination.

* The following new examinations were recognized as equivalent to the High School Examination of the United Provinces Board:—

(1) The Diploma Examination of the Royal Indian Military College, Dehra Dun, so long as the syllabus and the standard of the examination continue to be the same as those of the Diploma Examination of the Chiefs' Colleges;

(2) The High School Examination of the Secondary Education Board, Delhi, provided a candidate has passed the examination with an additional subject and that he has passed in five full subjects excluding Elementary Economics and (except in the case of female candidates) Physiology and Hygiene, and Domestic Science.

The Government High School, Jaunpur, was provisionally fixed as a new examination centre for the High School Examination with effect from the examination of 1928.

* The Board has decided that the regulations relating to the Agricultural Diploma Examination should be amended so as to provide for the admission direct to the second year Agricultural Diploma class of students who join the class after passing the Intermediate Examination with Chemistry and Biology as optional subjects. The concession of appearing at the High

School or Intermediate Examination in English only under regulation 7, Chapter XIII or XIV, was extended to candidates residing in the United Provinces who have passed an examination of the Oriental Faculties of the Punjab University.

* The Board has decided—

(a) that Gujarati be added to the list of Modern Indian Languages for the Intermediate Examination;

(b) that the following new subjects be added to the list of optional subjects for the High School Examination:—

(i) Book-binding,

(ii) Spinning and Weaving;

(c) that an alternative course (to be drafted later) in Physiology, Hygiene and Child-Study should be included in the list of optional subjects for boys for the Intermediate Examination.

The Board recommended that Rs. 6,000 should be provided in the budget for the purpose of establishing a library for the Board.

N.B.—The decisions contained in paragraphs marked with an asterisk shall not take effect until necessary amendments to the regulations are sanctioned by the Minister and notified in the Gazette.

THE OIL WAR.

It appears from a cablegram from New York that the Standard Oil Company of that city has contracted to purchase 360,000 tons of Russian oil yearly for six years, bringing up the company's purchases of Russian oil to about 1,400,000 tons a year—representing an aggregate outlay of 40,000,000 dollars for the duration of this and two previous contracts. The Vacuum Oil Company, another member of the Standard Oil group, is also purchasing 225,000 tons of Russian oil yearly for six years. And we have it on the authority of the *Evening Standard's* City correspondent that the oil which the Americans have purchased from the Soviet will be marketed in India, where it will probably be sold at prices considerably lower than those of the Royal Dutch Shell, Asiatic Petroleum and Burmah Oil companies. It is the intelligent anticipation of this move on the part of the Standard Oil Company that gave currency to the rumours in Calcutta a fortnight ago relative to a projected merger of the petroleum interests of Burma and the Dutch East Indies. It is now authoritatively stated that negotiations are being conducted in London between the Burmah Oil Company, Limited, and the Royal Dutch Shell Group for a fusion of their marketing interests in the whole of India, excluding the Chittagong and Burma markets, in order that the close association in marketing which, as is well known, has existed between the parties since 1905 may be put on to such a permanent basis as will enable them to realise the economy in new capital construction and in revenue expenditure obviously potential to a unified organisation, but hitherto impracticable because of the impermanent nature of existing arrangements between them. As at present arranged, a new company will be formed to acquire distributing assets

of the parties in the area mentioned above, the shares of which will be held equally by them, which will in the future conduct the entire trade in the petroleum products of the parties, indigenous products of the Burmah Oil Company as in the past, having the first call on the new company's trade. The new company's requirements of personnel will be met by the personnel hitherto employed by parties in India, including the staff of the Burmah Oil Company's Indian selling agents. Moreover, since the main object of the new arrangement is to strengthen the marketing powers in India of the parent concerns by utilising in combination all their joint resources, the new company will employ to the full all valuable connections which the two parent companies have in every market throughout the country. The Royal Shell Group has since 1905 recognised that indigenous production has the first right to the market, and under the contemplated arrangement will recognise that prior right permanently. These are the real facts, and the only implications of the contemplated fusion, which it may be well to repeat is limited in its scope to the object above set out, and in no way concerns other activities of the Burmah Oil Company, Limited, or the Royal Dutch Shell Group except that in giving indigenous production the first call on the Indian trade of the parties. It automatically and definitely relieves indigenous production and all that this means to the economic welfare of India from the potential menace of Royal Dutch Shell competition. The Burmah Oil Company now has a capital of £10,868,256, it gives direct employment to 40,000 men and women and is indirectly supporting some 200,000 souls. In its Burma fields the production has risen from the 1,000 tons monthly of forty years ago to some 70,000 tons monthly. In the matter of bringing the oil to Rangoon, the old flats soon gave place to special oil flats made by the Irrawaddy Flotilla Company and towed down by their steamers. These are still in use by some oil companies and numbers may be seen any day anchored in the Rangoon River above the Hastings Shoal. In 1908 the Burma Oil Company completed a pipe line some 272 miles long by 10 inches in diameter from Yenangyaung to Rangoon and built the large storage tanks at Kyaukseoung on the Pegu River. In Rangoon itself the old refinery at Duneedaw was soon found to be too small and land was purchased across the Pegu River at Syriam where the company now has what is believed to be one of the most up-to-date refineries in the world, capable of dealing with a production of 70,000 tons monthly. There the Burma crude is split up, into petrol kerosene, fuel, wax and other useful products. A portion of these products is sold in Burma and the balance for the most part is shipped to India. For this purpose the company has a fleet of six tank steamers. The company has also built special installations at Calcutta, Bombay, Madras, Karachi, Mormugao, Cochin, Coochada and Chittagong for receiving the oil from its tankers. At

these installations it has tanks for receiving the oil from its ships and machinery for making the tins in which the greater part of the oil goes out to the consumer. The installation for the Burma market is at Duneedaw where the company can make upwards of 20,000 kerosene oil tins daily. From this centre the company's organisation reaches throughout Burma, from Mergui to Myitkina, from Akyab to Loilem. While kerosene oil and petrol are at present the most important products from Burma crude there are many others. Mention must be made of wax of which 4,000 tons monthly is extracted in the Burma Oil Company's refinery at Syriam. Much of this goes to make candles in candle factories in the same refinery and of these candles some 500 tons weight are sold monthly in Burma. (C).

BURMA PETROLEUM.

In view of the momentous happenings reported in connection with Asiatic oil production the following statement showing the monthly output of petroleum from the Yenangyaung, Singu and other oilfields in Burma for the quarter ending September 30, 1927, is of considerable interest:—

Yenangyaung, July 1927, 11,711,017 gallons; August 1927, 11,581,797 gallons; September 1927, 11,292,797 gallons; total 34,584,888 gallons.

Singu, July 1927, 8,684,903 gallons; August 1927, 8,636,724 gallons; September 1927, 8,046,840 gallons; total 25,368,467 gallons.

Other oilfields, July 1927, 575,857 gallons; August 1927, 561,906 gallons; September 1927, 1,050,979 gallons; total 2,188,772 gallons.

The largest refinery in Burma is located at Syriam, and is owned by the Burmah Oil Company. Its stated capacity is 20,000 barrels a day, though 25,000 barrels a day would probably be a conservative estimate of its full capacity. The plant equipment is of the latest design. The quantity of crude petroleum now being run through the plant is approximately 16,000 to 18,000 barrels a day. It is believed that the reason this plant has a capacity in excess of actual requirements lies in the fact that the Burma Oil Company is closely associated with the Anglo-Persian Oil Company, and should the Persian refinery at Abadan break down it would be possible and desirable to ship crude oil to Rangoon to be refined. The Burmah Oil Company obtains its crude petroleum from fields in Upper Burma. The number of wells drilled is over 1,500, with more than 1,000 in actual operation. The principal producing area of the Burma Oil Company is the Yenangyaung field on the Irrawaddy river, 250 miles north of Rangoon. This field

is electrically operated with most modern equipment. Besides the drilling of over 1,000 wells in Yenangyaung, the neighbouring fields of Yenangyat, Singu, Minbu, Palanyou and Yethawa have been opened up, varying in size from 100 wells in Minbu to some 200 in Singu. The daily crude oil output of all the Burma Oil Company's fields in Burma is about 14,000 barrels. This is pumped to the Rangoon refinery through a 10 inch pipe line 275 miles long, a series of six pumping stations being located at Singu, Nyoungahala, Kanhla, Thegon, Tharrawaddy and Kyaukseoung. The company manufactures kerosene, petrol, lubricating oils, greases, wax and candles. The second largest refinery in Burma is located at Thilwa, and is owned by the Indo-Burma Petroleum Company. This plant is very old but intermittent repairs have been made, with occasional installations of new stills. The company obtains its crude petroleum from the Yenangyaung and Singu oilfields, having a crude oil production amounting to approximately one-tenth that of the Burma Oil Company. Products manufactured include kerosene, petrol, lubricating oils, greases, wax and candles. The approximate capacity of their refinery is 3,000 barrels per day, the plant being operated at full capacity. No new refinery installation is contemplated, although new equipment is occasionally purchased, as required for replacement. The British Burma Petroleum has a refinery at Selkya. The plant is old and consists largely of an installation purchased from the Burma Oil Company, which had been used in a refinery at Duneedaw. Crude petroleum is obtained from the Yenangyaung and Singu fields. The products manufactured include kerosene, petrol, lubricating oils, greases, wax and candles. The capacity of the refinery is approximately 2,500 barrels a day. The British Burma Company sells its refined products through and under the name of the Burma Oil Company. It is therefore impossible to know which of the two companies has actually manufactured the products sold by the Burma Oil Company. No changes in plant equipment are contemplated. There have been persistent rumours that the British Burma will be absorbed by the Burma Oil Company. The United Oil Refineries, a company controlled by Indian capital has constructed a refinery at Rangoon. The equipment here is new, but as it has never been used it is now falling into a state of disrepair. With a capacity of 2,000 barrels per day, the plant has never been able to operate owing to the lack of a crude oil supply. While the plant is said to have cost £250,000, it is believed that the entire installation could be purchased to-day for approximately £10,000. (C).

MISCELLANEOUS.

LIFE INSURANCE IN INDIA.

Mr. A. C. Sen of the Empire of India Life Insurance Company, Calcutta, at a discourse on "Life Insurance in India" given recently at the Bengal Technical Institute, said:—"There is a growing feeling in many quarters that human life is greatly extensible through public and private hygiene; and in the West, specially in America, every attempt is made to make insurance companies take interest in the matter, so that concerted action may be taken by them, to disburse funds through their machinery towards the improvement of public health and to contribute to one or more organisations already existing for the improvement of human longevity. It would not merely be philanthropy, but would pay the insurance companies in the long run by reducing mortality. I believe the time is not far off, when some of the Indian companies will find themselves in a position to take up a similar concerted action to save millions of men dying prematurely year after year from preventable diseases owing to the insanitary conditions prevailing throughout the length and breadth of India." The beginning of the insurance principle, Mr. Sen continued, was generally traced to Babylonia as far back as 300 years or more prior to the Christian era. The Babylonians had an extensive import

of a large sum in addition to the value of the goods. In England too in the Anglo-Saxon days, the regulations of the Guilds had provided for making good the loss of every individual member of the association against fire or robbery by contributions which were nothing but the present day premium from each of the group of members of the Guilds. Merchants sending out cargo in ships to foreign countries began to realise that the loss of life of merchants and captains of merchantmen along with the ships was a great loss and commenced to insure their lives for a year in the beginning. Thus the germ of insurance which originated in meeting the perils of the seas was gradually extended to cover other forms of risks. So life insurance is an offshoot of marine insurance. Insurance in its present form was altogether unknown in India. The law of the Indian society in olden days practically served the purposes of insurance. The State was morally bound to protect the weak, the oppressed, the orphans and the destitute and in the joint family system the germs of insurance were in existence and such joint co-operation to a certain extent eliminated the necessity for a separate branch of insurance. But in course of time, matters changed and the foundation of Indian society got a rude shock and the old established ways gave place to new deals and life insurance came to be introduced among the educated classes with the advent of British rule. Laying emphasis on the necessity of Indians insuring their lives with safe

Indian offices. Mr. Sen ruefully complained that it was really strange that many Indians of position patronised foreign offices, specially colonial companies in preference to the absolutely sound Indian offices. They seemed to labour under the misapprehension that Indian offices could not safely issue policies for large sums, such as Rs. 50,000 or above, not knowing the fact that all insurance companies—Indian or foreign—have a system according to which they reinsure a portion of the big risks with other offices according to a great principle of insurance to avoid any large sum having to be paid on an individual death by a single company. No country could financially grow unless the citizens looked to the interests of the country with which their own interest was involved, specially when they carried no risk whatever. There were now several Indian companies to choose among. The Government Blue Books showed their excellent position as also the unsound position of the weaklings. It was idle to contend that the payment of a life premium to a foreign office was of as much benefit to the country as the payment to a sound indigenous institution. All the funds of the Indian companies being invested in India contribute to the general welfare of the country and the superior officers who were all Indian officers would have more sympathy with their fellowmen than those of any foreign company. (C).

ON NEWSPAPERS.

We do not think it necessary to tell you about the profit and pleasure of reading newspapers, for we know you are all fond of reading and we do not suppose there is one among you, who, on being questioned whether he reads newspapers, comes out with the proudest reply "Yes, sir, I read newspapers everyday regularly." Every morning you read a newspaper and you take great interest in it. Because the orders and measures of Government are made known to the public and the grievances of the people are ventilated through the press to the Government. Cases of oppression are brought to light. Newspapers give political education to the public. The press is a means of creating and ascertaining public opinion. A newspaper should therefore, be—(1) Mirror of the public mind; interpreter of the public interest; troubler of the public conscience. (2) Reflector of every human interest; friend of every righteous cause; encourager of every generous act. (3) Bearer of intelligence; dispeller of ignorance and prejudice; a light shining into all dark places; (4) promoter of civic welfare and civic pride bond of civic unity; protector of civic rights. (5) Scourge of evil doers; exposers of iniquities; unrelenting foe of privilege and corruption. (6) Voice of the lowly and depressed advocate of the friendless; righter of public and private wrongs. (7) Chronicler of acts, sifter of rumours and opinion; minister of the truth that makes men free. (8) Reporter of the news; Remembrancer of the old tried;

herald of what is to come. (9) Defender of civic liberty; strengthener of loyalty; pillar and stay of democratic Government. (10) Upbuilder of home nourisher of the community spirit, art, letters and science of the common people.

HOW TO READ?—First begin to read telegram columns, then news columns, editorial notes, leading articles, next other readable matters as you choose. Whilst reading, put down in a note-book all the words and phrases the meanings of which you do not know; consult with the "Helps to Newspaper Readers" which you have and if you have it not, then try to find it in another book, of the same kind, and put down the meanings. Whenever you find any passage or passages the idea of which you cannot grasp clearly, read it again and again, and the idea will be clear to you. You should not omit to note down nice and important passages to help your memory in times of need.

Try to avoid reading newspapers of bad taste. It is not directly harmful, and it is decidedly evil in its effects upon the mind and heart. It imparts no vigour, but vitiates appetite, enervates the mind and destroys all taste for anything solid and substantial in newspapers, and enfeebles the powers of attention, thought and memory. Next to the great evil produced by impure and tainted newspapers, comes the debilitating influence of such trash, worthless papers that abound nowadays.

But when the newspapers are edited by good writers, you learn from them the best, the most laboured, and most refined sentiments even of those wise and learned men, for they have studied hard, and have committed to writing their maturest thoughts and the result of their long study and experience. And there are many who read newspapers with constancy and diligence, and yet make no advance in true knowledge by it. They are delighted with the notions which they read or hear, as they would be with stories that are told, but they do not weigh them in their minds as in a just balance, in order to determine their truth or falsehood; they make no observations upon them, or inferences from them. Young people are apt to think that they cannot remember all they read, but experience will teach them differently. Making notes or even underlining is an invaluable aid. Now, it may not be uninteresting to our readers if we proceed now to give below an idea of journalism.

JOURNALISM.—Straight away it might be said that no profession is more honourable, no profession more paying, no profession better capable of making one's name a factor ever to be reckoned with but—there is doubtless a very big but—a good deal depends upon the man. The making of a Journalist depends on one's self. If he who takes to this most precarious profession decides to rise steadily, consciously, conscientiously and setting aside all hauteur, then, to be sure, one day he will find his name one that will live ever more but if no sooner

he is allowed to contribute to a Journal—be it on lineage or otherwise—he imagines he is the highest of the highest; then, Lord have mercy on his soul. Most precarious is the profession of Journalism and before a young man thinks of casting his lot into the world of Journalism he would do well to consider not a hundred times but thousands for lo! how many cases have there been wherein Journalists of repute have had to keep gazing for another berth when deprived of their own—be the same due to the whim and fancy of his immediate superior, be it due to his disagreeing with the views of his proprietors, be it due to anything. Be that as it may, with the fact remaining that in Journalism even those of established reputation run great chances of being thrown out of job, what will be the fate of those who with hardly a few months training received at the hands of a newspaper man imagine that all on a sudden they could get on without him and his help—nay, even eclipse him? To be sure, Journalism is not the field for personalities of that temperament for in Journalism you have ever to learn. The more you learn the more you think you have to learn. Some say "Oh I have been in this field for five years, I have worked in this, in that office" but all that is a moiety in the great ocean of Journalism. How many there are who have worked in every branch of a first class daily.

Journalism is not a field for gossip lovers, not for sycophants, not for those with disheartening spirits, not for those whose health would play the devil with the slightest change of climate but for such as would stand the roughest weather such as would avoid cheap popularity, such as would stint to write for love or money and such men to be sure will find themselves occupying positions of importance in the usual order of the course. It takes quite a long time for one's merit to be recognised but when once it is known offers come from papers unthought of, undreamt of invitations come pouring in from all quarters.

Varied are the stumbling blocks to him who newly enters the profession. Hawkeyed, jealous colleagues there are who would be waiting to hurl him down, unscrupulous personalities there would be in large numbers anxious to give him the 'hush money' to suppress certain matters, men who, desirous of seeing their names in the paragraph 'prominent among those present were, would slip in a five rupee note or more—as per the person's disposition—along with the card to serve the purpose of inclusion but he who falls a victim to any of these malpractices gets the sack—by jingo, all too soon. Newspaper proprietors and Editors do not want local gossip but exclusive news of first rate importance. The man with the blue pencil and scissors could sooner read between the lines than it could sooner be thought of. He knows—weighs—when exactly a tribute is necessary and when one is showered at an inopportune moment the Journalist has wrought more havoc for himself than he could think of undoing. The Journalist's first and foremost motto should be 'never to promise' for he knows not when his matter would

be confined to the "W. P. B". It may be that his article is quite good, it may be that he is the special representative of one or more dailies, it may be that invariably his matter goes in untempered but occasions there are when even leading articles have to be reduced due to pressure on special and few are not the occasions when a 'Pressman' has to think of such things. The general rule should be to reduce each and every matter to the lowest limit possible—for the tendency of the Sub Editor is to confine to the "W. P. B." when the matter is lengthy; for he has not the time to cut it out; to write without fear or favour and last but not the least without the remotest bias creeping in. Always make more sure than necessary regarding the sending of news, for contradictions mean a disqualification. In the anxiety to put on the 'wire' veracity should not be forgotten. Every action of the Journalist is watched, every movement of his noted, every weak point of his is seen by the 'boss,' and one false step is sure to deprive him of his bread and butter.

For a Journalist, friendship is an asset and a liability as well. If a Journalist be well known in society circles then he very often, has the opportunity of scoring a scoop for his paper by giving informations of happenings months before but if he is a bit weak he is sure to be festered with requests for 'write ups' now and then. In attempting to please, in falling a prey to the coin he incurs in no small measure the displeasure of his superiors. Journalism is a profession that demands 'fidelity' attention, a profession that claims pushing tactics, amiable disposition, diplomacy, conversational powers and many more. A Journalist has ever to be on the alert, has to be a good reader of other's minds and thought, in fact he has too often to play the part of a detective to save himself from falling into the nicely dug out pit.

FOOLISH ADVICE BY DOCTORS

FASHIONABLE fads obsess the medical mind from time to time (observes a London doctor).

When I was a student it was tea-poisoning. I have a vivid recollection of the out-patient room at the hospital and the physician, with a towel over his knees, pointing to a miserable worn-out seamstress who was coming through the door. He said: "Now, gentlemen, note the varied, uncertain gait, the pallor of the face, the wide and wandering eyes, the tremor of the hands—tea-poisoning, gentlemen, tea-poisoning."

Soon after this came the appendix craze—then the tomato cancer fright, then the tonsils and adenoids fad, then the fresh air craze, and now pyorrhea.

Thousands of men and women are advised to-day by quite a large number of doctors and dentists to have all their teeth out. Was ever any counsel more hideously foolish?

It starts on the premise that the Creator does not know his business, and that He has failed signally in the matter of teeth, just as He is supposed to have failed as regards the appendix, the tonsils, and other parts of the body.

Now if there is any one thing in our known universe magnificently scientific, beautiful, and altogether admirable, it is the design of the normal human being—the king of the earth—splendid now, but gradually developing through countless periods of evolution into His own image.

TEACHING NATURE.

The worship of this wonderful creation is the religion of every scientist. Yet these foolish ones who "know not, and know not that they know not," would have us believe that half the diseases from which we suffer are caused by septic absorption from the teeth—and they set out, in their ignorance, to teach Old Mother Nature.

That their belief is honest I have no doubt; but what appalling presumption! Dental caries or decay is a perfectly natural process. It increases with age, and is part of the gradual deterioration of the body after maturity—just as a fruit buds, blossoms, sets, develops, ripens, and then decays.

Pyorrhea has become a byword, and its very name strikes terror in the mind of the uninitiated. Pyorrhea is now the fashionable craze. In a year or two some other fad will be foisted on the unfortunate public.

"A SHAMED"

When one considers the amount of money paid by the public for bacteriological and X-ray examinations, for anaesthetics, and extractions of teeth, to say nothing of the high prices for sets of artificial teeth, one is ashamed.

Think for one moment of nature's method of fitting a grown-up person with teeth. It is obvious that a child's teeth would not fill the jaws as they enlarge and develop to maturity. So the first teeth are shed and a fresh set grow gradually, two by two, to fit the enlarging mouth. Could any doctor or dentist have designed this marvellous scheme?

True pyorrhea is a rare and dangerous disease. The writer of this article has seen only three cases in forty years. Oral sepsis is universal and normal, and it cannot be avoided or cured at present, but when science has found a method of entirely ridding the earth of bacteria then it will become possible to accomplish it.

SIMPLE REMEDIES.

The minor degrees of so-called pyorrhea lead to toothache, gumboils, and tenderness of gums, but I am not aware that any definite disease has its origin therefrom—nothing so far has been scientifically proved, though many suppositions have been advanced.

This local sepsis in a tooth or teeth yields to quite simple remedial measures, and he is a poor dentist who cannot put it right, and save the tooth if not too far gone.

The unfortunate fact is that if a doctor fails to diagnose the cause of an ailment he often falls back on that most convenient loophole oral sepsis—if it is not that then it is intestinal sepsis.

I appeal to the large number of common-sense physicians and surgeons of our time to support me in trying to clear the air of these mental densities and call a halt to such deplorable though unwitting charlatanism.—(S.)

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- (1) குழந்தைகளுக்குப் பல் முளைக்கிற தருணத்தில் ஏற்படும் கோளாறுகளை பாலம்ருதம் நிவர்த்திக்கிறது.
- (2) எலும்புகள் வலுவடையக்கூடிய சத்து இதிலிருக்கின்றது.
- (3) இது மிகுந்த சுகந்தையும் வளர்ச்சியையும் கொடுக்கக் கூடியதாகும்.
- (4) மதுரமாயிருப்பதனால், குழந்தைகள் இதனை விருப்பம்கூட்டுகின்றார்கள்.
- (5) இது ஜீரணசக்தியைக் கொடுக்கின்றது.
- (6) இது பலத்தைக் கொடுத்து தேக ஆரோக்கியத்தை விரைவில் செய்கிறது.

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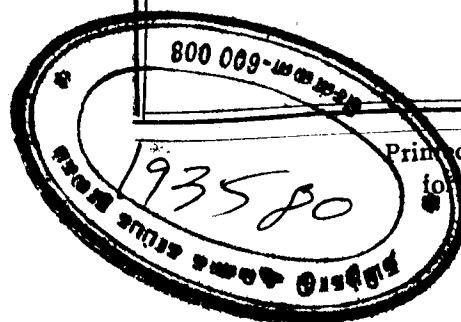
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